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Durham Family Resources

FAMILYfocus

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

March is Membership Month!
Support the work of Durham Family Resources!

Spring is around the corner and we are looking ahead to our yearly Annual General Meeting. Along with sorting out a theme and detailing an interesting presentation, we also need to gather our Members to vote.

We encourage anyone interested in our work to consider becoming a member of our organization. **Becoming a member not only shows your support for the mission and values of Durham Family Resources, but also demonstrates to funders, policy makers, and the public that you think our work is important and beneficial to our community.** Most people involved with our organization recognize that our organization and the work we do is different from other local service providers - holding a Membership with us is evidence that this way of supporting families is wanted and needed in Ontario and beyond.

All members agree that they support the Vision, Mission, and Values of our organization - these will be familiar to many people who attend various learning events and meetings that we hold throughout the year, as we refer to them often as we guide our work.

Becoming a member is free and easy to do! You can apply online in just a few minutes by filling out the online form below. If you'd prefer to print and fill out an application, [you can access a printable copy here!](#)

In order to vote at this year's Annual General Meeting, we must receive your completed membership application by **May 17th, 2022.**

Your Membership Matters!

Fill out a membership form here today!

Durham Association for Family Resources and Support Statement of Vision, Mission, and Values

VISION

We all enjoy full and meaningful life within our communities; we are all stronger when each member belongs

MISSION

Durham Family Resources works in partnership with a person with a disability, their family and allies to imagine, plan, implement, and work toward a good life in family, neighbourhood and community. Because our community is best when everyone contributes, our partnership aims to enhance the capacity of the whole family to care for one another and to sustain or enhance their valued social roles as family members and as members of the community.

We support our Vision by working with the whole family, together choosing resources, supports and pathways anchored in practices that take place in ordinary community life, one person at a time, and use a Social Role Valorization (SRV) framework.

Durham Family Resources is family-led, rooted in community, focused on recognizing capacity, and always moves toward critical analysis and action based on this Vision, Mission and Values.

DURHAM ASSOCIATION FOR
FAMILY RESOURCES
AND SUPPORT

VALUES

- Durham Family Resources believes:
- In the essential importance of a good life in family, neighbourhood and community
 - Freely given, committed personal relationships with people will best safeguard the lives and wellbeing of family members with disabilities
 - Communities have the capacity and a fundamental responsibility to welcome and support people with disabilities, and that our communities will be stronger and better when we all belong
 - That, when provided with adequate support, families provide the safest, most consistent and loving environment for family members and have the capacity to imagine, plan and build good lives for and with their family members in community
 - That there is great value in family-to-family learning, family leadership and connection, and on the ability of families and allies to build and influence their communities to grow strong together

SAVE THE DATE!
2023 AGM
Monday,
June 26th,
2023



Call to Action Regarding Home Health Care Spending - Contact Your Member of Provincial Parliament

Last Spring, Christine Elliot, former health minister, announced the Ontario Government would be investing \$1 billion over three years to bolster the home and community care system - helping seniors as well as recovering patients to receive the help they need in their homes, while also alleviating pressure on our hospital system. Home care was characterized as a key pillar in the plan to keep hospitals open and to improve healthcare.

To date there is as much as \$880 million dollars still unallocated, and home health care organizations are urging the government to fast-track spending to ensure the sector is stabilized. They say they have been struggling for years because of chronic underfunding and the situation has worsened during the pandemic because home- and community-care workers are underpaid compared to counterparts in hospitals and long-term care ([Home Care Ontario, 2023](#) and [The Ontario Community Support Association, 2023](#)).

We know many families who receive Ministry of Health funding to purchase home care services or employ care providers through the Family-Managed Home Care program. The FMHC program is one that has enabled many families to support their family members to live good lives at a home in typical community.


Home health care is an issue that effects each of us - either now or in our futures. If you feel strongly about keeping home care strong and well funded in Ontario, considering reaching out [to your MPP](#) to see what actions they are taking to ensure home care funding is properly allocated and delivered now, when the system needs it the most.



BioMedical Approaches Study Group Marches into Spring and Joins for a Catch-Up Session!

March brings the Bio-Medical Approaches Study Group back together for a catch-up meeting! Last month the group welcomed a local chiropractor who spoke all about the Vagus nerve. It was an informative session which left the group with new insight, information, tips and tools to look into. This month the group will catch-up on new books, new podcasts and new ideas, along with the usual chat about what people are thinking of trying or looking into next!

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!



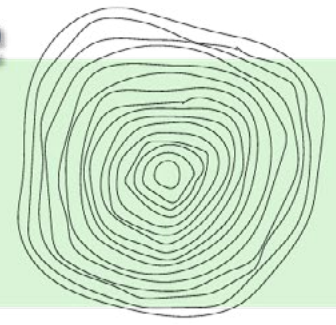
**STUDY GROUP
INFO**

**FRIDAY,
MARCH 10**

10 AM

Circles Made Simple

Third and Final Session!
Monday, March 20, 2023
Taking the Leap!



It's no secret that relationships are an important part of our work here at Durham Family Resources. 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 have delved 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!

Join us for the final session, where we will talk about 'taking the leap' and what those next steps might look like to get your circle off the ground!

Register Here for the final Circles Made Simple Zoom Link!

Unloved: Huronia's Forgotten Children Free Screening in Ajax on March 31

Unloved: Huronia's Forgotten Children is a 2022 documentary about Huronia Regional Center, a former Ontario government facility for children with developmental disabilities and a shameful period of our social history. The film delves into Huronia's past and explores the ongoing struggle for justice that survivors and their families pursued.

Filmmaker Barri Cohen shares their family's story uncovering the truth about her half-brothers, Alfred and Louis, who were kept a secret from the rest of the family by her father. "My intention with *Unloved*, was to portray a reality that will hopefully resonate with audiences so that they may recognize how much dehumanization, "othering", and warehousing of people continues to this very day in institutional spaces." says filmmaker Barri Cohen. Cohen's intention as well is to call attention to the intergenerational damage that lingers when children are segregated from family and love, rather than receiving full supports within their communities ([Press Release, 2022](#)). [You can read more about Barri Cohen's family story here.](#)

"Like many nations, Canada continues to house thousands of people in places they've not chosen and with scarce personal freedoms.

These include large institutions, group and long-term care homes, and residential care centres."

Thank you to the local families who advocated for this screening to happen. If you would like to watch the documentary from home, [you can view it through CBC Gem here.](#)



March 31, 2023 at 7:00 pm

**St. Francis Centre for Community,
Arts and Culture**

78 Church Street South, Ajax

Reserve a spot here

International Presentation of DFR's Approach to Housing the Spotlight of March's Imagining Home Meeting

This past February, Selena and Erin had the privilege of presenting at The International SRV Conference. Now in its 8th year, the ISRVA Conference has long offered opportunities for learners, teachers, and implementers of Social Role Theory, to come together from all over the world to share and gain knowledge, research and practice around these powerful ideas.

In their 45-minute presentation, Selena and Erin brought the energy and spirit of our monthly Imagining Home discussions with families and shared what we've collectively come to know about real home anchored in SRV principles and family stories, to a group of over forty international participants. And as this was their Inaugural distance conference online, we have it recorded!

Families are invited to come along to Imagining Home this month to watch this encore presentation together, followed by some good conversation!

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@dfrs.com to arrange an introductory call.

IMAGINING HOME MEETING • NEXT MEETING • MARCH 8, 2023

ONLINE, VIA ZOOM!

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



Planning for March Break! Join us to Think it Through Together!

March Break is here! The upcoming break brings opportunity for new interests, creativity, and imagination! Let's get together to explore what's available and happening in the community for our children. What are our children's' interests and what is out there for their age group. We'll look at where children can discover new interests, gain skills while having fun! Children are natural explorers and local neighbourhoods provide many opportunities for young curious minds to explore and discover.

JOIN US! For this session of 'Thinking it Through' where we will start planning for March Break 2023 and discuss the possibilities with our families! Join together with families on Thursday, March 9th 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.

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, March 27th from 6.30-7.30pm via Zoom. Members are sent a link to join shortly before.



MAKING THE MOST STUDY GROUP

MARCH 27, 2023
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!

Imagining Home
March 8@6:30pm

Bio Medical Study Group
March 10@10am

Thinking it Through
March 9@6:30pm

**Making the Most
Study Group**
March 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.dafrs.com

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

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