

Westcoast Family Centres contribute to the healthy development of children by providing services to strengthen the relationships between children and families and between families and their communities.



Westcoast
Family Centres
BUILDING BLOCKS FOR BETTER LIVES

Raising a Child with a Disability



Westcoast Family Centres

—North Shore

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Family Centres

BUILDING BLOCKS FOR BETTER LIVES

MAPLE RIDGE
NORTH SHORE

TRI-CITIES
VANCOUVER



Ministry of
Children and Family
Development

REGISTRATION & INFORMATION
604.377.5925

An eight-week long support group for parents to better understand and manage the physical and emotional impact of raising a child with a disability.



January 25 – March 14, 2012

Wednesdays - 9:30-11:30 am

Westcoast Family Centres Office

301–255 West 1st Street, North Vancouver

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Free / Closed group / in English

To provide parents and caregivers raising a child diagnosed with a disability* with a supportive environment to discuss the various challenges of caring for their child. Attention will be given to exploring the unique experiences shared by this group and identifying strategies to improve self-care and interpersonal relationships.

* Disability refers to any intellectual, physical, or behavioural impairment that hinders a child's day-to-day functioning. This could also include children with a pending diagnosis.

Program

- + Discussing the physical and emotional impact of raising a child diagnosed with a disability
- + Managing stresses on relationships with other family members
- + Understanding and navigating the funding and support systems
- + Identifying challenges within the educational system
- + Dealing with stereotypes about disability, including unique cultural views
- + Managing stress and identifying strategies for better self care
- + Sharing successes

Benefits

- + An opportunity to meet with other parents who are raising a child diagnosed with a disability
- + A venue for sharing your story with other parents and learning new ideas in an accepting and supportive environment
- + The reduction of stress-related symptoms and emotional reactivity
- + Improved self-care and self-esteem

Facilitators

Nancy Ross has over 30 years of experience working with children and families. She has worked with a variety of different organizations, including Westcoast Family Centres and Nisha Children and Family Services Society. Much of Nancy's experience includes facilitating various groups.

Christy Cheremshynski has worked with children diagnosed with a disability and their families for over 12 years. Christy completed her Masters of Arts in Special Education in 2004 at the University of British Columbia and is currently pursuing her Master of Arts in Counselling Psychology at the same institution. She is also a Board Certified Behaviour Analyst.

Registration

To register, please contact
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