

July 2021



▶ THINKING IT THROUGH TOGETHER - MEETS AGAIN IN AUGUST ... 2



▶ CANADA'S FIRST DISABILITY INCLUSION ACTION PLAN ... 2



▶ BIO-MEDICAL APPROACHES STUDY GROUP MEETS IN AUGUST 3

Durham Family Resources

FAMILYfocus

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

Thank You!

Great Turnout, Great Stories, and Great Conversation at our 2021 AGM

June 2021

DURHAM ASSOCIATION FOR FAMILY RESOURCES AND SUPPORT
• One Person at a Time • Together With Families •

In partnership with families...

Our ways start with families, their neighbourhoods, and communities.

Together with families, we are all about: imagining, discovering, and contributing to local communities, where the gifts and contributions of all its members can be recognized, welcomed, and called forth.

For us, "family" is in the context of one's chosen family where (our) voices can best be supported and heard.

To guide our work, we focus on:

- Families in the lead
 - Amplifying the voice of the person, being guided by their interests, passions and unique and valued contributions.
 - Recognizing each person's will, preference and desire to be involved in directions and decisions in their lives.
- One person at a time
- In real community
- Following ordinary life pathways for authentic lives identified by growth, purpose, challenge and achievement - not directed by programs
- Families, who are most resilient and capable when they are not alone, but linked to other families and supported by an organization which is anchored by a set of principles and able to offer commitment, support and resources towards these pathways rather than any other.

Our vision includes everyone. In a Canadian context, it recognizes anti-Black, Indigenous and other forms of systemic racism and many ways of setting others apart, and our approach aims to honour and include all members of our community. This way aims to be steeped in humility: listening to, learning from, and sharing with.

We are committed to this way of thinking and it calls us to ask:

What is gained when everyone belongs, what is lost when they do not?

2021 In Partnership with Families Statement

Durham Family Resources held our Annual General Meeting last month on Wednesday, June 23, 2021. We had a great turnout of Members, families, and allies who came to show their support for the work we do, and hear from our Board of Directors and Executive Director.

Thank you to everyone who came out, thank you to the many families who contributed their photos and stories, and thank you to all of those who have applied for membership to our organization. Having good attendance at our events and a strong membership base makes a statement not only to our funders, and political allies, but also demonstrates public endorsement for the principled type of work being done here; one person at a time, together with families.

As usual, the business portion of the evening was quickly wrapped up after our Board thanked and said farewell to Martin Birt, who has contributed to our Board for the past three years, and we welcomed Jayrani Bungsy as a new Board Member. We also mentioned our "In Partnership with Families" statement which we have worked on - a new reminder to ourselves about where we stand.

The highlight of the night featured family stories and reflections on rest, recharging and rejuvenation. We heard from three families who shared how full and meaningful lives often give each family member that needed space to learn, grow, and return with even more to offer. These ideas sparked great conversation in our break-out groups where we chatted in small groups, sharing our own ways of recentering and new ideas we are inspired to try.



Taking a painting or cooking class

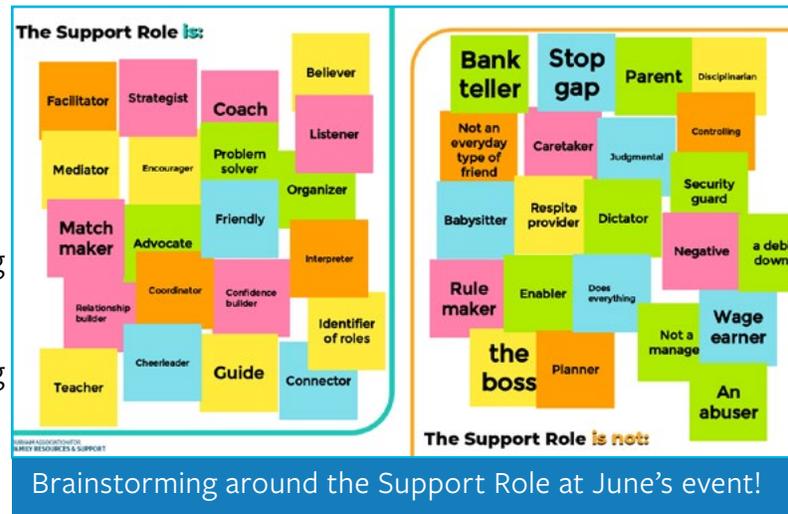
We began the presentation with a photo montage video showcasing great R&R ideas!

Families and Their Support: A Powerhouse Team Got Us Thinking About Next Steps to Crafting Great Support!

Many families and their support teams joined us in June for our latest workshop *Families and Their Support: A Powerhouse Team*.

Families and supporters spent time unpacking many essential aspects of what makes support great and reinforcing the most important role of a supporter: being a bridge to relationship. We spent time in working groups, sharing stories, thoughts, and ideas about how good support can influence the good things in people's lives and play a critical role in deepening and developing relationships with others.

We could have spent twice as much as we had time talking through ideas with everyone! We are busily planning the second workshop in this *Essential Role of Support* series which will focus on another critical aspect of good support - finding it! **The next workshop will be all about recruitment, searching, interviewing, knowing who to look for and where they might be found. Keep an eye out for more details, including a date, for this one!**



Canadians Invited to Shape Canada's First Disability Inclusion Action Plan

As part of its response to the disproportionate affect COVID-19 has had on the lives of those with disabilities, the Government of Canada is proceeding with its first ever Disability Inclusion Action Plan (DIAP). An accessible survey has been launched to engage the public to help guide the development of the DIAP. All Canadians are invited to complete the survey, but it will be particularly important for persons with disabilities, their family members, and allies to voice their concerns and emphasize the priorities which are most important in their lives.

The survey asks questions about: financial security, employment, disability-inclusive spaces, and a modern approach to disability. These are topics we hear regularly about from families throughout the Region and we know many families could contribute to this conversation. Share your opinion and ensure the family voice is represented by taking some time to complete this national survey.

The survey is open for responses until August 31, 2021 - more information can be found at the Government's [Engagement webpage](#).

Fill Out The Survey Here!



Bio Medical Approaches Study Group Takes its Own Holiday and Returns in August!



**STUDY GROUP
INFO**
**FRIDAY,
AUGUST 13**

The group is taking a break in July to enjoy the summer. Next 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!



Thinking it Through: Together Again in August!

Hope you're enjoying the summer with your family! We are taking a break this month but we will be back in August. Join us together with families as we plan and discuss what the 2021/2022 school year may look like for your child.

Join us, together with families on **Thursday, August 19, 2021** from 6:30pm-7:30pm to “think it through TOGETHER”

Register Here to Receive the Zoom Link Details!

July Housing Catch-Up at The Next Imagining Home Meeting

As we head into these long and warm summer days, we hope you'll join us at the July Imagining home meeting as we'll check in, catch up and share updates and general goings on around housing, next steps and things to look out for in the coming months!

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@dafrs.com to arrange an introductory call.

Our next Imagining Home meeting is on Wednesday, July 14th at 6:30pm via Zoom meeting. Please contact Erin to RSVP or for more information about connecting to the Zoom call. Looking forward to our time together!

**IMAGINING HOME MEETING • WEDNESDAY, JULY 14, 2021T • 6:30PM
ONLINE, VIA ZOOM!**

CONTACT ERIN FOR DETAILS (EOREILLY@DAFRS.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) for more information.



**MAKING THE MOST
STUDY GROUP**

JULY 26, 2021
6:30PM TO 7:30PM

Online via
Zoom Meetings

Important Dates At-A-Glance!

Thinking it Through
Aug 19@ 6:30pm

**Bio Medical Study
Group**
Aug 13@10am

Imagining Home
July 14 @6:30pm

MTM Study Group
July 26 @6:30pm

For more
information on our
organization or any
of our events, please
visit our website at
www.dafrs.com

respiteservices.com

CHAP
COMMUNITY HELPERS
FOR ACTIVE PARTICIPATION

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. Contact Sandy at (905)436-3404 or 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,
and see the “Upcoming Events” tab.

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