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WEEKLY Communiqué

STFC Supporting Caregivers throughout BC's Interior

MAY / JUNE DATES

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

JUNE 1 - 5 IS CHILDREN & YOUTH IN CARE WEEK

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

IN PERSON

KAMLOOPS

FOSTER PARENT DROP-IN

Wednesdays

NEXT 2 WEEKS ONLY

11:30am with Lunch

At the Loft

(2nd Floor of grey building)

LUNCH TIME

VIRTUAL

WEST KOOTENAY

FOSTER PARENT DROP-IN

Fridays

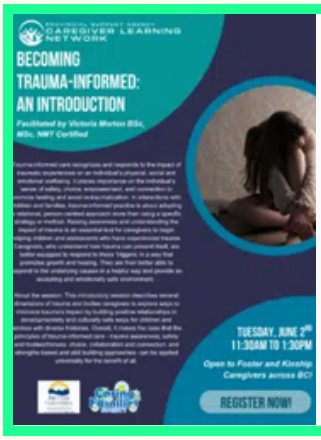
10:00am - 12noon

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



PROVINCIAL SUPPORT AGENCY CAREGIVER LEARNING NETWORK

BECOMING TRAUMA-INFORMED: AN INTRODUCTION

Tuesday, June 2nd
11:30am to 1:30pm
Open to Foster and Kinship Caregivers across BC!

LAST DAY UNTIL FALL

AUDIO CAREGIVING CONNECTION

WEDNESDAYS
10:00-12NOON OR 6:30-8:30 PM (PST)

Kerri Isham:
That Time We Talk Sex
Zoom ID: 832 4280 1289

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

EMERGENCY PREPAREDNESS

With fire season just around the corner, here is a quick reminder about ensuring that you are prepared this summer holiday. Be sure to pack a grab-and-go bag and have a plan for where you will go and who to notify. (Remember to let your Resource Social Worker and the Child's Social Worker know your plan ahead of time.)

YOUR GRAB-AND-GO BAG

- Medication (at least a 4 day supply)
- Complete changes of cloths for 4 days. (Include underwear, socks, PJs)
- Security items: favorite toy, book, etc.
- Spare pair of glasses
- Snacks
- Water
- 1 roll of toilet paper for each person
- Some extra cash in small bills
- Flashlight and batteries
- AM/FM Radio
- Blanket
- Cell phone AND charger
- Pen and notepad
- Personal toiletries
- Small first-aid kit
- Pillow and small foldable blanket
- Any valuables you want to take with you.
- **Important Documentation:**
  Ensure you have ***a copy of your home insurance.*** Have copies of any personal info such as care card numbers, birth certificates, social worker names & numbers, etc.
- **If you have animals:**
  Crates, leashes, food, etc. in an easily accessible place. If you have pet insurance, take a copy with you.
- **Consider attaching a tag:**
  e.g. Don't forget: *Medication in fridge *Pet food/cage, etc.

FOSTER CAREGIVER AND CONTRACTED CAREGIVER SUPPORT

EVACUATIONS

Please call this number if:

- You are in an impacted area and have been evacuated and / or:
- You have been or need to be evacuated and require support to seek alternate accommodation

1-800-663-9122

(Please provide your new location and contact information.)

TRINKA AND SAM: THE BIG FIRE

Free disaster resource developed jointly with the National Child Traumatic Stress Network and Piplio Productions (Mama's Waves)

Developed to help young children and their families ***begin to talk about feelings and worries they may have after they have experienced a large-scale fire, like a wildfire.***

The fire was over, but life was not the same yet. Trinka and Sam, two small mice, become scared and worried after they experience a severe fire and witness damage to their community. The story describes their reactions and shows how their parents help them to express their feelings and feel safer. **Check out their free downloadable booklet and free video!**

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

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Interior Community Services
Enriching Lives, *Strengthening Communities*

Need resources or information? Check out our website!

Are you wanting more information about upcoming training in your area, helpful resources or information about our program? Find all this and much more at our website:
www.icsfp.info/resources

Find us on Facebook!

Connect with us on our **'ICS Support To Family Care Network'** Facebook page and our agency's **'Interior Community Services'** Facebook page.