



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

# Making the Most

## Family Learning Series

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

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**RETURNING IN PERSON**  
May and June 2022



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 for six sessions  
and participants are asked to  
commit to all six sessions

May 9, May 16, (no meeting on May 23)  
May 30, June 6, June 13, June 20

Monday evenings from 6.30 – 9.00pm  
In person at The Gathering Place,  
20-850 King Street West, Oshawa

[Click here to  
register your  
interest](#)

Spaces will be limited to allow for a safe distance between attendees.  
All participants and group facilitators will be asked to undergo rapid  
antigen testing and wear a face mask each time we come together.