

VOL. 7 ISSUE 5 | FEBRUARY 2, 2026



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

WEST

KOOTENAY FOSTER PARENT DROP-IN

Fridays

10:00am - 12noon

Zoom ID: 250 608 7674



Interior
Community
Services
Enriching Lives. Strengthening Communities

WEDNESDAY,
FEBRUARY 4
2026

9:00am to
12:30pm (PST)

LEN PIERRE

LEADING WITH EMPATHY:

MOVING BEYOND TRAUMA-INFORMED
PRACTICE TO TWO-EYED SEEING &
DIGNITY-INFORMED PRACTICE

REGISTER NOW



This training
is open to all
registered
members of
the CLN!

Please note: The drop-in and audio club will be joining Len Pierre this Wednesday. Audio Club will resume Feb 11

CHILDREN AND SCREENS FRIENDSHIP IN THE SCREEN AGE: WHAT IS IT, AND HOW IS IT CHANGING?

Thu, Feb 12, 2026 11:00 AM CST

“What does friendship look like for kids today and how is technology redefining it? From video game chat streams to social media DMs, children and adolescents are forming and maintaining friendships in ways previous generations never experienced. These digital connections are reshaping what it means to be a friend and how friendships influence young people’s well-being.

Learn more about:

- How has online life transformed norms, expectations, and boundaries for youth friendships?
- Does the ubiquitous presence of smartphones during in-person interactions affect young people’s feelings of security and closeness with friends?
- What do parents need to know about how and where youth are making friends online - and the potential benefits and risks involved?”

“Every hug, every meal, every bedtime story is a seed of hope you plant in a child’s future.”

Unknown

BOOK CORNER

LIVING THROUGH LOSS: INTERVENTIONS ACROSS THE LIFE SPAN

by Nancy Hooyman , Betty Kramer & Sara Sanders, 2021

"Living Through Loss provides a foundational identification of the many ways in which people experience loss over the life course, from childhood to old age. It examines the interventions most effective at each phase of life, combining theory, sound clinical practice, and empirical research with insights emerging from powerful accounts of personal experience.

The authors emphasize that loss and grief are universal yet highly individualized. Loss comes in many forms and can include not only a loved one's death but also divorce, adoption, living with chronic illness, caregiving, retirement and relocation, or being abused, assaulted, or otherwise traumatized. They approach the topic from the perspective of the resilience model, which acknowledges people's capacity to find meaning in their losses and integrate grief into their lives. The book explores the varying roles of age, race, culture, sexual orientation, gender, and spirituality in responses to loss. Presenting a variety of models, approaches, and resources, Living Through Loss offers invaluable lessons that can be applied in any practice setting by a wide range of human service and health care professionals.

This second edition features new and expanded content on diversity and trauma, including discussions of gun violence, police brutality, suicide, and an added focus on systemic racism."

SOCIAL THINKING NEW TWEENS & TEENS GRAPHIC NOVEL!

BRAIN HACKS: STRATEGIES TO RALLY MOTIVATION AND GET THINGS DONE

"By Michelle Garcia Winner and Jenny Sojat (2026) Brain Hacks is a colorful, high-energy graphic novel where five stressed-out teens meet online and form friendships as they learn strategies from each of their quirky brain-based CREW to navigate the ups and downs of their different high school experiences. With science-powered "mind magic," they learn how thoughts, feelings, memories, and imagination can team up to build confidence, motivation, and problem-solve which all involve executive functioning. Packed with dynamic visuals, time-travel, and brain-boosting tips, this adventure makes managing a tween or teen's mind feel like the coolest superpower ever."

Want more information? Read this article by Social Thinking Team

**"Brain Hacks: 12 Tips
to Activate Your Mental Superpower"**

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

Program Coordinator: Kari Beppe
kbeppe@interiorcommunityservices.bc.ca
Cell: (250) 819-1919

Office: (236) 421-0031 Toll Free: 1-877-376-3660

Network Facilitators:
Renata Bonthoux (250) 319-6557
rbonthoux@interiorcommunityservices.bc.ca

Jessica Galbraith (250) 819-5819
jgalbraith@interiorcommunityservices.bc.ca

Marna Forsyth (250) 609-2017
mforsyth@interiorcommunityservices.bc.ca

Jane Wesko (250) 608-7674
jwesko@arcprograms.com

Tabitha Fournier (250) 320-4603
tfournier@interiorcommunityservices.bc.ca

James Weir (250) 426-6013
jweir@interiorcommunityservices.bc.ca



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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



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