

► CHECK OUT THE BIO
MEDICAL BOOK LIST... 2



► MAKE IT A DECEMBER
TO REMEMBER WITH THE
KIDS... 3



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

December 2019

Durham Family Resources

FAMILY *focus*

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

Years may pass, good stories hold the test of time.
Celebrate stories and community with us on Thursday!

This time of year we often hear about the “magic” of the season. For us, this magic is the reminder to slow down, focus on coming together with others, and look eagerly forward to a new year ahead. Throughout the year our work is fueled by stories from families. Getting a chance to showcase and share a few with a broader audience is something we look forward to every year at this time. This is our fifth iteration of Stories by the Fire, and we are sure it is going to live up to the stellar evenings we have enjoyed years past.

We hope you penciled us in and grabbed tickets to this now sold out event! Like the last couple of years, the evening will take place in the beautiful Regal Room, located on the upper level of the Centennial Building in Whitby. The doors will open at 6:30pm, with time to mingle and contribute to a community art piece before our first storyteller at 7:00pm. There will be a story about the magic that happens behind the scenes at a local elementary school. There will be a story about the magic that happens when we intentionally carve out our day to day roles. Finally, there will be a story about creating community with a bit of help from some kitchen staples. The night will also include live, interactive painting by a Durham Region artist, and festive music to wrap it all up!

We are so grateful that we have both a community which wants to share stories, and one that wants to hear them! We look forward to being with you on Thursday!



A good time is had by all at our annual Stories by the Fire celebration! We hope to see you there!

Stories by the Fire

Thursday, December 5, 2019

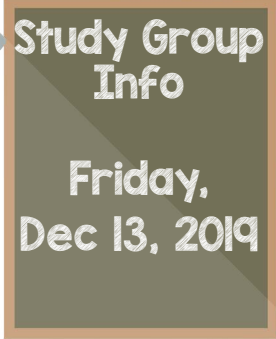
6:30pm - the Regal Room

The Centennial Building - 416 Centre St. S, Whitby

Tickets are sold out!



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

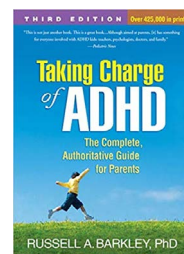
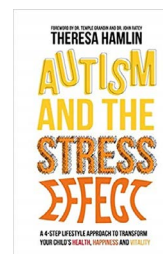
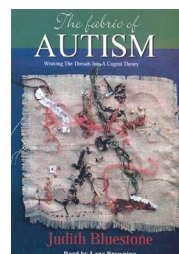
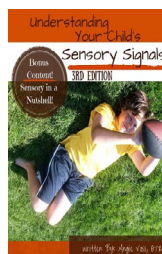
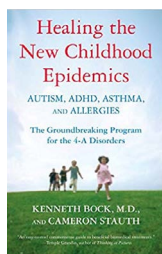
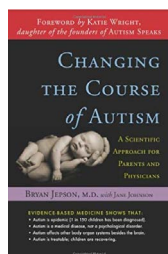
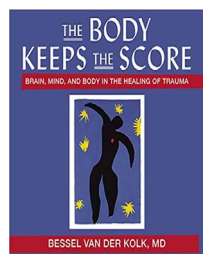


December at Bio Medical Approaches Study Group is a moment of focus just before the Christmas and Seasonal Holidays! Come and chat with other family and community members this month: review the year, plan ahead, or just ask for some tips on getting through the holidays!! Everyone is welcome to attend 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 so that we can plan a successful morning.

Check out the Bio Medical Approaches Study Group Reading List!



Year End Meeting for Imagining Home Focuses on Circles of Support and Creating Community

And here we find ourselves again...in December! For this final Imagining Home meeting of the year, we'll focus our discussions around circles of support (formal and informal), creating community and the idea that community happens anywhere! We'll share updates, hear from families and ignite thoughtful conversations to take us forward. We hope that regular and new members alike will join us as we bid farewell to the very successful year behind us with much to celebrate!

Our next Imagining Home meeting is on Wednesday, December 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 eoreilly@dafrs.com. Looking forward to seeing you all again!

IMAGINING HOME MEETING • WEDNESDAY, DECEMBER 11, 2019 • 6:30PM



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

Make this a December to remember! Get creative and bring kids together this holiday season and new year!

We are all so very busy with the everyday hustle that sometimes we need a little help and encouragement to get into the reason for this season. Family and Friend Time! If your kids are anything like mine, they are already counting down the days to Christmas break. Now that Jack Frost is in town, here are some ideas for playdates, both indoor and out.

Cozy Indoor Activities:

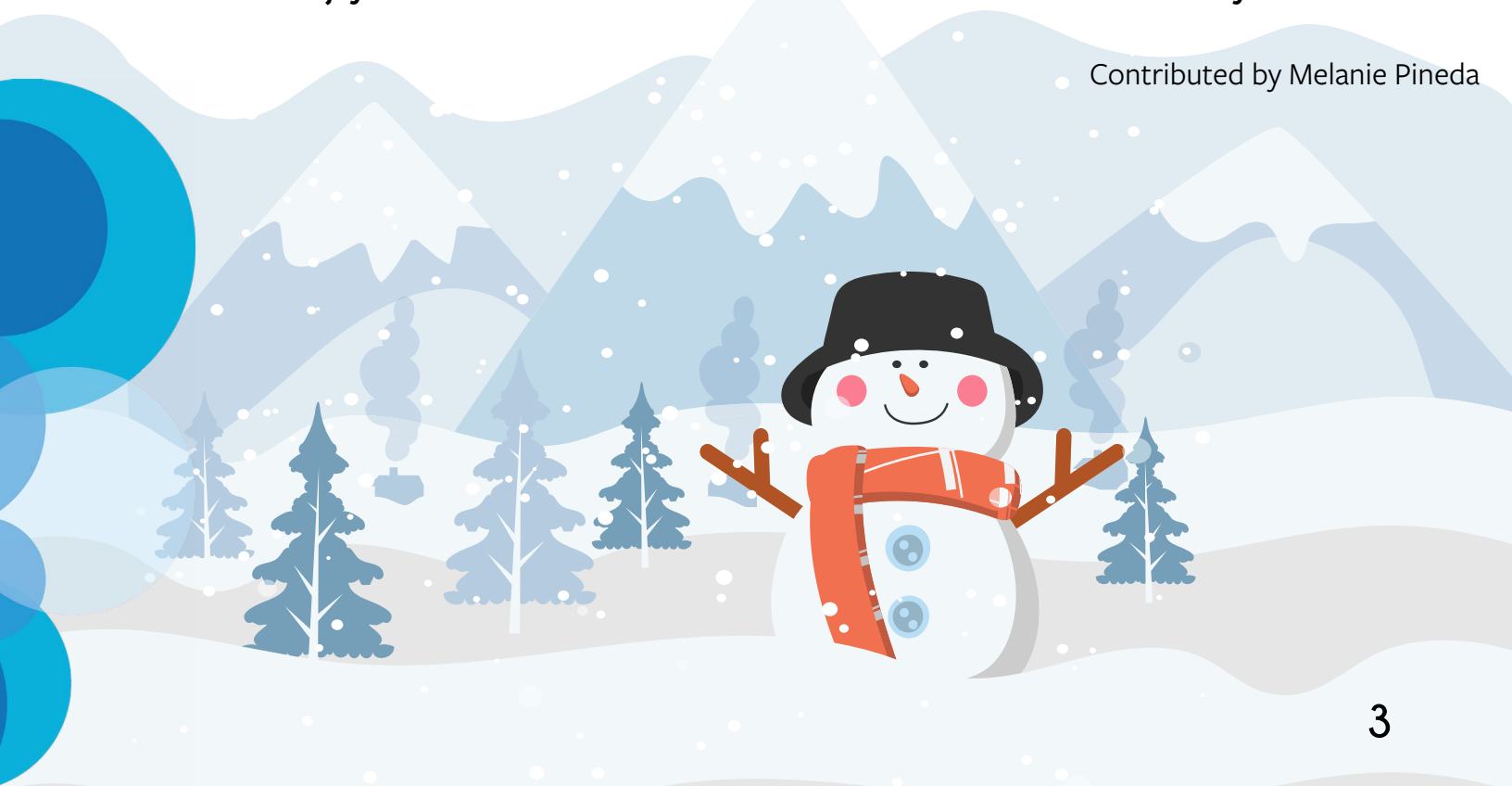
- Cookie Decorating – The kids cut out gingerbread men and Christmas trees. The faces they create are hilarious.
- Gingerbread House Decorating – These kits are available everywhere and they come with everything you need to decorate. Kids just love putting a candy on the house and one in their mouth. If you're daring or talented, you can also make these from scratch
- Classic Christmas Movie and Hot Cocoa – Ingredients for this are simple: Blankets, *Home Alone* with Macaulay Culkin, Hot Cocoa and some playmates.
- Christmas Tree Decorations – Make your own ornaments, many craft ideas are available online, or you can find a craft kit at your local craft or dollar store. The children you invite can take what they've made home for their own tree, or wrap them up as a special gift for their parents.
- Game Day – A post Christmas playdate when the kids get to try out their new games with playmates.

Bundle up for some of this Outdoor Fun:

- Tobogganing – Round up some playmates and take to the hills.
- Build a Snowman – Everyone wants to build an Olaf!
- Build a Fort: Be the foreman and oversee the building of the best fort in the neighbourhood.
- Ice Skating – There is a new ice rink now in Ajax at Harwood and Bayly
- Scavenger Hunt – Bring Elf on the Shelf outside for a change and have him with a list of scavenger hunt items hidden around the yard or at the playground.
- Cutting down your own Christmas Tree – Round together a few families and visit a tree farm. Sing carols on a wagon ride that and let the kids pick out a tree.

Enjoy some of these ideas and make this winter the most memorable yet!

Contributed by Melanie Pineda



DFR Holiday Office Closures!

Please note that DFR will be closed the following dates and times:

Wednesday, December 4th - after 12pm

Tuesday, December 24th - after 12pm

Wednesday, December 25th - all day

Thursday, December 26th - all day

Tuesday, December 31st - after 12pm

Wednesday, January 1st - all day

Have You Attended Making the Most Family Series?

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 or by phone at (905)436-2500 ext.2312.



**MAKING THE MOST
STUDY GROUP**

Note there is no meeting in December!

**MONDAY, JANUARY 27, 2019
6:30 PM**

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

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.

To attend you must be registered with respiteservices.com/durham and you will need to RSVP. Contact Jeanne at (905)436-3404 or 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

or contact Heather
by phone or email:

**(905)436-2500
ext.2314**

hminors@dafrs.com

For more information, please visit our website, 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