

## #FeelsLikeHome

What does home mean to you? We asked the community this question and the response proved that home can be many things - a feeling, place, person, memory - whatever the case, there's no place like home.

Members of the community have been invited to participate in this exhibition by submitting photos that reflect what home means to them with

together his collection of photographs of this community, he had one thing in mind - preserving his home's history. This crowd-sourced exhibition project shows that home and a sense of community can be one and the same.

Accepting submissions for the duration of the exhibition! Come back and see the space continuously transform. Use #FeelsLikeHome and tag

► NEW EXHIBIT  
EXPLORES HOME IN  
OSHAWA.... 2



► MAKING THE MOST  
PARTICIPANTS INVITED  
TO A WORKING STUDY  
GROUP... 4



► MORE TO LEARN AT  
THE BIOMEDICAL STUDY  
GROUP.... 3

August 2018

# DAFRS FAMILY focus

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

Thinking about what enables someone to have a rich and full life?  
Social Role Valorization helps frame our thinking!

Social Role Valorization is a theory which underpins our work here at Durham Family Resources. Much of the theoretical framework for our work is drawn from Dr. Wolfensberger's theory, and we are excited to be able to offer a very condensed introduction to this idea of valued social roles and the significance they can play in a person's life.

Whether you have a friend or family member with a disability, or you work directly with people who do - there are actions and ideas, big and small, which can help people to be better accepted, have a sense of belonging in our community, and be able to contribute in meaningful ways based on individual strengths, gifts, and talents.

This one-day session will help us be aware of the outside forces which affect how individuals and groups are perceived and thus treated by society at large. We can positively shape society's attitudes or, at the very least, add some positive perspectives by focusing on roles and images that are familiar and valued. Many of our judgments about people are based on our perception of the social roles that they hold. Where people are perceived to hold roles that we see as familiar, typical and positive, we tend to feel more comfortable and positive and more inclined to welcome them into some of the good things in life.

If you or someone you know would be interested in knowing more, [you can see and share the flyer here](#). Registration is limited so RSVP today!

## SOCIAL DEVALUATION AND ITS ADDRESS: THE IMPORTANCE OF VALUED SOCIAL ROLES

Saturday, September 22, 2018

9:00am to 5:00pm

Registration and coffee beginning at 8:30am

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

**REGISTER ONLINE HERE!**



# Imagining Home Group Visits Gallery to Explore What #FeelsLikeHome



This week several members from the Imagining Home group met at the Robert McLaughlin Gallery in Oshawa for a special exhibit. On display at the gallery until August 26th, the #FeelsLikeHome exhibit showcases community submissions curated with select photographs from the Thomas Bouckley Collection - started when local historian Thomas Bouckley put his photo documentation of Oshawa together with collected images.

This community-led exhibit has invited those throughout Durham Region to submit photos that reflect what home means to them using the #feelslikehome hash tag. This publicly-led and informed display hopes to explore what home means to people in Durham Region- whether it be a feeling, a place, or a person. This idea struck the Imagining Home group as very familiar and a few families found their own photos to submit for consideration to the exhibit.

*The feelings behind the circumstances are one in the same – we all long for belonging, regardless of what it took to arrive, or return. And a community that feels like home takes us all in stride: one moment, one day, one image at a time.*

*Sonya Jones, Curator*

## #FeelsLikeHome

What does home mean to you? We asked the community this question, and the response proved that home can be many things – a feeling, place, person, memory – whatever the case, there's no place like home.

Members of the community have been invited to participate in this exhibition by hashtagging photos that reflect what home means to them with #feelslikehome. In the past, the RMG's community driven exhibitions have asked the community to respond to its collections, this time, the RMG has responded to the community.

We divided up the submissions into various reoccurring themes, and selected photographs from the Thomas Bouckley Collection to anchor the subjects together. Some examples of popular subjects for the various ways home can be felt were: water, nature, pets, relationships, and experiences.

When local historian Thomas Bouckley put

together his collection of photographs of this community, he had one thing in mind – preserving his home's history. This crowdsourced exhibition project shows that home and a sense of community can be one and the same.

Accepting submissions for the duration of the exhibition! Come back and see the space continuously transform. Use #feelslikehome and tag us using @rmgoshawa on Instagram and @theRMG on Twitter.

Curated by Sonya Jones in collaboration with the community.

#FeelsLikeHome is generously supported by:



Wandering through the exhibit, the group was able to discuss the many aspects that come together to make a home of one's own. The pictures chosen throughout the curated display echoed sentiments similar to the group. Many of the group's submitted photos were chosen to be included and it was great to see them amongst the selection.

Photos are still being accepted and the exhibit will be evolving up until the end of August. Use the #feelslikehome hashtag and tag @rmgoshawa on Instagram or Twitter to have your own photos considered for display. There is lots to see at the Robert McLaughlin Gallery besides this fantastic exhibit, so check it out if you find some time!



## Imagining Home Group Providing an Important Voice to Region and Ministry Through Ongoing Work

Last month the Imagining Home group met with an independent research firm, SHS consulting, who was working on the Ministry supported evaluation of the Housing Task Force Demonstration Projects, to do an in depth study of our project. The group is looking to delve deeper into the insights, successes and challenges we have encountered. They had some good conversation with the families in attendance and the researchers are going to take their findings back to the Ministry of Community and Social Services to enable them to improve options and support throughout the province. They have stated clearly that it is fundamental to hear directly from families and we are glad that they have followed through on this. Thank you to everyone who came out for this important work!

We have also looked at a report we had received from BILD. BILD works with over 1,500 members of the development/building community to promote positive policy changes involving various levels of government. This group has documented specific areas of resolution for consideration of affordable housing in Durham Region. We took some time to review their four point plan regarding how the Region can make way for affordable housing. We discussed how their strategy may be important in terms of how Imagining Home and IBC considers aligning messaging to local municipal leaders and developers.

We look forward to this month's meeting where we will continue to discuss our next steps forward. The next housing meeting will take place on Wednesday, August 8, 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](mailto:sblake@dafrs.com).



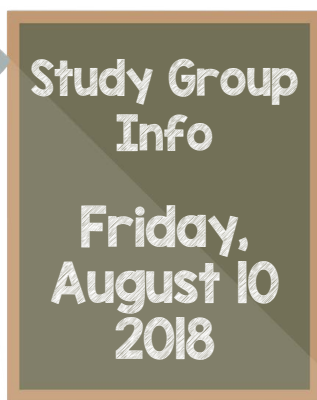
## Environmental Sensitivity, Diet, Nutrition, and More the Focus of Monthly BioMedical Study Group

The Bio-medical Approaches Study Group continues to meet throughout the summer. Our interest in alternate approaches to health and well-being for ourselves and our family members does not end in the summer time, and we continue to appreciate this Friday morning meeting for conversation, companionship and good information.

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 meets monthly and is open and welcoming to new and past 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](mailto:jklees@dafrs.com) so that we can plan a successful morning.



# Making the Most of Funding Series Broadens its Scope with a Study Group for Graduates

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.

This month we look forward to welcoming our newest graduates from our 2018 Spring Series! 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](mailto:sblake@dafrs.com) or by phone at (905)436-2500 ext.2302.



## MAKING THE MOST STUDY GROUP

MONDAY, AUGUST 27, 2018 at 6:30pm  
The Gathering Place  
20-850 King St. W, Oshawa

[respiteservices.com](http://respiteservices.com)

**CHAP**  
COMMUNITY HELPERS  
FOR ACTIVE PARTICIPATION

## Respite Worker Orientation

Keep an eye on the website for the next Orientation!  
Or call Claudia 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](http://respiteservices.com).

To attend you must be registered with [respiteservices.com/durham](http://respiteservices.com/durham) and you will need to RSVP. Contact Claudia at (905)436-3404 or [cschweiger@dafrs.com](mailto:cschweiger@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](http://www.dafrs.com)  
or contact Heather  
by phone or email:  
(905)436-2500  
ext.2314  
[hminors@dafrs.com](mailto:hminors@dafrs.com)

For more information, please visit our website, [www.dafrs.com](http://www.dafrs.com),  
and see the "Upcoming Events" tab.

Durham Association For Family Resources and Support  
850 King St. W, Unit 20, Oshawa, Ontario L1J 8N5  
(905)436-2500 [www.dafrs.com](http://www.dafrs.com)