

# CONTINUITY CARE WORKSHOPS

<p><b>Tuesday</b> <b>January 24<sup>th</sup>, 2012</b></p> <p><b>7:00 – 9:00pm</b></p>	<p><b>The Forgotten Grievors</b> <b>The Impact of Grief and Loss for People with Disabilities</b> <i>by Karen Leggat &amp; Mary Ann Rosenbloom</i></p> <p>This workshop is for families, friends, and staff of people having an intellectual disability. People with disabilities are often sheltered from grief and not given the opportunity to attend funerals, express their feelings, and be supported in the multiple losses they experience. This workshop will address the feelings and experience of death and loss for people with disabilities and provide practical tools to assist people along their journey.</p>
<p><b>Wednesday</b> <b>February 15<sup>th</sup>, 2012</b></p> <p><b>7:00 – 9:00pm</b></p>	<p><b>Building a Sharing Circle of Support</b> <i>by Suzanne Swanton</i></p> <p>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 community connections 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. Perspectives will be shared by those who participate in existing circles. Suzanne will provide details about Continuity Care's Sharing Circle of Support Program, including the Facilitator and Tool Kit options.</p>
<p><b>Monday</b> <b>February 27<sup>th</sup>, 2012</b></p> <p><b>7:00 – 9:00pm</b></p>	<p><b>Registered Disability Savings Plan</b> <i>by Suzanne Swanton</i></p> <p>The RDSP is a Federal Government plan that assists Canadians with disabilities and their families to save for the future. This workshop will provide current information about the Registered Disability Savings Plan, including an overview of the Canada Disability Saving Grants and Bonds, eligibility and perspectives from families that will assist you in deciding if this is the right plan for you.</p>
<p><b>Wednesday</b> <b>March 14<sup>th</sup>, 2012</b></p> <p><b>7:00 – 9:00pm</b></p>	<p><b>Trusts and the Role of a Trustee</b> <i>by Robert Fabbri and Roxana Mazur &amp; Jean Sikomas from Scotia Trust</i></p> <p>Robert Fabbri, lawyer and partner from the law firm Deeley, Fabbri &amp; Sellen will provide an overview of the types of trusts that can be utilized when planning for the future of a family member with a disability. He will also talk about the roles and responsibilities of a trustee and what you need to know when setting up a trust as part of your will and estate plan. Roxana Mazur and Jean Sikomas from Scotia Trust will also share information about their role as a corporate trust company and the services that they provide.</p>

ALL SESSIONS ABOVE WILL BE AVAILABLE VIA TELECONFERENCE FOR OUR MEMBERS WHO ARE NOT ABLE TO ATTEND IN PERSON. PLEASE CONTACT THE OFFICE TO MAKE ARRANGEMENTS.

**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)

# SUPPORT GROUPS

**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 (Oct 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 meetings are scheduled for: Monday February 6<sup>th</sup>, 2012, March 5<sup>th</sup>, April 2<sup>nd</sup>, May 7<sup>th</sup>, & June 4<sup>th</sup>*

**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

**ACCESS River East** - 975 Henderson Highway (1<sup>st</sup> Thurs of each month)

*Next meetings are scheduled for: – Thursday January 5<sup>th</sup>, 2012 - Cath McFarlane - Community Facilitator  
February 2<sup>nd</sup>, March 1<sup>st</sup>, April 5<sup>th</sup>, & May 3<sup>rd</sup>*

**120 Maryland Street** (3<sup>rd</sup> Thurs of each month)

*Next meetings are scheduled for: - Thursday January 19<sup>th</sup>, 2012 - Healthy Aging Resource Team,  
February 16<sup>th</sup>, March 15<sup>th</sup>, April 19<sup>th</sup>, & May 17<sup>th</sup>*

## OTHER EVENTS AROUND WINNIPEG

February 10 - 12, 2012

Days Inn  
Portage la Prairie



### “Welcome to Holland...”

#### Annual Parent Leadership Development Weekend

*Presented by Community Living Manitoba*

This leadership development weekend will touch on topics such as service navigation, inclusive education, transition planning, advocacy, collaboration planning, person-centered planning and the Vulnerable Persons Act. This is a great opportunity to connect with other families and support one another as you share your struggles and victories as individuals and families. For more information, please contact Anne Kresta at [akresta@mymts.net](mailto:akresta@mymts.net) or visit their website at [www.aclmb.ca](http://www.aclmb.ca)



*Holiday Greetings from Suzanne and Liz at the office of Continuity Care.*

*Please note that our office will be closed from December 24<sup>th</sup> - January 2<sup>nd</sup>.*

*We are looking forward to the New Year and more opportunities to connect with families through our groups and workshops. These are great ways to gain information that will assist you and your family now and in the future.*

*All the best to you and your family this holiday season!*