

WEEKLY *Communiqué*

STFC Supporting Caregivers throughout BC's Interior



IN PERSON

KAMLOOPS

FOSTER PARENT DROP-IN

Wednesdays

9:00am - 10:00am

At the Loft

(2nd Floor of grey building)

VIRTUAL

WEST

KOOTENAY

FOSTER PARENT DROP-IN

Fridays

10:00am - 12noon

Zoom ID: 250 608 7674

Learn and Connect
Workshops for
New & Potential
Caregivers

Last Monday of the Month

9:00 am

Zoom ID: 878 8822 2406

Don't miss this chance to

CONNECT

with other caregivers

April 27 - Loss and Grief

AUDIO CAREGIVING CONNECTION

WEDNESDAYS

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

What to Say When your
Kids say I Hate You

Zoom ID: 832 4280 1289

BELONGING NETWORK

ANNUAL BURSARY PROGRAMS

"Exciting News - Applications are open for our three annual bursary programs!

These bursaries help young people pursue post-secondary education by funding tuition, living costs, and other related expenses.

WHO CAN APPLY?

The TELUS ORCA STUDENT BURSARY - powered by Belonging Network is for current and former youth from government care.

The JOY MACPHAIL YOUTH BURSARY - is for young people who joined their family by legal adoption or other forms of permanency.

The VANCOUVER FILM STUDIOS INDIGENOUS BURSARY - is for Indigenous people who plan to pursue any kind of formal or informal career-related education or training in BC.

Please note that applicants to the Joy MacPhail Bursary and the Vancouver Film Studios Indigenous Bursary are required to have an AgedOut.com account. Accounts are open to anyone including youth not from care and service providers. If you need support applying or have questions about any of the bursaries, please email bursaries@belongingnetwork.com"

UPCOMING CLN WORKSHOP

PARENTING A CHILD WITH A HISTORY OF SEXUAL TRAUMA

Wednesday, May 6

9:30am - 11:30 am

"Children who have experienced sexual trauma, require safe and nurturing environments that support their healing process. It's important to note that many children may not disclose experiences of sexual abuse for various reasons. In this workshop we will discuss possible concerns, risk factors and indicators of sexual trauma, how to create an emotionally safe environment, and strategies to prevent further abuse."



SLEEP HEALTH EQUITY STUDY



Be a voice in the future of Canadian sleep health research!

The Sleep Health Equity Engagement Project is looking for people who want to shape future sleep health research by sharing their ideas about important questions for future studies.

Dr. Elizabeth Keys (University of British Columbia Okanagan), Dr. Christine Ou (University of Victoria), and Dr. Marie-Hélène Pennestri (McGill University) are the principal investigators of this study.

Chance to Win A Prize:

- participants are entered into a draw for a chance to win **1 prize (20 prizes available)**
- choose between **\$25CAD gift card** or a **book on sleep**

Please complete the **15-20 minute survey** linked below if you wish to participate.

Eligibility:

- **14 years or older, and**
- **live in Canada, and**
- **be part of/work with people whose voices aren't often heard** in research, or
- **have interest in sleep health equity**



<- Scan **THIS QR code** or **click the link** to complete the survey online. [CLICK HERE](#)

If you'd like to complete the survey over the phone, please email us at sleep.engage@ubc.ca or call **250-807-8423**.



UPCOMING CLN WORKSHOP

OVERVIEW OF THE PUBLIC GUARDIAN & TRUSTEE OF BC

Tuesday, April 21
10:00 am - 11:30 am

FAMILY SMART BC

FREE ONLINE EVENT

SUPPORTING OUR KIDS WITH SUBSTANCE MISUSE WHILE CARING FOR OURSELVES

April 16 or 23
6:30 - 8:00 pm (PST)

As parents and caring adults, the way we talk about and understand substance use can deeply influence the young people in our lives. Supporting young people who are misusing substances while taking good care of ourselves can be difficult. Learn some evidence-informed approaches from Alex Lekei (MA, CCAC), addictions counsellor, and Kim Dunlap, a mom with lived experience, that can help us with communication, boundaries and relationship.

Connect with us... SUPPORT TO FAMILY CARE NETWORK PROGRAM

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



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.