

UNDERSTANDING ALCOHOL MAKING THE RIGHT CALL

A FREE and IMPORTANT INFORMATION SESSION FOR PARENTS

As more people with developmental disabilities are choosing varied degrees of independent living, we, as service providers, are often faced with situations that challenge how we define and deliver quality in care. We are constantly learning as we navigate this journey with those we support.

Covid lockdown highlighted a challenge that manifested through isolation and access. Alcohol use increased for many people. For some, or those just discovering it as a coping, or on-line social activity, it quickly and dramatically propelled.

It has become a highly sensitive and hot topic because, sadly, the opportunity, for learning about alcohol, has not been easily available to youth and adults with developmental disabilities. A hard conversation indeed.

We have already seen the positive impact that education around healthy relationships, sexuality, and consent, has had on our youth with developmental disabilities. Alcohol awareness, and its use, is simply another layer that builds on the foundational learnings that empower people to live independently, while making healthy choices.

Recognizing that this was fast becoming a concern, prompted us towards developing this initiative which brought together a task force of people with varied perspectives, professionals and professors, and also included people we support, who self identified as struggling with alcohol and miss use.

We are ready and excited to share this information with you. Please consider joining us at this **FAMILY INFO** session.

THURSDAY January 11th 7:00 pm



To Register **NOW** EMAIL :

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SUBJECT LINE: FAMILY INFO UA

AN INFORMATION SESSION FOR FAMILIES

- Overview of the workshop being offered to youth with developmental disabilities, slated for mid January 2024
- Alcohol Awareness/Citizenship and Access
- The signs of misuse
- Info about accessibility and accommodations in addiction services



Michael Mackenzie has worked in the the Developmental Services community, in Toronto, for more than 25 years including: Trinity Square Enterprises- George Brown College/Re-Direction through Education, L'Arche Toronto and Montage Support Services. His areas of focus have included person-directed employment navigation, advocacy, rights, end -of- life hospice care, and legacy work. He is a former Board member of the Down Syndrome Association of Toronto and Common Ground Co-operative. Although he does NOT come to this issue from a clinical or academic perspective, he offers information and insights from first hand- experience navigating those he supports, and their families through this hard conversation. Understanding Alcohol and Making the Right Call is meant as a starting block that builds capacity for families and support staff to collaborate with professionals and addictions specialists.



MONTAGE
SUPPORT SERVICES

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JANUARY 2024 DATES ADDED - DUE TO FAMILY REQUESTS

A Safe Space Information Workshop

TALKING ABOUT:

- What YOU Think YOU Know
- The Facts about Alcohol
- Peer Pressure from Friends
- YOUR stories
- Making HEALTHY CHOICES

Who is this Workshop for:

- Those who want to make informed choices
- People who live with a Developmental Disability
- Semi-independent Living - SIL participants
- Those who want to have more control

SMALL GROUPS **BIG** CONVERSATION

This is a TWO PART workshop

JANUARY 16th and 23rd 4pm - 5:30pm

THERE IS NO COST TO PARTICIPATE

REGISTRATION OPEN NOW

Email: mmackenzie@montagesupport.ca

SUBJECT LINE: UA

Please include: **1. Full name of participant**
2. Email to send ZOOM link



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