



Continuity Care Bulletin

APRIL 2010



Transition Support Group for Parents – Parents who are beginning or are in the process of transition planning for their son or daughter are invited to be a part of this peer support group. The transition can be from school to the community or from the family home to a home of their own. The goals of this group are to share insights, experiences and information to assist in the transition planning process, as well as supporting each other through this challenging time of change. Guest speakers are often invited to present on topics of interest. The group meets the first Monday of each month (Sept to June), at 120 Maryland Street from 7:00 - 9:00pm and is open to new members. Call Suzanne Swanton at 779-1679 if you are interested in joining us.

Next 2 meetings are scheduled for Monday April 5th, 2010 & Monday May 3rd, 2010

Senior Parent to Parent - These groups are well established and are open to older parents and sibling caregivers and provide the opportunity to support each other with information, advice, comfort and fellowship. These groups meet once per month to discuss common issues related to having a family member with a disability. Join them for coffee, shared stories and speakers on topics of interest. Both groups meet from 10:00am – 12:00pm. For more information, call Suzanne Swanton at Continuity Care Inc. at 779-1679


1. ACCESS River East - 975 Henderson Highway (1st Thurs of each month)

Next Meeting – Thursday May 6th, 2010

2. 120 Maryland Street (3rd Thurs of each month) *Next 2 meetings - Thursday April 15th, 2010 & May 20th, 2010*

June Potluck (both groups) – *Thursday June 3rd, 2010 at Access River East*

CONTINUITY CARE WORKSHOPS





<p>Tuesday April 27th 10:00am - Noon</p>	<p>Wills & Estate Planning <i>by Marshall Braunstein, B.A., LL.B.</i> This popular workshop provides valuable information to parents, siblings and others supporting individuals with a disability who are interested in planning for the future. Stay informed with current information which can help to enhance the quality of life and provide financial security for your family member, now and in the future.</p>
<p>Date TBA </p>	<p>Understanding Employment and Income Assistance This session will offer information about the EIA program and how it pertains to individuals with disabilities. Topics covered will be the application process, allowable assets, earned income, \$100,000 Trust, rates and benefits and much more.</p>
<p>Wednesday June 2nd 7:00pm – 9:00pm</p>	<p>Building A Sharing Circle of Support <i>by Suzanne Swanton</i> A Sharing Circle of Support is Continuity Care’s model of a support network. The goal of a Sharing Circle is to build friendships and create connections in the community for people with intellectual disabilities. Suzanne will provide practical information about how to develop and maintain a Sharing Circle for your family member or individuals that you are supporting. Valuable stories and experiences will be shared by individuals and families with existing circles. Suzanne will provide details about the new Sharing Circle of Support Program, including the Facilitator and Tool Kit options that are now available.</p>

LOCATION: All sessions will be held at 120 Maryland Street (at Westminster)
REGISTRATION: Please register in advance by calling 779-1679 to ensure there is space for everyone.
COST: Non-members - \$10 (per family per workshop) Continuity Care Members – FREE
1 year Family Membership - \$20 Lifetime Family Membership \$250
(Memberships can be purchased at the workshops or by contacting our office)



OTHER EVENTS AND WORKSHOPS AROUND WINNIPEG



<p>Saturday April 17th Fort Rouge Leisure Centre 625 Osborne Street 6:30 – 9:30pm</p>	<p style="text-align: center;"> <i>Leisure Guide presents</i> Glow Dance Night This night will include dancing, snacks, door prizes and lots of fun! Tickets are \$5.00 (<i>support staff free</i>) and are available at the door.</p>
<p>Monday April 26th to Friday April 30th Various locations and times throughout the city</p>	<p style="text-align: center;">Will Week 2010 Will Week is an annual initiative hosted by The Winnipeg Foundation in partnership with the Manitoba Bar Association and the Office of the Public Trustee. Attend a free estate planning seminar and learn about how to create a Will, update your existing Will and how you can easily make a charitable gift within your Will. For more information on dates, times and locations please visit www.winnipegwill.com Seating is limited. Please register in advance by calling 948-3394</p>
<p>Friday April 30th Royal Canadian Legion Hall 403 Eveline Street 8:00pm – 1:00am</p>	<p style="text-align: center;">Community Living Selkirk Invites you to their annual Fundraising Social Join us for a night of great music, even better company, dancing the night away and great silent auction prizes. Tickets are \$10 each and available at the Community Living Selkirk office. For more information please call (204) 482-5435</p>
<p>Call or email Tara Mullen to talk about your story (204) 786-1607 tmullen-acymb@mts.net</p>	<p style="text-align: center;"> Call For Stories Community Living Manitoba is creating a book of stories to celebrate how we all benefit from inclusion. We want to hear how inclusion has impacted your life! Tell us about what you have learned through inclusive child care and education, life lessons learned from a person with a disability, the benefits of being part of a support network or how inclusion has enhanced your community.</p>
<p>Saturday May 8th Fort Rouge Leisure Centre 625 Osborne Street 6:30 – 9:30pm</p>	<p style="text-align: center;"> <i>Leisure Guide presents</i> Karaoke Night Choose and sing along to your favorite songs. All ages welcome. Tickets are \$5.00 (support staff free) and are available at the door.</p>
<p>Saturday May 8th Fort Rouge Leisure Centre 625 Osborne Street 6:30 – 9:30pm</p>	<p style="text-align: center;"> <i>Leisure Guide presents</i> 50's Dance Night This night will include dancing, snacks, door prizes and lots of fun! Tickets are \$5.00 (<i>support staff free</i>) and are available at the door.</p>
<p>June 29th or June 30th, 2010 Red River College Downtown Winnipeg Campus 160 Princess Street 9:00am – 4:00pm</p>	<p style="text-align: center;"><i>The Disability and Community Support Program, Red River College presents...</i> The Importance of Belonging with David Pitonyak Ph.D. Bring connected to the people we love is critical to our emotional and physical well-being. Many people experiencing our services are sick from loneliness. This workshop is about ideas for moving beyond interventions to a system that supports enduring, freely chosen relationships. For more info contact Tara Mullen @ 471-8833 or tmullen@rrc.mb.ca</p>