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November 2018

# DAFRS FAMILY focus

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

## Making Friends and Belonging - A New Workshop Approaches this Integral Part of a Good Life

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

In the morning we will hear from a mom who has made great things happen for her son and how thinking about “roles” has helped make some of these things happen. 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.

In the afternoon, we will work through how to imagine and develop next steps for our sons and daughters. Looking practically at how to imagine and develop roles, we will look at how and where to start and what strategies can help get us there. 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 morning and afternoon, or attend just one - there will be some great take-home skills and suggestions you won’t want to miss!

**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**



## Minister of Public Services and Procurement and Accessibility Visits Durham Family Resources

Late in October, Durham Family Resources welcomed Minister Qualtrough for a quick visit while she was in the area. A successful lawyer, dedicated volunteer, and Paralympic swimmer, the Honourable Carla Qualtrough is committed to addressing inequality and championing diversity. She currently acts as Canada's Minister of Public Services and Procurement and Accessibility.

We were fortunate to sit down with Minister Qualtrough and discuss our approach to providing support to families in Durham Region. Minister Qualtrough admired our one person at a time approach, as well as putting vision and contribution at the forefront of our thinking things through with families. We were able to bring light to the two family-led housing initiatives we support, Imagining Home, and Intentionally-Built Communities, both which are committed to exploring affordable housing options in our region. It was a lovely honour to be able to share our way of working with families with Minister Qualtrough.

Earlier in October, we were also pleased to welcome and chat with three senior Ministry of Children and Community and Social Services officials, who were able to talk with staff and board members at an annual info night we prepare for our Board of Directors. Each year, as an organization, we look closely at our work and refresh a document we have created called [\*What's at our Table\*](#). This document reflects what is on offer at Durham Family Resources and tries to capture the different ways we work with families as an organization. Being able to hear from staff about their work is always appreciated by the Board and we were glad to be able to share the conversation with our MCCSS officials this year.



Minister Qualtrough meets with Selena Blake and Sue Talmei, of Durham Family Resources, and Canadian Association for Community Living's Executive Vice President Krista Carr

## Save the Date for our Festive Stories by the Fire Event Thursday, December 6<sup>th</sup>, 2018 at the Centennial Building

Our annual holiday gathering is back, and you'll want to mark your calendars so you can join us! Our Stories by the Fire gathering will be held on Thursday, December 6<sup>th</sup>, in the Centennial Building's Regal Room.

Much like last year, we will have good stories, good nibbles, and even better company! Come on out and bring family and friends to hear great stories and end the year with thoughts to what is possible for you and yours this coming new year!

### *Stories by the Fire*

Thursday, December 6<sup>th</sup>, 2018  
7:00pm - The Regal Room  
The Centennial Building at  
416 Centre St. S, Whitby



# Affordable Housing Top of Mind in Durham and Beyond for Upcoming National Housing Day

November is a busy month for all things housing! On November 8th a few members from Imagining Home and IBC will be meeting with MPP Lorne Coe. Members of the groups are looking forward to a fruitful conversation with the Whitby official wherein they will describe the partnerships possible that bring forth diverse and vibrant neighbourhoods within a principled approach.

On November 22nd Durham Region is hosting an event for National Housing Day. This coincides with a conference happening in Ottawa. Both events are being sponsored by CMHC and promise to demonstrate innovative strategies to achieve affordable housing.

The next Imagining Home meeting is on *November 14th at 6:30pm* in the Gathering Place here at the DAFRS office located at 20-850 King St. W. Stacy Martin, Housing Coordinator from Developmental Services Ontario plans to join us for the evening. She is interested in hearing about creative housing options and will give the group a snapshot of her role. Contact Selena to RSVP or for more information at 905-436-2500 ext. 2302 or [sblake@dafrs.com](mailto:sblake@dafrs.com).

**IMAGINING HOME MEETING THE GATHERING PLACE**  
**WEDNESDAY, NOVEMBER 14, 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 as we share, discuss and research new directions together. Last month we met with an Occupational Therapist to better understand sensory integration and motor planning issues. Everyone who participated loved the information and felt that we had learned a lot – yet again!

This month is a conversation month where we discuss, synthesize and share what we are currently doing and thinking about, or questioning each other on past sessions and our own practice. Next month we will meet a local practitioner doing Visual Therapy with people.



**Study Group  
Info**  
**Friday,  
November 9  
2018**

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.

# Uncovering the People's History Launches in Durham Region through the Durham Family Network

On Monday, October 29th, many families from across the region and beyond met at the Centennial Building in Whitby. The evening was hosted by the Durham Family Network (DFN), which is a non-profit, family-based organization established in the early 1990s by a committed group of families.

The DFN is one of many regional networks of families across Ontario dedicated to fostering the strength, stability, confidence and knowledge that families can offer each other. They took some time to introduce themselves, their work, and [their new website](#). Family networks are a powerful way for families to connect, guide, and support each other, empowering one another through shared knowledge, access to information, networking and exchanging ideas.

Members of Family Alliance Ontario were present to launch Uncovering the People's History, which will be organized in this area by the DFN. The vision of the Uncovering the People's History project is to assist individuals and their families/friends to understand the negative impact that institutionalization has on people, not only the individuals themselves, but their families, and society as a whole. It is important to Family Alliance Ontario to keep the history alive so that the harm inflicted on people through the institutional care model is never forgotten and so that it will never happen again.



Families from Durham Region and beyond met to hear about Durham Family Network and the Uncovering the People's History project.

## 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, NOVEMBER 26, 2018

6:30PM

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

# Durham Family Resources Ready to Accept PassportONE Required Forms Through Current Canada Post Rolling Strike



PassportONE will begin to process all Passport funding reimbursements starting this December, 2018, for residents of Durham Region. Our current local Passport Agency, Tri-County Community Support Services (TCCSS), are in the process of transitioning all Passport recipients to PassportONE by December. Recipients of Passport have been sent a package containing forms which are required to be submitted back to TCCSS by the end of November.

Because of the current rolling strike with Canada Post, **Durham Family Resources will be accepting these forms at our office.** TCCSS needs these completed forms by November 23<sup>rd</sup>, 2018 to transfer the required information to the new payment system, PassportONE.

We are located at 850 King St. W, Unit 20, in Oshawa, at the intersection of King St. W and Thornton Rd. Our office hours are Monday through Friday, 8:30am through 4:30pm.

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



## Respite Worker Information Session

The next information session is TBD. Watch the [respiteservices.com](http://respiteservices.com) website for more information!

The CHAP Respite Worker information session is mandatory for potential support workers joining the CHAP program worker bank. The session 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 L1W 8N5  
(905)436-2500 [www.dafrs.com](http://www.dafrs.com)