Spring 2023



# Bulletin

# Workshops

## <u>Manitoba Supports for Persons with Disabilities</u>

Tuesday, May 2, 2023 7:00 -9:00 pm Presented by: Vincent Villanueva & Emily Scott with EIA

This workshop will provide an overview of the new Manitoba Supports for Persons with Disabilities program. The first phase of this new program was launched in January 2023 and the second phase on April 1, 2023. The presenters are also well versed on the existing EIA for Persons with Disabilities program; for those who are not eligible for the new program. There will be time for Q&A.

#### <u>Will & Estate Planning</u> Wednesday, May 31, 2023 7:00 - 9:00 pm Presented by: Krista Clendenning, Partner with Tradition Law

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.

### <u>Let's Talk About Support Networks</u> Monday, June 12, 2023 7:00 - 9:00 pm *Presented by Suzanne Swanton & Jayda Taylor*

This session will be a conversation about support networks, rather than a formal presentation. It is an opportunity to talk about friendships, relationships and support networks for people living with disabilities. This has always been an important topic and an aspect of planning for the future. We have learned from the pandemic just how important it is to have people in your lives so that you are not feeling isolated. We need others to lean on for support to talk and listen, and to make life more enjoyable and feel a sense of connection. Continuity Care members will share their experiences and perspectives about creating a circle/support network for their family members. Suzanne and Jayda will also provide some ideas and strategies that are used in our Sharing Circle of Support Program. There will be time to share your stories, ask questions and to connect with other families.

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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: April 20, May 18, June 15** 

### 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: April 18, May 16, June 20

### <u>An Evening for Adult Siblings (age 18 and over)</u> Wednesday, May 24, 2023 7:00pm—9:00pm

This group is for all adult siblings age 18 and older. It is an opportunity to meet other siblings in a supportive environment. Siblings are able to share stories and experiences; identify specific issues and challenges that they are facing; share resources to support you and your sibling with a disability and help to make some new connections. We hope that you will join us!

Workshops & groups by in-person, Zoom Conferencing or Zoom by Phone (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