

Stakeholder Update: Services to Children, Youth & Families

March 9, 2021

Re: COVID-19 Update, Spring is a Season for Renewal

Hello everyone,

March 14th will mark the anniversary of the pandemic for us here in British Columbia. It will be exactly 12 months since our worlds, personal and professional, had to pivot to ensure we protected our loved ones and each other. Thank you for all that you have done to support our employees in working with you safely in person and/or virtually during this time.

Now that a few COVID-19 vaccines are approved in Canada, we expect the vaccination roll-out in this province to move quickly. In fact, some of *posAbilities*' employees have just become eligible! Many advocates are working hard to get priority access for all front-line service workers, individuals with disabilities and their families. If you are interested in joining this movement, see the ["Ready for My Shot" Facebook](#) campaign.

With spring just around the corner, we hope you will enjoy the online learning and entertainment opportunities we have discovered, as well as more outdoor fun and sunshine. Feel free to visit our pandemic and other community resource pages at www.posAbilities.ca or www.laurelbc.ca anytime for activity ideas, inspiration and support.

Wishing you all good health and much happiness,

Monique Nelson,
Family Resource Coordinator/Director of Community Engagement
posAbilities

Service Updates

Click on any link to go directly to that section of information:

1. [Find Family Support Here – Workshop on March 10 and more events!](#)
2. [Spring into New Activities – Virtually and In Person](#)
3. [Participate in Webinars about Financial Planning and Disability Benefits](#)
4. [Discover Youth Skill Development and Employment Opportunities](#)

1. Find Family Support Here – **TOMORROW!**

Strengthening Child and Family Resilience During COVID-19

A free workshop on Wednesday, March 10, 2021 from 4 – 5 pm



Many parents describe feeling exhausted, irritable and worried about how to make life manageable for their children and for themselves. While there are no easy answers, in this workshop, Dr. Ashley Miller will share practical strategies for improving child and parent mental health and nurturing relationships, even during these most difficult times. For more info and events, please visit their website [here](#).

2. Spring into New Activities – Virtually and In Person



Kids Out and About - Vancouver!

Access hundreds of fun activities and learning experiences in person and online. Publisher Debra Ross curates things to do in Vancouver and surrounding Metro Vancouver communities, then distributes updates through a free [weekly e-newsletter](#). The website goes much further afield and contains virtual activities too. Check it out here and download the [Ultimate Parent Survival Guide!](#)

We also have activities and self-advocate educational materials [online here](#).



Easter Seals – Spring Break Camps and Social Clubs

Online Classes, Day Camp Programs, Social Club (April start)
Ages 6-18 and older

Visit www.eastersealsbcy.ca/online-camp for info and registration!



Keeping Score! Free Leadership Development Workshops

Youth ages 12-19 years

Westcoast Family Centres has a new FREE workshop series starting with the **WHL Vancouver Giants! Keeping Score** is a 4-workshop series starting this week, which aims to help youth become more confident, healthy, and successful! Learn about one or more topics with a local hockey hero: Goal Setting, Mental Preparation, Leadership and Teamwork. Sessions run on Thursdays from 5-6 pm, starting March 1 and ending on April 1, 2021. Please register separately for each session [here](#).



Club QuarantTEEN

This club, hosted by the Burnaby Public Library and the Burnaby Primary Care Network, is a low-key virtual hangout for teens to chat about pop culture, media and life! **All teens are welcome to join.**

Email teenservices@bpl.bc.ca for the video meeting (Zoom) link.

3. Tax Time and Financial Planning



Partners to help you build a secure future: PLAN, Disability Alliance and BCANDS

Visit a website, book a webinar, download a resource, or pick up the phone for some friendly advice and guidance on how to build a safe and secure future for your loved one with a disability. Visit these sites to find out all you need to know to get started!

Disability Alliance of BC - Click [here](#) for information to help you file taxes and get disability tax credits. **PLAN Institute** - Visit [this page](#), and check out the whole website for information about financial planning, including education about the [Registered Disability Savings Plan](#) and how to build personal support networks.

4. Discover Youth Skill Development and Employment Opportunities

PEERS® and LINK! are available as a fee for service option, eligible for funding by the Autism Funding Unit (where applicable). LINK! and Triple P® can also be accessed in a 1:1 format, as part of your Behaviour Consultation Service. Contact us to be added to our mailing list or for more information by calling 778-945-1435 or sending an email to laurel@posabilities.ca.



PEERS® is a Social Skills Program that brings individuals with diverse abilities together to connect and build friendships. The focus is to develop and strengthen friendship skills and teach important social behaviours. The program uses an evidence-based approach to teach social skills paired with opportunities to practice through role play and fun and creative activities.



LINK! Safety, Relationships, Sexuality – Children and youth with diverse abilities have few opportunities to receive sexual health education that is sufficiently adapted to meet their needs. Misinformation and lack of accessible sexual health education increases their likelihood of engaging in behaviours that may put them or others at risk. Let us fill in that gap with LINK! Ask your Behaviour Consultant for details or give us a call at 778-945-1435. **Listen to Episode 5 of our podcast!**



Triple P® is an evidence-based positive parenting program that aims to make parenting children easier. The occasional tantrum or daily defiance? Choose how much positive parenting you need and how you do it. Triple P® is for every parent with a child (up to 12 years of age) and helps you to: raise happy and healthy kids, promote your child's development, teach new skills, manage misbehavior effectively and create healthy routines.

IMPACT – Youth Employment Research Project



posAbilities Employment Service is offering an exciting initiative for youth ages 14 – 19 who are currently enrolled in high school and searching for career opportunities. Go on a journey of self-discovery, and check out part-time employment opportunities! Build confidence, leadership skills and connections through workshops, Job Club and socials! The next intake runs April 10 – May 31, 2021. Call

778-238-6703, or email employment@posAbilities.ca for details!

For more information and resources, please visit our websites' COVID-19 and other community resource pages: www.posAbilities.ca or www.laurelbc.ca or www.PESWorks.ca.