

Parents Online Workshops

March 2023

Monday	Tuesday	Wednesday	Thursday	Friday
27	28	1	<p>2</p> <p>Cantonese Chat Room (55+ Parents/Caregivers) Guest speaker: Iris Chong</p> <p>2:00pm-3:00pm</p> <p>Join Zoom Meeting: https://bit.ly/41zkwM6 Meeting ID: 827 4780 0457 +1 647 374 4685</p> <p><i>No pre-registration required</i></p>	3
6	7	8	9	10
13	<p>14</p> <p>Zumba /Fitness (Mandarin)</p> <p>Guest speaker: June Kwong</p> <p>7:30pm-9:00pm</p> <p>Join Zoom Meeting https://bit.ly/3SAIp5Z Meeting ID: 870 4209 3761 +12042727920</p>	15	16	17

20	<p>21</p> <p><u>In-Person Workshop:</u> Community Living York South Drop-In</p> <p>(Mandarin, Cantonese, and Punjabi, Hindi, Urdu)</p> <p>6:00pm - 7:00pm</p> <p>Register in advance for this meeting: http://bit.ly/3Z6gAAI</p>	<p>22</p>	<p>23</p> <p>Understanding Stress and Burnout as a Caregiver</p> <p>Guest Speaker: Shrid Dhungel (The Ontario Caregiver Organization)</p> <p>6:30pm - 7:30pm</p> <p>Join Zoom Meeting https://bit.ly/3IsGKGw Meeting ID: 827 9951 1858 +12042727920</p>	24
27	28	<p>29</p> <p>Consent and Capacity Supported Decision-Making (In partnership with ESS Support Services)</p> <p>11:00am - 12:00pm</p> <p>Pre-registration is required: http://bit.ly/3Y6ayid</p> <hr/> <p>South Asian Allies (Open to all)</p> <p>Day Program Panel</p> <p>7:00pm - 8:30pm</p> <p>Register in advance for this meeting: http://bit.ly/41wEPTy</p> <p><i>Pre-registration is required</i></p>	<p>30</p>	31

Workshop Descriptions

Cantonese Chat Room (55+ Parents/Caregivers)

The group provides a platform for 55+ Cantonese-speaking caregivers to build networks and embrace aging. Offered in Cantonese.

Zumba/Fitness (Mandarin)

Come and join us for a fun and active workshop dancing along with virtual Zumba instructors via video! Stay active while dancing to energizing and rhythmic music.

Consent and Capacity Supported Decision-Making (In partnership with ESS Support Services)

PooranLaw will shed light on consent and capacity as well as substitute decision-making. When it comes to decision-making laws in Ontario, our starting point is the presumption of capacity. However, there are times when capacity to manage property, consent to proposed medical treatment or make decisions about personal care is impaired. In this session you will learn about the legal framework for capacity and decision-making, common substitute decision-making mechanisms (including guardianship and Powers of Attorney), as well as ways that you can offer supports for decision-making in order to promote independence and self-determination for people with disabilities.

Understanding Stress and Burnout as a Caregiver

After the presentation, participants will gain an understanding of:

- the Landscape of caregiving in Ontario.
- the difference between stress and burnout and common signs and symptoms of each.

- strategies to support you as a caregiver in identifying when you are feeling stressed or burned out.
- Resources to support you at any step of your caregiving experience.

Community Living York South Drop-In (in person)

Provide information on children/adult services and Developmental Services Ontario (DSO), any resources and funding in the community, and more.

Languages offered this session: English, Cantonese, Mandarin, Hindi, Urdu, Punjabi.

South Asian Allies: Day Program Panel

South Asian Allies presents Day Programs Info Night! Join us at this session to speak to representatives from four great day programs in York Region: The Able Network, Cherish Integrated Services, Centre for Dreams, Meta Centre. All are welcome. **Note: pre-registration is required.**