



## Bulletin

### **Workshops**

#### **Developing a Support Network**

Thursday, March 2, 2017 7:00 - 9:00 p.m.

*By Suzanne Swanton*

We all need people in our lives to support us. This workshop will explore the topic of support networks and why this is an important aspect of future planning for individuals with disabilities. Suzanne will offer practical tips on how to develop and maintain a support network and ideas of how to build relationships and connect to the community. She will also share examples of sharing circles of support that have been created with the help of Continuity Care.

#### **Telling Your Family's Members Story**

Thursday, March 23, 2017 7:00 - 9:00 p.m.

*By Suzanne Swanton and Jane Schledewitz*

A life book or portfolio is a book that tells the story of a person's life that contains personal information, memories and photos. This hands-on workshop will help you to understand why it's important to create a life book and how it can be used to help others get to know the person and their history. We will share tips and creative ideas to help you to get started on a page for your own book. Please bring along some family photos.

LOCATION 120 Maryland Street (at Westminster)  
REGISTRATION To register, please contact us at  
(204) 779-1679 or info@continuitycare.ca  
COST Non-members: \$10 (per family)  
Continuity Care members: FREE  
*One-year membership \$25*  
*Agency membership \$50*  
*Lifetime membership \$250*  
Workshops available via teleconference  
for those who cannot attend.

---

### **Parent Support Groups**

The focus of our parent support groups are for parents (and caregivers) of a child with an intellectual disability. It's an opportunity for parents who have children of all ages and stages to come together and share their stories and experiences.

**Daytime group:** Meets on the 3rd Thursday of each month from 10:00 a.m. to noon at 120 Maryland in the main floor boardroom.

#### **2017 meeting dates are:**

January 19, February 16, March 16, April 20, May 18, and June 15(end of year potluck)

**Evening group:** Due to low/no attendance last year, this group is on hold. If there is enough interest we will resume monthly meetings in the Spring 2017. Please contact Suzanne at our office if you are interested in being a part of this group.



## Bulletin

### ***Evening Just for Adult Siblings***

Thursday, February 9, 2017 7:00 - 9:00 p.m.

This group opportunity is intended for adult siblings (age 18 and older) who have a brother or sister with an intellectual disability, to get together to share their stories and experiences; identify the specific issues and challenges that they are facing; to strategize as to what resources and supports can be accessed and developed and to create an opportunity for adult siblings to make some connections. It will be facilitated by Suzanne Swanton.

### ***Baby Boomer Café***

Spring event to be announced

The Baby Boomer Café is an opportunity for adult siblings and their brothers or sisters with a disability to spend time together. There are 3 to 4 Cafés planned each year and gatherings include musical entertainment, playing games, honoring the memories of past members, celebrating faith and family traditions and sharing a meal together. Our celebrations have a serious purpose as well. As our parents pass away, our siblings with a disability need relationships and friends more than ever. The Baby Boomer Café is a place where you and your sibling, other family members and special friends can build relationships and community. New members are warmly welcomed.

---

### ***Upcoming Events***

January 27, February 10,  
February 24, March 24  
5:00 - 8:00 p.m.

**Funky Monkey Café:** a Friday night social club offering a variety of live music and family fun. Hosted by St. Amant. For more information, call St. Amant at (204) 256-4301 or visit their website at: [stamant.ca](http://stamant.ca)

March 3 and 4

**IN2017:** a conference that highlights inclusion of people with disabilities in faith communities. Hosted by Hope Centre Ministries at Westwood Community Church. For more information, visit their website at: [in2017.org](http://in2017.org)

March 11 and 18

**Cerebral Palsy Association of Manitoba's 28th Annual Stationary Bike Race:** for more information, visit their website at: [cerebralpalsy.mb.ca](http://cerebralpalsy.mb.ca)

