VOL. 7 ISSUE 25 | JUNE 29, 2026

WEEKLY Communiqué

STFC Supporting Caregivers throughout BC's Interior

NEW

FASD RESOURCES: FASD UNDERSTANDING

"FASD Understanding is a national video and education initiative created to increase awareness, reduce stigma, and build stronger communities of support for individuals and families affected by Fetal Alcohol Spectrum Disorder (FASD).

This project brings together leading Canadian puppeteers, researchers, community partners, and families to create accessible, compassionate, and evidence-informed resources for educators, caregivers, service providers, and frontline professionals. While it is not a mental health disorder, research shows that approximately 90% of individuals with FASD experience mental health challenges at some point in their lives. Understanding this connection is essential to improving outcomes and ensuring individuals receive the right supports at the right time.

Produced by M.I.understanding, this initiative builds on more than a decade of developing free, research-informed tools that help families and communities have meaningful conversations about complex topics. M.I.understanding resources, including mental health, FASD, and 2SLGBTQ+ education tools, are used nationally and internationally to promote early intervention, reduce stigma, and strengthen support systems."

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**

Check out their resouces!

Reframe the Behaviour A clear visual guide to understanding and reframing behaviour through an FASD lens.
The Prevention Conversation A Shared Responsibility
FASD Network of Saskatchewan Facebook Page: Contains an abundance of simple yet informative graphics.
FASD Awareness Day and Month History of September 9th, Red Shoes Rock, and tools to raise awareness and get involved.
Neurodivergence & Stigma A guide explaining neurodivergence and challenging stigma to promote understanding. (Also **available in French**.)
Seeing FASD Through A Strengths-Based Lens An article highlighting the strengths of individuals with FASD and the value of a strengths-based approach.

There are numerous more resources on different pages so be sure to check out this new website!

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

CRISIS & TRAUMA RESOURCE INSTITUTE

THE POWER OF SHIFTING JUDGEMENT TO CURIOSITY

Written by ***Nathan Gerbrandt, MSW, RSW***

"We are surrounded by judgement. I think in many ways our internal systems actually enjoy it. I feel this pull personally, like a defense mechanism that kicks in to build myself up at the expense of another. And it's everywhere! It's in what we watch, political discourse, social media, and unfortunately it even sneaks into our interactions with colleagues and those we love."

Find out more by visiting:
CTRI POWER OF SHIFT

CHILDMIND INSTITUTE

TRAUMATIC SEPARATION AND ITS EFFECTS

"A toddler whose father disappears without warning. A kindergartener whose mother is detained and deported. A teen who is placed in foster care. These are examples of separation from a parent that can be traumatic for a child. Traumatic separation is a clinical concept based on the importance of the parent-child bond and the profound effects that can result from breaking it. What makes a separation harmful is not necessarily its length but its character: ones that are sudden or confusing, or those that come about through larger distressing events, like a natural disaster or war."

"We have a new article about traumatic separation — how it affects kids of all ages and how the right support can prevent long-lasting negative effects and help them recover. In the short term, traumatic separation can result in separation anxiety, difficulty paying attention, acting out, or regression. It can also lead to post-traumatic stress disorder (PTSD). For military families, we offer advice about how to help children feel secure and connected when parents are deployed. For all children, serious stress can impact the way they develop, so it's important to help them learn coping strategies and build resilience."

- "What is traumatic separation?
- Why is traumatic separation harmful?
- What do the effects of traumatic separation look like?
- Signs of traumatic separation at different ages
- How to help kids separated from a parent
- Long-term risks of traumatic separation
- Treatment for a trauma diagnosis"

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

Program Coordinator: Kari Bepple
kbepple@interiorcommunityservices.bc.ca
Cell: (250) 819-1919
Office: (236) 421-0031 Toll Free: 1-877-376-3660

Network Facilitators:
Renata Bonthoux (250) 319-6557
rbonthoux@interiorcommunityservices.bc.ca

Jessica Galbraith (250) 819-5819
jgalbraith@interiorcommunityservices.bc.ca

Marna Forsyth (250) 609-2017
mforsyth@interiorcommunityservices.bc.ca

Jane Wesko (250) 608-7674
jwesko@arcprograms.com

Tabitha Fournier (250) 320-4603
tfournier@interiorcommunityservices.bc.ca

James Weir (250) 426-6013
jweir@interiorcommunityservices.bc.ca

Interior Community Services
Enriching Lives, *Strengthening Communities*

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:
www.icsfp.info/resources

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.