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WEEKLY Communiqué

STFC Supporting Caregivers throughout BC's Interior

Attention-deficit/hyperactivity disorder increases an athlete's risk of concussion and poses challenges for diagnosis and recovery. Understanding these issues is critical for athletes, trainers and physicians. Credit: Jeffrey Parr/University of Southern Mississippi
To read the full study, visit: ADHD and Sport-Relation Concussion Study

IN PERSON

KAMLOOPS
FOSTER PARENT DROP-IN
Wednesdays
9:00am - 11:00am
At the Loft
(2nd Floor of grey building)

VIRTUAL

WEST KOOTENAY
FOSTER PARENT DROP-IN
Fridays
10:00am - 12noon
Zoom ID: **250 608 7674**

SEPTEMBER IS FASD AWARENESS MONTH

"In the last week, the Inspire Kids FASD Support Society of BC is holding the FASD Community Connections Conference, in-person at Thompson Rivers University in Kamloops. This is a 2-day opportunity for the FASD community to come together, learn, and share. Families and caregivers and service professionals are welcome to attend.

Registration fees and childcare subsidies are available for qualified caregivers to attend. Youth with FASD are encouraged to attend Saturday at no cost. More information will be available soon. For now, save the dates Sept 25 & 26."

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

KELTY MENTAL HEALTH RESOURCES

TYPES OF THERAPY

"In this section, you will find general information about:

- different types of therapies
- what types of challenges are best suited for each type of therapy
- how long each type of therapy usually takes"

1. **Behaviour Therapy**
2. **Cognitive Behavioural Therapy (CBT)**
3. **Dialectical Behavioural Therapy (DBT)**
4. **Electroconvulsive Therapy (ECT)**
5. **Emotion-Focused Therapy**
6. **Eye Movement Desensitization and Reprocessing Therapy (EMDR)**
7. **Family Therapy**
8. **Group Therapy**
9. **Interpersonal Therapy**
10. **Mindfulness-based Therapies**
11. **Play Therapy**
12. **Psychodynamic Therapy**
13. **Psychotherapy for Parents and Young Children**
14. **Somatic (Body-Based) Therapies**

Be sure to check out their other resources too!

RECENT RESOURCES FROM: CENTRE ON THE DEVELOPING CHILD AT HARVARD UNIVERSITY

AT A GLANCE: WHY EARLY MATTERS

"When it comes to development, it's not just what happens that matters, but when. Beginning before birth, the experiences and exposures that children have early in life—when their developing biological systems are most sensitive to environmental influences—can have powerful and lasting effects on their development, with lifelong implications for their health and well-being.

Learn why a child's earliest years are so important—and what we can do to help ensure our children build healthy foundations for a lifetime—in this edition of ***At a Glance***. This series offers a brief, accessible overview of key topics in early childhood development and shares actionable strategies that policymakers, parents, and advocates can use to support children's health and well-being in their own communities."

IN BRIEF: THE IMPORTANCE OF STABILITY IN THE DEVELOPMENTAL ENVIRONMENT

"Stability is an essential part of a healthy developmental environment, and promoting stability across the web of influences in children's lives offers a vital opportunity to support early development and lifelong health. Strengthening stability in one area—such as housing, caregiver relationships, or financial security—can have a multiplier effect across other parts of a child's environment. This ***In Brief*** provides an overview of how stability affects developing brains and bodies and offers practical strategies for communities and policymakers to create, maintain, and restore stability for young children and caregivers."

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