ADHD AWARENESS OCTOBER 2026 a community of support

VOL. 7 ISSUE 39 | OCTOBER 5, 2026

# WEEKLY Communiqué

STFC Supporting Caregivers throughout BC's Interior

## OCTOBER IS FOSTER FAMILY MONTH

*Thank you for all you do! Those patient, nurturing moments that others do not see, are what help these children and youth to heal, develop resilience, and grow!*

## TORONTO SICK KIDS HOSPITAL

## INFANT AND EARLY LIFE MENTAL HEALTH RESOURCES

"A national organization which improves outcomes across the lifespan through translating and promoting the science of early mental health into practice with families during pregnancy, infancy, and early childhood. IEMHP inform policy, practice, and build capacity by working collaboratively with organizations and communities across Canada through our initiatives, education, and resources."

### RESOURCES

**Comfort, Play and Teach - Activities to Promote Development -** activities to help toddlers learn about Music, Arts, Drama, Math, Science and Nature, Physical Activities and Language and Literacy and a reminder - that you are your child's favourite toy!!

**Picking the Best Books for your child -** Picking the best books for your child / infant may not be easy - but this resource will give you ideas for every age of infancy from 0 years to 5 years old.

**Recognizing and Responding to Trauma in Infants and Young Children in the Care of Child Protection Video 1, 2 & 3**

**Talking about Baby Sleep Video**

## IN PERSON

### KAMLOOPS

**FOSTER PARENT DROP-IN & BOOK CLUB**

**Wednesdays**

**9:00am - 12Noon**

**At the Loft**

(2nd Floor of grey building)

## VIRTUAL

### BOOK CLUB

**WEDNESDAYS**

**10:00am or 6:30 pm**

Zoom ID: 832 4280 1289

### WEST KOOTENAY

**FOSTER PARENT DROP-IN**

**Fridays**

**10:00am - 12noon**

Zoom ID: 250 608 7674

## SOCIAL THINKING

## VISUAL SUPPORTS FOR 10 KEY SOCIAL THINKING® VOCABULARY CONCEPTS

by: Michelle Garcia Winner, Pamela Crooke These colorful visual supports (8.5" x 11") promote the active use of 10 Social Thinking® Vocabulary concepts that lay the foundation for social, emotional, and academic learning using the Social Thinking® Methodology. They are a visual way to show abstract elements of the social world in a concrete manner. As you introduce each of the 10 concepts, display the corresponding visual support (mini-poster) as a reminder to think about the concept. Set of 10; not sold individually. $26.99 US To watch the video, visit: SOCIAL THINKING

*"There is no single formula. This is not easy. But you're not alone."* Unknown

## CHILDMIND INSTITUTE

# HELPING YOUNG PEOPLE FEEL CONNECTED

**Wed, October 7**
**9:00am - 10:00 am**

"Loneliness and social isolation are among the top mental health concerns for young people and their parents. **So what actually helps teens feel connected?**

In recognition of World Mental Health Day, join us and the Morgan Stanley Alliance for Children's Mental Health for a virtual panel discussion sharing a first look at new Child Mind Institute research on how teens experience connection with family, friends, school, themselves, and online.

We'll explore:

- What connection means to young people and why it matters
- How connection relates to loneliness, anxiety, depression, and well-being
- How parents and caregivers can support meaningful connection in everyday life"

## #ASK THE EXPERTS WEBINAR
## "WHO IS THE 'REAL ME'?

# HOW ONLINE LIFE INFLUENCES YOUTH IDENTITY DEVELOPMENT

**Part 3 of the series: "Character Matters: Values and Resilience in the Digital Age"**

**Thursday, October 8, at 3:00pm (PST)**

This webinar "will explore how digital experiences shape the way youth navigate their developing identities. Trying on different styles, interests, beliefs, and ways of presenting ourselves has always been a part of growing up. Today, much of that identity exploration happens online, where young people can experiment with who they are. But how do likes, comments, algorithms, and peer expectations influence who they feel they should be? How might children perform differently in online spaces, presenting alternative versions of themselves? What happens when an AI chatbot becomes a place for personal questions, trying out identities, or seeking guidance about who they are?

Parents and caregivers will leave with guidance for recognizing when digital identity exploration is a healthy part of growing up, when it may be affecting a child's well-being, and how to support young people as they figure out who they are, both online and offline.

*Not able to make the date and time?* **Register and they will send you the recording.**

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


**Program Coordinator: Kari Bepple**
kbepple@interiorcommunityservices.bc.ca
**Cell: (250) 819-1919**
Office: (236) 421-0031 Toll Free: 1-877-376-3660

**Network Facilitators:**
Renata Bonthoux (250) 319-6557
rbonthoux@interiorcommunityservices.bc.ca
Jessica Galbraith (250) 819-5819
jgalbraith@interiorcommunityservices.bc.ca
Marna Forsyth (250) 609-2017
mforsyth@interiorcommunityservices.bc.ca
Jane Wesko (250) 608-7674
jwesko@arcprograms.com
Tabitha Fournier (250) 320-4603
tfournier@interiorcommunityservices.bc.ca
James Weir (250) 426-6013
jweir@interiorcommunityservices.bc.ca


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**