



**FAMILY  
RESOURCE CENTRE**

**NEWSLETTER  
Volume #14**



## WELCOME

We are a free resource available to families and FMS Administrators to assist with managing PDD and FSCD services.

We can assist with:

Training  
Navigating Supports  
Community Connections  
Peer Connections  
Disability Tax Credit &  
Registered Disability  
Savings Plan

Our staff are available online and in person

## UPCOMING TRAINING

Trauma Informed Care,  
Positive Behaviour Supports,  
Individual Service Planning  
(ISP) and more!

And a SharePoint library.  
SEE BELOW FOR MORE



**Family Resource Centre of  
Central Alberta - fscd/fms**



**Central Alberta Support Worker Jobs**



## NAVIGATING SERVICES AND SUPPORTS

We assist families to make informed choices and optimize services that best align with their values.

SEE BELOW FOR MORE

## COMMUNITY & PEER CONNECTIONS

We provide opportunities for connection and networking to support inclusion and increase community capacity.

SEE BELOW FOR MORE



## DISABILITY TAX CREDIT & REGISTERED DISABILITY SAVINGS PLAN



We now offer information and support to apply for these.



# TRAINING

# SNAP SHOT



## **Individual Service Plan (ISP) Training**

The purpose of the ISP Training is to help the Support Team prepare an Individual Support Plan (ISP). Training also offers suggestions on how to implement and monitor the ISP once it has been created. The training can be used as a step-by-step framework to follow, or simply to help focus the conversations of a Support Team.

**Tuesday January 31, 1:30 PM – 3:00 PM**

**Click here to register:**

<https://www.eventbrite.ca/e/individual-support-plan-training-tickets-511068960017>

# Family Resource Centre

Working together to build stronger families



## January & February 2023 – Training, Groups, & Events

MON.	TUES.	WED.	THURS.	FRI.
JAN 23	24 <b>Overview of PDD Funded Agency Supports</b> <i>TEAMS 10:00 – 11:30 am</i>	25	26	27
30	31 <b>Individual Service Plan (ISP) Training</b> <i>TEAMS 1:30 – 3:00 pm</i>	FEB 1 <b>Trauma Informed Care Part III</b> <i>ZOOM 6:30 – 3:00 pm</i>	2	3
6	7 <b>Positive Behaviour Supports (PBS)</b> <i>TEAMS 9:00 – 12:00 am</i>	8	9 <b>Positive Behaviour Supports (PBS)</b> <i>TEAMS 9:00 – 12:00 am</i>	10

### EVENTBRITE LINKS FOR REGISTRATION

**Overview of PDD Funded Agency Supports** - This session we will explore Agency Supports provided through Employment Placement and Support Services. Together we will discuss the services they offer through the following programs: Supported Independent Living (SIL), Community Inclusion (CIP), and Inclusive Community Employment (ICE), and Building Our Stronger Selves (BOSS).

<https://www.eventbrite.ca/e/overview-of-pdd-funded-agency-supports-tickets-514495388557>

**Individual Service Plan (ISP) Training** – see above for details and registration link

**Trauma Informed Care Part III** – Please join us as we continue our series on trauma-informed care, a strengths based framework that is grounded in an understanding of and responsiveness to the impact of trauma. Together we will look at strategies that equip and empower the individuals we are serving.

<https://www.eventbrite.ca/e/trauma-informed-care-part-3-tickets-515093938837>

**Introduction to Positive Behaviour Supports (PBS)** (*Please register for both days*) - This course is an introduction to Positive Behaviour Supports (PBS) for frontline staff supporting individuals with developmental disabilities who experience behaviours of concern. This course will explore the importance of knowing the individual, fostering trust and relationships in the lives of the individual, and how to best support an individual when they are experiencing behaviours of concern.

Day 1 <https://www.eventbrite.ca/e/introduction-to-positive-behavior-supports-day-1-tickets-511077355127>

Day 2 <https://www.eventbrite.ca/e/introduction-to-positive-behaviour-supports-day-2-tickets-511085288857>



# THE FAMILY RESOURCE CENTRE

## SHAREPOINT FEATURES

### Training

Over 50+ courses available

### Staff Database

Connecting families to our staff  
database of Support Workers

### System Navigation

8 step FSCD Process  
12 step PDD & FMS Process  
Transition & Life Stages Planning

### DTC/RDSP

Disability Tax Credit & Registered  
Disability Savings Plan Support

## SHAREPOINT WEBSITE

1. Scan QR Code or visit website listed below
2. Log in with your email address under Microsoft account option (note: you do not need a Microsoft account)
3. Wait for a FRC staff to approve your request to access Sharepoint



<https://epssworks.sharepoint.com/sites/FamilyResourceCentre>

403-343-6249

[frc@epssworks.com](mailto:frc@epssworks.com)

## Training Courses

We have a growing library of training courses you can access including:

De-escalation Strategies	Mental Health & Disabilities	Budgeting	Stress Management
Employer Expectations	Effective Communication	Nutrition	Time Management
Labour Standards	Personal Boundaries	Recreation & Leisure	Managing Anxiety
Understanding WCB	Healthy Parenting	SMART Goal Setting	Anger Management
Personalities	Helping Your Child Reach	Social Role	Decision Making
Conflict Resolution	Their Full Potential	Valorization	Visioning & Planning
Addictions	Effective Self-Advocacy	Social Role Valoriz.	Interviewing

## Navigating Services & Supports

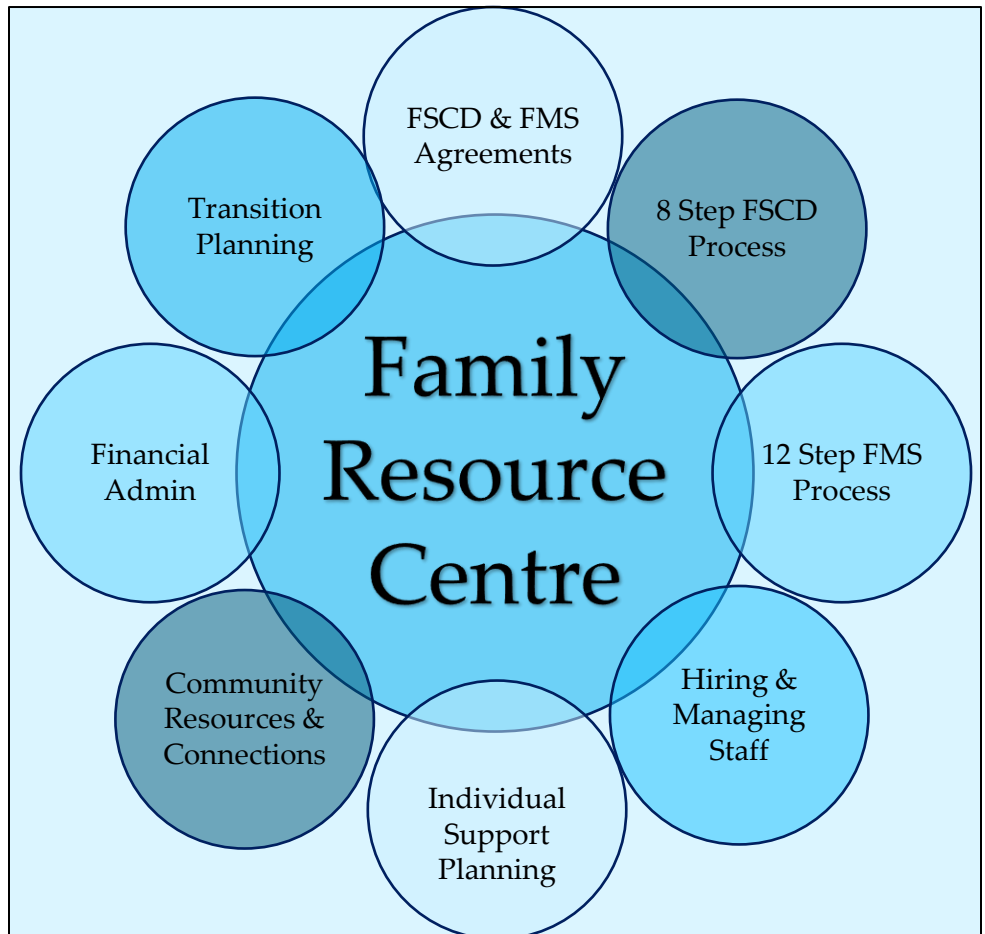
The Family Resource Centre can assist you with navigating the complexities of funded services.

Through training and individual support, you can receive help with:

**Understanding Agreements**  
**FSCD and FMS Processes**  
**Hiring and Managing Staff**  
**Financial Administration**  
**Life Transition Planning**  
**Individual Support Planning**  
**Community Resources**  
**Community Connections**

and more.

Reach out today to speak with a Specialist.



**Facebook Page:** <https://www.facebook.com/people/Family-Resource-Centre-of-Central-Alberta-fscdfms/100079970437691/>

**Facebook Group:** <https://www.facebook.com/groups/7342319059175038>

**SharePoint:** <https://epssworks.sharepoint.com/sites/FamilyResourceCentre>

**Questions? Need direct and personal support?**

**Address:** 2830 Bremner Ave, Red Deer, AB, T4R 1M9

**Phone:** (403) 343-6249

**Email:** [familyresourcecentre@epssworks.com](mailto:familyresourcecentre@epssworks.com)

