

May 2018



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DAFRS FAMILY focus

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

New Name Approved by Members and Board of Directors Officially Rolls Out

As many of you know, this past year we have been working behind the scenes at changing our name. We are pleased to announce that we have finally dotted all of our i's and crossed the t's! Durham Association for Family Resources and Support is a much better fit for our organization's mission and values.



Durham Association for Family Resources & Support



• One Person at a Time • Together with Families •

DAFRS works in partnership with families providing support and resources which, in turn, increases the capacity of the whole family to care for one another and to sustain and/or enhance their valued social roles as family members, as well as members of the community. Whether it's through this newsletter, our free learning events, bringing together families at one of our study groups, or through direct work with a facilitator, we work hard everyday at finding and sharing information, connections, contacts, and ideas which may benefit someone who is working towards *their* good life. We know there are no cookie-cutter answers, and so we are kept busy supporting the hundreds of families across Durham Region we are privileged to serve!

Speaking of our work, we are excited to announce the date of our upcoming Annual General Meeting. We hope to see you on Tuesday, June 26th, as we gather to discuss the past year. Keep an eye on our website and in next month's Family Focus for an agenda of the evening's events. We hope you can show your support for our work by attending!



Save the date!

DURHAM ASSOCIATION FOR
FAMILY RESOURCES AND SUPPORT
ANNUAL GENERAL MEETING
Tuesday, June 26, 2018

Details to follow in next month's Family Focus!

Making the Most of Funding Graduates Delve Into Individualized Approaches to Planning a Good Life



Those who have completed any one of our Making The Most series are invited back to a MTM Study Group! Graduates are welcome to drop in to these monthly gatherings, where participants, mentoring families, and facilitators will delve deeper into the topics and activities which were presented throughout the series' six sessions. If you have been working through some ideas, or want to spend more time on a particular area or exercise presented at the series there will be time, guidance, and support to do so.

If you'd like more information or want to RSVP, contact Selena at sblake@dafrs.com or by phone at (905)436-2500 ext.2302.

MAKING THE MOST STUDY GROUP

MONDAY, MAY 28, 2018 at 10am

The Gathering Place
20-850 King St. W, Oshawa

Lost But Not Forgotten

Memorial Procession
Sunday May 13, 2018 at 1pm

Join Remember Every Name, led by survivors of the Huronia Regional Center, as we honour and remember those who died at the institution between 1876 and 2009.



We welcome any art and offerings you might bring or send for the event.

Representatives from faith or cultural groups that could share a blessing, please let us know in advance.

JOIN US: If weather is clear, the procession will start from the Leon's parking lot (555 Memorial Avenue) at 1pm. Meet there if you wish to join in. In case of bad weather, we will still have a brief gathering at the cemetery at 1 then move to an indoor location nearby.

ACCESSIBILITY: The route will be wheelchair accessible, and we are hoping to provide ASL, and attendant care. Bring a chair if you need one.

MEDIA CONTACT: Debbie at vernon@muskoka.ca or 705 645 0298

For inquiries about presentations, access needs, and if you need transportation or can offer rides, get in touch with Mitchell wilsonmitchell@live.ca - 705 500 1825

Walk to Remember Those Lost at Huronia Regional Center Taking Place This May 13th

Survivors of the Huronia Regional Center will lead a procession, with friends, family, and those that support them on Sunday, May 13, 2018. The group will walk to remember those who died at the Orillia based institution before its closure in 2009.

Everyone is welcome to come to this important remembrance procession. Join them to show support, honour the survivors, listen, and share hope for a different future.

If you are interested in sharing a ride to the walk, contact Cindy as she may have an extra seat or two. Cmitchell@dafrs.com or (905)436-2500 ext.2310.

Find out more by searching: "Remember Every Name" on **FACEBOOK** and **YOUTUBE**.

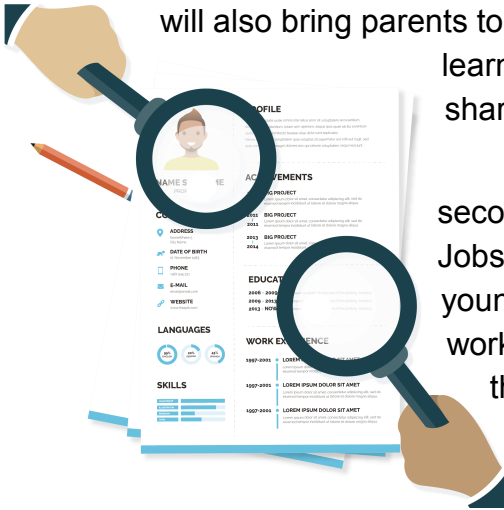


New Employment Opportunities - Join our Team!

We have a couple of interesting opportunities which have come to light here at the DAFRS office! We are reaching out to our Family Focus subscribers to see if they, or someone they know, may just fit the bill!

We are looking for an energetic and inventive person who has a passion for working closely with children and families. This unique position, which we are calling the Assistant to Young Families, involves working closely with families throughout Durham Region who have young children in order to increase community belonging and support relationship building opportunities. Alongside the family and their DAFRS facilitator, the Assistant to Young Families will assist the family, with creativity and flexibility, with developing valued roles for their child and other relationship-based goals. The Assistant will also bring parents together and facilitate a group that offers mutual support and learning. Check out more about this part-time position on our website and share with those you think may be interested!

We also have a summer opportunity for students returning to post-secondary education in the fall, funded through the Federal Canada Summer Jobs Program. This opportunity will also involve working with families with young children across Durham Region. Students will be responsible for working with one to two families, within their family home as well as out in the community, to provide support, and pursue the children's interests during the summer. More info on this summer opportunity will be available shortly on our website!



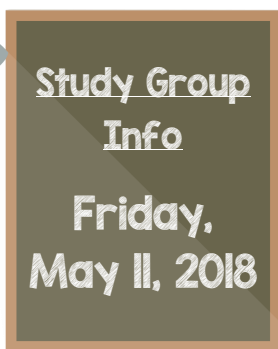
Environmental Sensitivity, Diet, Nutrition, and More the Focus of Monthly BioMedical Study Group

Interested in discussing alternate approaches to health and well-being?

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 share 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 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 jklees@dafrs.com so that we can plan a successful morning.



Imagining Home Contributes to Local Gallery, Discusses Initiatives to Promote Affordable Housing Agenda

Last month we discussed a new exhibit being curated at our local art hotspot, the Robert McLaughlin Gallery. The exhibit, [#FeelsLikeHome](#), hopes to fill the exhibition space from floor to ceiling with printed 4x6 pictures – all submitted by Durham Region residents!

It's great to see other establishments in our community thinking about what makes a home and getting creative around housing. Once this exhibit is open, we are sure it will spark lots of ideas. Interested in talking more about housing and home? Check out the images submitted by Imagining Home members on imagininghome.ca, and send your submissions to hminors@dafrs.com after you send them to the gallery to be featured in our own #feelslikehome collection!

This month, with the provincial election coming up, we will discuss how we might discuss the issue of housing with potential representatives in our electoral regions. We will update our progress from the Clarington Housing Roundtable, various discussions with other important figures throughout the region, and our letters of support for the [myHome myCommunity](#) project. If you are interested in thinking about and planning for a home for a loved one with a disability, these are conversations you will want to be a part of!

The next housing meeting will take place on **Wednesday, May 9, 2018 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.



respiteservices.com

CHAP
COMMUNITY HELPERS
FOR ACTIVE PARTICIPATION

Respite Worker Orientation

Keep an eye on the website for the next Orientation!

Or call Jeanne for more details! (905)436-3404

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. Contact Jeanne at (905)436-3404 or jgodfrey@dafrs.com

Want more information?

Durham Association
for Family Resources
and Support

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

www.dafrs.com

Or

contact Heather by phone:

(905)436-2500

ext. 2314

or email:

hminors@dafrs.com

For more information please visit our website at www.dafrs.com

and see the "What's Happening Now" tab

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