VOL. 7 ISSUE 33 | AUGUST 24, 2026

WEEKLY Communiqué

STFC Supporting Caregivers throughout BC's Interior

CHILD MIND ORG.
TEENS AND LONELINESS

"Teenagers are the loneliest age group worldwide, the World Health Organization reports. For developmental reasons, teens are already prone to experience loneliness more intensely than adults do — to feel misunderstood, as if nobody really gets them, or like they're alone even in a crowd. Perversely, when kids feel lonely a lot, it can cause them to withdraw. Social interactions start to seem scary, and out of fear, kids may adopt behaviors that push others away — a phenomenon researchers call the "loneliness loop." This week at childmind.org, we have a new article about teens and loneliness — including some reasons why rates of loneliness among teens may be rising and what parents can do, short of arranging an adolescent playdate, to support them. We discuss what we know about the relationship between social media and depression and anxiety. And we offer tips for communicating with teens when they shut down, supporting them through a friend breakup, and encouraging anxious teens to develop more friendships offline. We also have advice from experts and parents on how to help your teen deal with bullying. For kids who would benefit from professional help to connect with their peers, there's a treatment called RO DBT, or radically open dialectical behavior therapy. The pain of loneliness is a signal of how important connection is to our kids and why we need to help them feel less alone.

Molly Hagan, Staff Writer

IN PERSON

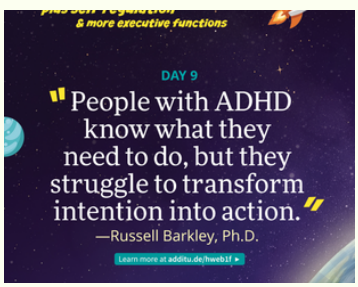
KAMLOOPS
FOSTER PARENT DROP-IN
Wednesdays
9:00am - 11:00am
At the Loft
(2nd Floor of grey building)

VIRTUAL

WEST KOOTENAY

~~CANCELLED~~
RETURNS SEPT 4

12noon
Zoom ID: **250 608 7674**



ADDITUDE MAGAZINE
INSIDE THE BRAIN'S CONTROL CENTER

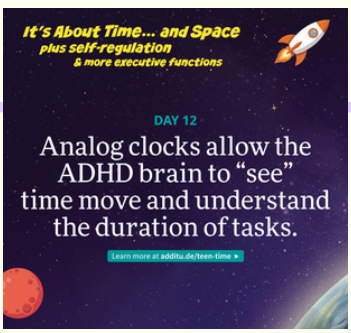
It's About Time... and Space...

And self-regulation… and other executive functions that impact learning for students with ADHD. Each day during back-to-school season, we share strategies and resources to strengthen EFs and ease the transition.

15 days of information

Check out their numerous articles including:

- Be On Time! How to Teach Sequence and Schedules
- Top 5 Homework Frustrations — and Fixes for Each
- 15 Memory Exercises for Forgetful Kids
- Impulse Control Strategies for School and Home



"To love someone is to show them their beauty, their worth, and their potential." – Leo Buscaglia

INSTITUTE OF CHILD PSYCHOLOGY VIDEO

HELPING KIDS WITH BACK TO SCHOOL ANXIETY

"Back to school transitions can bring excitement, nerves & some BIG feelings.

A few things can make the shift easier:

- Start resetting sleep and morning routines
- Give kids choices so they feel more in control
- Talk about worries without making them bigger
- Reconnect with school friends
- Build some positive anticipation

But how we do these things matters.

Watch the video for our practical tips to help your child feel calmer, more confident, and ready for the school year ahead."

CLN UPCOMING WORKSHOPS

SUPPORTING THE HOLISTIC WELL-BEING OF INDIVIDUALS WITH FASD

Wednesday, September 9 **9:30am to 12:30pm**

FASDPLAY™was founded considering the whole body needs of individuals with FASD across the lifespan. This evidence-based, person-centred trauma therapy modality incorporates research and clinical considerations from interpersonal neurobiology, somatics, neurodiversity-affirming care, disability-affirming care, child-centred play therapy, Synergetic Play Therapy, Expressive Arts Therapy, and traditional modalities.

AGEDOUT.COM INFO SESSION

Monday, September 28 **7:00 pm**

AgedOut.com is for young adults who were in government care in BC. It's an up-to-date warehouse of information on resources and services available to young adults and a learning tool to help people feel empowered as they leave care. AgedOut.com was built after listening to the voices of former youth in care to make sure the site meets their needs. Tune in for an explanation of their website, how the website works (and how to earn gift cards) along with some tips for transitioning.

BUILDING STRONG RELATIONSHIPS

Friday, October 2 **9:30am - 11:30am**

Strong relationships can help children and youth in care feel safe, understood, and supported. This workshop brings together foster parents, kinship and out-of-care caregivers, and professionals to explore practical ways to build trust, improve communication, and work together to help children and youth in care thrive. Presented by Kaeli Sort - previous Youth in Care.

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 info about upcoming training in your area, helpful resources or info about our program? Find all this and much more at our website:

www.icsfp.info/resources

Foster Parent After Hours Support Line

Hours: Mon to Fri: 4pm to 12:45am
Sat, Sun & Stat holidays: 8am to 12:45am

1-888-495-4440

PROVINCIAL CENTRALIZED SCREENING

in the event of an EMERGENCY or CRISIS occurring after regular office hours:

1-800-663-9122