



Community Education and Training

Workshop Series

Fall 2009/Winter 2010



SMD's Community Education and Training Program

SMD's Community Education and Training program has been helping governments, corporations, small businesses, non-profit organizations and others rethink how they involve people with disabilities in their day-to-day operations and in their long-term plans.

Through small group training sessions and workshops, information packages and other initiatives, we are able to offer well-rounded education and training services.

As a result of these services, employers, organizations and the community-at-large will become more committed to making changes within their environments. They will acquire the knowledge to provide the kind of environment that will enable an individual with a disability to compete for employment and participate to their full potential in the community.

Growth through Inclusion

Workshops for Organizations

Several workshops are available to make both your workplace and your interactions with clients more accessible and inclusive. Workshops can be custom designed to meet your organization's needs.

Strength in Diversity

Workshops for Individuals

Whether you are looking to bring new insights to your workplace, develop skills for a new career or build new understanding to events in your personal life, our workshops for individuals will enable you to gain a greater understanding of disability related issues and ways to ensure more inclusive environments.

Rethinking Our Communities

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Disability Awareness

The Disability Awareness workshop is designed to increase sensitivity and facilitate communication in your interactions with people with disabilities. Topics will include:

- Visible vs. invisible disabilities
- Respectful terminology
- Environmental and attitudinal barriers
- Etiquette for communication, interaction and providing assistance
- Challenges faced by people with disabilities
- Effective ways to create accessibility



Providing Service to Customers with Disabilities

This workshop will address how to provide excellence in customer service to the growing number of people with disabilities. The session will cover topics such as:

- Myths and assumptions of disability
- Interacting with customers with disabilities
- Marketing your business to people with disabilities
- Creating accessible spaces, operating procedures and services
- Accommodations and services for various types of disability
- Creating Accessible Print Materials



Creating an Inclusive Workforce

This workshop will examine the benefits of diversity within an organization and successful strategies for creating an inclusive workplace. Topics will include:

- Benefits of a diverse staff
- Effective recruitment methods
- Accessible job interviews
- Legalities around hiring/employing people with disabilities
- Steps to ensuring an accessible and inclusive work environment
- Types of accommodations
- Ensuring success and retaining valuable employees

Inclusive Education

In this workshop for educators, practices of inclusive education are examined. Through this workshop, participants will be able to:

- Recognize barriers to inclusion for students with disabilities
- Use strategies for creating an inclusive classroom
- Build and support a home/school connection
- Foster positive peer relationships
- Understand the inclusion process



Culture and Disability

This workshop focuses on disability from the perspective of other cultures. In this session, topics covered will include:

- Values and practices of various cultures
- challenges faced by refugees and immigrants
- Varied perspectives and treatment of people with disabilities
- Effective cross-cultural communication and relationship building skills

The eight presenters speak from their own experience both as immigrants or refugees and from working with newcomers with disabilities and their families. Presenters are from Afghanistan, China, Ethiopia, India, the Philippines, Sudan, former Yugoslavia, and Vietnam.



Inclusive Recreation

In this session, participants will learn how to adapt activities to ensure inclusion and maximize participation of all individuals. Participants will explore:

- Key elements of inclusive recreation
- Process of finding appropriate accommodations
- On-going assessment of accessibility
- Safety considerations
- Considerations of activities, location and needs of the individuals

ASL (American Sign Language) Immersion

The ASL Immersion is a week-long program which offers classes for adults who wish to learn ASL. Students are grouped into levels depending on their signing abilities – Beginner, Intermediate or Advanced. The program runs in Winnipeg from Monday to Friday during the day, for one week in July and one week in August. There are also mini-workshops which focus on either specific aspects of ASL or on information related to the Deaf community. All of the Instructors are Deaf. The program is intense. As such, there is no homework or formal tests and the classes are taught in a relaxed and fun manner.

The ASL Immersion outline and schedule can be adapted to meet the needs of various groups of ASL students both in Winnipeg and rural Manitoba. We can come to your community to deliver the program on a weekend, during the week or in a way which meets the specific needs and preferences of the learners.

Living with Hearing Loss

The Living with Hearing Loss program includes training in speech-reading (lip-reading) skills, coping strategies to adapt to difficult communication situations, assertiveness training and stress management. The course is led by trained Instructors who are hard of hearing themselves and sensitive to the issues of the impact of hearing loss on family, friends and work relationships.

Both evening and daytime courses are offered in Winnipeg and in some locations outside of the city.

For further information and registration, please contact:

Supervisor of Deaf and Hard of Hearing Services
Phone: 975-3074

Deaf Culture and the Deaf Community

Through this workshop, participants will learn about common myths and misconceptions related to Deaf people and their community. Topics are as follows:

- Materialistic, normative and cognitive aspects of Deaf Culture
- Technical devices used by Deaf people
- A demonstration of how American Sign Language (ASL) differs from English
- How to work with ASL/English and Deaf Interpreters
- A panel of Deaf people sharing their experiences

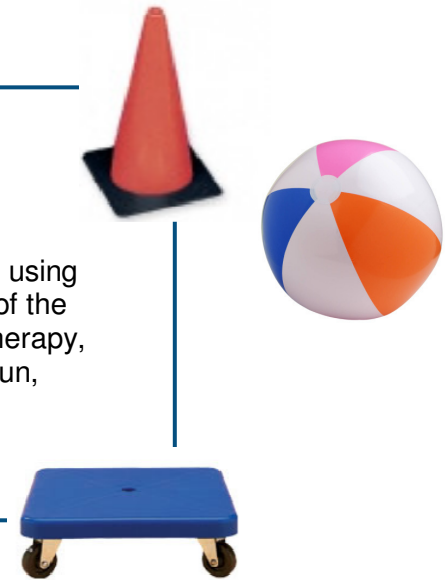
Lifting and Transferring

In this workshop, physiotherapists and/or occupational therapists of the Outreach Therapy Program discuss the basics of back-care, wheelchair handling and safety lifting and transferring people to and from a wheelchair. This hands-on workshop includes wheelchair handling on a variety of surfaces, the actual practice of lifting and transferring fellow participants and problem solving situations which could be encountered.



What's in Your Closet?

What's In Your Closet is a fun, interactive, workshop which looks at using what's in your equipment closet to address the gross-motor needs of the children in your daycare. It will explore how to incorporate Physiotherapy, Occupational therapy and Speech Language Pathology goals into fun, structured gross-motor activities.



Training with the Outreach Therapy Program

The physiotherapists, occupational therapists and speech language pathologists of the Outreach Therapy Program offer additional training opportunities for individuals and organizations who work with preschool and early years children. Please contact us to arrange training that meets your specific needs.

Training at Your Organization

Training programs offered through SMD's Community Education and Training can be customized to meet the unique needs of your organization or department.

Transfer of Learning

Through learning activities and a thorough resource manual, participants will have the tools for putting the content into practice.

Arranging Training

To arrange training for your organization,

Phone: 975-3100
Email: [hhiscock@smd.mb.ca](mailto:hiscock@smd.mb.ca)

Training for Individuals – Registration Form

Name: _____ Occupation: _____

Phone Number - Home: _____ Work: _____

Address: _____

Email: _____

The chart below lists workshops available this session. Please indicate the workshops you will be attending..

Workshop	Date	Time	Location	Cost
<input type="checkbox"/> Disability Awareness	November 24, 2009	2:00 pm – 4:00 pm	Cindy Klassen Recreation Centre	\$45.00
<input type="checkbox"/> Culture and Disability	January 28, 2009	1:00 pm - 4:00 pm	Cindy Klassen Recreation Centre	\$45.00
<input type="checkbox"/> Adaptive Recreation	February 9, 2009	2:00 pm - 4:00 pm	Cindy Klassen Recreation Centre	\$45.00
<input type="checkbox"/> Disability Awareness	February 24, 2009	2:00 pm - 4:00 pm	Rady JCC	\$45.00
			Total	\$ _____

To register,

Call: 975-3100

Email: hiscock@smd.mb.ca

Please mail cheque payable to **SMD Services** to:

Community Education and Training
 Society for Manitobans with Disabilities
 825 Sherbrook Street
 Winnipeg, MB
 R3A 1M5
 Attn: Heather Hiscock



About SMD's Self-Help Clearinghouse

The Clearinghouse supports a network of independent self-help organizations for people with disabilities. Each has its own governing board and its own staff (paid and/or volunteer). The Clearinghouse board is made up mainly of representatives from these groups.

The Clearinghouse enables the participating self-help groups to share office space, office technology, a common reception area and administrative support, as well as information and referral services, along with consultative services regarding governance, operations, and fundraising.

Over 2200 Manitobans are active members of the Clearinghouse organizations. Thousands more contact the Clearinghouse and its constituent organizations each year for information and services.

For more information about the Self-Help Clearinghouse and its participating organizations, please call 975-3037.

Registering Training through SMD's Clearinghouse

The following section of the catalogue describes organizations of SMD's Clearinghouse and the events that they host. To inquire about these programs or register for events, please contact each organization directly.

Autism Society Manitoba

Autism Society Manitoba is dedicated to the promotion of quality of life for persons with ASD and their families.



Social Skills Training

- From 6 years of age and up
- One hour per week for 8 weeks (Monday and Wednesday)
- Develop social skills for children, adolescents and young adults on the spectrum

Parent Support Group

- Held once per month (third Wednesday)
- An information exchange with various topics/speakers

Parent Mentor Program

- Match family experiencing a new diagnosis with another family

Peer support groups with persons with ASD

- Social and learning opportunity for adolescents and young adults
- Held at various times as needed

Manitoba Tele-Health information session

- Various topics presented to professionals in the field of autism, with rural outreach
- Occurs on the second Wednesday of every month from October to June

Conferences

- Winnipeg Conference – April 22-23, 2010

For information, please contact:

Autism Society Manitoba

Website: www.autismmanitoba.com

Email: info@autismmanitoba.com

Phone: 204-783-9563

Huntington Society of Canada - Manitoba

The Huntington Society of Canada is a national network of volunteers and professionals working together to find new treatments and, ultimately, a cure for Huntington disease; and to improve the quality of life of individuals with Huntington disease and their families.

Manitoba Huntington Disease Resource Centre - Manitoba

Living with Huntington Disease Information Support group -- meetings occur 4 times per year.

Tuesday, September 22, 2009: "Coping with Cognitive Changes : Strategies for Daily Living" by Melissa Glowatski, Occupational Therapist, Movement Disorder Clinic, SMD, 203-825 Sherbrook Street

Tuesday, November 17, 2009: "HD overview : Symptoms, Treatment, Research" 7:00 to 8:30 p.m. Auditorium, Deer Lodge Centre, 2109 Portage Avenue

Tuesday, February 16, 2010: TBA

Tuesday, April 20, 2010: TBA

Support Group This group will provide participants an opportunity to mutually support each other, share coping and problem-solving strategies and exchange information about HD and resources. The first meeting will be open to individuals with HD, family caregivers, people at risk for HD and other family members. Who future meetings will be open to will be determined by the needs and interest of participants. Please call or email to RSVP. Tuesday, October 20, 2009 - 7:00 pm to 8:30 pm, in room 203 - 825 Sherbrook Street.

Educational presentations at all levels are provided upon request.

For information, please contact:

Resource Centre

Website: www.hdmanitoba.ca

Email: sfunk@huntingtonsociety.ca

Phone: 204-772-4617



The Fibromyalgia Support Group of Winnipeg Inc.

Sponsors and promotes education programs and services to all persons with Fibromyalgia, their families and friends, physicians and health care professionals and the general public. Promotes and sponsors scientific and clinical research as to the causes, treatments and cure of Fibromyalgia Syndrome.



Monthly meetings with speakers (first Monday of every month)

- **October 5, 2009** – Q & A Re: CPP, MPI, etc. Leslie Tough, Lawyer
- **November 2, 2009** – Disability Tax Credit, Susana Scott
- **February 1, 2010** – Self-Massage, Deanna Hansen, Massage Therapist

Taking Charge of Fibromyalgia – Six hour program offered twice per year (Fall session and Spring session) to education people with the most up-to-date information on Fibromyalgia. Offered November 12 - 26, 2009 (afternoon class) and May 13 – 27, 2010 (evening class).

Monthly Community meetings – Informal neighborhood groups meet monthly in the Garden City area and St. Vital.

Tai Chi for Active Living – Two levels of instruction offered Thursday evenings at 825 Sherbrook Street.

Information session on fibromyalgia – presented as requested.

Library of resource materials on Fibromyalgia kept at the SMD Library, 825 Sherbrook Street

For information, please contact:

Fibromyalgia Support Group of Winnipeg

Phone: 975-3037

Email: info@fmswinnipeg.com

Website: <http://www.fmswinnipeg.com/index.php>



Manitoba Brain Injury Association (MBIA)

The Manitoba Brain Injury Association assists individuals and families affected by brain injury by offering support, education and advocacy.

Support Groups -- groups for survivors and caregivers located around Manitoba (contact association or visit website)

Empowerment Series – Lecture series with guest speakers presenting topics related to brain injury

Headways Social Group – Social events planned for survivors and other members such as potluck dinners, games nights, picnics

Peer Support – Trained volunteers provide an understanding and hopeful presence to survivors and family members experiencing the acute stage of a brain injury.

P.A.R.T.Y. (The Prevent Alcohol and Risk-related Trauma in Youth) program teaches high school students how to recognize risk and make informed choices about activities and behavior. The one day experience includes a visit to a medical facility to follow the journey of a trauma patient from pre-hospital to rehabilitation.

Mock Car Crash -- The P.A.R.T.Y. program also stages an annual mock car crash in Winnipeg and one other Manitoba location. The dramatic event shows students the potential result of driving while impaired, without a seatbelt, or while speeding.

For information, please contact:

Manitoba Brain Injury Association

Website: www.mbia.ca

Email: mbia@mts.net

Phone: 204-975-3280

Muscular Dystrophy Canada

Muscular Dystrophy Canada is committed to improving the quality of life for Canadians living with neuromuscular disorders and funding leading research for the discovery of therapies and cures for neuromuscular disorders. Muscular Dystrophy Canada strives to:

- Ensure that people with neuromuscular disorders lead full and engaged lives by providing services that increase mobility and encourage independence
- Increase the awareness of neuromuscular disorders and their implications amongst Canadians to motivate changes in social policy at a national level.



Educational programs include:

Community Education forums and workshops - educate people with Neuromuscular Disorders about how to locate and take advantage of resources in their area (October 24, 2009)

MuscleChat Program – Connects individuals with a Neuromuscular Disorder to others in similar situations for support and networking purposes.

Bridges to the Future – Community based resource designed to help youth aged 15-24 with physical disabilities during their transition to adulthood. Ongoing educational workshops and social events are planned (contact: 204-233-0029 or michelle.lodewyks@muscle.ca)

For information, please contact:

Muscular Dystrophy Canada

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

Email: Kathy.harbeck@muscle.ca

Phone: 204-233-0022 or 1-888-518-004

The Manitoba Down Syndrome Society (MDSS)

The Manitoba Down Syndrome Society is an organization that provides support, information and awareness about Down Syndrome.

Board Meetings - 2nd Wednesday of every month from Sept to June except for the month of May (AGM)

Annual conference -- See Me Beautiful 2009, October 16, 2009

Speaker's Corner – presentations upon request

Parent Networking Evenings (Chat Nights) – meeting with a guest speaker (contact group or website for upcoming topics and dates)

Visiting Parents Program – is available to provide new parents (or family members, friends) with the opportunity to visit with a trained volunteer parent. A visit may simply help you to realize you are not alone. A referral for a visit can be made to the MDSS by anyone, providing the parents have given their permission. Please contact: susancearns@shaw.ca

For information, please contact Mina, Monday or Thursday from 9 - 1pm

Website: www.manitobadownsyndromesociety.com

Email: mdss@mts.net

Phone: 204-992-2731



Post-Polio Network (Manitoba) Inc.

To serve as a support group and information centre of Polio Survivors throughout Manitoba, especially those suffering from Post-Polio Syndrome. It works to acquaint the medical community and those responsible for government services as to the nature and extent of the problems associated with the late effects of Polio. Informational meetings are held in September, October, March, April and May on the last Tuesday of the month.

For information please contact:

Post-Polio Network (Manitoba) Inc.

Phone: 204-975-3037

Website: <http://www.postpolionetwork.ca/index.html>

Email: postpolionetwork@shaw.ca

Winnipeg Ostomy Association

The Winnipeg Ostomy Association, Inc (WOA), is affiliated with the United Ostomy Association of Canada, Inc., (UOAC) a volunteer-based health organization dedicated to assisting people who have had or will have intestinal or urinary tract diversions by providing emotional support, instructional and information services, support to the family unit, and by promoting the services of the organization to public and professional communities.



Winnipeg Ostomy Association

Monthly support group – Meetings for Ostomates are held at 825 Sherbrook on the 4th Wednesday of every month from September to May

National Ostomy Association Visiting Program – trained volunteers provide mutual support.

National Conferences – A National Conference is held biannually in even numbered years. The next such conference will be held in Sydney, Nova Scotia in August 2010.

For information, please contact: **Winnipeg Ostomy Association**

Website: <http://www.ostomy-winnipeg.ca/>

Email: woainfo@mts.net

Phone: 204-237-2022



Canadian Hard of Hearing Association Manitoba Chapter

The Manitoba Chapter of the Canadian Hard of Hearing Association (CHHA Manitoba Chapter) is a non-profit, self-help consumer advocacy organization run by and for persons who have hearing loss. The mission of CHHA Manitoba Chapter is to raise public awareness concerning issues that relate to hearing loss, to ensure that consumers with hearing loss understand how to have their needs met, and to promote their integration and full participation in Canadian society.

- General Chapter meetings with guest speakers (open to the public).
- Presentations on hearing loss – as requested.
- **Communicating with Persons with Hearing Loss** workshop – as requested.

For information, please contact:

CHHA Manitoba Chapter

Website: <http://www.chha-mb.ca>

Email: mbchha@mts.net

Phone: 204-975-3037

Provincial Council of Women of Manitoba Inc. (PCWM)

PCWM is a federation of organizations and individuals who act in the public interest for the well being of individuals, families and communities. Through advocacy, education and research, Council promotes laws and programs that advance gender equality, environmental sustainability, human rights, peace and democracy.

Website: <http://www.mts.net/~pcwm/index.html>

Email: pcwm@mts.net

Phone: 204-992-2751



Disabled Women's Network (DAWN/RAFH) Manitoba

DAWN Manitoba is a cross-disability organization whose mission is to advocate to end the poverty, isolation, discrimination and violence experienced by women with disabilities. Membership is open to women of all ages and cultures with all types of self-identified disabilities. DAWN Manitoba is an affiliate of DAWN Canada www.dawncanada.net

Current upcoming educational workshops for women with disabilities will focus on a variety of topics:

- American Sign Language (ASL)
- Universal Design
- Event Planning
- Human Rights Workshops (led by Victor Schwartzman, formerly with the Manitoba Human Rights Commission).

For information, please contact:

DAWN Manitoba

Phone: 975-3275

Email: DAWNMB@mts.net



Saving Circle PROGRAM

Saving Circle Program

Would you like to improve your financial situation?
Is there something you or your family need, but it seems like you'll never be able to save enough money? SAVING CIRCLE may be right for you!

Saving Circle helps eligible low-income individuals and families to save for needed assets. You have up to six months to save a maximum of \$250 for your approved goal. For every \$1 you save, Saving Circle will match it with \$3 in credits. That means that you can save up to \$1,000!

Once you have been accepted into the program, there will be on-going supports to help you set your goals and keep on track. These include:

- Money Management Training that will inform you about banking, budgeting, debt and credit management, and will help you to set your savings goal and overcome problems you might encounter. You will have the chance to learn from other participants and share your knowledge and experiences. This 10 week course will run early in 2010.
- One-to-one support from staff to guide you and help you find solutions to problems that might arise as you get closer to achieving your financial goal.
- Peer Support from other Saving Circle Participants

For Information, please contact Zanna Joyce, Program Facilitator

Email: zjoyce@smd.mb.ca

Phone: 204-975-3103

Please let us know what is required for you to participate effectively (child care, ASL, large print, digital materials to use with computer speech applications, etc.)

Asperger Manitoba Inc.

- Provides support for individuals living with Asperger Syndrome by offering education and counselling.
- Aims to educate the public about Asperger Syndrome and the needs of persons affected by Asperger Syndrome by collecting and disseminating information on the topic.

AMI currently supports a variety of programs including:

- Caregivers of adults and children with Asperger Syndrome Support Groups
- Peer Support Group for Adults with Asperger Syndrome
- Social Group for young adults with Asperger Syndrome
- Annual conference featuring internationally recognized experts on Asperger Syndrome
- Research projects focused on issues affecting individuals living with Asperger Syndrome
- New projects under development

For information, please contact:

Website: www.asperger-manitoba.ca

Email: info@asperger-manitoba.ca

Phone: 975-3037



Asperger Manitoba Inc.
Celebrating Abilities

Offices & Locations

SMD Head Office

825 Sherbrook Street
Winnipeg, MB
R3A 1M5
Tel: (204) 975-3010 Toll-Free: 1-866-282-8041
TTY: 1-800-225-9108 TTY: (204) 975-3012
Fax: (204) 975-3073

Parkland Regional Office – Dauphin

Room 411, 27-2nd Avenue
Dauphin, MB
R7N 3E5
Tel: (204) 622-2293

Eastman Regional Office – Steinbach

Unit 5 – 227 Main Street
Steinbach, MB
R5G 1Y7
Tel: (204) 326-5336
Toll-Free: 1-800-497-8196
TTY: (204) 346-3998
Fax: (204) 326-9762

Northern Regional Office -Thompson

303-83 Churchill Drive
Thompson, MB
R8N 0L6
Tel: (204) 778-4277
Toll-Free: 1-888-367-0268
TTY: (204) 778-4277
Fax: (204) 778-4461

Central Regional Office - Morden

100 - 30 Stephen Street
Morden, MB
R6M 2G3
Tel: (204) 822-7412
Toll-Free: 1-800-269-5451
TTY: 1-204-822-7412
Toll-Free TTY: 1-800-269-5451
Fax: (204) 822-7413

Westman Regional Office - Brandon

Room 140, 340-9th Street
Brandon, MB
R7A 6C2
Tel: (204) 726-6157
Toll-Free: 1-800-813-3325
TTY: (204) 726-6157
Fax: (204) 726-6499

Interlake Regional Office - Selkirk

382 Main Street
Selkirk, MB
R1A 1T8
Tel: (204) 785-9338
Toll-Free: 1-888-831-4213
TTY: (204) 482-5638
Fax: (204) 785-9340

Growth Through Inclusion

