VOL. 7 ISSUE 16 | APRIL 20, 2026

WEEKLY Communiqué

STFC Supporting Caregivers throughout BC's Interior

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)

A conversation with Dr. Bruce Perry around Trauma

Zoom ID: 832 4280 1289

FOSTER PARENT SPOTLIGHT: JANA

Jana and her husband have been Foster Caregivers for the past 15 years. Throughout the course of their fostering career, they have had more than 25 children through their home with 14 of those little people being longer term placements. They have also provided relief and respite for the others.

When asked what advice she would give to new caregivers Jana had this to say: "When you get a new placement, whether it's your first or your 50th, give it two weeks because it can seem overwhelming. Give it two weeks to become your new normal. It is important to talk with your family about what this looks like and it truly takes a village. People always say to me I don't know how you do it. The fact is that I don't just do it. I do it; my husband does it; my adult daughters do it; my parents do it; my in-laws do it. We support each other because it takes a village to not get burnt out. "

UNDERSTOOD.ORG NEW PODCAST: EVERYONE GETS A JUICE BOX

"Check out Everyone Gets a Juice Box, a brand-new podcast from Understood.org. It's a space where parents raising kids with learning and thinking differences can hear the kind of conversations that usually stay behind closed doors.

Hosted by parent and journalist Jessica Shaw, each episode brings together parents who are truly in the thick of it! Listen to parents talk openly about challenges, wins, and the questions no one prepares you for. It's honest and relatable — and it'll remind you that you're not the only one navigating this stuff."

"Laugh, vent, and tackle the messy realities of neurodiverse parenting with journalist and radio host Jessica Shaw. As a mom of two, she brings honesty and humor to the everyday chaos, victories, and challenges of raising kids who learn and think differently. We share the tea, the struggles, and, of course…the juice."

"Fostering a child is not about being perfect; it's about being present." Unknown

FAMILY SUPPORT INSTITUTE

myBooklet BC

with Miranda Hersco

THURS, APRIL 30
10:00-11:00AM

FSI LEARNING EXPLORATIONS 2026
SUPPORTING YOUR JOURNEY

"Are you a parent, caregiver, or support person to an individual with a disability? Are you looking for a way to keep information organized and easy to share?

Join us for a Learning Exploration session where we will guide you through what **MyBookletBC** is, how it works, and how the website can support you or someone you know. MyBookletBC is a free online tool that helps you create a personalized and printable booklet, bringing information together in one central place.

Who this session is for:

- People of all abilities
- Family members, caregivers, and support networks
- Service providers, educators, and professionals supporting someone with a disability
- Anyone looking for a resource to organize important personal and/or family details

CHILDREN AND SCREENS WEBINAR PART 1 - EARLY CHILDHOOD

MELTDOWNS TO MINDFULNESS - SELF-REGULATION IN A DIGITAL WORLD

Wednesday, April 22
10:00am - 11:30am PST

"A live session focused on children ages 0-9 years old. In this session, you'll learn:

- What builds self-regulation in early childhood and what may get in the way.
- How using screens to soothe tantrums (the "digital pacifier") may affect a toddler's ability to learn to calm themselves.
- How screens might interfere with children's ability to focus and learn.
- Unique considerations for neurodivergent children.
- Practical strategies parents can use to reduce conflict and help young children transition from screen time to other activities.

This webinar is ideal for parents looking for expert tips on teaching younger children to self-manage emotions, attention, and behaviors."

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

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Interior Community Services
Enriching Lives, *Strengthening Communities*

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