



Bulletin

Workshops

New! Getting to Know Me

Wednesday, September 29, 2021; 7:00 - 9:00 pm

Presented by Suzanne Swanton & Chanique Phillips

In this new workshop, we will share tools and resources that will help you communicate with your staff, friends, and family so that they can learn more about who you are, what you enjoy and how they can best support you. It is important for you to have your voice heard and for those that are supporting you to know how to do so in the best way possible, especially when new people enter your life. This workshop is open to parents and caregivers, family and circle members and self advocates.

Planning Tools & Resources

Monday, October 25, 2021; 7:00 - 9:00 p.m.

Presented by: Suzanne Swanton & Chanique Phillips

This workshop will provide an overview of variety of tools and resources that Continuity Care has developed over the years to assist families with planning for your family member, including the following: Planning Checklist, Sharing Circle of Support tool kit, Advocacy Guidelines, Emergency Health Information form, Activities and Interest Profile and our Circle of Life Workbook.

Registered Disability Savings Plan (RDSP)

Tuesday, November 23, 2021; 7:00 - 9:00 p.m.

Presented by: Suzanne Swanton

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.

Will & Estate Planning

Tuesday, December 7, 2021; 7:00 - 9:00 p.m.

Presented by: Krista Clendenning, J.D., Associate Lawyer with 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.



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Groups

An Evening Just for Young Adult Siblings (age 18-25)

Tuesday, October 5, 2021; 7:00pm—8:30pm

We are expanding our sibling support group to include younger adults! If you are a young adult, ages 18-25 in need of a supportive environment, come and join us! We will create a space for casual conversation, connection with others, and various tools and resources to support you and your sibling with a disability.

An Evening Just for Adult Siblings (age 26 and over)

Tuesday, November 9, 2021; 7:00pm—8:30pm

This group opportunity is intended for adult siblings 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: September 16, October 21, November 18, December 16

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: September 14, October 13, November 15, December 14** from 7:00 - 9:00 p.m.

All workshops & groups by Zoom Conferencing or Teleconference (No long distance fees apply)
Workshops: Non-members: \$10 (per family) Continuity Care members: FREE
Groups: Free to everyone

To register, please contact us at
(204) 779-1679 or info@continuitycare.ca

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