

June 2019

DAFRS

FAMILY focus



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

Show Your Support for Durham Family Resources
by Attending our AGM!

We are busy preparing for our Annual General Meeting taking place here in the Gathering Place in just under two weeks! Aside from the usual business meeting agenda, we are excited to focus on families speaking about housing. The presentation, *Homeward Bound: Families talk real options in housing and home*, will feature a panel discussion about how and what families have achieved in regards to creating a home of one's own for their son or daughter with a disability.

We often say that families are our greatest resource. By bringing together families to share their experiences, ways of thinking and knowing, and stories of success and challenge, everyone benefits and learns. Our AGM is a great opportunity to come out, hear from families on important topics like housing, share a meal and reconnect with others who also support the work happening together with Durham Family Resources. We hope you can join us!

In addition to the presentation, we are also creating a visual exhibit called *Feels Like Home*. We are asking for photo submissions which will be displayed, visually quilted together, to show the wide meaning of *home* amongst our community. What feels like home to you? It could be a blanket knitted by a relative, a very favourite mug, family gathered around a kitchen table, and so much more. Send us a couple of photos of what feels like home to you to add to this collaborative community exhibit! We will be accepting photos up until Monday, June 10th. Send them to hminors@dafrs.com and we'll take care of the rest!



Our AGM last year held great weather and even better conversation!

Join Us!

**2019 Annual
General Meeting**

**Monday, June 17, 2019
6:00pm at The Gathering Place**

Click Here to RSVP Today!

Imagining Home Meets to Create Storyboards and More!

This month we're in full swing planning for our upcoming AGM and are excited to share preparations for the family panel presentation and storyboards for the "visual streetscape", which will focus on families' unique housing journeys.

We are hosting a storyboard creation session on the night of our next housing meeting on June 12th at 5pm. Can you join us? If so, please bring 3 photos that represent your son or daughter's housing journey – we'll provide the supplies and a light dinner! If you can't make it that night, but would still like to contribute, if you provide us with the photos and three captions to go with them, we can put the storyboard together for you. Please email your photos to eoreilly@dafrs.com by no later than Monday June 10th.

We'll also have some exciting updates to share with you about the portable housing benefits announced by the Region that will be rolling out this June!

Our next Imagining Home meeting is on Wednesday, June 12th at 6:30pm in the Gathering Place here at the Durham Family Resources office located at 20-850 King St. W. Please contact Erin to RSVP or for more information at 905-436-2500 ext. 2511 or eoreilly@dafrs.com. Looking forward to seeing you all again!

IMAGINING HOME MEETING THE GATHERING PLACE
WEDNESDAY, JUNE 12, 2019 DURHAM FAMILY RESOURCES
6:30PM 20-850 KING ST. W, OSHAWA



Brain Balance, Nutrition, Sensory and Cardio Conversation on Deck as BioMedical Group Reflects on Visit from Peter Marks

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.

This month the group will converse on topics and ideas suggested by last month's presenter Peter Marks, from the Centre for Conscious Care and Support. Peter has experience working with families using practical, evidence-based approaches and strategies with start with brain balance and health, nutrition, sensory, cardio involvement and more. As his focus is multifaceted, there is always lots to try and lots to talk about - sharing experiences into how some of Peter's suggestions and ideas will be helpful to those thinking about their own next steps.

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,
June 14,
2019**



Courtesy of Playworld

Summer Fun - All Year Friendships!

For young children, the summer can be a highly anticipated time of the year. School isn't always the easiest time for young members of our family and summer break can offer important time to de-stress, unwind, receive extra attention from family, as well as an opportunity to work on self-esteem. The kinds of experiences and activities that fill our kids' days can be a chance to lay a foundation for a better school-year ahead by helping nurture and develop relationships which can last the year ahead.

Find camps being hosted by local community centers, places of worship, local businesses, or community groups. These will likely be close to home, and can help your child get better "rooted" in their community. Any opportunity to become more familiar to those who your child may cross paths in the playground is one to be taken!

Frequent your neighbourhood park, regularly, and at the same time of day. Finding small, local parks helps connect you to other kids of the same age in your community. It can be helpful to start games with your child that other kids take notice of and can join in. Once some momentum builds, find a child that can take over your role to continue the game. Fun toys and snacks can also act as a magnet to bring in other kids (of course with permission)!

Work at finding kids who will share a class in the upcoming school year. Summertime gives some time to begin to sow the seeds of good relationships with a few kids who will share the classroom with your child. Set up playdates as much as possible to help lay the foundation for friendships to grow. These things take time, of course, but creating familiarity over the summer is a great start!

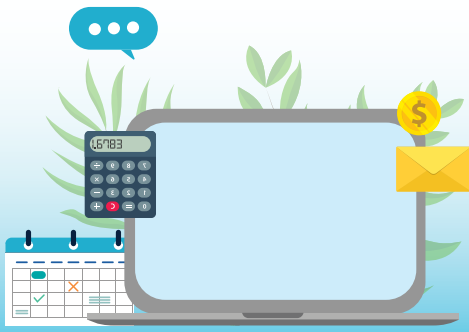
Unplug your summer. With so much technology and gadgetry filling our days, it's important to disconnect and work on our face to face skills. Interacting with other kids without any unnecessary technology is important to build confidence and social interaction skills.

Play everyday! Starting a routine of playing cooperative games as a family nurtures good play skills. Family play time is an opportunity to work on including others and solving social conflicts in mindful and calm ways. Practicing breathing techniques, working on communication or sharing with family is one way kids can develop skills which can help them into the new school year.

Did You Know:

The Playground Program is a free, "come and go as you please" drop-in program available in [Ajax](#) and [Oshawa](#) for children 6-12 years of age to enjoy a variety of games, sports, crafts, etc. Other great activities and learning for children and adults can be found in each the [Ajax Leisure Guide](#), [Whitby Leisure Guide](#), [Scugog Leisure Guide](#), [Clarington Leisure Guide](#), and/or the [Oshawa Summer Camp Guide](#).

The [Mobile Playground Program in Clarington](#) is a van full of fun that stops at various locations for children up to 12 years, with their parent.



E-Transfer Now Available!

Durham Family Resources can now accept email transfers for invoice payments! If you receive invoices from us, you can now submit payment via email transfer to:

payments@dafrs.com

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 Laura at lpowell@dafrs.com or by phone at (905)436-2500 ext.2312.



MAKING THE MOST STUDY GROUP

MONDAY, JUNE 24, 2019
6:30 PM
The Board Room
20-850 King St. W, Oshawa

Want more
information?

Durham
Association for
Family Resources
and Support

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.

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

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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