

August 2021



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Durham Family Resources

FAMILYfocus

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

Tools for the Future - A Formative Evaluation

Over this last year, many people have experienced much introspection and have re-evaluated their goals and priorities as such. As an organization, we are also taking time to reflect on our past and look to our future through a process called a Formative Evaluation. We are pleased to have Peg Jenner leading us through this work. We were able to ask Peg a few questions to help further explain this process and her work!

My name is Peg Jenner and for approximately 25 years I have stayed connected with DFR, sometimes intensely and sometimes occasionally. Many years ago, the whole notion of Family Support was new and one that I thought was wonderful. The thinking and the efforts of both the families and the staff of DFR were carefully defining what Family Support could look like. I continue to learn about the experiences and the strength of families every time I interact with people from DFR. I have contributed to the work of DFR by serving as a Board Member, and then President of the Board; serving on hiring committees; teaching Social Role Valorization courses to both families and staff at different times, and more. However, in spite of my contributions, I still think I am indebted to the families and staff of DFR for all they have taught me.

The Formative Evaluation of DFR that I am leading right now is small and intended to be a check-in. A more thorough evaluation of the work of DFR is intended after the current pandemic, but in the interim, reflection and planning has to be done. My work is to look at the experiences of about six families and the work of a few staff and a couple of board members, and then determine if the actions and decisions of DFR reflect their principles and strategic directions and how it impacts families.

DFR serves many, many families and only about six families (randomly chosen) were interviewed for this evaluation. These six families told of both struggles and big and small changes for their family. I will keep their identities confidential, but the stories of how they walked a journey with DFR and how they used DFR as a resource will provide very helpful information for this evaluation. I am very thankful to those families who willingly and openly shared their stories.

Although small in scope, this evaluation should give the Managers and the Board of Directors of DFR a sense of whether the work of DFR reflects their Family Support Principles and how their work impacts families. It might affirm their efforts, but the evaluation could also identify some areas that need attention; all of which will be useful as they make plans to go forward.

We appreciate Peg's time, as well as the families and staff interviewed, and look forward to reflecting on what we learn and strengthening our work moving forward.



DFR Members and Families Lend Their Personal Strategies and Stories for Rest and Relaxation



Leading up to this year's Annual General Meeting, Members, families and facilitators spent time sharing photos and stories of how they go about achieving rest and rejuvenation here in Durham Region.

The resiliency of families has always been admirable, but over the past year and a half, it has been especially noteworthy. As signs of normalcy begin to sprout around us, we can look to each other for ideas and tips on staying well. We are excited to share this e-book full of new things to try - take a peek to reinvigorate your ways of resting, and recharging this year!

Recruitment is the Focus of our Next *Families and Their Support: A Powerhouse Team Learning Event* in September!

We are gearing up for the second learning event in our *Families and Their Support: A Powerhouse Team* series. We are aiming for a September date for this event - so keep an eye out for more details when they become available.

The second part of this workshop 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!**



Thinking it Through: Returning to Learning this September!



Our children will be returning to school in a few weeks. Whether it is in person or home-based, children are resilient and will continue to learn, grow and thrive! No matter your choice - know that learning happens!

We invite you to join us and other parents to discuss what the 2021/2022 school year could look like for our children. Let us meet in good spirit to share what we know and how we are all preparing to go back to school!

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!

Bio Medical Approaches Study Group Regroups and Returns for More Informative Conversation!



**STUDY GROUP
INFO**

**FRIDAY,
AUGUST 13**

The group is looking forward to meeting again and catching 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!

Next Steps and How to Take Them The Talk of This Month's Imagining Home Meeting

This month at Imagining Home we held a summer conversation “Taking the Leap” – exploring the questions, the fears and the curiosities around planning that families have around taking the next big steps towards their long-term housing visions and what might be holding them back. We heard and shared stories from families who have taken big leaps and how they got there.

As always, 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, September 8th 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, SEPTEMBER 8, 2021 • 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**

AUGUST 23, 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
Sept 8@6:30pm

MTM Study Group
August 23 @6:30pm

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

For more information, please visit our website, www.dafrs.com,
and see the “Upcoming Events” tab.

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