

March 2024



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Durham Family Resources

FAMILYfocus

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

Navigating the Future Path: A Series for Tomorrow's Trailblazers

Embark on a new learning journey with us! We're thrilled to present this 3-part series informed by current and future generations and tailored for family members and friends stepping into new roles or considering becoming more instrumental in their loved ones' bright futures.

Join us as we dive into stories from a few families who have already taken up their 'next generation' roles and can speak to their own journeys post-legacy planning with their brothers, sisters, or other family members with disability.

This series is an invitation to meet with other next generation people who are asking similar questions about what the future might look and be like, and with other first generation parents who want to do this well in the future. We will hear from some people who have already figured a few things out, showcasing genuine narratives and practical advice from those who are a few steps ahead, and glean information from those who are now fully into these roles.

You'll gain wisdom from their experiences - from learning to expect and navigate the dance of role transitions, to finding out what are the most important questions to have answered, to discovering the abundance of personal and other resources you can turn to. Come and learn not just about the challenges but also about the triumphs. Discover firsthand what these trailblazers have learned along the way and what insights they wish they'd received earlier from their parents and others with similar lived experiences.

Register below to receive your Zoom details for these online events – you won't want to miss this opportunity to connect, learn, and shape the future alongside other like-minded people. This invitation is also extended to parents and others of 'this generation' who are welcome to attend and learn how they might help chart the course for a future where the next generation thrives.

Register Here for Your Zoom Link



Family Stories:

**Navigating
the Future
Path**

**Save the dates for this
NEW learning series!**

Tuesday, March 26th

Tuesday, April 9th

Tuesday, April 23rd

7:00pm to 8:30pm
Online via Zoom

Do You Have Younger Kids? Meet With Other Parents at Our In-Person Coffee/Tea Get-Together on March 21st!

Join us on **Thursday, March 21st from 10:00am to noon** in the Gathering Place for Connect IRL (In Real Life) a discussion group for families with young children.

We continue to have a great turnout and feedback from these gatherings. February's get together was full of non-stop conversation, mutual sharing, and positive vibes. There was lots of shared learning and to top it off we even heard the meeting was fun!

If you'd like to build connections, learn, share stories and exchange experiences with fellow parents navigating the exciting journey of raising young ones, while making time to catch up and enjoy being in the company of others who lead with hearts of understanding, Connect IRL is for you!

We'd love to see you at the next one!

Connect IRL - In-Person!

Thursday, March 21, 2024

10am - 12pm

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



Register Here to Join Us!

BioMedical Approaches Study Group Meets Mid March to Continue their Learning!

This month the group will reconvene at the Gathering Place on **March 22nd**, a bit later than usual, to reconnect and continue their always-rewarding conversation. This month the group will meet to discuss a concept we've spent quite a bit of time on; recognizing capacity in our family members. To help this discussion, we will show one or two of our recently viewed Recognizing Capacity videos where we hear from family members directly. This includes deep listening, and amplifying our family members to have a voice and a say, at any age. We know that we need to expect our loved ones to have a voice in order to recognize it, encourage it, strengthen it, and learn from its wisdom - learn why this matters and how to join in.

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,
MARCH 22, 2024
10 AM**

Local Projects Shaping the Home and Housing Landscape of Durham Region - Imagining Home Deconstructs!

Last month Whitby announced a substantial investment in the creation of new housing of over 650 homes. When we last met up, we had a chance to reflect on how that funding might add to and enhance our neighbourhoods, and the kinds of opportunities for home we'd like to see come from that.

This month, we are aware of a new transitional microhomes project and the redevelopment of two existing subsidized housing buildings in Oshawa. Come and hear about these and let's talk about how projects like these might shape the landscape of housing in the Region - where does this lead us to focus our attention locally right now?

And looking forward to the year ahead for Imagining Home, what would it take to say "this was a good year" at the end of 2024? Come join us this month as we continue to image the possibilities and opportunities ahead!

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. But 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 to arrange an introductory call.

IMAGINING HOME MEETING • WEDNESDAY, MARCH 13, 2024 • 6:30PM

IN PERSON AT THE GATHERING PLACE!

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



Siblings, Cousins, Friends and all Other "Next Gen" Folks Meet Monthly to Learn and Grow



DFR's 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!](#)



Families and community members met at the beautiful Centennial Building to learn about recognizing capacity.

Family Stories and Learning from our Recognizing Capacity Project are Available Now!

Last month we launched a series of videos created through our Recognizing Capacity project. The evening was a resounding success, filled with great conversation and insightful reflections from families who attended.

During the evening, attendees had the opportunity to view three short videos focused around central themes gleaned from families involved in the project. Between videos attendees had the chance to share thoughts and discuss the topics presented.

The families involved in the project also wrote personal reflections of their learning. Snippets of this learning were captured on video and included in part of the project's submission to the Federal Government. Attendees were the first to view these in a takeaway from the evening, and we are now pleased to share

those more broadly as well. [Read the full reflections and see video snippets here!](#)

To conclude the evening, we had a discussion about other people and places who would benefit from these stories and messaging. [We invite anyone interested in sharing these videos to reach out to us for a chat](#), as we are able to make them available for a limited time. Don't miss this opportunity to learn more about the experiences of families and the importance of preserving legal capacity for individuals with developmental disabilities.

March is Membership Month! Support the Work of DFR by Becoming a Member!

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.**

As Spring makes its way in, we are starting to prepare for our Annual General Meeting in June. In order to vote at this year's Annual General Meeting, we must receive your completed membership application by **May 15th, 2024**.

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!](#)



Your Membership Matters!

Fill out a membership form here today!



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

Making the Most

**Weekend
* Retreat ***

**May 31 - June 2
2024**



Families throughout the Region of Durham are invited to participate in an innovative and interactive 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 workshop 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 workshop will take place
at Elmhirst 's Resort,
Keene, Ontario**

**Beginning early Friday evening on
May 31, running through until
Sunday afternoon on June 2.**

**Accommodation is included for
Friday and Saturday night along
with all meals and refreshments**

**Course fee \$100 per person
(subsidies available if needed)**

**For more information contact
Laura, lpowell@dafrs.com or
at 905 436 2500 ext. 2312**

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

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, March 25, at 6.30pm via Zoom.

MARCH 25, 2024
6:30PM TO 7:30PM

{ respiteservices.com }

CHAP
COMMUNITY HELPERS
FOR ACTIVE PARTICIPATION

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 13@6:30pm

Connect IRL
March 21@10am

Bio Medical Study Group
March 22@10am

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

**Navigating the
Future Path**
March 26@7pm
April 9@7pm
April 23@7pm

Making the Most Retreat
May 31, 2024 to
June 2, 2024

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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