 At Reach we believe in the potential of every child and we know that each child is unique. We work together with families to recognize each child's strengths and develop their abilities.



Reach Child and Youth Development Society holds the three-year accreditation for Community Services: Child and Youth Services, and Community Services: Respite Services. CARF (The Commission of Accreditation of Rehabilitation Facilities).

## Reach Delta Connex Parent Peer Group Program

**The parent group is an opportunity for parents with children who have FASD or other complex behaviours to come together. At the group they can learn and reflect on their lives as parents of children that may behave in ways that are unexpected and a challenge to understand.**

The parent group will focus on a variety of topics that are important to parents. At the end of each group session parents will set the topic for the following month. They can choose from given topics or identify a new topic. At all sessions parents will have an opportunity to interact and get to know one another. Resources that will assist parents and families will be developed and distributed. These may include such items as educational pamphlets, helpful books, and information on resources.



Some of the topics to be covered are:

**Learning:** How your child learns differently and how to support progress.

**Emotional Well-Being:** Management of anger and other emotions that go along with parenting.

**Health and Wellness:** How to fit physical fitness and personal activities into your life.

**Relationship Building:** How getting closer with your child will improve behaviour and learning.

**Dependence and Independence:** How to encourage responsibility, but recognize the value of supports.

**Celebrating the Children:** How to adjust your perspective and avoid being overwhelmed by your child's struggles.

**Family Life and Disability:** The effects of having a child who needs extra support and how to keep it positive.



### Benefits of a Parent Peer group

The Delta Connex program is about making connections and improving the quality of life for children and their parents. The objectives of the Delta Connex Parent Peer Group are:

- to facilitate parents' skill development and knowledge base about their child's condition
- to support parents' emotional well-being
- to assist parents' in strengthening their relationship with their children
- to provide a welcoming space where parents can share experiences, knowledge and support

### When and Where are Meetings?

The Parent Peer group will meet the last Friday of every month in the day from 9:30 to 11:30am. The meetings will take place at the Reach Child and Youth Development Society building at #3 - 3800 72<sup>nd</sup> Street in Ladner. Snacks and refreshments will be served. For meeting dates, and to reserve a seat please call Robyn Lane at 604-946-6622, ext 328, or email [robyn@reachchild.org](mailto:robyn@reachchild.org).

**"Resources that will assist parents and families will be developed and distributed"**



When you want to connect with other parents who have a child with complex behaviour...

# Help is within reach.

## Believing in potential

Each year over 800 children benefit from programs and services at Reach Child and Youth Development Society. Our family-centered, individualized, and responsive approach means that families experience success and each child is given the opportunity to reach their potential.





**Family Centered** Our family-centered philosophy recognizes that the family is the major decision maker and constant in the child's life and as such, we believe families should be in control and informed. We believe, that the primary aim of good service planning is to enable and empower families.

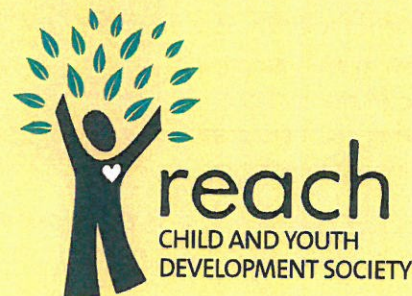
**Individualized** We recognize and respect the diversity and uniqueness of families and children and provide individualized approaches to goal identification and service planning.

**Responsive** We believe that it is essential that services be flexible to meet the changing needs of children and families, and to respond to input from the community regarding those needs.

**Experts in our field** We have brought together professionals with expertise and knowledge in a variety of areas including Early Childhood Educators, Speech Language Pathologists, Behavioural Consultants, Supported Child Development Consultants, Occupational Therapists, Infant Development Consultants, and others with extensive experience supporting families and children.

## Our mission is to

-  provide early and timely intervention for children with special needs in a family-centered manner
-  provide choices and ongoing support to children and families
-  facilitate and support the full integration of all children into our community
-  exist as a quality community resource for the optimal development of children from infancy onwards



January 2016



## Delta Connex Parent Peer Group

[www.reachdevelopment.org](http://www.reachdevelopment.org)

3-3800 72nd Street, Delta, BC V4K 3N2  
Tel 604-946-6622 Fax 604-946-6223  
info@reachchild.org

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CORPORATION OF DELTA



"BELIEVING IN POTENTIAL"