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WEEKLY Communiqué

STFC Supporting Caregivers throughout BC's Interior

CHILDMIND INSTITUTE: HEALTHY MINDS, THRIVING KIDS PRE-K

An Emmy-nominated and Anthem Award-winning video series, based on mental health research, created to make important mental health skills available to preschool children (age 3 to 5).

WHY HEALTHY MINDS, THRIVING KIDS PRE-K?

- Fully 20% of our kids have a mental health or learning disorder…
- And all children face difficult challenges as they grow up.
- Learning basic age-appropriate mental health skills at a young age has been proven to help kids thrive.

This series includes **five videos**, based on mental health research, **plus downloadable print materials** that parents and educators can use to help children practice the skills they're learning. The videos teach kids five skills proven to support mental health:

Understanding Feelings (8 min 24s):
Kids will learn to name and accept all feelings while finding healthy ways to deal with them.

Using Your Words (6 min 20 s):
Kids will learn to use words to say what they need and feel, solve problems, and connect with people.

Having Big Feelings (6 min 26 s):
Kids will learn how to notice when big feelings happen and how to deal with them, improving self-awareness and decision-making.

Being Brave (5 min 47 s):
Kids will learn how to face situations that make them feel nervous or scared.

Being a Good Friend (6 min):
Kids will learn how skills like listening, sharing, and taking turns can help build strong friendships.

Activity Sheets:
Each video comes with a brief companion resource that summarizes key ideas and includes an activity that can be practiced in school or at home.

Grounded in the Clinical Expertise of the Child Mind Institute

All project resources were developed under the guidance of Dr. Harold Koplewicz, one of the world's leading child and teen psychiatrists. Content development was led by Dr. David Anderson, PhD in clinical psychology from Columbia University, Dr. Janine Domingues, PhD in child clinical psychology from the University of Connecticut, and Dr. Caroline Mendel, PsyD in clinical psychology from Rutgers University.

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**

"The heart of a foster parent is the size of an ocean, with room for waves of every child's emotions." Unknown

LOOKING FOR MORE WEBINARS? CHECK OUT:

MINDSPRING MENTAL HEALTH ALLIANCE FREE WEBINARS

Unable to make the time? Register!

Everyone who registers for a webinar will receive the recording via email 24 hours after the live event.

Responding to Difficult Behavior with Confidence

July 15 7:00 am (PST)

Understanding why difficult behavior is on the rise and what's really happening beneath the surface changes the way we respond to challenging customers. Discuss the causes and types of difficult behavior in the workplace and learn practical tools for emotional regulation and boundary setting using real-life examples, so you'll feel confident knowing what to say and how to say it. This course offers actionable insights and strategies to help you navigate challenging interactions with greater ease and resilience.

Setting Healthy Boundaries in Relationships

July 15 9:00 am (PST)

Maintaining a balance between caring for loved ones and setting healthy boundaries for yourself can be challenging. Learn how to express your own needs without guilt, strike a healthy balance between caregiving and self-care, and tips for negotiating compromises with a licensed therapist.

Breaking the Cycle: Understanding Intergenerational Trauma & Substance Use

July 16 7:00 am (PST)

Understand how intergenerational trauma shapes substance use, family dynamics, and community patterns. Identify trauma-driven behaviors and apply practical, trauma-informed strategies to better support individuals, families, and communities.

Caring for the Caregiver: Managing Stress and Preventing Burnout

July 23 7:00 am (PST)

Being a caregiver comes with unique responsibilities, and experiencing a range of emotions —anger, frustration, exhaustion, loneliness, and sadness — is almost guaranteed. Discover how your attachment style as a caregiver influences the way you respond to others and understand why high-effort coping and overcompensation often lead to burnout. Throughout the course, you'll gain practical tools to help you cope with stress, along with strategies to manage power struggles, set healthy boundaries, and respond to risky behavior

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

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Interior Community Services
Enriching Lives, *Strengthening Communities*

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