


PLAN Calgary News - January 2015


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PLAN Calgary News - January 2016

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BOOK REVIEW - Building Circles of Support and Friendship: A Guidebook for Parents by Jan Burke-Gaffney, Hamilton Family Network 2014

Reviewed by Shelley Asserson, PLAN Calgary

Lifetime Family Member

I was encouraged by Carla Hamarsnes, PLAN Calgary's Network Development Coordinator to review this book. The history and philosophy of circles of support for people with disabilities will not be new to PLAN Calgary members,



PLAN Calgary Events

"Creating Your Future Plan"

Workshop

February 23, 2016

PLAN Calgary Office

especially Lifetime Families who know the importance of networks of support for our family members and, indeed, for all of us. As parent Sandra Barbadoro states in her Foreword, "...the presence or absence of a disability doesn't predict quality of life. Like with all human beings, it is the supports, friends, and relationships we have that do. And so regardless of abilities, a Circle becomes essential to quality of life."

The author, Jan Burke-Gaffney, is founder and director of the Hamilton Family Network, a parent-to-parent organization with inclusive communities as its vision. Her step-by-step guidebook is based on the knowledge and experience of parents and people with disabilities who have built a Circle of Support for the "focus person".

While all of us at PLAN Calgary will benefit from reading this manual, I think it may be of most help to our Facilitators. The manual explains why circles are so important, offers information and strategies for finding circle/network members, provides examples and invitations when asking people to join a circle, gives advice on how and when to hold meetings, and even includes recipes. In short, it's both inspirational and practical!

"Creating Your Future Plan" Workshop

Date: Tuesday, February 23, 2016

Time: 6:30pm - 8:30pm

Location: PLAN Calgary (400-7015 Macleod Tr. S)

Members: FREE

Non-Member Individual: \$10

Non-Member Couple: \$15

For those of us who have a family member with a disability, the question of what will happen to them when we die or can no longer care for them is very real and often very frightening. Where will they live? Who will manage their finances? Who will help them have a good

6:30pm - 8:30pm

Click [HERE](#) to register

Mar 11&12, 2016:

PLAN Calgary's Casino

Email admin@plancalgary.ca

if you can volunteer!

Community Happenings

Continuing Care &

Community Living EXPO

April 21, 2016

12pm - 8pm

Big Four Building

Click [HERE](#) for more info

Moral Coherency Workshop

June 5-11, 2016

Click [HERE](#) for more info

If you would like to see your event or program listed here send your info to admin@plancalgary.ca!

Free Webinars with PLAN Founder, Al Etmanski

Click [HERE](#) for more information on the series featuring Al's book,

"IMPACT: Six Patterns to Spread Your Social Innovation"

Village Square Leisure Centre Adapted Programs

Click [HERE](#) for the Winter Programming Schedule

life?

With good and thoughtful planning these questions can be answered. Join PLAN Calgary for a walk-through of the considerations involved in creating a Future Plan for your loved one with a disability.

Click [HERE](#) for the poster

Click [HERE](#) to register



Vulnerable Person Self-Registry

The Calgary Police Service has created a database where people can register if they have a physical, mental or medical condition that means they may require special attention in an emergency.

Click [HERE](#) to learn more!

Canadian Disability Savings Program Newsletter

Click [HERE](#) for updates on the RDSP and other matters related to financial planning for the future for people with disabilities.

Disability Tax Credit Improvements

Click [HERE](#) to learn more about the changes to the application form



Give the Gift of a Secure Future

Help provide future planning resources and networks of support to individuals with disabilities and their families!

Click the button above to make a donation to PLAN Calgary - The Road Ahead Society through CanadaHelps.



PLAN Calgary – The Road Ahead Society is a family organization committed to supporting persons with disabilities as they develop meaningful relationships in the community, build positive lives, and create their vision for a sustainable future.

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