

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

WEST KOOTENAY FOSTER PARENT DROP-IN

Fridays

11:00am - 12noon

Zoom ID: 250 608 7674

Learn and Connect
Workshops for
New & Potential
Caregivers

Last Monday of the Month

9:00 am

Zoom ID: 878 8822 2406

Don't miss this chance to
CONNECT
with other caregivers

AUDIO CAREGIVING CONNECTION WEDNESDAYS

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

STARTING JAN 14
Zoom ID: 832 4280 1289

WANT TO HELP IMPROVE THE AGING OUT EXPERIENCE?

We're looking for youth with experience in the BC government care system to participate in BC's only youth-led research study about transitioning out of care.

WHAT'S THE STUDY ABOUT?

McCreary Centre Society's Youth Research Academy is doing a study on BC youth's experiences before, during, and after their transition out of care. You are invited to complete this survey if you are between the ages of 18 to 26 and have been in government care or an alternative to care (e.g., Youth Agreement) in BC.

The survey takes about 15 to 20 minutes to complete, and can be done online or on paper.

WHAT DOES PARTICIPATION INVOLVE?

- ✓ Filling out a survey now and, if you are interested, another survey every 6 months until you turn 27.
- ✓ You can stop taking part at any time and can skip questions you don't feel comfortable answering.
- ✓ Your survey answers will stay anonymous.
- ✓ You can get a \$25 gift card honorarium for this first survey, and a \$30 gift card for every survey after that.

WHY PARTICIPATE?

What you share will help us to understand what is working well and what could be improved to best support young people as they transition out of care in BC.

FOR MORE INFORMATION AND TO PARTICIPATE:

Email yicstudy@mcs.bc.ca

Or visit mcs.bc.ca





KIDS BOOK CORNER

A TERRIBLE THING HAPPENED: A STORY FOR CHILDREN WHO HAVE WITNESSED VIOLENCE OR TRAUMA

by **Margaret M. Holmes 2025** "A Gentle Story to Help Children Talk About Difficult Feelings After a Traumatic or Confusing Event" Some experiences are hard to talk about, especially for children. *A Terrible Thing Happened* is a comforting picture book that helps kids make sense of big emotions after something upsetting has happened. Without naming the event, the story follows Sherman, a young raccoon who begins to feel worried, angry, and confused. With patience, comfort, and support, Sherman learns that talking about his feelings can help him start to feel better.

Thoughtfully written and illustrated by child development specialists, this book gives families, caregivers, and educators a reassuring way to open conversations about big emotions. It validates children's feelings, shows that all emotions are welcome, and reminds them they are safe, cared for, and never alone. This beautiful story helps children understand that healing begins when we share how we feel.

Key Features Supports Emotional Processing: Helps children ages 4-8 recognize and express feelings like sadness, worry, and anger after a difficult or confusing experience. Sensitive, Universal Storytelling: The upsetting event is never described, so the book can be used in many different situations without adding distress."

ADDITUDE MAGAZINE AND NATURE: HIGH EMOTIONAL DYSREGULATION COMMON IN CHILDREN WITH SENSORY PROCESSING DISORDER:

New Study: New research exploring the diverse landscape of sensory processing differences shows a prevalence of self-regulation challenges, including emotional dysregulation.

"Not many people realize that the sensory systems are foundational to development, functioning and wellbeing. Differences in sensory processing may undermine the acquisition of skills of a higher order – from behavior to learning," explains Candace Peterson MS, OTRL, in her ADDitude article. *What Is Your Child's Sensory Profile?* "This is why sensory challenges in kids often manifest in school, show up as behavior problems, and make daily living difficult."

"Intriguingly, irrespective of the sensory modality (over-responsive, under-responsive, seeking), all children exhibiting some form of atypical sensory processing exhibit heightened levels of emotion dysregulation."
(Nature)

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

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Enriching Lives. Strengthening Communities

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/resources



Find us on Facebook!

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