

VOL. 7 ISSUE 1 | JANUARY 5, 2026

WEEKLY *Communique*

STFC Supporting Caregivers throughout BC's Interior



IN PERSON

KAMLOOPS

FOSTER PARENT DROP-IN

Wednesdays

9:00am - 10:00am

At the Loft

(2nd Floor of grey building)

VIRTUAL

FOSTER PARENT DROP-IN

Mondays

9:00am - 11:00am(PST)

Zoom ID: 878 8822 2406

WEST KOOTENAY FOSTER PARENT DROP-IN

Fridays

11:00am - 12noon

Zoom ID: 250 608 7674

JOIN US FOR OUR NEW! AUDIO CAREGIVING CLUB

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

STARTING JAN 14

Zoom ID: 832 4280 1289

FEDERATION OF BC YOUTH IN CARE NETWORKS DREAM FUND BURSARIES:

EDUCATION ACHIEVEMENT & REACH FOR SUCCESS

"Each year, we award around 100 bursaries to youth in and from care! The Dream Fund includes two types of bursaries distributed 3 times a year in October, February and June. **The next round will close at 9:00AM on Feb 16, 2026.**

Education Achievement Bursary

Up to \$1,500 towards attending post-secondary education. You can use this bursary for all accredited schools and programs, including trades and vocational programs (not just university!).

Reach for Success Bursary

Up to \$500 to help with achieving your goals and needs. Use this bursary for photography lessons, sports team fees, Canadian citizenship applications, BCIDs, FoodSafe certification and more..."

Eligibility

You can apply for a Dream Fund bursaries if:

- You are youth in or from care in BC, aged 14-28
- You have a cumulative total of 1 year of government care experience (CCO, VCO, TCO, SNA, YAG, Extended Family Placements)

NEW starting January 14

Grab a coffee and a comfy chair

on Zoom: 832 4280 1289 or in-person in Kamloops

NEW!! learn from EDUCATIONAL PODCASTS with ACTIONABLE ADVICE

Join us

Wednesdays
10:00am - 12Noon or
6:30 - 8:30 pm (PST)

Be motivated, encouraged and supported by experts and other caregivers!

January 14 A Conversation with Dr. Bruce Perry About Trauma - Creating a Family

January 21 Grief in Parenting a Child with VNS (Vulnerable Nervous System) with Robyn Gobbel

January 28 Why it's Hard for Your Child to take Responsibility with Robyn Gobbel

DID YOU KNOW? THE CAREGIVER LEARNING NETWORK NOW HAS **OVER 2,500 MEMBERS!**

If you haven't registered, please do so. With lots of on-demand and virtual presentations, you don't want to miss out on all of these free opportunities to learn, be encouraged and connect with others!

Need to cancel a registration for a workshop?

Simply email: support@psacn.ca

Never believe that a few caring people can't change the world. Indeed, that's all who ever has. Margaret Mead



KIDS BOOK CORNER

NOWMAPS:

A TWEEN'S GUIDE TO LEARNING ABOUT YOUR THOUGHTS, NAVIGATING BIG EMOTIONS, AND BEING A CONFIDENT KID

by world-renowned neuropsychiatrist and co-author of *The Whole-Brain Child*, Dr. Dan Siegel, and Deena Margolin, LMFT, co-founder of the popular online community *Big Little Feelings*, 2022 "With NowMaps by their side, tweens can go from "I'm so overwhelmed" to "I can handle this!"

NowMaps is a one-of-a-kind adventure that introduces the neuroscience of social-emotional learning in a fun, interactive way! Using four easy-to-remember tools--a pause button, a focus flashlight, an OK monitor, and a compass--tweens will learn how to create a NowMap, a snapshot of their present-moment experience, so they can navigate all of life's moments with confidence and kindness. A NowMap shows tweens where they are right now so they can decide where they want to go next. Packed with over 40 games, exercises, and activities, NowMaps is every tween's sidekick for:

- Identifying and discerning between thoughts and feelings
 - Enhancing interoceptive awareness
 - Learning how to respond thoughtfully rather than react automatically
 - Handling disappointment when things don't go as planned
 - Developing a growth mindset instead of a fixed mindset
 - Navigating social conflicts and bumps in relationships
- Learning coping skills when everything feels like 'too much'"

CHILDREN AND SCREENS' GUIDE FOR CHILD DEVELOPMENT AND MEDIA USE: MIDDLE CHILDHOOD AGES 6-11

"Children ages 6-11 (also known as "middle childhood") are continuing the rapid developmental trajectory started in the first five years of life but with increasing sophistication in cognitive and social/emotional development. It is also a time where many children increase their media use and build skills for self-regulation and critical thinking. Children and Screens has summarized insights from current research and experts in the field to help parents and caregivers of children in middle childhood continue to build a foundation of healthy brain, neural, and social development – as well as help determine how to intentionally and most beneficially incorporate media use into their child's life."

This guide includes: *Big Do's and Don'ts; Tips for Cognitive Development and Learning; and Tips for Social-Emotional Health and Development* and more!

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

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Interior Community Services
Enriching Lives. Strengthening Communities

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www.icsfp.info/resources



Find us on Facebook!

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