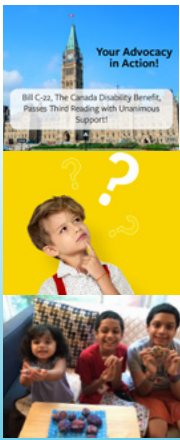


February 2023



► CANADA DISABILITY  
BENEFIT TAKES ITS NEXT  
STEP... 2

► FIGURING OUT THE  
ONTARIO AUTISM CATCH  
UP PAYMENT ... 4

► THREE PART LEARNING  
SERIES FOR FAMILIES OF  
YOUNG CHILDREN.... 3

*Durham Family Resources*

# FAMILYfocus

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

## Have you ever thought about “Circles of Support”? Join Us for this New Learning Series!

It's no secret that relationships are an important part of our work here at DFR. One important way to bring greater relationship into a person's life is by bringing together a “Circle”. This learning series is for everyone, circle experience or not, who is thinking about adding or strengthening relationships in someone's life. At their core, “Circles” are a way for us to connect and support each other through ups and downs, challenges and changes, all while striving towards the good things in life.

Over three sessions, we are going to delve into this concept, answer questions, share stories, and get people thinking about what their next steps might be to create, re-invigorate, or strengthen a Circle of Support!

On Monday, February 13, we will get started with this learning by spending an hour or so looking at Circles and talking through some of the myths and misconceptions about them. We'll have time at the end to chat about questions, share thoughts, and prepare for the following learning events! How might they look for you or someone you love? What might we include and avoid in order to have a successful Circle? How might someone get started to organize a Circle? Join us and let's see just how simple and practical a Circle can be!

## Circles Made Simple

**Monday, February 13, 2023 - Demystifying Circles**

**Monday, March 6, 2023 - Circles as a Vehicle to Voice, Relationship, & Belonging**

**Monday, March 20, 2023 - Taking the Leap!**

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

**Register Here for Your Zoom Link!**

[Did You Know? DFR Has a “Next Generation” Group!](#)

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. They meet once a month to chat about what's on their minds, questions, and to share next steps! Email Rosanne for more details ✉ !

Their next meeting is Thursday, February 9 at 7pm via Zoom!

## Bill C-22, the Canada Disability Benefit Act, Passes and Is Off to the Senate!

Thank you to everyone who took the time to email their Member of Parliament in regard to supporting Bill C-22, the Canada Disability Benefit! We are excited to share that there was unanimously adopted by the House of Commons on February 2, 2023. This means the Bill will now move to Senate for consideration.

The Government has noted that in the spirit of Nothing Without Us, they will continue to engage and involve the disability community, stakeholders, Indigenous organizations, and the provinces and territories as they Canada Disability Benefit is designed and its regulations informed.

As this Benefit steps closer to becoming a reality for people, we will be watching and listening for news and updates from the Senate, as well as capturing and holding the thoughts, questions, and concerns of the families we work with. If there is opportunity for input, we will do our best to keep the community informed!

**We  
Won!**

**Your Advocacy  
in Action!**

Bill C-22, The Canada Disability Benefit, Passes Third Reading with Unanimous Support!


“With Bill C-22, we have a once-in-a-generation opportunity to create a new benefit that will lift many working-age Canadians with disabilities out of poverty. I’m looking forward to working with my colleagues in the Senate to keep the momentum up. In Canada, no person with a disability should live in poverty.”

– Minister of Employment, Workforce Development and Disability Inclusion, Carla Qualtrough

## BioMedical Approaches Study Group Welcomes a Local Chiropractor to Teach about the Vagus Nerve!

February’s meeting will revolve around the Vagus Nerve! This is a topic which interested many of the group members and we are excited to welcome a local Chiropractor, with relevant experience, who will join us to speak more about this complex and important system. We will delve into the vagal nerves, which are the main nerves of our parasympathetic nervous system. This system controls specific body functions such as your digestion, heart rate and immune system - and various techniques of nerve stimulation can address anxiety, unease and more!

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,  
FEBRUARY 10  
10 AM**





# 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 •



## Thinking About a Home Renovation? Imagining Home Members Look Into a Possible Project

### Are you thinking seriously about a home renovation?

Do you own a home in Durham Region? Or looking to buy and renovate a home for your family member? Come join us at Imagining Home this month and help us assess whether we should apply for a funded renovation housing project for up to ten Durham families for second suite renovations. There are no guarantees but we are inviting you to scope this opportunity with us.

This discussion is for families who are currently connected with Durham Family Resources – families connected through Imagining Home or other family groups, or those receiving facilitation support through DFR. If this is you and you are interested in joining this very

initial conversation, please RSVP to Erin at [eoreilly@dafrs.com](mailto:eoreilly@dafrs.com) or (905) 436-2500 ext. 2511. This will be a zoom meeting and a link will be provided when you RSVP.

*If you are new to the group and would like to attend Imagining Home in the future, we'd ask that you first contact Erin to arrange an introductory call.*

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.

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

**ONLINE, VIA ZOOM!**

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



## Thinking Through OAP's Catch Up Payment Program - Join Us!



**JOIN US!** For this session of ‘Thinking it Through’ - where we discuss changes to the Ontario Autism Program and walk families through the Ontario Catch up Payment Program for children in Kindergarten to Grade 12

Join together with families on **Thursday, February 16th** 2023 from 6:30pm-7:30pm to “think it through TOGETHER”

For more information on Ontario's Catch Up Payments program please visit:  
<https://www.ontario.ca/page/catch-up-payments>

**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.

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, February 27<sup>th</sup> from 6.30-7.30pm via Zoom. Members are sent a link to join shortly before.



## MAKING THE MOST STUDY GROUP

FEBRUARY 27, 2023  
6:30PM TO 7:30PM

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

**CHAP**  
COMMUNITY HELPERS  
FOR ACTIVE PARTICIPATION

[RespiteServices.com](https://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](https://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!

### **Imagining Home**

February 8@6:30pm

### **Bio Medical Study Group**

February 10@10am

### **Thinking it Through**

February 16@6:30pm

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

February 27@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](https://www.dafsr.com)

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

Durham Association For Family Resources and Support  
850 King St. W, Unit 20, Oshawa, Ontario L1J 8N5  
(905)436-2500 [www.dafsr.com](https://www.dafsr.com)