# FAMILY ADVISORY COUNCIL

The RCC/SSCY Family Advisory Council (FAC) was established in 1997. The Family Advisory Council provides direction and guidance for the activities of the Family Network. The council is made up of family members, community members, and health care professionals. The council meets every other month to provide input and feedback on various strategic goals and initiatives at SSCY, as well as to plan special events and programs. We are working consistently to meet needs identified by families, as well as address new ideas when they arise.

Want to know more about the FAC, or interested in getting involved?
Email us to apply!



## CONNECT WITH US

We'd love to sign you up for the newsletter and have you join us for our special events and programs.
For more info or to register, contact us via email or phone:

familynetworkesscy.ca 204-258-6567

SSCY Centre
1155 Notre Dame Avenue
Winnipeg, MB R3E 3G1
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## RCC/SSCY

## FAMILY NETWORK

**INFO BROCHURE** 





### IS THIS PROGRAM FOR ME?

The Family Network is a community of parents, guardians, grandparents siblings, relatives, and loved ones of children and youth ages 0-21 with additional needs in Manitoba.

Membership to the Network is open to all, and you'll have access to the newsletter, programs, and special events.

Sign up for our newsletter to stay connected and up to date on events and happenings with the Family Network and SSCY Centre!

### **HOW CAN I GET INVOLVED?**

#### **E-NEWSLETTER**

To become part of the Family Network, join the e-newsletter mailing list! You'll receive a monthly e-newsletter to keep you up to date on what's going on at SSCY, and regular invites to special events and programs hosted by the Family Network

#### SPECIAL EVENTS

The Family Network hosts several special events each year for families, based on needs identified in the community. Past events have included guest speakers, a recreation opportunities expo, and a self-care event for caregivers.

## REGULAR **PROGRAMS**

#### PARENT TO PARENT CAFE

The Cafe is a support group for parents of children with additional needs, led by parents. This open group meets monthly and covers a variety of topics based on needs identified by the parents that participate.

#### **SIBSHOPS**

Sibshops are for siblings ages 7-12 of children with additional needs. At these groups, siblings will meet other sibs, have fun, laugh, talk about the good and not-so-good parts of having a sib with additional needs, play some great games, learn something about the services their brothers and sisters receive, and have some more fun! This program runs at different times throughout the year.

#### **POWERFUL TOOLS FOR CAREGIVERS**

This 6-week program is designed to provide caregivers with tools to support them in taking care of themselves while also caring for others. This course is designed specifically for caregivers of children and teens with additional needs. This course runs twice a year.







