

*“The most important thing I learned in the Parent Support Program was that I am able to make good decisions and to feel more confident with my parenting skills.”*

**Love**  
**Family**  
**Support**  
**Knowledge**  
**Resources**  
**Parenting**  
**Skills**  
**Housing**  
**Prenatal**  
**Community**  
**Child care**  
**School**  
**Routines**  
**Relationships**  
**Affordable**  
**Safety**  
**Support Network**

*“Parenting is the hardest job in the world but patience is key – having support is a wonderful thing. PSP helped me so much with parenting, ideas and structure.”*



Community Living  
VICTORIA

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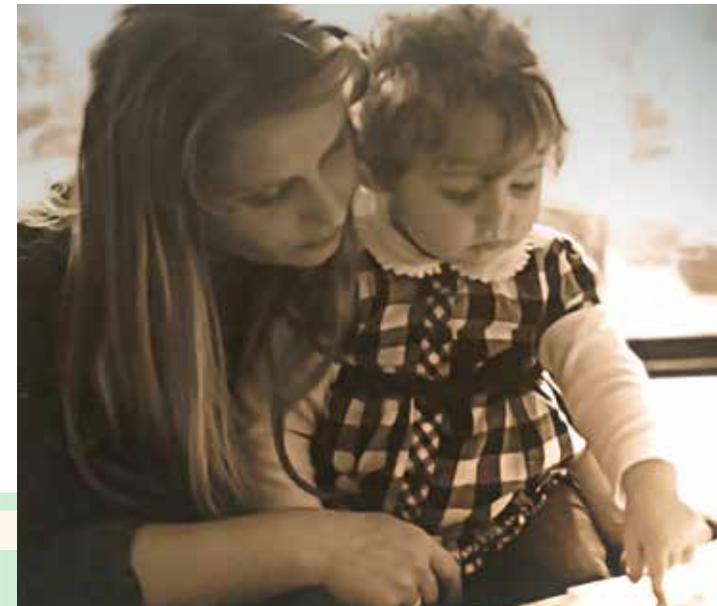


Community Living  
VICTORIA

**Hope. Help. Home.**

## Parent Support Program

Community Living Victoria provides parents with developmental disabilities the knowledge, skills and resources they need to best care for their children.



## We provide information on

- pre- and post-natal care;
- practical tips for infant and child care;
- expectations, limit-setting and discipline;
- activities and play for children;
- home safety and first aid;
- budgeting and nutrition;
- connecting with community resources, such as:
  - public health nurses,
  - neighbourhood houses,
  - subsidized child care and housing,
  - mom-and-tot groups for support, education and friendship.

## Who We Are

In December 1955, dedicated parents founded what is now called Community Living Victoria. Today, as the largest non-profit community living service provider on Vancouver Island, we provide a range of support to children, youth and adults with developmental disabilities, and their families.

## Our Mission

Community Living Victoria supports people with developmental disabilities together with their families, support networks and community, by promoting full citizenship.

## Our goals

- to enhance parent-child relationships,
- to maximize the ability of parents to independently care for their children,
- to provide practical knowledge and information to parents,
- to encourage families to develop personal support systems, and
- to assist families in accessing community resources.

## Our Values

Our work is guided by our values, experience and history, while drawing from strong roots in the community. Community Living Victoria (CLV) recognizes the rights of everyone to have a full range of life choices, including access to education, affordable and appropriate housing, leisure options, gainful employment and participation in the community. A healthy community encourages the involvement of everyone.

## Community Support

Community Living Victoria's work would not be possible without the generous support of hundreds of individuals and businesses. Community Living Victoria receives its core funding from Community Living BC and the Ministry of Children and

## To receive support

Individuals can call Community Living Victoria directly, or be referred by Community Living BC (CLBC), a public health professional or other community agency.

As this program is funded through CLBC, all referred individuals must be eligible for their services.

Upon referral, the Parent Support Program worker will meet with the parent(s) and their support network. Based on the strengths and needs of the family, reasonable goals will be developed. Support is offered at no cost, and confidentiality is assured.

Family Development. Funding provided by BC Gaming, Island Health and numerous charitable organizations enhance CLV's ability to offer a range of supports to children, youth, and adults with disabilities, along with their families, throughout our community.

## The Foundation

The Community Living Victoria Foundation was established in 1995 to raise funds and awareness that benefit the children, youth, adults and families supported by Community Living Victoria. The Foundation, an independent, registered charitable organization with its own board of directors, provides funding and public awareness opportunities through planned giving, sponsorships and events.