



Bulletin

In response to the Covid-19, our workshops and support groups will be offered virtually using Zoom Video Conferencing. Please register in advance for all workshops and support groups by phone calling the office at (204) 779-1679 or by email info@continuitycare.ca. We will then send you out the instructions to join the Zoom meeting.

Workshops

Caring for Caregivers (via Zoom)

Thursday, April 30, 2020 7:00-9:00 p.m.

Facilitated by: Suzanne Swanton and Chanique Phillips

This interactive session will focus on resources and strategies to help caregivers to look after yourselves and stay healthy, so that you can continue to care and be there for your loved ones. These are challenging and uncertain times and we are all trying to figure out how to get through each day. Our lives have been turned upside down and our daily routines have changed. Let's take some time to focus on you as a caregiver and connect with other parents, siblings and family members to share our experiences and help support each other through these unprecedented times.

Let's talk about Support Networks (via Zoom)

Tuesday, May 5, 2020 7:00 - 9:00 pm

Facilitated by: Suzanne Swanton and Chanique Phillips

This informal session will be a conversation about support networks, rather than a formal presentation. It is an opportunity to talk about friendships, relationships and support networks for people living with disabilities. This has always been an important topic and an aspect of planning for the future. But now, with what we are all experiencing with the COVID-19 outbreak, we realize even more, how important it is to have people in your lives so that you are not feeling isolated and that you have others that you can lean on for support, to ask for help when you need, to talk to, to make life more enjoyable and so that we feel a sense of connection. Continuity Care members will share their experiences and perspectives about creating a circle/support network for their family members. Suzanne and Chanique will also provide some ideas and strategies that are used in our Sharing Circle of Support Program. There will be time to share your stories, ask questions and to connect with other families.

LOCATION	In your home via Zoom Video Conferencing
REGISTRATION	To register, please contact us at (204) 779-1679 or info@continuitycare.ca
COST	Non-members: Free for Trial Period Continuity Care members: FREE One-year membership \$25 Agency membership \$50 Lifetime membership \$250 Teleconference option is available - free.



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Groups

An Evening Just for Adult Siblings (via Zoom)

Monday, April 27th, 2020 7:00pm–8:30pm

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 (via Zoom)

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. For the next couple of weeks we will be offering weekly morning, afternoon and evening dates.

Upcoming meeting dates:

April 22nd, 2020 Time: 10:00 - 11:30 am / 7:00 - 8:30 pm

April 29th, 2020 Time: 1:00 - 2:30 pm / 7:00 - 8:30 pm

May 6th, 2020 Time: 10:00 - 11:30 am / 7:00 - 8:30 pm

We may offer more meeting dates in May and June, but will reassess based on where things are at with COVID-19. Information will be posted on our website and shared through email and our Facebook and Twitter pages.

WHAT IS ZOOM AND HOW DO I USE IT?

Zoom is a popular, user friendly video conferencing app that allows users to have virtual face to face chats and meetings. Continuity Care has purchased a subscription and will be the “host” for these workshops and group meetings. You will need to have Wifi or an internet connection to participate, but otherwise there is no cost to the user. Once you register for the workshop with Continuity Care, you can join a meeting by clicking the meeting link in the email invitation that we provide to you or you can open the Zoom app or go to the Zoom website and enter in the meeting ID and passcode. Registration will close 1 hour before the start of a workshop or meeting. For more information about Zoom, please click the link:

zoom.us