VOL. 7 ISSUE 21 | JUNE 1, 2026

WEEKLY Communiqué

STFC Supporting Caregivers throughout BC's Interior

JUNE DATES

June	National Indigenous History Month
June	Pride Month
May 31 - June 6	BC Access to Ability Week
June 1 - June 5	***BC Children & Youth in Care Week***
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)

IN PERSON KAMLOOPS FOSTER PARENT DROP-IN

Wednesdays

THIS WEEK ONLY

LUNCH TIME!

11:30AM WITH LUNCH

At the Loft

(2nd Floor of grey building)

VIRTUAL WEST KOOTENAY FOSTER PARENT DROP-IN

Fridays

10:00am - 12noon

Zoom ID: **250 608 7674**

BC CHILDREN & YOUTH IN CARE WEEK

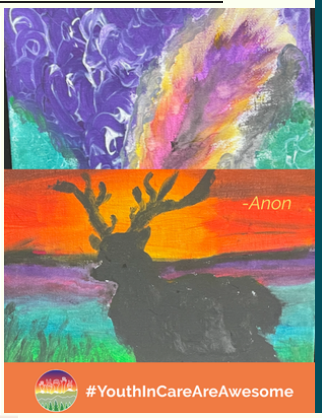
Be sure to check out the more youth in care week submissions!

#YouthInCareAreAwesome

I don't have to start on the same path that yesterday created, I get to start with today.

And today I've decided to wake up with the mindset of greatness.

~ *Dassa O, from* A Changed Mindset



Rising Beyond the Waves -*Damian*

I stand before the endless sea,
A world of silence calling me.
No land in sight, no sky above,
Yet I climb with strength, with love.

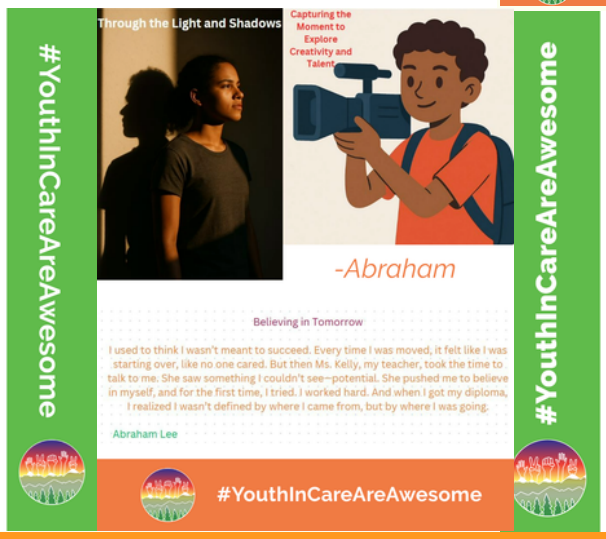
The rock is sharp, the path is steep,
The water deep, the current speaks.
"Turn back," it whispers, cold and low,
But in my heart, I choose to grow.

With every grasp, my hands turn raw,
Yet fear dissolves beneath my law.
I will not sink, I will not break,
For all I am is mine to make.

Each step I take defies the tide,
A mark of fire, fierce inside.
Though lost in waves, I carve my way,
And rise beyond the darkened spray.

For youth like me, we scale the tall,
Though walls may shake, we never fall.
With hands that bleed, with eyes that gleam,
We turn the storm into a dream.

Let the water stretch, let the winds deny,
But I will reach, I will touch the sky.
Not with wings, nor with ease,
But with strength, through the seas.



#YouthInCareAreAwesome by Taylor Shuttleworth

I love this opportunity to share what I am proud about. It's not often I think about my own accomplishments. There is so much I am proud of when I reflect on my journey. One thing I'm really proud of is my ability to lead my life with love. Love is at the forefront of everything I do. Even as a child who grew up around many adversities –Love was something I could always turn to.

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

AGED OUT.COM

POWER DYNAMICS VS DESIRABILITY IN RELATIONSHIPS

"Sometimes attention and affection can feel confusing, especially when it comes from someone with more power than you, like someone older or in a position of authority. You might feel special, flattered, unsure or uncomfortable all at once. This section looks at what happens when power is mistaken for desire. It helps make sense of the difference between mutual attraction and situations where someone uses their age, status, authority, or influence to pressure or control another person, especially in sexual or romantic situations. Learning to recognize these dynamics can support you in trusting your instincts, naming when something doesn't feel right, and setting boundaries that protect your safety and well-being." **Read the rest of the article at AgedOut.com**

DID YOU KNOW?

HUGS CAN BE HEALING

- "A 20-second hug releases oxytocin, boosting trust, safety, and connection.
- Hugging lowers cortisol, helping ease stress and support overall well-being.
- Self-soothing touch—like a hand on your heart—creates the same calming benefits anytime."

BOOK CORNER

THE GUIDED JOURNAL FOR RAISING KIDS WITH BIG, BAFFLING BEHAVIORS:

Game-Changing Exercises and Tools to Transform Your Parenting

"It is time to put understanding into practice. Building on principles in Robyn Gobbel's bestselling book Raising Kids with Big Baffling Behaviors, this guided journal invites parents and carers to dive into hands-on exercises, reflective prompts, and everyday tools that make big behaviors feel far less baffling.

Creating space for you to be curious and providing you with actionable steps introduced through playful activities and gentle guidance, this journal helps you understand what your child really needs- and how to meet those needs with confidence and compassion.

Whether you're building on understandings from the original book or you're simply craving more clarity, this journal turns insight into action, helping you find regulation, compassion and hope in the moments that matter most."

Coming Soon - available now for pre-order at: Amazon.ca

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

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Interior Community Services
Enriching Lives, *Strengthening Communities*

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