

About The Family Support Institute

All workshops have been developed as full day workshops (9am - 3pm) and have been adapted for half day or evening presentations (1 - 3 hours). The Family Support Institute (FSI) Workshop is **FREE**. For more information and/or other workshop costs, please contact our Training Coordinator through the FSI office.

We are constantly training new presenters for our workshops, so trainees may be co-facilitating as part of our mentoring program. We value the feedback we receive on our evaluations so we can continually improve our presentations.

For more information about the **Family Support Institute**, contact our office at:

227 6th Street, New Westminster, B.C. V3L 3A5

Tel: 604-540-8374 ext. 523

Fax: 604-540-9374

Toll free: 1-800-441-5403

Email: fsi@fsibc.com

Website: www.familysupportbc.com

Family Support Institute

WORKSHOPS

For Parents and Professionals



FAMILY SUPPORT
INSTITUTE of BC

families supporting families...



For Parents and Professionals

“Let’s talk about sexuality” – this phrase offers up a wide range of possibilities – along with a host of anxieties.



As a parent of a child with a disability this is dreaded while at the same time recognized as an important part of parenting and of your child’s life.

This workshop provides an opportunity for parents, in a supportive setting, to explore some of their fears and anxieties and curiosities in a safe environment.

This is to begin the courageous conversation around ensuring that individuals being supported – are not only safe from sexual exploitation, but also have the correct support and information to embrace that part of who they are and how they interact in relationship with others.

The **Family Support Institute (FSI)** is able to offer the following workshops to interested groups and organizations. All workshops have been developed as full day workshops and have been adapted for half day or evening presentations. The Family Support Institute (FSI) Workshop is **FREE**. For more information and/or other workshop costs, please contact our Training Coordinator through the FSI office.

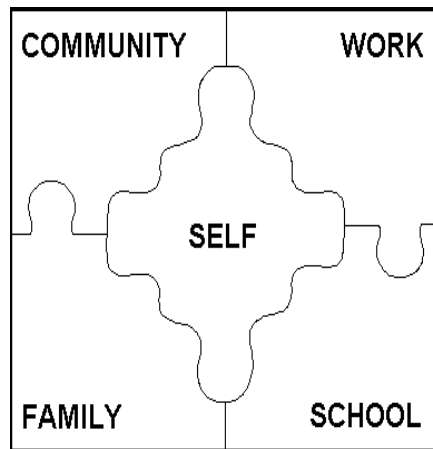
Workshops Available For Parents and Professionals

WORKSHOP TITLE
Family Support Institute (FSI) and How We Can Support YOUR Community
Brothers and Sisters
Circle of Friends
Effective Advocacy Strengthens Community
Families Leading the Way
Families Promoting Employment First
Key Roles for Families in Ensuring Good Lives
Leaving High School – What’s Next?
Parents, Partners in Education
Parent Professional Relationships
Preschool Transition – Preparing for Change Together
Safeguards: Addressing Personal Vulnerability through Planning
Sexual Health
About the Family Support Institute

Safeguards: Addressing Personal Vulnerability through Planning

For Parents and Professionals

Part of a good life is feeling safe from harm where you live, go to school, work or play. Harm can be physical, emotional or financial. One important way to make sure that people are safe from harm is through implementing Safeguards. Safeguards are specific actions that help reduce the risk that someone will be harmed.



This workshop will explore the following six steps to safeguarding through planning:

- ❁ Develop a Safeguarding Mentality.
- ❁ Apply a Safeguarding Lens to a Personal Plan.
- ❁ Understand Risk and the Dignity of Risk Taking.
- ❁ Identify Ways to Address Risk.
- ❁ Design New or Improved Safeguards.
- ❁ Implement and Renew Safeguards.

Family Support Institute (FSI) and How We Can Support YOUR Community

For Parents and Professionals



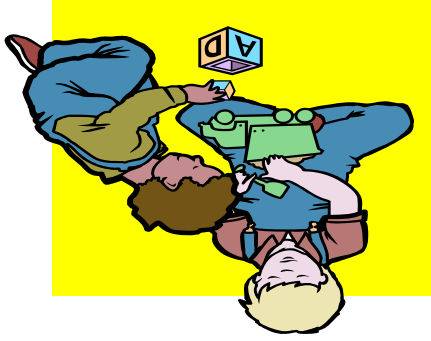
The **Family Support Institute (FSI)** is a provincial organization that is committed to supporting all families in BC who have a son/daughter with disabilities. We believe families are the best resource to support one another, and the experts when it comes to their family member.

At FSI we provide parent to parent support, workshops and training, networking opportunities and many innovative exciting projects. FSI's supports and services are **FREE** to any family. We support all families, with children of all ages and all disabilities including mental health challenges. FSI will never say "no" to supporting families! Ask FSI to come to your community and present about who we are, what we do, and how we can enhance the supports and connections to the families in YOUR own home community

Preschool Transition – Preparing for Change Together

For Parents and Professionals

The transition from preschool into school can be particularly challenging for parents and their children when extra supports are required and extra care is needed to ensure a smooth process.



This workshop is designed for both parents and professionals to learn new tools and strategies for sound planning during any transition in the early years.

Brothers and Sisters

For Parents and Professionals

Growing up with a brother or sister with a disability involves some very strong feelings. The usual stresses, joys and fears experienced by brothers and sisters can be intensified in families where a son or daughter has a disability. This workshop will focus upon some of the common issues which arise.



Parents will be encouraged to develop strategies for assisting with social situations. Other goals of the workshop are to enable parents to help their "typical" children to see the benefits of having a brother or sister with a disability and to provide parents with ideas and resources for having fun with all their children.

Parent Professional Relationships

For Parents and Professionals

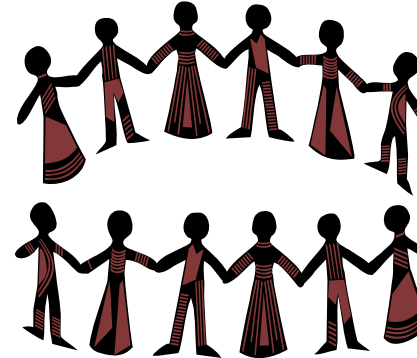


Parents and professionals are increasingly aware that an effective outcome for a child cannot occur without a collaborate relationship that is characterized by mutual respect, sharing of expertise, and joint decision making.

This workshop will draw on the participants' personal commitment to the idea that there is value in parents and professionals working together as equal members of a team. The format will allow for a sharing of feelings that parents and professionals have about each other, examining the benefits and barriers of partnership and move to demonstrate the ways they can work together effectively and respectfully.

Circle of Friends

For Parents and Professionals



To have and be a friend is critical to our being and the experience of friendship brings meaning to all our lives. This workshop will highlight practical ways to support and enhance friendship opportunities for children who experience the challenges related to having a disability.

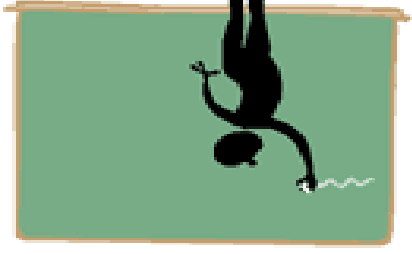
Emphasis will be on supporting natural connections between home, school and community, as well as strategies for developing more intentional connections and friendship possibilities.

The concept known as the “Circle of Friends” will be discussed, providing information and ideas on how to put a circle in place.

Parents, Partners in Education

For Parents and Professionals

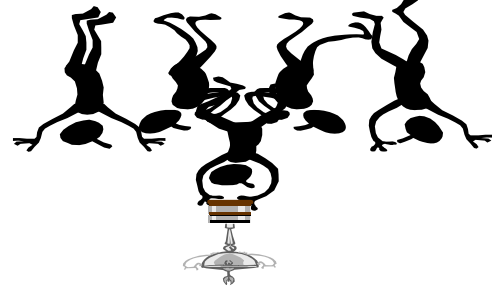
The objective of this workshop is to assist parents to become more effective partners in their child's education to enhance their own son's or daughter's school experience. This is done through the sharing of information and strategies.



This workshop will provide an overview of the education system in B.C. as it relates to families who have children with extra support needs. In particular it will cover the roles and responsibilities of parents and students, the parent's role in partnership and planning, important legislation and policy re: special education, and tips for education advocacy.

Effective Advocacy Strengthens Community

For Parents

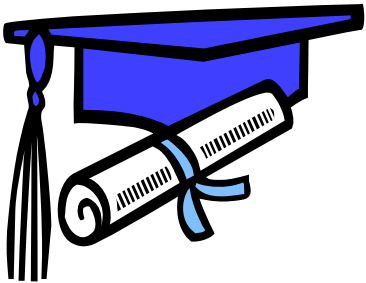


Effective advocacy skills help us and others get the support and services our families need while strengthening our communities. We will look at the different types of advocacy, the roles of various organizations, how effective advocacy strengthens communities, the advocacy process, and what it means to be an effective advocate.

This workshop is interactive and practical and emphasizes good communication, negotiation and assertiveness skills.

Leaving High School – What's Next?

For Parents and Professionals



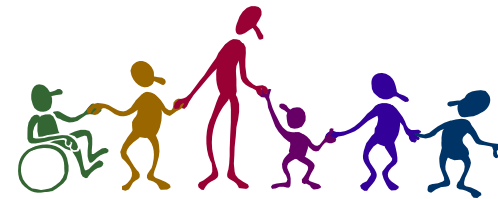
How do you prepare for this big change in your son's or daughter's life? This workshop is designed to help families understand how to prepare and plan for their son's or daughter's transition from high school into a full life in the

community.

Drawing on the experiences of many parents and professionals, we will discuss roles and responsibilities, the planning process, planning tools and available resources and services.

Families Leading the Way

For Parents

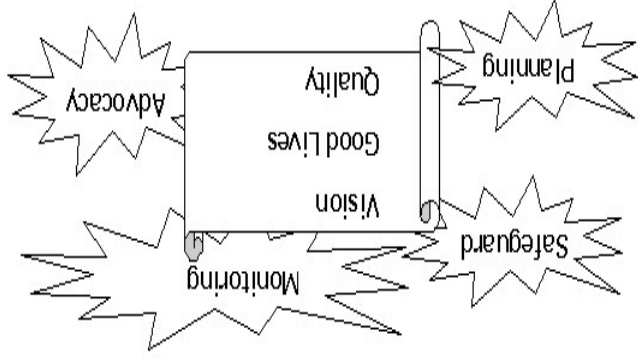


Families are invited to explore their leadership role and brainstorm ways to create a healthy balance of support for their families and guide the changing services from agencies and government to ensure they are responsive to our needs!

Over the past decades, many families have been leaders by supporting other families and helping to create services that are taken for granted today. We are easily lulled into thinking that current services are forever, however, there are no assurances when it comes to service delivery. This time of high stress and demand, and the dizzying speed of changes in the service system, identifies the need for us to work collectively to maintain the status quo and to continue the work of improving support for our families through formal and informal means.

Key Roles for Families in Ensuring Good Lives

For Parents and Professionals



Have you ever wanted to find new and innovative ways to keep your child safe and happy? This workshop has been designed by parents to help develop the knowledge and skills to assist you in the pursuit of you and your loved ones' dreams for a good life.

This workshop will explore:

- Why we need to plan for our children's future, and what we can do about it.
- The difference between formal and informal safeguards.
- How to develop informal safeguards.
- Identify challenges and to develop strategies to overcome them.
- How to recognize and monitor quality in the services and supports our children receive.
- Advocacy and the importance of planning.

Families Promoting Employment First

For Parents and Professionals



This workshop has 3 modules with families in mind to support learning in the philosophy of "Employment First".

They were designed to support families to develop a vision for employment with their sons or daughters, and to stimulate thinking about how families and their supporters could build an employment focus into planning for and with their sons' or daughters' future.

The 1st workshop (1/2 day) will focus on **preparing, planning and pursuing employment.**

The 2nd workshop (1/2 day) will encourage an employment thinking perspective and approach and will provide families with examples and ideas to support them to **profile promote and support** their sons and daughters towards employment.

There is a 3rd workshop (full day) that is designed for community partners and professionals to encourage an Employment First thinking perspective and approach, especially for students in the high school years and planning towards the transition to adulthood.