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October 2018

DAFRS

# FAMILY focus

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

## A Road Map to Relationships; Find and Plan Your Own Route at This Upcoming Workshop

This is an interactive workshop, presented by Janet Klees, Executive Director of Durham Association for Family Resources and Support. **Building a Context for Relationship** is about exploring and discovering the opportunities for welcome, engagement, and relationship that abound in our communities. If you are involved with planning and supporting a person to be a fuller member of their community and need a practical approach that works, this workshop is for you!

In this hands-on practical event we will plan, practice and polish setting up and supporting our own contexts that work. Starting with where you are at, we will find ways to make poor situations good, make good situations better, and shape a few situations to be the best. We will also explore good support strategies, developing natural supports, and have plenty of time to think about and work on your own examples and situations.

*“We cannot create relationship, but we can recognize, encourage, and design opportunities in which the miracle of relationship is more likely to occur.”*

This workshop combines a good, principled framework with a practical, straight forward approach for bringing about the two elements that will make the most significant difference in peoples’ lives: **valued roles** and **relationship**.

The workshop is based upon the belief that when our communities are able to invite, welcome and appreciate the contributions of its most vulnerable members, we all benefit. Communities need support to discover these contributions. Supporters need a vision of possibility, a sound approach and effective strategies to take action.

[See the full flyer here!](#)

### Building a Context for Relationship

Roles, Relationship, and Places of Belonging

Thursday, November 1, 2018 | The Gathering Place  
9:30 am to 4:00pm | 20-850 King St. W, Oshawa

**Click Here to Register Today**  
or call Heather at (905)436-2500 ext. 2314



# Stories and Strategies to Move from *Doing Things to Being Someone*

Save the date and join us on Saturday, November 24<sup>th</sup> for a great day focused on helping kids develop roles and relationships! Whether you have young children, or are thinking about an adult in your life, this day has something to offer you!

In the morning, Genia Stephens, a mother of 5, will speak to the significance of roles, and the impact they have had on her youngest son, Will. Her story will describe how those roles have helped solidify her son's place in other people's lives, as well as in his community. Through trial and error (and busyness of a family of 7!) Genia will share how things are unfolding and prompt great ideas for anyone who is involved in the life of a child with a disability.

In the afternoon, we will focus on how roles can be imagined and developed. Who is the person? What brings people to them? What do they bring to other people? Where can that fit, and how can that expand? Through practical strategies and informed approaches, we will delve into setting up and supporting valued roles - at home, as neighbours, and in the other places we frequent whether school or elsewhere.

Feel free to come to both parts, or attend just one - we hope to see you there! If you are involved in the life of someone with a disability, whether they are a child or adult, there will be great take-home skills and suggestions you are sure to appreciate.

**Click Here to RSVP  
for one, or both sessions!**

or call Cindy for more information  
(905)436-2500 ext. 2310

**Saturday, November 24, 2018**

**Morning - 9:30am to 12pm**

**Afternoon - 1pm to 4 pm**

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



# Family Experiences and Learning Highlight of Presentation at Community Living Ontario Conference

Community Living Ontario held its annual conference and general meeting this past month in Richmond Hill, Ontario. Durham Family Resources was well represented with a presentation by three families, Ginette Cormier, Marilyn Forster Lo Turco, Sue McLellan, along with our Executive Director, Janet Klees.

When families come together to learn, imagine, support, brainstorm, and build good lives for and with their families with disabilities, amazing lives start to unfold. We are so fortunate to have Sue, Marilyn, and Ginette who agreed to share stories of their children's unfolding and every-growing roles and contributions both within their families and their communities. The stories demonstrated the power of a good role and the potential in taking small steps, one at a time. They did an excellent job portraying to other families that with very small amounts of time and dedicated energy, all families can begin this journey at any time, and at any age.

They shared the ways they had been involved with Durham Family Resources in family-to-family ways of learning, and really solidified the importance of family-led, principled ways of coming together and why they are so imperative to making good lives merge and develop.



From left to right: Marilyn Forster Lo Turco, Sue McLellan, and Ginette Cormier, presenting "As Families Learn Together"

The presenters fielded great questions from the audience after the presentation's conclusion.

We are grateful to have such strong and well-spoken family representation speaking on behalf of our work. We look forward to seeing these stories evolve as time goes by!



# Imagining Home Group's Progressive Messaging Echoed at Recent Housing Event

The ongoing housing group Imagining Home reconvenes this October. As many of you know, Marilyn Forster Lo Turco has been underway with interviews in efforts to help us understand where people are at in helping to support their loved ones' housing journey. We look forward to getting an interim update.

On October 1<sup>st</sup> a few parties were extended an invite from Community Living Ontario to participate in the event *Home and Community: An Evolutionary Conversation*. The focus of the day was to consider messaging related to affordable housing and what a good home of one's own truly means in a climate where new segregated housing options are popping up across the province. Clarity of messaging is work that has been underway with Imagining Home for over three years. The group has an edge on progressive messaging as during the Housing Project the group's [guiding principles](#) were established and in 2017 following the *When Families Take Charge of Housing Forum* members again collaborated to produce the [Imagining Home Key Messages document](#). Which you can check out here.

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 this month we welcome an Occupational Therapist who will share with us details on some of her work and be a great resource for families' questions.

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 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](mailto:jklees@dafrs.com) so that we can plan a successful morning.



**Study Group Info**  
**Friday, October 12 2018**



## Two Upcoming Workshops for Those Interested in Social Role Valorization Sub-Topics

Susan Thomas, Training Coordinator of the Syracuse University Training Institute for Human Service Planning, Leadership, & Change Agency, in Syracuse, New York, will be holding two full-day workshops here at The Gathering Place. Susan worked alongside Dr. Wolfensberger for many years and now continues his teachings through workshops such as these. Please note there is a discounted rate for families who wish to attend; details can be found through the flyer links below.

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### **Effecting More Positive Attitudes to People Who Are Devalued And at Risk of Devaluation**

Most of the bad things that happen to people who are devalued by others are the result of the negative attitudes that these others hold towards them. After all, people act on the ideas that they hold in their minds. Therefore, if one wants people who are devalued or at risk of devaluation to get the good things of life rather than the bad things, then it is important that attitudes toward them be shaped to be more positive, or less negative.

While there is always much talk about how to improve attitudes towards certain classes of people, there is not necessarily much study of how attitudes are actually formed, and how they can be effectively changed. This workshop attempts to address that problem. It is aimed at people who are serious about wanting to change attitudes for the better towards people who currently are, or at risk of being, devalued by others.

The workshop will outline how attitudes towards people are formed, with special emphasis on the role of imagery and of unconsciousness in the formation of attitudes. Then it will outline a number of strategies that can be employed to make attitudes towards a class of people more positive, or at least less negative. There is overlap between these strategies and the content of Social Role Valorization (SRV), so people who are familiar with SRV will find much of the content of this workshop familiar, though not all of it. However, the material will be interpreted somewhat differently than it is in SRV teaching, and in any case, hearing familiar content in a new way may enable someone to think about and apply it differently.

[See the flyer here to register!](#)

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### **Dilemmas of Serving for Pay Upon People in Need**

The vast majority of human services provided today to people in need are formal, organized, paid services. That is, the service is offered by an organization such as a private agency or the government; it is subject to many rules and regulations; and the people who conduct the service get paid to do so. All this raises many questions, or at least dilemmas, because organization, formalization, and especially payment introduce problems to service. These problems have to do with the nature of the service, its capacity to address the needs of the people who receive it, the motives of the people rendering the service, and the ultimate results of the service. What is remarkable is that hardly any of the many, many people involved in contemporary human services are ever told of these dilemmas; nor are they offered strategies for possibly addressing these dilemmas. All these things will be addressed in this presentation.

[See the flyer here to register!](#)

# 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 Selena at [sblake@dafrs.com](mailto:sblake@dafrs.com) or by phone at (905)436-2500 ext.2302.



## MAKING THE MOST STUDY GROUP

MONDAY, OCTOBER 22, 2018

6:30PM

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

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

**CHAP**  
COMMUNITY HELPERS  
FOR ACTIVE PARTICIPATION

## Respite Worker Orientation

Saturday, October 27<sup>th</sup> - 9:00am to 1:00pm

@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.

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