

June 2024



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Durham Family Resources

FAMILYfocus

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

DFR's Annual General Meeting - Wednesday, June 26, 2024

We hope to see you at this year's Annual General meeting, coming up on **Wednesday, June 26, 2024!** This year we will be ready rain or shine as we head to a lovely new *indoor* venue in Whitby - Dish Play! This venue gives us lots of space to move around rain or shine.

The theme for this year's meeting and presentation is "**Families Thrive When...**" What are the ingredients - things, steps, ideas, which when combined, create a recipe for families to be successful in taking new steps, embracing new opportunities, and having success stories of their own in planning a good life for a loved one with a disability.

Annual General Meeting

Wednesday, June 26, 2024

Registration at 5:30pm, AGM from 6:00pm to 8:30pm

Dish Play - 12 Stanley Crt, Whitby

Register Here! Spaces are limited!

Registration will begin at 5:30pm with the business meeting beginning promptly at 6:00pm. The business meeting will cover our usual agenda, including hearing from our Chair of the Board and our Executive Director, electing new Board Members, presentation of audited financials, and staff recognition. Following the business portion of the evening, we will hear a family story centered around our theme of *Families Thrive When...* after which we will enjoy a light catered meal and chat the remainder of the evening away.

Join us to hear from our Board of Directors regarding the work of the last year, speak with staff, and join families and supporters of DFR to come together. 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.

Help us think about more 'recipes' - We want to know, what makes you successful, confident, inspired in your planning? What nourishes your family to be at their best? As we look ahead and focus our work and priorities, we want to hear from you!



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



Family Stories:

Navigating the Future Path

DFR completed a third annual learning series including the “next generation” in the lives of loved ones. With the assistance of a CLO Family Networking grant, we were able to hold this workshop series of three online sessions designed to help the “next generation” gain a realistic glimpse into the future when their parents are no longer able to do the everyday things they used to do with their son or daughter.

Each of the three sessions featured a real life story of current ‘next generation’ families and allies who are in the midst of assisting their loved ones to live good lives in home and community.

The featured stories included insight and perspectives from lived experiences which helped audience members think more about important questions to begin seeking answers to, other important people who could be folded into the conversations, and practical

next steps which people could take in regard to legacy planning.

Some feedback included:

From a Next Gen participant:

It was a great forum for parents to gain understanding from those who are living their lives without their parents. It is important for parents to understand the great need for communicating what they are doing even if they are not able to hand over the “reins” yet.

From a parent:

A wonderful series, very worthwhile and each meeting got better and touched more deeply.

We are working on some helpful resources to share with participants. We thank all of those families, siblings, cousins, and “next generation” folks who participated in making the series a great success!

If you have any questions, or would like to know more about the Nex Gen group, [reach out to Rosanne!](#)

DFR and Family Learning About Recognizing Capacity Featured in CLO Webinar

Community Living Ontario hosted two webinars in May focused on choice, control and decision-making. Our Recognizing Capacity project has helped contribute to the learning across Canada and we were excited to share a video from our series and contribute to sharing learning around this important topic.

Janet Klees and Tracy MacGillivray spent one of these sessions sharing information on the learning we have acquired through the project, including how to help build long-term decision-making supports in people’s lives, how to expect and nurture capacity in all people, and why supporting choice and control among people who face significant communication barriers in crucial.

If you weren’t able to attend that evening, the recording is now available! Feel free to hear this important information when you have some time.



Watch the Supporting and Building Decision-making Capacity Webinar Here!

Imagining Home Delegates Speak to Important Local Housing Matters - Hear What's Happening This Month!

It's been a busy couple of months! First a small group of families sat down for coffee with Whitby Mayor, Elizabeth Roy. Followed by a roundtable discussion, which included Ryan Turnball MP and Parliamentary Secretary to the Deputy Prime Minister along with senior Whitby and Regional planning and housing staff. Then, we were invited to delegate at Whitby Council in response to the introduction of Whitby's Official Plan. As always, we brought family stories along with our Homes First and real community principles to the discussions.

Join us this month at Imagining Home to hear about what's next for us and our ongoing Durham conversations. We'll watch and discuss a brief video about a Housing First initiative abroad that holds Canadian relevance. Also, we've heard of some new mixed-use housing developments coming to Whitby, Bowmanville and Oshawa. Come and hear the early details about those and potential public opportunities to weigh in!

As always, we'll have much more to talk about and opportunities to share and ask questions, as families draw out the relevant pieces to their own home and housing planning. Hope to see you there!

Come join the conversation! 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 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@dafers.com to arrange an introductory call.

IMAGINING HOME MEETING • WEDNESDAY, JUNE 12, 2024 • 6:30PM

IN PERSON AT THE GATHERING PLACE!

CONTACT ERIN FOR DETAILS (EOREILLY@DAFRS.COM)



BioMedical Approaches Study Group Chats Summer Recipes and Local Food Options

This month the Bio-Medical Approaches Study Group will bring together tried and true recipes which can feature seasonal ingredients. The group will chat about various places throughout the Durham Region where people can access local produce and other food.

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.



**STUDY GROUP
INFO
FRIDAY,
JUNE 14, 2024
10 AM**

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!**

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 personal networks, and connecting with other families.

Contact Laura lpowell@dafrs.com for more information.

There is no meeting in June as we want to encourage everyone to attend our AGM on June 26. We will also take a break for July, but look forward to seeing people on August 26 for an in person gathering - more details to come!



**MAKING THE MOST
STUDY GROUP**

AUGUST 26
6:30PM TO 7:30PM

respiteservices.com

CHAP
COMMUNITY HELPERS
FOR ACTIVE PARTICIPATION

Wanted: Family Input for New Recruitment Website!

DFR is working towards the creation of a new, local, robust recruitment and matching website. **We are looking for families to help us design and develop this new site because, of course, we are better together with families!** If you are interested in being part of a focus group that will collaborate on the design and testing of this site, contact Sandy at (905)436-3404 or sciarlariello@dafrs.com.

Respiteservices.com continues to match families looking for support, with those looking provide support. New supporters are continuing to be added. Contact Sandy for more information!

Important Dates At-A-Glance!

Annual General Meeting
Jun 26@5:30pm

Imagining Home
Jun 12@6:30pm

Bio Medical Study Group
Jun 14@10am

**Making the Most
Study Group**
Aug 26@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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