

About Stepping Stones At the BC Centre for Ability

Stepping Stones...

...provides opportunities to enhance social and emotional development in children and their families. Social and emotional development is a child's ability to form close and secure relationships with adults and peers, and experience, regulate and express feelings in socially and culturally expected ways. Our program is based on the philosophy of inclusion and collaboration.

We believe that...

...Children who develop strong social and emotional skills can:

- identify emotions in themselves and others and express and manage these feelings;
- enjoy positive and supportive relationships with their peers, parents/caregivers, family members, and others;
- build an important foundation for success and overall better quality of life at home, in school, and in the community.

Services are provided to:

Children up to 12 years of age (and their families/caregivers) who:

- are current or former BC Centre for Ability clients; and,
- live in Vancouver, Richmond, Burnaby or the North Shore.

Generally, services are provided during weekday hours in locations that are most convenient for the child and family (e.g. family home, school, or community centres). Stepping Stones is flexible to accommodate family appointments, group sessions, and special events outside of these hours as required.

The level and extent of service is determined in discussion with the family.

What we offer:

Stepping Stones directly provides the following:

- ❑ Community education and workshops
- ❑ “Family-Together” activity nights
- ❑ Parent networking opportunities
- ❑ Short term consultation
- ❑ Support with life or school transitions (e.g. K to Grade 1)
- ❑ Social thinking and skills groups for children ages 5 – 12 years

Stepping Stones does **not** provide “after hours” crisis intervention. The Program shares contact information on various community service providers who are available to support families in the event of an emergency or crisis any time of the day or night. This information is shared with families at the first meeting.

Cost:

Stepping Stones is funded by the United Way. There is no direct cost to families for Stepping Stones services.

How to apply for services:

Families apply directly for services by contacting a Stepping Stones Social Worker.

Program Contacts:

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