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A bimonthly brief of current support and training

THE *Support* Report

Let's Connect >>>

VIRTUAL

Out of Care Drop-In

1st Monday of the month:
1:00pm – 2:00pm (PST)

ZOOM ID: 858 3771 6954

Feb 6

3rd Wednesday of the month:
7:00pm – 8:00pm (PST)

ZOOM ID: 873 8896 8659

Feb 15

COMING SOON... FOR LOVE

Wed Jan 25 6:30pm (PST) or
Wed Feb 15 11:00am (PST)

FOR LOVE is a film of resilience and resurgence. Colonization has led to many adverse impacts on the Indigenous population of Canada - most significantly on familial and societal structures.. Due to colonial regimes, Indigenous children are vastly overrepresented in the child welfare system. In 2018, the Minister of Indigenous Affairs deemed the issue "a humanitarian crisis."

THE WHITE HATTER

Wed Feb 22 6:30pm - 8:00pm (PST)

Online Porn, Radicalization,
Shaming & Disinformation

KERI ISHAM

(Power Up Education)

Sexual Health Education

For Children/Youth with Support Needs K - 7

TRAININGS

Tailored to Out of Care / Kinship Caregivers!

Circle of Security® Parenting™

"At times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security® Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened.

Using the COSP™ model developed by the Circle of Security originators, our trained Facilitator works with parents and caregivers to help them to:

- ↳ Understand their child's emotional world by learning to read emotional needs
- ↳ Support their child's ability to successfully manage emotions
- ↳ Enhance the development of their child's self esteem
- ↳ Honor the innate wisdom and desire for their child to be secure."

Out of Care Foundational Training

Specifically created for kinship / out of care caregivers, this 2-session training covers:

- ↳ Working with MCFD (including policy, expectations and obligations)
- ↳ Raising Bio Family
- ↳ Child Development, Attachment, Grief & Trauma
- ↳ Styles Of Parenting including Trauma Informed Care

This 4 hour training includes handouts, videos and time for conversation, coaching and connection.

Supporting the Children in Your Home

Many children and youth who have been in care, are adopted or have trauma are often neurodivergent. This means that they are outside of the mainstream in the way their brains work. This often makes it difficult for caregivers to understand our kiddos and the way they respond. It can create tension in the day to day caregiving, and in advocating for supports in schools. How do we get this right? Where can we turn for answers? What resources are out there? We delve into these questions and though we may not find the ultimate answer, we get some solutions during the exploration.

Interested in any of the above trainings?

Contact your Network Facilitator or

Marna Forsyth (250) 609-2017 (phone / text)

email: mforsyth@interiorcommunityservices.bc.ca

Check Out Some of Our Resources

Out of Care Resource Booklet

Part of the Out of Care Foundational Training, this resource handbook has resources for many topics and includes books, PDFs, online and video resources. Some of these themes include:

- Attachment
- FASD
- Financial / Legal
- Grief / Loss
- Mental Health
- Sensory
- Trauma (and more!)

Request the Resource Booklet from Your Network Facilitator

Your Network Facilitator can connect you with community supports and professionals too!

Out of Care Website Page

Created specifically for Out of Care / Kinship homes, this page has lots of resources. Additionally, it will post "The Support Report" (the Out of Care Newsletter) and any upcoming trainings. www.icsfp.info/outofcareproviders

Support to Family Care Network Website

Be sure to check out the different pages which include:

- About (information on the Support to Family Care Network Program)
- Community News and Events (including a calendar)
- Resources (yes, more resources!)
- Youth in Care Network

www.icsfp.info

**Need support?
Need resources you
can't find here? >>>**
*Don't worry,
connect with your
Network Facilitator*

"FBCYICN is a youth-driven, provincial, non-profit organization dedicated to improving the lives of young people in and from government care in BC, between the ages of 14 and 24. We provide programs and services that help young people come together, get individual support, link with learning opportunities, and unite their voice to create positive change in the system. FBCYICN was created in 1993 by young people in care."

Federation of BC Youth In Care Network

Connect with the team >>>

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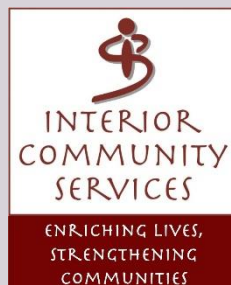
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**Need resources or information?
Check out our website!**

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



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*