

# 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

### 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

Monday, February 23

Managing Placement Transitions

## AUDIO CAREGIVING CONNECTION WEDNESDAYS

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

Can't Wait! (Robyn Gobbel)

Zoom ID: 832 4280 1289

## EGALE CANADA

### THE EXPERIENCES AND CHALLENGES OF BEING AN AFFIRMING CAREGIVER FOR SEXUAL AND GENDER MINORITY YOUTH: A LITERATURE REVIEW

Parents and caregivers face unique challenges when their child comes out as a sexual and/or gender minority. It is important, now more than ever, for parents to be affirming adults for SGM youth, as we witness a political climate that is increasingly polarized with regards to the existence of, and healthcare supports for, 2SLGBTQI people. SGM youth in Canada are subject to increased risk of mental illness and suicidality. According to data drawn from the 2018 edition of the British Columbia Adolescent Health Report, both sexual minority and gender minority youth continue to rate their mental health significantly lower on average than their heterosexual and cisgender peers. Research has consistently found that parental support is a significant predictor of improved psychological wellbeing among SGM youth, as well as reduced likelihood of victimization from peers.

This literature review provides a brief overview of the experiences and challenges of parents and caregivers who are affirming adults for sexual and/or gender minority youth.

Be sure to check out their guide:

### AFFIRMING ADULTS:

#### **A Guide to Supporting Gender Diverse Children and Youth**

By using this guidebook, you are taking an important step in familiarizing yourself with your child's gender identity and gender expression. If you're here, you might need a little help sorting through some of the complex emotions that come along with becoming an affirming adult, or you might need some assistance getting familiarized with the support skills that you need to help your child. Perhaps you might need a refresher on some basic terminology, or some links to some more resources. That's exactly what we're here for! **This Affirming Adults Guide is designed to support you as you support your child.**

**INSTITUTE OF CHILD PSYCHOLOGY**

## **FREE 2026 CHILDREN'S MENTAL HEALTH & PARENTING SPRING SUMMIT**

**March 16 to 19**

"39 Experts discussing incredible topics! Join leading experts at the summit and gain powerful, research-backed strategies and tools to foster wellness.

**Parental Anxiety** - Transforming the way you approach your own mental health while managing your child's anxiety.

**Getting Kids to Listen** - How you can speak with your child so they will actually hear you & discipline with compassion

**Connection is Key** - Learn how to connect with your child even during the most difficult moments

**Mental Health** - Working with anxiety, emotion regulation, insecure attachment, trauma and more!

**Strong, Confident Kids** - Raising confident girls who are more than just a body and connecting with the Highly Sensitive Child

**Overall Wellbeing** - You will learn the secrets to raising resilient, gritty children who can overcome adversity and thrive!

Join us over 4 days as we speak to the world's top parenting and children's mental health professionals on a variety of topics that will resonate with YOU!"

## **TOGETHER IS BETTER: A LITTLE BOOK OF INSPIRATION**

by **Simon Sinek** "Life is a series of choices. Do we go left or right? Jump forward or hold back?"

Sometimes our choices work out for the better...and sometimes they don't. But there is one choice, regardless of every other decision, that profoundly affects how we feel about our journey: Do we go alone or do we go together?

It is the courageous few who ask for help. It is the giving few willing to help others. We can all find the courage we need and know the joy of service – the minute we learn that together is better.

Filled with inspiring quotes, this richly illustrated fable tells a delightful story of three kids who go on a journey to a new playground and take a stand for what they believe. The story is a metaphor for anyone looking to make a change or wondering how to pursue their dreams. And the message is simple: relationships – real, human relationships – really, really matter. The stronger our relationships, the stronger the bonds of trust and cooperation, the more we can accomplish and the more joy and fulfillment we get from our work and personal lives.

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

**Program Coordinator: Kari Beppe**  
[kbeppe@interiorcommunityservices.bc.ca](mailto: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](mailto:rbonthoux@interiorcommunityservices.bc.ca)

Jessica Galbraith (250) 819-5819  
[jgalbraith@interiorcommunityservices.bc.ca](mailto:jgalbraith@interiorcommunityservices.bc.ca)

Marna Forsyth (250) 609-2017  
[mforsyth@interiorcommunityservices.bc.ca](mailto:mforsyth@interiorcommunityservices.bc.ca)

Jane Wesko (250) 608-7674  
[jwesko@arcprograms.com](mailto:jwesko@arcprograms.com)

Tabitha Fournier (250) 320-4603  
[tfournier@interiorcommunityservices.bc.ca](mailto:tfournier@interiorcommunityservices.bc.ca)

James Weir (250) 426-6013  
[jweir@interiorcommunityservices.bc.ca](mailto:jweir@interiorcommunityservices.bc.ca)



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



#### **Find us on Facebook!**

Connect with us on our 'ICS Support To Family Care Network' Facebook page and our agency's 'Interior Community Services' Facebook page.