

## **About Stepping Stones At the BC Centre for Ability**

### **The Stepping Stones Program:**

Provides opportunities to enhance social and emotional development and mental wellness 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 and youth with neuro-developmental conditions, 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 emotional learning groups for children and youth

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.

## **How to access the Program:**

Register by telephone with a Stepping Stones Social Worker who will determine if your child is eligible for services and then together complete a referral form. There is no direct cost to families to access the Stepping Stones Program.

## **Program Contacts:**

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