

May 2024



▶ IMAGINING HOME HEARS FROM A FAMILY ON THE MOVE... 4



▶ THINKING ABOUT LEGACY PLANNING? THE LAST WEBINAR IS APPROACHING... 3



▶ HAVE A SCHOOL-AGED CHILD? JOIN US IRL... 3

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

Mark your calendars and join us for our Annual General Meeting 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! We are excited to partner with this large local venue as it is accessible and gives us lots of space to gather and catch-up without the need for any bad weather-plans.

In the spirit of our new location being a working catering kitchen, this year we will be focusing on the ingredients that help families thrive. 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.

We are busy planning the finer details of the evening, but we will again follow up the business meeting portion of the event with a chance to sit down to eat, meet, chat and enjoy each other's company.



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!

**Click here to fill out this quick survey - Families thrive when....**

Join us to hear from the 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.

Please mark your calendars so you don't miss out on this event!

## Annual General Meeting

Wednesday, June 26, 2024 - 6:00pm to 8:30pm  
Dish Play - 12 Stanley Crt, Whitby

Registration will begin later this month, stay tuned!

# Our Annual General Meeting is Coming Up! Support the Work of DFR by Becoming a Member!



Save the date for our

2024 Annual General Meeting - **Wednesday, June 26, 2024.**

Your membership application must be submitted by May 15th, 2024 to be approved for voting at this year's AGM.

## Becoming a Member is Free and Easy!

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.**

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!**



## DFR Videos Featured in Upcoming CLO Webinars

### UPCOMING WEBINARS



**SUPPORTING CHOICE, CONTROL, AND DECISION-MAKING  
AMONG PEOPLE WHO HAVE AN INTELLECTUAL DISABILITY**

- **May 23: Protecting Rights and Increasing Control**
- **May 30: Supporting and Building Decision-Making Capacity**

COMMUNITY LIVING  
Ontario

INTÉGRATION  
COMMUNAUTAIRE  
Ontario

Community Living Ontario is hosting two webinars this month 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.

### **Protecting rights and increasing control (May 23rd)**

On May 23rd, join Stephanie Dickson (Partner, PooranLaw) and other guests TBA, to learn how agency staff, family members, and others can increase choice and control among people they support, and protect people's right to make decisions about their lives. [Register here.](#)

### **Supporting and building decision-making capacity (May 30th)**

On May 30th, join Janet Klees (Executive Director, Durham Family Resources) Amy Sweet (Director, Windsor Essex Brokerage for Personal Support), and other guests TBA, to learn how to help build long-term decision-making supports in people's lives. [Register here.](#)

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

**Join us on May 7<sup>th</sup> from 7:00 – 8:30 pm on Zoom** for the final session of our the 3-part series we are hosting that has been 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. We will 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. **You don't need to have joined in the first two sessions to join in and learn from this final event!**

You'll gain firsthand insight and perspectives from their experiences which will help you to think about the future more clearly. You will know better what are the most important questions to begin to seek answers to, and you will discover you don't have to do this alone. Each session will offer a family story of their transition – told by the 'next generation' along with break out groups for discussion and reflection. The series is meant to be thought-provoking, and at the same time practical leading all participants to next steps.

This invitation is 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 now – if you have not already done so 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.



## Family Stories:

# Navigating the Future Path

[Register Here for Your Zoom Link](#)

## Do You Have Younger Kids? Meet With Other Parents at Our In-Person Coffee/Tea Get-Together on May 23!

Join us on Thursday, May 23<sup>rd</sup> from 10:00am to noon in the Gathering Place for Connect IRL (In Real Life), a discussion group for families with young children.

This month, we'll be talking about how to address negative thoughts and focus on Mindfulness - both for ourselves and for our kids! Secondly, families have also noted that there are many tips and strategies that they've found helpful in assisting their children to find a sense of calm and relaxation that helps for bright days of learning, leisure and moments of sheer enjoyment.

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, May 23<sup>rd</sup>, 2024**

**10am - 12pm**

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



[Register Here to Join Us!](#)

# A Family Story and a Look Ahead at Imagining Home

Last month, a small group of families sat down with Whitby Mayor Elizabeth Roy to talk about the recent \$25 million federal investment in housing and to explore additional opportunities to connect with others across the Region. We've since been invited to a larger round table discussion with many key people in housing in attendance – and we're the guests of honour! Come and join us this month to hear about what we hope to achieve and how we'll plan to share our ideas through personal storytelling and a collaborative spirit!

Also, this month Diane will share the small steps and recent wins that she and her son Charlie are celebrating, as they navigate confidence building, sharing space in a new way – both within relationships and within the home, and near-future planning for a move into his own apartment.

Also on the agenda:

- Sharing a visual Imagining Home Roadmap for 2024, based on our March brainstorm session of where we'd like to be by the end of the year;
- An interactive session in the works to re-imagine our Key Messages for Housing; and
- A deeper look into what the federal budget holds for housing in 2024.

As always, we'll have good discussion and opportunity 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@dafrs.com](mailto:eoreilly@dafrs.com) to arrange an introductory call.

**IMAGINING HOME MEETING • WEDNESDAY, MAY 8, 2024 • 6:30PM**


**IN PERSON AT THE GATHERING PLACE!**

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



## BioMedical Approaches Study Group Welcomed Peter Marks and Plans for Continued Learning


Last month the BioMedical group welcomed Peter Marks from [the Centre for Conscious Care](#). Peter reminded, or introduced us to some practical, evidence-based approaches and strategies that start with brain balance and health, nutrition, sensory integration issues, our need for cardio involvement, and more. We had a large attendance and look forward to planning some follow-up to continue our conversation and learning.



**STUDY GROUP  
INFO  
FRIDAY,  
MAY 10, 2024  
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. **RSVP to Sue  if you'd like to attend!**



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@dafsr.com](mailto:lpowell@dafsr.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.

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, May 27th, at 6.30pm via Zoom.



## MAKING THE MOST STUDY GROUP

MAY 27, 2024  
6:30PM TO 7:30PM

[respiteservices.com](https://respiteservices.com)



## 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](mailto: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!

**Imagining Home**  
May 8@6:30pm

**Bio Medical Study Group**  
May 10@10am

**Connect IRL**  
May 23@10am

**Making the Most  
Study Group**  
May 27@6:30pm

**Navigating the  
Future Path**  
May 7@7pm

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

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

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