



THE
SIMON FRASER SOCIETY
FOR COMMUNITY LIVING

Family & Individual Support Program



Bulletin # 25 – January 2011

Happy New Year!

Family & Individual Support Program – Upcoming Events

The New Year is upon us and the school year will be over before we know it! For many families, it's time to begin thinking about and planning for our children's next educational stage. If you have a son or daughter entering school, moving on to Middle School or Secondary, or preparing to leave Secondary for the next stage in life as a young adult, we are offering a number of events in the Tri-Cities and New Westminster during January and February that may be very helpful for parents. Please see below for dates, times and details.

SD43 Transition to Middle School – Thursday, January 20th, 2011

It's Time to Talk About Middle School!

Thursday, January 20th 2011

6:30 p.m. – 8:30 p.m.

The Gallery Room at Winslow Center

1100 Winslow Avenue, Coquitlam

(just west of Gatensbury)

Starting Middle School can be both exciting and intimidating for students and parents alike. As parents of children with extra support needs, we have questions and concerns about the differences between Elementary and Middle School. We wonder how our children will cope and what kinds of supports they will receive. After many years at elementary school, this move to a new setting and a new team can feel like "going back to square one"!

The Family and Individual Support Program, the Supported Child Development Program and School District 43 Student Services are pleased to facilitate an information evening especially for those parents whose children with intellectual or developmental disabilities will begin Middle School in September, 2011.

We will be joined by a panel of representatives including Student Services, Elementary and Middle School Administrators, teaching staff and school counselors. Together, we will provide information and answer your questions about the Middle School model, the transition process and what parents can do to prepare themselves and their children.

The Simon Fraser Society for Community Living believes that informed, confident parents make the best advocates for their sons and daughters. We encourage you to take advantage of this opportunity to receive valuable information, ask questions and to meet and connect with other parents and School District 43 staff in a friendly, informal environment.

ADVANCE REGISTRATION IS REQUIRED

please RSVP to Rachel le Nobel at the Simon Fraser Society at 604- 525- 9494 or email rlenobel@sfscsl.org before January 13th, 2011.

SD43 Transition to Secondary School – Thursday, January 27th, 2011

**Stepping Up to Secondary
Thursday, January 27th, 2011**

6:30 p.m. – 8:30 p.m.

**The Gallery Room at Winslow Center
1100 Winslow Avenue, Coquitlam
(just west of Gatensbury)**

Starting Secondary School can be both exciting and intimidating for students and parents alike. As parents of children with extra support needs, we have questions and concerns about the differences between Middle School and High School. We wonder how our children will cope and what kinds of supports they will receive. After the years at Middle school, this move to a new and very different setting can feel like “going back to square one”!

The Family and Individual Support Program and the Supported Child Development Program are pleased to partner with School District 43 Student Services to facilitate an information evening especially for those parents whose children with intellectual or developmental disabilities are currently in grade 8, and will begin Senior Secondary School in September, 2011. We will be joined by a panel of representatives including Student Services, Middle and Secondary School Administrators, teaching staff and school counselors.

Together, we will provide information and answer your questions about Senior Secondary Schools in School District 43, the transition process and what parents should be doing now and in the near future to prepare themselves and their children.

The Simon Fraser Society for Community Living believes that informed, confident parents make the best advocates for their sons and daughters. We encourage you to take advantage of this opportunity to receive valuable information, ask questions and to meet and connect with other parents and School District 43 staff in a friendly, informal environment.

ADVANCE REGISTRATION IS REQUIRED

Please RSVP to Rachel le Nobel at the Simon Fraser Society for Community Living at 604- 525- 9494 or email rlenobel@sfscsl.org

Supported Child Development, Key Worker and EIT Programs Present...

Let's Get Ready for Kindergarten – School District 40 – New Westminster

Diane Halkett, District Administrator of Student Services, from School District # 40, will join Chris Duggan, Coordinator Supported Child Development, and team members from the New Westminster Children's Centre's Supported Child Development Program, Key Worker Services

and Early Intervention Therapy Program to talk about what will happen when your child goes to school and how you can be involved to help make the transition successful for your child.

Date: Tuesday, January 25, 2011

Time: 6:30-8:30 pm

**Location: New Westminster Children's Centre,
811 Royal Avenue, New Westminster**

Registration Details:

Please join us and feel free to bring a friend or family member. Registration will be done by phone ONLY. Please call 604-521-8078 extension 315 to register.

"Parents who are involved, informed and confident make the best advocates for their child"

New Westminster Children's Centre

An Initiative of the Simon Fraser Society for Community Living and SHARE Family and Community Services Society

811 Royal Avenue, New Westminster, BC, V3M 1K1 Telephone: 604-521-8078

Transition to & Through Adulthood

TRANSITION PLANNING:

High School to Adult Community Living Supports & Options

ATTENTION: Families who have a high school aged son or daughter who has an intellectual or physical disability.

- Are you thinking about how to begin planning for your youth and their transition from high school to adult life?
- Are you wondering about services, options and resources which may be available to support your son or daughter and your family?
- Do you need information on how and when to begin the process?

You are invited to join resource teachers and representatives from School District #43 and Cathy Anthony from the Simon Fraser Society for Community Living for an information sharing meeting. The meeting will focus on providing information and answering questions you may have about eligibility for adult community living services and supports, day opportunities, post-secondary options, supported employment, microboards, residential options, Persons With a Disability Benefits, and how and when to begin the process.

MEETINGS TO BE HELD AT:

**1) PLACE: SD 43 – Winslow Centre – Gallery Room
1100 Winslow, Coquitlam, BC**

DATE: Thursday, February 10th 2011

TIME: 6:30 – 8:30 pm

Cathy Anthony 604-525-9494 canthony@sfscl.org

2) PLACE: Riverside Secondary School - Library
2215 Reeve Street, Port Coquitlam, BC
DATE: Tuesday, February 15th 2011
TIME: 6:30 – 8:30 pm.
Cathy Anthony 604-525-9494 canthony@sfscf.org

You are welcome to attend either meeting if the date is more suitable for your family. For more information, please contact **Cathy Anthony** at the Simon Fraser Society for Community Living's "Family & Individual Support Program" at 604-525-9494 or canthony@sfscf.org.

Leisure & Recreation

Special Olympics Programs for Kids Ages 2-6 and 7-11

Our Active Start program (ages 2 – 6) and FUNdamentals program (ages 7 – 11) currently run on Saturdays from 3pm to 4pm at Port Moody Recreation Centre.

Registration is any time during the year although the programs typically run from October – December, then January – April (and sometimes get extended).

Families who are interested should contact Denise Yuen at 604-802-4226 or by e-mail at dyuen@specialolympics.bc.ca.

It's \$25 for the year and the kids get a t-shirt they get to wear weekly.

The Lower Mainland Down Syndrome Society – Youth Group for Ages 12 – Young Adult

The History:

Back in the late 1990's Melissa started out volunteering for the Pacific Riding for the Disabled where she worked with a couple ladies with Down Syndrome and loved it.

In the year 2000 she called Lower Mainland Down Syndrome Society(LMDSS) looking for volunteering opportunities and they asked her to organize a group for the older kids.

The youth group has been going for eleven years and during those past years the youth group has celebrated her marriage to husband Daryl and the birth of her two sons Aiden and Mathew. She has become a mentor and a friend to teens with Down Syndrome and since completing her SEA course three years ago, she has been expanding the youth group to other disabilities. Melissa takes suggestions from the youth who attend and incorporates her own ideas for a fun filled experience. The youth range from 12 to young adults.

If the youth with a disability is self sufficient they can be dropped off at the event and be picked up at a specified time. If the youth requires support then they either need a parent /caregiver to stay with them for the outing. Melissa has a partner Julie who is young and hip who the teens connect with .

Want to Get Involved?

For more information and for a calendar of events, all you have to do is send an email to melissahawkes@telus.net stating you would like to be added to the youth group list. If you look at the yearly schedule she gives you an idea of what is up and coming, and as the event gets closer she sends a separate email out letting you know of the upcoming event and the cost

associated. Then its up to you if you want to attend or not. There is no yearly fee no registration costs no strings attached.

Whistler Adaptive Sports Program

The Whistler Adaptive Sports Program is a not-for-profit society that provides year-around, recreational programs for people of all ages with disabilities.

We are a centre for learning and sports excellence that has a local, regional, national and international clientele and encourage independence, self-confidence and self-motivation for all of our athletes and participants through outdoor recreation.

Our vision is to make alpine recreation accessible to everyone.

Whistler Adaptive Ski & Snowboard Program

At Whistler Blackcomb, we believe that **all** Guests are entitled to enjoy the beauty and benefits of winter recreation in our unparalleled natural resource. The Whistler Adaptive Ski & Snowboard Program, works in partnership with the Whistler Adaptive Sports Program (WASP). This winter program caters to a full spectrum of skiers and snowboarders from beginner through advanced. Our trained and certified instructors, guides, and assistants will help those with both physical and cognitive disabilities access the slopes of Whistler Blackcomb. Please join us to experience outdoor activity in a safe, friendly, and FUN way. We tailor our lessons to suit your needs, creating the best memories... again and again.

To register for the Whistler Adaptive Ski and Ride Program, please click on the following link:

whistleradaptive.com »

or call the Whistler Blackcomb Reservation Centre at 1-800-766-0449

In Our Communities

Douglas College and the **Centre for Students with Disabilities** is offering an information session for students with Learning Disabilities and their families as well as families of students with intellectual and developmental disabilities. They would like to share with you what they have to offer students in the way of accommodations and services, adaptive equipment, request for service process, and programs available etc....

This information session will take place on:

Wednesday, January 19th

6:30 - 8:30 p.m.

Gallery Room at Winslow Centre, 1100 Winslow Avenue, Coquitlam

Please email jgiampa@sd43.bc.ca before January 17th if you wish to attend.

Announcements, Initiatives, Information

Inclusive Education Week

National Inclusive Education Week offers an opportunity for community living associations across the country to highlight the benefits of inclusive education and increase awareness of its many positive outcomes. BCACL invites families, self advocates and all our member associations to do whatever you can to raise the issue of inclusive education in your community.

We know inclusive education works! Children who learn together in school also learn to live well together as adults and are better able to create communities where "everyone belongs"! Teachers, parents and parent groups [download the inclusive education week toolkit](#) for ideas.

National Inclusive Education Awards

To highlight National Inclusive Education Week and to bring attention to the many positive examples of inclusive classrooms and schools across the country, the Canadian Association for Community Living (CACL) has created a national certificate of recognition to be bestowed upon recipients who have made positive contributions to inclusive education in their province or territory.

Nominations Open for 2011 Inclusive Education Awards

Summary:

Nominations are now being accepted for the 2011 National Inclusive Education Awards. **The deadline for nominations is January 15, 2010.**

Do you know someone who has:

- Gone above and beyond what is expected of them to provide a welcoming and inclusive learning experience?
- Supported students to fully participate in the school and/or community along with their peers?
- Provided leadership and promoted inclusive education among educators, parents and students?

If so, now is your chance to give them the recognition they deserve. In the past winners have been recognized at national events, conferences and in the media.

[Download the nomination form here](#)

For more information, visit <http://www.bcacl.org/our-priority-areas/inclusive-education/inclusive-education-week>

Did you Know??? The Family & Individual Support Program has books, videos and a wide variety of brochures & resource flyers on a number of topics that may be relevant to your family. Please contact us if you are looking for information on a particular subject or issue – we might have something that would interest you.

Useful Websites

Simon Fraser Society for Community Living: www.sfscl.org

British Columbia Association for Community Living: www.bcacl.org

Planned Lifetime Advocacy Network (PLAN): www.plan.ca

Registered Disability Savings Plan: www.rdsp.com

STEPS FORWARD – Inclusive Post Secondary Education Society: www.steps-forward.org

UNTAPE is a site where people come to share practical tips for cutting

through red tape and getting the help you need from government or community agencies. www.untape.com

BC Coalition of People With Disabilities. www.bccpd.bc.ca

ACT – Autism Community Training at www.actcommunity.net

School District 43 website: www.sd43.bc.ca

District 43 Parents Advisory Committee (DPAC) website: www.dpac43.org

School District 40 website: www.sd40.bc.ca

Family Support Institute: www.familysupportbc.com

Variety Club: www.variety.ca

Vancouver Foundation: www.vancouverfoundation.ca

Learning Disabilities Association, Fraser North Chapter: www.ldafn.ca

Anxiety BC: www.anxietybc.com

Special Olympics BC: www.specialolympics.bc.ca

Community Living BC: www.communitylivingbc.ca

Ministry of Child and Family Development (section for children & youth with special needs):

http://www.mcf.gov.bc.ca/spec_needs/

For Families with kids in New Westminister: www.kidsnewwest.ca

Access2 Entertainment: www.access2.ca

The Family & Individual Support Program staff can be reached at 604-525-9494 or you may email the Family Support / Education Liaison at rlenobel@sfscf.org and the program coordinator at canthony@sfscf.org