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Durham Family Resources

FAMILY focus

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

Come And Learn About The Unique Ways That DFR Partners With Families!



What's at Our Table is a public, open-house event for families and members of our community to come and learn more about the unique resources and learning opportunities here at Durham Family Resources. It is a chance for us to share with you more about the various aspects of our work and organization, as well as the numerous ways we support families throughout Durham Region. This interactive and informative event, created and shared together with families here at DFR, promises good conversation and interesting insights that will help you get the most out of what we have to offer.

Drop in to our Gathering Place at 850 King St W, Oshawa on **Thursday March 20, 2025 between 1-4pm**. No registration required.

Supporting Children to Build Joyful, Connected, and Fulfilling Lives Within Community

Think back for a moment of how it feels when we enjoy even a very short time in a hammock, a rocking chair or a swing – feeling held and centered and finding this to be a place of momentary freedom, relaxation and safety.

This might be the very same for your active, irritated, grumpy, unsatisfied child who just can't get settled and content.

Maybe your child often finds themselves feeling like this, or maybe this only happens from time to time? No matter which, there are purposeful movements that you can bring to your child for them to experience comfort, safety, and return them to a better place. *DFR wrote an article for the Mar/Apr edition of Durham Kids Family Guide. Read it Here!* www.durhamkidsfamilyguide.ca

If you're a young family looking for ideas and support to help your child develop strong relationships, navigate school, improve health and wellbeing and explore their interests in community activities, contact Karen at 905-436-2500 ext.2309 or khudson@dafrs.com

DURHAM ASSOCIATION FOR FAMILY RESOURCES & SUPPORT
• One Person at a Time • Together with Families •

SUPPORTING FAMILIES BUILDING FUTURES

At Durham Family Resources, we support children with disabilities together with their families in building a joyful, connected, and fulfilling life within community—one where friendships, opportunities, and possibilities grow.

Are you thinking about...

- ☞ Helping your child build strong friendships?
- ☞ Supporting their health and well-being?
- ☞ Navigating school supports and transitions?
- ☞ Finding community activities that fit your child's needs and interests?

Give us a call
905-436-2500

www.dafrs.com

Extend-a-Family Partners in Toronto to Host Popular Building a Context for Relationship Workshop

Building a Context for Relationship is a hands-on practical workshop, presented by Janet Klees, for those who are serious about exploring and discovering the opportunities for welcome, engagement, and relationships that abound in our communities. This workshop combines a good, principled framework with a practical, straightforward approach for bringing about the two elements that will make the most significant difference in people's lives: valued roles and relationships.

This day will include stories to stretch your imagination, a basic framework that you can begin to use today, tips and ideas on support basics from a practitioner of 30 years, and time for problem-solving and brainstorming for your own purposes.

Save the date for **Tuesday April 8th from 9:30 - 3pm**. This is an in person workshop to be held in Toronto. More details will follow. If you have questions or would like to receive the link to register, please contact **Kim at ksp@extendafamily.ca**



Telling Our Stories: Putting Into Words The Matters of Our Hearts

There is power and strength in a story well told, because the very ideas and images we describe put lasting impressions into the minds of others. What are the stories we want to tell and how might we embark on this exciting journey, while holding onto what is most important?

Telling Our Stories is a listening, reflecting, and writing workshop for families and their allies who understand and want to tap into this rich and personal way of sharing their learning. Together, we will explore and discover how to develop and share our stories of contribution, participation, meaningful relationships & inclusion. We will work through learning the four sides to framing a story and clarifying the purpose behind the story we want to tell & tips for storytellers in different venues.

**We are a part of every story.
There is a role for each of us.
Choose a role with heart for You.
May our stories reflect truth,
our storytellers be genuine, and may
we find listeners with open hearts. ~ Janet Klees**

Participants will get the opportunity to work on writing their story throughout this workshop – so come along with a person in mind. Join us for this interactive day of storytelling - not just any story, but Your story.

**March 26, 2025
9:30am - 4pm
The Gathering Place, 850 King Street W., Oshawa, Unit 20**

Looking for more information? Contact **Janet at jklees@dafrs.com**. Or simply **[REGISTER HERE](#)**

Important Details About The Canadian Dental Care Plan

You've likely already heard bits and pieces about the Canadian Dental Care Plan (CDCP), that was introduced in 2024. While we wait to hear more about the full benefit and roll out, as well as how to access it, here is what we know so far regarding this federal benefit.



The CDCP is a federal benefit program, administered by Sunlife and Health Canada, which aims to reduce the financial barriers to oral care, by providing a subsidy to those who meet the criteria.

Who is Eligible?

Currently, the benefit is available to eligible seniors sixty-five and over, children under the age of eighteen, and adults with a valid Disability Tax Credit certificate for 2023. When the plan is fully rolled out, promised sometime in 2025, it will include Canadian residents without dental insurance and a family net income of less than \$90,000 a year.

If you receive provincial dental benefits through ODSP and access no other private dental insurance, you are eligible for the CDCP benefit. You can coordinate your benefits using the CDCP benefit first and then utilize the provincial benefit through ODSP for any outstanding costs remaining. However, depending on the limitations of those benefits, there can still be costs remaining that would be the patient's responsibility to cover.

To access the CDCP program, your dentist must sign up for the program, you can only access this program through a dentist that has registered. You will also need to register for the benefit at the Government of Canada - Benefits - Canadian Dental Care Plan website. The process begins with four eligibility requirement questions that you have to meet including filing income tax for 2023.

About Co-Payments

For some patients and/or for some treatments there may be a co-payment that the patient would be required to pay. If the family income is above \$70,000 a year, there will be a co-payment of either 40% or 60% of the costs for the dental work depending on family income. If the procedure is not covered under the plan or if the procedure is covered under the plan but the CDCP established fee schedule does not cover the full cost of the procedure determined by the dental office there will be a co-payment. In addition, some dental procedures may require a pre-authorization before having the dental work done. Those requests will be made by the dentist to SunLife/Health Canada directly for approval.

An Important Note About The Application Process

When you begin the application process, you will reach a question that says "Who are you applying for?" and offers four options to choose from. If you are a parent/family or otherwise assisting a person to fill out this application for themselves, the answer would be "I am applying for myself" so that it is in the voice of the person. This application allows people to be assisted in filing out the application without the need for a legal delegate or power of attorney. If you mistakenly choose option four for your answer to this question (legal delegate or power of attorney), it will stop the application process and direct you to call Service Canada. **We recommend that you do not choose option four.**

If you are interested in knowing more or you wish to apply for this benefit please visit [Canadian Dental Association](https://www.cda.ca)



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

Making the Most

**Weekend
 * Retreat ***

**April 25 - 27,
 2025**



Families throughout the Region of Durham are invited to participate in an innovative and interactive 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 workshop is co-led by mentoring parents who 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 workshop will take place at Elmhirst 's Resort, Keene, Ontario

Beginning early Friday evening on April 25, running through until Sunday afternoon on April 27.

Accommodation is included for Friday and Saturday night along with all meals and refreshments

Course fee \$100 per person
 (subsidies available if needed)

For more information contact Laura, lpowell@dfrs.com or at 905 436 2500 ext. 2312

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

A Partnership Leads to Home for Six People this Spring!

Join us this month at Imagining Home as we share an update around a partnership that's been two years in the making and will see six people each move into apartments of their own this Spring. And as those families gear up for the move, let's consider together ways in which they might support their daughters and sons to embrace all the newness and uncertainty that is to come, while also carving out their own new place and roles in this established co-op neighbourhood and community.

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 eoreilly@dafrs.com to arrange an introductory call.

IMAGINING HOME MEETING • WEDNESDAY MARCH 12, 2025

• 6:30PM • IN PERSON

CONTACT ERIN FOR DETAILS (eoreilly@dafrs.com)



A Focus on Body, Brain and Being: A Morning With Peter Marks

The BioMedical Approaches Study Group welcomes Peter Marks from the Centre for Conscious Care.

Peter Marks, beloved by the families of Durham Region, returns for a morning of presentation, discussion and discovery. This time Peter will focus on identifying what families consider to be the major issues facing their family members and identifying 15 common "errors" made by families and the medical/clinicians who advise them. He will go on to address what we can do to take care of these needs right now so that people can live to their fullest potential, using many resources from the current medical system, as well as our own resources and ensuring people take on valued roles in their families and community. He will provide us with quick wins in terms of "low hanging fruit" that are basic first steps, and he will also outline the power of our own presence and how to ensure that we are at our best in order to use and teach others the impact of a calm, loving presence with our loved ones.

Peter is the Founder and Director of A Centre for Conscious Care. The Centre has been built on Peter's 40 years of experience in Human and Health Services, his dedication to only recommend evidence-based interventions due to his 'hard sciences' training in Engineering and his more than 30 years of developing intra-personal skills and insights as a mindfulness practitioner and facilitator.

REGISTER HERE!

Spaces are limited for this in-person event.

**Peter Marks @ BioMedical
Approaches Study Group
Friday April 11, 2024, 9:30am-12:30pm
The Gathering Place
20-850 King St W., Oshawa**

Incorporating Movement into Everyday Life: The Easy Way

Stress on our bodies creeps up in several ways. Whether we're the sedentary type or someone who's more on the go, we spend much of our time unknowingly putting undue strain on ourselves. With much of our time and energy usually focused on getting through the day at hand, we often don't realize any physical toll taken until the pain kicks in. But there is good news, daily physical stress can be mitigated. There are accessible movements that can be incorporated throughout the day- even while at work that can address and prevent tension.

On **Friday March 14th from 11am – noon**, the Durham Family Resources Team and Families are happy to have Bram Van Bommel, RMT discuss the ways in which we can reduce wear and tear on muscles, joints and everything in between.

Bram will be taking everyone through the main stress elements that impact physicality and introduce a few simple movements that can have major positive impact on our mobility, today and well into the future. Following his interactive presentation, **everyone is invited to stay for lunch**. Bram too will stick around so there will be additional time for questions and conversation.

Everyone is welcome to attend and participate in the Bio-Medical Approaches Study Group. We usually engage with anything “Bio-Medical” and so families talk about all the approaches, alternatives, and 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 on the second Friday of each month at 10 am for about an hour to an hour and a half.



**BRAM
VAN BOMMEL**
REGISTERED MASSAGE
THERAPIST

@ bramrmt@gmail.com

@bramrmt

@BRAMRMT

PROFILE

Bram has been a Registered Massage Therapist for over 10 years. Bram's focus in his practice is to help people achieve their goals through treatment that is collaborative, educational, and effective. He prides himself on his ability to communicate effectively. He uses his years of experience and knowledge to educate others by engaging audiences and sharing clinical pearls along the way.

CAREER HIGHLIGHTS

- Team Massage Therapist for Toronto Maple Leafs & Toronto Argonauts
- 2017 2022 2024 Grey Cup Champions (Argos)
- 2015 Pan Am & Parapan Am Games
- 2017 Invictus Games
- 2018 usports National Swimming Championship
- 2019 Ontario Parasport Games

CERTIFICATIONS

- Functional Range Release (Spine) (FR)
- Functional Range Conditioning (FRC)
- K-Taping
- FIFA Medical Diploma

Please **RSVP to Janet at jklees@daf.rs.com** if you'd like to attend!

**BIOMEDICAL
STUDY GROUP**

**FRIDAY,
MAR 14 2025**

11 AM - 12PM





Next Generation Meetup

A casual get together of those who identify as the "next generation" in the support of a loved one with a developmental disability. Coming together to connect, share, and learn from one another.

Contact Rosanne for details!
rpurnwasie@dafrs.com
 (905) 436-2500 ext. 2289

www.dafrs.com

Thursday April 3rd @ 7-8pm
 Email Rosanne at: rpurnwasie@dafrs.com

Monthly Making the Most Study Group

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 personal networks, and connecting with other families.

The meeting is open to anyone who has attended the 6-part Making the Most learning series or a MTM Weekend Retreat and wishes to join the conversation. Contact [Laura Lpowell@dafrs.com](mailto:Lpowell@dafrs.com) for more information.

We look forward to seeing everyone online again on **Monday, March 24 at 6:30 pm** via Zoom.

For more info contact Laura at lpowell@dafrs.com



MAKING THE MOST STUDY GROUP

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

Important Dates At-A-Glance!

Imagining Home
 Mar 12 @ 6:30pm

Bio Medical Study Group
 Mar 14 @ 11am

What's At Our Table
 Mar 20 @ 1-4pm

Telling Our Stories
 March 26 @ 9:30am

Building a Context for Relationship (Toronto)
 Apr 8 9:30-3pm

Next Gen Meetup
 Apr 3 @ 7pm

Making the Most Retreat
 Apr 25-27

For more information, please visit our website at www.dafrs.com

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