Continuity Care Inc.

Spring 2026

Bulletin

Workshops

Let's Learn About the Registered Disability Saving Plan (RDSP)

Monday, April 27, 2026

Time: 7:00 to 9:00pm

In-person at 120 Maryland St. or by Zoom

Presented by: Suzanne Swanton

The RDSP is a federal government plan that assists Canadians with disabilities and their families to save for the future. This workshop will provide current information about the RDSP, including eligibility, Grants and Bonds, withdrawals and how it relates to Manitoba Programs, such as Manitoba Supports for Persons with Disabilities and EIA. Come with your questions as there will be time for discussion.

How to Plan for Your Loved One with a Disability as They Age

Tuesday, May 26, 2026

Time: 7:00 to 9:00pm

In-person at 120 Maryland St. or by Zoom

Panel Presentation: Leslie Udell – consultant, Marc Piche' – Executive Director L'Avenir Cooperative

This new workshop will explore topics including: Brain Health for both caregivers and people with disabilities, Healthy Aging, how support needs change and strategies to plan and prepare for these changes. The panel members will share their experience and perspectives, as well as information and resource. As always, there will be time for questions and discussion.

Creating a Lifebook: Telling Your Family Member's Story

Thursday, June 18, 2026

Time: 7:00 to 9:00pm

In-person at 120 Maryland St. or by Zoom

Presented by: Jullie Diaz & Suzanne Swanton

This workshop will provide an understanding of the importance of creating a life book or portfolio and how it can be used to help others get to know the person and their history. This book can be created for yourself or family member with disability. The book tells the life story and contains important information about the person, their family and friends, special memories, traditions, interests and photos. We will share tips and creative ideas to help you get started on a page for your own book.

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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 May 12, June 9
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

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. There will be no meet up at this time.