

THE SUPPORT REPORT

VOLUME 4

Jan 26,
2026

ISSUE
TWO

Times to Connect

Out of Care / Kinship
Providers Drop in

Tuesday Feb 3

10:00 - 11:00 AM (PST)

Zoom ID: 858 3771 6954

AUDIO CAREGIVING
CONNECTION

NEW

WEDNESDAYS

NEW

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

Zoom ID: 832 4280 1289

FAMILY SUPPORT INSTITUTE OF BC

BC ACCESSIBLE ADVENTURE LIST

"The BC Winter Adventure List is a curated collection of inclusive, sensory-friendly, free or low-cost activities across British Columbia, designed to make winter recreation fun, accessible, and adaptable for children and adults with disabilities and families. Whether you're looking to enjoy the great outdoors or stay warm indoors, there's something for everyone."

"The challenge is not to be perfect—
it is to be whole." —Jane Fonda

Upcoming on the



PROVINCIAL SUPPORT AGENCY
CAREGIVER LEARNING NETWORK

Trauma-Informed Transition Training

For Kinship Caregiver:

Kinship Caregivers will learn transition strategies, connect with peers in a dedicated online community, and share information that contributes to successful transitions

Every Monday and Thursday from Feb 2 - Feb 12
9:30am to 12:30pm (PST)

Len Pierre

leading with Empathy:

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

Wednesday, Feb 4
9:00am to 12:30pm (PST)

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)

SCREEN DEEP PODCAST ARE YOU REAL? ETHICS OF AI CHATBOTS AND CHARACTERS FOR CHILDREN

"Children are increasingly encountering AI characters for both educational and entertainment purposes, but many of the chatbots and other AI products they interact with are not designed with child development and safety in mind. On this episode of Screen Deep, host Kris Perry pulls back the curtain on AI and child-centered design with Dr. Sonia Tiwari, a children's media researcher and AI design expert. Drawing on her experience in game character design and her work bridging industry and academia, Dr. Tiwari explores how children think about and are drawn to AI characters, why AI products commonly used by children and adolescents today often fail at prioritizing child development, and the primary risks of child interactions with AI characters. She also offers insights on how products can be better designed to meet children's and families' needs, and what kinds of uses of AI characters might be helpful for children."

3 EMPOWERING STRATEGIES TO REDUCE NEGATIVE THINKING

Does your child or teen struggle with anxious thoughts that keep them up at night or stop from engaging in activities? These thoughts are often run on a reel of repetition and whisper to the child "what-if" over and over.

In this video Registered Child Psychologist Tammy Schamuhn, Co-Founder of the Institute of Child Psychology & Co-Author of The Parenting Handbook will walk you through 3 empowering strategies to reduce negative thinking in your child or teen, and help shift their mind to becoming more flexible and fosters resiliency.

Watch the Video [HERE!](#)



"The only person who can pull me down is myself, and I'm not going to let myself pull me down anymore."
- C. JoyBell

Connect with us...

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

SUPPORT TO FAMILY CARE NETWORK PROGRAM



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/outofcareproviders



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.