

# OUT OF CARE / KINSHIP CAREGIVERS' RESOURCE HANDBOOK

**Support to Family Care Network Program**  
*Educating, Training, & Supporting Caregivers since 2003*  
[www.icsfp.info](http://www.icsfp.info)



Enriching Lives, Strengthening Communities

*in  
collaboration  
with*



PROVINCIAL SUPPORT AGENCY  
CAREGIVER LEARNING NETWORK



## OUT OF CARE / KINSHIP CAREGIVERS' RESOURCE HANDBOOK

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We would like to acknowledge the unceded and traditional homelands of the Secwepemc, Tsilhqot'in, Nlaka'pamux and Ktunaxa Nations on which the Support to Family Care Network Program (Interior Community Services and Arc Programs Ltd.) provides support. We also recognize the Metis and Inuit people who are our friends and neighbours. It is our hope to become much better guests on this land in the future than we have been in the past.



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This booklet was put together as a resource for Out of Care / Kinship caregivers as part of the “*Navigating the Maze of Kinship Care*” workshop. Please feel free to share with any caregivers who might find the information helpful – but be sure to include that this booklet is published by the **Support to Family Care Network Program** with Interior Community Services. For more information, please email: [mforsyth@interiorcommunityservices.bc.ca](mailto:mforsyth@interiorcommunityservices.bc.ca) or check out our website at: [www.icsfp.info/outofcareproviders](http://www.icsfp.info/outofcareproviders) (all PDFs are available by going to our website, clicking the heading and then clicking on the PDF name)



# ORGANIZATIONS FOR OUT OF CARE / KINSHIP CAREGIVERS

## CAREGIVER LEARNING NETWORK

<https://learn.fpsss.com/>

PSACLN develops accessible virtual learning opportunities to Foster Caregivers, Kinship Care Providers and Contracted Agency Caregivers. PSACLN enhances caregiver knowledge, skills and abilities, and helps to foster a healthy caregiving network.

## FAIRNESS FOR CHILDREN RAISED BY RELATIVES

<https://fairness4crr.com/>

We are kinship caregivers working together to ensure children raised by relatives have the same rights and opportunities as all children in care in the province of British Columbia. Fairness for Children Raised by Relatives Society advocates 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.

## PARENT SUPPORT SERVICES SOCIETY OF BC

<https://www.parentsupportbc.ca/>

Supporting the well-being of children by empowering those who care for them through connection, education, and advocacy. They run the Kinship Care Help Line 1-855-474-9777

## PROVINCIAL SUPPORT AGENCIES

There are many support agencies throughout the province that support Out of Care / Kinship Caregivers. (Please see the chart below.) If you are unsure if your Support Agency supports Out of Care / Kinship Caregivers, please contact the Caregiver Learning Network ([support@psacln.ca](mailto:support@psacln.ca) or Toll-free: 1-888-922-8437)

<b>NORTH WEST COAST/ BULKLEY NECHAKO (NCBN)</b> Bulkely/Hazelton Burns Lake—Axis Haida Gwaii/ Haida C & F services Hazelton Kitimat Lower Post Nechako Lakes Prince Rupert Smithers Terrace/Stikine Houston	<b>NORTH CENTRAL/ PEACE REGION (NCP)</b> <b>AXIS FAMILY RESOURCES</b> Burns Lake Mackenzie Valemount/McBride Prince George and Area Quesnel Fort Saint James Vanderhoof Fraser lake / Fort Fraser	<b>VANCOUVER COASTAL(VC)</b> <b>HOLLYBURN</b> North Shore Pemberton Powell River/Sunshine Coast Richmond Rosedale Sea to Sky Vancouver Squamish Whistler	<b>INTERIOR</b> <b>INTERIOR COMMUNITY SERVICES</b> Gold Trail Kamloops Lillooet Merritt One Hundred Mile House Revelstoke Williams Lake Ashcroft Barriere/Clearwater	<b>VANCOUVER ISLAND (VI)</b> <b>FPSSS</b> Campbell River Comox Valley Duncan Mansons Landing Nanaimo Parksville/Qualicum Peninsula/Gulf Islands Port Alberni Port Hardy Sooke/Westshore Victoria
<b>SOUTH FRASER (SF)</b> <b>FVFPA</b> Delta Langley Surrey Whiterock	<b>NORTH EAST FRASER (NEF)</b> <b>ARCHWAY COMMUNITY SERVICES</b> Abbotsford—Archway Agassis—none Burnaby /New Westminster Chilliwack Fraser/Cascades Hope Mission—Archway Ridge Meadows Rosedale Tri-Cities	<b>OKANAGAN</b> <b>OFPA</b> Armstrong Enderby Kelowna Oliver Osoyoos Peachland Penticton Princeton Summerland Vernon Salmon Arm Shuswap	<b>KOOTENAY</b> <b>INTERIOR COMMUNITY SERVICES</b> Creston East Kootenay Kimberley Trail Castlegar Fruitvale Nelson Golden Cranbrook Invermere Fernie/Elk Valley Kootenay Boundary Nakusp Grand Forks	<b>NORTH EAST/ PEACE REGION (NCP) COMMUNITY BRIDGE</b> <b>COMMUNITY BRIDGE</b> Chetwynd Dawson Creek Fort Nelson Fort St. John Tumbler ridge Hudson's Hope



## FREE WEBINARS

### CAREGIVER LEARNING NETWORK

<https://learn.fpsss.com/>

There are numerous on demand workshops including: Complex Trauma - **How to Calm Your Child's Stress Response and Emotions**, Fostering Early Development - **Understanding ADHD**; Robyn Gobbel's videos (**Shutdown, Stonewalled and Alone** and **Helping Kids find their voice – Strategies for Manipulation and Aggression**); Dr. Cindy Blackstock – **Spirit Bear's Guide to Reconciliation**).

There are also a number of regularly offered courses specifically for Out of Care / Kinship Caregivers such as: **Circle of Security Parenting for Out of Care / Kinship Caregivers**; **Navigating the Maze of Kinship Care; Learning Challenges and School Advocacy**. Additionally, Kinship Caregivers are invited to take part in **Safe Babies workshop** (regularly offered 3-6 times a year depending on need); and a new workshop coming soon: **Toddler Time: Caring for Toddlers with complex needs**.

### ENGAGING KINSHIP CAREGIVERS: MANAGING RISK FACTORS IN KINSHIP CARE

Fairness4CRR

<https://fairness4crr.com/resources-for-caregivers-families/>

Fairness For Children Raised By Relatives These videos are modules in a training series featuring Joseph Crumbley, a kinship care expert: **Guilt; Loss and Ambivalence; Projection and Transference; Engaging Kinship Caregivers – Hope, Fantasy and Denial; Engaging Kinship Caregivers - Loyalty Issues**.

### FINANCIAL AND LEGAL LITERACY FOR KINSHIP CAREGIVERS

Belonging Network

<https://belongingnetwork.com/video/pathways-to-permanency-video/>

The term “permanency” means different things to different people. Within the context of child welfare, permanency includes a concept called the Four Dimensions of Permanence, which are relational, cultural, physical and legal permanency. This video reviews each dimension of permanence as well as the options for legal permanence in the event that a child cannot be returned to the care of their birth parents.

### PATHWAYS TO PERMANENCY

Belonging Network

<https://belongingnetwork.com/video/financial-and-legal-literacy-for-kinship-caregivers/>

This recorded workshop introduces kinship caregivers to the financial and legal supports available to them and features practical guidance and personal insight from two experienced caregivers.

### PREDICTABLE ADJUSTMENTS

Belonging Network

<https://belongingnetwork.com/video/predictable-adjustments/>

It is common for children who have spent time in care to release their feelings of grief and loss when they feel they are in a safe place. When the child begins to release these feelings the family will begin to feel it in the household. This feeling is referred to as inducement, you will learn more about it in the following video.

## LOW COST WEBINARS

### FOUNDATIONS IN FASD

CANFASD

<https://learn.fpsss.com/>

CANFASD is a go-to resource for all things related to FASD. This course is well worth the \$25 as it comes with a number of resources and a ton of great information. Foundations in FASD is a basic training course intended for everyone that will come into contact with individuals with FASD including all sectors of work, families, individuals with FASD, spouses, and the general public. This foundational level training program provides the perspective of individuals who have FASD, is evidence-based, employs a culturally sensitive approach, and is presented in a way that is responsive to the learners needs.



## ATTACHMENT RESOURCES

### BOOKS

- Growing an In-Sync Child:** Kranowitz and Newman (2010)  
*Simple, Fun Activities to Help Every Child Develop, Learn and Grow*
- Nourished:** Debra MacNamara (2023)  
*Connection, food, and caring for our kids (and everyone else we love)*
- Nurturing Attachments:** Kim S. Golding (2013)  
*Supporting Children Who Are Fostered or Adopted*
- Power of Showing Up** Dr. Daniel Siegel & Tina Payne Bryson (2020)  
*How Parental Presence Shapes Who Our Kids Become and How Their Brains Get Wired*
- Raising a Secure Child** K. Hoffmen, G. Cooper and B. Powell (2017)  
*How Circle of Security Parenting Can Help You Nurture Your Child's Attachment, Emotional Resilience and Freedom to Explore*

### PDFs

- Brain Building Through Play** Developing Child at Harvard University  
Includes numerous games to play at different ages  
<https://developingchild.harvard.edu/resources/handouts-tools/brainbuildingthroughplay/>

### WEBSITES

- Developing Child at Harvard University** <https://developingchild.harvard.edu/resources/>
- Zero to Three (Responsive Care: Promoting Attachment - 5 minute video)**  
<https://www.zerotothree.org/resources/230-responsive-care-nurturing-a-strong-attachment-through-everyday-moments>



## EDUCATION RESOURCES

### BOOKS

**The Explosive Child, Lost at School, Lost & Found**

Dr. Ross Greene

*An evidence-based approach for understanding and helping kids with concerning behaviors*

**Managing ADHD In School:**

R.A. Barkley (2016)

**The Best Evidence-Based Methods For Teachers**

**Teaching the Hurt Child**

Andrea Chatwin (2018)

*Relationships Between Trauma, Attachment and Learning*

### PDFs

**10 Things About Trauma that Every Teacher Should Know**

We Are Teachers Staff

<https://www.icsfp.info/outofcareproviders>

**Accommodations to Consider**

Support to Family Care Network Program ICS (2025)

<https://www.icsfp.info/outofcareproviders>

**FASD and Complex Trauma Resource for Educators**

Marninwarantikura Women's Resource Centre (Australia)

[https://storage.bhs.cloud.ovh.net/v1/AUTH\\_211c4541e5bd4f4bad910d93997e0790/Static/resources/f/fetal-alcohol-spectrum-disorder-fasd-and-complex-trauma-a-resource-for-educators/FASD-and-Complex-Trauma-Resource-for-Educators.pdf](https://storage.bhs.cloud.ovh.net/v1/AUTH_211c4541e5bd4f4bad910d93997e0790/Static/resources/f/fetal-alcohol-spectrum-disorder-fasd-and-complex-trauma-a-resource-for-educators/FASD-and-Complex-Trauma-Resource-for-Educators.pdf)

**A Guide to: Scholarships, Bursaries, Tuition Waivers and Awards**

Caring Families

*Scholarships, Bursaries, Tuition Waivers and Awards Available to Children in and from Government Care in British Columbia*

<https://caring-families.ca/wp-content/uploads/2023/07/Tuition-Waiver-Guide-August-2023-1.pdf>

**Neurodivergent Learning and School Advocacy**

Support to Family Care Network Program

<https://www.icsfp.info/outofcareproviders>

*The Support to Family Care Network Program with Interior Community Services teaches a webinar on Neurodivergent Learning and School Advocacy (worth checking out if your child is struggling in school!) They have a list of resources available and this book is updated yearly.*

**Test Anxiety Guide**

Anxiety Canada

[https://www.anxietycanada.com/sites/default/files/Test\\_Anxiety\\_Booklet.pdf](https://www.anxietycanada.com/sites/default/files/Test_Anxiety_Booklet.pdf)



## WEBSITES

### Early Childhood Intervention Supports

<https://www2.gov.bc.ca/gov/content/health/managing-your-health/child-behaviour-development/early-childhood-intervention>

### POP FASD

<https://www.fasdoutreach.ca/elearning>

POPFASD is a British Columbia Ministry of Education provincial resource program whose mandate is to increase educators' capacity to meet the educational needs of students with Fetal Alcohol Spectrum Disorder (FASD) through FASD-informed practice that benefits all students. Their website provides educational resources, such as: eLearning Videos; Print Resources; Conferences & Events; FASD News; and downloadable resources.

### Strong Start

<https://www2.gov.bc.ca/gov/content/education-training/early-learning/support/programs/strongstart-bc>

### Social Thinking

<https://www.socialthinking.com/>

Developmental Resources to Foster Social Emotional Learning Across all Ages

### Lives in the Balance

<https://livesinthebalance.org/>

Take the Guided Tour for Parents so you can practice and model collaboration in your home, with your spouse and your children. Listen to the vast library of podcasts available on iTunes. Join their Facebook group for parents so you can get some support and collective wisdom. Then let the folks at school know how about those new lenses and practices are working for you at home.



## FASD RESOURCES

### BOOKS

#### Essential FASD Supports

*Understanding and Supporting People with Fetal Alcohol Spectrum Disorders*

Nate Sheets (2023)

#### Living with FASD: A Guide for Parents

*“This is an excellent resource for parents and professionals alike.”*

Sara Graefe (2008)

#### Making Sense of the Madness

*This book may be available free of charge in a PDF format by joining his Facebook Group. Connect with your Network Facilitator for more information.*

Jeff Noble (2015)

#### Trying Differently Rather than Harder: Lynn Alsup, Nathalie Brassard and Melissa Elligson (2025)

*Rethinking Neurodiversity Transforming Lives. Updated and Expanded from Diane Malbin’s original work.*

#### What is Your Superpower? Growing and Glowing with FASD

Hannah Denberg (2025)

### PDFs

#### Caregiver Resource Guide

CANFASD

<https://www.icsfp.info/application/files/5916/8072/2841/Caregiver-Resource-Guide-FASD-March-2018.pdf>

#### Let’s Talk FASD

[https://www.von.ca/sites/default/files/files/\\_fasdtool\\_fullproof\\_final\\_1.pdf](https://www.von.ca/sites/default/files/files/_fasdtool_fullproof_final_1.pdf)

#### My Brain, Me and FASD

*Designed for children with FASD, this booklet helps them understand why they find things hard sometimes and gives them some strategies to try out.*

<https://fasd.me/wp-content/uploads/2023/07/My-brain-Me-and-FASD-Accessible.pdf>

#### My Booklet BC

*by Family Support Institute Toolkits A Free online tool that families and people with disabilities can use to create a personalized information booklet. This puts all the important information in one document that you can print share.*

<https://mybookletbc.com/>

#### Strategies Not Solutions

*This Booklet is designed for caregivers and professionals who, in their everyday lives, encounter children and youth affected by Fetal Alcohol Spectrum Disorder*

[https://edmontonfetalalcoholnetwork.org/wp-content/uploads/2019/02/strategies\\_not\\_solutions\\_handbook.pdf](https://edmontonfetalalcoholnetwork.org/wp-content/uploads/2019/02/strategies_not_solutions_handbook.pdf)

#### Understanding Fetal Alcohol Spectrum Disorder (FASD)

NHS Ayrshire & Arran (2019)

*Information for Parents and Carers*

<https://girfec-ayrshire.co.uk/wp-content/uploads/2020/04/Understanding-FASD-Info-for-parents-carers-271119-1.pdf>



## FASD RESOURCES (CONTINUED)

### WEBSITES

#### CANFASD

<https://canfasd.ca/>

The Canada Fetal Alcohol Spectrum Disorder Research Network (CanFASD) is a collaborative, interdisciplinary research network, with collaborators, researchers and partners across the nation. It is Canada's first comprehensive national Fetal Alcohol Spectrum Disorder (FASD) research network.

#### Children and Youth with Support Needs

<https://www2.gov.bc.ca/gov/content/health/managing-your-health/child-behaviour-development/support-needs>  
<http://knowfasd.ca/>

#### KNOW FASD

This site introduces the neurobehavioral difficulties that may appear throughout the lifespan of individuals with FASD. KnowFASD is an outreach project created by the "Intervention on FASD" Network Action Team (iNAT) of the Canada FASD Research Network

#### National Organization for FASD UK

<https://nationalfasd.org.uk/>

The National Organization for FASD is dedicated to supporting people with Fetal Alcohol Spectrum Disorder (FASD), their families and communities. It promotes education for professionals and public awareness about the risks of alcohol consumption during pregnancy. National FASD, founded in 2003 and formerly known as NOFAS-UK, is a source for information on FASD to the general public, press and to medical and educational professionals.

#### NOFASD Australia

<https://www.nofasd.org.au/>

An up-to-date comprehensive website of curated resources and links to assist in all aspects of FASD from those that provide an introduction to FASD, through to more specialized resources tailored to the needs of parents, carers, educators and other professionals seeking to improve their knowledge of this disability.

#### POP FASD

<https://www.fasdoutreach.ca/elearning>

POPFASD is a British Columbia Ministry of Education provincial resource program whose mandate is to increase educators' capacity to meet the educational needs of students with Fetal Alcohol Spectrum Disorder (FASD) through FASD-informed practice that benefits all students. Their website provides educational resources, such as: eLearning Videos; Print Resources; Conferences & Events; FASD News; and downloadable resources.



## FINANCIAL / LEGAL RESOURCES

### BOOKS

**The Grandfamily Guidebook:** Andrew Adesman, MD, and Christine Adamec (2018)  
**Wisdom and Support for Grandparents Raising Grandkids**  
*Ready or not, you're a parent again. If you're wondering how exactly you're going to raise your grandchildren, you're not alone. The Grandfamily Guidebook offers advice on everything from engaging with birth parents, to legal and financial issues, school and social life, and your own self-care.*

### PDFs

**BC Seniors Guide 12<sup>th</sup> Edition** British Columbia Ministry of Health (2025)  
<https://www2.gov.bc.ca/assets/gov/people/seniors/about-seniorstbc/guide/bc-seniors-guide-12th-edition.pdf>

**Child in Home of Relative (CIHR)** Fairness4CCR (2024)  
Fairness For Children Raised By Relatives  
<https://fairness4crr.com/wp-content/uploads/2024/06/24-06-14-Child-in-Home-of-Relative-CIHR.pdf>

**Extended Family Plan (EFP)** Fairness4CCR (2024)  
Fairness For Children Raised By Relatives  
<https://fairness4crr.com/wp-content/uploads/2024/12/24-12-17-Extended-Family-Plan-EFP.pdf>

**Informal-Agreements** Fairness4CCR (2024)  
Fairness For Children Raised By Relatives  
<https://fairness4crr.com/wp-content/uploads/2024/06/24-06-14-Informal-Agreements.pdf>

**Interim or Temporary Custody Order** Fairness4CCR (2024)  
Fairness For Children Raised By Relatives  
<https://fairness4crr.com/wp-content/uploads/2024/12/24-12-17-Interim-or-Temporary-Custody-Order.pdf>

**Out of Care Arrangements - Policies, Benefits and Financial Payments** Fairness4CCR (2024)  
Fairness For Children Raised By Relatives  
<https://fairness4crr.com/wp-content/uploads/2024/06/24-06-14-Out-of-Care-Arrangements.pdf>

**Out of Care Comparison Payments** Support to Family Care Network Program ICS (2026)  
Interior Community Services  
<https://www.icsfp.info/outofcareproviders>

**Permanent Guardianship Supports – 54.01 and 54.1** Fairness4CCR (2024)  
Fairness For Children Raised By Relatives  
<https://fairness4crr.com/wp-content/uploads/2024/06/24-06-14-Out-of-Care-Arrangements.pdf>



## WEBSITES

### Parent Support Services Society of BC

<https://www.parentsupportbc.ca>

Protecting the safety and wellbeing of children and promote the health of all families by partnering with those in a parenting role and their communities to build support, advocacy, education, research, and resources.

**They run the Kinship Care Help Line: 1-877-345-9777**

### CKNW Kids Fund

<https://www.cknwkidsfund.com/>

Provides grants for essential specialized medical equipment, therapies, and programs for at-risk youth.

### Ministry of Social Development and Poverty Reduction BC (Government of BC)

This link gives you a list of eligible deductions and benefits, what is considered income, etc.

<https://www2.gov.bc.ca/gov/content/governments/policies-for-government/bcea-policy-and-procedure-manual/eligibility/income-treatment-and-exemptions>

### First Nations Child and Family Caring Society

<https://fncaringsociety.com/jordans-principle>

**Jordan's principle** is a child-first principle to ensure First Nations children get the services they need when they need them. **To submit a request for services through Jordan's Principle, call: 1-855-JP-CHILD (1-855-572-4453)**

### Healthy Kids Program

<https://www2.gov.bc.ca/gov/content/governments/policies-for-government/bcea-policy-and-procedure-manual/health-supplements-and-programs/healthy-kids>

The Healthy Kids Program provides coverage for basic dental treatment, optical care, and hearing assistance to children in low-income families, who are not in receipt of income assistance, disability assistance or hardship assistance. Children and families eligible for MSP supplementary benefits under Medical Services Plan (MSP) through the Ministry of Health are eligible for the Healthy Kids Program. **General Inquiries: 1-866-866-0800**

### Indigenous Justice Centres in British Columbia

<https://bcfnjc.com/indigenous-justice-centres-in-british-columbia/>

Culturally-appropriate information, advice, support, and representation for Indigenous people. Traditionally, discipline and issues of justice were administered collectively by the community. Indigenous Justice Centres will bring back decision-making closer to home and back into the hands of people.

### Aboriginal Legal Aid BC

<https://aboriginal.legalaid.bc.ca/>

### Canada Revenue Agency

<https://www.canada.ca/en/revenue-agency.html>

(Depending on your agreement you may qualify for some of these benefits / income tax deductions – be sure to check with your social worker / network facilitator / accountant)

- ★ Income tax deduction for dependents
- ★ Child Disability Benefit / Canada Child Tax Benefit
- ★ Universal Child Care Benefit (for children under 6)
- ★ EI Family Supplement



## GRIEF AND LOSS RESOURCES

### BOOKS

- A Child's View of Grief:** Alan D. Wolfelt, PH.D. (2004)  
**A Guide for Parents, Teachers and Counselors**
- Parenting through Crisis** Barbara Coloroso (2012)  
*Helping Kids in Times of Loss, Grief and Change*
- Healing a Child's Grieving Heart** Alan D. Wolfelt, PH. D (2001)  
*100 Practical Ideas for Families, Friends and Caregivers*
- Healing a Teen's Grieving Heart** Alan D. Wolfelt, PH. D (2001)  
*100 Practical Ideas for Families, Friends and Caregivers*
- Deconstruction / Reconstruction: A grief journal for teens** Dougy Centre (2017)  
*This journal was specially created for grieving teens. Whether a teen has experienced the death of a parent, sibling, grandparent, close friend, or other family member, this Deconstruction Reconstruction grief journal is a place where teens can draw, write, paint, and transform whatever they're thinking and feeling.*

### PDFs

- Invisible Suitcase** National Child Traumatic Stress Network  
[https://www.icsfp.info/application/files/7414/3136/9008/invisible\\_suitcase.pdf](https://www.icsfp.info/application/files/7414/3136/9008/invisible_suitcase.pdf)
- Helping Teens with Traumatic Grief: Tips for Caregivers** National Child Traumatic Stress Network  
<https://www.nctsn.org/resources/helping-teens-traumatic-grief-tips-caregivers>
- Supporting Your Child through Grief and Loss** Trauma & Grief Network  
<https://tgn.anu.edu.au/wp-content/uploads/2014/10/Supporting-your-child-through-grief-and-loss.pdf>

### WEBSITES

- Dougy Center** (US website) <https://www.dougy.org/>  
Dougy Center provides support in a safe place where children, teens, young adults, and families who are grieving can share their experiences before and after a death. We provide support and training locally, nationally, and internationally to individuals and organizations seeking to assist children in grief.
- Lumara Grief & Bereavement Care Society** <https://lumarasociety.org/>  
They envision a world where no child, individual, or family has to walk through grief alone. Their mission is to build "compassionate communities" that instill hope and belonging for those facing grief and loss. **Circles of Strength Online** - This innovative social network is a means for individuals to stay connected despite the barriers of busy schedules and geographical distances. Members (who must be 13 years or older) receive regular news updates about Camp Kerry events and are able to participate in forums, share photos, resources, stories and more.
- My grief.ca** <http://www.mygrief.ca>  
One for kids: <http://kidsgrief.ca>



## MENTAL HEALTH RESOURCES

### BOOKS

- ADHD is Awesome: A Guide to Mostly Thriving with ADHD** Penn & Kim Holdness (2024)
- Anxious Kids, Anxious Parents: Seven Ways to Stop the Worry Cycle and Raise Courageous and Independent Children** Reid Wilson & Lynn Lyons (2013)
- Focus and Thrive: Executive Functioning Strategies for Teens: Tools to Get Organized, Plan Ahead, and Achieve Your Goals** Laurie McNulty (2020)  
*Focus and Thrive is full of practical tools to help teens uncover strengths and develop executive functioning skills like staying focused, getting organized, making plans, and managing time.*
- Playing with Anxiety** Reid Wilson & Lynn Lyons (2014)  
*A companion Book to Anxious Kids, Anxious Parents Seven Ways to Stop the Worry Cycle and Raise Courageous and Independent Children*
- How to Take the Grrr out of Anger** Reid Wilson & Lynn Lyons (2013)  
*Kids need help learning how to manage their anger. Blending solid information and sound advice with humor and lively illustrations, these anger-management tips guide kids to understand that anger is normal and to learn they can express it in healthy ways. The book teaches them how to recognize anger in themselves and others, how to handle situations and emotions (loneliness, guilt, frustration, fear) that lead to or mask anger, and how to deal with the anger they feel. This revised edition addresses children's exposure to increased societal violence and includes discussion and examples of anger related to texting and social media.*
- The Invisible String** Patricia Karstt (2018)
- Taking Charge Of ADHD: The Complete, Authoritative Guide for Parents (4th ed.)** by R.A. Barkley (2016)
- Neurodiversity: What's That?** Nadine Arthur (2022)  
*An introduction to neurodiversity for kids*

### PDFs

- In Brief: Early Childhood Mental Health** Centre on the Developing Child at Harvard University  
<https://developingchild.harvard.edu/resources/inbrief/inbrief-early-childhood-mental-health/>
- In Brief: The Science of Resilience** Centre on the Developing Child at Harvard University  
<https://developingchild.harvard.edu/resources/inbrief/inbrief-the-science-of-resilience/>
- In Brief: 8 Things to Remember About Child Development** Centre on the Developing Child at Harvard University  
<https://developingchild.harvard.edu/resources/briefs/8-things-remember-child-development/>



## MENTAL HEALTH RESOURCES (CONTINUED)

### WEBSITES

#### Anxiety Canada

<https://www.anxietycanada.com>

#### ADHD Dude

[https://www.youtube.com/channel/UCL3hX8PFFe2UI\\_BlnQvQYFw](https://www.youtube.com/channel/UCL3hX8PFFe2UI_BlnQvQYFw)

ADHD Dude is Ryan Wexelblatt LCSW, ADHD-CCSP. “Ryan is the father to a son with ADHD, a Licensed Clinical Social Worker, Certified School Social Worker, ADHD Certified Clinical Services Provider and the leading expert on social skills for boys.” His Youtube videos are “a modern-family focused approach, anchored in experience.”

#### BC Child and Youth Mental Health

<https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/child-teen-mental-health>

#### Centre for Early Childhood Mental Health Consultation

<https://www.ecmhc.org/links.html>

This Centre is part of the Georgetown University Centre for Child and Human Development. This website offers tools and links to connect you to some great supports. Be sure to check out their temperament tool.

<https://www.ecmhc.org/temperament/index.html>

#### Child Mind Institute

<https://childmind.org/>

#### Here to Help BC

<http://www.heretohelp.bc.ca/>

Info sheets and personal stories about mental health problems and mental illnesses. You'll also find more information, tips and self-tests to help you understand many different problems, and resources located around the province

#### Info about Kids.org

<https://infoaboutkids.org/>

A web resource center for behavioral science-based information on children, youth and families.

#### Kelty Mental Health

<http://keltymentalhealth.ca/>

Information, referrals and support for children, youth and their families in all areas of mental health and addictions.

#### Knowledge Institute

<https://www.cymha.ca/>

on Child and Youth Mental Health and Addictions.

#### National Academy of Sciences, Engineering and Medicine

<https://www.nap.edu/resource/other/dbasse/wellbeing-tools/interactive/>

The tools on this webpage were created to teach skills that can help children and youth cope with some of the challenges around the pandemic like: changes in their routines; breaks in continuity of learning; breaks in continuity of health care; missed significant life events; lost security and safety.

#### National Institute of Mental Health

<https://www.nimh.nih.gov/>



## PARENTING / DISCIPLINE RESOURCES

### BOOKS

- The A-Z of Therapeutic Parenting** Sarah Naish, Sarah Dillon & Jane Mitchell  
*Strategies and Solutions* Check out her other books including: **The Quick Guide to Therapeutic Parenting**  
(written with Sarah Dillon)
- Discipline Without Damage** Dr. Vanessa Lapointe (2016)  
*How to Get Your Kids to Behave without Messing Them Up*
- Embracing Hope: Innovative Strategies to Empower Parents Raising Neurodiverse Teens** Carl Young & Joel Sheagren (2025)
- The Grandfamily Guidebook: Wisdom and Support for Grandparents Raising Grandkids** Andrew Adesman, MD, and Christine Adamec (2018)  
*Ready or not, you're a parent again. If you're wondering how exactly you're going to raise your grandchildren, you're not alone. The Grandfamily Guidebook offers advice on everything from engaging with birth parents, to legal and financial issues, school and social life, and your own self-care.*
- Late, Lost and Unprepared** J. Cooper-Kahn and L.C. Dietzel (2008)  
*A Parent's Guide to Helping Children with Executive Functioning*
- Parenting Right From the Start** Dr. Vanessa Lapointe (2019)  
*Laying a Healthy Foundation in the Baby and Toddler Years*
- Parenting With Love & Logic** Dr. C. Foster and J. Fay (2020)  
*Teaching Children Responsibility- If you want to raise kids who are self-confident, motivated and ready for the real world, learn to parent with Love and Logic. Put the fun back into parenting as you establish healthy boundaries without resorting to anger, threats, nagging or exhausting power struggles.*
- The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind** Daniel Siegel and Tina Payne Bryson (2021)  
*Be sure to check out their other books such as How Parental Presence Shapes Who Our Kids Become and How Their Brains Get Wired*
- Raising Kids with Big Baffling Behaviours** Robyn Gobbel (2023)  
*Brain-Body- Sensory Strategies that Really Work*
- Rest, Play, Grow:** Dr. Deborah MacNamara (2016)  
*Making Sense of Preschoolers (Or Anyone Who Acts Like One)*

### PDFs

- Changing the Way We Support the Mental Health of Youth in and From Care** CMHA BC Div. (2019)  
[https://bc.cmha.ca/wp-content/uploads/2019/04/MentalHealthForYouthInCare\\_April2019.pdf](https://bc.cmha.ca/wp-content/uploads/2019/04/MentalHealthForYouthInCare_April2019.pdf)
- In Brief: How to Motivate Children: Science-Based Approaches for Parents, Caregivers and Teachers** Centre on the Developing Child at Harvard University  
<https://developingchild.harvard.edu/resources/briefs/how-to-motivate-children-science-based-approaches-for-parents-caregivers-and-teachers/>
- Toddlers First Steps (Toddler Growth and Development Stages)** HealthLinkBC (2024)  
<https://www.healthlinkbc.ca/living-well/parenting/parenting-toddlers-12-36-months/toddlers-first-steps-best-chance-guide>
- Typical Child Development By Age (0 to 36 Months)** HealthLinkBC (2024)  
[https://www.healthlinkbc.ca/sites/default/files/documents/TFS\\_development-by-age.pdf](https://www.healthlinkbc.ca/sites/default/files/documents/TFS_development-by-age.pdf)



## PARENTING / DISCIPLINE RESOURCES (CONTINUED)

### WEBSITES

#### Better Kid Care

<https://extension.psu.edu/programs/betterkidcare/early-care/tip-pages/all>

Developed for Early Learning Professionals, this site gives you lots of ideas, crafts and games to play with your little ones. It also has some great tips on supporting learning. Be sure to check out their tip page on temperament. <https://extension.psu.edu/programs/betterkidcare/early-care/tip-pages/all/temperament-2013-what-is-it>

#### Child Mind Institute

[www.childmind.org](http://www.childmind.org)

#### Dr. Vanessa LaPointe

<https://drvanessalapointe.com/>

Dr. Vanessa Lapointe is an author, parenting expert, and registered psychologist who has been supporting families and children for more than fifteen years. Author of *Discipline without Damage: How to get your kids to behave without messing them up*, a regularly invited media guest and contributor, educator and speaker, and a Huffington Post Parent blogger.

#### Find Support BC Timeline

<https://findsupportbc.com/timeline/>

#### National Center on Substance Abuse and Child Welfare <https://ncsacw.acf.gov/>

NCSACW is a national resource center providing information, expert consultation, workforce development resources, and technical expertise to child welfare, dependency court and substance use treatment professionals to improve the safety, permanency, well-being and recovery outcomes for children, parents, and families. This site has many videos and trainings around children and youth with trauma, etc. Please note that this site is American.

#### Parent Support Services Society of BC

<https://www.parentsupportbc.ca>

Protecting the safety and wellbeing of children and promote the health of all families by partnering with those in a parenting role and their communities to build support, advocacy, education, research, and resources.

#### Raising Children.net.au

<https://raisingchildren.net.au/>

The Australian Parenting Website

#### Robyn Gobbel

<https://robyngobbel.com/>

Her website is full of free resources, including podcasts, webinars (with free EBooks) and infographics.

#### Therapeutic Parenting Podcasts

<https://www.coect.co.uk/podcasts>

These podcast episodes are older but still applicable! Check out their TIPS magazine too at: <https://www.coect.co.uk/tips-magazines>

#### Zero to Three

<https://www.zerotothree.org/resources/for-families/>

Child Development Resources for Families – Nurturing potential with evidence based approaches. We believe parents are the real experts on the child's growth and development and there are no "one-size-fits-all" approaches to raising children. Children don't come with a manual, but fortunately, parents can turn to ZERO TO THREE child resources for up-to-date caregiving information and support. We are committed to bringing out the best in each baby and toddler and know that parents are key to the success of our mission.



## SENSORY PROCESSING SUPPORT

### BOOKS

#### **Raising A Sensory Smart Child**

*The Definitive Handbook for Helping Your Child with Sensory Processing Issues*

Lindsey Biel and Nancy Peske (2009)

#### **The Out of Sync Child**

*Recognizing and Coping with Sensory Processing Disorder*

Carol Stock Kranowitz (2005)

#### **The Sensory Processing Disorder Answer Book**

*Practical Answers to the Top 250 Questions Parents Ask*

Tara Delaney (2008)

### PDFS

#### **Sensory Processing Disorder**

*A fact cheat by CHEO (Ottawa Children's Hospital) explaining what sensory processing disorder is, common symptoms and tips and suggestions on how to navigate some of the challenges.*

<https://www.cheo.on.ca/en/resources-and-support/resources/P5575E.pdf>

#### **How Sensory Processing Issues Affect Kids in School**

*And what parents and teachers can do to help children in the classroom – an article by Child Mind Institute.*

<https://childmind.org/article/how-sensory-processing-issues-affect-kids-in-school/>

### WEBSITES

#### **Sensory Health**

[www.sensoryhealth.org](http://www.sensoryhealth.org)

#### **Sensory Smarts.com**

<https://www.sensorysmarts.com>

#### **Solutions for Kids in Pain**

<https://kidsinpain.ca/>



## TRAUMA RESOURCES

### BOOKS

- The A-Z of Therapeutic Parenting**  
*Strategies and Solutions* Sarah Naish (2018)
- The Connected Child**  
**Mama's Waves (Daddy's Waves)**  
*Millions of young children live in families with an adult who is struggling due to trauma (ACEs), mental illness (PTSD, depression, bipolar), or addiction. Mama's Waves and Daddy's Waves were written to support them and open doors to healing conversations. While the book was written specifically for children whose parents struggle with emotional waves, other children may be helped by Ellie's story to empathically understand the challenges that too many families are facing.* Karyn Purvis, D Cross, W Sunshine (2007)  
Chandra Ghosh Ippen (2019)
- The Quick Guide to Therapeutic Parenting**  
*A Visual Introduction* Sarah Naish and Sarah Dillon (2020)
- Teaching the Hurt Child**  
*Relationships Between Trauma, Attachment and Learning* Andrea Chatwin (2018)
- Transforming the Living Legacy of Trauma**  
*Dr. Janine Fisher has found that to transform traumatic experiences, survivors need to understand their symptoms and reactions as normal responses to abnormal events. They need ways to work with the symptoms that intrude on their daily activities, preventing a life beyond trauma. This book includes step by step strategies that can be used on their own or in collaboration with a therapist; simple diagrams that make sense of survivors' confusing feeling and physical reactions; worksheets to practice the skills that bring relief and ultimately healing.* Dr. Janina Fisher (2021)
- What Happened To You?**  
**Conversations on Trauma, Resilience, and Healing** Dr. Bruce Perry and Oprah Winfrey (2020)
- Wrapping Our Ways Around Them:**  
**Indigenous communities and Child Welfare Guidebook**  
*Wrapping Our Ways is intended to be a resource that empowers Indigenous Nation and community involvement in caring for Indigenous children. It provides advice to lawyers, judges, children, families, community members and social work teams.* The Law Foundation (second Edition)
- You Weren't With Me**  
*Little Rabbit and Big Rabbit are together after a difficult separation, but even though they missed each other, Little Rabbit is not ready to cuddle up and receive Big Rabbit's love. Little Rabbit needs Big Rabbit to understand what it felt like when they were apart. "Sometimes I am very mad. I don't understand why you weren't with me," says Little Rabbit, "I worry you will go away again." Big Rabbit listens carefully and helps Little Rabbit to feel understood and loved. This story was designed to help parents and children talk about difficult separations to help them reconnect and find their way back to each other.* Chandra Ghosh Ippen (2019)  
**Youtube video of the author reading the story can be found at:**  
<https://youtu.be/J9u7kbliwgU>
- Your Baby Brain is Loud Tonight**  
*'Your baby brain is loud tonight' is a story that children and parents can relate to when they are building a secure and trusting relationship. Bedtime is often a challenging time of day and this book was written to help parents and children understand why this happens.* Andrea Chatwin and Leanne Stem



## TRAUMA RESOURCES (CONTINUED)

### PDFs

#### 10 Things About Childhood Trauma Every Teacher Needs to Know

We Are Teachers Staff

<https://www.icsfp.info/outofcareproviders>

#### ACES and Toxic Stress: FAQ

Centre on the Developing Child at Harvard University

<https://developingchild.harvard.edu/resources/infographics/aces-and-toxic-stress-frequently-asked-questions/>

#### Complex Trauma: Facts for Caregivers

National Child Traumatic Stress Network

<https://www.nctsn.org/resources/complex-trauma-facts-caregivers>

#### Helping Traumatized Children:

Dr. Bruce Perry (2014)

*This booklet is one in a series developed by the Child Trauma Academy to assist parents, caregivers, teachers and various professionals working with maltreated and traumatized children.*

[https://www.childtrauma.org/\\_files/ugd/aa51c7\\_237459a7e16b4b7e9d2c4837c908eefe.pdf](https://www.childtrauma.org/_files/ugd/aa51c7_237459a7e16b4b7e9d2c4837c908eefe.pdf)

#### Iceberg Model

South Australia (Child Protection)

*A trauma-informed approach to understanding and responding to children and young people who have experienced harm and trauma. Practice Approach: Trauma lens for children and young people by Government of South Australia*

[https://www.childprotection.sa.gov.au/\\_\\_data/assets/pdf\\_file/0003/1048809/Iceberg-Model.pdf](https://www.childprotection.sa.gov.au/__data/assets/pdf_file/0003/1048809/Iceberg-Model.pdf)

#### Once I was Very Scared

Chandra Ghosh Ippen

Free PDF can be downloaded by going to:

Youtube video of the author reading the story can be found at:

<https://www.youtube.com/watch?v=DcAPbDpgoso>

#### Supporting Your Child's Recovery after Trauma

Trauma & Grief Network

<https://tgn.anu.edu.au/wp-content/uploads/2014/10/supporting-your-childaftertrauma.pdf>

#### What We Can Do About Toxic Stress

Centre on the Developing Child at Harvard University

<https://developingchild.harvard.edu/resources/infographics/what-we-can-do-about-toxic-stress/>

### WEBSITES

#### Centre of Excellence in Child Trauma

<https://www.coect.co.uk/>

*Sarah Naish and her team have a number of great resources on their website along with some great videos including "Understanding your Traumatised Child" which can be found at:*

<https://www.youtube.com/watch?v=o-IYkDlkgk>

Check out the Therapeutic Parenting Podcasts at: <https://www.coect.co.uk/podcasts/>

#### Child Trauma Academy

<http://childtrauma.org/>

*CTA is a not-for-profit organization based in Houston, Texas working to improve the lives of high-risk children through direct service, research and education.*

#### Dr. Bruce Perry

<https://www.bdperry.com/writings-resources>

*The Neurosequential Model - Dr. Perry has presented on various topics including the impact of violence on the developing child and the impact of early childhood experience on brain development.*

#### National Child Traumatic Stress Network

<https://www.nctsn.org/>

*The NCTSN works to help traumatized children and their families by raising public awareness of the scope and serious impact of child traumatic stress on the safety and healthy development of America's children and youth and to ensure that knowledge and skills are widely shared (American)*

#### Piplo Productions

<https://piploproductions.com/stories/>

*Their mission is to help children and families connect and recover after stressful or traumatic events by using story, clinical psychology, and cute characters. There are numerous books and resources for the books on this site.*



## YOUTH / ADOLESCENT RESOURCES

### BOOKS

- ADHD Workbook for Teens** Lara Honos-Webb, PH.D. (2010)  
*Activities to help you gain motivation and confidence, increase attention, calm impulses, improve relationships, get organized.*
- Focus and Thrive:** Laurie McNulty (2020)  
**Executive Functioning Strategies for Teens: Tools to Get Organized, Plan Ahead, and Achieve Your Goals**  
*Focus and Thrive is full of practical tools to help teens uncover strengths and develop executive functioning skills like staying focused, getting organized, making plans, and managing time.*
- The Grown-Up's Guide to Teenage** Josh Shipp (2017)  
*How to Decode Their Behavior, Develop Unshakable Trust, and Raise a Respectable Adult*
- Parenting Teens With Love & Logic** Dr. C Foster and J Fay (2020)  
*With Love and Logic parenting, you'll learn to give your teens opportunities to make their own decisions, while also allowing them to live with the natural consequences of their mistakes and showing empathy for the pain, disappointment and frustration they'll experience. The teen years are challenging, but you also have an incredible opportunity to guide your children toward and into productive, happy and responsible adulthood.*
- Smart but Scattered--and Stalled:** R. Guare, C. Guare & P. Dawson (2019)  
*10 Steps to Help Young Adults Use Their Executive Skills to Set Goals, Make a Plan, and Successfully Leave the Nest*
- The Teens Guide to World Domination** Josh Shipp (2010)  
*Advice on Life, Liberty and the Pursuit of Awesomeness (Book for teens with "Solid Advice for Improving your Life")*
- Your Body is Not an Apology Workbook** Sonya Renee Taylor (2021)  
*Tools for Living Radical Self-Love – This is the action guide that gives readers tools and structured frameworks that you can begin using immediately to deepen their radical self-love journey.*

### PDFs

- Cannabis Use and Youth:** Here to Help BC  
A Parent's Guide  
<https://www.icsfp.info/application/files/1516/8072/4317/cannabis-use-and-youth.pdf>
- Changing the Way We Support the Mental Health of Youth in and From Care** CMHA BC Div. (2019)  
[https://bc.cmha.ca/wp-content/uploads/2019/04/MentalHealthForYouthInCare\\_April2019.pdf](https://bc.cmha.ca/wp-content/uploads/2019/04/MentalHealthForYouthInCare_April2019.pdf)
- Supporting LGBTQ2S+ Youth in adoption and foster care** Belonging Network  
(Previously AFABC Adoptive Families Association of BC)  
[https://www.icsfp.info/application/files/8416/8072/4294/Supporting\\_LGBTQ2S\\_Youth.pdf](https://www.icsfp.info/application/files/8416/8072/4294/Supporting_LGBTQ2S_Youth.pdf)
- Working with Adolescents**  
*Practice Tips and Resources – A publication by National Center on Substance Abuse and Child Welfare*  
[https://learn.fpsss.com/wp-content/uploads/Working-with-Adolescents\\_Practice-Tips-and-Resource-Guide.pdf](https://learn.fpsss.com/wp-content/uploads/Working-with-Adolescents_Practice-Tips-and-Resource-Guide.pdf)



## YOUTH / ADOLESCENT RESOURCES (CONTINUED)

### WEBSITES

#### Aged Out.com

<https://agedout.com/>

AgedOut.com is for young adults who were in government care in BC. It's an up-to-date warehouse of information on resources and services available to young adults and a learning tool to help people feel empowered as they leave care.

#### BC Federation of Youth In Care Networks

<https://www.fbcyicn.ca/>

**Contact your Network Facilitator** to help connect you with your local network. Their programs are open to all youth in and from care in BC between the ages of 14 and 24 and their goal is to make sure that all young people are connected with opportunities to express their unique voice and reach their full potential. They have resources, financial bursaries and Fed Connects – which is a virtual space that offers youth in and from government care a place to come together, build skills, and access information. Fed Connects hosts a variety of events, programs, and resources like Fed Family Chat, skill-building workshops, consultations, cultural teachings, talent shows, and more using a variety of online platforms

#### East Kootenay Addiction Services

<https://ekass.com/resources/caregivers>

Resources for Caregivers: compiled with spouses, parents and family members in mind. This section provides information for those who are affected by someone else's substance use and are some excellent materials to refer to.

#### Foundry BC Virtual

<https://foundrybc.ca/virtual/>

Young people aged 12-24 and their caregivers can use the app to drop-in or schedule a virtual counselling appointment, find peer support, join a youth group or caregiver group or browse our library of tools and resources.

#### How Do I Parent my Teen

<https://mentalhealthliteracy.org/product/parenting-your-teen/>

This site also has numerous other free videos and PDF's (such as How Do I Teen my Parent)

#### Josh Shipp

<https://joshshipp.com/teen-behavior-help/>

This site has numerous articles and videos on communicating effectively with your teen (such as the 7 Things Every Kid Needs To Hear: Finding the Right Balance Of Kind and Firm; How to Handle a Kid who is Acting Out: When A Kid Acts Out... You Must Lean In; Teaching Your Kid How To Apologize)

#### Qmunity (LGBTQ/2S)

<https://www.qmunity.ca/>

Our mission is to improve queer, trans, and Two-Spirit lives through services, connection, and leadership. Check out their free “**Neurodivergent community perspectives: Skills and self-advocacy**”

<https://www.qmunity.ca/training-consulting>

#### Peak House

<https://peakhouse.ca/>

Peak House is a voluntary, ten-week, live-in, treatment program for youth, ages 13-18 years old, seeking freedom from problematic substance use. Our program is located in Vancouver, operated by Pacific Youth and Family Services Society, and funded by Vancouver Coastal Health Authority. We are licensed, accredited, and have been in operation for over 30 years.

#### Transitional Planning for Youth and Young Adults

<https://www2.gov.bc.ca/gov/content/family-social-supports/services-for-people-with-disabilities/transition-planning-for-youth-young-adults>

If you're a young person with a developmental disability, moving to adulthood can be a challenge. A Navigator can help you and your family with the transition.

#### YouthSpace.ca

<https://youthspace.ca/>

An emotional support & crisis chat line. They listen without judgment and keep chats confidential and anonymous. Anyone in Canada under 30 years is welcome to chat with us, a diverse community of trained volunteers. We are open 6pm-midnight PST, 365 days a year.