National Day for Truth and Reconciliation
September 30

September is FASD Month
Wear red to celebrate and raise awareness
#RedShoesRock

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WEEKLY Communiqué

STFC Supporting Caregivers throughout BC's Interior

CHILDREN'S MENTAL HEALTH AND PARENTING SUMMIT

Guest presenters include:

- Dr. Daniel Amen
- Dr. Gordon Neufeld
- Dr. Deborah MacNamara
- Dr. Eli Lebowitz
- Jess VanderWier
- Jenny Al-Adra (Supporting Children in Foster and Adoptive Care)
- and more!

IN PERSON

KAMLOOPS

FOSTER PARENT DROP-IN & BOOK CLUB NEW

Wednesdays
9:00am - 12Noon
At the Loft
(2nd Floor of grey building)

VIRTUAL

BOOK CLUB NEW

WEDNESDAYS
10:00am or 6:30 pm
Zoom ID: **832 4280 1289**

WEST KOOTENAY

FOSTER PARENT DROP-IN

Fridays
10:00am - 12noon
Zoom ID: **250 608 7674**

DID YOU KNOW?

WILDFIRE SMOKE DURING PREGNANCY MAY BE ASSOCIATED WITH AUTISM

According to a Science Direct 2026 study, wildfire smoke exposure during pregnancy may increase ASD risk, particularly in low background air pollution and rural settings. High-intensity wildfire events were most strongly associated with ASD, underscoring the need for targeted policies, such as vegetation management, land use planning, and indoor filtration upgrades in the context of increasing wildfire frequency and severity.

"Sometimes the bravest and most important thing you can do is just show up." — Brené Brown

CHILDREN'S BOOKS:

ALL YOU CAN BE WITH ADHD

By Penn and Kim Holderness (2025)

Welcome to the ADHD Club! If your brain's like ours, then you may be different. You may be fantastic, you may be vociferant! If your brain's like ours, you might struggle with concentration. But only because you're finding some true inspiration! If your brain's like ours, you'll soon see . . . you're not alone with your ADHD.

Written in playful rhyme and filled with humor, this story will help young readers who have been diagnosed with ADHD (or who have someone they care about with ADHD) feel seen, understood, and empowered to embrace their pretty cool brains.

GET IT DONE & HAVE FUN!: ADHD HACKS FOR AWESOME KIDS

By Penn and Kim Holderness (2025)

Hi there! I'm Squeaky McGee. I am a squirrel who has ADHD. Maybe you have a brain that's like mine? I love an adventure all of the time! But do chores get you down—do you find them a bore? Like brushing your teeth or mopping the floor? I'll help you do them! I've got your back! There's this new thing, I call it a HACK.

Written in playful rhyme and filled with humor, this engaging picture book will help all young readers successfully tackle that boring list of household to-do's that challenge us all!

CASEY FAMILY PROGRAMS

HOW DO INDIVIDUALS WITH LIVED EXPERIENCE OF CHILD WELFARE DEFINE PERMANENCY?

Please note: this article and download are from a U.S. perspective, but have some good info!

For those with lived experience of the child welfare system — youth, parents, kinship caregivers, guardians, and foster and adoptive parents — legal status is only one aspect of permanency. Legal permanency alone does not guarantee the lifelong connections needed to thrive. To achieve a broader sense of safety and security, children and older youth need stable homes, community, and people they can count on today and for years to come.

Research demonstrates that relational permanency, the enduring bonds that provide a true sense of belonging, may result in more positive long-term outcomes than legal status. Yet most child welfare systems are structured around legal outcomes rather than important relational milestones. Both relational and legal permanency need to be part of planning and decision-making to ensure that children and older youth benefit from the sense of belonging and stability that comes with having a lifelong family.

In this brief, lived experts share their perspectives on the meaning of permanency and how systems can support family stability and a sense of belonging beyond case closure.

Connect with us... SUPPORT TO FAMILY CARE NETWORK PROGRAM

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Interior Community Services
Enriching Lives, *Strengthening Communities*

Need resources or information? Check out our website!

Are you wanting more info about upcoming training in your area, helpful resources or info about our program? Find all this and much more at our website:

www.icsfp.info/resources

Foster Parent After Hours Support Line

Hours: Mon to Fri: 4pm to 12:45am
Sat, Sun & Stat holidays: 8am to 12:45am

1-888-495-4440

PROVINCIAL CENTRALIZED SCREENING

in the event of an EMERGENCY or CRISIS occurring after regular office hours:

1-800-663-9122