

# SUPPORT Report

## VIRTUAL

Out of Care /  
Kinship Providers  
Drop in

Wednesday Feb 18  
8:00 - 9:00 PM  
(PST)

Zoom ID: 858 3771  
6954

## AUDIO CAREGIVING CONNECTION

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

Trauma, Resiliency &  
Relational Poverty with  
Dr. Bruce Perry

Zoom ID: 832 4280 1289

## JOKE CORNER

What happened when  
two slices of bread went  
on a date?

It was loaf at first sight.

## Navigating the Maze of Kinship Care

Feel like you are stuck? Or like you keep running into walls?  
Then let us help.

This workshop is specifically designed for Out of Care. Kinship caregivers- to connect you with other caregivers, to guide and give you resources, and to help support you.

Feb 17 & 24  
6:30pm to 9:00pm (PST)

## WHY SOME KIDS FALL APART AFTER SCHOOL

It's not uncommon: A child goes to school in a good mood, seems perfectly fine all day, and then comes home and falls apart. Yelling, whining, crying — it's like a totally different child.

Why do kids who had an OK day at school unravel when they get home? Often, the reason is simple. Kids are wiped out, and home can be a safe place to lose it. Learn more about why kids fall apart after school.

What can cause afterschool outbursts

Being in school all day — whether in-person or virtual — is tiring for many kids. For some, it's completely exhausting.

Kids spend the whole day trying to sit still, focus, answer questions, and do classwork. Plus there are rules and routines to keep in mind. And they have to try to get along with the other kids.

Kids don't always have the self-control and coping skills to manage this stress. Some pick up these skills just by watching other people model them. But many kids — especially those who learn and think differently — need to be taught.

They may be more sensitive than others to school demands. Or they may be struggling with math, reading, or writing. By the end of the day, they don't have any energy left to keep a lid on their feelings. And they may not even know they're overwhelmed.

This situation isn't all bad. It's good when kids feel safe to express themselves at home. They trust that the people there will love them and help them learn to calm down no matter how they act



## FAMILY SUPPORT INSTITUTE NAVIGATING EDUCATION SERIES

### Navigating Education: Confident Problem-Solving for School-Based Issues

Wednesday, February 25 6:30pm - 8:30pm (PST)

We dive a little deeper into your child's rights as a student with support needs in the BC K-12 school system. We will also talk about how to best advocate for your child when facing challenges.

### FASD AND THE LAW

Thursday, February 26 6:30pm - 8:30pm (PST)

People with Fetal Alcohol Spectrum Disorder (FASD) are overrepresented in the justice system—yet the system continues to rely on approaches that simply don't work for them. In this session, David Boulding will reveal why traditional justice responses often fail individuals with FASD and what actually leads to better outcomes. He will share real-world stories, practical tools, and innovative strategies that support safety, accountability, and dignity. Enter David Boulding—a dynamic speaker, seasoned lawyer, and internationally recognized advocate for neuro-informed justice. With his trademark clarity, insight, and humour, David will reveal why traditional justice responses often fail individuals with FASD and what actually leads to better outcomes. He'll share real-world stories, practical tools, and innovative strategies that support safety, accountability, and dignity.

## HOW TO TEACH STUDENTS TO USE AI RESPONSIBLY: A GUIDE FOR FAMILIES AND EDUCATORS

Artificial intelligence (AI) is quickly becoming part of everyday life – at school and at home. It's no longer a question of if kids will use AI, but when and how. That's why it's important to teach AI as a 21st-century skill.

For kids who learn and think differently, AI can be a supportive tool that improves accessibility. Instead of avoiding or restricting AI, educators and families can teach kids to be thoughtful digital citizens who use AI responsibly and ethically. Here's how to begin.

### **What does "ethical use of AI" mean?**

Using AI ethically and responsibly means understanding how to use it in ways that are honest, safe, and fair. It's about treating AI as a support for learning, not a shortcut or substitute for thinking and doing the work. It's also about understanding its limitations.

For information, [click here](#)

## *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)



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.