

September 2023



► A VERY PERSONAL
JOURNEY - HEAR A FAMILY
STORY... 2



► OUR ANTICIPATED
MAKING THE MOST SERIES IS
BACK!... 3

► PARENT-TEACHER
INTERVIEWS AND IEPs.... 4

Durham Family Resources

FAMILYfocus

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

Thinking About Valued Roles and Relationships?

Our Building a Context for Relationship Workshop is Here to Help!

If you are involved with planning and supporting a person to be a fuller member of their community and need a practical approach that works, this workshop is for you!

This is an interactive workshop, presented by Janet Klees, for those who are serious about exploring and discovering the opportunities for welcome, engagement, and relationship that abound in our communities. This day will include stories to stretch your imagination, a basic framework that you can begin to use today, some tips and ideas on support basics from a practitioner of 30 years, and some time for problem solving and brainstorming for your own purposes.

This workshop combines a good, principled framework with a practical, straight forward approach for bringing about the two elements that will make the most significant difference in peoples' lives: **valued roles** and **relationship**.

In this hands-on practical event we will plan, practice and polish setting up and supporting our own contexts that work. Starting with where you are at, we will find ways to make poor situations good, make good situations better, and shape a few situations to be the best. We will also explore good support strategies, developing natural supports, and have plenty of time to think about and work on your own examples and situations.

The workshop is based upon the belief that when our communities are able to invite, welcome and appreciate the contributions of its most vulnerable members, we all benefit. Communities need support to discover these contributions. Supporters need a vision of possibility, a sound approach and effective strategies to take action.



Building a Context for Relationship

Roles, Relationships, and Places of Belonging

October 5, 2023

9:30am to 3:30pm

Lunch included!

In-Person @ The Gathering Place
20-850 King St. W, Oshawa

Register here to reserve your seat!



A Very Personal Journey - Hear a Family Story Recently Presented to Lakeridge Hospital

Lakeridge Health

Lakeridge Health recently invited Eleanor, a mother long connected with us, to speak to their Patient Experience team regarding the personal journey her family had as they entered Lakeridge Health Oshawa Emergency Department for help and remained for several days in the hospital until her son, Andrew, passed away on March 30, 2022.

Together with a few others, Eleanor created a thoughtful presentation to share with them regarding their experiences at Lakeridge Health Oshawa. The presentation shares a mother's personal journey with her son in hospital from his perspective, and is broken down into four stopovers. Each stopover identifies a challenging situation and the presentation defines the issue, describes the impact on Andrew's experience, and gives well-articulated thoughts as to what would have been better. The lessons and takeaways for the hospital team are clear and significant.

Eleanor has thoughtfully laid out the experience, lessons learned, and insights gained in a way that leaves the listener with a few "a-ha" moments and many helpful takeaways for families when trying to successfully navigate a hospital visit or stay. We hope you are able to come out and benefit from the knowledge gained as you develop your plans and strategies in case of a hospitalization.

Wednesday, September 13, 2023

10:30am to 12:00pm

In-Person at The Gathering Place

20-850 King St. W, Oshawa, Ontario

Spaces are Limited - RSVP Here

BioMedical Approaches Study Group Celebrates Harvest with Seasonal Treats and Sage Advice

We are meeting in-person on September 8! Join us to watch an interview with Alexis Quinn, a professional woman and mother who identifies as having autism share her thoughts on how to make people with autism in a crisis (or generally) feel safe physically and psychologically. This is essential "insider information" about the vital need to stay in and be a part of family and community while getting the supports needed. Along with great conversation, attendees are invited to celebrate the harvest season and bring in a salad, veggie or fruit plate - sharing the abundance of the season.

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 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 more information or to RSVP to the next meeting!



STUDY GROUP

INFO

**FRIDAY,
SEPT 8, 2023**

10 AM



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

Making the Most

Family Learning Series

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

~~~~~  
 Oct 2 — Dec 11  
 2023



Families throughout the Region of Durham are invited to participate in an innovative and interactive six-part 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 series 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 series runs for six sessions  
 and participants are asked to  
 commit to all six

Monday evenings from 6.30 – 9.00pm

Oct 2, 16 and 30

Nov 13 and 27

Dec 11

All sessions will be held in person at  
 The Gathering Place,  
 20-850 King Street West, Oshawa

[Click to register](#)  
[your interest](#)



## Thoughts on a New Home Assistance Pilot and New Housing Projects in Durham Region at This Month's Imagining Home Meeting

In recent months with the rolling out of DFR's new Strategic Vision, our attention has been turning towards one home and housing initiative – a 5-Year Home Assistance Pilot. This initiative will help stabilize home situations for people and their families, in a variety of different ways. Come to Imagining Home this month and share your initial ideas for how it could be used and how best to support opportunities for people to bring about home in the most meaningful ways.

Also, this month we're thinking deeply about all of the change ahead that we're seeing across Durham Region - in particular the rise of new large-scale, temporary and transitional housing projects. What does this mean for people who are unhoused, for neighbourhoods and communities? What are the long-term strategies and how will this contribute to a larger vision for stable, available and affordable housing in our Region? What are other jurisdictions doing with similar projects and challenges? As always, we're keeping abreast of what's on offer and what affects us all and the communities we love and live in.

This meeting will be in-person in our Gathering Place, at our offices in Oshawa. If you are a family who does not live within the Region or may have trouble travelling to our Oshawa office, please let Erin know and alternate arrangements can be made.

We're looking forward to gathering together once again!

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 • NEXT MEETING • WEDNESDAY, SEPTEMBER 13, 2023 • 6:30PM**

**IN PERSON AT THE GATHERING PLACE!**

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



## Thinking Through Parent-Teacher Interviews and Navigating IEPs

Join us for our next, "Thinking it Through," event with families of school aged children/youth on October 5th from 6:30pm to 7:30pm. This session will focus on two essential topics: "Maximizing the Parent-Teacher Interview Experience" and "Navigating Your Child's IEP with Confidence."



Get the most out of your communication efforts with educators and contribute to your child's Individualized Education Plan in ways that enhance a fulsome school experience. Connect with fellow parents, expand your support network, and exchange bits of experiences from a parental perspective about your role in your child's education.

Secure your spot today for an evening of learning, and meaningful connections.

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



# Celebrating 25 Years of Strong Family Voices

Please join us  
October 13 -15, 2023  
at the Holiday Inn Kingston -Waterfront

- Learn our History
- Listen & Reflect
- Share Stories
- Enjoy Social Time
- Connect with other families
- Collectively consider future  
FAO/family action
- Annual General Meeting

We are pleased to offer an  
Early Bird Registration

**Deadline: August 20th** After Aug 20th

Registration Fee (per person)

|               |       |              |
|---------------|-------|--------------|
| EFAO Members  | \$100 | <b>\$150</b> |
| Non Members   | \$125 | <b>\$175</b> |
| Professionals | \$150 | <b>\$250</b> |

\*a limited number of bursaries are available

Registration fee includes:

- Hotel room, Fri & Sat night
- Friday evening reception
- All meals on Saturday
- Sunday Breakfast & Snack

E-transfer registration fee to:  
[familyallianceont@gmail.com](mailto:familyallianceont@gmail.com)

**Register today**

<https://forms.gle/im2C8zHS9S8yipSVA>

Call the hotel directly before Sept 13th to book your room **1 877 660 8550**

**Quote—F25 or Family Alliance Ontario**

For more information contact: [lauran.familyallianceontario@gmail.com](mailto:lauran.familyallianceontario@gmail.com) or call 905-723-8111

Sponsored by:

• Ministry of Children, Community and Social Services • Community Living York South • Durham Family Resources • Community Living Ontario



# 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.



## MAKING THE MOST STUDY GROUP

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

Our next meeting is September 25 at 6.30pm via Zoom.

SEPTEMBER 25, 2023  
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@dafers.com](mailto:sciarlariello@dafers.com). New supporters are continuing to be added. Contact Sandy for more information!

## Important Dates At-A-Glance!

**Bio Medical Study Group**  
September 8@10am

**Imagining Home**  
September 13@6:30pm

**Making the Most  
Study Group**  
September 25@6:30pm

**Building a Context for  
Relationship Workshop**  
October 5@9:30am

**Thinking it Through**  
October 5@6:30pm

For more information,  
please visit our website at  
[www.dafers.com](http://www.dafers.com)

For more information, please visit our website, [www.dafers.com](http://www.dafers.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.dafers.com](http://www.dafers.com)