



"FSIBC holds a space for family members to share, connect, laugh, cry, and learn. It focuses on what ALL of society is longing for these days - meaningful connection! FSIBC is a gem in the province of BC."

-Shelly Nessman

"To me, FSI is about being touched, inspired and moved by the parents, the stories and experiences they so openly share. These families truly open their hearts and bring warmth to my soul. The result is a true sense of belonging and acceptance in a community of others on a similar life journey."

-Cathy Anthony

OUR VISION

All individuals and families are supported, connected and fully valued in their communities.



OUR MISSION

To strengthen, connect and build communities and resources with families of people with disabilities in B.C.



@FSIBC



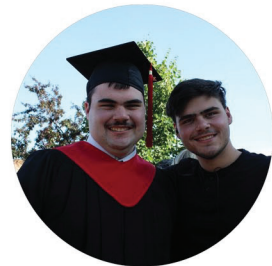
FamilySupportBC



FamilySupportInstitute



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FAMILY SUPPORT
Institute of BC
families supporting families

ABOUT THE FAMILY SUPPORT INSTITUTE OF BC

The Family Support Institute of BC (FSI) is a provincial not for profit society committed to supporting families who have a family member with a disability. FSI is unique in Canada and the only grass roots family-to-family organization with a broad volunteer base. FSI's supports and services are free to any family.

OUR BELIEFS

We honour that the Family Support Institute of BC grew out of an era that did not value the pivotal role of families.

Therefore, we believe:

- Families are the best voice to speak for their unique circumstances
- Families have a critical role in shaping the future for their family members
- Families are the best resource to support one another
- Informed families are more empowered to speak for themselves when needed
- Informed, involved, and confident families are the most effective agents for creating social change



OUR FAMILY SUPPORT MODEL

The Family Support Institute of BC has trained volunteers throughout the province. These volunteers are referred to as "Resource Parents" (RPs) and "Resource Family Members" (RFMs). They all have a family member with a disability. This network supports and connects families by sharing experiences, expertise, and guidance.



OUR VOLUNTEERS WILL

- Connect by phone, email or in person
- Guide families to community resources
- Attend meetings; take notes; debrief
- Mentor and coach
- Listen and learn
- Share successes and celebrate families!

WHAT CAN FAMILIES EXPECT?

Families reaching out to FSI can expect to be met with empathy, compassion and understanding. FSI strives to have every family feel heard with confidential and non-judgmental support. This model builds relationships, reduces isolation and increases individual and family capacity.

WE OFFER

- Family support for anyone, any age, with any disability
- Connection to other families
- Encouragement and guidance
- Networking opportunities
- Information sharing and referral
- Workshops and training



DO WE ADVOCATE?

FSI **will** coach and mentor families to advocate for themselves.

WE WILL:

- Help families develop relationships
- Work collaboratively with families and stakeholders; problem solve together
- Sit with families as their voices are being heard
- Help families to understand and navigate systems
- Help families to understand their rights and the rights of their family members
- Help families find policy/resources to inform their own advocacy
- Advise government and decision makers of trends / issues

WORKSHOPS

FSIBC offers many workshops that are designed for both family members and professional audiences. These diverse workshops are written and presented by trained families. Topics include: Family Support, Transition, Advocacy, Siblings, Circle of Friends, Vulnerability, Sexual Health, Employment, Inclusive Education and more. Please call the FSI office for more information or to book a workshop in your community.

FSI INITIATIVES

- **FindSupport BC** - BC's first user friendly, searchable database of disability related supports, services, and community activities
findsupportbc.com
- **Transitions Timeline** - BC's online support tool for youth with disabilities and their families as they navigate transition-related planning
findsupportbc.com/timeline
- **Support Worker Central** - BC's job posting website to connect families to qualified support workers
supportworkercentral.com
- **familyWORKs** - An initiative with chapters across British Columbia that brings families together to learn the different aspects of employment for people with disabilities in BC.
familyworksbc.com
- **MyBookletBC** - A FREE online tool that individuals and families with disabilities can use to create a beautiful and personalized information booklet to store and share their strengths, gifts, and goals.
myBookletBC.com

