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January 2023

*Durham Family Resources*

# FAMILYfocus

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

Save the Date!

## A New Learning Series Focused on Circles of Support

We are excited to get the New Year rolling with a brand new learning series! This February and March we will be focusing on circles of support - what are they, what are they not, how to start them, revive them, or strengthen them.

Last year around this time the Next Generation group presented six learning sessions focused on various topics which interested its members. While each of these events were appreciated, the evening spent on Circles of Support was one that everyone wanted to keep talking about! So this year, we will deep dive into this topic and see how families might move forward with planful next steps into 2023. While there will be a focus on the 'next gen' perspective, this will be helpful learning for anyone interested!

Circles, support circles, personal networks - there are many names floating around for something that is likely a very familiar concept to all of us. It is very typical to have a few key people in our lives that help us think things through, brainstorm ideas, make decisions, and hold on to personal visions and goals. In their simplest form, circles involve ongoing relationship and getting things done!

Sometimes we see people get stuck because they think a "circle" needs to look a certain way or meet specific requirements. We are going to do some myth-busting and look at the different ways that circles can and do happen in people's lives. If you have been thinking about circles, or have had one in the past or present, we encourage you to join us!

## Circles Made Simple

**Monday, February 13, 2023**

**Monday, March 6, 2023**

**Monday, March 20, 2023**

**7pm - 8:30pm Online via Zoom**

REGISTRATION OPENS SOON, STAY TUNED FOR DETAILS!

Durham Family Resources' Next Generation Group focuses on those who identify as the next in line in the support of a loved one with a disability as parents age. This demographic is not limited to sisters/brothers but also to other family members such as aunts, uncles, cousins, friends, and trustees to name some others. They are excited to bring this unique learning series to everyone who is interested in this topic - including parents, friends, paid supporters, and more!





# Families are Springing into Possibilities

The last few years have been challenging in lots of ways, and yet there have also been some good things happening for many families of school-aged children and youth!

## Three Evenings of Learning:

- 1 Wednesday, February 8, 2023
- 2 Wednesday, February 22, 2023
- 3 Wednesday, March 8, 2023

6:45 – 8:45 p.m. via Zoom

For more information contact  
Kim at 416-757-2780 or  
[ksp@extendafamily.ca](mailto:ksp@extendafamily.ca)

Join us this February–March for an online, interactive, 3-part mini-series, where we will come together to talk about what is still possible in our neighborhoods. Hear stories from other parents on how they have supported their children to continue to explore new interests.

At the end of the series you will leave with ideas, strategies, and confidence to plan for a summer full of discovery, and fun!

## Register Here for your Zoom link!

Run in partnership with



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



# New Federal Benefits Announced - See If You Are Eligible!

Last month, a few new temporary initiatives were launched with the 2022 Fall Economic Statement. Along with an increase to the GST tax credit for six months for low and modest-income GST credit recipients, there is a one-time payment for low-income renters, and a dental benefit for children.

## The Canada Dental Benefit

Families with children under 12 years old with a family income of less than \$90,000 who do not have private dental insurance can now see if they are eligible for a tax-free payment of up to \$650 per child. Families can receive one payment per child between October 1, 2022 and June 30, 2023, and a second final payment between July 1, 2023 and June 30, 2024.

Find out more by [visiting the Government of Canada's Canada Dental Benefit page here.](#)



helpful



## One-time top-up to the Canada Housing Benefit

Low-income renters may be eligible for a tax-free single payment of \$500. Eligibility for this benefit are based on income and the amount of rent you pay.


Visit the [Government of Canada's One-time top-up to the Canada Housing Benefit page for more information, including a eligibility calculator.](#)

## Gearing up for a 2023 Full of Learning! BioMedical Approaches Study Group Begins with Memory and Neuroscience!

Pulling from a range of new and ongoing ideas to discuss and think about, we will be viewing a short Ted Talk with Lisa Genova (Neuroscientist/Author) on what we can do to prevent Alzheimer's and/or how memory works and why forgetting is okay. We will watch this together and then take some time for discussion as usual.

We are also hoping to name a topic or a theme (along with a video, a speaker, a presentation, etc) for several months into the future. For example in February, a local chiropractor with relevant experience is coming onto a Zoom call to speak about the Vagus Nerve and how this can work for or against us in terms of anxiety, unease and more AND how stimulating that nerve in simple ways can lead to some significant degrees of feeling more at ease

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. 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,  
JANUARY 13  
10 AM**

## 2023 Invites New Families to Join the Conversation on Home and Housing!

The new year is upon us, and we can't wait to see what good things we can make happen together, through Imagining Home!

This month the group heard the story of Tiffany and her mom Linda, who for over twenty-five years have been making home in a local co-operative community – the first of its kind at the time. Linda was on hand to share her firsthand accounts of what that journey has been like over the years, and how their vision of a good life for Tiffany has been shaped and reshaped over time. A few things touched on:

- The nature of the roles and natural relationships in Tiffany's life
- Thinking through full-day support and roommates while respecting Tiffany's desire for down time and time alone
- The practicalities of coordinating the day-to-day that let's Linda step back in the long run
- Ensuring the plan isn't dependent on only a few people
- Creating a "chosen" family and community
- Taking a leap when the money isn't there yet
- A strong vision as a touch stone while staying flexible to an evolving plan

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](mailto:eoreilly@dafrs.com) to arrange an introductory call.

Imagining Home Meeting • Wednesday, February 8, 2023 • 6:30pm. Contact Erin for details ([eoreilly@dafrs.com](mailto:eoreilly@dafrs.com))

**IMAGINING HOME MEETING • NEXT MEETING • FEBRUARY 8, 2023**

**ONLINE, VIA ZOOM!**

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



## Thinking Through The New Year at School! Let's Chat!

IT'S 2023, HOWS SCHOOL GOING?! Whether it is in person or home-based, children are resilient and will continue to learn, grow and thrive! PARENTS YOU HAVE GOT THIS! Its a new year filled with new goals, plans and ideas! Let's begin the new year with a conversation about taking care of our own foundational needs so we are ready and able to parent and provide for our children's needs.



JOIN US! For our first 2023 'Thinking it Through' session - an upcoming chat with other parents about, mindset, showing up energized for the challenge of supporting our children to be ready to learn - setting the foundation in place for 2023.

Join together with families on **Thursday, January 19<sup>th</sup> 2023** from 6:30pm-7:30pm to "think it through TOGETHER"

**Register Here to Receive the Zoom Link Details!**

# 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.



## MAKING THE MOST STUDY GROUP

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@dafsr.com](mailto:lpowell@dafsr.com) for more information.

Next meeting is Monday, January 23<sup>rd</sup> from 6:30-7:30pm via Zoom. Members are sent a link to join shortly before.

JANUARY 23, 2022  
6:30PM TO 7:30PM

{ [respiteservices.com](http://respiteservices.com) }

**CHAP**  
COMMUNITY HELPERS  
FOR ACTIVE PARTICIPATION

[RespiteServices.com](http://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](http://respiteservices.com/durham). Contact Sandy at (905)436-3404 or [sciarlariello@dafsr.com](mailto:sciarlariello@dafsr.com). New supporters are continuing to be added. Contact Sandy for more information!

## Important Dates At-A-Glance!

### **Bio Medical Study Group**

January 13@10am

### **Thinking it Through**

January 19@6:30pm

### **Making the Most Study Group**

January 23@6:30pm

### **Imagining Home**

February 8@6:30pm

### **Springing Into Possibilities**

February 8@6:45pm

February 22@6:45pm

March 8@6:45pm

### **Circles Made Simple**

February 13@7pm

March 6@7pm

March 20@7pm

For more information,  
please visit our website at

[www.dafsr.com](http://www.dafsr.com)

For more information, please visit our website, [www.dafsr.com](http://www.dafsr.com), and see the "Upcoming Events" tab.

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