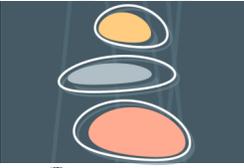


January 2018

# DAFRS FAMILY focus



▶ HIPPIEFEST IS GROOVING INTO TOWN THIS MARCH... 2



▶ PETER MARKS JOINS US FOR A HALF DAY WORKSHOP ON HELPING OTHERS BE AS WELL AS THEY CAN BE.....2



Friday,  
January 12,  
2018

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

## Start the New Year With New Learning and a New Focus

We are very pleased be hosting a one-day Social Role Valorization (SRV) workshop early this February. If we had to pick one defining feature of the work we do here at DAFRS, it would be our commitment and fidelity to SRV values. We believe this is one of the best ways to help people achieve the good things in life is through having and maintaining valued social roles. If you are new to SRV, or want a refresher - this is the event for you! This is also a great day for those who support people with disabilities to learn new information which can strengthen their work in meaningful ways.

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 lives and the impact these experiences have.

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 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.

JOIN US!

**SATURDAY, FEBRUARY 10, 2018**

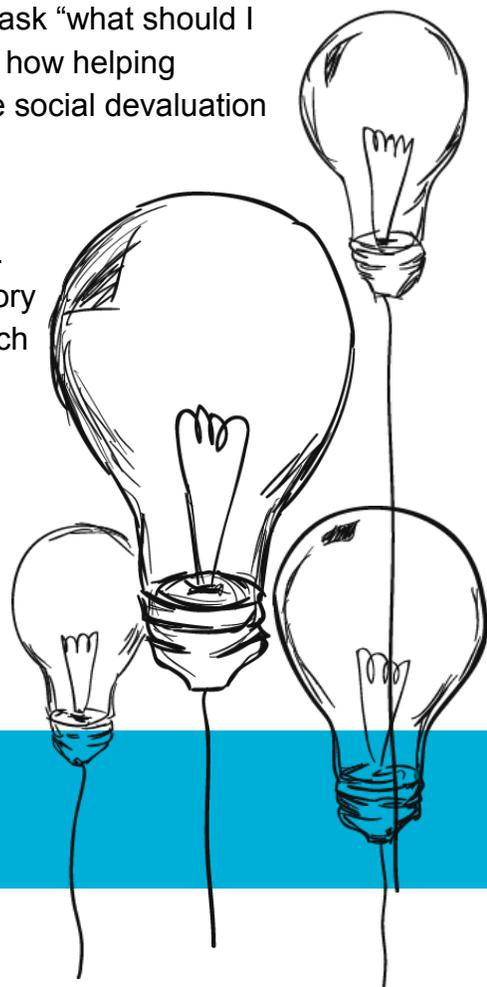
9:00 AM TO 5:00 PM

**THE GATHERING PLACE 20-850 KING ST. W, OSHAWA**

**REGISTER ONLINE TODAY! SPACES ARE LIMITED.**

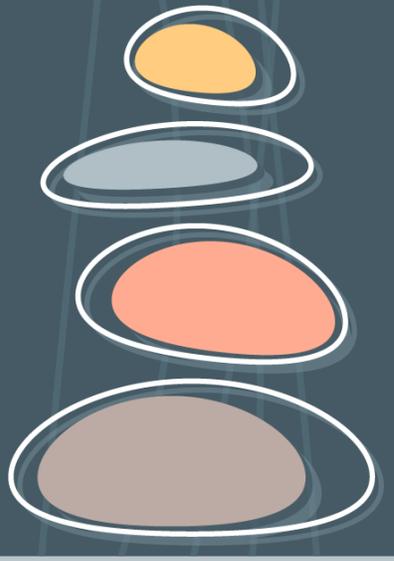
**CLICK HERE!**

[For more information, view the full flyer here!](#)



**MONDAY,  
JANUARY 22,  
2018**

**9:00AM TO  
12:00PM**



## Peter Marks Presents Conscious Care and Support

We will be welcoming Peter Marks to The Gathering Place on the morning of Monday, January 22, 2018 as he presents a half-day workshop on helping a person to be as well as can be. Peter's work is based on the most advanced research coming from the science of social neurobiology, sensory integration, neuro-development, the human energy system, gastrointestinal and physical wellness, and self-regulation through mindfulness.

This will be a half-day overview session to remind us of, or introduce 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. An informative morning for families and those who support people with disabilities.

**CLICK HERE TO REGISTER FOR PETER MARKS!**

For more information, or to register by phone, please call Jennifer at (905) 436-2500 ext. 2311.

## Hippiefest is Back and Ready to Rock Another Great Night for a Great Cause!

If you missed the last Hippiefest in 2016, or perhaps the entire groovy 60's - you will surely want to mark **Thursday, March 29th** on your calendar!

In support of the Bascule Bursary, a small but mighty fund generated to help those with disabilities access and participate in various educational or personal ambitions within the community, this is one fine fundraising event that is not to be missed!

[See and share the flyer here!](#)

A live band, lots of dancing, drinks, silent auction, prizes, and more! Tickets on sale now!

**Dust off your  
psychedelic threads!  
Mark your calendars!**



**THURSDAY,  
MARCH 29, 2018  
HEYDENSORE  
PAVILION**

# Imagining Home Group Discusses Next Steps and the National Housing Strategy

There has been a lot happening recently regarding the issue of affordable housing. We have regional and national news to think about, discuss and act on. It's always better to do this together so you are welcome to join us!

The next housing meeting will take place on **Wednesday, January 10, 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)**



## If Learning is on Your 2018 Resolution List, Join the BioMedical Study Group!

Come out and plan for the new year with other families and friends....**and bring a new book to share or talk about!**

This month the group will talk about reasonable, achievable and meaningful goals for the coming year – both for this group, and for ourselves personally. **As always we will have a chance to touch on topics that we have been learning more about over the year: epilepsy, diet and nutrition, sensory integration, mindfulness, medical marijuana, and more!**

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 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.



### Study Group Info

**Friday,  
January 12,  
2018  
10:00am**

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 has been meeting monthly for over a year and is open and welcomes new 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 [jk@dafrs.com](mailto:jk@dafrs.com) so that we can plan a successful morning.

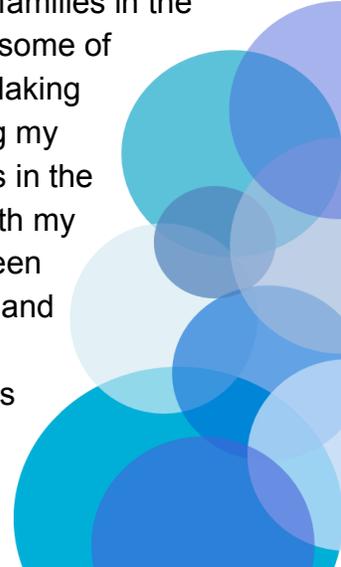
# Durham Family Network Welcomes Sumaira as Their New Part Time Coordinator!



Sumaira Khalid - Durham  
Family Network

I would like to introduce myself, my name is Sumaira Khalid and I am working on a contract, with the advisory committee, as the new Coordinator for the Durham Family Network. I am very excited to be a part of the DFN and to have the wonderful opportunity to be working with families in the Durham Region. I have had the pleasure of meeting with some of you at the Stories by the Fire event and while attending Making the Most of Your Funding Series. I look forward to sharing my experiences and learning from the experiences of families in the Durham region. I am a resident of Durham where I live with my parents and siblings. From an early age, I have always been interested and aware of resources in the Durham Region and

over the years, I have gathered pertinent knowledge and information that I have passed on to my brother in order for him to have the very best in life. I have always been willing and happy to connect families to resources pertaining to their specific needs and I am here for families; I am thrilled to take on the role of coordinator where I can continue to pursue this passion.



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



## Respite Worker Orientation

Keep an eye on the website for the next Orientation!

Or call Rosanne 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 due to limited space. Contact Rosanne at (905)436-3404 or [rpurnwasie@dafrs.com](mailto:rpurnwasie@dafrs.com)



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:  
(905)436-2500  
ext. 2314

For more information please visit our website at [www.dafrs.com](http://www.dafrs.com)  
and see the "What's Happening Now" tab

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

