VOL. 4 ISSUE 7
APRIL 15, 2026

SUPPORT Report

VIRTUAL

Out of Care / Kinship Providers Drop in

Tuesday May 5
1000 - 11:00 AM (PST) &
Wednesday May 15
8:00-9:00 PM (PST)

Zoom ID: 858 3771 6954

AUDIO CAREGIVING CONNECTION

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

Zoom ID:
832 4280 1289

IMPORTANT DATES IN MAY:

- **May** 4-10- Mental Health Week
- **May 5**- National Day of Awareness for Missing and Murdered Indigenous women, girls, and 2SLGBTQI+ people
- **May 17**- International Day Against Homophobia, Transphobia & Biphobia
- **May 21**: World Day of Cultural Diversity for Dialogue & Development

FAMILY SMART BC

FREE ONLINE EVENT

SUPPORTING OUR KIDS WITH SUBSTANCE MISUSE WHILE CARING FOR OURSELVES

April 16 or 23
6:30 - 8:00 pm (PST)

"As parents and caring adults, the way we talk about and understand substance use can deeply influence the young people in our lives. Supporting young people who are misusing substances while taking good care of ourselves can be difficult. Learn some evidence-informed approaches from Alex Lekei (MA, CCAC), addictions counsellor, and Kim Dunlap, a mom with lived experience, that can help us with communication, boundaries and relationship."

SOCIAL THINKING™

SOCIAL SITUATION SHORTS (DIGITAL)

5 Key Social Thinking™ Vocabulary Concepts in Action

"**Social Situation Shorts** is a new digital teaching tool to engage elementary students (5-9+ years) in exploring five key Social Thinking Vocabulary concepts. Play, pause, discuss, and reflect on the Social Thinking Vocabulary concepts of Thoughts and Feelings, The Group Plan, Thinking with Your Eyes, Body in the Group, and Smart Guess through the child-friendly videos and companion thinksheets.

Your students or clients will get to be social observers in a variety of situations they may encounter beyond the screen, like classrooms, playgrounds, home, and in the community. In each short, viewers are introduced to a concept, then journey in into other modalities (writing, drawing, observing, discussing, etc.)."

SLEEP HEALTH EQUITY STUDY

University of Victoria | THE UNIVERSITY OF BRITISH COLUMBIA | McGill | CIHR IRSC

Be a voice in the future of Canadian sleep health research!

The Sleep Health Equity Engagement Project is looking for people who want to **shape future sleep health research** by sharing their ideas about important questions for future studies.

Dr. Elizabeth Keys (University of British Columbia Okanagan), **Dr. Christine Ou** (University of Victoria), **and Dr. Marie-Hélène Pennestri** (McGill University) are the *principal investigators* of this study.

Chance to Win A Prize:
- participants are entered into a draw for a chance to win **1 prize (20 prizes available)**
- choose between **$25CAD gift card** or a **book on sleep**

Please complete the **15-20 minute survey** linked below if you wish to participate.

Eligibility:
- **14** years or **older, and**
- live in **Canada, and**
- be **part of/work with** people whose **voices aren't often heard** in research, or
- have interest in **sleep health** equity

<- Scan **THIS QR code** or **click the link** to complete the survey **online**. Click Here

If you'd like to complete the survey over the phone, please email us at **sleep.engage@ubc.ca** or call **250-807-8423**.

BELONGING NETWORK ANNUAL BURSARY PROGRAMS

"Exciting News - Applications are open for our three annual bursary programs!

These bursaries help young people pursue post-secondary education by funding tuition, living costs, and other related expenses.

WHO CAN APPLY?

The TELUS ORCA STUDENT BURSARY - powered by Belonging Network is for current and former youth from government care.

The JOY MACPHAIL YOUTH BURSARY - is for young people who joined their family by legal adoption or other forms of permanency.

The VANCOUVER FILM STUDIOS INDIGENOUS BURSARY - is for Indigenous people who plan to pursue any kind of formal or informal career-related education or training in BC.

Please note that applicants to the Joy MacPhail Bursary and the Vancouver Film Studios Indigenous Bursary are required to have an AgedOut.com account. Accounts are open to anyone including youth not from care and service providers. If you need support applying or have questions about any of the bursaries, please email bursaries@belongingnetwork.com"

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

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EVERY CHILD MATTERS

Interior Community Services

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: https://www.icsfp.info/outofcareproviders

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.