

# WEEKLY *Communique*

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

## AUDIO CAREGIVING CONNECTION

### WEDNESDAYS

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

April 1 Topic

Felt Safety When Nothing  
Feels Safe (Robyn Gobbel)

Zoom ID: 832 4280 1289

## MARCH DATES

National SW Month

Mar 31 - International  
Transgender Day of Visibility

## APRIL DATES

April 2 - World Autism  
Day

April 7 - World Health Day

## REPRESENTATIVE FOR CHILDREN & YOUTH WE ARE NOT LOOKING AWAY: FAMILY SUPPORT & EARLY HELP

Tues, March 31 9:00 am - 12Noon (PST)

"The BC Representative for Children and Youth is hosting a Family Support and Early Years Convening, the second session in their We Are Not Looking Away series. This convening is intended to create space for shared learning and dialogue on how systems and services can respond to families more effectively before concerns escalate.

Families do not receive support through a single system at a time. Their lives are shaped by many intersecting factors, including poverty, housing, safety, racism, disability, access to health care, community connection, and whether help is available early enough. The discussion will focus on what family support and early help can look like in practice, where gaps remain, and on the collective responsibility required across sectors and communities.

This conversation is for people working across sectors that shape the well-being of children, youth and families, including family support, child welfare, health, mental health and substance use, housing, education, early years, Indigenous services, legal advocacy, anti-racism, disability, and community-based services."

## 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.

## BOOK CORNER

### **NOURISHED: CONNECTION, FOOD, & CARING FOR OUR KIDS (& EVERYONE ELSE WE LOVE)**

by **Debra MacNamara (2023)** "What does it mean to be nourished? Nothing could be more basic than food. However, food is only one part of the concept of nourishment, but it has consumed our focus and eclipsed something far more critical for thriving - connection. We have lost sight of the fact that feeding our families is about human relationship and emotional well-being.

In Nourished, developmental and relational clinical counsellor Dr. Deborah MacNamara shows us how feeding is part of the caretaking relationship and cannot be separated from it. Informed by attachment science, developmental psychology, neuroscience, and research on human emotion, Nourished reframes our approach to providing for our kids and helps us hit the reset button on our relationship with food. After reading this seminal work, it will be impossible to ever view food as just plain food again.

As parents we need our kids to be receptive to what we offer but the road to the stomach must go through the heart. As relational and emotional creatures, our deepest hunger is one that food by itself cannot fill. In this book, Dr. MacNamara gives us the keys to transform the everyday act of feeding our children (and other loved ones) into a most fulfilling and nourishing dance of attachment. Based on developmental and relational science, qualitative research with families, counselling parents, and her own experience as a mother, in Nourished, MacNamara combines storytelling with science and puts food in its rightful place.

## **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.

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

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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](http://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.