

# FAMILY AND CHILDREN'S NEWSLETTER



## BRITISH COLUMBIA FAMILY DAY

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Family Day was introduced in BC in 2013 and it is a Provincial Statutory holiday. British Columbians celebrate Family Day on the third Monday of February. Family Day recognizes the great contributions that families make to our lives, our communities and our province. Supporting families to be strong, happy and healthy is essential to building a healthy BC. Family Day is a day to get together with all the people who, for each of us, make up our family. This year Family Day is on February 20th, 2023. How will you spend this upcoming Family Day?

### Some Prince George Activities to do this Family Day:

Visit the Prince George Railway Museum

Visit the Exploration Place

Snowshoe at Huble Homestead

Skate at the Ice Oval

Walk around Cottonwood Island Park

Cross Country Ski at Otway Nordic Center

Play a Boardgame

Make a Blanket Fort

Bake some Cookies

# REGISTERED DISABILITY SAVINGS PLAN

Many families are already using the Registered Disability Savings Plan ("RDSP") as a great way to build savings for a child or grandchild who is disabled and qualifies for the disability tax credit. The RDSP is a savings plan designed specifically for people with disabilities, including those with learning disabilities. This long-term savings plan helps the holder become financially prepared for the future. It is an incredibly rewarding plan: for every \$1 contributed the government will match up to \$3; based on family income. Unlike contributions to a registered retirement savings plan (RRSP), contributions to an RDSP are not tax deductible, but any investment income earned will be tax-free.

In addition, if your family income is below a threshold, you may be entitled to the Canada Disability Savings Bond, which is \$1,000 per year. An exciting feature of the plan is that anyone can contribute: family, friends, community members, anyone (who wants to support your child can do so). Another important feature is that an RDSP does not reduce any other disability benefits received by your child—now, or in the future. Once matured, the holder chooses how the money is spent. Whatever comes up in your adult child's life at the age of the RDSP's maturity, you will know they have an extra level of financial security and independence to fall back on. Most banking institutes can help get you started.

## EASY CHOCOLATE SOUFFLE

### INGREDIENTS (SERVE 4 - 6)

- 4 tablespoons butter
- 1/2 cup flour
- 1 1/4 cups milk
- 5 tablespoons grated plain chocolate
- 3 eggs, separated
- 1 egg white
- 1/4 cup sugar
- Confectioners / powdered sugar

### DIRECTIONS

- Preheat the oven to 375°F.
- Melt the butter and then stir in the flour. Stop heating and stir it with milk.
- Heat it again, stirring it and bring to a boil for 2 minutes. Stop heating and stir it with chocolate and egg yolks.
- Beat the egg whites until stiff while beat in the sugar a little from time to time. Then, fold the chocolate sauce into the egg whites.
- Pour the mixture into a greased soufflé dish. Bake for around 35 to 40 minutes until the well risen and firm.
- Serve immediately, add confectioner's or powdered sugar as you like.



## VALENTINE'S DAY CRAFTS

The thing about Kids' Valentine's Day ideas, is that although we make these love crafts for Valentine's, you can actually make them for so many other occasions too. After all.. you can use any occasion to tell some one you love them or care about them, not just on Valentine's Day. Listed below are some Valentine Day crafts:

- Saltdough Fridge Magnets
- Salt Dough Thumbprint hearts
- Felt Heart Keychains
- Love Bug Corner Bookmarks
- Paper Plate Heart
- Pom Pom Hearts
- Paper Fan Hearts
- Paper Snowflake Hearts
- Friendship Rocks
- Pour Painted Rocks
- Toilet Paper Roll Heart Stamps
- Heart-Shaped Bird Feeder
- Melted Crayon Hearts
- Secret Message Valentine
- Friendship Bracelet Cards
- Pipe Cleaner Hearts
- Cork Love Birds



## PINK SHIRT DAY

Inspired by an act of kindness in a small-town in Nova Scotia, David Shepherd, Travis Price and their teenaged friends organized a high-school protest to wear pink in support for a Grade 9 boy who was being bullied for wearing a pink shirt. They took a stand against bullying when they protested against the harassment of their peer by distributing pink T-shirts to all the boys in their school. By the end of that week, most of the students in the school were wearing pink shirts to show support for the Grade 9 student who was bullied.

**Pink Shirt Day** has now spread and become a national day of anti-bullying across Canada and other countries around the world! It is important that victims of bullying know they are not alone and there is help and support available. Wearing a pink shirt on this day sends a strong message to them that others care. Often, the simple act of wearing a shirt can start conversations - conversations can be a big step towards healing and helping!

**Pink Shirt Day** is the last Wednesday of February every year; join us next **Pink Shirt Day** on February 22nd, 2023 by wearing something Pink.

"Bullying is a widespread issue that we can all take some responsibility for. We have ideas to get you involved on Pink Shirt Day to boost awareness and raise funds to curb bullying. Cultivate more kindness and empathy along the way."

*'I learned that two people can come up with an idea, run with it, and it can do wonders,'  
- Mr. Price*







## DISABILITY TAX CREDIT

Do you have a child with a disability? Is it putting an enormous financial burden on you? If your child and or youth have one or more severe and prolonged impairments that restrict their ability to perform a basic activity of daily living, you may be eligible to claim the Canadian Disability Tax Credit on your personal income tax return. 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. Their families can offset the various costs associated with those impairments such as, medications, physical and psychological assistance, therapy sessions, specialized equipment and more.

An important part of the Disability Tax Credit is the Child Disability Benefit Credit. It is a supplemental amount added to the Canada Child Benefit paid to claimants of the Disability Tax Credit for children under 18 years of age. The Child Disability Tax Credit and the Child Disability Benefit programs are related but different. Firstly, the Child Disability Tax Credit is a tax credit based on the taxes you paid or will pay annually. This means that you will not receive any Disability Tax Credit if you have not filed or paid any taxes for that year.

Meanwhile, the Child Disability Benefit is a program that is meant to directly assist Canadians in the cost associated with raising a child with impairments. This means that you are still able to receive the Child Disability Benefit even if you have no taxable income for the year.

When you are approved for your child's Disability Tax Credit and Child Disability Benefit, you will be able to apply for the amount up to 10 years before a retroactive payment. CRA reassesses your taxes for the previous ten years then decides which years you are eligible for both programs and will pay you the corresponding tax credit amount and disability benefit amounts.

The Canada Revenue Agency (CRA) Form T2201 Disability Tax Credit Certificate must be completed by a medical practitioner to certify that the individual has an impairment. The medical practitioner should be asked to indicate on the form the earliest diagnosis of the condition, so that the Disability Tax Credit may be claimed for prior years where applicable. The completed T2201 is then submitted to CRA, which will assess qualification for the Disability Tax Credit based on the form.

*Pencil it in on the calendar, never pen. Be flexible.*

*- Kodi Wilson*



## Meet Samantha Fraser

Samantha has been a member of the Children's Life Skill's team since 2020. You can often see her exploring the city trails on her days off, with her energetic puppy Miss Marley.

*"All kids need is a little help, a little hope, and someone who believes in them."*

## UPCOMING FAMILY SUPPORT GROUPS

### Introduction to PECs

February 17th: 7:00pm – 8:00pm  
with Maureen and Fiona @ AiMHi  
RSVP to [maureen.hoff@aimhi.ca](mailto:maureen.hoff@aimhi.ca)

### Monthly Tea Meet

Every Second Thursday of the Month:  
4:00pm - 5:00pm  
with Maureen @ AiMHi  
RSVP to [maureen.hoff@aimhi.ca](mailto:maureen.hoff@aimhi.ca)

*\*Please Note that our Family Support Groups are open to community participants. We ask that you RSVP the leader's of the groups of your attendance.*

## CITY EVENTS

### Feb 3rd:

Astronomical Observatory Public Open House

### Feb 10th:

Valentines Sip and Shop Night Market

### Feb 11th-12th:

Valentine Bazaar at the Roll-A-Dome

### Feb 15th:

Trailer Treasure and Trophy Dad Comedy Tour

### Feb 18th:

Downtown Winterfest

### Feb 19th:

Zen Mandala Workshop

### Feb 22nd:

Pink Shirt Day

## FEBRUARY IS...



Name:

### Black History Heroes



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