



NEURO-SPICEY NEWSLETTER



WELCOME

Welcome to the third 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.

APRIL GROUPS

@
MACKENZIE COMMUNITY
SERVICES

.....

03 FASD 101
6:00pm-7:30pm



07 Book Study
6-7:30

13 Social Sunday
@MCS
Adaptive Cooking

14 Book Study
6-7:30

17 ASD 101
6:00-7:30pm



27 Spectrum Support
Group
2-3PM

28 Book Study
6-7:30



See Note on 2nd page

**CONTACT CASSANDRA
AT**

250-997-6595

ccarter@mymcs.ca

For more information or to register



Social Sundays

WITH SPECTRUM SUPPORTS



Adaptive Cooking Class

April 13th, 2-4

500 Mackenzie BLV

Call Cassandra at 250-997-6595 or email
ccarter@mymcs.ca for any questions

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



HARD DAYS

It is important to make a point of recognizing and capturing the good moments. When you see a curious child, pause for a moment and be curious with them. When you see a smiling child, smile with them. When a child runs to you for comfort, hold gratitude that you are their safe person. These are the things that will carry you through the hard days.

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

INTRO TO



FASD 101

April 3 6-7:30



AUTISM 101

April 17 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

UPCOMING APRIL COMMUNITY EVENTS

05

MSS 2025 GRAD Family Dance

April
05
2025

6:00 pm to 9:00 pm
Mackenzie Legion
\$2 for children \$5 for adults

All children under 13 must be accompanied by an adult

11

Keep your Eyes peeled for Pro-D Day Events at the Rec and Library

13

Rainbow Swim Club Pancake Breakfast fundraiser at the Legion 8am-12pm

CHECK OUT THE COMMUNITY CALENDAR FOR MORE EVENTS

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



This Star means that there is Parallel Programming being offered for Neurodivergent Youth. Please contact Cassandra to register if your child would like to attend