

February 2019

**Next Gen  
Meetup**

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# DAFRS FAMILY *focus*

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

## Helping People to Have a Good Life - Introduction to Social Role Valorization Shares an Approach

The first weekend in February we will be hosting a workshop which is fundamental to the kind of work and the approach of Durham Family Resources. On Saturday, February 9, 2019, a one-day introduction to Social Role Valorization workshop will take place at the Gathering Place. We invite all to register for this fantastic learning opportunity!

Social Role Valorization (SRV) is a framework that helps us look at how society's perceptions of a given individual or group is a powerful force in shaping whether they are afforded typical good things in life (i.e. friendships, being treated with respect and fairness, meaningful work, opportunities and expectations to discover and develop skills and abilities, having contributions welcomed and recognized as valuable, etc.). It shows us that human beings are, by nature, a judging and discerning species. Our minds make thousands of judgements, and these include split-second, often completely unconscious, assumptions about who people are and whether they are one of "us" or one of "them". These unconscious decisions are significant, and SRV explains how these influence and often steer people's lives – both for the good and the bad.

In particular, SRV asks us to pay attention to the social roles that people hold (both negative and positive; both current and potential). 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, positive and more inclined to welcome them into some of the good things in life. Where people are perceived to hold negative, odd, or unfamiliar roles, we tend to step back and often simply allow for mere basics of life (or even less) to be afforded them.

These concepts will be discussed at the one-day workshop and with this 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. This one-day workshop can be thought of as "introduction" to introductory training in SRV theory, which is taught in 4 day workshops, and which all participants who want to learn SRV are encouraged to attend.

### **Social Devaluation and its Address: The Importance of Valued Social Roles**

Saturday, February 9, 2019

8:30am to 4:30pm

The Gathering Place

20-850 King St. W, Oshawa

Click Here to  
Register!



## Local MPP to Join Discussion on Housing at Next Imagining Home Meeting - Join Us!

For February only, Imagining Home has changed dates and will be held on Thursday February 14th (instead of our usual second Wednesday of the month). We're planning for a packed agenda with follow up discussions related to our draft definition of affordable housing, our new housing document, and some further insights from our affordable housing survey! We are also very pleased to have Lorne Coe, MPP for Whitby and his Constituency Office Manager, Kathy Beattie, attending our meeting that night.

Regular members of Imagining Home are invited to attend and will need to RSVP to Erin by no later than Tuesday February 12th. Please contact Erin to RSVP or for more information at 905-436-2500 ext. 2511 or eoreilly@dafrs.com. The meeting will take place in the Gathering Place here at the Durham Family Resources office located at 20-850 King St. W. Looking forward to seeing you all there!

**IMAGINING HOME MEETING THE GATHERING PLACE**  
**THURSDAY, FEBRUARY 14, 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 in 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 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 Friday, February 8<sup>th</sup> at 10:00 am we will meet to chat about the approaches to self-care with a focus on various mindfulness techniques. Cara Coulson will be on hand to guide us through the basics of one of these practices.

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,  
February 8,  
2019**



# Making the Most of Funding Series Increases Capacity of Families Planning for a Good Life!

The Making the Most Series continues to be one of DAFRS' most coveted learning opportunities. Families who have taken the series have been excited by their renewed sense of creativity and energy! The family to family connections and mentoring cannot be underestimated in the impact it has on feeling supported and invigorated to try on something new.

The series moves us from traditional programming to interest based and contribution centered visioning and planning. There is no cost to attend the series and families are given access learning materials and resources. There are only a limited number of spaces so please contact [Laura](#) to reserve your spot. For more information, see the [flyer here!](#)

This series runs bi-weekly for six sessions  
Mondays at 1:00 pm:

March 4, March 11, March 18, March 25, April 1, and April 8



## Recent Sister's Story Event Sparks New "Next Generation" Meetup Group in Durham Region

In January, we were very fortunate to have Libby Ellis, from Australia, make a stop here at Durham Family Resources during her tour of North America.

Libby provided a room full of parents, siblings, and others who have a vested interest in the lives of their sons, daughters, siblings, and friends who are living with a disability, with insight from her own life. Many of her key points spoke to the fact that we love, want to safeguard, and share the contributions of our loved ones and how can we think about these things in light of our own role in our family member's life.



The relationships of siblings, parents, and other family members and friends with their loved one are all unique and important. Conversations about the future are unique, important and should continue and be encouraged. Durham Family Resources wants to keep this momentum and continue that conversation in Durham Region by initiating the Next Generation Meetup.

Brothers or sister's, family members, or close allies/family friends will be interested in this group and its conversation. The first meeting will be held on Friday, February 1st from 6:30-8:30 p.m. at The Village Taverna, Whitby. For subsequent Next Generation Meetups, see the [Upcoming Events page](#) on our website.



**FRIDAY, FEBRUARY 1, 2019**  
6:30pm to 8:30pm

## Next Generation Meetup

A casual get together of those who identify as the "next generation" in the care and support of a loved one with a developmental disability. Coming together to connect, share, and learn from one another.

The Village Taverna  
227 Brock St S, Whitby



# 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](mailto:sblake@dafrs.com) or by phone at (905)436-2500 ext.2302.



## MAKING THE MOST STUDY GROUP

MONDAY, FEBRUARY 25, 2019

6:30 PM

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

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



## Meet and Greet and New Worker Information Sessions

Check 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](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.

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