

Family and Children's Newsletter

Teapot Mountain

NEWSLETTER WRITTEN BY ELLEN WOOKEY

One of the best things about living in Prince George is that you can drive just 15 minutes in any direction and find yourself on the edge of wilderness. Beautiful forests surround us and of course that means excellent opportunities for epic hikes, is Teapot Mountain.

Teapot Mountain is one of two basalt volcanic plugs in the Prince George area. Columns of basalt are visible from the ground on the southern slopes of Teapot Mountain, and there will be basalt rocks everywhere during your hike.

Teapot Mountain is exceedingly popular and though the Trail may be short, the steep sections elevate its ranking from easy to moderate. However, the huffing and puffing comes with a remarkable reward; 360-degree views of lakes, rivers, forests and wetlands!

How to reach Teapot Mountain: Travel north on Highway 97 North for 52 km until you reach Tallus Road. Turn left then follow the road until you get to Caine Creek Rd (about 850m). Turn right on Caine Creek Rd and travel 5.5 km until you reach Teapot Mountain and park in the parking lot.

The hike is generally suitable for all levels of hikers, but care should be taken due to the steep conditions along the trail, especially in wet conditions. This 2.4-km loop trail has an elevation gain of 650ft and can take anywhere from 1-2 hours to complete. Pack some water and snacks as you may find yourself enjoying the views for a tad longer than planned.

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TIPS FOR WILDFIRE SEASON

On average there are more than 1,600 wildfires in British Columbia every year. If you live in an area at risk of a wildfire, it's important that you take time to get ready for one.

Tidy around your home:

- Clear leaves and other debris from gutters, eaves, porches and decks.
- Remove dead vegetation and other items from under your deck or porch, and within 10 feet of the house.
- Keep your lawn hydrated and maintained. Dry grass and shrubs are fuel for wildfire.

Create an emergency plan:

- Assemble an emergency supply kit and place it in a safe spot. Remember to include important documents, medications and personal identification.
- Develop an emergency evacuation plan and practice it.
- Plan and designate a meeting place.
- Stay aware of the latest news and updates from your local media and fire department.

AIMHI'S CHILDREN'S LIFESKILLS GROUPS

Wilderness FUNDamentals

Tuesdays: 10:30am - 12:00pm

Contact samantha.fraser@aimhi.ca for more information.

Teen Community Connections

Tuesdays: 1:00pm – 2:00pm

Contact fiona.raine@aimhi.ca for more information.

Sports and Nutrients

Wednesdays: 11:00am – 1:00pm

Contact elyse.gammon@aimhi.ca for more information.

Girls Group

Wednesdays: 2:30pm – 4:30pm

Contact samantha.fraser@aimhi.ca for more information.

Teen Boys Group

Thursdays: 3:00pm – 5:30pm

Contact elyse.gammon@aimhi.ca for more information.

***Please note that you need to be receiving AiMHi's Children's Life Skills services in order to attend any of the groups listed above. Feel free to inquire further by reaching out to your CYSN Social Worker on how to access AiMHi's Children's Life Skills services.



Hello, my name is Sarah, I am new to the CLS and FS team, some of my favorite things to do are go to the lake, go to the gym and spending time with my family. I am currently less than a year away from graduating UNBC with my bachelor's in psychology which has immensely helped me thrive at AiMHi. One thing my degree has greatly taught me is that sometimes our change in perspective can help us grow and accomplish our highest goals.



To provide Canadians in financial need with free travel and accommodations for medical care far from home.

(Hope Air - Mission Statement)

Did you know 34% of patients travel by bus or car 4-12+ hours each way to reach medical appointments? Or that 30% of patients will cancel or postpone their appointments due to financial reasons? If you or a loved one is facing a healthcare challenge, you may be experiencing a lot of uncertainty.

For many Canadians facing serious health issues, getting the care they need isn't easy due to lack of specialists and other medically necessary services. The lack of specific services can lead to delays in treatment and can harm one's health.

Hope Air believes that all Canadians should have access to the healthcare they need, regardless of where you live or if you can't afford to travel.

Hope Air is a charity that has provided over 150,000 free air travel, hotel accommodation, ground transportation, and meal subsidies for patients and escorts in financial need who are traveling to access medical care. Coast to coast they strive to provide all Hope Air patients with accommodations that help them relax and restore before and after their treatments.

If you are seeking some help to attend medical appointment, please don't hesitate to visit www.hopeair.ca or call **1-877-346-HOPE (4673)**.

Trace and Breathe
Trace along the rainbow with your finger
as you breathe in and out



5-4-3-2-1 Mindfulness

List...

5 things you can see
4 things you can touch
3 things you can hear
2 things you can smell
1 thing you can taste

BOOKS FEAT. DISABILITIES

If you're looking for a new summer read, listed below are some children's books that feature characters with disabilities:

- The Girl Who Thought In Pictures by Julia Finley Mosca
- My Friend Suhana by Shaila and Aanyah Abdullah
- Happy in Our Skin by Fran Manushkin
- The Push by Patrick Gray
- A Boy and A Jaguar by Alan Rabinowitz
- Just Ask by Sonia Sotomayor
- I Am Not A Label by Cerrie Burnell

Attitude is a choice. Happiness is a choice. Optimism is a choice. Kindness is a choice. Giving is a choice. Respect is a choice. Whatever choice you make makes you.

(Roy T. Bennett)



UPCOMING CITY EVENTS

- Aug 1st:** Orchestra North Summer Concert
- Aug 3rd:** Winterizing your Yard & Garden (PG Public Library)
- Aug 4th:** The Reklaws Concert in Quesnel
- Aug 5th:** High On Life Tour
- Aug 5th:** Prince George Awakening: Free 21 days of Spiritual Meditation for Peace
- Aug 6th:** Blue Moon Candle Workshop
- Aug 6th:** Longworth Lookout Hike (Caledonia Ramblers)
- Aug 7th:** Yoga in the Orchard
- Aug 8th:** Land-based Learning: Outdoor Tips (Foundry)
- Aug 10th:** Community West Market
- Aug 11th – 13th:** Cariboo Rocks the North
- Aug 12th:** Stephanie Claussen (Harppist) in Concert
- Aug 17th:** Artisan Summer Night Market
- Aug 17th – Aug 20th:** BCNE
- Aug 19th:** Beauty and the Beast (CluedUpp)
- Aug 26th:** Watson Weekend (Huble Homestead)
- Aug 27th:** Sherlock Saturday (Huble Homestead)

FREE CITY ACTIVITIES

Kids Bowl Free

Ages vary by each bowling center but Black Diamond Bowling Lanes is our city's designated center. Register at kidsbowlfree.com and coupons will be e-mailed to you weekly.

Park Play Days

This free programming is offered each day between 9 a.m. and 12 p.m. at parks throughout the community for children aged 4 – 12 years old. Visit engagesportnorth.com/events for more information.

Prince George Public Library

The library offers many free activity groups for children and youth of all ages. Visit pgpl.ca/events to see what is being run this summer.

Golden Raven Discovery Pass

Want to explore various historical places around Northern BC? This Pass is available at the Prince George Public Library for free and will get you family access to these locations:

1. Valemount Museum
2. Valley Museum & Archives
3. Whistle Stop Gallery
4. The Exploration Place
5. Two Rivers Gallery
6. Central B.C. Railway & Forestry Museum
7. Huble Homestead Historic Site
8. Mackenzie & District Museum
9. Barkerville Historic Town
10. Fort St. James National Historic Site

The best thing a parent of a newly diagnosed child can do is to watch their child without preconceived notions and judgements and learn how the child functions, acts, and reacts to his or her world.

(Temple Grandin)

RESOURCES WORTH CHECKING OUT

STADD: Services to Adults with Developmental Disabilities (STADD) offers Navigator services for transitioning youth and their families in 145 communities across B.C. Navigators act as the primary point of contact for individuals in coordinating transition planning and access to supports and services through the transition period of 16-24 years old. STADD encourages and supports information-sharing between government and community resources, and leads the coordination of all involved. Once you are deemed eligible for CLBC-services, you can request the services of a STADD Navigator or contact 1-855-356-5609 to self-refer. Visit communitylivingbc.ca for more information.

Walk Tall: Walk Tall program offers afterschool programming for youth ages 8-18. Junior Walk Tall groups are comprised of youth ages 8-12 years, and senior Walk Tall is 13-18 years. The goal of each group is to provide a safe and supportive place where youth can experience new opportunities (through culture, recreation, leadership and development, prevention and education), build positive relationships, overcome barriers, and learn about Carrier Culture. The group is guided by Carrier values and customs. Visit <https://www.csfs.org/services/youth-services> for more information.

CTRI: Provides training (in-person and online), consulting, books, and free resources in the areas of trauma, mental health, counselling skills, and violence prevention. Visit ca.ctrinstitute.co

Hello, my name is Elyse. I have been working for AiMHi for the last two years, but I just started in Children's Lifeskills in April. I spend most of my time outside of work with my dog, Freya, either at home or out and about in Prince George. I'm so excited to be joining this great team!



DISABILITY TAX CREDIT

The **Disability Tax Credit** (DTC) was created as a tax credit for the purpose of helping Canadians who are living with prolonged physical and/or mental impairments. Families can offset the various costs such as medications, physical and psychological assistance, therapy sessions, specialized equipment, and more.

The **Child Disability Benefit** is a program that is meant to directly assist Canadians in the cost associated with raising a child with impairments.

Form T2201 Disability Tax Credit Certificate must be completed by a medical practitioner to certify that the individual has an impairment. The completed T2201 is then submitted to CRA, which will assess qualification for the Disability Tax Credit based on the form.

