

# 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)

*Followed by:*

### AUDIO BOOK CLUB

### ADHD IS AWESOME: A GUIDE TO (MOSTLY) THRIVING WITH ADHD

Wednesdays  
10am-12Noon (PST)

### WEST KOOTENAY FOSTER PARENT DROP-IN

Fridays  
11:00am - 12noon  
Zoom ID: 250 608 7674

## VIRTUAL

### FOSTER PARENT DROP-IN

Mondays  
9:00am - 11:00am(PST)  
Zoom ID: 878 8822 2406

### ADHD IS AWESOME: A GUIDE TO (MOSTLY) THRIVING WITH ADHD

Wednesdays  
10am-12Noon (PST) OR  
6:00pm - 8:00pm (PST)  
Zoom ID: 832 4280 1289



PROVINCIAL SUPPORT AGENCY  
CAREGIVER LEARNING NETWORK

## CHECK OUT THE ON DEMAND PAGE

### ROBYN GOBBEL WORKSHOPS

TIPS AND TOOLS FOR  
SUCCESSFUL CONFLICT  
RESOLUTION

### UNDERSTANDING ADHD

MENTAL HEALTH  
MEDICATIONS: AN  
OVERVIEW

## INSTITUTE OF CHILD PSYCHOLOGY GREAT 5 MINUTE VIDEO TO CHECK OUT:

### THE TRUTH ABOUT SLEEPOVERS: NO PARENT IS TALKING ABOUT

"Are sleepovers safe for kids? Are sleepovers really safe for kids? In this eye-opening conversation, registered child psychologist Tammy breaks down the hidden risks of sleepovers, including a shocking 70% increase in peer-to-peer abuse that many parents might not be aware of. While sleepovers are often seen as a rite of passage, it's important to ask the real questions – how well do you know the family hosting your child? Are there older kids in the house? What are the rules around screen time and devices? Could firearms be accessible?"

Tammy shares practical safety tips for both hosting and sending your child to sleepovers. She explains her family's rules about sleeping arrangements, managing digital devices, and ensuring home safety. She also suggests alternatives like "half sleepovers" or trial runs to help both children and parents feel more comfortable with the experience.

In this video, you'll learn about sleepover safety, how to prepare your child, and signs that your child may not be ready for an overnight stay."





## EGALE RESOURCES

### **Affirming Adults: A Guide to Supporting Gender Diverse Children and Youth**

"When a child comes out as trans or nonbinary, their family also goes through a transition process, and it can feel like a race to know everything as quickly as possible. But remember; transition is not always linear, and neither is the process of learning. As educator Dr. Andrew Campbell says, "You don't need to be in a hurry to know everything." Take your time, give yourself the grace to make mistakes and ask questions in the learning process, and remember that you're never alone. Being an affirming adult is a lifelong journey, and we're so glad you're here learning with us."

Be sure to check out their **other resources** too!

- **Ready to Respond: A Guide for Understanding and Responding to Anti-2SLGBTQI Misinformation, Disinformation and Malinformation**
- **Egale Explains: Transition**
- **Egale Explains: Puberty Blockers**
- **Egale Explains: FAQ About Gender Identity**
- **Egale Explains: The Canadian Government System and how it Intersects with 2SLGBTQI Communities**
- **Four Step Guides to Empowerment**

## **WHY AM I SO ANXIOUS?:**

### **POWERFUL TOOLS FOR RECOGNIZING ANXIETY AND RESTORING YOUR PEACE**

by **Dr. Tracy Marks** "A practical guide from respected therapist and popular YouTube star Dr. Tracey Marks that will help readers recognize the common signs and symptoms of anxiety and anxiety-related mood disorders, and then help them develop coping skills using self-guided solutions or help them decide on other treatment options."

Take control of your anxiety and take back your life!

Anxiety seems to be everywhere in today's world. But how do you know if you're experiencing anxiety, or something else? And what can you do to fix it? Renowned therapist and YouTube star Dr. Tracey Marks is known for her friendly, relatable style that helps followers of her YouTube channel recognize what's bothering them and then guides them to practical solutions that will help them manage their mental health issues. In *Why Am I So Anxious?*, Dr. Marks' will help you understand many of the most common sources of anxiety, help you identify what type of anxiety you may be experiencing, and give you helpful insight on how you can self-manage your anxiety before deciding if additional treatment options are the best choice. You don't need to let anxiety control your life!"

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

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**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/outofcareproviders](http://www.icsfp.info/outofcareproviders)**



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