

SPECIAL POINTS OF INTEREST:

- Paddle All Program
- Grief & Bereavement Support
- Youth Inclusion
- Transition to Employment
- Camp Triumph
- Sledging in Cape Breton
- The Unique Needs of Siblings
- Psychology for You

Contact us at:

Kim.clarke@iwk.nshealth.ca
Tel: 902-470-7039
Fax: 902-470-7465

Check out the IWK Website at
www.iwk.nshealth.ca

DISCOVER THE FREEDOM



PADDLEALL PROGRAM OPEN HOUSE

PaddleAll has it all!

Accessible facilities and dock area

Available on-site assistance

Beginner to competitive level instruction

All equipment is provided

EVERYONE WELCOME!

Banook Canoe Club

17 Banook Ave. Dartmouth

JUNE .17.2012 (Saturday) 10:00-2:00

For more information please call Jan 818-3145

Or E-mail jankruk@bellaliant.net

Grief and Bereavement Support Groups at the IWK

MAR 15, 2012

The IWK Health Centre will be holding Grief and Bereavement Support Group sessions starting in April 2012 for children and teens who have lost a loved one. Participants will be given the opportunity to express grief through group exercises and expressive arts, led by trained facilitators and volunteers.

The children's support group, for ages six to 12 years, will meet on Wednesdays at 5:30 to 7:00 p.m., from April 18 to June 6, 2012. The teen support group, for ages 13 to 18 years, will meet on Thursdays at 4:00 to 6:00 p.m. from April 5 to April 26, 2012.

Referrals for the spring session must be made by March 28, 2012. Pre-registration is required. To register or more information, please contact IWK Pediatric Palliative Care Ser-

Thursday, April 19th: Youth Inclusion

The benefits, challenges and opportunities of youth inclusion. Participants will share their struggles, hear success stories and develop a plan for their group. This session may require meeting with a few groups that have been successful in engaging youth. Use their stories to help format the training session.

Needham Centre, Free

Time: 6:30 pm – 8:30pm

Presented by: HRM Volunteer Services

Transition to Employment with Erin Riehle

Fredericton Inn - Fredericton, NB

April 16, 2012 9am — 3pm

Leaving High School is a time of change for all young people.

Transition Planning is a process that helps students with a disability identify and learn ways to achieve their goals in preparation for life after High School.

This presentation will feature information about accommodations and supports designed to meet individual needs of students with disabilities and ensure a successful transition from school to work.

Learn about Project SEARCH – a program that provides real-life work experience combined with training in employability and independent living skills to help youths with significant disabilities make successful transitions from school to productive adult life. The Project SEARCH model involves an extensive period of training and career exploration, innovative adaptations, long-term job coaching, and continuous feedback from teachers, job coaches, and employers.

As a result, at the completion of the training program, students with significant intellectual disabilities are employed in non-traditional, complex and rewarding jobs.

The presence of a High School Transition Program can bring about long-term changes in business culture that have far-reaching positive effects on attitudes about hiring people with disabilities and the range of jobs in which they can be successful. *Project SEARCH*

Presented by J. Erin Riehle, MSN, RN

Erin Riehle, MSN, RN is a recognized authority and national leader in promoting employment opportunities for people with disabilities and other barriers to employment. She is a founder and Director of Project SEARCH, an employment and transition program that has received national recognition for innovative practices. She is regularly invited to present at national and regional conferences, and has co-authored numerous publications and book chapters. She is a board member for the United States Business Leadership Network and the Association for Persons in Supported Employment (APSE).

To register please contact:

Rebecca Pilson: 506-453-8635 or 1-866-622-2548 #2 or by emailing rpilson@nbacl.nb.ca

**Cost is \$150 per person. Group Rates Available
Workshop includes lunch, nutrition breaks and refreshments.**

**Registration deadline is April 9, 2012
Space is limited so please register early to secure your spot!**

No cancellations or refunds after registration closes; substitutions will be allowed. Workshop will be provided in English only.

PLEASE NOTE : A limited number of grants are available to support individuals to attend this workshop.

To apply for a grant application, please contact Tammy Gallant, NBACL Director of Finance
tammy@nbacl.nb.ca or 506-453-4410.

CAMP TRIUMPH- A summer camp for children ages 7-17 years who have a parent or sibling with a chronic illness or disability www.camptriumph.ca

2012 is now here and we are in count down mode for Camp. The camper applications are now available on the website. We have already received several so to have the best chance of getting the spot you want, send your completed applications as soon as you can. Please note there is a change in the policy regarding accompanying friends.

We will, once again be offering the leadership camp for 14-16 year olds and a mentorship program for 17 and 18 year olds, who are interested in further developing their leadership potential. All application forms must be completed in full, (including camper's name on each page), regardless of how well you feel we know your child.

You're Invited!



Please join us for a special session of Sledging. This session is being held to allow potential sledgers and family members an opportunity to try out the sledges and gauge interest for a fall program. If you are interested in a fall program but are unable to attend please contact us. Sledges can have a push handle attached for those who are unable to self propel. Volunteers will be available; however, parents, guardians or family members are encouraged to be on the ice (skates optional).

Where: C200 (use players entrance in the rear)

When: Sunday, April 1, 2012 – 10 – 11am

For more information **contact:**

Wanda – 567-8023 krawchukw@cbdha.nshealth.ca

or

Judy 539-1318 – lorneandjudy@eastlink.ca

Safety First!

You must have:

- CSA approved helmet with a face guard
 - Heavy gloves or mittens, preferably hockey gloves
- Hockey pants or heavy snow pants

Note: There will be some of this equipment available for loan for this event.

The Unique Needs of Siblings by: Katharine Filbert, M.A.

When children and youth develop acute and chronic health conditions and disabilities, the siblings of these individuals may encounter their own unique challenges. An illness and/or hospitalization of a sibling can be very distressing to both children and adolescents. The brothers and sisters of ill or disabled children may experience confusion and conflicting emotions related to their sibling's health condition or disability. Some of the potential issues that siblings of children with health conditions or disabilities may encounter include daily social restrictions, discrimination at school, competition for caregiver attention, the phenomenon of "disability by association" (i.e., emulation of the ill sibling's behaviour in an attempt to gain attention), struggles with identity, and concerns about their future (as well as fear and sadness about the future of the ill or disabled sibling) (Peterkin, 1992).

The siblings of children and youths with illnesses or disabilities may believe that they are personally responsible for their brother or sister's illness or disability. They may also worry about the possibility of becoming ill or disabled themselves. The caregivers of these children may choose to shield their children from the details about their sibling's health condition or disability, perhaps in an effort to protect them from worry and/or based on a belief that the child's age may limit their understanding of the situation. However, children of all ages are quite receptive to cues around them, which have a high potential for misinterpretation (Peterkin, 1992). These children and youths may also attempt to overcompensate for their ill or disabled siblings by trying to become a "perfect child" about whom their caregivers never need to worry. Conversely, these children may begin to act out at home and/or at school, and may endure teasing from other children (Peterkin, 1992; Strohm, 2005). They may also feel anger toward their ill or disabled sibling for receiving a lot of attention from caregivers, then experience guilt about these feelings, which may negatively affect their self-esteem (Peterkin, 1992). These difficult issues faced by the siblings of children and youth with health conditions and disabilities necessitate that caregivers have an awareness of potential challenges that may arise, as well as a variety of coping methods at their disposal to address these challenges.

On Monday April 2, 2012 at 7 p.m. in the Parker Reception Room, I will be presenting a community talk for the "Psychology For You" community education series to discuss the issues faced by siblings of children and youth with acute and chronic health conditions and disabilities, and to provide suggestions to help families cope with these issues. For additional information about this presentation, please contact Katharine.Filbert@iwk.nshealth.ca.

References

Peterkin, A. (1992). *What about me? When brothers and sisters get sick*. New York, NY: Magination Press.

Strohm, K. (2005). The role of service providers. In K. Strohm, *Being the other one: Growing up with a brother or sister who has special needs* (pp. 208-230). Boston, MA: Shambhala Publications Inc.

COMMUNITY EVENT/SERIES

Psychology for You

COMMUNITY INFORMATION SESSION AT THE IWK

Monday, April 2nd 2012 with a focus on:

“Promoting Healthy Families: The Unique Needs of Siblings of Youth with Illnesses and Disabilities”

What: Please join Katharine Filbert, M.A. and Dr. Joanne Gillespie, Ph.D, IWK Psychologist, and Dr. Elizabeth McLaughlin, Ph.D, IWK Psychologist, for a free community information session on “Promoting Healthy Families: The Unique Needs of Siblings of Youth with Illnesses and Disabilities.” An opportunity for questions and dialogue will follow the presentation. **All are welcome to attend.** This presentation will discuss the issues faced by siblings of children and youth with acute and chronic health conditions and disabilities, and will provide suggestions to help families cope with these issues.

When: Monday, April 2nd, 2012 from 7:00 p.m. to 8:30 p.m.

Where: Parker Reception Room, IWK Health Centre

The Parker Reception Room is located on the main floor of the IWK, nearest the Women’s Building entrance. The Psychology for You series is also available through the Nova Scotia Telehealth Network, a video conferencing communications network that connects health care focused facilities across Nova Scotia. Contact your local health centre for details or visit www.iwk.nshealth.ca

Who: *Katharine Filbert, M.A., IWK Health Centre.*

Ms. Filbert is Predoctoral Resident in Pediatric Health Psychology at the IWK. She is currently completing a 12-month rotation under the supervision of Dr. Joanne Gillespie and Dr. Elizabeth McLaughlin in the IWK Pediatric Health Psychology Service.

Dr. Joanne Gillespie and Dr. Elizabeth McLaughlin are registered Psychologists in the IWK Pediatric Health Psychology Service. Their clinical work focuses on assisting children, youth, and families who are coping with an acute or chronic medical condition, its assessment, or its treatment.

To learn more about Psychology for You, please visit the “Healthy Families” section or the Psychology page within “Care Services” on the IWK website at www.iwk.nshealth.ca.

Please be advised that the videotaping and audio taping of this session are not permitted by anyone other than the IWK. This video and audio taping restriction is required to protect the confidentiality of and ensure comfort among audience members.

For more information, please contact: IWK Public Relations, (902) 470-6740.