Continuity Care Inc.

Winter 2026

Bulletin

Workshops

Lets Talk About Support Networks

Wednesday, February 18, 2026

7:00 to 9:00pm

In-person or by Zoom

Presented by: Jullie N. Diaz

This has always been an important topic and key part of planning for the future. This session will focus on friendships, relationships, and support networks for people living with disabilities. Jullie and Continuity Care members with lived experiences will be providing perspectives, experiences, and practical strategies used in Continuity Care's Sharing Circle of Support Program to help families think about building and strengthening meaningful support networks. There will be time to share stories, ask questions, and connect with other families.

Lets Talk About Decision Making Options

Thursday, March 19, 2026

Time: 7:00 to 9:00pm

In-person or by Zoom

Facilitators: Panel Presentation

This panel presentation will review various decision-making options for adults with intellectual disabilities, Autism and other disabilities who may require support in this area. Panel members include: Krista Clendenning (partner and lawyer with Tradition Law), Tanis Shaffer (Senior Program Specialist from the Office of the Commissioner for ALIDA) and Suzanne Swanton (Executive Director, Continuity Care). We will be addressing the following topics: independent and supported/assisted decision making, Substitute Decision Making, Power of Attorney, Health Care Directives and Order of Committee. As always, there will be time for Q&A.

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 Jan 13, Feb 10, Mar 10
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
Wednesday, March 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