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WEEKLY Communiqué

STFC Supporting Caregivers throughout BC's Interior

FOSTER PARENT SPOT LIGHT
SHARON & STEVE HAGEN

Sharon and Steve Hagen have been Foster Parents for 16 years as this was always something they wanted to do.

Sharon and Steve started as a Respite/Relief home and then transitioning into providing full-time care for over 35+ children and youth, many of whom were sibling groups and long-term placements.

When asked what advice they would give new Foster Parents they had this to say:

"Start with relief/respite, make sure you have good boundaries and practice self care. They also highlighted the importance of being part of the fostering community and not to foster in isolation because no one will understand what you are going through better than another Foster Parent as well as the need for training because training helps you understand the children in your home and how to support them."

JUNE DATES

June	National Indigenous History Month
June	Pride Month
June 19	International Day for the Elimination of Sexual Violence in Conflict
June 21	National Indigenous Peoples Day
June 27	Muticultural Day

DID YOU KNOW?

67%

of men have never spoken to a mental health professional

(Men's Health Foundation)

Opening Minds

When Strength Means Silence:

The Mental Health Support Gap for Men

Mental Health Stigma for Men Starts with Boys

"70% of mental health problems begin before age 18." (CIHI)

By adolescence, many boys have already learned to stay quiet. Many boys grow up in environments where emotional expression doesn't feel safe or expected. What gets encouraged, dismissed, or ignored shapes what they carry forward. Over time, silence can feel like a safer option. If we want to understand why many men don't feel safe to reach out, this is where it begins. Check out their Conversation Starter Guide.

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**

Learn and Connect Workshops
resuming in the fall

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

JUNE 21 - NATIONAL INDIGENOUS PEOPLES DAY

2026 MARKS THE 30TH ANNIVERSARY

"It's a time to recognize and celebrate the traditions, cultures and contributions of First Nations, Inuit and Métis. National Indigenous Peoples Day takes place on the summer solstice, the longest day of the year. For generations, many First Nations, Inuit and Métis communities have celebrated their cultures, languages, and traditions at this time of year. The summer solstice holds deep spiritual and cultural significance for many Indigenous Peoples, marking a time of renewal, connection, and celebration."

MINDSPRING ALLIANCE PODCAST

HEALING HOPE: AN EATING DISORDER STORY

In this episode, we sit down with Kathy, a Mindspring board member, as she shares her personal experience living with an eating disorder. Through her story, we explore the complexity of these struggles; the challenges, the misconceptions, and the ongoing journey of healing and self-discovery.

This conversation offers an honest look at what it means to navigate recovery while finding strength, identity, and hope along the way. Whether you've faced similar challenges or want to better understand the experience of others, Kathy's story is a powerful reminder that healing is not linear and no one has to go through it alone.

UNDERSTOOD.ORG PODCAST: "IN IT"

MATH ANXIETY, DYSCALCULIA & OTHER REASONS MATH CAN BE HARD FOR KIDS

"Why is math so hard for so many kids? And what can we do about it? In this episode, hosts Rachel Bozek and Gretchen Vierstra take a deep dive into math with special education and math teacher Brendan Hodnett. Tune in to learn about dyscalculia, a learning disability in math. Find out how other learning and thinking differences can impact math, too. Hear Brendan describe math anxiety, and what strategies can help. You'll even learn an easy breathing strategy for calming math nerves. Plus, get tips for fun ways to practice math at home."

Check out their other related resources:

- Understanding why kids struggle with math
- What is math anxiety?
- Signs of dyscalculia at different ages
- How games can help kids get better at math

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

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Interior Community Services
Enriching Lives, *Strengthening Communities*

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