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Durham Family Resources

FAMILYfocus

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

What is all this talk about SRV? And what should it matter to me?

Social Role Valorization (often referred to as SRV) is simply a very powerful way to ensure that your family member lives and fulfills a life of value and belonging within the heart of real community.

IF you come to believe that what is most worth working toward is a life where your family member is full-heartedly included and has value and worth in the eyes of family, neighbours, friends and community because when everyone belongs and contributes then our communities are stronger and better... **THEN SRV is for you.**

SRV does not demand that this is your vision of a good life, but should it be, then SRV gives the most clear, unflinching analysis of why life is currently not like this for people with disabilities and what we might very effectively do to change that.

At DFR, this is our vision of the communities that we want to be a part of personally and as an organization. Therefore, we study, think about, and come to understand the strength of a workable framework that SRV gives us – and share it deeply with families and other members of our community.

If you have been hearing about, thinking about, or curious about Social Role Valorization, then you won't want to miss the one day introductory workshop happening here this month. This workshop, *Social Devaluation and its Address: The Importance of Valued Social Roles*, will go over the fundamental concepts behind SRV.

With this 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 the social devaluation in their lives. This one-day workshop is a fantastic accompaniment to another popular workshop coming up next month, *Building Context for Relationship*, which delves into practical strategies to create and bolster social roles, and foster natural, unpaid relationships.

Addressing Social Devaluation: The Importance of Valued Social Roles

Saturday, March 21, 2020
9:00am to 5:00pm

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

See and share the full flyer here!

For more information, contact Laura at

(905)436-2500 ext. 2312 or lpowell@dafrs.com

Register Here Today!

Building a Context for Relationship

Roles, Relationships, & Places of Belonging

Saturday, April 25, 2020
9:30am to 4:00pm

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**.

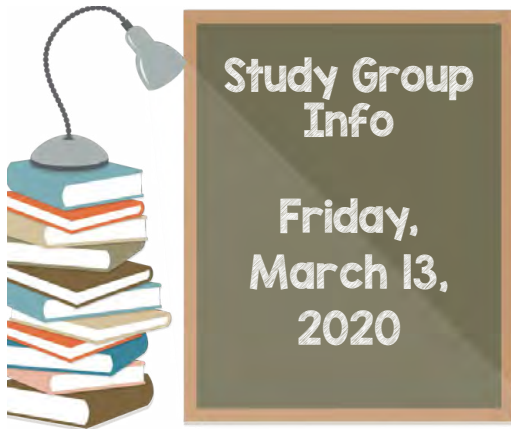
In this hands-on practical event we will plan, practice and polish setting up and supporting our own contexts that work. Starting with where you are at, we will find ways to make poor situations good, make good situations better, and shape a few situations to be the best. We will also explore good support 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 (905)436-2500

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

Review of Pain Management and Cannabis Basics Information the Focus of March for the BioMedical Approaches Study Group



March at Bio Medical Approaches Study Group is a chance to review all of the interesting information the group heard at last month's pain management and cannabis basics presentation from Amy Archer, Palliative Pain and Symptom Management Consultant. February had a fantastic turnout to the lunch and learn which proved full of new thoughts and information which the group is interested in discussing further.

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.

Stories, Ideas and Conversation Around Supportive Roommates Coming Up for This Month's *Imagining Home* Meeting!

At our last *Imagining Home* meeting, families expressed interest in continuing to explore different ways to think about support that will enable a person to live safely and well within their own home or their family home. This could include natural and paid supports, hourly waged and stipend supports, technology, environmental and building configurations and more. At our upcoming meeting, we'll focus the conversation on supportive roommates, with two families sharing their own stories and insight into what's worked for them, what hasn't worked and some considerations for other families thinking about supportive roommates.

Each month at *Imagining Home*, we share housing updates and discuss 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. Our next *Imagining Home* meeting is on **Wednesday, March 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, MARCH 11, 2020 • 6:30PM



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



Making the Most Learning Series

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

SPRING 2020

Durham Association for Family
Resources and Support

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 and participants are asked to commit to attending all six sessions

PROVISIONAL DATES:

April 14th, April 28th, May 12th,
May 26th, June 9th, June 23rd

Meeting alternate Tuesday evenings
from 6.30 – 9.00pm

At 20-850 King Street West, Oshawa, ON

To register, or for
more information,
please contact Laura
(905) 436-2500
ext:2312



Support DFR and our Work Through Membership with our Organization



SAVE THE DATE!
2020 AGM
MONDAY,
JUNE 15TH,
2020

Becoming a member of Durham Association for Family Resources and Support is about to get even easier! You can find the membership application on our website at anytime - if you are renewing your membership or interested in becoming a new member it is a simple process!

Becoming a member not only shows your support for the Mission and Values of Durham Family Resources, but also allows for your family to vote at our Annual General Meeting. Make this support public to show that you think our work is important and beneficial to our community.

YOUR MEMBERSHIP MATTERS!

Fill out a membership form today!

Health Care Access and Developmental Disabilities Program (H-CARDD) Presents

Empowering Family Caregivers to Improve Health Care Communication

Join us, along with other families, to listen and think about the information offered in this webinar about improving health care communication. We are very interested in how parents and siblings can support their family member to get the best health care possible and want to think through the ideas presented together with families. Join us for a live screening of the webinar and a critical review of what is on offer.

Health Care Access Research and Developmental Disabilities (H-CARDD) is a research program that aims to enhance the overall health and well-being of people with developmental disabilities through improved health care policy and services.

Watch with us! RSVP Here!

Tuesday, March 3, 2020

12:00pm to 1:00pm

Durham Family Resources
20-850 King St. W, Oshawa



Contact Heather for more details:
(905)436-2500 ext.2314 or hminors@dafrs.com

Employment: Empowering Families - Three Part Webcast - Join us, with Joe Dale, to Learn and Discuss the Information

The Family Support Network for Employment is hosting a series of webinars highlighting findings, best practices, and challenges regarding employment for individuals with intellectual disability. Come together with other families to watch these webinars, learn and discuss the information presented, and see what is helpful together.

We are pleased to be joined by Joe Dale, past Executive Director of the Ontario Disability Employment Network, who has spent his career in this area. Each webinar focuses on a different topic surrounding employment and feature different guest speakers. Spaces are limited for each event, RSVP today! We hope you can join us and look forward to the information and discussion!



Wednesday, March 4, 2020 | 6:45pm - 8:30pm

“On your own” is not fair to families

The first webinar discusses the impact that adequate policies and practices have on the lives of individuals with intellectual disability and their families when accessing and retaining meaningful and competitive jobs.

Speakers: Diane Richler Former President of Inclusion International and Ines E. de Escallon key player in the Family Support Network for Employment.



Monday, March 9, 2020 | 6:45pm - 8:30pm

Employment opportunities for All. Are we there yet?

Allen Anderson discusses the essential elements of best practices of employment for individuals with intellectual disability who need “third party” support.

Speaker: Allen Anderson President at Dover Training Group (DTG) and Brad Horne from Leading into New Careers (LINC). Facilitator: Ines E. de Escallon key player in the Family Support Network for Employment.

Wednesday, March 11, 2020 | 6:45pm - 8:30pm



Mobilizing Change

The final webinar highlights best practices from across Canada and identifies the need for allies to mobilize change.

Speakers: Bruce Uditsky from Inclusion Alberta and Keenan Wellar from LiveWorkPlay in Ottawa. Facilitator: Kimberley Gavan Executive Director at Brockville District Association for Community Involvement.



**RSVP for one, or all of the webinars
viewings here today!**

HIPPIEFEST 2020

Thursday April 9, 2020



TOWN
BREWERY

THE
CHARLES
STREET
BAND

PLAYING YOUR
FAVOURITE SONGS!



50/50 DRAW
SILENT AUCTION
CASH BAR
PRIZES FOR BEST
DRESSED

GREAT PEOPLE,
GOOD FOOD AND
DRINK,
AND THE BEST
MUSIC EVER!

A Counterculture celebration to raise funds for the Bascule Bursary
A small but joyful fund generated by the Durham Association for Family
Resources and Support Staff and Friends

Tickets Available From:
905 436 2500

Doors Open At
7:30PM

Tickets
**\$30.00 each or
\$55.00 per pair**

HEYDENSORE PAVILION
589 WATER ST, WHITBY, ON L1N 9V9

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



**MAKING THE MOST
STUDY GROUP**

MONDAY, MARCH 23, 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@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

or contact Heather
by phone or email:

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

hminors@dafsr.com

For more information, please visit our website, www.dafsr.com,
and see the "Upcoming Events" tab.

Durham Association For Family Resources and Support
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