

March 10, 2021

## **Re: COVID-19 Adult Services and Community Updates, Spring 2021**

Hello everyone,

As we mark the anniversary of the pandemic, we thank you for all that you have done to support our employees in working safely to deliver in-person and/or virtual services. Now that a few COVID-19 vaccines are approved in Canada, we expect the vaccination rollout in this province to move quickly.

In fact, some of *posAbilities'* employees (and persons served who live in CLBC-funded licensed group homes) have just become eligible and are being vaccinated as I write! 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. (See links to [plain language vaccination guides here](#) and below.)

As time marches on, let's keep our lines of communication open. You can expect our staff to continue to reach out to you and check in to see how you are doing. And we hope that you will reach out to us whenever you have questions, or are considering a change to your services. For some, vaccination may be the key to re-starting in person or more frequent community inclusion day supports. We are ready when you are!

We hope you enjoy our updates (and encourage you to sign up for others too), and take advantage of some of the online learning, entertainment and employment opportunities shared below.

Wishing you all good health and much happiness,

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

### **Inside this issue: Spring 2021 Service and Community Updates**

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

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2. [Find Information About Financial Planning, Taxes and Disability Benefits](#)
3. [More Social, Skill Development and Employment Opportunities](#)
4. [Watch the film Happy Face online, and meet Actor/Humourist David Roche!](#)

## Read CLBC Updates NEW Self Advocate Opportunities

If you have not already, I recommend subscribing, or visiting CLBC's COVID-19 resource page and reading their updates. They have slowed down a bit – the last post was on [February 26, 2021](#). I'd like to draw your attention to a few items in that update:

### Interested in becoming a board director?

[Applications are open](#) for a self-advocate seat on the Community Living BC Board of Directors (deadline March 20, 2021). You can learn about the role [here](#) and note that this is a paid position with lots of opportunity for growth and development.

### Information about COVID-19 vaccination

Two plain language vaccine resource guides: [Things to Know About COVID-19 Vaccines](#) and [What Happens When I Get the COVID Vaccine](#). More info on this topic [here](#).

### NEW: Peers Being Peers Social Hangouts, offered by Casey Douglas

Join this group and make a lot of friends! They have activities for everyone once in a while, but this program is mostly unstructured and full of surprises. Runs March 11, 17, 24 & 31 from 4-6pm PST / 5-7pm MST. Register on Zoom by [clicking here](#).

**Qnections Club**, a safe space for Queers with differing abilities. Runs March 11, 18 & 25 from 4pm-5pm PST / 5pm-6pm MST. Register on Zoom by [clicking here](#).

Need help? Contact [hello@odcommunity.ca](mailto:hello@odcommunity.ca) or visit the website by [clicking here](#) for more information. Check it out on the [Calendar for Connection here](#).

## Find Information About Financial Planning, Taxes and Disability Benefits

### 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.

### BC Aboriginal Network on Disability Society - BCANDS

Click [here](#) for resources from an award-winning, provincial, not for profit, charitable society serving the unique and diverse disability and health resource / support service needs of the Aboriginal population of British Columbia.

### Vancity Financial Literacy Workshops for Self-Advocates

**The Square Peg Society** is inviting you to a Zoom meeting on Friday, March 19 at 1:30pm to learn about Basic Banking & Basic Budgeting from an expert at Vancity. To learn more

about the host and society, please visit their [website](#). To register and receive a Zoom link, please email [admin@squarepegsociety.ca](mailto:admin@squarepegsociety.ca).

## More Social, Skill Development and Employment Opportunities



### Visit the CoMakeDo Website

Check out [this online calendar](#) which is regularly updated with fun and FREE things to do! [Sign up](#) for their e-newsletter "The Zest" to hear about their best experiences and resources of the week. Join a community where everyone is welcome, make connections and try new experiences. Enjoy! Brought to you by *posAbilities*, BACI, Kinsight and InWithForward.



### Easter Seals – Spring Break Camps, and Social Clubs

Online Classes, Day Camp Programs, Social Club (April start)  
**Ages 19-49** Visit [www.eastersealsbcy.ca/online-camp](http://www.eastersealsbcy.ca/online-camp) for info and registration!

### Skill Development Opportunities through Laurel Behaviour Support Services

Developing soft skills is key to achieving life's milestones like finding and keeping a job or a healthy relationship with a partner (family, friends.) Courses like PEERS® and LINK! can assist you with developing the skills you need to live a good and full life. These courses are available as a fee for service option and run in small groups or in 1:1 format as part of our Behaviour Consultation Service. To find out more, please call 778-945-1435 or send an email to [laurel@posabilities.ca](mailto:laurel@posabilities.ca) and join our mailing list.



**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** – Some adults with diverse abilities had few opportunities to receive sexual health education that sufficiently meets their needs. Misinformation and a 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! **Listen to Episode 5 of our podcast and learn more from the educators!**

## Career Fair Time

Click on the picture to get started...



## Let Us Entertain You

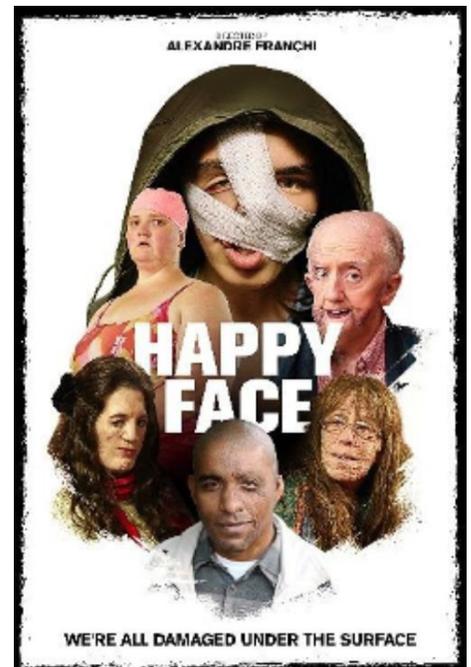
### Happy Face

**Film Screening and Actor Talk with David Roche!**

Film: March 28, 6:30 pm | Talk: March 30, 1:00pm

Cost: Free! Event links and details on [www.CoMakeDo.ca](http://www.CoMakeDo.ca)

Let's get together to watch this intriguing Canadian film, then follow up with conversations about belonging, identity, disability and more with one of the actors – our friend, David Roche. Click here to read [The Mighty's blog](#) and watch the movie trailer [here](#). Listen to the soundtrack – it's super too.



Thank you for being a big part of our caring community! If you would like more information, we suggest visiting these websites: [Community Living BC](#), [posAbilities](#), [Laurel Behaviour Support Services](#), [Family Support Institute of BC](#), and the [BC Centre for Disease Control](#) to begin exploring. If you don't find what you're searching for, please email [info@posAbilities.ca](mailto:info@posAbilities.ca) or call Monique Nelson at 778-945-3367 anytime.