

## Community Kitchen



Community kitchen provides an opportunity for individuals to plan and shop for healthy meals and develop meal preparation and cooking skills. The social nature of community meal preparation helps support the development of healthy peer relationships. Community kitchens are held every Monday and Wednesday.

## Access

Outreach services are available through referral from Community Living British Columbia (CLBC), who manages the waitlist for Outreach services. Service is defined by identifying goals for the individual and by introducing strategies to realize them.

Service hours and duration are based on need and availability.

## Integrated Family Services

Integrated Family Services help parents with a disability raise their children, who also may have developmental challenges. An Integrated Family Services worker supports parents in many different areas – most commonly securing safe and affordable housing, food and medical service. The worker assists parents to access educational and medical supports for their children and helps parents to build parenting skills in this area and connect with other professionals to ensure the welfare of both parent and child.

### **Burnaby Association for Community Inclusion (BACI)**

2702 Norland Avenue  
Burnaby, BC V5B 3A6  
T: 604.299.7862 / F: 604.299.5921  
E: lyn.king@gobaci.com

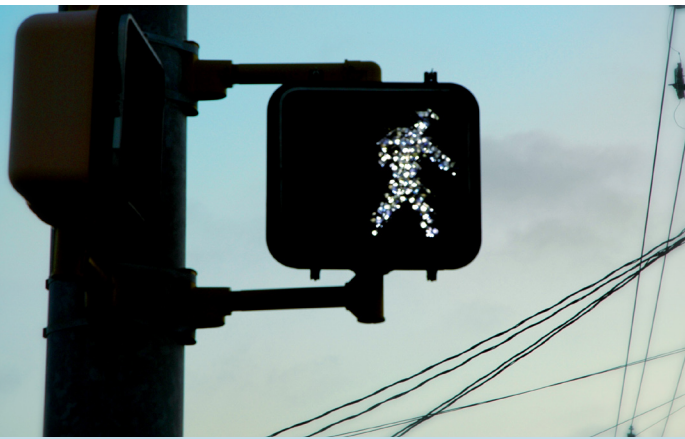
More information is available on our website at [www.gobaci.com](http://www.gobaci.com).



# Outreach Services



**Burnaby Association  
for Community Inclusion**



The Burnaby Association for Community Inclusion (BACI) is a grassroots, non-profit organization that has spent over 50 years providing innovative services for children, youth and adults with disabilities and their families.

## Outreach

Outreach offers support for people who live on their own or with their families. Our goal is to help people learn skills to do things on their own, lead more meaningful lives, and take a more active role in their community. The Outreach model of service delivery includes both one-to-one support and group learning opportunities, depending upon the individual's learning style. Services are provided in people's homes or in the community where new skills can be practiced and improved upon.

## Outreach Goals

- Develop independent living skills and relationships
- Increase community participation and inclusion
- Improve acceptance and understanding of various communication styles
- Foster personal empowerment and self determination
- Develop personal health and safety skills

## Classes

### Simple Steps to Relationships

Over 7 weeks, this course will help you recognize both healthy and unhealthy relationships. It will also teach important skills for working through problems that come up in all kinds of relationships.

### Simple Steps to Community Street Safety

Over 14 weeks, individuals will take part in both classroom and community-based activities that center around being safe within their environment. This course will help people to become more aware of their surroundings, while learning in a fun place.

### Simple Steps to Good Hygiene

Over 7 weeks, this class offers the ABC's of good hygiene and health. Using a variety of materials, students will have the chance to learn and practice basic hygiene skills and routines that they will use every day.