

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
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)

Title

Zoom ID: 832 4280 1289

CAREGIVER SPOTLIGHT: EVELYNE SEMINOWICH



How long have you been a caregiver?

Part time relief for 12 years; 18 years full time. Part time starting out was relief to help out my aunt who was fostering. Word got out around Cranbrook that I was doing relief, and I starting supporting other foster parents. Then one day, I got a call from MCFD to take a group of 3 sisters into care from there I was full time.

How many children have you cared for?

I never counted part time relief fostering, over 50 kid's full time fostering. We always fostered in BC in the Cranbrook region.

What's one piece of advice you would give to a foster parent just starting out?

Join BCFPA and connect with as many foster parents as possible, it's very important to have mentors. It is not easy starting off as a foster parent. Connection and mentorship with other foster parents, is the key to success. Creating a trusting reliable relationship with your social workers will also help the journey become more successful.

If you could do it all over again, would you?

It's hard, I just want to make a difference. I think I would be really bored if I didn't have the foster kids around. I have many kids that still keep in contact with me.

ADDITUDE MAGAZINE AUTISM RESEARCH REVEALS DISTINCT GENETIC PROFILES

Article By Carole Fleck (Updated on January 29, 2026) New research has identified distinct genetic profiles linked to different behavioral and developmental patterns in autistic individuals, reinforcing the understanding that autism is highly complex and not driven by a single cause or influence. To read the article visit: [ADDITUDE AUTISM](#)

BOOK CORNER

LOVE THE TEEN YOU HAVE: A PRACTICAL GUIDE TO TRANSFORMING CONFLICT INTO CONNECTION

by **Dr. Ann-Louise Lockhart (2025)** "When it comes to parenting teens, the relationship you share is the foundation for all good things. Do you feel like your teen is pulling away, rolling their eyes at every request, or shutting you out? It's easy to feel like you've lost the child you once knew. Parenting teens can stir up frustration, self-doubt, and even memories of your own teenage struggles. But here's the truth: Raising a teen doesn't have to feel like a daily battle. Teens stumble because they're still developing the skills they need to become healthy, happy adults.

Dr. Ann-Louise Lockhart, a pediatric psychologist and parent coach, has spent over twenty years helping families strengthen relationships and guide teens through this transformative stage. She knows it all comes down to relationship and connection—it's never too late to reconnect. Teens need a safe foundation to develop lifelong skills like flexibility, impulse control, and emotional regulation. And you're the best person to help them.

In *Love the Teen You Have*, you'll learn how to discipline with love, build executive functioning skills for adulthood, and tackle challenges like ADHD, anxiety, and depression with clarity. You'll also discover how to reparent yourself, healing wounds you don't want to pass on. Dr. Lockhart combines relatable humor, stories, and actionable strategies to help you spark deeper connections and rewrite your parenting story. It's never too late to love the teen you have and enjoy these years together.

MINDSPRING ALLIANCE ONE HOUR FREE WEBINARS

"Local experts, trusted sources: Our 60-minute mental health education webinars are absolutely free & everyone is welcome! Attendance certificates and **webinar recordings are provided at no cost.**"

There are numerous webinars on their website. We have highlighted a few for you.

"I Don't Need Help!" Supporting People Who Can't See Their Mental Illness - Feb 25 - 10 am (PST)

Setting Healthy Boundaries in Relationships - Mar 5 - 8 am(PST)

Cannabis and Mental Health - March 19 - 7am (PST) With expanded legalization and use of cannabis, it is crucial to explore the potential impacts it can have on mental well-being. This webinar provides evidence-based insights to promote a better understanding of the topic.

Questions? Find webinar FAQs at <https://www.mindspringhealth.org/get-involved/webinars-and-events>

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

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Need resources or information? Check out our website!

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www.icsfp.info/resources



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