

# WEEKLY *Communiqué*

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

## AUDIO BOOK CLUB

WEDNESDAYS

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

Zoom ID: 832 4280 1289

BOOK

MEL ROBBINS

LET THEM

## 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)

This workshop aims at expanding our social perceptions on the missing context not usually covered in other 'trauma-informed' workshops. It centers Indigenous perspectives on the change required to go beyond being "trauma-informed" to leading with empathy and understanding what "dignity-informed" really means.

## CHILDREN AND SCREENS: FREE WEBINAR AI COMPANIONS AND KIDS: WHAT YOU NEED TO KNOW

December 10

9:00am - 10:30am (PST)

Is your teen chatting with an AI "friend?" From late-night venting to homework help, the use of AI companions are becoming a part of everyday life for many tweens and teens. What does this mean for the ability to form real world friendships? What should parents and caregivers know about mental health and social development risks from the use of these types of AI technologies? A panel of researchers, psychologists, and child psychiatrists will share what we know about how youth use social AI companions, how that use may shape development, and practical ways to protect children from risks to mental health and safety.

## INSTITUTE OF CHILD PSYCHOLOGY FREE WEBINAR: FINDING CALM IN THE HOLIDAY CHAOS

Thursday, Dec 11

9:00AM (PST)

Together, (Tammy and Tania will) dive into the very real challenges of holiday overwhelm and stress that so many parents face. Grab your cocoa, turn on those holiday lights, and join us LIVE for this conversational webinar- we'd love to have you join us for an open and honest conversation.



## BOOK CORNER

### **SELF-CARE TRANSFORMED: A PLACE FOR MEANING, JOY, AND COMMUNITY IN THE HELPING PROFESSIONS**

**By Marwa Fadol and Vicki Enns** (2023) "When we were discussing this book, we decided we wanted... to go beyond taking bubble baths or getting pedicures, watching sports or getting a hobby; we wanted to offer more than taking deep breaths or doing something nice for yourself. Although these steps can help, we didn't want to only talk about how to react and responds to stress. We wanted to explore our relationship to wellness and stress, the values and core beliefs that influence our approach, and our concepts of rest and resilience. We also wanted to speak about community and the importance of caring for one another as part of our wellness."

"This book is an opportunity for you to hear wisdom from others in the helping community and learn practical steps that will deepen your own sense of well-being. It offers both individual and collective strategies you can use to create a sustainable and ongoing approach to self-care. Whether you are a counselor, nurse, teacher, or any type of helper, this book is your compass to a more sustainable and fulfilling approach to wellness."

### **ABORIGINAL SUPPORTED CHILD DEVELOPMENT**

"Based on the Indigenous rights of the child, Aboriginal children and families will be supported to reach their fullest potential through a strength-based holistic and culturally responsive approach that honours the whole child and places them at the centre of the "Circle of Support" to ensure they are included within their childcare, preschool and community care settings. ASCDP is to enable children who require extra supports to be included in child care settings, preschool, before/after school and community care settings. Such inclusion nurtures a child's self-esteem, identity, and allows the children to participate in settings that will support their development along with their peers. Having a child care setting where children can get the supports they need in order to be included allows them to grow and learn in a safe and nurturing environment. ASCD programs are developed with cultural values, beliefs, and traditions in mind. Services available to families can include:

- Assistance in finding child care
- Individual planning
- Extra staffing support if needed in childcare programs
- Training and support for families and child care providers
- Assistance accessing community resources
- Developmental screening and assessments at the request of the family

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

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**Interior  
Community  
Services**

Enriching Lives, Strengthening Communities

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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/resources](http://www.icsfp.info/resources)**



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**'Interior Community Services'**  
Facebook page.