



## Bulletin

### **Workshops**

#### **New! The Sibling Experience: Their important Role in the Family**

**Tuesday, September 26, 2023**

**7:00 -9:00 pm**

We have invited 4 of our Continuity Care members to be a part of a panel discussion about their experience as a sibling of a brother or sister with a disability. This will be an informal conversation about roles and responsibilities, gifts and challenges, life lessons they have learned and their perspectives about this unique relationship. As siblings, we know that you wear multiple hats and may feel isolated at times. Come out and join other siblings so that you don't feel so alone in your journey.

#### **New! Fair Practice Information Session**

**Wednesday, October 11, 2023**

**6:30 - 8:00 pm (no cost for this session)**

**Presented by: Cheryl Roby - Fair Practices Officer and co-hosted by organizations at 120 Maryland**

The Fair Practices Office provides confidential and impartial services for people applying for, or receiving services from, the following Department of Families programs who feel they haven't been treated fairly:

- Employment and Income Assistance
- Manitoba Supports for Persons with a Disability (formally EIA disability)
- Community Living Disability Services
- Children's Disability Services
- Early Learning and Childcare (subsidy only)

Please join us to learn about your right to fair treatment and how the Fair Practices Office can help you resolve concerns you may have.

#### **New! Juggling multiple hats:**

#### **"Inheriting" the roles of Trustee, Executor and Substitute Decision Maker**

**Tuesday, November 28, 2023**

**7:00 -9:00 pm**

This panel discussion will include the perspectives of Continuity Care members, a lawyer and a representative from the Office of the Commissioner for Adults with Intellectual Disabilities. Information will be shared about what each of these roles are, who can fill them and the responsibilities involved. Family members will share their perspectives about deciding who to choose to fill these roles and also what it is like once the plans come into effect and stepping into these roles. It can be confusing, overwhelming and hard to juggle all of these hats and know what to do. We hope that this concertation will provide you with some guidance now and in the future.



## Bulletin

### ***Groups***

#### **Finding Hope Within the Cracks**

This group has formed out of a common experience of some members who have a young adult or adult child living with Autism and other co-occurring diagnoses, who are not eligible for CLdS and other adult services. They are falling through the cracks in the system. We are facilitating this new group with the purpose to help families connect with each other, share experiences, identify common needs and strategize about what steps need to be taken to develop new services and supports.

**Meetings are from 7:00 to 9:00pm on: Sept 19, Oct 17, Nov 21, Dec 19**

### ***NEW for Fall 2023***

#### **The 3 C's for Caregivers: Connection, Conversation and Coffee**

We are trying a new format for our parent group this fall. This peer support group is for caregivers who are parents, siblings and extended family members of young adults (16+) and adults with an intellectual, developmental disability or Autism who are receiving services through Children's disABILITY Services or Community Living disABILITY Services. This is an opportunity to connect with other families, share experiences, learn about resources and most importantly take time for you as caregivers.

This group will be offered in two time slots on the third Thursday of each month:

September 21<sup>st</sup> – 10am to noon OR 7:00 to 9:00pm

October 19<sup>th</sup> - 10am to noon OR 7:00 to 9:00pm

November 16<sup>th</sup> - 10am to noon OR 7:00 to 9:00pm

December 21<sup>st</sup> - 10am to noon OR 7:00 to 9:00pm

You can join in person at 120 Maryland OR virtually by Zoom. Please RSVP in advance by contacting our office.

Workshops & groups by in-person, Zoom Conferencing or Zoom by Phone (no long distance fees)

Workshops: Non-members: \$10 (per family) Continuity Care members: FREE

Groups: Free to everyone

To register, please contact us at  
(204) 779-1679 or [info@continuitycare.ca](mailto:info@continuitycare.ca)

*One-year membership \$25  
Agency membership \$50  
Lifetime membership \$250*