



Bulletin

Workshops

Launch Into Life

Wednesday, January 25, February 1 & 8, 2023 (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.

Registered Disability Savings Plan (RDSP)

Monday, February 27, 2023; 7:00 - 9:00 pm

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.

Planning for the Future

Tuesday, March 14, 2023; 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.

120 Maryland Group

Winnipeg Event for Caregivers

Presented by: Family Advocacy Network (FAN)

Monday, January 16th; 7:00 - 9:00pm & Saturday, January 28th; 1:00 - 3:00pm

If you are a family member or unpaid caregiver to someone with a developmental or intellectual disability please join us for an opportunity to connect with others who have similar lived experience. **RSVP to families.caregivers@gmail.com**



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Groups

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 19, February 16, March 16

Finding Hope Within the Cracks

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: January 17, February 21, March 21

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

Monday, February 13, 2023; 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 for Adult Siblings (age 30 and over)

Thursday, March 9, 2023; 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.

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

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