

Family 2 Family

Join Glenrose clinicians for online presentations providing strategies and resources on topics that affect the quality of life for children and families.

Advocacy

Thursday, September 21, 2023

Sleep is Essential

Tuesday, October 17, 2023
6:30 – 8:00pm

Getting Our Kids Active and Why it Matters For Kids with Disabilities

Tuesday, November 21, 2023
6:00 – 7:00pm

Sexuality Matters

Teaching Privacy, Consent and Boundaries at Any Age

(Replay of previously recorded session)

Wednesday, November 29, 6:30 – 8:00pm

See reverse for session descriptions

To receive upcoming 2023 Family 2 Family calendars

Please contact Charlene Prochnau
at (780) 735-7999 ext 15578 or email at PFRC@ahs.ca

Advocacy

Developing a life-enhancing vision, and refining this over time, is one of the most powerful and helpful means of ensuring a full and inclusive life. This session will provide an overview of developing a life-enhancing vision and the initial steps to move forward using family-directed support. Additionally, it will outline some strategies families can consider individually and collectively in advocating for school and community inclusion, including needed support and funding from FSCD or PDD.

Sleep

Sleep is essential for our physical and mental health and supports optimal development for infants, children and teens. If you have wondered about sleep, this presentation will answer the following questions: What are the features of sleep? Why do we sleep? What undermines sleep? How can we achieve good quality and quantity of sleep?

Getting Our Kids Active and Why it Matters for Kids with Disabilities

In this session we will talk about the important role that physical activity plays in the lives of children with disabilities, especially those who identify as neuro-diverse. This will include why being active matters for kids with disabilities and how it can make our daily lives better! In addition to answering your questions, I will share tips and resources to help you get your kids (and families!) more active.

Sexuality Matters – Teaching Privacy Consent and Boundaries at Any Age

The goal of this information session is to help develop the comfort, knowledge and practical skills needed for parents and caregivers to address areas of sexual health with their child. These areas may include development and puberty, hygiene, privacy, personal boundaries, relationships, consent and many more. This presentation is suitable for caregivers of children and youth with any physical, intellectual, or developmental disability.