

WEEKLY *Communiqué*

STFC Supporting Caregivers throughout BC's Interior

WELCOME 2026

Happy
Holidays
AND ALL THE
BEST IN 2026!

IN PERSON

**KAMLOOPS
FOSTER PARENT
DROP-IN**

Wednesday
**WILL RESUME
JANUARY 7, 2026**
(at the grey building)

VIRTUAL

**FOSTER PARENT
DROP-IN**

Mondays
9:00am - 11:00am(PST)
Zoom ID: 878 8822 2406

**WEST
KOOTENAY
FOSTER PARENT**

**WILL RESUME
JANUARY 9, 2026**
12noon
Zoom ID: 250 608 7674

**AUDIO BOOK CLUB
WILL RESUME!
JAN 14, 2026**

TERRY SMALL: THE BRAIN GUY **ANGER SHRINKS YOUR BRAIN**

"Brain Bulletin 145 - Manage this before it manages you. Are you surprised to learn that anger shrinks your brain? It seems like there are a lot of angry people around these days. And yes, there are times when anger might be appropriate. Left unchecked, though, anger can become a habit that manages us. Here's what happens in your brain when you get angry:

Your emotional center and your logical/rational center have a reciprocal relationship ¹. When you get angry the amygdala dials up and the frontal lobe dials down; and vice a versa. When anger takes over:

- your empathy and compassion decline.
- you lose the awareness and ability to assess how other people feel.
- you make epic speeches you later regret.
- you make irrational decisions.
- and the list gets worse

But, as they say, "Wait. There's more!" And, it's not good.

Over time, the neurochemicals released by persistent anger gradually shrink the "empathy center" of the brain. This then impairs your ability to think and act compassionately even when not angry. Let that sink in. You become your anger. We've all heard the label, "He's such an angry person."

And, there's other "bad brain stuff" that goes along with anger, but we'll leave that for another bulletin

Now the good news: The greatest remedy for anger is curiosity and delay. Neurologists claim that every time you resist acting on your anger, you're actually rewiring your brain to be calmer and more loving. Remember, brains get good at what they repeatedly do. The pendulum of neuroplasticity swings both ways. We can stop the cascade of harm by adopting a personal phrase and pounding it into our heads. A phrase like: "Cool it.", "Stop it.", "Think!" This gives the emotional center a chance to "kick in", dial up, and take back control. Each time you manage to do this it gets a bit easier the next time. It's worth remembering we don't help ourselves by wounding others.

In the end, "*Anger makes us feel isolated.*" ~ Fred Rogers.

BOOK CORNER

START HERE:

A PARENT'S GUIDE TO HELPING CHILDREN AND TEENS THROUGH MENTAL HEALTH CHALLENGES

by Pier Bryden M.D. & Peter Szatmari M.D., 2020 "From two of the top child and adolescent psychiatrists at The Hospital for Sick Children comes an accessible guide to common mental health struggles, such as anxiety and depression, for any parent wondering how to help their child. Every day seems to bring new and expanding issues and disorders and troubling statistics about the rise of mental illness in children and teens. It's usually obvious what to do for physical injuries like broken bones, but when it comes to our children's mental health, the answers are much less clear, and sometimes even contradictory.

Pier Bryden and Peter Szatmari, top child and adolescent psychiatrists, are here to help. Using their combined six decades working with families and kids—and their own experiences as parents—they break down the stigma of mental health illness and walk parents through the warning signs, risk factors, prevention strategies, and the process of diagnosis and treatment for mental health challenges arising from: Eating disorders; Anxiety; Psychosis; Sleep Disorders; Substance Use Disorders; ADHD; Autism; Depression; Trauma; Suicidal thoughts and behaviors.

The most important thing to remember as a parent is that you and your child are not alone. Wellness is a continuum, and there is a lot parents can do to bring their child back to a place of safety. The road ahead isn't always easy or straightforward, but this guidebook offers essential advice that every parent needs to advocate for their child."

ADDITUDE MAGAZINE ON-DEMAND WEBINARS

OPPOSITIONAL DEFIANCE AND ADHD

- ♦ "Don't Tell Me What to Do: Pathological Demand Avoidance in Neurodivergent Kids"
- ♦ How Oppositional Defiant Disorder Ruptures Families – and How You Can Learn to Manage It
- ♦ From Battles to Bonding: A Parent's Guide to Trading Defiance for Cooperation
- ♦ The ADHD-ODD Connection

SOCIAL & EMOTIONAL

- ♦ "Social Emotional Learning Techniques for Students with ADHD"
- ♦ Deficient Emotional Self-Regulation: The Overlooked ADHD Symptom That Impacts Everything

TWEENS AND TEENS

- ♦ Parenting Resistant Tweens and Teens with ADHD: Getting Buy-In from Your Adolescent
- ♦ "From Resistance to Responsibility: Helping Tweens and Teens with ADHD Tackle Homework Independently"

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

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Enriching Lives, Strengthening Communities

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