



Bulletin

Workshops

Let's Learn About PATH'S & MAP'S

Tuesday, May 14, 2024

7:00 -9:00 pm

Presented by: Suzanne Swanton

This workshop will provide an overview of the PATH (Planning Alternative Tomorrow's with Hope) and MAP's (Making Action Plans) processes, which are two tools which are commonly used for person-centered planning.

Leaving the Nest: Planning for the Big Move

Monday, June 10, 2024

7:00 - 9:00 pm

Presented by: Suzanne Swanton

This workshop will provide an overview of the types of residential options available and Continuity Care members will share their lived experiences and perspectives about how this transition happened for their family.

Other News

FAMILY & FRIENDS GROUP

POTLUCK PICNIC
ST. VITAL PARK
SATURDAY, JULY 6, 2024



Keep an eye out for the email announcing the next Family & Friends Group Potluck at St. Vital Park. Come out and enjoy a beautiful afternoon playing games, singing a few songs, sharing your special news, making new friends and enjoying good food!

Peer Support Survey for Parents/caregivers

Help us improve peer support for those caring for someone with an intellectual, developmental disability or autism in Manitoba by taking our online survey. Your feedback is valuable!



Scan for Survey

Parents/caregivers, share your thoughts!





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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: May 21, June 18

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:

May 16th – 10am to noon OR 7:00 to 9:00pm

June 20th - 10am to noon OR 7:00 to 9:00pm

You can join either group 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

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