



Bulletin

Workshops

Tips for Completing the SDM Annual Accounting Form

Tuesday, April 23, 2019 7:00-9:00 p.m.

This session will provide useful tips and advice on how to complete this annual report from Continuity Care members who are experienced Substitute Decision Makers (SDM).

Registered Disability Saving Plan (RDSP)

Monday, May 6, 2019 7:00 - 9:00 pm

By Suzanne Swanton, Executive Director

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 an overview of the Canada Disability Savings Grants & Bonds, eligibility and perspectives from families that will assist you in deciding if this is the right plan for you.

Launch Into Life

Tuesdays, May 14, 21 & 28, 2019 (must attend all 3 sessions)

120 Maryland Street in Winnipeg 6:30-8:30 p.m.

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

Presented by: Suzanne Swanton and Amy Shawcross

Transitioning into adulthood and the community can be challenging for individuals with intellectual disabilities. This workshop series will help families create an Individualized Transition Plan. Please see accompanying poster for more detailed information or look for it under events on our website: <http://continuitycare.ca>

Upcoming Events

Continuity Care's Annual General Meeting

Tuesday, June 11, 2019

Sturgeon Heights Community Centre (New Location)

210 Rita Street

6:00 – 8:00 pm

Our AGM is growing! Please join us at the new location for a light dinner and hear what we have been up to for the year. Details for our guest speaker will be announced at a later date.

Space is limited, please RSVP by June 7, 2019. Call (204) 779-1679 or email:

info@continuitycare.ca

LOCATION	120 Maryland Street (at Westminster)
REGISTRATION	To register, please contact us at (204) 779-1679 or info@continuitycare.ca
COST	Non-members: \$10 (per family) Continuity Care members: FREE <i>One-year membership \$25</i> <i>Agency membership \$50</i> <i>Lifetime membership \$250</i>
Teleconference option is available. No long distance fees apply	



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Groups

An Evening Just for Adult Siblings

Monday, June 3, 2019 7:00pm–9:00pm

Please register: (204) 779-1679 or info@continuitycare.ca

This group opportunity is intended for adult siblings (age 18 and older) who have a brother or sister with an intellectual disability, to get together to share their stories and experiences; identify the specific issues and challenges that they are facing; to strategize as to what resources and supports can be accessed and developed and to create an opportunity for adult siblings to make some connections.

Parent Support Group

The focus of our parent support groups are for parents (and caregivers) of a child 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. Refreshments are provided.

Daytime group: Meets on the 3rd Thursday of each month from 10:00 a.m. to noon at 120 Maryland in the main floor boardroom.

Upcoming meeting dates: April 18, May 16, and June 20

Community Events

The RCC/SSCY Family Network has developed a brand new parent support group called **SSCY Parent to Parent Café**.

The goal of this group is to build a community of support and facilitate an opportunity for parents of children and youth up to age 21 to get to know other parents.



This fun and informal parent group will meet one Sunday afternoon a month from 2:00-4:00pm at 1155 Notre Dame Ave in Winnipeg. The group will be led by parent facilitators, and will cover a different discussion topic each month based on priorities identified by the group. Recreation will be provided for your children while you're enjoying the group.

Next meeting date is May 5th.

View the [poster](#) for more information. If you'd like to join this group, please register at familynetwork@sscy.ca or call 204-258-6538. We hope to see you there!

For more information about SSCY, you can call (204) 452-4311 or visit their website at <http://sscy.ca/>

