



WORKSHOPS

Parents and Professionals

Workshops Available

- About the Family Support Institute
- 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

The Family Support Institute and How We Can Support your Community

For Parents and Professionals



Our FSI workshop explains who we are and what we do. We talk about how we can be involved with your community.

This workshop is presented by parents to parents and professionals. **Free Workshop**



Families Promoting Employment First

For Parents and Professionals



Understand philosophy of “Employment First”.

These are designed to support families to develop a vision of employment with their sons or daughters, to direct thinking about how families and their supporters could build an employment focus into planning with their sons’ or daughters’ for their future.

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

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

3rd workshop (full day) that is **designed for 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.

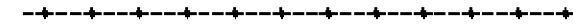
Brothers and Sisters

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.



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.

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.



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.

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.

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.

FSI Workshop - Sexual Health

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 a difficult topic, 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.



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 is able to offer the following workshops to interested groups and organizations. For more information, please contact our Training Coordinator through the FSI office.

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

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.

Key Roles for Families in Ensuring Good Lives

For Parents and Professionals

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 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.
- What are safeguards, why they are important, and what can we 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.

Parent Professional Relationships

For Parents and Professionals

Parents and professionals are increasingly aware that an effective outcome for a child cannot occur without a collaborative 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.

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.