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STFC – SUPPORTING FOSTER FAMILIES

WEEKLY *Communiqué*

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. Marna will continue to call caregivers this coming month. If you need support, please feel free to contact any of our team.

Marna Forsyth	cell: (250) 609-2017
Renata Bonthoux	cell: (250) 319-6557
Kari Beppe	cell: (250) 819-1919

VIRTUAL

The Call to Courage Brené Brown

**Tues, Jan 10 6:30pm – 8:00pm (PST) OR
Thurs, Jan 12 10:00am – 11:30am (PST)**

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&qpvst=+brene+brown+ted+talk&FORM=VDRE>

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/joining/register/tZYkd-2urD8uEtFf5rp1VTyxkDSjklyZomRM>

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/joining/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

SMA - SELECTIVE MUTISM ASSOCIATION: FIND THEIR VOICES

Parents Helping Kids with SM: What's Too Much? What's Not Enough?

"For loving caregivers, it is challenging to see your child in distress. It can be difficult to grapple with the fact that 'rescuing' a child from moments of distress can actually do more harm than good. When we make it too easy for an anxious child with selective mutism not to talk, we inadvertently reinforce their habit of avoidance. It teaches them, 'Yes, this is too scary, and it should be avoided.' Overly supportive parent behaviors are often referred to as 'accommodation' and can look like answering a question for your child or ordering for your child at a restaurant. At the same time, there will be many situations where your child with SM is not ready to engage verbally and you do need to step in. Join Leeann Fogelson, PhD, from Kurtz Psychology Consulting PC, as she helps you think through important questions: What should I do or say in the moments of my child's distress? What does the research tell us? What is the difference between accommodation and providing effective supports? When is it appropriate for me to speak for my child?"

To watch this YouTube video, visit:

<https://www.youtube.com/watch?v=bbcDTnf9Rk8>

Medications as Part of an SM Treatment Plan: Who? What? When? Why? How? How Long?

"Dr. Steven Kurtz presented this free webinar for the Selective Mutism Association to help families start a conversation with their treating providers about adding medicine to the treatment plan. He goes into great detail about who you would do this for, when, under what circumstances and if you did, what the process is like. The goal is to help kids rid themselves of the burden that SM presents when it holds them back from being who they really are.

Dr. Kurtz developed novel approaches to treating SM that are now used by many groups and individuals around the world. This model has been tested and evaluated by independent research groups at the Florida International University and Children's Hospital of British Columbia."

To watch this video, visit:

https://www.youtube.com/watch?v=Fy7vVs_EeOg&t=21s

THE FED DREAM FUND

Deadline: February 03, 2023

"Dream Fund supports young people in and from care to pursue their careers and achieve their goals through education and skill building. The Dream Fund includes two different bursaries that are distributed three times a year: in October, February and July."

Education Achievement Bursary

"Want to go back to school but wondering if you can afford tuition on top of everything else? The Education Achievement Bursary can provide you with up to \$1500 for tuition at a post-secondary school. Young people can use this bursary for all accredited schools, not just the usual designated post-secondary schools. The Fed distributes \$5000 among successful Education Achievement applicants per round of Dream Fund (three rounds a year).

Reach for Success Bursary

"Are you working towards a goal but there's an expense getting in your way? The Reach for Success Bursary can provide you with up to \$500 to overcome barriers you might face in achieving your goals. Reach for Success Bursary winners have used the money to pay for photography lessons, driving lessons, yoga memberships, sports team fees, Canadian citizenship applications, BCIDs, certifications like FoodSafe and Serving it Right, and even dental work. If you need money for anything you don't see listed here, get in touch with us and we'll do what we can to help! The Fed distributes \$1500 among successful Reach for Success applicants per round of Dream Fund (three rounds a year)."

To read find out more or to apply, visit:

<https://fbcyicn.ca/what-we-offer/programs/dream-fund>

BROUGHT TO YOU BY:

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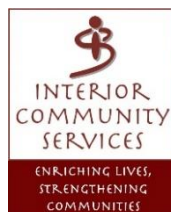
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WELCOME TO FED CONNECTS!

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



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.

"Being able to feel safe with other people is probably the single most important aspect of mental health; safe connections are fundamental to meaningful and satisfying lives." *Bessel van der Kolk*