



Bulletin

Workshops

Caring for the Caregiver

Thursday, January 30th, 2025 Time: 7:00 to 9:00pm

Presented by: Suzanne Swanton & Jullie Nguyen

Are you feeling the winter blues? Are you a caregiver for a loved one? Then this workshop is for you. This session will focus on resources and strategies to help caregivers to look after yourselves, stay healthy and connect with other parents, siblings and family members to share experiences so that you can continue to care and be there for your loved ones.

Let's Talk About Support Networks

Wednesday, February 19, 2025 Time: 7:00 to 9:00pm

Presented by Suzanne Swanton & Jullie Nguyen

This has always been an important topic and an aspect of planning for the future. We will have a conversation about friendships, relationships and support networks for people living with disabilities. Continuity Care members will share their experiences and perspectives about creating a circle/support network for their family members. Suzanne and Jullie will 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.

Continuity Care: Who, what, where, when and how?

Monday, March 3rd, 2025 Time: 7:00 to 9:00pm

Presented by Suzanne Swanton & Jullie Nguyen

Are you new to Continuity Care? Have you been a member for a few years and are still learning about us? Are you a donor who would like to know where your gift is going? Join us for this overview of Continuity Care including: Who we are and who we serve? What services and supports we offer? Where we are located and operate? When did we begin and our history? and How we are funded?

Getting to Know Me Better

Tuesday, March 18th, 2025 Time: 7:00 to 9:00pm

Presented by Suzanne Swanton & Jullie Nguyen

In this workshop, we will share tools and resources that will help staff, friends, and support network members get to know you or your loved one with a disability better and learn who you are, what you enjoy and how they can best support you. It is important for you to have your voice heard so those that are supporting you know how to do so in the best way possible. This workshop is open to people living with a disability, parents and caregivers, family members and support network members.



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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 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.

Now meets the second Tuesday of each month virtually by Zoom from 7:00 - 9:00pm
Upcoming meeting dates are January 14th, February 11th, March 11th

Please note: The 3 C's for Caregivers group has been put on hold due to low registrations and attendance. If you are looking for parent support groups, please reach out to the Family Advocacy Network of Manitoba – <https://www.fanmb.ca/>

If you are in need of support or would like to connect with other parents, siblings and families, please contact Suzanne or Jullie and they would be happy to assist you.

Are you an adult sibling, age 18 or older, who has a brother or sister with an intellectual disability or Autism? Would you like to meet and connect with other adult siblings to talk about your experience? Do you think about the future and what your role in your brother or sister's life will be like? If you or someone you know would benefit from joining our adult sibling group, then we would like to hear from you. Please contact our office and speak with Jullie or Suzanne and we will add your name to the list for this upcoming group.

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*