



Bulletin

Workshops

Planning for the Future: Tools and Resources

**Tuesday, March 10th, 2020
7:00-9:00 p.m.**

This workshop will share the tools and resources that Continuity Care has developed over the years to assist families with planning for your family member, including Advocacy Guidelines, Planning Checklist, templates for Portfolio/Lifebooks, Emergency Health Information, Sharing Circle tool kit, questions to ask service providers and more. This session will be facilitated by Suzanne Swanton and Chanique Phillips and Continuity Care members will share their lived experience and how these tools and resources have helped their families with planning for the now and the future of their family members.

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 - free.

Launch Into Life!

Monday, March 23rd, March 30th & April 6th, 2020 (must attend all 3 sessions)

120 Maryland Street in Winnipeg 6:30-9:00p.m.

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

Presented by: Suzanne Swanton and Anne Kresta

Transitioning into adulthood can be a trying time for youth, particularly for those who live with Autism Spectrum Disorder and intellectual/developmental disabilities. This workshop series offers training and navigation support to individuals and their families to help create an Individualized Transition Plan. Topics include: Health & Well-Being, Education & Employment, Communication & Social Relationships, Independent Living Skills & Self – Advocacy, and Legal & Financial Issues. Workshops are limited to 8-10 families to allow for small group discussions and to build connections among the participants. Parents are invited to attend these 3 sessions, followed by a session that includes young adults, together with their parents.

Let's talk about Support Networks!

Wednesday, April 22nd, 2020 7:00 - 9:00 pm

Facilitated by: Suzanne Swanton and Chanique Phillips

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Let's talk about Support Networks! Continued

This session will be a facilitated conversation about support networks for individuals with disabilities, rather than a presentation. Participants will share their stories, perspectives and discuss the need, benefits and challenges of developing friendships, relationships and support networks. This is an opportunity for families to connect, share ideas and resources and also for Continuity Care to gather valuable input for our Sharing Circle of Support Program, one of the services we offer to members.

Groups

An Evening Just for Adult Siblings

Monday, April 27th, 2020 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: February 20th, March 19th & April 16th, 2020**

Evening group: Monday, March 2nd 7:00—9:00pm - This group is open to parents and caregivers who have children of all ages and stages. Join us for coffee and conversation.

Community Events

2020 Winnipeg Stationary Bike Race in support of Cerebral Palsy Manitoba

Saturday, March 14, 2020

For more information, please go to the Cerebral Palsy Manitoba website:

<https://www.supportcerebralpalsy.ca/events/bikerace/>