

## Creating Your Individualized Housing and Support Plan

### Free Virtual Workshop Series

*This three (3) session workshop series is designed to help you begin creating an individualized housing and support plan for you or a family member with a developmental disability.*

#### Topics covered will include:

- 🌱 Creating your vision and learning from others
- 🌱 Discovering your strengths and needs
- 🌱 Creating a record of your support needs
- 🌱 Investigating how technology can increase independence and fill gaps to independent living
- 🌱 Building on natural supports and creating community circles
- 🌱 Exploring generic and disability specific services and supports
- 🌱 Bricks and mortar – housing options
- 🌱 Considering opportunities for self-funding and creating a housing and support budget
- 🌱 Pulling it all together and creating measurable goals

This free online workshop series will be facilitated by [Alexandra Shannan](#), Housing Navigator for DSO in Toronto, and [Martha Beach](#), Housing Navigator for the South East and East Regions. It is open to people with developmental disabilities and their family members and/or their support networks living in Ontario.

Questions about this event can be sent to: Housing Navigation at DSO Toronto at [dsotr.hn@surreyplace.ca](mailto:dsotr.hn@surreyplace.ca), or Martha Beach at [mbeach@dsoser.com](mailto:mbeach@dsoser.com).

DATES: **Session 1: Tuesday January 9, 2024**  
**Session 2: Tuesday January 16, 2024**  
**Session 3: Tuesday January 23, 2024**

TIME: **10:00am – 12:30pm EST**

NOTE: It is recommended you attend all three sessions as the content of each session is connected.  
**Sessions will not be recorded.**

To register for this virtual workshop series please visit: [Register Here](#)  
**The sessions will not be recorded**

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[dsontario.ca](https://www.dsontario.ca)



**DSO**  
Developmental Services Ontario

Developmental Services Ontario (DSO) helps adults with developmental disabilities find services and supports in their community.