

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 for
Workshops 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)

Lying as a trauma driven
behaviour (Robyn Gobbel)

Zoom ID: 832 4280 1289

APRIL DATES

April 2 - World Autism Day

April 7 - World Health Day

YORK HILLS CENTRE FOR CHILDREN YOUTH AND FAMILIES TEEN TRIPLE P SEMINAR:

RAISING RESPONSIBLE TEENAGERS

The Triple P Teen Seminar series targets everyday concerns, such as how to encourage responsible and independent behaviour, improve family relationships, and manage concerns at school and/or with friends. Your youth is almost an adult, or at least that's how they feel, and this can make life at home a little strained. Maybe your 13-year-old son grunts instead of speaking to you. Or your 14-year-old daughter wants to go to parties with people you don't even know. It's not that you've got a "wild" kid, but you want to make sure that you plan ahead and continue to connect with them during this important time in their lives.

Seminar #1 - Raising Responsible Teenagers

Wednesday, Apr 15

2:30 pm to 4:30 pm CST

Find out what makes teenagers tick! You'll come away with new ideas to encourage your teenager to make good decisions, be respectful, considerate, reliable and involved in family life.

Seminar #2 - Raising Competent Teenagers

Wednesday, Apr 22

2:30 pm to 4:30 pm CST

Set your teenager up for life with the strategies in this seminar which focuses on helping your child get the most out of their school years. Find out how to help them communicate well, develop self-discipline and good routines, follow rules and solve problems.

Seminar #3 - Getting Teenagers Connected

Wednesday, Apr 29

2:30 pm to 4:30 pm CST

Help your teenager develop good, supportive friendships. You'll learn ways to build their confidence, encourage social skills, help them to plan and meet commitments and encourage them to take care of others.

****This is a 3-part seminar. Participation in all 3 dates is strongly recommended.****



SOCIAL THINKING™

SOCIAL SITUATION SHORTS **(DIGITAL)**

5 Key Social Thinking™ Vocabulary Concepts in Action

“**Social Situation Shorts** is a new digital teaching tool to engage elementary students (5-9+ years) in exploring 5 key Social Thinking Vocabulary concepts. Play, pause, discuss, and reflect on the Social Thinking Vocabulary concepts of Thoughts and Feelings, The Group Plan, Thinking with Your Eyes, Body in the Group, and Smart Guess through the child-friendly videos and companion thinksheets.

Your students or clients will get to be social observers in a variety of situations they may encounter beyond the screen, like classrooms, playgrounds, home, and in the community. In each short, viewers are introduced to a concept, then journey into different social scenarios to see that concept in action. Each video has built-in moments to pause the action and discuss or explore the concept. Visual supports (e.g. thought bubbles & emojis) appear throughout the scenarios to make abstract ideas more concrete.

Thinksheets for Social Situation Shorts are included to extend the learning of each video into other modalities (writing, drawing, observing, discussing, etc.).

ADDITUDE MAGAZINE **STRENGTHENING EXECUTIVE** **FUNCTIONING SKILLS & BUILDING** **INDEPENDENCE IN CHILDREN**

Wed, April 8 10:00am(PST)

Executive functioning skills – the brain-based internal skills that drive focus, planning, self-regulation, working memory, and follow-through – develop differently and often slowly in children with ADHD. This can result in disorganization, inconsistent effort, missing assignments, emotional outbursts, and heavy dependence on adult prompts and reminders. In this practical, strategy-packed webinar, you will learn:

- About the brain-based reasons behind executive function delays in ADHD and how this impacts academics and daily functioning
- To identify the internal executive function skills driving performance and how common problems (messy backpacks, “I forgot,” not starting work, rushing, etc.) connect to specific EF skill gaps
- How to increase engagement and participation and reduce reliance on prompts and accommodations
- How to strengthen working memory, self-regulation, planning, and follow-through in real time
- How to shift from accommodations alone to skills-based independence – without power struggles or shame

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



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.