

## What is Let's Chat?



Let's Chat online sessions are a space for adults with intellectual disability to talk with their peers.



These sessions are a great place to chat about life's joys and challenges. Adults with intellectual disability can talk openly and honestly about their feelings and experiences.



The activities and conversations that group members have will help to:

- Build group connection
- Encourage peer support
- Reduce stress
- Increase coping skills.



This group is facilitated by DSQ's Support Services Team.