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STFC – SUPPORTING FOSTER FAMILIES



**LET'S CONNECT...**

### **IN PERSON KAMLOOPS**

**Foster Parent Drop-In  
Wed: 9:00am – 11:00am (PST)**

Location: The Loft - 290 Maple Street  
(2nd Floor of the grey building)

### **EAST KOOTENAY**

Gerri is away on medical leave. Krista and Marna will continue to call caregivers this coming month. If you need support, please feel free to contact them.

Krista Sherwood cell: (250) 819-5819  
Marna Forsyth cell: (250) 609-2017

### **VIRTUAL The Call to Courage Brené Brown**

**Tues, Jan 10 6:30pm – 8:00pm (PST) *OR*  
Thurs, Jan 12 10:00am – 11:30am (PST)**  
**Zoom Meeting ID: 848 1940 5612**

With humor and empathy, Brené Brown discusses what it takes to choose courage over comfort in a culture defined by scarcity, fear and uncertainty. A 2019 Documentary (Maturity Rating: TV-14) Researcher Brené Brown has written five best-selling books, and her TED Talk is one of the most watched in the world.

To view her powerful 2 minute TedTalk visit:

<https://www.bing.com/videos/search?q=brene+brown+ted+talk&qpvt=+brene+brown+ted+talk&FORM=VDRE>

Our Support to Family Care Network team would like to wish you a  
**Happy New Year!**

# **WEEKLY Communiqué**

### **MARK THESE DATES**

#### **Alternate Safe Babies**

**Tues, Jan 24 *AND* Thurs, Jan 26**

**5:30pm – 8:30pm (PST)**

The Alternate Safe Babies Caregiver training is a 6-hour educational program for those providing daytime relief to Safe Babies homes. This training is open to those who are interested in caring for safe babies and toddlers and supporting Safe Babies homes. This training will allow caregivers to provide care for infants and toddlers during the day, but not overnight. Caregivers wishing to do relief care overnight must have the full 3-day Safe Babies course.

**Please register via the following link by 12pm Mon. Jan 23, 2023:**

<https://us06web.zoom.us/meeting/register/tZYkd2urD8uEtFf5rp1VTyxkDSjkyZomRM>

#### **Safe Babies Full Course**

**February 7 – March 7 (Tuesdays *AND* Thursdays)**

**6:00pm – 8:00pm (PST)**

The Safe Babies Foster Parent training is an educational program for those interested in becoming caregivers of children under the age of 3 who have been exposed prenatally to drugs and/or alcohol. Foster Parents, Caregivers, MCFD/Delegated Aboriginal Agency staff and community partners who work with Safe Babies homes are welcome. This training will be facilitated by the Support To Family Care Network Team and guest presenters for each module.

**Please register via the following link by no later than 12pm  
on Mon, Feb 6, 2023:**

<https://us06web.zoom.us/meeting/register/tZYkce6sqjssGNPzfyBLfVbilrzPDKqS3tA->

#### **Circle of Security Parenting**

If you are interested in taking this training in the new year, please contact your network facilitator or Marna at 250-609-2017 (phone/text) or email: [mforsyth@interiorcommunityservices.bc.ca](mailto:mforsyth@interiorcommunityservices.bc.ca)

# RECOGNIZING THE EARLY SIGNS OF A MOOD DISORDER

## Depression and Bipolar Support Alliance

“Reading a list of mental health symptoms is simple, but often, recognizing them as they appear in your own life can be a challenge. The frequent coexistence of multiple symptoms or indicators of mood disorders can make it even harder to develop self-awareness.

### M.J.’s Story

“I felt alone and afraid to connect with my peers; moreover, I felt like I wasn’t understanding some key element of emotional health.”

In this post by Depression and Bipolar Support Alliance, “3 members of DBSA’s Young Adult Council share their early experiences with bipolar disorder, depression, and anxiety, and explain how they found the right treatment.”

For those who prefer to listen (rather than read) there is a 33 minute podcast: **“Recognizing the early signs of a mood disorder.”** Young Adult Council members “discuss their early experiences with bipolar disorder, depression, and anxiety, and explain how they found the right treatment. Symptoms of a mood disorder can be hard to recognize and understand, especially when they happen simultaneously. YAC members recall where they were in life when the first signs appeared, how they found self-awareness and acceptance, how friends and family reacted, and the resources that helped them most. Each member provides unique perspectives, offering suggestions for dealing with the first signs of a mood disorder and revealing how loved ones can be supportive in the early stages.”

For more information visit: <https://www.dbsalliance.org/about/young-adult-council/recognizing-the-early-signs-of-a-mood-disorder/>

### Olivia’s Story

“Even at such a young age, I felt that openly expressing my symptoms and thoughts to my parents would be a burden.”

### Lauren’s Story

“Although I felt invigorated and impassioned while I was hypomanic, I learned that often what came with the highs were the extreme lows.”

# TEN FUNDAMENTAL FACTS ABOUT SPD

## SPD FOUNDATION ARTICLE

by Ronda Nurbo “When extended family, teachers, neighbors, other parents, and service providers ask you what Sensory Processing Disorder is, the following are research-supported statements you can make.

- ⇒ Sensory Processing Disorder is a complex disorder of the brain that affects developing children and adults.
- ⇒ Parent surveys, clinical assessments, and laboratory protocols exist to identify children with SPD.
- ⇒ At least one in twenty people in the general population may be affected by SPD.
- ⇒ In children who are gifted and those with ADHD, Autism, and fragile X syndrome, the prevalence of SPD is much higher than in the general population.
- ⇒ Studies have found a significant difference between the physiology of children with SPD and children who are typically developing.
- ⇒ Studies have found a significant difference between the physiology of children with SPD and children with ADHD.
- ⇒ Sensory Processing Disorder has unique sensory symptoms that are not explained by other known disorders.
- ⇒ Heredity may be one cause of the disorder.
- ⇒ Laboratory studies suggest that the sympathetic and parasympathetic nervous systems are not functioning typically in children with SPD.
- ⇒ Preliminary research data support decades of anecdotal evidence that occupational therapy is an effective intervention for treating the symptoms of SPD.

To read more articles and watch their YouTube videos, visit:

<https://www.spdfoundation.net/>

BROUGHT TO YOU BY:

# SUPPORT TO FAMILY CARE NETWORK PROGRAM

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## WELCOME TO FED CONNECTS!

Fed Connects is a virtual space where the Fed Family can come together, share their experiences, stay well and learn new things!

WORKSHOPS • LIVE EVENTS • DISCUSSIONS • INFO SHARING  
AND LOTS MORE!

BY COMING TOGETHER, WE'RE NOT ALONE

Have a youth in care? Be sure to check out our website or Facebook page!

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



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.