

August 2022

Durham Family Resources

FAMILYfocus



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

Want to Add Valued Roles and Relationships to Someone's Life? Building a Context for Relationship can Help!

This is an interactive, online workshop in two parts, 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! Although our day to day life has looked different over the last few years - there are tried and true ways to plan and take next steps to help people lead purposeful, meaningful lives where they participate, contribute and belong.

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!

These two sessions offer real life stories to stretch your imagination, a basic framework that you can begin to use today, and some tips and ideas on support basics that stand the test of time. You will also be able to problem solve and brain storm for your own situation.

Come as a *family member* who wants to bolster and expand a meaningful life. Come as a supporter who wants new and powerful ideas for people to be engaged and growing. Consider even attending this event "with" a small group of family members, supporters and allies who sign up and remain in a "group" working together throughout the workshop.

Over two evenings, we will plan, practice and polish setting up and supporting our own contexts that work.

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.

Building a Context for Relationship

Roles, Relationships, and Places of Belonging

August 17 & August 31

6:30pm to 9:00pm

Register for your Zoom link here!



Families Are Our Greatest Resource - See Our New Video All About Families Coming Together!

There are a number of different ways that families come together at Durham Family Resources. Some families make a commitment to regularly meet with a set group of families. Some might join other families who gather around a shared theme (such as home and housing with our Imagining Home monthly group). Some family learning groups are time-limited (like our upcoming Building a Context for Relationship workshop), while others are on-going (such as our monthly Bio Medical Approaches Study Group).

Many families choose several of these ways to come together for inspiration, guidance, shared experiences, and moving along with like-minded others. We are very appreciative to all of the families who dedicate time and deep thinking to these groups. A number of people involved in our groups share their thoughts in a new video we have created celebrating the different ways that families come together here at Durham Family Resources. This video was originally presented to attendees at our Annual General Meeting in June.

Interested in finding out more? Watch the video and then join us at one of [our upcoming events!](#)



Two Surveys to Share Your Input with Inclusion Canada and CAMH

Participants Needed!

Annual Feedback from People with Intellectual Disabilities and Families

Each year, Inclusion Canada asks people with an intellectual disability and their families and allies for feedback on our national work. This is a chance to share your thoughts on how you feel they are advancing inclusion for people with an intellectual disability and their families.

The survey should take about 10 minutes to complete, and there is an opportunity at the end of the survey to be entered to win an Inclusion Canada prize package. The survey will be open until August 8th 2022.

Accessible Information for Intellectual and Developmental Disabilities: Advancing Canadian Communications Standards

A group of researchers is doing this project to learn about how people with intellectual and developmental disabilities find, understand, and use information from the Government of Canada.

They hope this project will make things better for people with intellectual and developmental disabilities who want to find and use government information. The benefits or results of this study may help you and other people in the future.

If you decide to participate, you will be asked to fill out a survey that will take around 20 to 30 minutes to complete.

You can complete the survey online, or you can contact them for a paper copy of the survey.

Imagining Home Chats Housing with Oshawa City Councilor, Derek Giberson

This month at Imagining Home we're excited to welcome Oshawa City Councilor, Derek Giberson, into our kind of conversation about home, housing and community – chock full of family stories and good, principled discussion around what makes for real home, and the opportunities families see within their own neighbourhoods to create more options for people to make home in ordinary ways in places of their choosing.

Derek has collaborated with Durham Family Resources in a few different ways and has been deeply involved with housing work within the Region for many years. We're looking forward to our time together!

Come join the conversation! Long time and new families alike, everyone has something to gain and something to offer. 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.

IMAGINING HOME MEETING • WEDNESDAY, AUGUST 10, 2022 • 6:30PM

ONLINE, VIA ZOOM!

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




Reconnecting via Zoom at August's Biomedical Study Group

We had a marvelous in-person, in-the-park small gathering in July to learn about the Chaga mushroom. The information was really good, the tasters were awesome, and the other food restriction goodies that everyone brought along turned the Friday morning into a feast. In addition, it was really wonderful to be together with people.

All the same, we know that some of you are not able to join us in person yet, and so we are planning a Zoom gathering for August 12th, and we invite everyone along to chat about the many, many things on our minds. If you would like to spend some time on a particular topic or question, let us know along with your RSVP so that we can do a little prep, otherwise we are really good at finding some good ways forward with the people who join us. And remember, if you are reading something interesting and helpful, bring that along too!

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!



**STUDY GROUP
INFO**

**FRIDAY,
AUGUST 12**

10AM

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, and energy through building circles of support, and connecting with other families. 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 the 6-part Making The Most learning series and wishes to join the conversation. Contact Laura lpowell@dafrs.com for more information.

Next meeting is Monday, August 22th from 6.30-7.30pm via Zoom. Members are sent a link to join shortly before.



MAKING THE MOST STUDY GROUP

AUGUST 22, 2022
6:30PM TO 7:30PM

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. Contact Sandy at (905)436-3404 or sciarlariello@dafrs.com. New supporters are continuing to be added. Contact Sandy for more information!

Important Dates At-A-Glance!

Bio Medical Study Group

August 12@10am

Imagining Home

August 10@6:30pm

Making the Most Study Group

August 22@6:30pm

Building a Context for Relationship Workshop

Two parts:

August 17@6:30pm

August 31@6:30pm

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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