



Bulletin

Workshops

Introduction to The Adults Living with an Intellectual Disabilities Act (ALIDA)

Thursday, February 8, 2024

7:00 -9:00 pm

Presented by:

Tanis Shaffer, Senior Program Specialist & Jacques Lafournaise, Commissioner

This session will provide an overview of this important legislation (formerly known as the Vulnerable Persons Act (VPA)) and how it relates to adults with an intellectual disability, in terms of decision making, protection and support services. Topics will include: the 5 guiding principles, assisted decision making and the role of support networks and substitute decision making – when this is needed and the roles and responsibilities of SDM's. This session is geared towards parents, family members and support network members. There will be time for discussion and Q and A.

Let's Talk About Support Networks and Assisted Decision Making

Monday, February 12, 2024

7:00 - 9:00 pm (no cost for this session)

Presented by: Representatives from the 120 Maryland Group

The 120 Maryland Group, with funding support from the Province of Manitoba, invites you to join us to talk about Support Networks and Assisted Decision Making. This free event is open to all parents/*unpaid caregivers who have a loved one with an intellectual or developmental disability or autism.

Learn how taking intentional steps to build new and strengthen existing relationships can build the foundation for your family member's support network and how that impacts the practice of assisted decision making.

Launch into Life

Monday, March 4, 11, & 18, 2024 (must attend all 3 sessions)

7:00 -9:00 pm 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.



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Groups

Finding Hope Within the Cracks

This 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 16, February 20, March 19

The 3 C's for Caregivers: Connection, Conversation and Coffee

We are trying a new format for our parent group this fall. This peer support group is for caregivers who are parents, siblings and extended family members of young adults (16+) and adults with an intellectual, developmental disability or Autism who are receiving services through Children's disABILITY Services or Community Living disABILITY Services. This is an opportunity to connect with other families, share experiences, learn about resources and most importantly take time for you as caregivers.

This group will be offered in two time slots on the third Thursday of each month:

January 18th – 10am to noon OR 7:00 to 9:00pm

February 15th - 10am to noon OR 7:00 to 9:00pm

March 21st - 10am to noon OR 7:00 to 9:00pm

You can join either group in person at 120 Maryland OR virtually by Zoom.
Please RSVP in advance by contacting our office.

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*