

May 2019



▶ EMAIL TRANSFERS NOW AVAILABLE... 4



▶ ONLINE PRESENTATIONS NOT TO BE MISSED... 3



▶ MORE TO LEARN AT THE BIOMEDICAL STUDY GROUP.... 2

# DAFRS FAMILY focus

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



## Support for Decision Making and Recognizing Capacity Bring Great Conversation Among Families in April

In April we held two events focusing on better understanding capacity and supports for decision making. First we were joined by Michael Kendrick and then the following week by Michael Bach, who helped us think more deeply about our family member's capacity to express their will and preferences, and how the interpretation of this by those around them can have legal recognition.

*A person's intention, their will and preferences is not a cognitive act but one that comes from the heart – we don't think our way into things that matter, we feel our way... it is the poetry of who we are – Michael Bach*

There was rich discussion among participants, sharing the variety of ways people communicate what matters most to them and highlighting some of the places in community where barriers exist to people exercising choice and control. We look forward to continuing this conversation over the coming weeks and months as our pilot project takes shape and we learn together and share the experiences of people and families across the region who can contribute to this important issue.

Save the Date!

**2019 Annual  
General Meeting**

**Monday, June 17, 2019**

Mark your calendars for our Annual General Meeting, happening Monday, June 17, 2019. The business meeting will begin promptly at 6:00pm and we will then have a dynamic presentation focused on home, housing, and neighbourhood. For this night, we will be creating a community-led and informed display of curated photos. We welcome you to participate in our exhibition by finding a photo which represents what home means to you - a view, a place, a person, a favourite chair and book - home means many things. More details will follow regarding this night, so keep an eye on your email, and [RSVP here today!](#)

## Imagining Home Begins to Plan and Shape a Showcase on Housing

This Spring is a busy time for all things housing! At our upcoming Annual General Meeting on June 17<sup>th</sup>, we will shine a spotlight on the many achievements in housing for families over the years. Come out to our May meeting where we will discuss this, as well as the possibility of a ½ day Housing Forum where we'll look ahead to many more opportunities on the horizon and reflect on the past three years. We will also discuss upcoming ways to deepen our awareness and priorities around partnerships and new build opportunities.

Come out to our May meeting and help shape how these initiatives, and more, will unfold. Our next Imagining Home meeting is on **Wednesday, May 8<sup>th</sup>** at 6:30pm in the Gathering Place here at the Durham Family Resources office located at 20-850 King St. W. Please contact Erin to RSVP or for more information at 905-436-2500 ext. 2511 or eoreilly@dafrrs.com. Looking forward to seeing you all again!

**IMAGINING HOME MEETING THE GATHERING PLACE**  
**WEDNESDAY, MAY 8, 2019 DURHAM FAMILY RESOURCES**  
**6:30PM 20-850 KING ST. W, OSHAWA**



## Peter Marks to Join the Conversation at Monthly BioMedical Study Group

Everyone is welcome to attend and participate in the Bio-Medical Approaches Study Group when we meet on the second Friday morning of each month. Regulars, those who drop in when they can, occasional drop in for various topics, and curious on-lookers all join for morning discussion, learning, sharing and a good laugh that accompanies fellow learners who respect each other!

We engage with anything “Bio – Medical” and so families talk about all of the approaches, alternatives, strategies that we have found, are being pushed into, have discovered online and more! We have a wide circle of families who are ready to share their vast experience and together we sometimes are able to help each member make better sense of the options and choices that surround them.

This month the group will be joined by Peter Marks, from the Centre for Conscious Care and Support. 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. Peter has experience working with families using practical, evidence-based approaches and strategies with start with brain balance and health, nutrition, sensory, cardio involvement 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@dafrrs.com so that we can plan a successful morning.



**Study Group  
Info**  
**Friday,  
May 10,  
2019**



# Thinking About Summer?

As the weather gets warmer and sandals begin to make their appearances across Durham Region, we know the end of the school year is near. Although the rising temperatures are appreciated by many, planning what to do on these school-free days is not always such a treat!

The summer season often brings many opportunities to try new things - whether it's summer day camps, sports leagues, organized outdoor activities, fairs and festivals, concerts, art shows, summer classes - the list goes on! The experiences, relationships, and growth that can develop through participation in these typical, community opportunities can make a big impact in a child's life.

There are a great deal of specific interest-based events (classes, camps, etc.) which can feed an existing interest, or allow a new interest to be "tried on". As important, it can allow your son or daughter to be among those who share that interest. Pick up and drop off time is a great chance to chat with other parents or kids about what and where *else* these interests are pursued and enjoyed. These kinds of conversation can lead to something tangible like a play-date down the road, or can further expand ideas and options going forward into the year. Other families and parents can often be our best resource!

[Here's one link to get you started!](#)

## Learn from the Comfort of Your Own Home with This New Online Series

[Good Things in Life](#) is an online community for families, especially those with young children, working at achieving their vision for their son or daughter with a disability. It provides resources, supports and networking opportunities so parents have the community and knowledge they need to help their kids with disabilities to build a good life. This is a great resources for busy parents and these two online presentations are well-worth your time! If you can't make the live-stream of either events, you will be sent a recording of the event if you register. Click on either event title to register today!

**Tuesday, May 14, 2019 @ 12:00 pm**

### **Social Capital in the Lives of People with Disabilities with Al Condeluci**

In this live presentation you will learn:

- What social capital is and how it helps all of us. Ever hear the expression, "It's not what you know, it's who you know"?
- How social capital benefits people with disabilities. You can build social capital to keep people safe and create opportunities.
- Why fixing someone with a disability isn't the *most* powerful key to helping them to have a good life. Relationships and social capital powerfully and positively influence our lives no matter how disabled we are.

**Monday, June 3, 2019 @ 12:00 pm**

### **Building a Context for Relationship with Janet Klees**

In this live presentation you will learn:

- How to assess where someone spends their time and figure out if there is a possibility for relationship building.
- How to build a context for relationship. A simple, effective five-point strategy to build situations in which relationship can be developed, nurtured and thrive.
- That friendships are possible no matter how disabled a person is. Janet will share examples of what is possible.



## E-Transfer Now Available!

Durham Family Resources can now accept email transfers for invoice payments! If you receive invoices from us, you can now submit payment via email transfer to:

**payments@dafrs.com**

## 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 Laura at [lpowell@dafrs.com](mailto:lpowell@dafrs.com) or by phone at (905)436-2500 ext.2312.



### MAKING THE MOST STUDY GROUP

MONDAY, MAY 27, 2019  
6:30 PM  
The Board Room  
20-850 King St. W, Oshawa

Want more  
information?

Durham  
Association for  
Family Resources  
and Support

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



## Meet and Greet and New Worker Information Sessions

Check the website for upcoming dates!

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 Jeanne at (905)436-3404 or [jgodfrey@dafrs.com](mailto:jgodfrey@dafrs.com)

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

**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)