

SUPPORT Report

VIRTUAL

Out of Care / Kinship
Providers
Drop in

Tuesday Mar 3
10:00 - 11:00 AM (PST)

Zoom ID: 858 3771
6954

AUDIO CAREGIVING CONNECTION

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

Zoom ID: 832 4280 1289

JOKE CORNER

What did the grape say
when it got stepped on?

Nothing, it just let out a
little wine.



HAVE YOU BEEN IN KINSHIP CARE?

MENTAL HEALTH AND WELLNESS OF YOUTH IN KINSHIP CARE: EXPLORING PEER-LED AND FAMILY-CENTRED MODELS FROM THE YOUTH'S PERSPECTIVE

Our study aims to make mental health supports more welcoming, easier to access, and more helpful for young people who have been in kinship care. By sharing your experiences, you can help shape services that better fit what kinship care youth actually need.

You will receive a \$50 gift card as compensation for your participation in an interview or focus group

ELEGIBILITY CRITERIA

You must be:

- Between the ages of 16 and 24
- Any gender
- Have/had a kinship care file in British Columbia for a minimum of 3 months



CONTACT US HERE:
ferickso@student.ubc.ca

Scan me to complete our
eligibility survey!

Ethics ID: #H25-03703



FAIRNESS FOR
children
RAISED BY
relatives

Fairness for Children Raised by Relatives Society is a non-profit society established and registered in August 2021 and our membership is made up of kinship caregivers across British Columbia Canada.

We advocate on behalf of children who would otherwise be in the BC provincial foster care system if they had not been taken into the care of their grandparent(s) or another kinship relative.

We are grandmothers, grandfathers, aunts, uncles, cousins and others who have come forward to raise our relative's children.

For resources, documents, workshops, and training from Fairness for Children Raised by Relatives please visit their website [HERE](#)

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**

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 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



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.