



DAFRS

# FAMILY *focus*

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

## Six Session Workshop Turns Interests and Talents Into Action and New Beginnings! See What Can Happen...

At the upcoming [Community Living Ontario conference](#), a trio of families will tell a story of their journey in bringing about unfolding roles and contributions to family, neighbourhood and community. The stories will highlight coming to appreciate and identify the gifts and contributions of their family members and then finding places in community where these might be welcome, enjoyed and needed. Ginette will talk about her daughter coming to mindfulness practice and understanding her role of teacher to many where she helps others to see the world differently. Marilyn will speak of her delight in creating a flexible, meaningful plan and week of valued roles for and with her daughter, while at the same time understanding the power of taking on some new roles for herself. Sue will talk about getting to know her community through the eyes and presence of her son – a benefit for the whole neighbourhood. All three will also note their participation in family groups and family-to-family learning that is a hallmark of Durham Family Resources. If you are attending the CLO conference, be sure to check it out!

Two of the three presenting families have completed the Making the Most of Funding series, which begins again next month. This series leads families through a way of thinking and planning for a loved one with a disability, and includes activities and conversations which can translate into new roles and endeavors. This series helps solidify that the good things in life can begin to be accessed at any time, at any age, and with very small amounts of time and dedicated energy.

When families come together to learn, imagine, support, brainstorm, and build good lives for and with their family members with disabilities, amazing lives start to unfold. At Durham Family Resources, families come together in a number of ways, though consistently with some key elements in common. The family is in the lead, and every group is based on a set of principles that ensure that the discussion, examples, and learning are individualized, based in a real and typical community, and follow the interests and contributions of the person. Relationships are a constant focus, and a genuinely good life in community is always in our sights. The Making the Most of Funding series is one avenue in which families come together within this framework.

If you or someone you know has been thinking about what life *could* look like for a loved one who requires support, or you have some good ideas without a firm grip on how to get moving with them, this series may be a great fit! The series is led by mentoring parents that 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 community. There is an ongoing study group for those who have completed the series to continue to get together to work on ideas other next steps for the person they are planning for. The next series begins October 1! [See and share the flyer here!](#)

### **MAKING THE MOST OF FUNDING**

**Bi-Weekly on Mondays at 6:30pm:**  
October 1, October 15, October 29, November  
12, November 26, and December 10

### **THE GATHERING PLACE**

**20-850 King St. W, Oshawa**  
Contact Selena for more info to register!  
sblake@dfrs.com / (905)436-2500 ext. 2302

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

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 their lives and the impact these experiences have in their lives.

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 (SRV) 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.



**Date:** Saturday, September 22, 2018



**Time:** 9:00am to 5:00pm

With registration and coffee beginning at 8:30am



**Location:** The Gathering Place at Durham Association for Family Resources and Support

**20-850 King St W., Oshawa**

There is lots of free parking on site.

\*This is a scent-free environment.

Refreshments will be provided at the morning and afternoon breaks. A 45 minute lunch break will be provided where participants can go out and have their lunches or bring their own if they prefer.

**Who the workshop is intended for**

The well motivated learner! This includes family members, friends, paid and unpaid supporters, advocates, teachers, board members, managers, funders, policy makers and others interested in the lives of people who are disenfranchised due to intellectual impairments, physical impairments, poverty, homelessness, age, and/or mental disorders.

**Pre-workshop preparation**

Come prepared to listen, take notes, frame and discuss your questions. Also come prepared to think about the devalued people you know, their life experiences and the social roles they fill in life. This course is delivered via lecture, questions and discussion.



For more information or to register by phone, please contact Cindy at (905)436-2500 ext: 2310 or [cmitchell@dafsr.com](mailto:cmitchell@dafsr.com)

**[To register online, please follow this link.](#)**

Please individually register for each person attending this event.

# 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.

This month we look forward to delving into ideas and next steps with some of our newest graduates from our 2018 Spring Series! 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.



MONDAY,  
SEPTEMBER 24, 2018

6:30pm  
The Gathering Place  
20-850 King St. W, Oshawa

**MAKING THE MOST  
STUDY GROUP**

~ Thank You For Your Patience ~

Durham Family Resources Gets An Office Update Along with our  
New Name!



If you have dropped by our office over the past few weeks, you may have noticed (and walked around/over/under) a bit of upheaval! Upon the renewal of our lease for this space, some renovations and repairs were to be made. Things have been packed and unpacked, staff have shifted and moved, then moved again as the renovations unrolled and were tackled.

Throughout the change and displacement, business ran as usual! We'd like to thank everyone who maneuvered through this with us, and thank you for your patience as we continue to wrap things up here at 20-850 King st W.



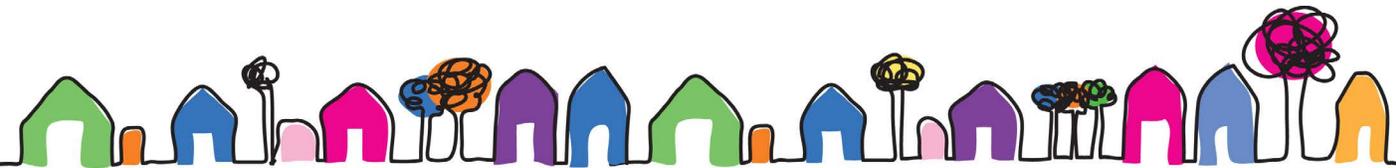
A special thanks to our HR guru, Wendy Moss, who organized and managed the whole renovation. We look forward to all the finishing touches being completed over the next few weeks, and getting settled into our freshened-up space!

## Imagining Home Group Taking a Break in September - Reconvening With New Insight Through Interviews

The ongoing housing group, Imagining Home, will be taking a break this September, though the information-seeking will continue! To further our understanding of where people are at in regards to supporting their loved ones' housing journey one of the Imagining Home members, Marilyn, will be contacting other members for a short interview. If you are a member of Imagining Home, expect to hear from Marilyn as she collects some important data for the group to go over in October. We hope with this information, we will be better informed moving forward in regards to affecting local housing initiatives and policies. We look forward to sharing this data anonymously with the group!

The next housing meeting will take place on *Wednesday, October 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).

**IMAGINING HOME MEETING THE GATHERING PLACE**  
**WEDNESDAY, OCTOBER 10, 2018 DURHAM FAMILY RESOURCES**  
**6:30PM 20-850 KING ST. W, OSHAWA**



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

The Bio-medical Approaches Study Group continues to meet to learn and share with others. Our interest in alternate approaches to health and well-being for ourselves and our family members continues to grow and we are meeting *the third Friday this month* in order to digest a workshop series, Peter Marks' Conscious Care and Support, which many attended.

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.

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 meets monthly and is open and welcoming to new and past participants! We meet at The Gathering Place (20-850 King St. W, Oshawa), usually on the second Friday of each month at 10am. Please RSVP your attendance to [jklees@dafrs.com](mailto:jklees@dafrs.com) so that we can plan a successful morning.



**Study Group  
Info**  
**Friday,  
September 21  
2018**



# Making the Most of Your Dollars

FALL 2018

DURHAM ASSOCIATION FOR  
**FAMILY RESOURCES  
AND SUPPORT**

[WWW.DAFRS.COM](http://WWW.DAFRS.COM)

20-850 King St. W, Oshawa, ON



Families throughout the Region of Durham are invited to participate in an innovative and interactive six-week 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 series is led by mentoring parents that 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.

This series runs bi-weekly for six sessions.

[Mondays at 6:30pm:](#)

October 1, October 15, October 29,  
November 12, November 26, and  
December 10



To register, or for more information, please contact  
Selena Blake  
(905)436-2500 ext:2302  
[sblake@dafrs.com](mailto:sblake@dafrs.com)

# Shape Your Healthcare System - Share Your Experiences and Thoughts our LHIN's Strategic Plan



The Central East Local Health Integration Network (Central East LHIN) is responsible for the planning and delivery of home and community care services throughout Durham Region. They also plan, fund, integrate, and monitor the health care system as a whole. They are currently in the process of developing their strategic plan, which will shape our local health care system's goals and deliverables. It is imperative that a wide variety of voices are used to shape the future of this system, and we hope yours is included!

If you have experience with our local health care system, consider filling out the LHIN's survey. Your experiences, opinions, and ideas could help determine where innovation and improvement is needed in Durham Region, and improve the organization and delivery of services to better meet our local needs .

**[CLICK HERE TO COMPLETE A SURVEY!](#)**

If you have any questions or require any support while completing a survey, please contact Parisa Mehrfar directly at 905-427-5497/1-866-804-5446 extension 3214 or email [Parisa.Mehrfar@lhins.on.ca](mailto:Parisa.Mehrfar@lhins.on.ca).

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



## Respite Worker Orientation

Friday, September 7<sup>th</sup> - 9:30am to 1:30pm

Tuesday, September 25<sup>th</sup> - 10am to 2pm

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

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. 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.

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