

► CHECK OUT THE BIO MEDICAL BOOK LIST AND BRING NEW IDEAS IN JANUARY... 2



► HAVE YOU ATTENDED THE MAKING THE MOST SERIES? THE LEARNING CONTINUES... 3



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

January 2020

Durham Family Resources

FAMILY *focus*

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

Start the New Year with New Ideas!

Parents of young children are invited to a new series beginning this February! *What Does it Take* is similar to our very popular *Making the Most* series, but with more specific ideas and strategies for elementary school aged children, this series will run bi-weekly over 8 weeks. Over the four sessions, families learn about and create personalized visions for their children. With a strong vision, and the many tools, strategies, and topics discussed over the weeks, families will be well equipped and motivated to bring their ideas to life right away!

Week 1: Tuesday, February 11, 2020 - Genia Stephen, parent and founder of goodthingsinlife.org, joins us to share and reflect on your child and family's current experience. What are typical childhood experiences and what do these bring to us all? What could exploring these mean to your child?

Week 2: Monday, February 24, 2020 - Develop a vision now that will last into the future. What could life look like for your child? What is the impact of this vision on life as it is today?



Week 3: Monday, March 9, 2020 - How do you talk with others about the good things you know about your child? How does what you say impact how others see your son or daughter? Set the groundwork for your child to be a full member of their community.

Week 4: Monday, March 23, 2020 - Explore the creative use of resources to further deepen and uncover new interests, and places of belonging.

What Does it Take?

CREATING A GOOD LIFE FOR GREAT KIDS!

February 11, February 24, March 9, and March 23, 2020

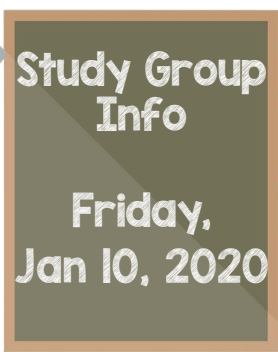
The Gathering Place - 20-850 King St. W, Oshawa

6:30pm until approximately 8:30pm

SPACES ARE LIMITED SO REGISTER HERE TODAY!

[See and share the flyer here!](#)

BioMedical Study Group Renews its Focus for 2020. Pain Management and New Reading Materials are the Talk of January Meeting.

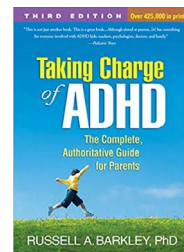
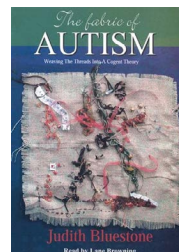
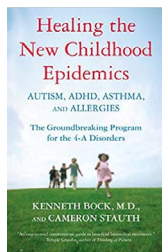
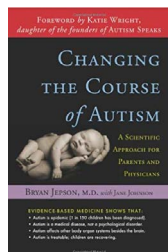
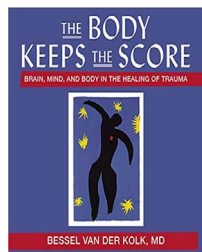


January at Bio Medical Approaches Study Group is a chance to reflect on the year past and plan for the one to come! Join us this month as we focus on pain management. We also encourage members to bring a book to consider for this year's suggested reading list. Everyone is welcome to attend and participate 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 for this month's meeting to jklees@dafers.com.

Check out the Bio Medical Approaches Study Group Reading List!



Imagining Home Reconvenes in January with their Eyes on Planning for a New Year of Housing Learning and Discovery!

For this month only, our January Imagining Home meeting will be held on a different day - **Wednesday January 29th.**

Many families have been thinking about home renovations, so this month's meeting will be dedicated to discussing the potential of a renovation project to support multiple families in their renovation plans. Staff at Durham Family Resources have had an initial discussion with CMHC around the National Housing Strategy's Co-Investment Fund, that could involve a number of renovations scattered across the Region. If this is something that you have been thinking about, please join us for this exploratory discussion to see how a project might unfold.

Our next Imagining Home meeting is on **Wednesday, January 29 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@dafers.com. Looking forward to seeing you all again!

IMAGINING HOME MEETING • WEDNESDAY, JANUARY 29, 2020 • 6:30PM



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

Have You Attended Making the Most Family Series? Come Together to Discuss and Continue 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 or by phone at (905)436-2500 ext.2312.



**MAKING THE MOST
STUDY GROUP**

MONDAY, JANUARY 27, 2020
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