

Hello families,

We understand that the COVID 19 pandemic brings on many additional challenges for your families. We are here to help and want to pass on additional resources around issues that are beyond our scope.

**Join our Virtual Support Groups – available until further notice:**

**Tuesdays 10:30-11:30am** and **Thursdays 1:30-2:30pm**: [bcadoption.com/online-support](http://bcadoption.com/online-support)

**Check out our FREE on-demand webinars:** [bcadoption.com/demand-webinars](http://bcadoption.com/demand-webinars)

**What we can offer during our virtual support groups and anytime:**

- Information on adoption.
- How to help your family maintain some normalcy during this time.
- Suggestions on de-escalating challenging behaviours in children accustomed to getting outside supports.
- Suggestions for waiting parents on how to be productive while waiting for a placement, especially now.

If you need to talk with our staff, here is how to reach us:

Region	Family Support Worker	Email	Phone
Coast Fraser	Lucy French	<a href="mailto:lfrench@bcadoption.com">lfrench@bcadoption.com</a>	604 320 7330 ext. 105*
South Island	Correen Coons	<a href="mailto:ccoons@bcadoption.com">ccoons@bcadoption.com</a>	250 507 0716
North&Central Island and Thompson Cariboo	Angie McMullen**	<a href="mailto:amcmullen@bcadoption.com">amcmullen@bcadoption.com</a>	778 789 5183
North, Kootenays, Okanagan	Brandi Kennedy	<a href="mailto:bkennedy@bcadoption.com">bkennedy@bcadoption.com</a>	778 256 5350
Manager	Sarah Reid	<a href="mailto:sreid@bcadoption.com">sreid@bcadoption.com</a>	604 320 7330 ext. 102*
Program Coordinator	Elaine Hsu	<a href="mailto:ehsu@bcadoption.com">ehsu@bcadoption.com</a>	604 320 7330 ext. 101*

\*landlines in the office—voicemails will be checked twice daily.

\*\*Angie is on holidays until Mar. 30—in the meantime, please contact another Family Support Worker.

**Where else to get help:**

- Ask your usual resources / professionals if they can offer online sessions for supports such as: counseling, one-on-one time with your kids (to check in, chat, play a game together online).
- If you are experiencing physical symptoms and unsure of where to go for medical help, please see this site:
  - [Provincial government website](#) dedicated to COVID-19: including dedicated COVID phone line, Symptom Self-Assessment Tool, and the latest information about employment.
- If you are experiencing severe breathing difficulties, severe chest pain, or loss of consciousness, please call 911 or go to your nearest emergency room.
- If you are in emotional crisis, please contact the [Crisis Centre](#) for 24hr/day support via phone or text.

Please adhere to government and health authority self-isolation and social distancing guidelines to help everyone stay as safe as possible. Take care of yourself and your families!