Continuity Care Inc.

Fall 2025

Bulletin

Workshops

Canada Disability Benefit Overview

Wednesday, October 1, 2025

Two Sessions: Both will be with the same information

Daytime: 1:30 to 3:00pm in-person at 120 Maryland

Evening: 7:00 to 8:30pm—Virtual by Teams

Presented by: Sean Matyas and Blasé Moore from Service Canada

This information will provide a brief overview of the Canada Disability Benefit, eligibility, benefits and how to apply. There will be time for Q and A.

Launch into Life

Monday, November 3, 10, 17, 2025 (must be able to attend all 3 sessions)

Time: 6:30 to 8:30pm

In-person or by Zoom

Facilitators: Suzanne Swanton and Jullie N. Diaz

Cost: $25 per family and includes materials

This workshop series offers training and navigation support to young adults (age 15-21 years) living with Autism and/or intellectual disabilities and their families to help create an Individualized Transition Plan. Modules include: Health & Well-Being, Education & Employment, Communication & Social Relationships, Independent Living Skills & Self Advocacy, and Legal & Financial.

How to Plan for the Death of a Loved One (with a disability)

Wednesday, December 10, 2025 (date to be confirmed)

Time: 7:00 to 9:00pm

In-person at 120 Maryland or by Zoom

This new workshop will be a panel presentation with perspectives shared by Continuity Care members with lived experience and information provided about what you need to know when it comes to wills, the roles of Executor and Administrator and SDM upon death, EIA coverage, who needs to be notified and more.

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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.

Meets the second Tuesday of each month virtually by Zoom from 7:00 - 9:00pm
Upcoming meeting dates are Oct 14, Nov 12 (in lieu of Remembrance Day), Dec 16.
In-person at 120 Maryland or by Zoom.

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.

Adult Sibling Conversation Evening
Thursday, December 4, 2025
7:00—8:30pm
In-person at 120 Maryland or by Zoom
Facilitator—Jullie N. Diaz
This group is for adult siblings age 18 and older. It is an opportunity to meet other siblings, share stories and experiences; identify specific issues and challenges that they are facing; share resources and supports and help to make some new connections