

## Valued Social Roles

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Durham Family Resources

# FAMILYfocus

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

## Re-Imagine Opportunities, Strengthen Vision and Create Plans for A Good Life with this Six-Part Learning Series

In 2015 the *Making the Most of your Passport Funding* learning series was launched as a temporary project. Since then, this six-part learning series has had 77 graduates! The appreciation for the workshop and the evidence of success has been so great that the series now continues as a core offering.

Making the Most learning series focuses on a set of principles that offer guideposts for planning and decision making for a good life in community. Participating family members are encouraged to come with an open mind. Graduates of the series have attested to a shift in thinking resulting in a new imagination of a good life for loved ones. Practical strategies and tools are shared to implement plans into action.

Attendees are not alone on this learning journey. Mentoring families walk alongside participants, sharing lived experience, answering the many questions that arise and even meeting with eager caregivers emboldened to embark on the path of trying anew. These mentoring families offer encouragement and provide timely support.

In an era where meaningful solutions are rarely found in systems, this series invites family members to entertain new questions and find unique answers.

**The next session begins on October 1st; it is offered in a small group setting to maximize participation so please register promptly.**

**This series runs bi-weekly for six sessions on Tuesday evenings from 6:30pm to 8:30pm.**

**October 1<sup>st</sup>, October 15<sup>th</sup>, October 29<sup>th</sup>, November 12<sup>th</sup>, November 26<sup>th</sup>, and December 10<sup>th</sup>.**

A focus on interests, contribution and community at the heart of this popular series

To register, or for more information, please contact Laura at (905) 436-2500 ext:2312, or by email at [lpowell@dafrrs.com](mailto:lpowell@dafrrs.com).



## Belonging in School and Inclusive Education the Focus of *Good Things in Life* Podcast

As the days draw near to the first day of school, many families will be thinking about what the school year holds for their son or daughter. Recently, Genia Stephen and the *Good Things in Life* podcast have been having thoughtful conversations and interviews in a series of episodes called Belonging in School. Over several episodes, stories of parents, mentors, and thought leaders on the topic of inclusive education in Canada are brought forward and considered.

The series has so far interviewed Marilyn Dolmage, Gordon Porter, Linda Till, and Bruce Uditsky - all extremely influential, internationally renowned Canadians who have imagined, experienced, shaped, and fought for changes in the education system to be more inclusive to all Canadian students. Genia and her guests speak about the past, sharing history of where we came from, along with many helpful ideas which can be used to continue the stretching and shaping of inclusion in our schools today. If you have been wondering about inclusive education, these episodes are worth a listen!

[Check out the Good Things in Life podcast here!](#)



### International visitors stopping by for lunch and learning! Join us!

Next Friday, September 6th, we welcome three visitors to our office! We have two families coming in, one from Ireland and one from Australia, and they are going to spend a day with us learning about our organization, and sharing stories with local families.

In the morning, we will focus on what Durham Family Resources offers and some helpful ways we have found to support families. After a potluck lunch, one of the visiting families, Jan Kruger, will share some stories around creative planning for her young son, some opportunities which have panned out and what is in store for the future.

Jan is the Director of Imagine More, a family-led organization based in Canberra. Jan co-founded Imagine More in 2013 to strengthen family leadership and advocacy for people with a disability to get the good things of life. Imagine More's guiding principles are inclusion, valued social roles, positive relationships, family involvement and community contribution.

Friday, September 6, 2019  
10am through 4pm  
The Gathering Place - 20-850 King St. W, Oshawa

## 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.

MONDAY, SEPTEMBER 23, 2019  
6:30 PM

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

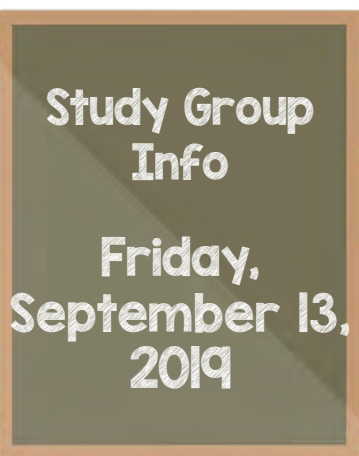
**MAKING THE MOST  
STUDY GROUP**



## Amy Archer, RN, Returns to Discuss Pain Recognition and Symptom Control at September BioMedical Study Group!

This month Amy Archer returns to the group to give a presentation on pain recognition and symptom control. Amy is the Palliative Pain and Symptom Management Consultant for Durham VON. She had previously visited the group and everyone was keen to have her back and speak more fully to what she does.

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.

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.





# Making the Most Learning Series

Making the most of your time,  
energy and money to achieve a  
good life for your family member

FALL 2019

Durham Association for Family  
Resources and Support

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



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 and community.

This series runs bi-weekly for  
six sessions

Alternate Tuesday evenings from  
6.30 – 8.30pm

Oct 1<sup>st</sup>, Oct 15<sup>th</sup>, Oct 29<sup>th</sup>, Nov 12<sup>th</sup>,  
Nov 26<sup>th</sup> and Dec 10<sup>th</sup>

At 20-850 King Street West, Oshawa, ON

To register, or for  
more information,  
please contact Laura  
(905) 436-2500  
ext:2312  
[lpowell@dafrs.com](mailto:lpowell@dafrs.com)



# Addressing Social Devaluation: 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.

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 social devaluation.

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 a 4 day workshop, and which all participants of this one-day workshop who want to learn more about SRV are encouraged to attend.



**Date:** Saturday, September 28, 2019



**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. There will be a 45 minute lunch break. Participants are encouraged to bring a lunch, or purchase take out to bring back.

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

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

Please individually register for each person attending this event.

This event is subsidized through a Strategic Program Investment Grant

Co-Sponsored by Durham Association for Family Resources and Support  
and The Southern Ontario Training Group

# Imagining Home Gathers to Share Updates and Generate More Conversation Around Housing and Home in September Meeting

After a busy summer we don't anticipate any slow down in housing in the upcoming months! We had another engaging conversation at last month's meeting around homeownership, brought to life by one family's story and incredible examples of what's worked well for them in creating a homeownership trust for their son. Many more questions to ponder so stay tuned for future discussions!

We look forward to this month's meeting where we'll share housing updates and discuss timely topics of interest for families.

Our next Imagining Home meeting is on **Wednesday, September 11 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 [ereilly@dafrs.com](mailto:ereilly@dafrs.com). Looking forward to seeing you all again!

**IMAGINING HOME MEETING THE GATHERING PLACE**  
**WEDNESDAY, SEPTEMBER 11, 2019 DURHAM FAMILY RESOURCES**  
**6:30PM 20-850 KING ST. W, OSHAWA**



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

**CHAP**  
COMMUNITY HELPERS  
FOR ACTIVE PARTICIPATION

## 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)

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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