



Muskoka Family Network Newsletter

May 24, 2017



The Muskoka Family Network is asked to distribute information on behalf of third parties. Muskoka Family Network provides general information to self-advocates and families of children with special needs. The information provided in this newsletter is not a recommendation, referral or endorsement of any resource, therapeutic method, or service provider. Muskoka Family Network is not responsible for any information or services provided by third parties. *You are urged to use independent judgment when considering any resource.*

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Come Out and Check our Booth!

Date: Friday June 2nd
Time: 9:30 a.m. to 3:30 p.m.
Location: Gravenhurst Centennial Centre

We are going to be at the Accessibility Conference and Seniors' Wellness Fair. There will be key note speakers, service providers, vendors, interactive workshops, live entertainment, light refreshments, door prizes and much more!



Muskoka Family Network Events

Upcoming Webcasts:

Raising the Bar on Employment

Date: Thursday June 8, 2017

Time: 6:45 p.m.—9:00 p.m. (*Webcast is from 7—8*)

Location: Community Living Huntsville, 99 West Road, Huntsville, ON

Description: Supporting an individual with a disability to contribute by working enhances their dignity and self worth and leads to new social connections. We believe, that until proven differently, everyone is capable of and deserves to work. Learn some practical strategies to move your son or daughter towards work.

Highlights include:

- * why jobs are a prerequisite to full inclusion, self-esteem and social networks
- * strong business case for why people with disabilities should be hired
- * why and how families, schools, employers and government can raise the bar.

My Choice, My Voice, My Life: A Webcast for Self-Advocates and Families

Date: Thursday June 15, 2017

Time: 6:45 p.m.—9:00 p.m. (*Webcast is from 7—8*)

Location: Community Living Huntsville, 99 West Road, Huntsville, ON

Description: People First Ontario in partnership with P4P to present this webcast in which self advocates Julian Escallon and marriage partners Daniel and Laura Lombardi talk about what it means to live a self-directed life.

What's in it for you!

- * An exploration on what advocacy means
- * What it means to “push back” when challenges arise
- * Advice and tips on how to become a self-advocate
- * Why natural networks, having a “sense of self” and resilience are so important

To Register for these webcasts, contact:

Carla O'Neill

Email: muskokafamilynetwork@gmail.com

Leave Message: 705-789-4543 x 268

ODSP Changes

In the Ontario Government Spring 2017 Budget, there are a number of significant changes to the ODSP that will affect the well being of many people with disabilities. The highlights are as follows:

- 1. Raising of the Asset Limits:** By January 2018, people receiving ODSP benefits will be able to own up to \$40,000 in liquid assets for a single person or up to \$50,000 for a couple. This represents an increase from the current allowable level of \$5000 and \$7500 respectively. It now means that people with modest amount of savings will no longer have to liquidate them or place them into other exempt assets like Segregated Funds or RDSP's in order to qualify for ODSP Benefits.
- 2. Raising the Exempt Income Limits:** Currently, people receiving ODSP benefits can receive up to \$6,000 in voluntary gifts or withdrawals from trusts or Segregated Funds in a 12 month period without impacting their benefit cheque. *In September 2017, this amount will be increased to \$10,000.*
- 3. Certain Gifts are Now Exempt as Income:** At the present time, many gifts received by an ODSP recipient are treated as income in the month received and assets thereafter. The amount of the gift deemed to be income would be deducted from the ODSP cheque. Starting in September 2017, a gift in any amount will not reduce the amount of the ODSP cheque if the funds are used to pay first and last month's rent, to purchase a vehicle or to purchase a principal residence. This will assist families in providing for their sons and daughters with disabilities.
- 4. Raising the Rates:** In an attempt to keep pace with inflation, the ODSP rates will increase as of September 1st by 2%. This will still keep ODSP well below the poverty line but it is a larger increase in previous years.

For more information, go to website: www.specialneedsplanning.ca

Life is not about waiting for the storm to pass...it's about learning how to dance in the rain!

Supporting the Emotional Needs of Kids with Special Needs

By: Rachel Ehmke (parts of the article)

Signs your child might be struggling with low self-esteem, anxiety or depression and how to help!

1. **Kids think they are “dumb”:** This is a particularly big one during the period before a child has received a diagnosis. Children often notice if they aren't learning at the same pace as the other kids, and can assume it is because they just aren't smart. *What to do:*
 - * *Make sure your child understands about how they learn.* Hearing explicitly that having a learning disability or learning differently has nothing to do with intelligence can be very meaningful to kids.
 - * *Talk it through.* Talk about their learning disability or learning styles together. Sometimes we think they will not understand but they do. If you are having trouble finding the right language ask for help from a worker.
 - * *Think about the messages you are sending.* Children are very sensitive to their parents' emotions and if they sense that you are uncomfortable with their diagnosis, or you think that having a learning disability is a bad thing, they will probably feel the same way.
 - * *Examine your own feelings.* Because most time learning disabilities are genetic, this can bring up memories for parents of their own childhood or make them feel guilty. You may want to schedule a separate appointment to discuss any questions or concerns with the service provider. The best way to help your child feel more positive is if you start feeling positive, too.

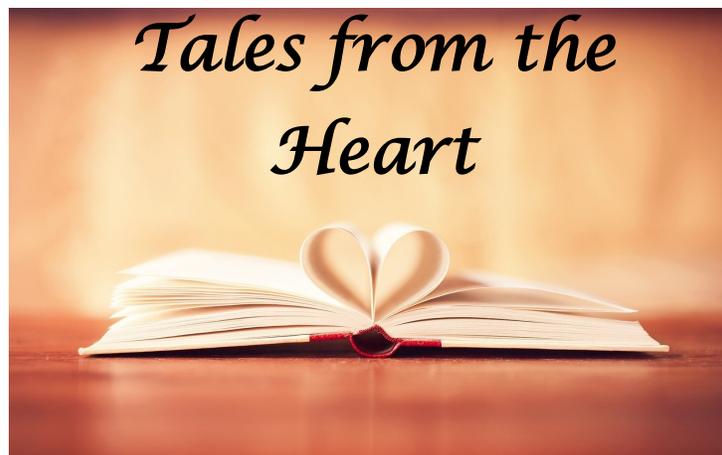
2. **Kids feel like they stick out in class.** The last thing most kids want is to look different from their friends. So when kids get pulled out of class for tutoring or called on by the teacher for something they're afraid they can't deliver, they may feel embarrassed and singled out. These experiences day after day can damage **a child's self-esteem** and make them dread going to school. *What to do:*
 - * *Ask teachers to be sensitive to how kids are feeling.* Dr. Phillips says that sometimes working with schools to help teachers understand how a particular student's learning disability is impacting him emotionally. For example, if your child is anxious about reading, ask the teachers to wait for them to raise their hand and offer to read instead of calling on them blindly. If they need to assess reading orally, ask to do this privately. Students and teachers can also work out a subtle signal the student can use when he needs help or feels himself getting too frustrated.
 - * *Single kids out for praise, too.* Kids who are struggling often feel they are getting mostly negative attention. When special effort is given to kids positive attention when they are doing something right, even little things, it can improve mood and confidence.
 - * **Find the right academic environment.** Sometimes kids feel like they stick out because they need more assistance than they are currently getting. Work with the school and your child's provider to consider what their needs are and if they are being met.

3. **Kids are worn out.** Children with learning disabilities often means that kids need to work harder than their peers. This might mean spending more time on homework, going to a tutor, and working with an educational therapist. Spending so much time on focusing on something that is challenging for them can leave kids feeling frustrated and resentful. It can also lead to waning motivation. *What to do:*
 - * **Remember that success breeds success.** It is important to **set kids up for success**, not failure, as much as possible. Consciously set modest and achievable goals that children can work towards (think small steps or building blocks). When they see proof of making progress they will be more motivated to continue putting forth the extra effort.
 - * **Find their Talent.** *This is possibility the most important thing you can do for your child.* You don't need to find their “passion”, or the thing that they will do for the rest of their life, most kids do not end up being hockey players or ballerinas. Every child has a talent. Find something that your child feels good about doing and that gives them a sense of mastery and accomplishment and give them time to practice it. As their talent grows so will their confidence, self-esteem and overall happiness.



We Want to Hear From You!

If you have a tips or tricks that you would like to share, named or anonymous, please forward them to @gmail.com



We Want to Hear From You!

If you have a story to share, named or anonymous, please forward them to muskokafamilynetwork@gmail.com



Assistive Technology

Date: Monday June 5, 2017
Time: 6:00 p.m. to 7:30 p.m.
Location: BMLSS in the Library
RSVP: by June 1 to Cheryl.evans@tldsb.on.ca or calling 1-888-526-5552 x 21233

Learn about the devices and programs used to support students in TLDSB. This workshop is open to parents, guardians and community members and is a **free** event. Participants will benefit from:

- * Live Demonstrations
- * Opportunities to try laptop computers or iPads
- * Learning about google drive, google read and write, text to speech and speech to text software
- * Question and answer sessions

Live Webinar: Don't We Already Do Inclusion? Creating Better Schools for All!

Date: Friday June 16th (Offered by Autism Ontario)
Time: 12:00 p.m. to 1:00 p.m.
Register: <http://bit.ly/AOInclusionWebinar>

Dr. Paula Kluth will be presenting at this webcast. This session is focused on addressing these goals and focusing learning new skills and ask new questions. It also addresses change itself and, more specifically, how those invested in inclusion can create opportunities that allow all learners to thrive. Come and learn tried and true techniques (e.g. focus on benefits for all) as well as some out of the box solutions (e.g. "radical" role sharing)

Hepatitis C and HIV Testing Drive

Date: Wednesday June 28, 2017
Time: 12:00—3:00 p.m.
Location: River Mill Park in Huntsville. Offered by the Simcoe Muskoka District Health Unit

There will be a BBQ, draw for a tv, information and games.

For more information contact: Krisitina Rancourt-Maille at 1-800-387-3701 x 204 or
email: hepccommcoord@gmail.com



Imagine a Life: An Introductory Workshop for Parents of Young Adults

Date: Friday June 16, 2017
Time: 9:30 a.m. to 4:30 p.m.
Location: 400 McKeown Avenue, North Bay, ON
RSVP: Debbie Cabral, email: Debbie@autismontario.com or 416-246-9592 x 223

Introductory Workshop to assist individuals and families navigate the difficult transition from secondary school to life. Participants will: understand the critical success factors when developing a transition plan; briefly review the diagnostic features and strengths of individuals; learn how to assess and develop goals for young adults in many areas; explore self regulation and anxiety reduction strategies; direct teaching skills; review barriers to developing a meaningful daily schedule. Patricia O'Connor is the presenter of this workshop.



Stratford Theatre Presents: Treasure Island

Date: Friday July 7, 2017
Time: 2:00 p.m.
Location: Avon Theatre, 99 Downie Street, Stratford, ON
Price: \$20 Adults; \$13 Children
Purchase Tickets: <https://stratfordtreasureislandplay.eventbrite.ca>

Tickets must be purchased in advance. This is a Provincial Autism Ontario Event.



Yarn Bombing

Date: Wednesday May 31, June 14 and 28, July 12 and 19
Time: 5:30 p.m. to 7:30 p.m.
Location: The Old Stone Schoolhouse, 99 West Road, Huntsville, ON
For More Information: Amber Gordon, email: amber.gordon@clhuntsville.ca or 705-789-4543 x 245

Materials are supplied. This is sponsored by the Canada 150 grant in partnership with Creative Art Muskoka and Knitting Three Together. All abilities and levels are welcome. We need hands to knot and crochet pieces, make pom poms and spool knit.

Spaghetti Dinner Fundraiser—Community Living South Muskoka

Date: June 7, 2017
Time: 5:00 p.m. to 7:00 p.m.
Location: Baxter Ward Community Centre, 279 Honey Harbour Road, Port Severn, ON
Tickets: \$10/person; \$5/children under 10

Spring Extravaganza

Join us for an evening of family fun and entertainment

Date: June 9, 2017
Time: 3:00 p.m. to 9:00 p.m.
Location: Huntsville Fair Grounds, Ravenscliffe Road, Huntsville, ON
Tickets: Advance; purchase at school 2 for \$15.00: Purchase at Gate \$10.00 each

Events: Touch a Truck; Entertainment such as dancers, balloon artists, pony rides; Games such as mini golf, go fish, twister, 3 legged races and so much more.



World Wide Knit

Date: June 10th
Time: 10:00 a.m. to 1:00 p.m.
Location: Kinsman Park, Gravenhurst. Bring Lawn Chair and work in progress.

Celebrity Server Night Fundraiser —Community Living South Muskoka

Date: June 15th
Location: Boston Pizza, Bracebridge
For More Information: Contact Amanda Brown at abrown@clsm.on.ca. or 705-645-5494 x 285

The Community Living South Muskoka Idols will be performing!

Great Wolf Lodge—Autism Ontario Event

Date: Occuring between September 15—24, 2017
Time: Great Wolf Lodge, Niagara Falls, ON
Registration Opens: June 15, 2017 at 11:00 a.m.
Registration: <http://bit.ly/2q8BGpm>

Outdoor Movie Night in Gravenhurst Thursday Evenings

Check Gravenhurst Chamber of Commerce for More Information



For The Kids

Summer Camp Ideas

Social Learning Camp:

Participants will learn: the impact their behavior has on others; how they can better navigate the social world; strategies to understand what others might be thinking or feeling. Target age 5 to 14. Max: 5

Dates: July 3—7, 2017

Time: 9:30 a.m. to 3:30 p.m.

Cost: \$375.00

Bring your own lunch.

Brain Camp

Children will learn to explore how they think, and be able to tell people about their learning and thinking styles. Target age 5 to 14.

Dates: August 28—September 1, 2017

Time: 9:30 a.m. to 3:30 p.m.

Cost: \$375.00

Bring your own lunch.

Summer Camp

Does your child struggle in traditional summer camps? Campers will participate in a variety of summer activities: beach, art, games, hikes, adventures...and playing in the sensory playroom.

Dates: July 10—14, 2017 or August 7—11, 2017

Time: 9:30 a.m. to 3:30 p.m.

Cost: \$250.00; extended day if needed

Bring your own lunch

Summer Sleepovers

Roasting hot dogs and marshmallows, playing games and sleeping in the playroom. Kids bring sleeping bags and jammies.

Date: July 12, August 9 or August 16

Time: 5:00 p.m.—8:00 a.m.

Cost: \$65.00 each (supper included); \$10.00 extra if staying after summer camp

Wonderland

A fun filled day at Canada's Wonderland! Kids bring bathing suit, towel, sun block, lunch and snacks. Max: 4

Dates: To be announced

Time: 8:30 a.m. until after 5:00 p.m.

Cost: \$110.00 + \$30.00 friend pass

Located at 14 Florence Street East, Huntsville. For more information or to register, contact Janet McCormack at Affinity Consulting at 705-787-1217 or email affinityconsulting@bell.net.



For The Kids

6 Day Summer Mindfulness Camp:

Ages: 15 - 19

Date: July 18 - 23, 2017

Location: Lakefield College School in Lakefield, ON

Details: iBme.info/to

For More Information: Andrea Poile at andreas@iBme.info or 416-570-4787

Girlz Unplugged Summer Camps in Muskoka: Age 9 - 11

July 4 - 7 Muskoka Fall PS in Bracebridge

July 24 - 28 Huntsville PS in Huntsville

July 31 - August 4 Muskoka Falls PS in Bracebridge

August 8 - 11 Irwin Memorial PS in Dwight

August 14 - 18 Huntsville PS in Huntsville

YMCA Girlspace: Age 12 - 16

July 10 - 14 Muskoka Falls PS in Bracebridge

July 17 - 21 Huntsville PS in Huntsville

Register online at www.ywcamuskoka.com or 705-645-9827

Cost: 5 day: \$170.00 or \$140.00 with membership

4 day: \$135.00 or \$105.00 with membership

Kids Max Summer Camps

Website: <http://www.huntsvilleyfc.ca/>

Looking for a Respite Worker?

Tammy Chochlowsky: 20 years of experience working with persons with exceptionalities of all ages. Will provide fun and safe activities for your child. Activities include: music, drumming, day trips, cooking, crafts, painting, community events, swimming, beach days, outdoor adventures, skill building and so much more.

Can you pick and drop off at \$0.42/km. I am located in Huntsville, close to Library and Summit Centre. My hourly rate is \$15—\$21. Contact me at **705-641-0537**.

Please note that it is your responsibility to interview this worker, Muskoka Family Network is only providing you with the information.



Youth, Young Adults & Adults

(Otherwise known as “Our Kids”)

Youth At Heart

Dates: Mondays
Time: 3:30 p.m. to 7:30 p.m.
Location: Gravenhurst Opera House
Age: 12 and up
For More Information: 705-687-6774

Everyone welcome! Board Games, Card Games and Fun for Everyone!

The Door Youth Centre (Huntsville)

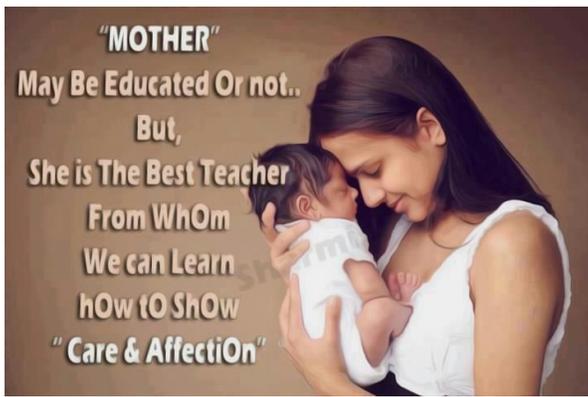
Location: 18 Brunel Road, Huntsville
Information: 705-789-4748 or james@highlandsfyc.com

Fridays: 3:30—5:30 p.m.—Ugly Couch Club
7:00 p.m. to 10:00 p.m.—Drop In
Saturdays: 7:00 p.m. to 10:00 p.m.—Drop In

They have pool tables, Wii and snacks to purchase.

Acoustic Karaoke With Sean Cotton

Dates: Wednesday Evening
Time: 9:00 p.m. to close
Location: On the Docks Pub, Huntsville, ON



For Moms

Women's Restorative Yoga

Monday Evenings at 5:15 p.m. to 6:15 p.m. at YWCA Muskoka, 440 Ecclestone Drive, Bracebridge.

Register: www.ywcamuskoka.com; ascott@ywcamuskoka.com or 705-645-9827

All ages. No Experienced Required. Network with Other Women. Cost is by Donation.

Navigating Life Challenges

Monday to Thursday 9:00 a.m. to 3:00 p.m.

Are you struggling with how to move forward? Are you finding it hard to navigate a situation in your life? Have you not done your taxes in a long time? We are here to help you with that in a nonjudgmental and private environment. We can help you with referrals, resources and just help figure out to make everything work. You are not alone, we are here to help.

The Gathering Space

Monday & Friday: 10—4; Tuesday & Thursday 10—8

Women's Resource, Co-working and Enterprise Center. Drop-in and Free business & wellness workshops, co-working desks, wi-fi, coaching & networking events & referrals.

More information, contact: thegatheringspace@ywcamuskoka.com



FOR DADS

Dads 'n Kids of Muskoka

Last weekend of every month at the Gravenhurst YMCA
For More Information: 705-687-9899
Or check out website: ymcaofsimcoemuskoka.ca

Muskoka Fathering Coalition

Like the Muskoka Fathering Coalition on Facebook for current information about local programming and other resources of interest to dads and kids in Muskoka or visit: www.muskokafamilyfocus.com

Dads N Braids Muskoka

Website: <http://dadsandbraidsmuskoka.yolasite.com>

This is for Dad's and daughters only! You must register for the events listed on the website and you can also email at:
dadsdoingdos@gmail.com



Are You Looking for Employment?

Youth and/or Adults

Huntsville

Contact: 705-787-0349 or text at 705-346-4011
Location: YMCA Employment Services, 60 King William Street, Huntsville
Website: <http://ymcaofsimcoemuskoka.ca/employment-services/we-can-help/>
Email: huntsvilleerc@ymca.ca
Programs: Youth Job Link Employment Program, Classes on interview skills, resumes, job search, personality dimensions.
Age: 15 and up

Bracebridge

Contact: 705-646-2092
Location: Agilec, 195 Wellington Street, Bracebridge
Website: www.agilec.ca
Programs: Classes on resume, job interviews, etc.
Age: 15 and up

Gravenhurst

Contact: 705-687-6350
Location: Employment North, 2—410 Muskoka Road South, Gravenhurst
Website: <http://www.employmentnorth.com/about-us/gravenhurst-office/>
Programs: workshops such as job interviews, search and resumes

Employment Myth Buster:

Myth: People with disabilities are unable to meet job standards and performance making them an employment risk.

Fact: A DuPont study conducted a survey of over 811 employees with disabilities and found 90% rated average or better in job performance compared to 95% for employees without disabilities. A similar DuPont study which involved 2,745 employees with disabilities found that 92% of employees with disabilities rated average or better in job performance compared to 90% of employees without disabilities.



Community Groups

All Abilities Dance Troupe

Join the all abilities dance troupe where all levels of ability are welcomed and honoured.

Starts: First Thursday of Each Month

Time: 4:00 p.m. to 5:30 p.m.

Location: Trinity United Church, Huntsville, ON

Contact: Andrea Johnston at andrea.johnston@clhuntsville.ca or 705-789-4543 x 230

Minimum Age 13..No Max Age!

Creative Community Muskoka

Look for us on our Facebook Page for monthly events under “Creative Community Muskoka”. Events are once a month. CCM supports a movement of affordable and accessible arts where people of all abilities come together.

Muskoka Family Peer Support Group

Family Peer Support Group provides support and education to family members and/or caregivers who care for individuals with mental health issues. We provide a safe non-judgmental environment for growth and healing.

For More Information: Linda Watt 705-645-2262 x 603
Valerie Kitchen 705-384-5392 x 228

People First Huntsville

Contact peoplefirsthuntsville2006@gmail.com or visit their Facebook Page “People First Huntsville”

We are People....First

Our vision is a Canada that values diversity; and honours, respects and includes all its citizens.

- We are a self-advocacy group who have the experience of being labeled with having a developmental disability
- We are NOT defined by a label
- We want to be valued and respected citizens of our communities
- We want to influence positive change
- We want to contribute and give back
- We want to belong
- We want to speak out and be heard
- We deserve the same rights as everyone else
- *We believe in inclusion! All means all!*

PFLAG Canada—Muskoka, ON

2nd Wednesday of Each Month at 7:00 p.m.

Contact muskokaon@pflagcanada.ca for meeting place

Community Groups

Greenhouse Friendship Centre

Meet every Tuesday and Thursday. Greenhouse is a self-help, peer-run initiative for consumers/survivors for people who live with mental health issues. We provide peer support, skills teaching and recovery education.

For more information, contact: Linda Watt 705-645-2262 x 603 or Thursday Contact Buddy Tindale at 705-783-5145.

Time: 1:00 p.m. to 4:00 p.m.

Location: Tuesday: 67 Main Street West, Huntsville; Thursday: Huntsville Place Mall

Special Olympics

Summer Sports

Golf Contact: Dione Schumacher, 705-706-0145

Soft Ball Contact: Beth Moreau, 705-687-4662

T-Ball Contact: Lynn Self, 705-645-9449

Winter Sports

Bowling Contact: Carol Gonneau, 705-646-7689—Bracebridge

Contact: Barb Hallam, 705-787-0325—Huntsville

Curling Contact: Doreen Maunder, 705-687-6132

Floor Hockey Contact: Kim Gibbs, 705-645-0811

Nordic Skiing Contact: Cindy Blake, 705-783-6543

Swimming Contact: Staci Stoyke, 705-787-8612

Tourette Syndrome Group—Muskoka, ON

Contact: Shawn Forth; Tourette_Muskoka@hotmail.ca

Huntsville Peer Youth Tutoring Club

Contact: Pam Bibby at 705-224-0856

Tutoring Group—Bracebridge/Gravenhurst

Contact: 705-645-2412 x 308

Circles Muskoka

Contact: Liz Angell; Phone: 705-645-9827

Email: langell@ywcamuskoka.com; Facebook: Circles Muskoka; Website: www.ywcamuskoka.com

Peer Mentorship—Survivor to Survivor

Contact: Jeanine Spring, Peer Mentorship Coordinator

Text or Call: 705-783-8882

Email: Jeanine@daphnewymn.com

This program is for women survivors of sexual assault to become mentors to other women survivors in our community. Matching women with shared experiences as a way to help them heal. If you have experienced sexual assault and are looking to speak to someone who understands and can offer support, contact Jeanine.



Free Dental Program for Children: For more information go to Ontario.ca/healthysmiles.ca or 1-844-296-6306

Muskoka Fresh Baskets: Veggie and Fruit Baskets for purchase. \$20 individual or \$25.00 family, delivered once per month. Check out <http://www.muskoka.on.ca/en/community-and-social-services/Fresh-Food-Baskets.aspx> for schedule.

A New Start.ca: A New Start through education, check out the website at www.anewstart.ca for adults 19 and older. This is located in Huntsville and Gravenhurst.

Table Food Soup Kitchen: Offer free and minimal cost cooking class. Check out their schedule on www.thetablesoupkitchen.com

Assistive Device Exchange: It's time to declutter. Any pieces of good equipment gathering dust in your home. Contact <http://www.assistivedeviceexchange.ca/> to sell or give away your equipment. Also a great place to find equipment you might need. Phone: 705-767-3263 x239.

ATTRACTIONS ONTARIO COUPONS: <http://attractionsontario.ca/coupons> to receive discounts across our Province.

Seatbelt Covers: Contact Kim Dubeau at DN Designs as follows: 705-787-7700 or dndesignsemb@gmail.com The cost are \$12.00 for a basic up to 5,000 stitch cover. See photo below.

Mon Ami System: Check out www.mymonami.com. Mon Ami™ ('My Friend' in French) is an electronic companion that offers a broad range of friendly services for all ages. It has been specially created to support active aging, family and professional caregivers, the sandwich generation, young families, and all those who look after loved ones. It is particularly beneficial to family members who live far away by enabling them to more easily communicate with and be involved in the care of their loved ones.

Estate Planning: *Inspiring Possibilities Estate Planning Guide*. This is a free resource and you can download your own copy at www.PlanInspiringPossibilities.ca. This document includes various topics such as: Will and Trust Planning, Consent, Capacity and Legal Decision-Making, The Ontario Disability Support Program, The Disability Tax Credit and the Registered Disability Savings Plan. Authored by Brendon Pooran & Cheryl Wiles of PooranLaw Professional Corporation and Tom O'Dwyer of Ability Tax and Trust.

The Nest: Family Supports, Affordable Baby Supplies, Used Clothing. Three Locations: 108 Main Street East, Huntsville; 10 Armstrong Street, Bracebridge; 405 Muskoka Road South, Gravenhurst. For days and times, visit their facebook page "The Nest" or email thenest@vianet.ca.

Triple P Discussion Groups: Dealing with Disobedience; Managing Fighting & Aggression; Developing Good Bedtime Routines; Hassle Free Shopping with Children. Preregister at www.muskokafamilyfocus.com and use QR code and indicate which community.

The Corridor 11 Bus: runs Monday to Friday from Huntsville to Barrie and back, making stops along the way to Bracebridge, Gravenhurst, Washago and Orillia. To book seats contact Hammond Transportation at 705-645-5431 or purchase tickets from driver. For schedules and information visit: www.muskoka.on.ca/Corridor11

NEW: Ask a Social Worker. There is tons of parenting advice and information on www.yoursocialworker.com



Muskoka Family Network

Membership Registration Form

Join Now!

Name: _____

Address: _____

Phone: _____ Home _____ Work _____ Cell _____

Email: _____

Language(s) Spoken: _____

Child's Diagnosis: _____

Child's Birthdate: _____

Siblings: * _____ Female _____ Male _____

Siblings Birthdate:* _____
(*optional)

Please place an "X" next to the options below that you wish to be included in:

_____ I give permission to use my email contact information for Muskoka Family Network communication

_____ My contact information may be included in future Muskoka Family Network Directory

_____ I would like to receive a follow up phone call from another parent (please indicate the most convenient time to call)

_____ I am in interested in volunteering with the Muskoka Family Network

Contact Information: Carla O'Neill
Email: muskokafamilynetwork@gmail.com
Phone: 705-789-4543 x 268
Facebook Page: Muskoka Family Network

Contact: Muskoka Family Network

Carla O'Neill

Email: muskokafamilynetwork@gmail.com

Messages: 705-789-4543 x 268

Facebook Page: Muskoka Family Network

(Community and Closed)

