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2018

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DAFRS FAMILY focus

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



Families Thinking about Planning for a Good Life are Sure to Want to Sign Up for Our Popular *Making the Most of Funding Series!*

The community has asked and we've answered! We are spreading our wings adding a new location for families living in West Durham and opening the series up to families who are living in East Toronto as well. We will begin another learning journey on Monday April 30th at Rougemount Cooperative in Pickering.

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 Selena to reserve your spot.



The series runs bi-weekly for six sessions.

Mondays at 6:30pm:

APRIL 30TH, MAY 14TH, MAY 28TH, JUNE 11TH, JUNE 25TH, AND JULY 9TH.

They will be held at Rougemount Co-operative Homes:

400 Kingston Rd, Pickering



To register, or for more information, please contact Selena Blake

(905)436-2500 EXT. 2302

OR

SBLAKE@DAFRS.COM



A Fond Farewell to a Pillar of Family Support in Durham, Helen Dionne, as She Takes on New Adventures!

On April 4th, a modest celebration with the DAFRS staff team was held for Helen Dionne to thank her for her support to the many families she has worked with over the years in Durham Region and beyond. Helen's wish was to keep the acknowledgement of the 15 years she worked for the Durham Family Network (DFN) at DAFRS low-key. We are indebted to her for her many contributions, vision and commitment to families which she has made over at least two decades.

There are many of you who have been touched by Helen's advocacy on behalf of a family member or friend. Helen has a long and solid history within the Region. Prior to working at DAFRS, she worked for Community Living Ajax, Pickering and Whitby. For all who have a cherished history with Helen, we are sure you join us in wishing her all the best as she enters a new chapter in her life. Helen will continue to support families in her role as Advisory Member to the DFN. Her support to the staff of this organization will be dearly missed.

*Miles of Gratitude
& Best Wishes Helen!*





Join us, April 19th, for a
Live-Stream Presentation
and Great Conversation!

WHEN: **THURSDAY, APRIL 19, 2018**

6:30PM TO 9:00PM

WHERE: **THE GATHERING PLACE**

20-850 KING ST. W, OSHAWA

Last year we had an excellent evening for the live-stream of Partners for Planning's *Art of Belonging*.

We are excited to repeat this success with a new presentation focusing on the strengths and

resiliency of families!

CELEBRATING THE POWER OF
bouncing back and *moving forward*!

When we think of the individuals, families, advocates, and organizations striving to create good lives and inclusive communities for all people, they are nothing if not resilient.

P4P's second annual live event brings together five diverse speakers sharing their unique and powerful perspectives on the theme of resilience.

[Check out the full line-up of speakers and their bios here!](#)

RSVP with Cathy at cbloomfield@dafrs.com or by phone at (905)436-2500 ext.2317

Making the Most of Funding Graduates Can Join A New Study Group!

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.

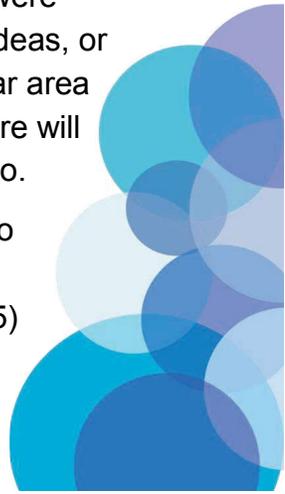
If you'd like more information or want to RSVP, contact Selena at sblake@dafrs.com or by phone at (905) 436-2500 ext.2302.



MAKING THE MOST STUDY GROUP

MONDAY, APRIL 23, 2018 at 6:30pm

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



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

This month the Bio Medical Approaches Study Group will come together in conversation about where we are all at. We will do some reflection on the past few group gatherings and topics that are top of mind: diet and nutrition, sensory integration, epilepsy, 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 share 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,
April 13, 2018

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 jklees@dafrs.com so that we can plan a successful morning.

Imagining Home Meetings, Like Spring Itself, Focus on New Beginnings and Ideas

Last month we hosted a small video launch party at our Imagining Home housing group to celebrate two new videos produced in collaboration with two families in Durham as well as Partners for Planning.

The two videos, called *Crafting a Life*, focus on the series of small steps, the hard work, the depth of thinking and the dedication to a vision over time required to create a good life, of which home, as an anchor, is essential. [Take a peek at ImaginingHome.ca to view the videos!](http://ImaginingHome.ca)

This month we will hear updates from the various movers and shakers in the group who have been making great progress around affordable housing in our community. A few members met with MP Celina Caesar-Chavannes in February and she was inspired to continue the conversation in a more formal and broader way. We will discuss our next steps regarding planning for a local affordable housing round table to which we have been invited. The Federal government wants to know how they can be supportive to our initiatives and would like to talk about how the National Housing Strategy may roll out in local communities. If you are interested in thinking about and planning for a home for a loved one with a disability, these are conversations you will want to be a part of!

The next housing meeting will take place on **Wednesday, April 11, 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.



Hippiefest 2018



Hippiefest was a tremendous success and the organizers would like to say “thank you” to the following donors for their generous donations to the evening. The money raised will be used to support [the Bascule Bursary](#). This is a fund which supports people with disabilities to participate in the building of valued social roles by offering a bursary to cover the cost of registration fees and supplies for their various pursuits, interests, and endeavours.

thank you



TOWN
BREWERY

A big thank you to [Town Brewery](#), who donated their delicious *Townie Blonde Ale*, and poured delicious draught beer all night long. Their motto **Better Beer, Stronger Community** is one they definitely surpass! Check out their awesome selection of craft beer when you are in the neighbourhood!

The wineries of Prince Edward County;

[Domain Darius](#)

[Hubb's Creek](#)

[Karlo Estates](#)

[Rosehall Run](#)

[Sandbanks](#)

[Dawson Woodshop](#)

[Bethanie Kaye Design](#)

[Instant Pot Canada](#)

[Jenni Tyl, Nygard](#)

Marilyn Forster Lo Turco, Mary Kay

Mark Hall & Charles Holder

[Déjà Vu Discs](#)

[Johnny's Eatery](#)

[Shannon's Hair Design](#), Whitby

[Books Galore](#), Port Perry

Lori Hollingworth, [Margarita](#)

[Mommas](#)

Deborah Murray, [Inner Temple Blends](#)

Cathy Bloomfield & David Ballard

Carol-Ann Lawrie, Arbonne

Sue & John McLellan

Soraya Cronkwright

[Neb's Funworld](#), Oshawa

Sue & Ned Talmey

Bruce Carmen Windsor Craft

Traci Trimble, [True Path Consulting](#)

Sue Dafoe, Tupperware

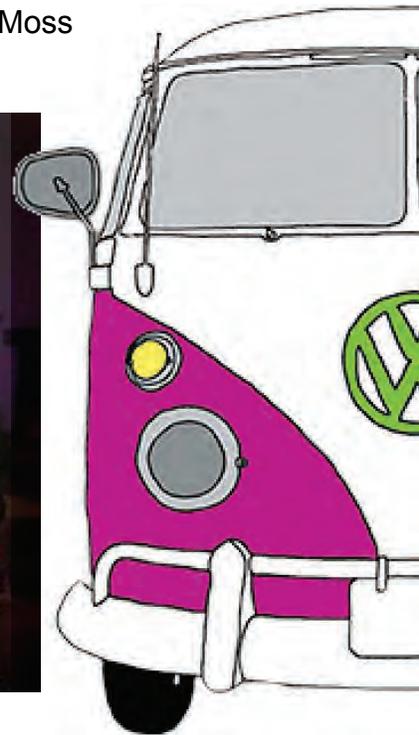
Hassnane Sajan, [DARTS Solutions Inc.](#)

[Happy Feet Foot Care Centre](#)

Chris & Heather Sinclair

Wendy Moss

Thanks to all the Hippies who came and danced the night away!



Other Upcoming Online Events on the



PLANNING NETWORK

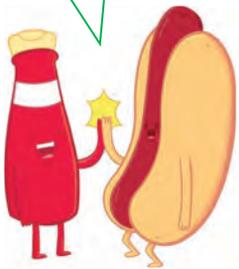
[ART OF RESILIENCE; Celebrating the power of bouncing back and moving forward!](#) - Thursday, April 19th at 7:00 p.m.

[Engaging Support Workers: Bill 148 for people with a disability and their families](#) - Cheryl Wiles Pooran - Thursday, April 26th at 7:00pm

Register at www.planningnetwork.ca

YAY! OUR WEEKENDS ARE FREE!

20 Years Marks the End of the ARH Yard Sale



For the past 20 years a fundraising yard sale has been held in Oshawa on Ashley Court, with proceeds going to benefit the ARH Bed and Breakfast. A big thanks to all those who donated their items over the years, and especially to those who would come out year after year to help organize sort and sell on the big day! There will be no yard sale this year and thus, no need for donations at this time!

respiteservices.com



Respite Worker Orientation

Keep an eye on the website for the next Orientation!

Or call Jeanne 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.

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

Want more information?



For more information on our organization or any of our events, please visit our website at

www.dafrs.com

Or

contact Heather by phone:

(905)436-2500

ext. 2314

or email:

hminors@dafrs.com

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

and see the "What's Happening Now" tab

Durham Association For Family Resources and Support

850 King St. W, Unit 20, Oshawa, Ontario L1J 8N5

(905)436-2500 www.dafrs.com