

April 23, 2020

A Service Update for Families of Children and Youth

Hello everyone,

We hope this update finds you well, and getting settled into new routines. Continuing to stay safe, by staying home, isn't easy. We are writing to share information about our services, and how we can continue to work together to make the changes that matter in your lives.

Over the past month, we have been following the directions of BC's Chief Medical Officer, Dr. Bonnie Henry, and working with our colleagues at the Ministry of Children and Family Development, the Ministry of Education, and the Federation of Community Social Services of BC, to adapt how we deliver our services to you, and to find out what additional resources are available for families at this time.



Direct Service

The most significant change, has been moving from in person meetings with your Behaviour Consultant, to telephone and online meeting platforms, like Facetime, Skype and GoToMeeting with them. We recognize that the services look different, and priorities may have shifted for you during this pandemic. We are here to work with you to identify strategies and resources that are relevant to you and your family. Coordinating our service with others for example, school staff, should improve now that everyone has had some time to adjust to on-line teaching.

Please let us know if you are not able to get the equipment or internet connectivity that you or your child needs to participate in online learning. Email info@posAbilities.ca and one of our team members will help you find options and resources in your community.



Small Group Learning and Support – NEW!

Twice a month, we will facilitate a **family support group** online. To join, just let your Behaviour Consultant know that you are interested. These sessions will begin in May once we have finished canvassing all families. During these sessions, come and share your experience, learn about helpful resources, and tap into advice that can help you manage challenging behaviour at home.

A **workshop series** on: *Setting Boundaries and Online Safety*, and *Strategies for Creating Successful Routines* is in the works too. Depending on interest and need, we may add a few more workshops on: Visual Support, Addressing Anxiety, and Self-Regulation. Please let us know what you need.





Our Signature Programs Are Now Available On-Line!

Triple P™ Stepping Stones (Positive Parenting Program)

Click for more information or call us: <https://www.laurelbc.ca/triple-p/>

Connect with PEERS™: Social skills training for Teens, with a concurrent session for parents to support their learning. Click [here](#) for more information to see if this is a good fit for your teen. Please contact us if you are interested in this program.

LINK! Safety, Relationships, Sexuality: Sexual Health Education for Children, Youth and Adults with Diverse Abilities. Click [here](#) for more information, and contact us to enroll.



Additional Programs and Services for Individuals and Families

We have updated and expanded our list of [useful links](#), to bring you the latest offerings of government funded and non-profit programs and services during this health crisis. Whether you are curious about, advocacy, behaviour support, educational resources, funding, other government benefits/subsidies, health and wellness, parenting tips or meeting other families, we can help you get connected. [Click here](#) to begin!



In focus: posAbilities Covid Care Kits

Within the useful links section of our websites, you will find tip sheets developed specifically with families in mind:

Kit 1: [Physical Distancing, Stay Safe, Stay Home](#)

Kit 2: [Coping with Anxiety, Grief and Mental Wellness](#)

Kit 3: [Physical Fitness for the Whole Family](#)

Kit 4: [Do It Yourself, Masks, Haircuts and more](#)

Kit 5: [Care for the Caregiver](#)

Kit 6: [Primer on Mental Wellness Resources for All Ages](#)



Cultural Support

If you would like to receive service in your first language, please contact us. Many of our Behaviour Consultants speak additional languages including, Cantonese, Mandarin, Hindi, Farsi, Korean, Spanish, and French.

If you would like to translate information on the Laurel website: www.laurelbc.ca, look for a google translation bar at the top right hand side of your screen.

Translated information about Covid-19 is available through the BC Centre for Disease Control, please click [here](#).



Covid-19 Government Programs and Services

Government emergency response services are still evolving, and are temporary. Please check back regularly for the most current information:

Government of British Columbia – list of all supports.

Quick links: Ministry of Children and Family Development, [CYSN: Emergency Relief Funding](#), service changes, and family updates.

[E-learning sites](#) curriculum and free resources for all ages.

[Covid-19 online self-assessment](#).

Government of Canada – list of all supports.

Quick link: [Indigenous Services Canada](#)

[Canada Emergency Response Benefit](#)



Contact Us

If you have any questions, or would like to register for one of our support groups or workshops, please contact your *Behaviour Consultant*, or *Area Service Coordinator*:

Amy Glass, Service Coordinator, Metro Vancouver - AGlass@posAbilities.ca

Erica Evans, Service Coordinator, Interior, Vancouver Island - EEvans@posAbilities.ca

Toll Free, All Regions - 1 (855) 437-7095

For any other enquiries, please contact our *Leadership Team* by the phone number above, or email. We will reply to all enquiries within one business day.

Kavita Kamat, Clinical Director - KKamat@posAbilities.ca

Vinita Prasad, Team Manager - Vinita.Prasad@posAbilities.ca

Monique Nelson, Director/Family Resources Coordinator - info@posAbilities.ca

We are excited to be rolling out new programs, services and resources across all of the regions we serve in this beautiful province. We will get through this together!

Sincerely yours,

Team Laurel