



► IMAGINING HOME  
BEGINS 2024 WITH  
FAMILY STORIES... 3

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February 27 March 12 2024 8:30 a.m. – 5:30 p.m. each da  
The Gathering Place, 5700, 20-850 King St West, Oshwa  
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► SOCIAL ROLE  
VALORIZATION FOUR DAY  
WORKSHOP IS HERE IN  
FEB... 4

► HAVE A SCHOOL-AGED  
CHILD? JOIN US IRL!... 2

*Durham Family Resources*

# FAMILYfocus

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

## Families are Springing into Possibilities this February!

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!

Join us this January and February 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!

**This is a great opportunity for those with young children and adolescents to meet other families all pursuing new ideas and opportunities for their kids.** [You can see and share the flyer here if you have someone in mind who might be interested!](#)



## Springing into Possibilities Mini-Series

Three Evenings of Learning:

- Wednesday, January 24, 2024
  - Wednesday, February 7, 2024
  - Wednesday, February 21, 2024
- 6:45 – 8:45 p.m. via Zoom

Join the conversation and learning!

**Register Here for your Zoom Link!**

# Connect IRL (Connect In Real Life) In-Person Parent Coffee/Tea Get-Together on January 25<sup>th</sup>

We're excited to announce a shift for this month! Join us in-person to meet-up as we pivot from our usual virtual "*Thinking it Through*" gathering for young families.

**On Thursday, January 25<sup>th</sup>, from 10:00am-12:00pm, here in our office, we'll be hosting an in-person coffee/tea gathering.**

Learn, share stories, exchange experiences, and build connections with fellow parents navigating the exciting journey of raising young ones. Register through the link below!

In addition to Connect IRL, we encourage families with children anywhere from baby -14 years to attend "[Springing into Possibilities](#)" for valuable ideas, insights and connections that will assist families to prepare for a meaningful March Break and beyond.



**Connect IRL - In-Person!**

**Thursday, January 25, 2024**

**10am - 12pm**

**The Gathering Place - 20-850 King St. W., Oshawa, Ontario**

**Register Here to Join Us!**

## BioMedical Approaches Study Group Salt Cave Visit and Learning

This month the BioMedical group starts its year of learning off with a field-trip! The group has chatted in the past about wanting to know more about Halotherapy, or salt therapy, and are taking a trip to learn and experience what a salt cave has to offer! [The American Lung Association notes](#) that salt therapy can offer relief to a number of symptoms, and there are a lot of theories on how, from the tiny salt particles being inhaled killing off microorganisms in the lungs to reducing inflammation and decreasing mucus, or a mixture of these hypothesis. A small group will visit the Holistic Salt Therapy and Cave in Uxbridge on Friday to dig in to what salt caves are all about!

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. **RSVP to Janet** 📧 **if you'd like to attend!**



**STUDY GROUP  
INFO  
FRIDAY,  
JANUARY 12, 2024  
10 AM**

# Move Forward in Your Home and Housing Vision with Imagining Home in 2024!

Welcome back to a new year of housing discussions, planning, taking next steps and action, and most importantly, moving forward in your housing visions! We're starting off the year with some practical ideas on things to do in the meantime...when your vision is months or even years away from unfolding...

We'll hear two family stories of interim plans and early steps, that made it possible for two men to begin to imagine and practically experience what life could be in a home of their own – without the fullness of a commitment to an outside apartment.

Dawn Jones will share their family story of converting a garage space into Brent's small apartment. And Carron Jensen will share Celeb's story of establishing his dedicated basement space before moving into an apartment of his own.

Aspects of these family stories will touch on:

- Building a daily life that focuses on the person, their interests, loves and responsibilities
- Choosing a life away from day programs and working out the support to make that possible
- Developing responsibilities within the home and building those skills
- Addressing support in the home, while respecting the boundaries and day to day routines of all family members
- What did early conversations look and sound like - with family members and with the person directly?
- How to keep setting goals and moving forward

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 (or returning after some time away) 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, JANUARY 10, 2023 • 6:30PM**

**IN PERSON AT THE GATHERING PLACE!**

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



## Siblings, Cousins, Friends and More! The Next Generation Meetup Happens Monthly!

The NextGen group is a casual get together of those who identify as the “next generation” in the care and support of a loved one with a developmental disability. Whether you are a sibling, nibling, cousin or friend - come together with others to connect, share, and learn from one another!

The get together is typically held once a month, both via Zoom and occasionally in-person. [Contact Rosanne for more details!](#)



## **Social Role Valorization Including 10 Related Themes:**

**A High-Order Concept for Addressing the Plight of Societally Devalued People and for Structuring Human Services**

February 27-March 1 2024 8:30 a.m. – 5:30 p.m. each day

At The Gathering Place, DFR, 20-850 King St West, Oshawa

### **Description of the workshop:**

This workshop provides an introduction to Social Role Valorization (SRV) using the 10 core themes, developed by Dr. W. Wolfensberger, considered one of the most influential thinkers in the world, in the field of intellectual impairment. Dr. Wolfensberger's work helped lay the foundation for many current human service trends, including integration, safeguarding of rights, and the deinstitutionalization movement.

SRV is a systematic and universally applicable concept for structuring human services strongly anchored in the empiricism of psychology, sociology, and long and broad human experience. SRV suggests a close relationship between the socially perceived value of the roles that people hold, and whether people in those roles will be accorded opportunities and other good things of life. Bad things tend to get done to people who are seen in devalued roles, and good things tend to be afforded to people in positively valued roles.

Topics to be explored will include the universality of social devaluation, the defining power of roles in people's lives, strategies for pursuing socially valued roles, or at least less devalued roles for devalued people with an aim toward improving their life conditions, enhancing people's social images, and enhancing people's competencies.

For online information about SRV, go to [srv-sotg.ca](http://srv-sotg.ca) OR [socialrolevalorization.com](http://socialrolevalorization.com) OR [srvip.org](http://srvip.org)

### **Who the workshop is intended for:**

This is a LEADERSHIP-oriented workshop and is therefore taught at a college-level, with long hours and hard work. The information presented is quite complex, requiring a systematic exposition of multiple ideas. It should be noted that while past SRV participants report that these are among the most demanding workshops they have attended, they rarely express dissatisfaction and, in fact, appreciate the workshop's rigour and high level of engagement. People who attend should be prepared for an intellectual challenge. Anyone who is interested in the lives of people who are disenfranchised from society because of intellectual impairment, mental disorder, poverty, homelessness, autism, age (elders), physical impairment or learning impairment (children and adults) will find it relevant, whether they are service recipients, family members (including parents, siblings, and adult children), advocates, ordinary citizens, and paid or unpaid human service workers, planners and managers.

### **Format of the workshop:**

The workshop is taught in lecture format, with extensive use of slides. Time is built into the schedule for audience discussion and questions. The schedule will be 8:30 a.m. – 5:30 p.m. each day.

### **Tuition:**

\$535.00, which includes handouts, lunch and refreshments each day. There will be a reduction of 10% if 3 or more people from the same group/organization register together.

**FAMILIES CONNECTED TO DFR SHOULD CONTACT THEIR FACILITATOR FOR INFO REGARDING REGISTRATION AND FAMILY SUBSIDIES.**

### **Cancellation:**

75% of fees will be returned up to 7 days prior to the workshop. There will be no refund if less than 7 days

**Food:** Beverages and snacks will be provided at breaks. A light lunch will be provided at the lunch break.

Please note the snacks and lunches will include some vegetarian options. If you have additional dietary needs please bring food that is safe for you to eat.

**To Register Click Here!**

# 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 Ipowell@dafrs.com for more information.

We are looking forward to seeing everyone again on Monday January 22, at 6.30pm via Zoom.

JANUARY 22, 2024  
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@dafrs.com](mailto:sciarlariello@dafrs.com). New supporters are continuing to be added. Contact Sandy for more information!

## Important Dates At-A-Glance!

### Imagining Home

January 10@6:30pm

### Bio Medical Study Group

Uxbridge

January 12@10am

### Springing into Possibilities

January 24, 2024

February 7, 2024

February 21, 2024

### Making the Most Study Group

January 22@6:30pm

### Thinking it Through

Connect In Real Life

January 25@10am

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

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

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