

April 2024



► IMAGINING HOME LOOKS AT NEW LOCAL HOUSING INITIATIVES... 3

STEPS FORWARD

► ONLINE SYMPOSIUM AROUND INCLUSIVE POST-SECONDARY EDUCATION... 4



► HAVE A SCHOOL-AGED CHILD? JOIN US IRL!... 2

Durham Family Resources

FAMILYfocus

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

The BioMedical Approaches Study Group Welcomes Peter Marks for a Chat in April

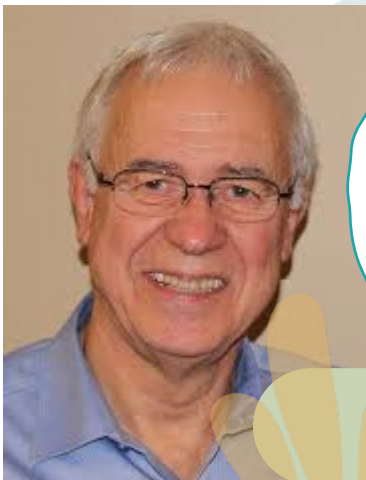
The BioMedical Approaches Study Group welcomes Peter Marks from the Centre for Conscious Care and Support to its April meeting.

The morning will be spent reminding us, or introducing us to some practical, evidence-based approaches and strategies that start with brain balance and health, nutrition, sensory integration issues, our need for cardio involvement, and more. With great experience and skill, Peter will guide us through a morning of first responses and inquiry.

This learning and conversation will take place at the Gathering Place. Spaces are limited, so register below! There may be opportunity for a limited number of people to listen in online, though this meeting will not be recorded (email Janet if you would like this information).

The Centre for Conscious Care and Support has been built on Peter's 40 years of experience in Human and Health Services, his dedication to only recommend evidence-based interventions due to his 'hard sciences' training in Engineering and his more than 30 years of developing intrapersonal skills and insights as a mindfulness practitioner and facilitator.

Based on this solid foundation, Peter has successfully applied best practices of support from leading educational and research institutions inclusive of Harvard, University of Toronto, Western University and The Center for Discovery into his approach of support. These well researched interventions and best practices, together with highly effective human competences for supporters, offer an effective balance of Science and Heart - the optimal "know how" and "know who" of implementing support for people who have a developmental disability or autism.



Peter Marks @ BioMedical Approaches Study Group

Friday, April 12, 2024

9:30am to 12pm

The Gathering Place

20-850 King St W., Oshawa

**Spaces are limited for this in-person event.
Register here!**

Navigating the Future Path: A Series for Tomorrow's Trailblazers

Join us on April 9th from 7:00 – 8:30 pm on Zoom for the first of the 3-part series we are hosting that has been informed by current and future generations and tailored for family members and friends stepping into new roles or considering becoming more instrumental in their loved ones' bright futures. We will dive into stories from a few families who have already taken up their 'next generation' roles and can speak to their own journeys post-legacy planning with their brothers, sisters, or other family members with disability.

You'll gain firsthand insight and perspectives from their experiences which will help you to think about the future more clearly. You will know better what are the most important questions to begin to seek answers to, and you will discover you don't have to do this alone. Each series will offer a family story of their transition – told by the 'next generation' along with break out groups for discussion and reflection. The series is meant to be thought-provoking, and at the same time practical leading all participants to next steps.

This invitation is extended to parents and others of 'this generation' who are welcome to attend and learn how they might help chart the course for a future where the next generation thrives.

Register now – if you have not already done so to receive your Zoom details for these online events – you won't want to miss this opportunity to connect, learn, and shape the future alongside other like-minded people.

Join us again for:

Part Two: **Tuesday, April 23rd, 2024**

Part Three: **Tuesday, May 7th, 2024**



Family Stories:

Navigating the Future Path

[Register Here for Your Zoom Link](#)

Do You Have Younger Kids? Meet With Other Parents at Our In-Person Coffee/Tea Get-Together on April 18!

Join us on Thursday, April 18th from 10:00am to noon in the Gathering Place for Connect IRL (In Real Life), a discussion group for families with young children.

This month, we'll be talking about how to remove negative thoughts and focus on Mindfulness - both for ourselves and for our kids! Secondly, families have also noted that there are many tips and strategies that they've found helpful in assisting their children to find a sense of calm and relaxation that helps for bright days of learning, leisure and moments of sheer enjoyment.

If you'd like to build connections, learn, share stories and exchange experiences with fellow parents navigating the exciting journey of raising young ones, while making time to catch up and enjoy being in the company of others who lead with hearts of understanding, Connect IRL is for you! We'd love to see you at the next one!

Connect IRL - In-Person!

Thursday, April 18, 2024

10am - 12pm

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



[Register Here to Join Us!](#)

Local Resources and Recent Advocacy - Families Push Forward with Ideas and Next Steps at Imagining Home

Join us this month at Imagining Home and hear about a few things in the works for home and housing:

- Families meet with a Local Mayor - On the heels of our recent discussions about the substantial investment in housing for Whitby and additional upcoming housing initiatives in Oshawa, some DFR families took initiative and set up a date to meet with a local mayor. Come and hear how that discussion went and any opportunities to come from it.
- ‘Becoming a Landlord’ Resource - We’re working on a collaboration with a lawyer to help families understand their rights and obligations of becoming a landlord, as well as navigating the legal logistics of a roommate agreement. Share with us your questions around entering into a landlord relationship with your family member or setting up a roommate agreement.
- Connecting with Australian Families - An Australian connection and opportunity for mutual learning is in the works. As always, we’ll have good discussion and opportunity to share and ask questions, as families draw out the relevant pieces to their own home and housing planning. Hope to see you there!

Come join the conversation! Long time and new families alike, everyone has something to gain and something to offer. Each month at Imagining Home, we engage with anything “housing, home and community” and enjoy critical discussion, sharing stories, learning and often having a good laugh among respectful and supportive people! Families bring a wealth of experience and knowledge and are ready to share and support others along their journey. All are welcome to attend and participate in Imagining Home when we meet on the second Wednesday of each month. But if you are new to the group and would like to attend Imagining Home for the first time (or returning after some time away) we’d ask that you first contact Erin at (905) 436-2500 ext. 2511 or eoreilly@dafrs.com to arrange an introductory call.

IMAGINING HOME MEETING • WEDNESDAY, APRIL 10, 2024 • 6:30PM

IN PERSON AT THE GATHERING PLACE!

CONTACT ERIN FOR DETAILS ([EOREILLY@DAFRS.COM](mailto:eoreilly@dafrs.com))



Siblings, Cousins, Friends and all Other “Next Gen” Folks Meet Monthly to Learn and Grow



DFR’s NextGen group is 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. Whether you are a sibling, nibling, cousin or friend - come together with others to connect, share, and learn from one another!

The get together is typically held once a month, both via Zoom and occasionally in-person. [Contact Rosanne for more details!](#)

STEPS FORWARD

Propelling a Movement - 7th Annual Symposium on Inclusive Post-secondary Education

STEPS Forward Inclusive Post-secondary Education Society is a BC non-profit initiative that works with post-secondary institutions to make it *unremarkable* for students with intellectual and developmental disabilities to belong at universities and colleges in BC.

At the end of the month, they are hosting an online symposium that will focus on the movement-building that drives Inclusive Post-secondary Education and brings people into the work of creating a more just and inclusive campus, community and world.

Sessions take place over three morning and will include such topics as: Building a Movement (Robin Acton - Inclusion Canada, Marta Carlucci – STEPS Forward & REA-L), Circles of Care that Support the Movement (Dr. Mary Sweatman, Nikki Matthews, Kenya Fithe – Acadia University), and Safeguarding Authentic Post-secondary Education in the Shifting Landscape (Charmaine McIntyre, Arden Duncan Bonokoski).

[For more information, or to register, see the symposium registration and agenda here.](#)

Our Annual General Meeting is Coming Up! Support the Work of DFR by Becoming a Member!



Save the date for our
2024 Annual General Meeting!

Plan to join us on **Wednesday, June 26, 2024.**

More details will follow regarding start time and venue.

Becoming a Member is Free and Easy!

We encourage anyone interested in our work to consider becoming a member of our organization. **Becoming a member not only shows your support for the mission and values of Durham Family Resources, but also demonstrates to funders, policy makers, and the public that you think our work is important and beneficial to our community.**

We are starting to prepare for our Annual General Meeting in June. In order to vote at this year's Annual General Meeting, we must receive your completed membership application by **May 15th, 2024.**

Becoming a member is free and easy to do! You can apply online in just a few minutes by filling out the online form below. If you'd prefer to print and fill out an application, [you can access a printable copy here!](#)

Your Membership Matters!

Fill out a membership form here today!





DURHAM ASSOCIATION FOR
FAMILY RESOURCES AND SUPPORT
 • One Person at a Time • Together With Families •

Making the Most

**Weekend
* Retreat ***

**May 31 - June 2
2024**



Families throughout the Region of Durham are invited to participate in an innovative and interactive workshop that will support in re-imagining opportunities and real options for their family member. The heart of the series is to move beyond traditional uses for funding, to plan for a life that reflects interests, hopes and dreams.

The workshop is co-led by mentoring parents who engage in useful conversations and share their experiences in planning and creating opportunities. These conversations highlight simple choices that families can make to discover ordinary, yet significant ways for family members to be involved in their neighbourhood and community.

This workshop will take place at Elmhirst 's Resort, Keene, Ontario

Beginning early Friday evening on May 31, running through until Sunday afternoon on June 2.

Accommodation is included for Friday and Saturday night along with all meals and refreshments

Course fee \$100 per person (subsidies available if needed)

For more information contact Laura, lpowell@dafsr.com or at 905 436 2500 ext. 2312

Making the most of your time, energy and money to achieve a good life for your family member

Have You Attended Making the Most Family Series? Come Together to Discuss and Continue Learning!

The Making the Most Study Group is a fantastic opportunity for those who have completed the series to continue their learning and take some next steps in developing valued roles and relationships with a loved one.

Each month graduates of past Making the Most learning series are invited to come together and think more deeply about crafting and sharing a vision, designing and planning days full of contributions and possibilities, focusing on roles rather than activities, seeking and developing good support, making positive introductions, and finding strength, comfort, and energy through building circles of support, and connecting with other families.

The meeting is open to anyone who has attended the 6-part Making The Most learning series or a MTM Weekend Retreat and wishes to join the conversation. Contact Laura Ipowell@dafrs.com for more information.

We are looking forward to seeing everyone again on Monday, April 22, at 6.30pm via Zoom.



MAKING THE MOST STUDY GROUP

APRIL 22, 2024
6:30PM TO 7:30PM

respiteservices.com



Wanted: Family Input for New Recruitment Website!

DFR is working towards the creation of a new, local, robust recruitment and matching website. **We are looking for families to help us design and develop this new site because, of course, we are better together with families!** If you are interested in being part of a focus group that will collaborate on the design and testing of this site, contact Sandy at (905)436-3404 or sciarlariello@dafrs.com.

Respiteservices.com continues to match families looking for support, with those looking provide support. New supporters are continuing to be added. Contact Sandy for more information!

Important Dates At-A-Glance!

Imagining Home
April 10@6:30pm

Bio Medical Study Group
April 12@9:30am

Connect IRL
April 18@10am

**Making the Most
Study Group**
April 22@6:30pm

**Navigating the
Future Path**
April 9@7pm
April 23@7pm
May 7@7pm

Making the Most Retreat
May 31, 2024 to
June 2, 2024

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

For more information, please visit our website, 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