



## Bulletin

### ***Workshops***

#### **Planning for the Future**

**Wednesday, April 27, 2022; 7:00 - 9:00 pm**

***Presented by Suzanne Swanton & Jayda Taylor***

This workshop provides an overview of Continuity Care's approach to planning for the future for families who have a family member with an intellectual disability. We will spend time looking at the transition to adulthood and what changes at this age/stage. Topics will include legal and decision making, financial tools, formal and informal supports. We will share information on a variety of tools and resources that Continuity Care has developed to assist families with planning.

#### **Caring for the Caregiver**

**Tuesday, May 10, 2022; 7:00 - 9:00 p.m.**

***Presented by: Suzanne Swanton & Jayda Taylor***

This interactive session will focus on resources and strategies to help caregivers to look after yourselves and stay healthy, so that you can continue to care and be there for your loved ones. These past two years of the pandemic and also a long, cold winter have made for challenging times, which have impacted us all in different ways. Let's take some time to focus on you as a caregiver and connect with other parents, siblings and family members to share our experiences and help support each other through these unprecedented times.

#### **Let's Learn About Henson Trusts**

**Wednesday, May 25, 2022; 7:00 - 9:00 p.m.**

***Presented by: Krista Clendenning, J.D., Associate Lawyer with Tradition Law LL***

Henson Trusts, also known as discretionary trusts are a useful tool for Will and Estate Planning when you have a family member with a disability. Krista will provide an overview of what this type of trust is and why it's beneficial; how to set up properly as part of your will; the role and responsibilities of the trustee; taxation; how it relates to other disability benefits and programs and more. There will be time allotted for questions and answers. It would be helpful if you can provide your questions in advance.

#### **Let's Talk About Support Networks**

**Tuesday, June 7, 2022; 7:00 - 9:00 p.m.**

***Presented by: Suzanne Swanton & Jayda Taylor***

This session will be an informal conversation; rather than a presentation. It is an opportunity to talk about friendships, relationships and support networks for people living with disabilities. Continuity Care members will share their experiences and perspectives about creating a circle/support network for their family members. We will provide some ideas and strategies that are used in our Sharing Circle of Support Program.



## Bulletin

### ***Groups***

#### **An Evening Just for Young Adult Siblings (age 18-30)**

**Wednesday, May 4, 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, June 1, 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 they 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: April 21, May 19, June 16**

#### **New Parent Group (to be named soon)**

This new group has formed out of a common experience of some members who have a young adult or adult child living with Autism and other co-occurring diagnoses, who are not eligible for CLdS and other adult services. They are falling through the cracks in the system. We are facilitating this new group with the purpose to help families connect with each other, share experiences, identify common needs and strategize about what steps need to be taken to develop new services and supports.

**Meetings are from 7:00 to 9:00pm on: April 19th, May 16th**

**The following options are now offered for joining our workshops and groups: in-person, Zoom Conferencing or teleconference. When you register, please state your preference. Please note that if you are planning to attend in person; vaccination and mask requirements are still in place at our building.**

Workshops & groups by in-person, Zoom Conferencing or Teleconference (no long distance fees)

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](mailto:info@continuitycare.ca)

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