VOL. 7 ISSUE 22 | JUNE 8, 2026

WEEKLY Communiqué

STFC Supporting Caregivers throughout BC's Interior

JUNE DATES

June	National Indigenous History Month
June	Pride Month
June 10	Action Anxiety Day
June 19	International Day for the Elimination of Sexual Violence in Conflict
June 21	National Indigenous Peoples Day
June 27	Muticultural Day (Canada)

JUNE IS NATIONAL INDIGENOUS HISTORY MONTH

"June is National Indigenous History Month in Canada, an opportunity to learn about the unique cultures, traditions and experiences of First Nations, Inuit and Métis who have lived on this land since time immemorial and whose presence continues to shape Canada today. It is also a moment for reflection and to recognize the ongoing impacts of colonization and to reflect on how we can all contribute to reconciliation.

Discover stories, traditions and cultures

The best way to gain a deeper understanding of First Nations, Inuit and Métis experiences is through their own voices:

- read books by Indigenous authors
- attend events and community gatherings
- watch films or performances
- listen to music by Indigenous artists
- follow First Nations, Inuit and Métis creators on social media

National Indigenous Peoples Day is an important time to honour Indigenous cultures. Around June 21, First Nations, Inuit and Métis communities across Canada mark the occasion by hosting events such as festivals, cultural performances, ceremonies and community gatherings.

Sharing the Journey is a video series that features First Nations, Inuit and Métis storytellers sharing their personal stories of culture, resilience, and hope. Their unique perspectives offer a chance to reflect on Canada's past and what reconciliation means today."

IN PERSON

KAMLOOPS

FOSTER PARENT DROP-IN

Wednesdays

9:00am - 10:00am

At the Loft

(2nd Floor of grey building)

VIRTUAL

WEST KOOTENAY

FOSTER PARENT DROP-IN

Fridays

10:00am - 12noon

Zoom ID: **250 608 7674**

CAREGIVER LEARNING NETWORK - FREE WEBINAR:

SUICIDE AWARENESS

(for Foster Caregivers only)

THURSDAY, JUNE 11

1:00 - 2:30pm (PST)

"Facilitated by the Crisis Centre of BC, this Suicide Awareness 90-minute session will focus on reducing stigma, increasing awareness, and motivating personal and collective action for suicide prevention. The session opens a dialogue about suicide, a stigmatized and challenging topic for many. It helps participants understand the nature of suicide in communities, the needs of people who have thoughts of suicide, and the resources available within the agency or community."

"In the tapestry of family, foster care weaves threads of hope and healing." — *Maya Angelou*

THE SUPERHERO PROJECT

"If your child or teen is living with a serious illness, mental health issue, physical disability or complex medical need, we would be honored to work with you. Interviews can be held in person, on the phone, or via video chat to hear your child's story and superhero ideas. If your child is non-verbal, parents and siblings are welcome to complete the interview on their behalf – after all, you know your child best and love them most!

After the interview, your child will be matched with one of our artists, who will design the superhero they described, creating a visual representation of their strength, courage and resilience. Within 8-10 weeks, you'll receive a professionally-printed poster and the digital file, along with a short character story and a note or bio from the artist.

All superheroes are created at no charge for families. Ready to get started? Complete the form on their site or send an email to The Superhero Project at hello@superheroprojectkids.org [PLEASE NOTE: We are honored that so many families are excited to have superheroes made for their kids and we are rallying our League of Extraordinary Artists to meet the demand. IF THERE IS A MEDICAL URGENCY to your request, please let us know so we can make proper arrangements. We are especially grateful for our supporters who are helping us increase capacity with donations."

INSTITUTE OF CHILD PSYCHOLOGY FREE VIEWING

BORN POOR: HOW CHILDHOOD POVERTY SHAPES A LIFETIME

Thursday, June 11 9:00am

"From Frontline What does growing up in poverty mean for a child's future? Join us for a powerful special screening of the Emmy-nominated documentary Born Poor, the follow-up to the acclaimed film Poor Kids. More than a decade later, the film revisits three children first introduced to audiences years ago, following their journeys from childhood into adulthood. Through the stories of Kaylie, Johnny, and Brittany, this moving documentary reveals how poverty shapes opportunity, identity, and resilience across the lifespan. As they pursue their dreams, they must navigate an economy that often places more barriers than pathways in front of them. This eye-opening screening invites parents, educators, and professionals to better understand the profound and lasting effects of childhood poverty—and the resilience of young people determined to build a different future. *Runtime of this screening is 90 minutes."

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!

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www.icsfp.info/resources

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