

November 2023



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FAMILYfocus

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

Our Celebrated Stories by the Fire Returns this December!

Our ninth annual **Stories by the Fire** is in the works! Unlike the last few years, this *Stories by the Fire* gathering will return to its roots and be hosted live and in-person! Pencil in Thursday, December 14th for this special event!

After a few years of virtual gatherings, we are excited to announce that *Stories by the Fire* is returning to its roots as an in-person experience. We also intend to have viewing only option, but we will be pouring our energy into creating a safe, successful, and engaging live event which has become a tradition in our community.

As always, you can expect an evening filled with fantastic stories, great company, and all-around good cheer. The power of storytelling cannot be understated, and its at the heart of what we do. We believe that sharing stories, crafted from the experiences and visions of the families we partner with, is a gift we can give to our entire community!

Stories are more than just words - they are a window into our hopes, dreams, and the possibilities that lie ahead. Our commitment to changing hearts and minds in our broader community means sharing these tales of what's possible. Storytelling is a bridge that connects us, planting the seeds of a brighter future and fostering understanding among us all. It's been our experience that when families and communities come together to exchange stories and ideas, it has the power to shape perspectives, strengthen bonds, and inspire change. Our *Stories by the Fire* event is the perfect occasion to do just that.

Stay tuned for more details regarding the confirmation of a date and venue. We can't wait to celebrate with you and share the magic of *Stories by the Fire* once again.

Stories by the Fire

Returns to an In-Person Experience!

Pencil in: Thursday, December 14th @ 7:00pm

Our venue is still to be determined!

Unlocking Educational Opportunities with the Canada Learning Bond

Are you looking to secure a bright future for your child's education? The Canada Learning Bond (CLB) might be one key to helping make that happen.

The Canada Learning Bond is a federal benefit designed to help families save for their child's education. It's part of something called a Registered Education Savings Plan (RESP), which is a fancy name for a long-term savings plan.

How Does it Work?

When you open an RESP, you are not just putting money aside. You are also opening the door to some extra help, like the CLB and the Canada Education Savings Grant.

The CLB is free money deposited into your RESP to help with the cost of your child's education.

Who Can Get it?

The CLB is available for children and youth from modest income families who were born in 2004 or later. [Qualifying information is available from the Government of Canada.](#)

Find Out More!

The Region of Durham is organizing Canada Learning Bond events later this month with representatives from Service Canada and the CRA to teach about tax-related credits, benefits, and other CRA services.

Find out more information about these sign-up events by [visiting the Region of Durham's info site here!](#)

Beaverton Town Hall - Beaverton - Thursday, November 16, 2023 - 12 to 5 p.m.

Lakeview Harbourside Community Room - Oshawa - Monday, November 20, 2023 - 1 to 6 p.m.

Clarington Public Libraries - Bowmanville - Wednesday, November 22, 2023 - 1 to 6 p.m.

BioMedical Approaches Study Group Hosts an Information Session all About Sensory Processing

This month the BioMedical group welcomes special guest Rosemary, who is a past guest with occupational therapy (OT) training and experience working with families. Rosemary will be talking all about sensory processing, including some hands-on time to try activities that can promote a greater sense of well-being and a focus on self-regulation for all of us. This meeting will take place off-site, and as limited spaces are available, you must **RSVP to Janet** 📧 **if you'd like to attend!**

STUDY GROUP
INFO

FRIDAY,
NOV 10, 2023

10 AM

Everyone is welcome to attend and participate in the Bio-Medical Approaches Study Group. 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.

EDUCATION SAVINGS

Have you heard of the Canada Learning Bond?
Did you know that it provides up to \$2,000 per eligible child?



Reflecting on Home and Housing Learning at this Month's Imagining Home

This November meeting will be our last Imagining Home of the year, as we'll come together in a different way next month to celebrate and bask in many of the family stories from the past year, at our annual Stories by the Fire event!

As we reflect on this year gone by, we have so much to celebrate around family milestones, as well as our collective successes in many areas of home and housing. Come join us and share the many highlights from the year.

We'll also pick up on some frequently asked questions from families, who are in various stages of figuring things out, with a facilitated Q & A. Come and listen, and see what ideas may spark a new step to take. And for those families who have taken many steps already, come and share your own good, individualized home and housing ideas!

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 ereilly@dafrs.com to arrange an introductory call.

**IMAGINING HOME MEETING • NEXT MEETING • WEDNESDAY, NOVEMBER 8, 2023 • 6:30PM
IN PERSON AT THE GATHERING PLACE!**

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



Thinking Through Reconvenes in the New Year!

"Thinking it Through" is a monthly online group for families of school aged children/youth.

Focusing on different topics each month, families learn about new topics, connect with fellow parents, expand their understanding of various children's issues, and exchange ideas and stories!

Keep an eye out for the next meeting which will happen in January of 2024!

Send an email to Karen to find out more!

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.

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@dafrs.com for more information.

Our next meeting is November 27, 2023 at 6.30pm via Zoom.



MAKING THE MOST STUDY GROUP

NOVEMBER 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!

Addressing Social Devaluation

November 2@9:00am

Thinking it Through

November 2@6:30pm

Imagining Home

November 8@6:30pm

Bio Medical Study Group

November 10@10am

Making the Most Study Group

November 27@6:30pm

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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