

December 2017



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DAFRS FAMILY focus

SO THAT ALL PEOPLE ENJOY A FULL AND MEANINGFUL LIFE WITHIN THE COMMUNITY.

Join Us at the Centennial Building this December 14th for our Second Annual Stories by the Fire Gathering!

On Thursday, December 14, 2017 we are hosting our second annual **Stories by the Fire** event. This year's title and theme is **Unwrapping What's Present**. This engaging event is being held in the beautiful Centennial Building in Whitby, in its Regal Room.

Across time and culture, stories have been agents of personal and social transformation—often motivating us to re-evaluate the world, and our place in it. **Unwrapping What's Present** will focus on stories of contribution, supporting the audience to imagine ways they may be begin to, or already be, creating the communities they want to live in. Venturing into unfamiliar stories can enable us to emerge as revised, perhaps unexpected versions of ourselves - join us, bring a friend, and see what happens through listening deeply to others.

Following the stories, we'll have time to enjoy some treats and catch up with one another. Feel free to bring your favourite holiday goody to share in our treat-potluck! This is a great opportunity to invite a friend, neighbour, or family who would appreciate hearing the impact of people on community. As 2017 draws to its end, it's a great time to hear others reflect and consider what can happen in your life, and the life of your loved ones going forward into the new year.

Stories by the Fire: Unwrapping What's Present

Click here to

RSVP today!

Thursday, December 14, 2017

7:00pm

The Centennial Building
416 Centre St S, Whitby



Bill 148, the Fair Workplaces, Better Jobs Act, 2017 Passes Second Reading in Ontario Legislature



The *Fair Workplaces, Better Jobs Act* is set to come into play this new year and may bring changes to some families in Durham Region. Along with the increase to minimum wage, there are other implications that may be concerning families. We are thinking about holding an information/conversation night, if there is interest, to address some of the questions and concerns which may be on the minds of families. If you would be interested in finding out more, or have questions about the implications this bill may have on people with developmental disabilities and their families, [please take a moment to fill out this brief survey](#).

The BioMedical Group Reflects and Renews for More Learning in 2018



Come out and launch your holiday spirit among friends, families and like-minded people. This month the group get into a low key holiday mindset with ideas on what works for families during the holidays, and a chance to reflect on the year of learning. Get ready to share what new idea, approach, learning or intervention has made the biggest positive difference for your family over the past year.

You might want to touch on topics covered during these sessions (epilepsy, diet and nutrition, sensory integration, mindfulness, medical marijuana, and more) or you might reflect on a group or learning event or new approach that you have encountered in another way. Let's share, learn, reflect together.

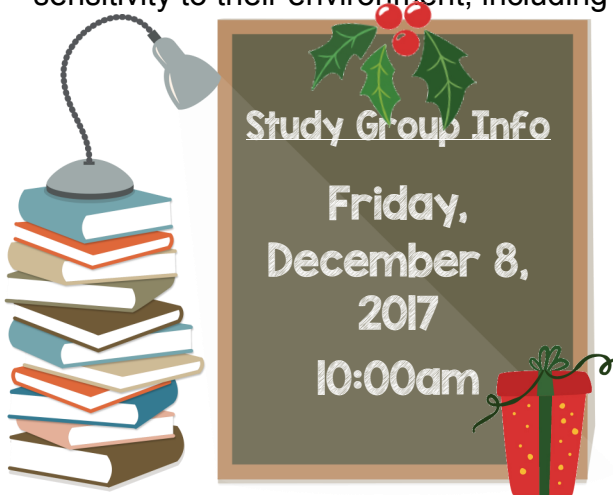
Most importantly, this should be a session to bring and share a Christmas or other goodie and talk in a relaxed and fun atmosphere before the season becomes too hectic!

We are a group of family and community members who find it inspiring, helpful, and personally rewarding to talk with each other about our own experiences and new information all about optimal health, balance and well-being. We think about wellness in terms of food and nutrition, making sure sensory needs are met, figuring out mindful and conscious approaches, or looking at what recent research can tell us about medications, seizures, digestive issues and more.

Our conversation focuses on the whole person and how people may respond with more or less sensitivity to their environment, including diet and nutrition, brain coherence, sensory integration issues, the calmness or agitation of those around them, and more.

The group has been meeting monthly for just over a year and is open and welcomes new participants! We meet at The Gathering Place (20-850 King St. W, Oshawa), the second Friday of each month at 10am.

Please RSVP your attendance to jk@dafsr.com so that we can plan a successful morning.



Imagining Home Group Discusses Next Steps and the National Housing Strategy

Around this festive time of year we might stop and realize how important home is in our most cherished family traditions. Whether it is stopping by a neighbour's place for an open house, admiring the glow of strung lights on neighbourhood streets or getting drawn into the kitchen by the sweet smell of baked treats, it is all about home!

There has been a lot happening recently regarding the issue of affordable housing. We have regional and national news to think about, discuss and act on. It's always better to do this together so you are welcome to join us!

The next housing meeting will take place on **Wednesday, December 13, 2017** at 6:30 pm. This meeting will be at The Gathering Place, here at the DAFRS office located at 20-850 King St W.

Contact Selena for more information at
905-436-2500 ext. 2302 or sblake@dafrs.com



National Housing Strategy Draws National Attention

Housing is a topic we are heavily involved with here at DAFRS. Besides our housing group, [Imagining Home](#), our daily work with many families involves thinking, planning, and being creative around housing and home. One thing has become clear to us; in regards to the people we serve with developmental disabilities, the issue around housing is affordability, not disability.

We were pleased to hear the announcement of the Federal Government venturing into housing, specifically in regards to affordable housing and ensuring all Canadians can access housing that meets their needs and which they can afford. Plans to move forward were unveiled with the *National Housing Strategy*, and context for its creation and other federal housing initiatives are described within the new federal website, placetocallhome.ca.

"Our Government is establishing a federal leadership role in housing. The National Housing Strategy will create a new generation of housing in Canada. It will promote diverse communities and will build housing that is sustainable, accessible, mixed-income and mixed-use that will be located near transit, work and public services."

— Honourable Jean-Yves Duclos, Minister of Families, Children and Social Development and Minister Responsible for Canada Mortgage and Housing Corporation

We will continue to monitor opportunities for families, but need continual input and exchange with families to make things happen. As we continue to venture into new housing ideas and plans with families, one person at a time, we hope affordability issues will begin to be addressed here in Durham Region. We know families are keen and willing to work at creating inclusive, diverse, and vibrant communities that we all want to be a part of.

SEE THE NATIONAL HOUSING STRATEGY HERE!



It's coming...



Hippiefest is rolling back into town this spring! Interested in helping out? Planning is underway and we'd love extra hands in pulling off another successful fundraiser for our Bascule Bursary. [Send Heather an email](#) if you'd like to know more!

**THURSDAY,
MARCH 29, 2018
HEYDENSORE
PAVILION**

Mark your calendars!

**Dust off your
psychedelic threads!**



respiteservices.com

CHAP

COMMUNITY HELPERS
FOR ACTIVE PARTICIPATION

Respite Worker Orientation

Keep an eye on the website for the next Orientation!

Or call Rosanne for more details! (905)436-2500 ext: 2313

The CHAP Respite Worker Orientation is a mandatory session for potential support workers joining the CHAP program worker bank. Families and their support workers are welcome to attend the orientation. The day includes an introduction to supporting families and their family member who has a disability, an introduction to understanding the meaning of respite, understanding and developing roles, language, community involvement, the support worker's roles and responsibilities with families and respiteservices.com.

To attend you **must** be registered with respiteservices.com/durham and you will need to RSVP due to limited space. Contact Rosanne at (905)436-2500 ext. 2313 or rpurnwasie@dafsr.com



For more information on our organization or any of our events, please visit our website at

www.dafsr.com

Or
contact Heather by
phone:
(905)436-2500
ext. 2314

For more information please visit our website at www.dafsr.com and see the "What's Happening Now" tab

Durham Association For Family Respite Services
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(905)436-2500 www.dafsr.com

