VOL. 4 ISSUE 8
APRIL 27, 2026

SUPPORT Report

VIRTUAL

Out of Care / Kinship Providers Drop in

Tuesday May 5
1000 - 11:00 AM (PST) &
Wednesday May 20
8:00-9:00 PM (PST)

Zoom ID: 858 3771 6954

AUDIO CAREGIVING CONNECTION

WEDNESDAYS
10:00-12NOON OR
6:30-8:30 PM (PST)

Zoom ID:
832 4280 1289

"Nothing in the world is as contagious as laughter and good humour."
-Charles Dickens

CLN UPCOMING TRAINING

PROVINCIAL SUPPORT AGENCY
CAREGIVER LEARNING NETWORK

PARENTING A CHILD WITH A HISTORY OF SEXUAL TRAUMA

WEDNESDAY,MAY 6
9:30am - 11:30am (PST)

CRISIS CENTRE OF BC: SUICIDE PREVENTION

THURSDAY , JUNE 11
1:00pm - 2:30pm (PST)

LOSS AND GRIEF FOR OUT-OF-CARE/KINSHIP

Wednesday , MAY 20
7:00pm - 9:00pm (PST)

TRAUMA-INFORMED TRANSITION TRAINING FOR KINSHIP

Mondays, MAY 25 - June 15
9:30am - 12:30pm (PST)

NAVIGATING EMOTIONS: HOW TO REMAIN CENTERED WHEN EMOTIONS FEEL OVERWHELMING

THURSDAY , MAY 14
11:00am - 1:00pm (PST)

SOCIAL THINKING
NEW TWEENS & TEENS GRAPHIC NOVEL!

BRAIN HACKS: STRATEGIES TO RALLY MOTIVATION AND GET THINGS DONE

"By **Michelle Garcia Winner and Jenny Sojat (2026)** Brain Hacks is a colorful, high-energy graphic novel where five stressed-out teens meet online and form friendships as they learn strategies from each of their quirky brain-based CREW to navigate the ups and downs of their different high school experiences. With science-powered "mind magic," they learn how thoughts, feelings, memories, and imagination can team up to build confidence, motivation, and problem-solve which all involve executive functioning. Packed with dynamic visuals, time-travel, and brain-boosting tips, this adventure makes managing a tween or teen's mind feel like the coolest superpower ever."

Want more information? Read this article by Social Thinking Team

"**Brain Hacks: 12 Tips to Activate Your Mental Superpower**"

BOOK CORNER

NOURISHED: CONNECTION, FOOD, & CARING FOR OUR KIDS (& EVERYONE ELSE WE LOVE)

by Debra MacNamara (2023) "What does it mean to be nourished? Nothing could be more basic than food. However, food is only one part of the concept of nourishment, but it has consumed our focus and eclipsed something far more critical for thriving - connection. We have lost sight of the fact that feeding our families is about human relationship and emotional well-being.

In Nourished, developmental and relational clinical counsellor Dr. Deborah MacNamara shows us how feeding is part of the caretaking relationship and cannot be separated from it. Informed by attachment science, developmental psychology, neuroscience, and research on human emotion, Nourished reframes our approach to providing for our kids and helps us hit the reset button on our relationship with food. After reading this seminal work, it will be impossible to ever view food as just plain food again.

As parents we need our kids to be receptive to what we offer but the road to the stomach must go through the heart. As relational and emotional creatures, our deepest hunger is one that food by itself cannot fill. In this book, Dr. MacNamara gives us the keys to transform the everyday act of feeding our children (and other loved ones) into a most fulfilling and nourishing dance of attachment. Based on developmental and relational science, qualitative research with families, counselling parents, and her own experience as a mother, in Nourished, MacNamara combines storytelling with science and puts food in its rightful place.

MENTAL HEALTH WEEK MAY 4-10

Come Together, Canada
Stronger connections.
Better mental health.

"Social connection is essential to overall health and well-being. But too many people are feeling alone. In Canada, millions of people say they feel lonely often or always.

This May 4-10, CMHA is inviting people across Canada to Come Together. It's a call to spark small, everyday actions of connection, and to recognize the role we all play in supporting mental health through connection. Together, we can strengthen mental health, build healthier communities, and help more people feel connected.

Because connection strengthens mental health."

Check out CMHA resources:

- Fact Sheets - The Research on Social Connection
- Story: World Health Day 2026: Together for Health, Connected by Science
- Story: More people in Canada are using AI as a mental health care tool, but are we ready for it?

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

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Interior Community Services

Need resources or information? Check out our website!

Are you wanting more information about upcoming training in your area, helpful resources or information about our program? Find all this and much more at our website: https://www.icsfp.info/outofcareproviders

Find us on Facebook!
Connect with us on our **'ICS Support To Family Care Network'** Facebook page and our agency's **'Interior Community Services'** Facebook page.