



Central Okanagan Parent Advisory Council

If you have any questions regarding your child's Individual Education Plan (IEP), or the process, please reach out to your school-based team. [SD23 Inclusive Education](#)

Below are a few organizations with helpful resources and supports for families.

Framework for Understanding & Responding to ADHD- Dan Duncan

“As an adult diagnosed with ADHD, a father of someone with ADHD, an ADHD Coach/Consultant, and Academic Strategist; I designed the ADHD Inside Out Framework to inform, support, and equip individuals with ADHD, as well as their friends & family, and fellow professionals working with those affected by ADHD. This website offers many opportunities to experience the Framework as deeply as you wish.” <https://www.adhdinsideout.com/>

Partners for Inclusive Education (PIE) is a safe place where Central Okanagan Public Schools SD23 families, staff, and community partners can connect to improve support for learners with diversabilities. We strive for open communication about inclusive education. This effort requires education, teamwork, and empathy to maximize wrap-around supports and celebrate the differences that make our children individuals.

The Partners for Inclusive Education meetings are throughout the school year and currently being held by Zoom; email amanda.tapp@sd23.bc.ca to be added to the list to receive zoom link.

Previous PIE meeting resources, Ministry Resources, IEP presentations and more, along with stories of Inclusion can be found [HERE](#) on SD23 website.

The Family Support Institute of BC (FSI) is a provincial not for profit society committed to supporting families who have a family with member a disability. FSI is unique in Canada and the only grass roots family-to-family organization with a broad volunteer base. FSI's supports and services are FREE to any family. Check out their [Education Toolkit](#) for the Inclusion BC Handbook, tips on school meetings, and conflict resolution resources. They also have toolkits on Housing, Advocacy, Transition, and Health.

FSI also runs a series of support groups and workshops, including transitioning into school. All can be found on [their] [EVENTS](#) page.

FamilySmart® supports young people, families, and professionals to enhance the quality of experiences and services for child & youth mental health. On their website they have many resources including videos for families and caregivers on mental health and/or substance use topics. We share experiences and strategies that help in the hard moments and focus on strengthening our understanding and connection with our kids. Watch an 'in the know' video from our library. They also provide Parent Peer support, for Central Okanagan, its Sheila Dyer sheila.dyer@familysmart.ca 1(855) 887 8004