

Upcoming Family Support Institute BC Zoom Sessions

FSIBC Zoom sessions are a safe space for families, caregivers and professionals to come together for support, learning, inspiration and connection. Some sessions are by theme/topic while others are for general conversation and engagement. Whatever you might be feeling — overwhelmed, sad, confused, fearful, anxious — you are not alone.

Date/Time	Session Title (Click for more information)	Register Here:
Mon, Feb 1		
10:00 am - 12:00 pm	Leaving High School: What's Next	Click Here
12:00 pm - 1:00 pm	Lunch Time Family Hang Out	Click Here
6:30 pm - 7:30 pm	Recipes for Respite **new time slot added**	Click Here
7:00 pm - 9:00 pm	Leaving High School: What's Next	Click Here
Tue, Feb 2		
6:30 pm - 8:30 pm	Family Hang Out	Click Here
Wed, Feb 3		
6:30 pm - 8:00 pm	Preventing Behaviours	Click Here
Thu, Feb 4		
12:00 pm - 1:30 pm	Recipes for Respite	Click Here
7:00 pm - 9:00 pm	Housing Options	Click Here
Sun. Feb 7		
7:00 pm - 8:30 pm	Dads Supporting Dads	Click Here

All FSIBC Zoom sessions can be accessed by telephone if access to computers and/or the internet is a barrier. If you need assistance registering for any session, please call our office at 1-800-441-5403.

Please note that our online sessions are not intended to provide medical diagnoses and/or legal advice.

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