



Welcome to Community Living Winnipeg's **E-BULLETIN**. Please visit our website www.communitylivingwinnipeg.com for more complete information regarding items in the bulletin.

Community Living Winnipeg

Just for Siblings

If you are a teen/youth, have a brother or sister with a developmental disability the following might be of interest.



Siblings Group-Think

Siblings of children with special needs face a range of challenges that other children do not. This evening will be age appropriate and will include the opportunity to mix with other teenagers in similar circumstances.

This is an exciting and rare opportunity for teenagers in our area, so make sure you don't miss out as there are limited spaces available. Come join us!

Date: March, 4th, 2009
Time: 7-8 pm

Location: 120 Maryland Street (Next to the Westminster Church)

This event is strictly for youth age 13-22.
Travel arrangements can be made if needed.

To register please contact Heidi Matthys (204) 953-5877
Email: hmatthys@aclwpg.ca

A Community Living-Winnipeg **AMONG FRIENDS** event.
In collaboration with Community Living-Manitoba



Government Extends Deadline to March 2, 2009

The deadline for opening Registered Disability Savings Plans (RDSPs), making contributions and applying for the matching Grant and the income-tested bond for the 2008 contribution year has been extended to March 2, 2009 from December 31, 2008. Additional information on the grant and bond can be found on the Human Resources and Skills Development Canada website at www.hrsdc.gc.ca/disability.



River East Parent Support Network (REPSN) for parents of children with special needs

The REPSN meets at Access River East, 975 Henderson Hwy. Meetings are generally held the 4th Monday of every month (except during July and August) from 7 - 9 p.m.

Upcoming meeting dates:
2009: Jan 26, Feb 23, Mar 16 (3rd Mon), Apr 27, May 25, Jun 22

For more information please contact:
Carla Kehler, Family Connections Support Coordinator
Community Living Winnipeg
PH: 953-5878 or email: ckehler@aclwpg.ca



Come join us for coffee — share stories, information and advice — explore solutions — listen to speakers — learn about resources in the community.

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Legal Rights, Responsibilities and Entitlements of adults with disabilities

Presented by Marshall Braunstein, B.A, LL.B.

This workshop will provide information on the rights that individuals with disabilities have with respect to decision making, Human Rights and more. It will also explore the responsibilities that go along with these rights, such as marriage, debts, contracts and laws. Finally, the entitlements to education, training, provincial and federal programs and services will be discussed. Individuals, families and others who provide support and services are welcome to attend.

Location: 120 Maryland Street (at Westminster)

Date Time: Monday February 23, 2009 from 7:00 - 9:30 pm

Registration: Please register in advance by calling 779-1679 to ensure there is space for everyone.

Cost: Non-members - \$10 Continuity Care Members | FREE

Membership Invitation

Community Living Winnipeg is extending an invitation to people who are not current members to consider taking out a membership. Membership will ensure that you are among the first to receive news about upcoming events, activities for youth, and discounts at workshops and conferences. You will be entitled to vote at our Annual General Meeting and to help guide Community Living Winnipeg in achieving our mission. The cost for membership is \$10.00 per person or \$20.00 per family, \$20 for non-profit Agency and \$50.00 for Corporate/Business Membership. Visit www.communitylivingwinnipeg.com to download form or email acl@aclwpg.ca or phone Heather/Virginia at 786-1414 to request an application.

SUPPORT GROUPS/WORKSHOPS/CONFERENCE	CONTACT INFORMATION
<p><u>Senior Parent to Parent</u> Henderson Group meets the 1st Thursday of the month at 10:00 am – 12:00 pm at 975 Henderson Hwy. Next Meeting Date: February 3, 2009 Maryland Group meets the 3rd Thursday of the month at 10:00 am – 12:00 pm at 120 Maryland Street. Next Meeting Date: February 19, 2009</p>	<p>Suzanne Swanton (204) 779-1679 Email: contcare@mts.net</p>
<p><u>Transition Support Group</u> This group is for parents who have a son or daughter 16+ who are planning for the transition from school to work and from home to the community. They meet the 1st Monday of the month at 120 Maryland Street from 7:00 - 9:00 pm. Next Meeting Date: February 2, 2009</p>	<p>Suzanne Swanton (204) 779-1679 Email: contcare@mts.net</p>
<p><u>Autism Society of Manitoba</u> Meet the third Wednesday of each month at 7:00 pm at SMD, 825 Sherbrook Street.</p>	<p>Sandra McKay (204) 783-9563 asm@mts.net</p>
<p><u>River Heights Parent Support Group for Parents who have children with Asperger</u> This group meets the 1st Tuesday of the month at Robert H. Smith School, 315 Oak Street from 7:00 – 9:00 pm. For more information contact asperger Manitoba.</p>	<p>Andrea Villeneuve AsperManitoba Voicemail: 947-9449 Email: info@asper-manitoba.ca</p>
<p><u>Asperger Manitoba Inc. (AMI) Parents with Adults with Asperger Support Group</u> This group meets the 2nd Tuesday of the month at Rice Financial Bldg, 4th Floor, 491 Portage Avenue from 7:00 – 9:00 pm.</p>	<p>Asperger Manitoba Voicemail: 947-9449 Email: info@asper-manitoba.ca</p>
<p><u>Family Support Network Rehabilitation Centre for Children</u> Meets on the last Tuesday of every other month from 7:00 – 9:00 pm at 633 Wellington Cres.</p>	<p>Collette Wilson (204) 453-9820</p>
<p><u>St. James-Assiniboia Special Needs Network</u> Will meet on Wednesday, April 22, 2009 from 5:30 – 8:00 pm at Discovery Children’s Centre, 367 Hampton Street. RSVP by Friday April 3, 2009 to reserve a seat.</p>	<p>Donna Freeman 889-2689 Email: df@discoverycc.com</p>
<p><u>Fetal Alcohol Family Association of Manitoba - Support Group for Parents of Adolescents</u> Are you the parent or caregiver of an adolescent with FASD? You are not alone. The Fetal Alcohol Family Association of Manitoba Inc is offering a support group 12+ up for Parents of Adolescents with FASD facilitated by Susan Opie, MSW, on Tuesday evenings, from 6:00 – 8:00 pm, beginning February 17, 2009.</p>	<p>If you are interested in attending please register by calling the office on Tuesday or Thursday @ 786-1847.</p>
<p><u>What is a Home?</u> What really makes a home and how we can assist people with an intellectual disability to have in their lives? We will be exploring: What’s the difference between a place to live and a home? What makes a true home? What are the obstacles to making this happen for people? And What happens to people when they don’t have a true home? <u>Who should attend?</u> Families, friends, self-advocates, professionals and anyone else who is interested in supporting people to experience the true meaning of home, not just to live in a house.</p>	<p>Location: Viscount Gort Hotel 1670 Portage Avenue Winnipeg, Manitoba Date: February 11, 2009 Time: 9:30 am – 4:30 pm</p>
<p><u>Professional Development Sessions - Anxiety and Depression in Adolescence</u> An overview of Anxiety and Depression in our young people, what treatments are available and what can we do to help. Tuesday, March 10, 2009 4:30 pm – 6:00 pm Glenlawn Collegiate Institute, 770 St. Mary’s Road Henri Braga, School Psychologist, River East Transcona School Div. Cost: \$10.00 – pizza supper included Free to CEC members</p>	<p>Metro Winnipeg Council for Exceptional Children To register, contact Racette Griffin Email: rgriffin@retsd.mb.ca Phone: 667-2960 ext 2278</p>
<p><u>Professional Development Sessions - Fighting about Behaviour</u> Why do we spend so much of our energy arguing with each other about the causes and solutions for maladaptive behaviours in the classroom? This session will explore the many different perspectives that educators have on behaviour, and provide meaningful suggestions on how we all can improve classroom management Thursday, April 23, 2009 4:30 pm – 6:00 pm Daniel McIntyre Collegiate Institute, 720 Alverstone Street Ken Reimer, Guidance Counsellor, Winnipeg One School Division Cost: \$10.00 – pizza supper included Free to CEC members</p>	<p>Metro Winnipeg Council for Exceptional Children To register, contact Anne Marie Bailey Email: aabailey@mts.net Phone: 955-8565</p>
<p><u>Disability, Health & Wellness Conference Gaining Momentum for Change</u> Gaining Momentum for Change isn’t just the name of a conference – the words truly mean so much more. <u>Who should Attend?</u> Persons and seniors living with disabilities, persons living with chronic conditions, supporters and caregivers for people with disabilities/chronic conditions, healthcare providers and policy-makers.</p>	<p>Mindie Copet Planner Plus Phone: 1-204-338-0154 Fax: 1-2040338-0295 TTY: 1-2040-975-3012</p>