



# NEURO-SPICEY NEWSLETTER



FEBRUARY 2025

## WELCOME

Welcome to the first edition of our Spectrum Supports newsletter! Our goal is to provide families, caregivers, and youth with neurodiverse needs a monthly update on upcoming groups, community events, and available supports. This newsletter will highlight accessible funding, respite supports, and community programs designed to help foster a sense of community and connection.




MCS MACKENZIE COMMUNITY SERVICES

*Spectrum Supports* **NEW**

Starts February 23rd

### SPECTRUM SUPPORT GROUP

4TH SUNDAY OF THE MONTH  
2 PM  
AT MACKENZIE COMMUNITY SERVICES

A Support Group for loved ones of those with Autism, Fetal Alcohol Spectrum Disorder, Complex Behavioral Conditions or other Neurodevelopmental Condition

Contact Cassandra at 250-997-6595 for more information

## UPCOMING GROUPS



@ MACKENZIE COMMUNITY SERVICES



FEB

09

Social Sunday  
2:00-4:00pm

FEB

23

Support Group  
2:00-3:00pm

MAR

06

FASD 101  
6:00pm-7:30pm

MAR

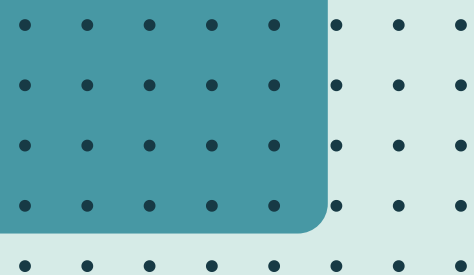
20

ASD 101  
6:00-7:30pm

## CONTACT CASSANDRA AT

250-997-6595

For more information or to register



## SPECTRUM SUPPORT GROUP

This program is available to families where a member is either diagnosed with or on the waitlist for assessment for Fetal Alcohol Spectrum Disorder, Autism, Complex Developmental Behavioral Conditions or Other Neurodevelopmental Conditions. This program will first work to build community and provide education through Groups, Workshops, Community Events, Support Groups and Social Opportunities.

If further support is needed, complex cases will be supported by the FASD Keyworker as a family unit. This may look like home visits, behavior analysis, advocating for supports, Multi-Disciplinary Team engagement and exploration of resources, education and strategies.

The Foundation of these services is that 'children do well when they can' and 'all behavior is communication'. The family and worker will explore and expand capacity for communication within the family unit and restore the parents' guiding relationship with their child.

This is a Ministry of Children and Family Development funded program hosted through Mackenzie Community Services. Cassandra Carter has over a decade of experience with specialized care needs with specific training in Relationship Development Intervention and believes strongly in empowering parents and families to find solutions that are meaningful to them to restore an environment of growth and mastery.

## UPCOMING COMMUNITY EVENTS

FEB

03

Book club 5:00-6:00pm  
sign up @ the Library  
(February book - Bride by  
Ali Hazelwood)

FEB

04

Lego Time -Drop in  
Every Tuesday @ the  
Library 3-4pm  
Ages 5-11

FEB

06

Preschool Story Time  
Thursday Drop in  
10:30- 11:30am @ the  
Library, Ages 3-5

FEB

14

Valentines Wreath Making  
@ the Library 1:00-2:00pm  
18+ event, Free Drop In

### CHECK OUT THE COMMUNITY CALENDAR FOR MORE EVENTS

<https://mackenzie.bc.libraries.ca/op/community-calendar/>



## Social Sundays

WITH SPECTRUM SUPPORTS



**A Judgement Free Family oriented Social Group where parents and children can connect with other with lived experience.**

**Suitable for those diagnosed or on the waiting list for Autism, Fetal Alcohol Spectrum Disorder, or Complex Behavior Conditions.**

**Staff will support activities within the community.**

**On the 2nd Sunday of each month 2-4**

**February 9th 2-4pm: Light Refreshments**

**Topic: What activities do you wish you had support to engage in?**



INTRO TO

✓ FASD 101

March 6 6-7:30

✓ AUTISM 101

March 20 6-7:30

THE INTRO OFFERS GENERAL EDUCATION ABOUT AUTISM OR FETAL ALCOHOL SPECTRUM DISORDER. FOLLOWING 101'S WILL ALLOW FOR IN DEPTH DISCUSSIONS AND EDUCATION ABOUT SPECIFICS TOPICS. OPEN TO ALL.

AT THE MCS BUILDING AT 500 MACKENZIE BLVD

CONTACT CASSANDRA AT 997-6595 FOR MORE INFORMATION

## CONTACT INFO

CASSANDRA CARTER

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