

The Family Gathering is an opportunity for those who have a family member with an intellectual disability to come together and share their stories, discuss their challenges, and learn from one another.



Friday Sessions

Portrait One Page Profiles help create the change you want to see in their world

Are you tired of people focusing on everything your family member can't do? Do you wish people could see your family member the same way you do? Building a portrait of your family member will teach you the strategies in putting together a one page profile that highlights the gifts, skills and talents your family member has to contribute. Through language you can show others your family member is more than just their disability. This workshop will be facilitated by Amy Shawcross, Resource Coordinator and Community Navigator with Innovative LIFE Options.

The Journey of a Parent
"In it for the long haul"

The journey of a parent can feel like a trip down a complicated winding highway and the ability to remain happy and capable when times are tough requires a capacity to go with the flow of life without a GPS. This session is a guide on navigating the road that a parent of a child with disabilities walks. Hear advice based on experiences about self-care, overcoming barriers, and building a better path for those who follow. This session will be facilitated by two parents; Rose Flaig and Scott Smith. Rose is a life coach, writer, workshop facilitator and Scott is a member of FAN and works closely with families at Pulford Community Living Services Inc.

Becoming An Effective Advocate for Your Family Member

Confused? Frustrated? Angry? Anxious? These are all states that parents and family members report they experience at times supporting their family member to navigate systems, agencies, and programs. This workshop will offer parents and family members the opportunity to hear from parents who have advocated for their family member, learn a variety of strategies for effective advocacy, share their own stories and experiences. The workshop will be facilitated by Bob Jones. Bob has extensive experience in Canada and the USA, supporting family members to become effective advocates.

Friday April 17 and Saturday April 18, 2020
9:00am-4:00pm | Viscount Gort
Register at www.innovativelifeoptions.ca
\$50.00 for the 2 days

Registration opens: Jan 15, 2020 closes: Apr, 6, 2020

For more information contact us at
204.784.4810 or info@icof-life.ca

Continental breakfast and lunch included

Join us Friday evening
for Wine and Cheese
4:30-6:00pm



Saturday Sessions

Saturday AM-Family Learning Spaces

You said you wanted new options and we heard you! This year we will be bringing in a new approach to learning with our Family Learning Spaces. A number of options will be identified by attendees and will vary based on family interest. You will have the chance to suggest conversations that interest you most or just join in to a conversation that suits you best.

Saturday PM-The Knowledge Market Place

You asked for it! The Market Place is back! At the Market Place you will have lots of options to choose from where you can learn new skills and grow new understanding about the topics most important to you. Topics this year include: Building Networks of Support, Friendships, Intimacy and Romantic Relationships, Creating a Meaningful/Purposeful Day, Developing a New Culture Where Families, Programs, Services and Supports Work Together, and When Your Family Member Doesn't Fit in the Box-Alternative Support Options.