



VOLUME 3

Dec 15, 2025

**Issue
Twenty-two**

THE SUPPORT REPORT

Times to Connect

Out of Care / Kinship Providers Drop in

Wednesday Dec 17
8:00 – 9:00 PM (PST)
Zoom ID: 858 3771 6954

Audio Book Club

Will resume in January 2026

CLN PRESENTS: CIRCLE OF SECURITY PARENTING

for Out of Care / Kinship Providers

Wednesdays,

Jan 7 to Feb 18 7:00pm to 8:00 pm (PST)

Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened.



CLN presents: Len Pierre

leading with Empathy:

MOVING BEYOND TRAUMA-INFORMED PRACTICE TO TWO-EYED SEEING & DIGNITY-INFORMED PRACTICE

Wednesday, Feb 4

9:00am to 12:30pm (PST)

A Brief on 2SLGBTQI Realities and Policy in Canada

“2SLGBTQI youth in Canada face unique and significant challenges across all aspects of society, such as education, healthcare, and housing. For instance, 2SLGBTQI youth experience higher rates of discrimination, harassment, and violence compared to their heterosexual and cisgender peers (Peter et al., 2021). For trans youth in Canada, they report experiencing very high levels of sexual harassment, while over one-third have faced physical violence or threats (Wisdom2Action, 2018). These experiences contribute to poor mental health outcomes, including increased rates of anxiety, depression, and social isolation (Rodomar, 2025). However, 2SLGBTQI youth also represent a dynamic and diverse demographic, full of potential. This resource highlights the many experiences 2SLGBTQI youth have in Canada, both good and bad. We offer an in-depth look at how specific issues impact 2SLGBTQI youth. In particular, we discuss the diverse experiences of 2SLGBTQI youth with:

- Safety, violence, and discrimination
- Opportunities for support and affirming school experiences
- Access to sexual health education
- Mental health supports”

MINDSPRING ALLIANCE FREE WEBINARS

Special Issues in Women's Mental Health

December 16 10:00am (PST)

"Women with premenstrual disorders are much more likely to have birth-related depression, according to researchers. And the relationship works both ways: those with perinatal depression are also more likely to develop premenstrual disorders after pregnancy and childbirth. These are severe and chronic conditions that need medical attention and treatment. Explore the symptoms, causation, and treatment of Premenstrual Dysphoric Disorder, Perinatal Depression, and Perinatal Anxiety and learn practical strategies to manage symptoms with a licensed therapist."

Creating a Low-Stress Environment and Minimizing Crises

December 17 10:00am (PST)

"People are susceptible to strain from a number of sources including work and school obligations, illness, finances, interpersonal conflict, and more. Learn strategies to create and maintain a low-stress environment, identify & respond to 'red flags', and communicate in times of crisis with a licensed therapist."

Empowering Loved Ones with Mental Health Disorders

December 18 8:00am (PST)

Connect with us...

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

SUPPORT TO FAMILY CARE NETWORK PROGRAM

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:
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.