



# InclusionNB

Creating Opportunities • Créer des possibilités



## FAMILY SUPPORT PROGRAM

**Inclusion NB is leading in the creation of opportunities for people with an intellectual or developmental disability to live full and valued lives in all aspects of society.**

For over 60 years, Inclusion NB has utilized the voices of families to direct and guide our work and initiatives. Our Family Support Program offers support and resources to New Brunswick families who are caring for a child, youth or adult with an intellectual or developmental disability.

We acknowledge that families are empowered by information, resources, and connections. We provide a variety of supports so families can access the resources they need to achieve their goals.

Inclusion NB can support you or you family in areas such as:

- **Navigation:** We assist families to navigate complex government and community systems.
- **Networking:** We facilitate connections to community partners and other families.
- **Education:** We develop resources and deliver educational sessions that are relevant to family needs
- **Advocacy:** We support families and individuals to become effective advocates for themselves.
- **Planning:** We assist families and individuals to dream and plan for a future of possibilities.

# JUST ENOUGH SUPPORT

Our Family Support Program supports families within the framework of Just Enough Support, which recognizes the importance of seeking the right balance of natural supports (like friends & family) in addition to accessing different types of technology, utilizing community-based services and using paid support to fill in the gaps. The purpose of this approach is to build bridges and help families expand their social relationships, personal autonomy and greater independence.



## DID YOU KNOW?

Inclusion NB hosts an annual Family Engagement & Learning Series to promote networking and mentorship, effective advocacy, and information sharing.

Email [info@inclusionnb.ca](mailto:info@inclusionnb.ca) to learn more about this series.



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