

SUPPORT *Report*

VIRTUAL

Out of Care / Kinship
Providers
Drop in

Tuesday April 7
1000 - 11:00 AM (PST)

Zoom ID: 858 3771 6954

AUDIO CAREGIVING CONNECTION

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

Felt Safety When Nothing Feels
Safe (Robyn Gobbel)

Zoom ID:
832 4280 1289

CHILDREN AND SCREENS WEBINAR

SMART PARENT'S GUIDE TO PARENTAL CONTROLS

Tues, March 31
10:00 am - 11:30am(PST)

How can families use these tools effectively without damaging trust or interfering with children's ability to build independence and digital skills? Can't join live? Register anyway & we'll send you the recording



Circle of Security- Parenting Program for out-of-care/kinship caregivers

At times all caregivers feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened.

LEARNING OBJECTIVES:

- Understand your child's emotional world by learning to read the emotional needs
- Support your child's ability to successfully manage emotions
- Enhance the development of your child's self esteem
- Honor your innate wisdom and desire for your child to be secure.

April 8 - May 27
Wednesday Evenings
7:00- 8:00 PM (PST)

For More information visits the [Caregiver Learning Network](#)

FAMILY SMART BC FREE ONLINE EVENT EMOTION REGULATION PART 2: DEEPENING OUR UNDERSTANDING

April 7 6:30 - 8:00 pm (PST),
April 21 12:00 - 1:30 pm (PST)
OR
April 29 6:30 - 8:00 pm (PST)

Our kids' big emotions don't always make sense. As parents, we might even feel like we're walking on egg shells because we're scared of another big emotional outburst. Watch this second video conversation with Nicole Allen, Registered Clinical Counsellor, to deepen your understanding about your kids' emotion regulation. Nicole helps us understand why some kids cope easier than others, how to determine what our child needs during those hard moments, and shares some strategies that can help.



The Child Psych Podcast

Understanding Sexting, Digital Pressure, and Online Exploitation, Episode #172

If your child has a smartphone, gaming console, or social media account, this is a masterclass you cannot afford to miss. In this powerful and eye-opening conversation, we sit down with Constable Scott Sterling and Constable Stephanie Bosch from the Internet Child Exploitation Unit to talk about what is really happening behind the screens. We discuss:

- The growing trend of youth sending and selling explicit images
- How offenders groom children through gaming and social media
- The psychological impact when images are shared
- The parenting strategies that actually reduce risk

This episode is not about fear. It is about awareness, prevention, and empowering parents with information before a crisis happens. We talk about what to say to your child tonight, what warning signs to watch for what to do immediately if your child is being threatened or sextorted and how to create a home where your child feels safe coming to you.

If you are parenting a tween or teen in today's digital world, this conversation is essential

Everyone Gets a Juice Box



Check out Everyone Gets a Juice Box, a brand-new podcast from Understood.org. It's a space where parents raising kids with learning and thinking differences can hear the kind of conversations that usually stay behind closed doors.

Hosted by parent and journalist Jessica Shaw, each episode brings together parents who are truly in the thick of it! Listen to parents talk openly about challenges, wins, and the questions no one prepares you for. It's honest and relatable — and it'll remind you that you're not the only one navigating this stuff.

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



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