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November 2019

*Durham Family Resources*

# FAMILYfocus

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

Stories, social gatherings, and so much more at  
our annual Stories by the Fire event!

We are so pleased to once again be hosting a night focused on good stories, and even better company! We hope you can join us on Thursday, December 5<sup>th</sup>, for our third annual Stories by the Fire evening. This event has been a growing success thanks to our amazing storytellers and support from the friends, family, neighbours, and other community members who come out to listen, engage, and enjoy.

Stories fuel our work. Stories build the communities of which we want to be a part. Storytelling is both a natural form of communication and an art form. Spanning hundreds of generations, at its heart, storytelling is a call to community. Stories presume a community of listeners who will recognize in the narrative an experience, a feeling, a plight, which they themselves have lived. Stories are a fundamental aspect of human consciousness - they are essential to how we think, feel, remember, imagine, relate - and create change.

We are encouraged by the stories we hear from families every day. We are delighted to hear stories of community from many perspectives, and we situate stories amid other offerings by Durham Region artists of many kinds. We know that bringing families and community together to share stories has the power to shape the way people think and feel about their worlds, our communities, and how they interact with in them. Life has enough meetings, lectures, and bullet points - storytelling is creative and fun - we hope you can be a part of this year's event!



*"Story is where we came from. Story is where we're going. Story is what connects us and binds us to each other. It is in the story of humanity, amongst love and fear and failure, that we make meaning of our lives.*

*Story is what defines us and sets us apart. It's what allows us to connect with each another, to truly know and be known."*

- Jeff Goins

*Stories by the Fire*

**Thursday, December 5, 2019**

*7:00pm - the Regal Room*

The Centennial Building - 416 Centre St. S, Whitby

**Tickets are free, but limited! Get yours here today!**



Durham Family  
Resources Presents

**Thursday, November 21, 2019**

Learn about our organization and the various ways we work with families throughout Durham Region.

Have a conversation with staff as they chat about some of the interesting work happening here at Durham Family Resources.

## WHAT'S AT OUR TABLE

AN OPPORTUNITY TO ENGAGE WITH THE UNIQUE  
RESOURCES HERE AT DAFRS

**Drop in between  
12:00pm and 4:00pm**

## Imagining Home Shares Rental Search Learning, and Chats with DSO Housing Navigator at November Meeting

With the roll-out of the Durham Portable Housing Benefits well underway, some families who received the benefit have been busy navigating the rental market and scouring the Region for affordable apartments. We'll hear from one family's experience and get a sense of their early learnings around what that search has been like; the trials, the challenges and the triumphs!

We'll also share some useful resources to help others, just starting out on their journey to apartment living, to help ease the search process. We'll be joined at our meeting by Katherine Pickard, Housing Navigator from Developmental Services Ontario, who is interested in hearing about the many typical and creative ways families have been imagining and planning 'home', and what other families connecting through DSO should know about Imagining Home's principled approach to finding and creating housing. We'll continue our conversation from last month around things to focus on in the coming year, as Imagining Home continues to share and dig deep into the housing experiences of families, that shape our understanding of what matters most to individuals with disabilities and their families.

Our next Imagining Home meeting is on Wednesday, November 13 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@dafrs.com](mailto:eoreilly@dafrs.com). Looking forward to seeing you all again!

**IMAGINING HOME MEETING • WEDNESDAY, NOVEMBER 13, 2019 • 6:30PM**



**THE GATHERING PLACE  
DURHAM FAMILY RESOURCES  
20-850 KING ST. W, OSHAWA**



# The Positive Power of Parent to Parent Support: A Personal Story

Let me begin by telling you that although it was over thirty-three years ago, I remember it clearly like it was yesterday: getting the diagnosis, the overwhelming feelings, and the many questions. Many of the answers to our many questions, we researched and found out on our own. My husband and I were afraid of the future and didn't know how we would cope. After a few months of searching for information we were very fortunate to be able to meet another family who offered to share their experiences with us. This family's daughter was older than ours, but through this introduction we realized the future didn't look so bad, we could do it and we weren't alone. Many other families have since told me that my experience is not unique.



Through our everyday experiences as parents we develop knowledge and expertise in many different areas. This knowledge and expertise often will grow to the point that it exceeds that of the many professionals who become involved with our family. By sharing this knowledge and expertise, at various ages and stages, parents can support other families who are facing similar issues. Now as a parent with an adult daughter, I continue to seek out opportunities for emotional support and for development of knowledge and skills that can be used to support my daughter in her next life stage of moving into her own home. This process at any stage or age is referred to as “parent-to-parent support” and it is positively powerful!

Parent-to-parent support provides opportunities for parents of children and adults with disabilities to share with and gain from each other's experiences and skills. From both the research I have read and my lived experience knowledge, the freely given and firsthand nature of these experiences appears to be the reason that parent-to-parent support is so helpful and successful. Professionals can be very helpful to families in many ways however they cannot replace the freely given firsthand knowledge and support we can get from another parent who has walked a similar path.

Cindy Mitchell

## BioMedical Study Group Continues to Bring Parents Together to Share Information and Stories

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!



**Study Group  
Info**

**Friday,  
November 8,  
2019**

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

# Building a Context for Relationship

## Roles, Relationships, & Places of Belonging

Friday, November 22, 2019  
9:30am to 4:30pm

Please bring a lunch,  
snacks and refreshments provided.

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

This is an interactive workshop, presented by Janet Klees, for those who are serious 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!

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

This day will include stories to stretch your imagination, a basic framework that you can begin to use today, some tips and ideas on support basics from a practitioner of 30 years, and some time for problem solving and brain storming for your own purposes.



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**.

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.

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.

**Durham Association for  
Family Resources and Support**  
[www.dafrs.com](http://www.dafrs.com) (905)436-2500

**RSVP online here!  
or call Heather  
(905)436-2500 ext.2314**

# 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, NOVEMBER 25, 2019  
6:30 PM

The Gathering Place  
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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