



Bulletin

Workshops

Planning for the Future:

Tools & Resources

Thursday, October 15, 2020

7:00 - 9:00 pm

This session will be facilitated by Suzanne Swanton and Chanique Phillips and will share the tools and resources that Continuity Care has developed over the years to assist families with planning for your family member.

Advocacy guidelines: · Planning Checklist · Sharing Circle of Support tool kit · Creating a Portfolio/Lifebook · Emergency Health Information form · Questions to ask service providers · Our Circle of Life Workbook · Profile of Individual to share with service providers

Supporting Your Family Member with Decision Making

Monday, November 2, 2020; 7:00 - 9:00 p.m.

Presented by: Suzanne Swanton & Chanique Phillips

This conversational workshop will provide parents, family members and circle members with resources, guidance and strategies when supporting an adult child/family member/friend with a disability with decision making. Decision making is a skill that needs to be developed, practiced and encouraged at any age and stage in order to make informed and healthy choices in life. We will discuss a variety of topics including self determination, choice, rights, roles, responsibilities and risks as it relates to decision making. As supporters, we need to learn our role and how and when to get involved and help and when to step back and encourage independence. We hope you join us for this complex and important discussion.

Will & Estate Planning

Monday, November 30, 2020; 7:00 - 9:00 p.m.

Presented by: Krista Clenndening, J.D., Associate Lawyer at Tradition Law LL

This informative workshop provides a thorough over-view of what is important to know when creating and updating your Will and Estate plan for a beneficiary with a disability. Krista will discuss the special considerations when preparing Wills, Powers of Attorney and Health Care Directives for family members of persons with disabilities. She will review discretionary (Henson) trusts, EIA disability trusts and considerations when appointing a trustee.

LOCATION	Zoom Conferencing or Teleconference
REGISTRATION	To register, please contact us at (204) 779-1679 or info@continuitycare.ca
COST	Non-members: \$10 (per family) Continuity Care members: FREE <i>One-year membership \$25</i> <i>Agency membership \$50</i> <i>Lifetime membership \$250</i>
All workshops by Zoom Conferencing or Teleconference No long distance fees apply	



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Workshops - continued

Launch Into Life

Tuesday, Nov 10, Nov 17 & 24, 2020 (must attend all 3 sessions)

Zoom Conferencing 7:00-9:00 p.m.

Cost: \$25 per family (includes program materials)

Presented by: Suzanne Swanton and Chanique Phillips

This workshop series offers training and navigation support to young adults living with Autism and/or intellectual disabilities and their families to help create an Individualized Transition Plan. Modules include: Health & Well-Being, Education & Employment, Communication & Social Relationships, Independent Living Skills & Self-Advocacy and Legal & Financial.

Groups

An Evening Just for Adult Siblings*

Tuesday, October 27, 2020 7:00pm—9:00pm

Please register: (204) 779-1679 or info@continuitycare.ca

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.

Parent Support Group*

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. - 12:00 p.m.
meeting dates: October 15, November 19 and December 17.

Evening group: Meets on the 3rd Monday of each month from 7:00 - 9:00 p.m.
Meeting dates: October 19, November 16 and December 21

***Call Office to receive the Zoom link or teleconference instructions.**