



sources

COMMUNITY RESOURCE CENTRES

Sources is a community-based non-profit organization that has been providing help, encouragement, and hope for individuals and families in White Rock, Surrey, Delta, Langley, and Prince George for 40 years. We provide services such as food banks, counselling, employment services, and community living programs. At Sources we value respect and collaboration as we are all striving to promote the same mission—social wellness for our community.

The **FASD/CDBC Keyworker Program** is designed to support and empower children and youth with or suspected of FASD and their families. The program focuses on providing resources, education, advocacy and coordinated care to address the unique strengths associated with FASD and other Complex Developmental Behavioural Conditions.

Here's a brief overview of what the Keyworker Program may include:

**Resource Navigation:**

- Helping families and individuals navigate services and share resources.

**Case Management:**

- Facilitating collaboration among service providers to ensure support for individuals and families.

**Community Outreach:**

- Partnering with local organizations to raise awareness about FASD prevention and support services.

**Advocacy:**

- Supporting families and individuals with advocating for accommodations and services.

**Emotional Support**

- Providing emotional support and guidance for managing their unique challenges of raising a child with FASD.

**Goal Setting:**

- Setting short term, achievable goals/strategies using hands-on activities.

# KEYWORKER PROGRAM

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## **Example questions you can ask your Keyworker:**

1. What services are available for individuals with FASD/CDBC?
2. Are there any local support groups for families?
3. Are there any FASD events or workshops in the community?
4. Can you (keyworker) help coordinate between health providers and schools for an individual with FASD/CDBC and their families?
5. Are there resources available to help siblings and/or family members understand FASD?
6. Can you (keyworker) attend a school meetings?
7. Can you (keyworker) spread awareness about FASD to schools, communities, or workplaces?
8. Where to find healthcare providers who do FASD assessments?
9. Are there any local programs for children and youth with FASD/CDBC?
10. Could the Keyworker meet me and my family at home or in the community?

**\*These questions are examples - you are not limited to only these questions. Feel free to ask any questions or concerns!**

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## **Eligibility:**

This program provides support to children and youth (0-19) and their families who are navigating FASD, other complex developmental behavioural conditions (CDBC), or related challenges. Services are accessible through professional referrals or self-referrals.

*\*Please note that Sources Keyworker servicing areas are South Surrey/White Rock (South of 48th Ave)*

## **Contact Information:**

- FASD Keyworker: Megan Mills (She/Her)
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