VOL. 7 ISSUE 20 | MAY 18, 2026

WEEKLY Communiqué

STFC Supporting Caregivers throughout BC's Interior

May 21..... World Day for Cultural Diversity for Dialogue & Development
May 31 - June 6... BC Access to Ability Week
June 1 - June 5 ... ***BC Children & Youth in Care Week***

Celebrates Children and Youth in and from government care

FOSTER PARENT SPOTLIGHT: JARET & SIRI

Meet Jaret and Siri! Jaret has been fostering since 1996 and his wife Siri has been fostering with him since 2013. They have cared for more children and youth then they can remember ranging from overnight stays to 5 years plus stays.

With their incredible amount of experience as caregivers, when asked what advice they would give to new foster parents, they said "Enjoy the good moments with the laughter and smiles. When things get tough remember we are "planting seeds." Sometimes we might not see the results, but take heart eventually the young people we welcome to our homes may come to benefit from the love we give. With all the chaos in people's lives, our love and involvement are some of the positive things that can help these young ones navigate their journey in life."

JUNE 1 - 5 IS BC CHILDREN AND YOUTH IN CARE WEEK

History

"A group of youth in and from care advocated for this week so their siblings in care could grow up feeling celebrated for their diverse talents and accomplishments, surrounded by a supportive community who stands with them. They also wanted to raise awareness about the barriers they face and fight the stigma that comes with being a "foster kid."

Proclaimed by the province of British Columbia in 2011, BC Child and Youth in Care Week (BCCYICW) is a time for everyone in communities across the province to support and celebrate our province's incredible, diverse young people in government care. Youth envisioned a week that acknowledges and celebrates the unique strength of young people in care, and that's how BC Child and Youth in Care Week was created."

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**

Learn and Connect Workshops for New & Potential Caregivers

Last Monday of the Month
9:00 am
Zoom ID: 878 8822 2406

Don't miss this chance to
CONNECT
with other caregivers

AUDIO CAREGIVING CONNECTION
WEDNESDAYS
10:00-12NOON OR 6:30-8:30 PM (PST)
Your Questions about children and sleep answered
Zoom ID: 832 4280 1289

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

FORMER YOUTH IN CARE

Who advocated for the first ever BC Child & Youth in Care Week!

"Tansi, Jessy Neal nits Kahsohn, Quesnel, BC Otchi Nia, Maka Mekwatch Surrey, BC ne wekin. Hello, my name is Jessy Neal. I am from Quesnel, BC but I live in Surrey, BC now. Niya Nehiyaw Iskwew. I am Cree Woman.

I was raised in and out of care of the Ministry of Children and Family Development from birth to aging out at 19. When I was 14 I joined the Federation of BC Youth in Care Networks (a BC Child & Youth in Care Week partner organization) as a youth member and have had various roles since then, from volunteer, to board member, and now a staff member.

I still remember feeling like being in government care was my fault and that I had done something bad to end up in care. It was ingrained in me that being in government care meant that I was less than human or not worth enough to anyone to be part of a family that cared about me. I didn't think that it was fair for other young people, especially the younger ones, to feel like they were worthless and bad just because they were not able to live safely with their parents. It is rather an emotional subject, but with all the negative comments and media portrayals and statistics of kids not ending up in good situations or having good outcomes as adults, it made it easy to fall into a spiral of low self-esteem and self-worth. I, and so many others like me, wanted this to change.

The Fed's youth members (including me at the time) decided that some actions needed to be taken. Some youth members suggested that we create a way to celebrate all the successes of youth in and from government care to create more positive stories and conversations out there about youth in care. The government of BC supported this and made an official proclamation in the BC legislature that May 23-29, 2011 was BC Child and Youth in Care Week! Different MCFD offices and youth organizations across the province have been celebrating youth in and from care every year since. *Jessy"*

CHILDREN AND SCREENS

ADOLESCENCE: MELTDOWNS TO MINDFULNESS

SELF-REGULATION IN A DIGITAL WORLD

Wednesday, May 20
9:00am-10:30am (PST)

As adolescents spend more time navigating social media, gaming, and constant connectivity, many are turning to digital media to manage stress, boredom, and other emotions – sometimes in ways that help, and sometimes in ways that make things harder. In this session, you'll learn:

- Why it can be difficult for adolescents to self-regulate, based on brain development
- The risks and benefits of how today's teens are using media to self-manage emotions
- What parents can do to support healthier habits and focus
- Special considerations for teens with ADHD, autism, and problematic media use

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

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