



► GOOD THINGS IN LIFE  
PRESENTS DARCY ELKS LIVE,  
ONLINE ... 3



► HAVE YOU ATTENDED  
THE MAKING THE MOST  
SERIES? THE LEARNING  
CONTINUES... 4



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

February 2020

*Durham Family Resources*

# FAMILY *focus*

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

## Save the Date! February 29<sup>th</sup>, 2020 - Financial Housekeeping Day

Later this month, DFR is pleased to host a drop-in day all about financial “housekeeping”! Come for the session that interests you, or stay for all of them! We’ve been compiling questions and topics from families and have called in the experts to help us. There will be three topics to learn more about;

**Registered Disability Savings Plan (RDSP)** - Join Peter Killam, Financial Security Advisor and Investment Representative with Freedom 55 Financial

**Income Tax, including the Disability Tax Credit** - Sue Talmey CPA, Director of Finance and Administration Durham Family Resources

**Trusts, types of trusts including the Henson trust** - Linda Smith, a parent and accountant well known for her expertise with housing trusts

Exact times for each information session will be announced shortly in a separate email, keep an eye on your inbox for more details! Register below and we will send you the specific session times!

## Financial Housekeeping Day

Saturday, February 29, 2020

10am - 3pm

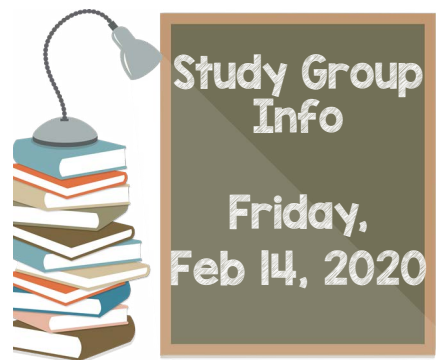
20-850 King St W, Oshawa

Helpful information  
about RDSPs, Trusts,  
and Income Tax

**Register Here  
Today!**



# Pain Management the Focus of a February Lunch & Learn for the BioMedical Approaches Study Group.



February at Bio Medical Approaches Study Group is a chance to get together with other interested families over lunch, while hearing a presentation on pain management and cannabis basics from Amy Archer, Palliative Pain and Symptom Management Consultant. This is an age 19 and over event which **you must RSVP for**. Please RSVP by Tuesday, February 11, 2020 to Janet.

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@dafrs.com](mailto:jklees@dafrs.com).

A graphic for the BioMedical Lunch & Learn event. It features a green circular background with a white microscope and a green cannabis plant. Above the circle, the text "BioMedical Lunch & Learn" is written in green. Below the circle, a green banner contains the text "Cannabis 101 with Amy Archer". To the right of the banner, a dark grey box contains the text "Come and learn the fundamentals of medical cannabis and get your questions answered." Below this, it says "Lunch included!". At the bottom, a green banner contains the text "Please RSVP by Tuesday, February 11, 2020 for this presentation - [jklees@dafrs.com](mailto:jklees@dafrs.com)".

\*You must be over 19 years old to attend this presentation.

**Friday, February 14, 2020** **11am - 1pm**

## Imagining Home Delves Into Renovation Possibilities in Durham Region

At last month's Imagining Home, the first of the new year, we hit the ground running with an energetic meeting of about 25 families, who came together to talk about the potential of a renovation project. Many families have expressed interest in a home renovation, which means we are looking into next steps and opportunities which may be available in our region. At our February meeting, we'll look forward to sharing housing updates and discussing timely topics of interest for families. If you are new to Imagining Home and would like to attend a meeting to see if it's for you, we welcome you to contact Erin O'Reilly prior to attending your first meeting, at (905) 436-2500 ext. 2511 or [eoreilly@dafrs.com](mailto:eoreilly@dafrs.com).

Our next Imagining Home meeting is on **Wednesday, February 12 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, FEBRUARY 12, 2020 • 6:30PM**



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



# The Power of Roles

With Darcy Elks

Darcy Elks Presents The Power of Roles, Live via Good Things in Life

Join Darcy Elks for a free, live, expert presentation on the power of valued social roles as a path towards the good things in life for people with intellectual disabilities.

Kids with disabilities can have their whole identity defined by their diagnosis. They often experience rejection and poor treatment even from those who are supposed to help them.

Social roles (like friend, student and team mate) can counteract some of these hurtful experiences and lead to a full, meaningful and inclusive life.

## Darcy Elks

Darcy is an international educator, consultant, human service evaluator, and advocate on behalf of people who have a disability. Darcy is also a parent of 3 adult children one of whom has an intellectual disability.

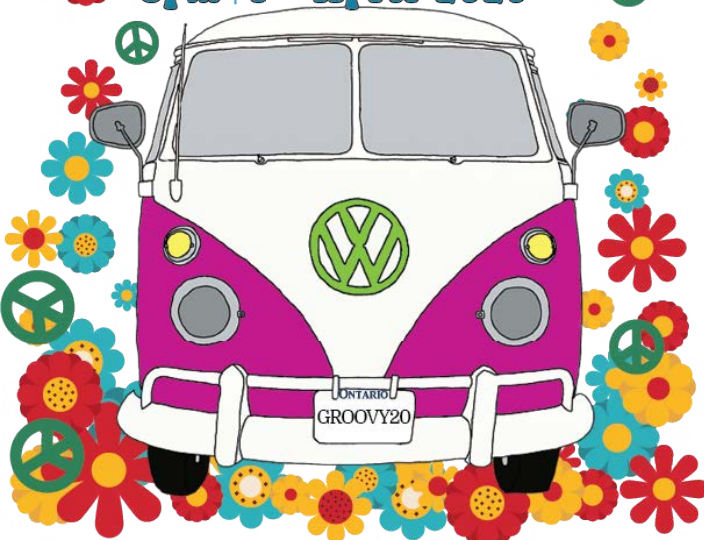
Tuesday, February 18, 2020 at 7:00pm

Free, Live, Online!

**Register Here Today!**

# Hippie fest

8pm | 9th April 2020



## SAVE THE DATE! HIPPIEFEST IS BACK!

The Charles Street Band is live on-stage for this counter-culture celebration fundraiser for the Bascule Bursary! There will be a silent auction, cash bar, and prizes for best dressed!

**THURSDAY, APRIL 9, 2020**  
**HEYDENSORE PAVILION, WHITBY**

**GET YOUR TICKETS AT (905)436-2500 EXT: 2314**

The Bascule Bursary is a small, but joyful fund, generated by DFR staff and friends used to support people within typical, ordinary, and good community.



**REGISTER  
HERE TODAY!**

# What Does it Take?

## CREATING A GOOD LIFE FOR GREAT KIDS

**Week 1: Tuesday, February 11, 2020**

Genia Stephen joins us to share and reflect on your child and family's current experience. What are typical childhood experiences? 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.

**We invite you to join us to discover, together, what it takes!**

This series offers families of young children an opportunity to come together to create good lives for great kids! Families will come together, along with mentoring parents, to experience new ideas, to share, to imagine, and to take next steps towards the good life that we all want for our children.

**Join us in The Gathering Place - 20-850 King St. W, Oshawa**  
**Each week will begin at 6:30pm and run until approximately 8:30pm**  
**Space is limited - register today!**

**CONTACT CINDY FOR MORE DETAILS!**

**(905)436-2500 EXT.2310 OR CMITCHELL@DAFRS.COM**



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



**MAKING THE MOST  
STUDY GROUP**

MONDAY, FEBRUARY 24, 2020  
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@dafsr.com](mailto:jgodfrey@dafsr.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.dafsr.com](http://www.dafsr.com)**

or contact Heather  
by phone or email:

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

**[hminors@dafsr.com](mailto:hminors@dafsr.com)**

For more information, please visit our website, [www.dafsr.com](http://www.dafsr.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.dafsr.com](http://www.dafsr.com)