

SACY Parent & Family staff work with schools and families to strengthen connections with youth and to support their healthy social, emotional & physical development. SACY is available across the district to collaborate on referrals to community services for families, as well speakers and supports for enhancing parent and family engagement for schools.

## Caregiver Presentations and Resources

Organization	Topic	Contact
SACY Capacity Café	<b>Youth Voices:</b> Parents can hear directly from youth about the stresses and pressures youth face; learn from youth perspectives.	Your school SACY contact www.vsb.bc.ca/SACY
FamilySmart and Parent in Residence	<b>Mental Health:</b> FamilySmart empowers families and works collaboratively with professionals to meet the mental health needs of families. Parent in Residence may be available to speak	www.familysmart.ca 604-878-3400
Parents Together Parents in the Know	<b>Parent Support &amp; Education:</b> A mutual support group for parents to develop skills to end conflict in their homes. A facilitator & parents from the groups are available for presentations / Q & A on surviving some of the challenges of the teen years.	604-325-0556 parentstogether@bgcbc.ca
VCH C.A.R.T. VCH Public Health Nurses	<b>Child &amp; Adolescent Response Team:</b> A Vancouver Coastal Health child and youth clinician may be available to speak on topics related to youth mental health. <b>Your School Nurse</b> can talk about issues related to youth physical and mental health.	CART: (604) 874-2300 VCH Public Health nurse: your school administration
Safe Online	<b>Internet Safety:</b> internet 101, cyberbullying, online pornography and social media basics, examples of positive technology use, tips for parenting wired kids.	info@safeonline.ca NOTE: there is a fee for presentation.
BC Problem Gambling & Gaming	<b>Problem Gambling (&amp; Gaming) Prevention:</b> public education, consultation to professionals, and prevention activities related to problem gambling, including some online gaming presentations.	1-888-795-6111 info@bcresponsiblegambling.ca
VSBC Diversity Mentor VSBC Anti Racism Mentor	<b>Inclusive Practice:</b> Providing education and support designed to build capacity within schools & individuals with respect to issues of diversity & inclusive practices.	diversity@vsb.bc.ca or rjgill@vsb.bc.ca
VSBC Secondary Counsellors	<b>Guidance Counsellor:</b> Talk to your administrator inviting a school counsellor to talk with parents about supporting youth (especially grade 8 parents) in secondary school	Your Secondary School Website
Options for Sexual Health (OPT)	<b>Becoming an Askable Adult:</b> Learn skills to be an approachable, non-judgmental sources of reliable sexual health information.	www.optionsforsexualhealth.org /education/booking-form NOTE: presentation fee

Contact Alexandra Wilson, SACY Parent Stream Lead ([ajwilson@vsb.bc.ca](mailto:ajwilson@vsb.bc.ca)) for supports available to secondary schools.

**Visit [www.vsb.bc.ca/SACY](http://www.vsb.bc.ca/SACY) for more information**