

## **Resources for Parent Support & Education – Burnaby/Lower Mainland**

Please find below a list of organizations (in alphabetical order) that provide education and support for families who have children with disabilities and which are convenient to families who live in Burnaby.

**Access 2 Program by Easter Seals:** The Access 2 program allows an individual with a disability have a support person accompany them at no charge to participating arts and entertainment venues. Participating venues include Playland and Cineplex theaters. You must apply for the Access 2 card and there is a small handling fee.

<https://access2card.ca/>

**Autism Community Training (ACT):** ACT provides information and training to parents and professionals who are teaching and supporting individuals with autism spectrum disorder. They offer workshops, courses and have a large library of both videos and written material. Their information is best on international best practices.

<https://www.actcommunity.ca/>

**Autism Information Services BC (AIS BC):** AIS BC is a provincial information centre for autism and related disorders that provides information to families and community professionals across B.C. Their staff can help you navigate the BC autism service system. AIS BC also manages and administers the Registry of Autism Service Providers (RASP) – a list of qualified professionals from across the province.

<https://www2.gov.bc.ca/gov/content/health/managing-your-health/child-behaviour-development/support-needs/autism-spectrum-disorder>

**Autism Society of British Columbia:** Autism BC has a Burnaby Parent Support Group. You can find contact information for the Burnaby group facilitator at

<https://www.autismbc.ca/blog/support-groups-community-groups/>

Autism BC also provides Behavior Interventionist training, and hosts community events.

<https://www.autismbc.ca/>

**bc211:** bc211 is a nonprofit organization that specializes in providing free information and referral regarding community, government and social services in BC. Help line services include 211, the Alcohol and Drug Information and Referral Service (ADIRS), the Problem Gambling Help Line, VictimLink BC, and the Youth Against Violence Line.

<http://www.bc211.ca>

**BC Centre for Ability:** BC Centre for Ability provides a wide range of programs for children, youth and adults with disabilities. Their programs include family counselling for families in Burnaby and New Westminister, The Community Brain Injury Program for Children and Youth in BC and Supported Child Development for children in Vancouver and Burnaby.

<https://bc-cfa.org/>

**Burnaby Infant Development Program (IDP):** IDP serves children from birth to three years old who live in Burnaby and are at risk for, or who already have, a delay in development. All our programs are “family centered.” This means that you, the parents, decide on what kind of support you need.

<https://idp.gobaci.com>

**Burnaby Family Life:** Offers a wide variety of programs for parents and families, including parenting classes and parenting support groups.

<https://bflgrowscommunity.org>

**BCEdAccess Society:** BCEdAccess Society serves families of students with disabilities and complex learners all over BC. Their website has excellent resources including an advocacy guide. This Society runs social groups for children and holds conferences.

<https://bcdaccess.com>

**BC Epilepsy Society:** BC Epilepsy Society offers education and support to British Columbians living with epilepsy and their families, and supports research to make their lives easier. The Society runs a variety of support groups.

<http://www.bcepilepsy.com>

**Canucks Autism Network:** Canucks Autism Network provides year-round sports and recreation programs for children, teens, young adults and families living with autism, while increasing autism awareness and providing training in communities across British Columbia.

<https://www.canucksautism.ca>

**Cerebral Palsy Association of British Columbia:** The Cerebral Palsy Association offers a wide variety of classes and programs with the goal of seeing those living with cerebral palsy realize their place as equals in a diverse society. These programs include adapted arts and sports classes, camper ships and employment support.

<https://www.bccerebralpalsy.com>

#### **Childcare Resources:**

Information about BACI Childcare Centres can be found on the [Services page](#) of the BACI Website.

The YMCA of Greater Vancouver runs a Childcare Information and Referral Service that helps families find childcare. The Burnaby and New Westminster office can be reached by phone 604-294-1109 or by email: [ccrr@gv.ymca.ca](mailto:ccrr@gv.ymca.ca) More information is provided on the BC government website

<https://www2.gov.bc.ca/gov/content/family-social-supports/caring-for-young-children/how-to-access-child-care/search-for-child-care>

The Supported Child Development Program assists families of children who require additional support to access inclusive childcare programs. Families in Burnaby and Vancouver should contact BC Centre for Ability

<https://bc-cfa.org/programs/supported-child-development>

**Community Living BC (CLBC):** CLBC is a provincial agency that funds supports and services for adults with developmental disabilities and their families in British Columbia. Funding for adults with developmental disabilities goes toward services such as residential, community inclusion, day support, family support, respite, employment, etc. The Burnaby office can be reached at 604.660.8124

<https://www.communitylivingbc.ca//>

**Disability Alliance BC:** The Alliance provides comprehensive on-line library of resources. There is easy to understand information on how to apply for BC Disability Benefits (PWD) including guides on the supplements available, as well as help with applying for the Disability Tax Credit (DTC) and the Registered Disability Savings Plan (RDSP). The Alliance also has a Disability Law Clinic.

<http://www.disabilityalliancebc.org>

**Developmental Disabilities Mental Health Services (DDMHS):** DDMHS provides specialized mental health community services for ages 12 and over who live with co-existing developmental disabilities and a mental illness. Individuals may also struggle with behavioral challenges that are often influenced by the mental illness and developmental disability

<https://www.fraserhealth.ca/health-topics-a-to-z/developmental-disabilities-mental-health-services#.YJ7EFCOZNAV>

**The Disability Foundation:** The Disability Foundation supports 6 affiliated societies. These societies foster meaningful experiences for people with disabilities through outdoor recreation, social connectedness and innovative adapted devices.

- British Columbia Mobility Opportunities Society: Providing the means to play outside in nature, on land and water.
- ConnecTra Society: Bringing together people and community resources.
- Disabled Independent Gardeners Association: Fostering the feel-good experience of nurturing nature, producing healthy fruit and vegetables.
- Adaptive Sailing Association of British Columbia: Offering the thrill of sailing on the open waters.
- Tetra Society of North America: Bringing together inventive volunteers who build custom assistive devices that overcome physical barriers.
- Vancouver Adapted Music Society: Operating the only fully-accessible recording studio in Western Canada, and supports and promotes musicians.

<https://disabilityfoundation.org>

**Down Syndrome Resource Foundation (DSRF):** Located in North Burnaby, DSRF offers a wide variety of educational and health opportunities to children and young adults with Down syndrome. If space allows, individuals who do not have Down syndrome can access programs. There are also educational and social events for families.

<https://www.dsrf.org>

**Family Caregivers of BC (FCBC)** supports people in BC that provide physical and/or emotional care to a family member, friend, or neighbor. FCBC supports caregivers by providing access to information, education and supports that enable caregivers to feel more confident and successful in their important role.

<https://www.familycaregiversbc.ca>

**Family Services of Greater Vancouver:** Provides affordable family counselling services to Burnaby families. The program is designed to ensure that everyone who needs counselling, gets counselling. Fees for service are charged on a sliding scale based on household income. You may be put on a wait list.

<https://fsgv.ca/programs/counselling/>

**Family Smart:** Family Smart is a resource hub and support network for families who have a child or youth with mental health concerns including addiction and anxiety. They hold monthly education and networking sessions call "In The Know." The resource parent for Burnaby/New Westminster is: graeme.partridge-david@familysmart.ca

<https://familysmart.ca>

**Family Support Institute (FSI):** Directed by families, the Family Support Institute works to bring families together to share their expertise, joys and challenges and the special understanding of having a son, daughter or family member with a disability. Support is available by phone, at community events or at workshops. Click on the Resources link to subscribe to information newsletters and bulletins.

<https://familysupportbc.com>

**Grants and Bursaries for Equipment and Therapy:** Families who have a child with a disability have, on average, lower household incomes, yet they must try to meet their child's needs for therapy and equipment. Here are two charities that may help low-income families with some of these expenses:

Variety Children's Charity <https://www.variety.bc.ca>

CKNW Kids Fund <https://www.cknwkidsfund.com>

**Here to Help:** HeretoHelp is a project of the BC Partners for Mental Health and Addictions Information. Here to Help is a group of seven leading mental health and addictions non-profit agencies that have been working together since 2003 to help people live well and better prevent and manage mental health and substance use problems.

<https://www.heretohelp.bc.ca>

**Inclusion BC:** Inclusion BC's mission is to advocate for children, youth and adults with developmental disabilities and their families to ensure justice, rights and opportunities in all areas of their lives. In the family section on the website Inclusion BC has resources and links to many resources valuable to families including information about Inclusive Education, Dual Diagnosis, Inclusive Recreation and financial planning.

<https://inclusionbc.org>

**Kinsight:** Kinsight has a wide range of parent support opportunities including support meetings and educational workshops which often take place nearby in Coquitlam. Click on upcoming events for the full calendar.

<http://www.kinsight.org>

**Kelty Mental Health Resource Centre:** This organization offers support and information for parents and families who are navigating the child mental health system. Based at BC Children's Hospital, the resource centre has a wide variety of programs and resources.

<http://keltymentalhealth.ca>

**Kudoz:** Kudoz offers adults with cognitive disabilities a new way to meet people, have novel experiences and participate in the community. Members choose from a variety of experiences from bread making to tricycle riding, connect with a volunteer host and go out to try something new. The program is free and has no waitlist. There are now openings for a limited number of teens.

<http://kudoz.ca>

**Literacy Now Burnaby:** Literacy Now Burnaby is committed to building and enhancing literacy services, programs and networks in line with recommendations in the Burnaby Literacy Plan. Some nice resources including how to write in clear language.

<http://www.literacynowburnaby.ca>

**Lower Mainland Down Syndrome Society:** While based in Surrey, the Society does host Parent Education and Networking events occasionally in Burnaby. Please subscribe to the newsletter to get the latest event listings:

<http://lmdss.com>

**MOSAIC:** Offers settlement services to a wide range of newcomers in the areas of employment, language and family needs.

<https://www.mosaicbc.org>

**Neil Squire Society:** Neil Squire Society offers opportunities for people with disabilities to develop computer skills, build their employment skills and help re-enter or enter the work force. Their assistive technology services help remove any technology barriers particularly those related to employment.

<https://www.neilsquire.ca>

**The Pacific Autism Family Network (PAFN):** This large centre, located in Richmond provides a network of supports for individuals with Autism Spectrum Disorder and their families. The PAFN's purpose is to be a Knowledge Centre: Bringing together state of the art resources for research, information, learning, assessment, treatment and support.

<http://pacificaautismfamily.com>

**NIDUS:** Nidus provides information to British Columbians about personal planning, specializing in Representation Agreements and also operates a centralized Registry for personal planning documents. The site is very user-friendly if you wish to create your own documents. NIDUS also hosts webinars that give you the opportunity to learn in more detail about personal planning documents and ask questions.

<http://www.nidus.ca/>

**PLAN:** Planned Lifetime Advocacy Network has a full schedule of learning opportunities convenient to Burnaby families, including Wills, Trusts & Estate planning, RDSP Information and Building Personal Networks. Please visit their website and click on “attend a workshop”. Both in-person and tele-learning opportunities are available.

<http://plan.ca>

**posAbilities:** posAbilities, like BACI, provides services to individuals with disabilities. They have programs and workshops that everyone is welcome to attend such as Buddy Club and Knitting Club. They also offer behavioural consultation for ages 6 – 18.

<https://posabilities.ca>

**Rare Disease Foundation:** Founded in 2008, the Rare Disease Foundation works to improve research and clinical treatments for those with rare diseases. Parent support and information is part of their mandate.

<https://rarediseasefoundation.org>

**Spotlight on Mental Health:** This peer-run site is for the people who use mental health services and their friends, families and supporters. There is a wide range of information about local education events and support groups for individuals, family members and caregivers.

<https://www.spotlightonmentalhealth.com/>



**Services To Adults with Developmental Disabilities (STADD):** STADD is a BC government program for youth between the ages of 16 and 24 who are eligible for Community Living BC services and would like help planning the transition into adulthood. Youth and their families will be assigned a navigator. The navigator helps plan goals and access the supports available for young adults with developmental disabilities.

<https://www2.gov.bc.ca/gov/content/family-social-supports/services-for-people-with-disabilities/transition-planning-for-youth-young-adults>

**Special Olympics Burnaby:** High-quality sports programs and competitions to meet the needs and interests of individuals with Intellectual disabilities, enriching lives and celebrating personal achievement through positive sports experiences. Special Olympics BC Burnaby welcomes athletes from a wide range of ages, backgrounds, interests and levels of ability, and provides a range of opportunities that are suitable to diverse needs.

<https://sobcburnaby.org/>

**Square Peg Society:** Square Peg Society supports Autism Spectrum Disorder (ASD) adults and their families with the goal of helping ASD adults build self-supporting, independent lives. The group holds regular meetings about topics such as employment, post- secondary education, housing, finances and life & social skills. There is an emphasis on supporting individuals who do not qualify for Community Living BC supports.

<https://squarepegsociety.ca/>

**Support Worker Central:** Finding compatible support workers to assist you or your family member with a disability can be challenging. Support Worker Central is an online database designed to match individuals, families and agencies with support workers in their communities.

<https://www.supportworkercentral.ca/>

**Vela:** Provides information and mentoring to individuals with disabilities and their trusted others who are looking for customized, inclusive and creative supports and services. Their particular areas of expertise are forming a Microboard™ and accessing Individualized Funding from CLBC.

<https://www.velacanada.org>

**The Vancouver Parents Transition Group:** An education and support group for parents of youth with disabilities who are transitioning to adulthood. The group meets once per month and features guest speakers who provide information and support to families.

<https://vptg.wordpress.com>

## **Travel Passes for Individuals with Disabilities**

There are many opportunities for those with developmental disabilities to travel at a reduced rate and/or to bring an attendant.

**Translink** has a paratransit system called HandyDart. Also, individuals over 12 years old can apply for a HandyCard which allows them to travel on all transit vehicles with an attendant.

<https://www.translink.ca/rider-guide/transit-accessibility/handydart>

**BC Ferries:** Discounted fares are available for BC residents who have a permanent disability. To receive the discounted fares, you must apply for a BC Ferries' Accessible Fare Identification Card. The discounted fare applies to the cardholder and escort, if one is required

<https://www.bcferrries.com/accessibility>

**Air Canada:** On flights within Canada, Air Canada allows those with a significant disability to travel with a support person. The support person is not charged an air fare, but must pay applicable taxes. An application form must be completed.

<https://www.aircanada.com/ca/en/aco/home/plan/accessibility.html>

**WestJet:** WestJet offers a program similar to that offered by Air Canada.

<https://www.westjet.com/en-ca/special-needs/personal-attendant>

## **Sports and Arts Activities for Individuals with Disabilities**

**Burnaby Parks and Recreation:** Burnaby Parks and Recreation publishes a twice-yearly Leisure Guide detailing many of its programs. People with disabilities are free to consider all programs and reasonable efforts will be made to accommodate them. Caregivers who provide support are welcome. As well there are adapted programs designed for people with disabilities. The Recreation Access Coordinator can provide information on how to get involved in Burnaby Parks, Recreation and Cultural Services activities. To contact the Recreation Access Coordinator call 604-297-4576. Those with low incomes can apply for the recreation credit program.

Burnaby Parks and Rec – Leisure Guide <https://www.burnaby.ca/Things-To-Do/Be-Active-Programs/Leisure-Guide.html>

Burnaby Parks and Rec – Adapted Programs

<https://www.burnaby.ca/Things-To-Do/Be-Active-Programs/Programs-for-Everyone/Accessible.html>

## **Sports and Camps**

BC Mobility Opportunities Society <https://bcmos.org/>

Adaptive Sailing Association <https://disabledsailingbc.org/>

Sportability <https://sportabilitybc.ca>

Sirota's Alchymy – Martial Arts For All <https://sirotasalchymy.com/special-needs-therapeutic-martial-arts>

Burnaby Caprice Synchronized Swimming <https://www.bcssc.org/athleteswithdisabilities>

Power To Be <https://powertobe.ca>

BC Easter Seals Camps <https://www.eastersealsbcy.ca/>

Zajac Ranch <https://zajacranch.com/>

Special Olympics <https://sobcburnaby.org/>

Pacific Riding for the Developing Abilities <http://www.prda.ca/>

Valley Therapeutic Equestrian Association <https://www.vtea.ca/>

Cerebral Palsy Association Programs <https://www.bccerebralpalsy.com/programs/>

Challenger Baseball <http://www.bcchallenger.com/>

Cold Water Ranch Lodge <https://www.abilitasfoundation.org/>

## **Arts Programs**

Theatre Terrific <https://www.theatreterrific.ca/>

Cerebral Palsy Association Programs <https://www.bccerebralpalsy.com/programs/>

Vancouver Adapted Music Society <https://vams.org>