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*Durham Family Resources*

June 2021

# FAMILYfocus

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

## Families and Their Support: A Powerhouse Team

When Families and Supporters both have the same vision of the role and value of paid support in bringing about a fuller, contributing life in community, then anything is possible!

Join us on Thursday, June 10th for our Essential Role of Support workshop series! This will be a 2-hour interactive event where we will focus on how the unique role of support that can be powerful when understood and held by both family and supporter. This presentation will provide an idea about the most important role of the supporter; being a bridge to community and relationship.

We will discuss practical, useful ways to make this happen, based on many years of combined experience among families and supports: how to enter into and engage in this role, how to turn everyday situations into moments of possibility, how to think through all support actions and requirements through this lens, and how to provide direct support in order to make a lasting difference in people's lives. We will also provide opportunities to engage, brainstorm, discuss and explore what this might mean for your own situations.

Because we understand that participants will be entering into this discussion from different starting points and will have different issues to discuss, we will take some time for supporters and families to meet in break out rooms separately as well as join in shared conversation and learning.

This is Part 1 of a three-part conversation with Families about making the most of paid support so everyone benefits. Future sessions will involve:

- The nuts and bolts of guiding paid support - providing clarity, guidance and oversight to your team (orientation, goals, purpose, contracts, expectations, feedback)
- All about recruitment, searching, interviewing, knowing who to look for and where they might be found

Join us!

**Thursday, June 10, 2021**

6:30pm - 8:30pm

Online via Zoom!



**Register Here for Your Zoom Link!**

# Rest, Recharging and Rejuvenation!

## Join us at our AGM for Business and Pleasure!

Durham Family Resources will be holding our Annual General Meeting on Wednesday, June 23, 2021. Like last year, we will be hosting this year's meeting online via Zoom! This year's presentation will share family reflections of how they go about rest, recharging and rejuvenation in various ways - both together and apart! Whether it's a favourite trail network hiked with a friend, a monthly get-away to see extended family, or taking time alone for a daily art practice - we'll hear from Durham families to see how full and meaningful lives often give each family member that needed space to learn, grow, and return with even more to offer. There's plenty of examples, happening right here in Durham Region, which will encourage and remind us to take a break!

We encourage anyone interested in our work to consider becoming a member of our organization. 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. In order to vote at this year's AGM, we must have received your completed membership application by May 10<sup>th</sup>, 2021 - but becoming a member now will allow you to vote at next year's AGM. Becoming a member is [free and easy to do using our online membership application!](#)



## 2021 Annual General Meeting

### 6:00pm

## Register Here for your Zoom Link!

## Thinking it Through: Welcoming the Warm Weather



The sunshine is here for the next few months!

How will you be enjoying the summer weather with your family? What's available in the community and what's available in your backyard? Local neighbourhoods are ripe with opportunity for young children to explore!

JOIN US! For this session of 'Thinking it Through' where together, we will spark ideas for summer 2021 and discuss playful possibilities. Discover more about local walking trails, playgrounds, splashpads and the positive power of gardening in your backyard or on your balcony!

Join us, together with families on **Thursday, June 17<sup>th</sup>, 2021** from 6:30pm-7:30pm to "think it through TOGETHER"

[Register Here to Receive the Zoom Link Details!](#)



## Share Your View on Durham's Priorities for its Community Safety and Well-Being Plan

We regularly have conversations with families about important issues like employment, non-congregated housing, help for home renovations to accommodate adult family members, etc. Our sense of home, relationship, belonging, and safety are all strengthened with some municipal actions and weakened with others. What builds toward these things – education, transit, jobs and sustained income, health equity, diversity, and more. There is now an opportunity to have your say about future priorities for Durham Region.

Across Ontario, communities are required by the province to develop Community Safety and Well-Being Plans (CSWP). Community safety and well-being describes a place where everyone feels safe, has a sense of belonging, where individuals and families can meet their needs for education, health care, food, housing, income, as well as social and cultural expression.

The Region of Durham began work on the CSWP in 2019, before the pandemic, and identified the following 6 priorities:

- Mental Health
- Substance Use (e.g. cannabis, opioids, alcohol)
- Homelessness & Basic Needs (e.g. no stable housing, inability to meet basic needs)
- Criminal Involvement (e.g. gangs, use of guns, other illegal activities)
- Victimization (e.g. control and use of threats or violence to exploit another for financial gain, abuse or neglect from a family member or intimate partner)
- Social Isolation (e.g. living alone without support or too far away from services)

This is a pretty sombre list of issues and we wonder where the important focus of assets and contributions fit in. The upcoming survey will inform key next steps and outline action items for the final CSWP. **This is a chance to put our own learning and thinking into practical action that gives us a voice in municipal decision making.** Setting the tone, being particular around language, ensuring our family members' priorities are included - are ways we can balance this conversation.

[Take the CSWP Survey Here](#)

Find our more information about [upcoming Community Open Houses](#) and [learn more about the project here.](#)

## Share Your Feedback with Inclusion Canada - Canada's Advocate for Disability Issues

Inclusion Canada is a national organization that works solely on behalf of people with an intellectual disability and their families. They are committed to ensuring people with an intellectual disability realize the rights to which they are entitled to under the UN Convention on the Rights of People with Disabilities.

Inclusion Canada is launching what will become an annual survey asking for feedback from the people and families they support. They are looking to reach as many people as possible in order to collect a broad range of voices from across Canada. Consider filling out the survey to help guide the actions of this national organization!

The survey should take 10-15 minutes to complete (about 30 questions) and responses can remain anonymous. Responses will be accepted until Friday, June 11, 2021.



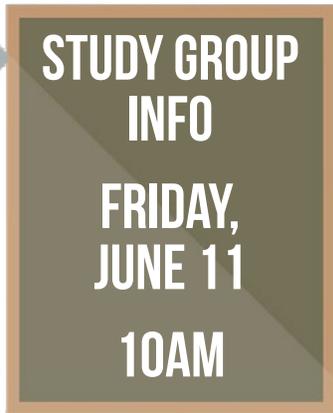
[English: Inclusion Canada Survey](#)

[French: Inclusion Canada Survey](#)

# Bio Medical Approaches Study Group Continues the Well-Being Conversation This June

It's June and we are full of hope for a more open summer. This month we will meet again and catch up on what people are thinking, reading, and trying in search of well-being and good health.

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 usually 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 by Zoom invite on the second Friday of each month at 10am for about an hour to an hour and a half. Reach out to Janet ✉ if you'd like to get a Zoom link to the next meeting!

## Opportunities to Advocate Key Messages at June's Imagining Home Meeting

At this month's Imagining Home, we'll examine two recently released reports in the developmental services sector – one from government and one from CLO. These are high level documents that set out pathways for the future, and represent an opportunity for us to see how our own vision and principles around housing and support are aligned or where they are not.

Thinking about our response in a timely manner puts us in a better position to address opportunities as they arise. In addition, we will be talking about the new Community Safety and Well Being Survey which we have an opportunity, as Durham residents, to influence. In looking at these documents, we'll take a critical and discerning look at how well these speak for families and together come up with constructive and principled messaging and feedback to ensure that people with disabilities and their families' voices are clearly represented.

Each month at Imagining Home, we engage with anything “housing, home and community” and enjoy critical discussion, sharing stories, learning and often having a good laugh among respectful and supportive people! Families bring a wealth of experience and knowledge and are ready to share and support others along their journey. All are welcome to attend and participate in Imagining Home when we meet on the second Wednesday of each month. If you are new to the group and would like to attend Imagining Home for the first time, we'd ask that you first contact Erin at (905) 436-2500 ext. 2511 or [eoreilly@dafers.com](mailto:eoreilly@dafers.com) to arrange an introductory call.

**IMAGINING HOME MEETING • WEDNESDAY, JUNE 9TH, 2020 • 6:30PM**

**ONLINE, VIA ZOOM!**

**CONTACT ERIN FOR DETAILS ([EOREILLY@DAFRS.COM](mailto:eoreilly@dafers.com))**



# Have You Attended Making the Most Family Series? Come Together to Discuss and Continue Learning!

The Making the Most Study Group is a fantastic opportunity for those who have completed the series to continue their learning and take some next steps in developing valued roles and relationships with a loved one.

Each month graduates of past Making the Most learning series are invited to come together and think more deeply about crafting and sharing a vision, designing and planning days full of contributions and possibilities, focusing on roles rather than activities, seeking and developing good support, making positive introductions, and finding strength, comfort, energy and hope through building circles of support. We continue to use the MTM Principles to guide our conversations and help figure out, one person at a time, how to take steps forward towards more of the Good Things of Life.

The meeting is open to anyone who has attended a MTM series before and wishes to join the conversation. Contact Laura (✉ [lpowell@dafrs.com](mailto:lpowell@dafrs.com)) for more information.



**MAKING THE MOST  
STUDY GROUP**

JUNE 28, 2021  
6:30PM TO 7:30PM

Online via  
Zoom Meetings

## Important Dates At-A-Glance!

### 2021 AGM

Wednesday, June 23 @  
7:00pm

### Springing into Possibilities

May 17, 31, June 14 @  
6:30pm

### The Essential Role of Support

Thursday, June 10 @  
6:30pm

### Thinking it Through

May 27 @ 6:30pm

### Bio Medical Study Group

June 11 @10am

### Imagining Home

June 9 @6:30pm

### MTM Study Group

June 28@6:30pm

[respiteservices.com](http://respiteservices.com)



RespiteServices.com continues connecting families to  
supporters! Contact Sandy for details!

Respiteservices.com is continuing to operate remotely to connect families and support workers. We know people continue to need good support during this time and are working diligently to continue to provide this service to residents of Durham Region.

To be matched with support workers, you must be registered with [respiteservices.com/durham](http://respiteservices.com/durham). Contact Sandy at (905)436-3404 or [sciarlariello@dafrs.com](mailto:sciarlariello@dafrs.com). New supporters are continuing to be added. Contact Sandy for more information!

For more information, please visit our website, [www.dafrs.com](http://www.dafrs.com), and see the "Upcoming Events" tab.

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