
Table of Contents

Cotton Wood Island Tree Bark Carvings	Page 1
Upcoming City Events	Page 2
Resources Worth Checking Out	Page 2
Invisible Disabilities	Page 2
Upcoming Children's Lifeskills Groups	Page 3
Comic	Page 3
Blue Bucket	Page 3
Fall Word Scramble	Page 4
Upcoming Family Support Groups	Page 4
October Gatherings	Page 4

Newsletter Written and Created by Ellen Wookey



Cottonwood Island Tree Bark Carvings

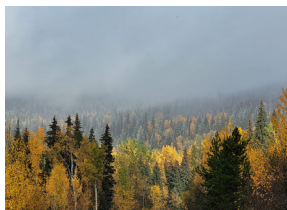
Explore Cottonwood Island Nature Park in Prince George BC. A wooded park covered with almost 300 years old cottonwood trees on the shore of the Nechako river, a boat launch and picnic area.

Chances are, if you've taken a stroll through Cottonwood Island Nature Park you've come across one of many carved faces. The faces are carved in the bark of the mature Cottonwood trees and were carved by local resident Elmer Gunderson.

Elmer is a former City of Prince George Parks employee who helped build the trails in the Park in the 1980's. Elmer has been carving and sculpting for more than 25 years. The intricately carved human faces are the size of a human hand and blend in with the tree's rough bark. They portray the lined faces of fur trapper's, Indigenous elders, old women, and other whimsical characters. Over the years, some of the trees have been washed away or windstorms have felled these massive trees. Weathering has faded the carvings.

There is no harm done to the cottonwood trees from the carvings because the bark eventually grows over it. I recommend making a game to see how many carving you can discover on your next trip to Cottonwood Island Nature Park. So grab your picnic basket, your canoe, your walking shoes and your camera, as this is a fantastic park to spend your afternoon!





Upcoming City Events

Oct 6th – 8th: Hunnifords Harvest Days
Oct 7th: I am Worthy – Book Signing
Oct 8th: Fall on the Homestead
Oct 11th: Northern BC Tourism Summit
Oct 13th: Fright Night at Hunniford
Oct 14th: Happily Ever After Bridal Expo
Oct 14th: Joe Kelly Memorial Run
Oct 15th: Billy Talent @ CN Center
Oct 15th: Dean Brody @ Vanier Hall
Oct 17th: Brian Doerksen – The Faithfull One Tour
Oct 20th: Brett Kissel @ Vanier Hall
Oct 21st: Halloween Spooktacular (Hubble Homestead)
Oct 21st: Relationship Revolution (Sandman Hotel)
Oct 24th: Music of the Night Concert Tour
Oct 28th: Pumpkin Express @ Railway & Forestry Museum
Oct 28th – 29th: Haunted Maze (Alice Drive)

Resources Worth Checking Out

Jordan's Principle: Jordan's Principle provides access to services for First Nations children and ensures that the government of first contact pays for the services without delay. This child-first-based principle makes sure all First Nations children living in Canada have equitable access to all government-funded public services when they need them. Visit www.jordansprinciplehubbc.ca for more information.

POPARD: POPARD provides services to students with a current diagnosis of ASD. The POPARD team collaborates with educators who request support for students with ASD. Their collaborative approach promotes meaningful consultation with parents and community teams. They promote a wide range of evidence-based approaches to facilitate inclusive educational programs in the least restrictive environment. Visit www.autismoutreach.ca for more information.



Invisible Disabilities

Just because you can't see it, doesn't mean it is not there.

Invisible disabilities refers to a wide umbrella covering a spectrum of disabilities that are not immediately apparent, including sensory and medical disabilities.

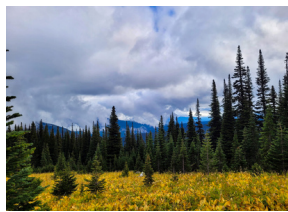
But while some of us experience a disability that is visible, many have a non-visible condition or experience a combination of both visible and non-visible conditions. These disabilities can be temporary, situational or permanent. They can be neurological, cognitive, neurodevelopmental, physical, visual, or auditory, including sensory and processing difficulties. Invisible disabilities can also include chronic health conditions such as respiratory issues, sleep disorders, chronic pain, arthritis and diabetes.

Having a good support system is critical for coping with an invisible disability. Friends and family can provide support

to the individual by letting them know they have a safe space. For instance, active listening can provide relief to anyone in distress particularly when the distress can be attributed to systemic barriers. By challenging the stigma associated with living with a disability, individuals might be more likely to seek out a community where their disability is celebrated rather than pushed to the side.

Similar to awareness ribbons and bracelets for other conditions, individuals with hidden disabilities can wear a sunflower lanyard as a way of discreetly letting others know they might need extra assistance in certain situations.

This month celebrate Invisible Disabilities Week (**October 15 – 21, 2023**) by bringing awareness of the Sunflower Lanyard to someone you know that has an invisible disability.



Upcoming Children's Lifeskills Groups

Craft Group

Tuesdays: 4pm – 6pm

Contact megan.clark@aimhi.ca for more information.

Housekeeping Workshop

Tuesdays: 6:30pm–8:00pm

Sept 12th – Oct 31st

Sign-Up with fiona.raine@aimhi.ca

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.



Blue Bucket

Unofficial signifier for kids with autism.

We're all pretty used to the normal Halloween night practices when it comes to trick or treat. Kids ring the doorbell, say "trick or treat" and swiftly receive some form of sugar-filled compensation. But, it's important to note that some children with autism may be nonverbal and it may not look the same for everyone. The lack of routine and hidden faces may be among the stressors that make Halloween less fun for loved ones on the autism spectrum.

A blue Halloween bucket has become an unofficial signifier for kids with autism and autism awareness. While trick-or-treating has been happening for close to 100 years, using blue buckets has only just begun to gain

footing. Although the blue Halloween buckets have caught traction on social media, they are not the official symbol of trick-or-treaters with autism. The autism advocacy group does suggest wearing a badge or carrying a bag with a sign that indicates the individual may be on the spectrum..

So while you're passing out candy to all the superheroes and villains during trick-or-treating this year, keep an eye out for kids with a blue Halloween candy bucket. It's also important not to confuse the blue Halloween buckets with the Teal Pumpkin Project, focused on highlighting homes that are safe from food allergies.



Fall Word Scramble

Unscramble the words and write the letters in the boxes. Use the letters in the shaded boxes to form a new word that answers the riddle.

ULQIT

LAVEES

BEEESTRMP

SVRTAEH

TECTHUNS

AUMUTN

ATOLFLOB



Upcoming Family Support Groups

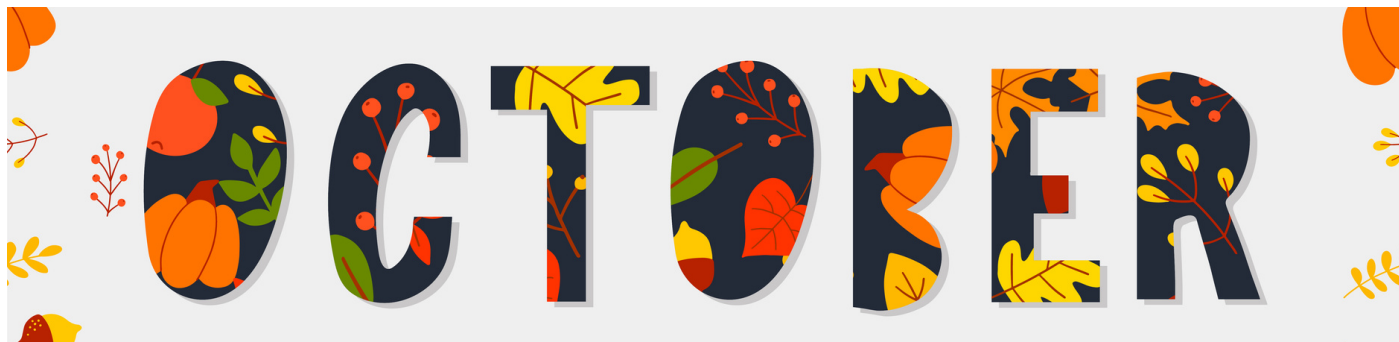
Emotional Regulation Workshop

October 27th, 2023: 7pm - 8pm

Contact faith.young@aimhi.ca for more information.

*Please Note that our Family Support Groups are open to community participants.

WHAT IF I FALL?
Oh, but my darling
WHAT IF YOU FLY?



October Gatherings

Autumn shows us how beautiful it is to let things go.

October 9th: Thanksgiving

Canadian Thanksgiving is an annual celebration meant to honor life's blessings while spending quality time with close family and friends. It is celebrated on the second Monday of October.

T for time to be together, turkey, talk, and tangy weather.

H for harvest stored away, home, and hearth, and holiday.

A for autumn's frosty art, and abundance in the heart.

N for neighbours, and October, nice things, new things to remember.

K for kitchen, kettles' croon, kith and kin expected soon.

S for sizzles, sights, and sounds, and something special that abounds.

October 31st: Halloween

Every year on October 31, Canadians celebrate Halloween as part of their tradition. The very first Halloween was celebrated when the Irish and Scottish immigrants settled in urban North America in the 1800s. Although it is not a public holiday, Halloween is a very popular celebration that is considered to be the second-largest commercially successful holiday in Canada.

Here are the activities you can try to take part in the Halloween celebration:

- Carve pumpkins, known as Jack-o'-lantern
- Decorate your house
- Dress up in costumes
- Participate in trick-or-treat activity