

May 2023

Durham Family Resources

FAMILYfocus

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

Join us at our AGM & See the Strategic Directions
we are Working Towards!

Our Annual General Meeting is coming up next month and we hope you can join us! Like last year, we will be hosting this event in-person - taking advantage of both the indoors and outdoors at the Hartrick House in Ajax.

This year we are excited to share our new five-year Strategic Plan. We plan to showcase the priorities and directions that are included in the Plan and which stem from our conversations and feedback from many families, members and others. As usual, there will be opportunity to hear from the Board of Directors regarding the work of the last year, speak with staff, and for families and supporters of DFR to come together.

We are busy planning the finer details of the day, but on the heels of last year's success, we will again follow up the business meeting portion of the event with a relaxed outdoor picnic-style gathering of families, staff, and community allies - to eat, meet, chat and enjoy each other's company. More details to follow!

The AGM provides an opportunity for families and community members alike to show their support for Durham Family Resources by attending this event. It is also a great opportunity to meet other like-minded families, and celebrate the significance of families coming together.

Please mark your calendars so you don't miss out on this event!

2023 Annual General Meeting
Monday, June 26th @ 6:00pm
Hartrick House, Ajax

To Vote in the AGM, You Must Be an Approved Member!

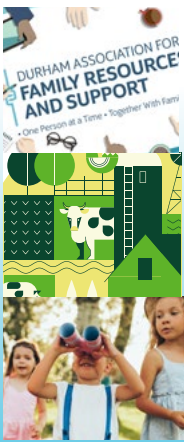
In order to vote at this year's Annual General Meeting, we must receive your completed membership application by **May 24th, 2023**.

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!](#)

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.**

Your Membership Matters!

Fill out a membership form here today!



▶ DID YOU TAKE PART IN OUR STRATEGIC PLAN CONVERSATIONS? SEE WHAT'S NEXT... 2

▶ SUSTAINABLE AGRICULTURE AT BIO MEDICAL IN MAY... 2

▶ PLAYTIME IS A TIME FOR DISCOVERY - THINK IT THROUGH TOGETHER.... 3



Strategic Plan Final Review - Come and See the Final Draft

Our new five-year Strategic Plan has been formed through much thought and conversation with families, community members, and DFR allies who participated in our strategic plan process by sharing ideas with their facilitator or coordinator, through filling in our survey last November, or by taking part in a focus group for discussion.

The draft Strategic Plan has been reviewed by the Board of Directors for their input. We'd like to have one final opportunity for families and those who participated in our focus groups to see and review the general overview of the ideas contained in the draft plan.

The plan will go back to the Board for its final nod before being presented to the Membership for final approval at our Annual General Meeting in June. Thank you to all those who have helped us get to this point!

Strategic Plan Draft Review

Wednesday, May 31 - 7:00pm

Online via Zoom

Register here!




BioMedical Approaches Study Group Invites Sustainable Agriculture Teacher on Special THURSDAY Meeting This Month!

We will be meeting on a different day for this month's Bio Medical Approaches Study Group meeting! **Thursday, May 11, 2023!** Our guest will be online, but we are also meeting in-person at the Gathering Place - this will be a hybrid meeting.

We will be joined online by Ryan Cullen - to chat horticulture, food and farming! We'll also organize a trip to a farm in the upcoming weeks. Ryan has a rich education in Horticulture Food and Farming, leading to the design and development of his own small scale regenerative farm and homestead - City of Greens - on ten acres in Bowmanville, Ontario, Canada, where he primarily grows organic market garden vegetables while integrating small scale livestock systems with agroforestry and perennial crops. He is passionate about helping people and organizations develop holistic paradigms and viable models in horticulture, food and farming so we can better design the cities, landscapes and communities where we live, work and play.



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**
**THURSDAY,
MAY 11**
10 AM

A Move-In Story, More Toolkit Thinking, and a Look at the National Housing Strategy at May's Imagining Home Meeting

A move-in story, a new home and housing toolkit, a few more portable housing benefits, and some good reminders that families are making home happen in their own neighbourhoods...these are just a few of the things on our minds at the moment!

- Last month at Imagining Home, we planted some seeds for a new practical and flexible toolkit, that families could look into for ideas, solutions, plans and more – a home and housing roadmap of sorts, that families could select based on what suits their own situation and unique housing vision. Together we came up with ideas for what families might like to see included – and we'll be reaching out to others through an online survey to capture more thoughts and ideas. Stay tuned for that...
- A move-in story - after six short months of planning, anticipating, strategizing, cleaning, furniture buying, painting, organizing, and preparing ... Heather has finally moved into her very first apartment! Her mom Sydney has been a regular at monthly Imagining Home meetings as well as many other DFR offerings. Come hear about Sydney and Heather's journey these past months and the ups and downs and rewards of taking their vision from paper, to a very real home of her own for Heather!
- One recent webinar focused on a new mega-build just outside of Durham, and another that offers recommendations for a renewed National Housing Strategy, have us reflecting on all the ways families have taken steps and made home happen right in their own neighbourhoods – without waiting for traditional services...!

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 • NEXT MEETING • MAY 10, 2023 • 6:30PM

ONLINE, VIA ZOOM!

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



Learn How Playtime Can Help Your Child Discover Their Interests



Calling all parents of young children! Do you want to learn how playtime can help your child discover their interests and passions? Join us for an online virtual event called “Thinking it Through” on **May 25th from 6:30pm to 7:30pm**.

We will share tips and tricks on how to use play as a tool to explore your child's natural curiosity and potential. Discover new ways to support your child's growth and development while having fun together. Don't miss this exciting opportunity to connect with other parents and gain valuable insights. Register now to secure your spot!

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 or a MTM Weekend Retreat and wishes to join the conversation. Contact Laura lpowell@dafers.com for more information.

Next meeting is Monday, May 29th from 6.30-7.30pm via Zoom. Members are sent a link to join shortly before.



MAKING THE MOST STUDY GROUP

MAY 29, 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@dafers.com. New supporters are continuing to be added. Contact Sandy for more information!

Important Dates At-A-Glance!

Imagining Home
May 10@6:30pm

Bio Medical Study Group
May 11@10am

Thinking it Through
May 25@6:30pm

**Making the Most
Study Group**
May 29 @6:30pm

**Strategic Plan Draft
Review**
May 31@7:00pm

**2023 Annual General
Meeting**
June 26

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

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

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