

January 2019

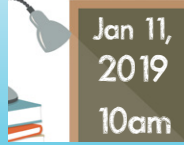
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DAFRS FAMILY focus

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

Succession and Legacy Planning, an Evening with Libby Ellis!

Start the new year off with new ideas! Join us on Thursday, January 10th for a brand new learning event focused on legacy planning. This is a great opportunity for siblings, parents, and other friends and allies to come together and think about succession, the next generation, and different ways people might begin to have conversations that will inform the future.

This evening is a cooperative effort between Durham Family Resources, Durham Family Network, and the Sibling Collaborative, which are both family-led groups committed to connecting and strengthening families. Libby Ellis, joining us from Australia, will be leading the evening with her family's story. From a sister's perspective, she will share the steps they have walked with her brother over the past years, and changes in family roles and generations along the way.

This will be a great opportunity to bring people of different generations together around legacy planning. If you have been thinking about how one may go about bringing others into the future of your son/daughter/sister/brother, come out and see what others are doing.

**A SISTER'S
STORY**
FOR THE WHOLE FAMILY

Click here to register today!

**Thursday, January 10, 2019 The Gathering Place
7:00 pm 20-850 King St. W, Oshawa**



Imagining Home Continues its Efforts in 2019 - Come Out and See What's Happening in Housing in Durham Region

As discussed in December, Imagining Home will begin the New Year again focusing on family stories weaving them in year round, as it is these stories that allow possibilities to come to fruition.

For January, we decided to work on the Provincial Housing Action Plan Survey so all who can make it to share their input is appreciated! For those who would like to complete the Rent Geared to Income application, please join us at 6pm just prior to our scheduled meeting.

The next Imagining Home meeting is on January 9th at 6:30pm in the Gathering Place here at the Durham Family Resources office located at 20-850 King St. W. Contact Erin to RSVP or for more information at 905-436-2500 ext. 2511 or eoreilly@dafrs.com.

IMAGINING HOME MEETING THE GATHERING PLACE
WEDNESDAY, JANUARY 9, 2019 DURHAM FAMILY RESOURCES
6:30PM 20-850 KING ST. W, OSHAWA



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

Everyone is welcome to attend and participate the Bio-Medical Approaches Study Group when we meet on the second Friday morning of each month. Regulars, those who drop in when they can, occasional drop in for various topics, and curious on-lookers all join us for morning discussion, learning, sharing and a good laugh that accompanies fellow learners who respect each other!

We engage with anything “Bio – Medical” and so families talk about all of the approaches, alternatives, strategies that we have found, are being pushed into, have discovered online and more! We have a wide circle of families who are ready to share their vast experience and together we sometimes are able to help each member make better sense of the options and choices that surround them.

On January 11th at 10:00 am we will meet to chat about the impact of the Neurological Reorganization we learned about in December, to catch up on holiday news, and to make some plans for this new year.

The group meets monthly and is open and welcoming to new and past participants! We usually meet at The Gathering Place (20-850 King St. W, Oshawa), on the second Friday of each month at 10am. Please RSVP your attendance to jklees@dafrs.com so that we can plan a successful morning.



**Study Group
Info**

**Friday,
January 11,
2019**

Stories by the Fire

Stories Spark New Thoughts For the New Year at Annual Holiday Event



We had a great turnout to our annual Stories by the Fire event, held in December at the Centennial Building in Whitby. Families, staff, and allies of Durham Family Resources gathered on the dark December evening on the 6th, in the warm glow of the fireplace and many white holiday lights which adorned each table top and window sill in the Regal Room.

The presenters did a fantastic job in their storytelling and afterwards had the audience chatting, making introductions and asking questions to probe deeper into the ideas and narratives that were shared. As has been the common theme with this yearly event, families left brimming with ideas and optimism about what new approaches may be implemented going forward.

Poem Created for Stories by the Fire by Daveisha Francis, December 2018

The stolen images of history forever
stored in my memory
Behind closed doors
I'm falling short of everything I wanted
to be
I can't see the light of the tunnel
Because life is closing in like the
concrete walls of my jail cell
And I'm afraid to excel
Because who would believe in a black girl
Whose ancestors were slaves
themselves

But I take a step into my community
I see others just like me
Living day by day
Others who could never fathom the
horrors I've faced
But we're in one community

Which means despite any trial
You are my family
No matter the difference in my blood

You will be there to protect, and support
me
You are my community

We walk hand in hand
Making important contributions
together
Trying to make life better with every
chance

We have become the community we
want to live in
A community of equity
One I'm not afraid to live in
Simply because I'm different

We are all individual pieces of a whole
Nothing would be complete without us
all
And this community has mended the
hole in my chest
That has been there since I took my first
breath
And I know nothing is perfect
But I think we've found the perfect
balance to almost perfectness

In such a community I have found true
happiness

I've formed relationships of all kinds
Meeting people I didn't think I could find
People who have change the trajectory
of my life
Even amongst all this love
Some days I'll still cry
But I know I always have a mother, father,
sister, brother
Somewhere by my side

Because this community has become my
family
Bringing joy to ordinary life
It is truly serendipity

The stolen images of history forever
stored in my memory
Behind closed doors
I am jiving to Dancing Queen
Sometimes crying to Breakfast Club
scenes
Reflecting on what success means

Knowing successfully
That I'm ready to begin my life
Because my community raised,
encouraged and loved me

Daveisha Francis, December 2018



Addressing Social Devaluation: The Importance of Valued Social Roles

For many, this workshop will present a new way of understanding the lives of marginalized people. Social devaluation is presented as the crucial problem and then this workshop looks at some of the wounding experiences that fill their lives and the impact these experiences have in their lives.

With this new understanding, workshop participants typically start to ask “what should I do?” Participants will be introduced to social roles and their influence and how helping devalued people to fill valued social roles is a useful means to address the social devaluation in their lives.

The concepts explained in this workshop are all derived from the theory of Social Role Valorization (SRV) developed by Wolf Wolfensberger, PhD. This one-day workshop can be thought of as an “introduction” to introductory training in SRV theory, which is taught in 3 and 4 day workshops, and which all participants of this one-day workshop who want to learn SRV are encouraged to attend.



Date: Saturday, February 9, 2019



Time: 9:00am to 5:00pm
With registration and coffee beginning at 8:30am



Location: The Gathering Place at
Durham Association for Family
Resources and Support

20-850 King St W., Oshawa

There is lots of free parking on site.
*This is a scent-free environment.

Refreshments will be provided at the morning and afternoon breaks. A 45 minute lunch break will be provided where participants can go out and have their lunches or bring their own if they prefer.

Who the workshop is intended for

The well motivated learner! This includes family members, friends, paid and unpaid supporters, advocates, teachers, board members, managers, funders, policy makers and others interested in the lives of people who are disenfranchised due to intellectual impairments, physical impairments, poverty, homelessness, age, and/or mental disorders.

Pre-workshop preparation

Come prepared to listen, take notes, frame and discuss your questions. Also come prepared to think about the devalued people you know, their life experiences and the social roles they fill in life. This course is delivered via lecture, questions and discussion.



For more information or to register by phone, please contact Heather at (905)436-2500 ext: 2314 or hminors@dafrs.com

[To register online, please follow this link.](#)

Please individually register for each person attending this event.

Have You Attended Making the Most of Your Funding? Join the Study Group to Pursue Your Learning!

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, JANUARY 28, 2018

6:30 PM

The Board Room
20-850 King St. W, Oshawa

respiteservices.com

CHAP
COMMUNITY HELPERS
FOR ACTIVE PARTICIPATION

Respite Worker Information Session

Keep an eye on the website for upcoming dates!

The CHAP Respite Worker information session is mandatory for potential support workers joining the CHAP program worker bank. The session 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 Claudia at (905)436-3404 or 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

or contact Heather
by phone or email:

(905)436-2500
ext.2314

hminors@dafrs.com

For more information, please visit our website, www.dafrs.com,
and see the "Upcoming Events" tab.

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