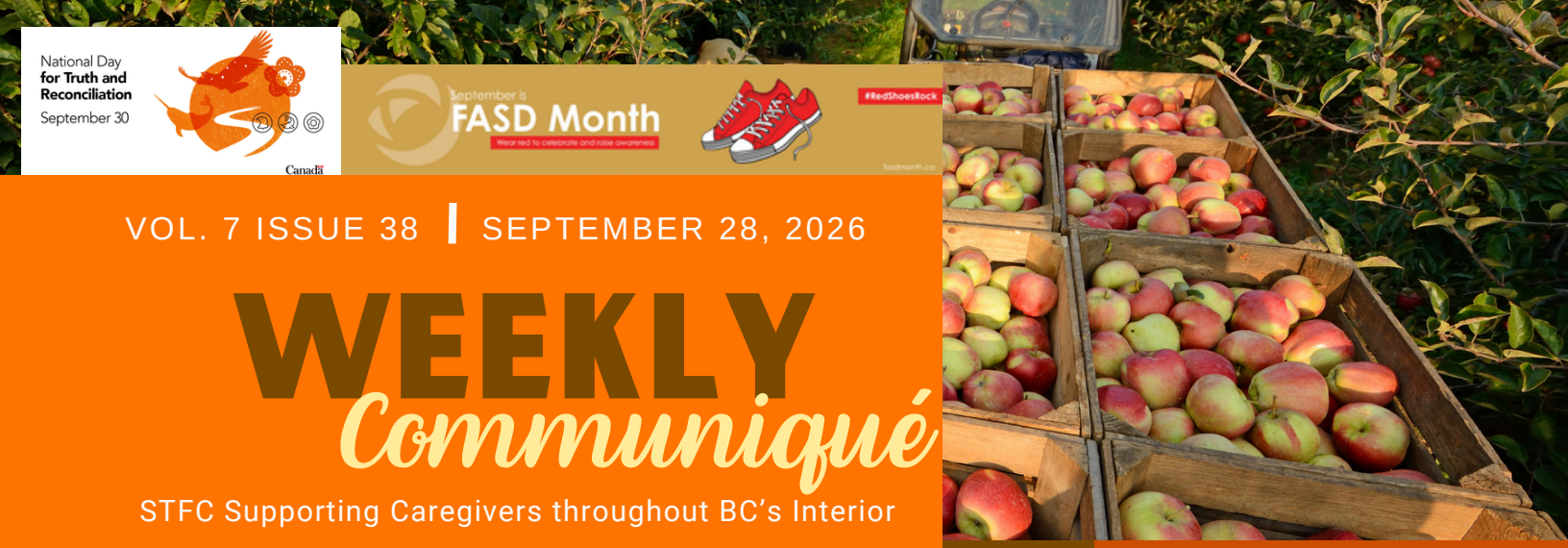

VOL. 7 ISSUE 38 | SEPTEMBER 28, 2026

WEEKLY Communiqué

STFC Supporting Caregivers throughout BC's Interior

FOSTER CAREGIVERS SPOTLIGHT

Kari & Rob Elk Valley, BC

"We have been officially registered as foster caregivers since July 2025. During our first year, we jumped right into active roles within the foster care system, navigating a mix of both full-time and emergency placement contracts while working closely with the Ministry of Children and Family Development. It was a whirlwind start—within just one hour of receiving our official approval, we already had a young boy welcomed into our care."

"Our journey was deeply motivated by a critical need we saw right here in our community. I discovered that there was a severe lack of foster parents in our local area of the Valley, which unfortunately meant vulnerable children were being left without placements anywhere nearby. The actual spark to take action came through a personal connection when a friend of ours who works with Columbia Basin suggested we look into fostering. That recommendation was exactly what prompted me to contact Helena at MCFD, which officially initiated the rigorous application, background check, and approval process so we could help fill that gap in our community."

"My biggest advice to new parents is to not be afraid, and to never let fear or intimidation hold you back from taking that very first step. You need to lean heavily on your support systems because you are never truly alone in this process; there are robust networks, resources, and dedicated agency personnel available to help guide your family through even the most difficult placements. Finally, you must cultivate patience and open-mindedness. Fostering requires an incredible amount of flexibility, so it is absolutely vital to keep an open mind, stay patient, and mentally prepare yourself to handle the highly unpredictable and unexpected situations that arise when children enter your home.

We've built a fantastic relationship with James, the Network Facilitator at ICS STFC. The communication has been completely open, friendly, and supportive. We also really appreciate how accessible the workshops are, especially with so many options for different schedules."

IN PERSON

KAMLOOPS

FOSTER PARENT DROP-IN & BOOK CLUB NEW

Wednesdays

9:00am - 12Noon

At the Loft

(2nd Floor of grey building)

VIRTUAL

BOOK CLUB

WEDNESDAYS NEW

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**

Calling all youth, young adults and those supporting youth!

Don't miss out on how you can earn real world perks!

AGEDOUT.COM INFO SESSION

MONDAY, SEPT 28

7:00PM (PST)

"Sometimes the bravest and most important thing you can do is just show up." Brené Brown

PROVINCIAL SUPPORT AGENCY
CAREGIVER LEARNING NETWORK

BUILDING STRONG RELATIONSHIPS

Don't miss this incredible workshop, facilitated by a **former youth in care and current Caregiver Support Counselor, Kaeli Sort.**

FRIDAY, OCT 2
9:30am-11:30am (PST)

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. ***About Kaeli:*** Kaeli provides counselling and advocacy for caregivers, offers guidance on trauma-informed care and navigating complex systems, fosters resilience, and promotes the well-being of children and families. She designs and delivers workshops on trauma-informed care; system navigation; and equipping caregivers with practical tools and strategies to enhance their capacity to support children and youth in care. She has two Master degrees, a Bachelor degree in Child and Youth Care, and professional experience working in child protection social work, provincial government policy, and child, youth and family counselling.

CANFASD: INTERVENTIONS AND SERVICES PAGES AND RESOURCES

"People with FASD may need supports across multiple areas of life. The categories below reflect key areas where FASD interventions and services can make a difference, as outlined in the Towards Healthy Outcomes framework.

- **Physical Wellbeing** – including nutrition, physical activity, physical health, and experiences in healthcare
- **Attachment and Relationships** – including early life adversity, trauma, and relationship skills
- **Social Competency** – including aggression, sexual behaviour
- **Mental Wellness** – including mental health, suicidality, substance use, therapeutic approaches
- **Education and Skill Building** – including school supports, learning, and skills
- **Identity** – including stigma and stereotypes, disability representation, race, class, gender, and sexual orientation, human rights
- **Interdependence** – including daily living, service delivery and support, transition periods and more.
- **Employment** – including resources for employees, employers, and those supporting employment
- **Housing** – including resources for individuals with FASD, families, FASD service providers and housing providers
- **Parenting with FASD** – including resources for individuals with FASD, families, FASD service providers

If you're interested in learning more about interventions, we encourage you to explore the newly updated **webpage!**"

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

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EVERY CHILD MATTERS

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