



## Bulletin

### **Workshops**

#### **Will & Estate Planning**

**Tuesday, October 8, 2019 7:00 - 9:00 pm**

**Presented by: Daniel Watts, BA, BFA.,  
JD, TEP**

**Estate & Trust Consultant for  
Scotia Wealth Management**

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. Daniel will address the topics of discretionary (Henson) trusts, the role of the trustee, Power of Attorney, Health Care Directives, Registered Disability Savings Plan and also provincial legislation including *The Employment and Income Assistance Act* and *The Vulnerable Persons Living with a Mental Disability Act*.

#### **THE FORGOTTEN GRIEVERS:**

#### **The Impact of Grief and Loss for People with Disabilities**

**Wednesday, October 23, 2019; 7:00 - 9:00 p.m.**

**Presented by: Karen Leggat**

This workshop is for families, friends, and staff of people having an intellectual disability. People with disabilities are often sheltered from grief and not given the opportunity to attend funerals, express their feelings, and be supported in the multiple losses they experience. This workshop will address the feelings and experience of death and loss for people with disabilities and provide practical tools to assist people along their journey.

#### **Launch Into Life**

**Thursday, Nov 28, Dec 5 & 12, 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: [continuitycare.ca](http://continuitycare.ca)

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



## Bulletin

### **Groups**

#### **An Evening Just for Adult Siblings**

**Monday, November 4, 2019 7:00pm—9:00pm**

**Please register: (204) 779-1679 or [info@continuitycare.ca](mailto: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:** September 19, October 17, November 21 and December 19.

**\*New Evening Group: Monday, October 28, 2019; 7:00 - 9:00 pm. Please RSVP**

### **Community Events**

**Hope Centre Ministries and Friendship Ministries** are currently registering for their upcoming Friendship Groups. Friendship Groups are small group Bible studies geared for adults with disabilities. They have a time of learning, singing (in the older groups), workbooks/craft, fellowship and snack. For more information contact michelle at 204-479-4893 or email: [michelle@hopecentreministries.org](mailto:michelle@hopecentreministries.org)

**Sara Riel** presents its 7th Annual Mental Health Networking & Resource Expo "Pathways to Recovery" on Friday, September 27, 2019; 10:00 - 2:00; The Legacy Centre - 900 St. Mary's Road; free to the public. For more information visit the website: [sararielinc.com](http://sararielinc.com) or contact Lisa at [lross@sararielinc.com](mailto:lross@sararielinc.com)

**Families Coming Together** - An opportunity for the families of children or adults living with an intellectual disability to come together, to share challenges and create strategies for a positive future. Saturday, October 19, 2019; 10am - 2pm ; McDiarmid Drive Alliance Church, Brandon, MB. For more information or to register, email: [andrea.allingham@gmail.com](mailto:andrea.allingham@gmail.com) or go to [shannon@icof-life.ca](mailto:shannon@icof-life.ca)



