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WEEKLY Communiqué

STFC Supporting Caregivers throughout BC's Interior

SELECT STANDING COMMITTEE ON FINANCE AND GOVERNMENT SERVICES

REPORT ON THE BUDGET 2027 CONSULTATION

The Select Standing Committee on Finance and Government Services has released their Report on the Budget 2027 Consultation. "The Select Standing Committee on Finance and Government Services (the Committee) conducts an annual consultation on the upcoming provincial budget. British Columbians were invited to share their priorities for Budget 2027 between June 1 and June 19, 2026. The Committee received written input and held 16 public hearings across the province."

"The Committee recognizes the importance of planning ahead to address future challenges and reduce costs over the long term. Members emphasize the value of strategic and upstream investments, early action, and preventative measures that improve long-term outcomes and help avoid more costly interventions in the future."

Be sure to check out the following sections:

Topic	*Pages*	*Recommendation Pages*
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IN PERSON

KAMLOOPS FOSTER PARENT DROP-IN

TIME CHANGE SEPT 2 & 9 ONLY

ATTENTION PLEASE

Wednesdays
1:00-2:00pm
At the Loft
(2nd Floor of grey building)

VIRTUAL

WEST KOOTENAY FOSTER PARENT DROP-IN

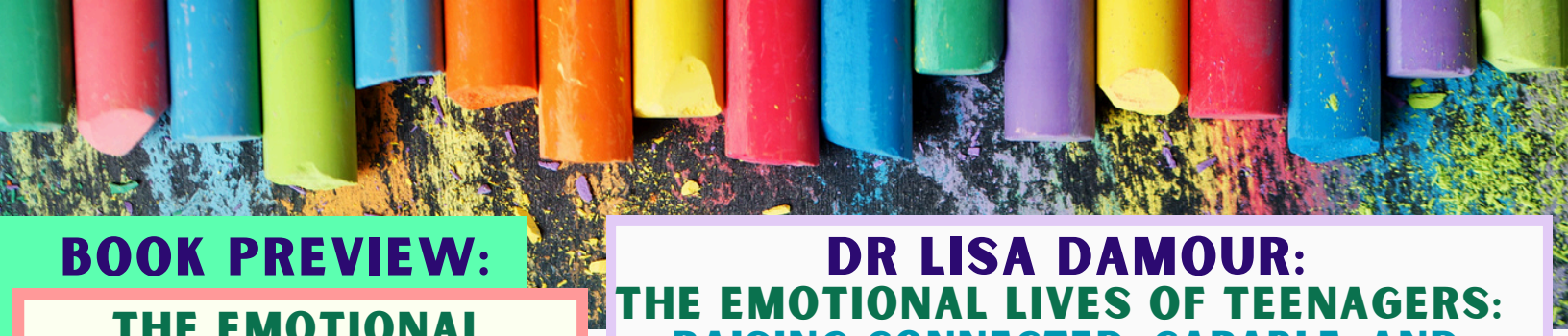
Fridays
10:00am - 12noon
Zoom ID: **250 608 7674**

UNDERSTOOD.ORG:

TURN A LUGGAGE TAG INTO A BACKPACK CHECKLIST

Getting your child's backpack organized is a feat worth celebrating. But making sure kids put in everything they need for the trip to school and back can take some work. A luggage tag checklist is an easy way to help your child keep track, without it being obvious to other kids. All you have to do is buy an inexpensive clear luggage tag to attach to the backpack's zipper pull. Take out the address label and replace it with this printable checklist.

"To love someone is to show them their beauty, their worth, and their potential." – Leo Buscaglia



BOOK PREVIEW:

THE EMOTIONAL LIVES OF PARENTS: CARING FOR OURSELVES TO BETTER CARE FOR OUR CHILDREN

Dr. Lisa Damour, the New York Times bestselling author of Untangled, Under Pressure, and The Emotional Lives of Teenagers, has redefined how we understand adolescence. Now, in this groundbreaking and compassionate guide, she decodes the challenging, often taboo emotions that parents face themselves. Raising a child stirs up powerful feelings—many of them intense, many of them uncomfortable, and all of them deeply human. Written for parents at every stage, from early days to empty nesting, The Emotional Lives of Parents unpacks the feelings parents rarely talk about openly—such as anger, envy, and shame—with the same nuance and compassion that has made Dr. Damour a trusted resource for families around the world.

Arriving February 9, 2027

DR LISA DAMOUR: THE EMOTIONAL LIVES OF TEENAGERS: RAISING CONNECTED, CAPABLE, AND COMPASSIONATE ADOLESCENTS

In teenagers, powerful emotions come with the territory. And as teens contend with with academic pressure, social media stress, worries about the future, and concerns about their own mental health, it's easy for them—and their parents—to feel anxious and overwhelmed. But it doesn't have to be that way.

Parents who read this book will learn:

- what to expect in the normal course of adolescent emotional development and when it's time to worry
- why teens (and adults) need to understand that mental health isn't about "feeling good" but about having feelings that fit the moment, even if those feelings are unwanted or painful
- strategies for supporting teens who feel at the mercy of their emotions, so they can become psychologically aware and skilled at managing their feelings
- how to approach common challenges that come with adolescence, such as friction at home, spiking anxiety, risky behavior, navigating friendships and romances, the pull of social media, and many more
- the best ways to stay connected to their teens and how to provide the kind of relationship that adolescents need and want

With clear, research-informed explanations alongside illuminating, real-life examples, The Emotional Lives of Teenagers gives parents the concrete, practical information they need to steady their teens through the bumpy yet transformational journey into adulthood.

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