VOL. 7 ISSUE 18 | MAY 4, 2026

WEEKLY Communiqué

STFC Supporting Caregivers throughout BC's Interior

May 4-10	**Mental Health Week**
May 5	**National Day of Awareness for Missing (MMIWG)**
May 7	**Child & Youth Mental Health Day**
May 17	International Day against Homophobia, Transphobia & Biphobia
May 21	World Day for Cultural Diversity for Dialogue & Development
May 31 - June 6	BC Access to Ability Week

MAY 7 IS NATIONAL CHILD & YOUTH MENTAL HEALTH DAY:

I Care About You

"National Child & Youth Mental Health Day is about creating meaningful connections between young people and the caring adults in their lives. Even the smallest moments—checking in, listening, or simply showing up—can have a lasting impact on a child's mental health. "I Care About You" is at the heart of May 7, reminding us that through conversations, support, and everyday actions, we can help young people feel seen, heard, and valued. Join us in showing you care—because a moment of connection can change a life." (Family Smart BC - **Download their toolkit here**) Be sure to register for:

When Our Children Hurt Inside: Nurturing Awareness and the Power of Relationships

May 7, 2026 @ 6:30 pm - 8:00 pm

MAY 5 IS RED DRESS DAY

"Indigenous women, girls, transgender, gender-diverse, and Two-Spirit people continue to go missing and are murdered at an alarming and disproportionate rate. The MMIWG2S+ genocide was the subject of a three-year National Inquiry, resulting in a Final Report and 231 Calls for Justice that outline the immediate and sustained action required to redress the overwhelming amount of violence against Indigenous women, girls, and 2SLGBTQQIA+ people. Since the National Inquiry closed in 2019, the Government of Canada has been tasked with creating a National Action Plan to address the genocide, an issue that ninety percent of Canadians feel is important. " For more info, check out: https://www.nwac.ca/."

IN PERSON

KAMLOOPS

FOSTER PARENT

CANCELLED

will resume next week

(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

CANCELLED

will resume next week

(Screen Deep)

Zoom ID: 832 4280 1289

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

MINDSPRING MENTAL HEALTH ALLIANCE

FREE WEBINARS

"Delivering comprehensive outreach & education is the heart of our mission. Our goal is to ensure that mental health services and supports are readily accessible to everyone in need. We've developed a platform created specifically for the issues facing our community. And we've transformed the way our programs are delivered by launching virtual sessions to improve accessibility and maximize community impact."

Understanding Suicide in Youth: Recognizing & Responding to Warning Signs

May 4 at 10:00am PST

"This essential training equips parents and caregivers with the knowledge and skills to recognize and respond to warning signs of suicide in children and teenagers. You'll learn to distinguish between self-injury and suicidal intent and gain a clear understanding of the key risk and protective factors that influence a young person's safety and wellbeing. We'll guide you through how to respond when concerns arise, what to do in a crisis situation, and effective steps you can take to promote safety and hope. This course is prevention-focused, giving caregivers the confidence to take concerns seriously and act early."

Understanding School Avoidance: Strategies to Support Re-Engagement

May 18 at 10:00am PST

"The goal of this study is to better understand how social enterprise training and mentorship can support individuals facing barriers to entrepreneurship and employment. These findings will directly contribute to improving the programs, policy, and support systems that promote inclusive economic participation across Canada."

To find out more or to register, visit: SEAbility

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*

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