

WEEKLY *Communiqué*

STFC Supporting Caregivers throughout BC's Interior

IN PERSON
KAMLOOPS
FOSTER PARENT
DROP-IN
Wednesdays
9:00am - 11:00am
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

CLN PRESENTS:
LEN PIERRE
LEADING WITH
EMPATHY:
MOVING BEYOND
TRAUMA-INFORMED
PRACTICE TO TWO-EYED
SEEING & DIGNITY-
INFORMED PRACTICE
Wednesday, February 4
9:00am to 12:30pm (PST)

GOVERNMENT OF BC MEDIA RELEASE **"NEW GUIDANCE ON MENTAL HEALTH ACT** **WILL HELP KEEP YOUNG PEOPLE SAFE"**

"The Province is taking action to improve care for young people who suffer from severe, overlapping mental-health and substance-use challenges by providing guidance about how involuntary care can be provided for people younger than 19, when they are unable or unwilling to seek care themselves. The new guidance will help physicians clarify when young people can be admitted under the Mental Health Act at their parent's or guardian's request, ensuring they can get life-saving treatment.

"I have met parents whose children have died because they were unable to hold them in care and get them the treatment they need including medication that prevents brain injury and overdose," said Premier David Eby. "We have to do better. This new guidance will help protect some of our most vulnerable and our precious from permanent brain injury or death, while opening the door to rebuilding their lives."

Dr. Daniel Vigo, B.C.'s chief scientific adviser for psychiatry, toxic drugs and concurrent disorders, has developed a guidance document for doctors and psychiatrists across all health authorities that provides clarity about how the Mental Health Act can be applied to provide involuntary care for young people younger than 19.

"Children and youth with severe mental disorders, including substance-use disorders, sometimes need urgent and decisive intervention," Vigo said. "This guidance indicates how physicians can help children and families leverage the Mental Health Act therapeutically, always prioritizing the least restrictive intervention. When absolutely needed, the act is a fundamental tool to prevent brain injury and save lives, creating a critical window of opportunity to develop long-term therapeutic strategies that keep our children healthy and safe."

To read the full release and resources visit: [MEDIA RELEASE](#)

AUDIO
BOOK CLUB
WILL RESUME!
JANUARY 7, 2026

DID YOU KNOW...
[Understood.org](#)
 now has voice prompts. Say hello to hands-free support! Be sure to check it out!

EGALE

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... SUPPORT TO FAMILY CARE NETWORK PROGRAM

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Need resources or information?

Check out our website!

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www.icsfp.info/resources



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