



Workshops

Getting to Know Me

Tuesday, January 25, 2022

7:00 - 9:00 pm

Presented by Suzanne Swanton & Jayda Taylor

In this 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, February 28, 2022; 7:00 - 9:00 p.m.

Presented by: Suzanne Swanton & Jayda Taylor

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.

Supported Decision Making

Tuesday, March 22, 2022; 7:00 - 9:00 p.m.

Presented by: Suzanne Swanton & Jayda Taylor

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 also have our newly developed ‘Guide to Supported Decision Making for Families’ as a resource to share. We hope you join us for this complex and important discussion.

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| 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 | |



Bulletin

Workshops - continued

Launch Into Life

Tuesday, February 8, 15 & 22, 2022 (must attend all 3 sessions)

7:00 -9:00 pm and will be held virtually using Zoom

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

Presented by: Suzanne Swanton and Jayda Taylor

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 Young Adult Siblings (age 18-30)

Wednesday, February 2, 2022; 7:00pm—9:00pm

We are offering a new sibling support group specifically for younger adult siblings, ages 18-30, in need of a supportive environment. This is a safe space for casual conversation with other siblings and will offer ideas and resources to support you and your sibling with a disability. We hope that you will join us!

An Evening Just for Adult Siblings (age 30 and over)

Wednesday, March 2, 2022; 7:00pm—9:00pm

This group is for older adult siblings age 30 and older. It is an opportunity to meet other siblings, share stories and experiences; identify specific issues and challenges that are facing; share resources and supports and help to make some new connections.

Daytime 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.

Meetings are from 10 to noon on: January 20, February 17 and March 17

Coffee & Connections

This will be a comfortable and casual space for you to connect and have conversation with other parents and 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 are from 7:00 to 9:00pm on: January 17, February 16 and March 14