



**FAMILY
RESOURCE CENTRE**

NEWSLETTER
Volume #14

UPCOMING TRAINING

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

And a SharePoint library.

[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](#)



[Family Resource Centre of
Central Alberta - fscd/fms](#)



NAVIGATING SERVICES AND SUPPORTS

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

[SEE BELOW FOR MORE](#)



DISABILITY TAX CREDIT & REGISTERED DISABILITY SAVINGS PLAN



We now offer information and
support to apply for these.

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



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

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

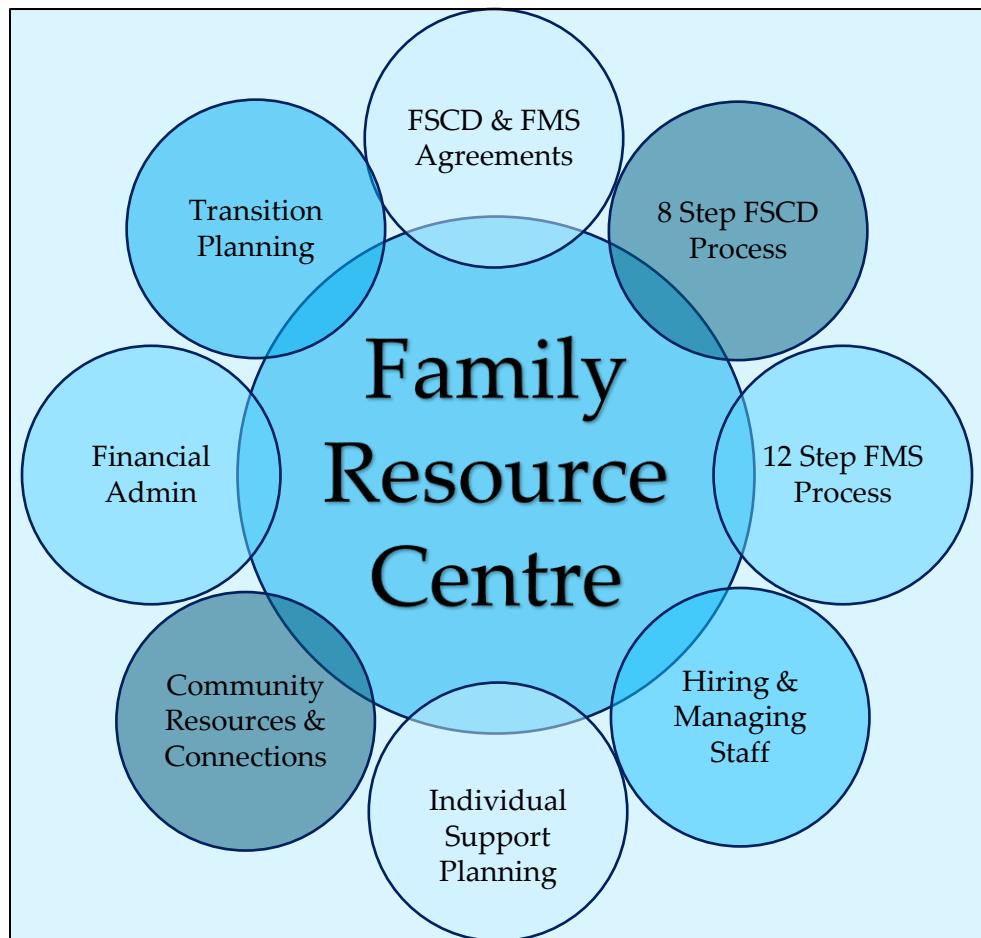
Navigating Services & Supports

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

