



Bulletin

Workshops

Registered Disability Savings Plan (RDSP):

Thursday, January 21, 2021

7:00 - 9:00 pm

Presented by Suzanne Swanton & Chanique Phillips

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 RDSP, including eligibility, Grants and Bonds and how it relates to Manitoba Programs, such as EIA. Come with your questions as there will be time for discussion.

New! Leaving the Nest: Planning for the Big Move!

Wednesday, February 17, 2021; 7:00 - 9:00 p.m.

Presented by: Suzanne Swanton & Chanique Phillips

This new workshop will provide information and planning resources from Continuity Care and perspectives and personal stories from our members who have gone through this transition. We have invited representatives from two residential agencies and Community Living disability Services to share information and outline what this process looks like from their perspectives.

We know this is a big step for families and it is a time of excitement, fear and uncertainty. The aim of this workshop is to help you feel more prepared and at ease when the time comes for your child/family member to leave the nest.

New! Who's Who: Roles & Responsibilities of Service Providers

Wednesday, March 17, 2021; 7:00 - 9:00 p.m.

Presented by: Suzanne Swanton & Chanique Phillips

This informative workshop will welcome guest speakers to talk about their role as service providers and what their responsibilities are to you and your family member. We know that families have multiple workers from different agencies (Community Living disability Services, Employment and Income Assistance, Employability Assistance for Persons with Disabilities, Vulnerable Persons Office, to name a few) and it can be confusing and frustrating at times not knowing who to turn to and which worker should be contacted when various issues and concerns arise. This workshop will aim to provide more clarity and help you feel more confident reaching out to your service providers for support.

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
One-year membership \$25
Agency membership \$50
Lifetime membership \$250

All workshops by Zoom Conferencing or Teleconference
No long distance fees apply



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Workshops - continued

Launch Into Life

Monday, February 22, March 1 & 8, 2021 (must attend all 3 sessions)

Zoom Conferencing 6:30-8:30 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 (age 15-21 years) 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*

Thursday, February 4, 2021 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 or family member 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: January 21, February 18 and March 18.

New! Coffee & Connections*

This will be a comfortable and casual space for you to connect and have conversation with other caregivers who have a child/family member with an intellectual disability. You are welcome to stay as long or as short as you'd like! **Meeting dates:** Tuesday, January 26, February 9 & 23 and March 9 & 23 from 7:00 - 9:00 p.m.

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