

# **LONG TERM AND EXTENDED DISABILITY SUPPORT GROUP**



Becoming ill and needing to apply for long term benefits can feel isolating. It is important to remember that you are not alone and that help is available.

If you are applying for, or are already on long term disability, you are invited to join this SUPPORT GROUP. Teachers from both the Calgary Public and Calgary Catholic Boards meet monthly to discuss common concerns, experiences, and listen to a variety of speakers. Both locals support this group.

Local web sites for more information:

Calgary Public Teachers Local 38: [www.local38.teachers.ab.ca](http://www.local38.teachers.ab.ca)

Calgary Separate School Local 55: [www.ataloc55.ab.ca](http://www.ataloc55.ab.ca)

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