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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)

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

#### EAST KOOTENAY

##### Foster Parent Drop-In

Feb 15

10:00am (MST)

at 1824 Hunter Rd. Cranbrook

Drop-in meetings are starting!! Mark your calendar for the 1st and 3rd Wednesdays of the month.

### VIRTUAL

#### WEST KOOTENAY

##### Foster Parent Drop-In

Fridays 11:00am - 12noon (PST)

Zoom ID :250 608 7674

### Safe Babies Full Course

Feb 7 – March 9

(Tues **AND** Thurs)

6:00pm – 8:00pm (PST)

Please register via the following link  
by Mon, Feb 6, 2023:

[https://us06web.zoom.us/join/register/tZYkce6s\\_qjssGNPzfYBLfVbIlrZPDKqS3tA-](https://us06web.zoom.us/join/register/tZYkce6s_qjssGNPzfYBLfVbIlrZPDKqS3tA-)

Screening of

### FOR LOVE

Wed Feb 15 11:00am (PST) (Virtual or In-Person in Kamloops)

Virtual Zoom ID:874 5484 1271

“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.’”

“Awakening a revived respect for the matriarchal system, we learn about the need to preserve traditional practices, land-based activities and grass roots initiatives in order to keep having a positive impact on children and families - not only reducing the number of apprehensions, but also renewing Indigenous pride.”

### WHITE HATTER

Online Porn, Radicalization, Shaming & Disinformation

Wed Feb 22 7:00pm - 8:00pm (PST)

(Replay sessions will be available for those unable to attend – info coming soon!)

“We love social media and how youth are using it in so many positive ways. However, we would be negligent if we did not acknowledge the fact that there is also concerning content that both families and youth need to know about from an emotional, psychological, physical, social, and cognitive standpoint. In this program, we will talk about four categories of major concerns that both parents and youth should be alive to, and how families can talk about these concerns in an enlightening and nonfrightening way. Knowledge and the understanding and application of that knowledge is power for both parents and youth, to help all make the online experience safer!”

Please register in advance via the link below by noon Tues, Feb 22:

[https://us06web.zoom.us/join/register/tZYucuyhgzopEtzcSAnvLM80s03Cc30x\\_iMi](https://us06web.zoom.us/join/register/tZYucuyhgzopEtzcSAnvLM80s03Cc30x_iMi)

(Once registered you will be sent a confirmation e-mail with a link to join.)

For more information, please contact Marna Forsyth Cell: (250) 609-2017 or  
email: [mforsyth@interiorcommunityservices.bc.ca](mailto:mforsyth@interiorcommunityservices.bc.ca)

### KERI ISHAM (Power Up Education)

Sexual Health Education For Children/Youth with Support Needs K-7

SAVE THE DATE: Thurs April 6 9:30am – 11:30am (PST)

# FAMILYSMART VIDEOS

Watch their free Youtube videos on your own or with a group. Each month they focus on a video. For the month of February, they are focusing on:

**"For Families: A Conversation About Eating Disorders"** Families do not cause eating disorders but they can be one of the most effective influences in their child's recovery. Listen to a young person, a parent and an Eating Disorders Therapist share their perspective and knowledge as they talk about the continuum of disordered eating, what to be aware of, the importance of connection, and strategies that help support recovery. Come together with other families to watch this video presentation and stay for a facilitated discussion by a FamilySmart Parent Peer Support Worker."

**For more information and to register visit:**

<https://familysmart.ca/monthly-events/>

*"We committed ourselves over 20 years ago to child and youth mental health and our commitment has only grown over time. Exceptional care and caring is what children, youth and families deserve and it's what we stay committed to."*

*"We help children and young people by helping their family and other caring adults."*

*"We know children and young people do better when the adults who care about them are supported."*

Check out these Youtube videos too:

**Self-Harm There is Always Help, There is Always Hope**

<https://www.youtube.com/watch?v=ghUNeFgfNt0>

**A Conversation for Families About Digital Wellbeing and Mental Health**

<https://www.youtube.com/watch?v=oeVSgvi7BKg>



Ministry of  
Children and Family  
Development

British Columbia  
Provincial Director of Child Welfare  
Youth Advisory Council

## THE BC PROVINCIAL DIRECTOR OF CHILD WELFARE'S

# YOUTH ADVISORY COUNCIL

## LOOKING FOR NEW APPLICANTS

YAC is recruiting new members!

We are looking for current or former youth in care  
ages 17-29.

Please encourage youth you know to join us this year!

The deadline to apply is March 6, 2023.

SCAN THE QR CODE FOR  
MORE INFORMATION!



"The Council is made up of members from across the province between the ages of 17 to 29. Members are either former or current youth in care. YAC members are non-government employees who provide recommendations about services and policies that affect children, youth, and families in B.C. Members consult with the Ministry of Children and Family Development, other government ministries, and other organizations. YAC members sign a 1-year term and have the option to continue with the council for three years."

**For more information visit:** <https://www2.gov.bc.ca/gov/content/family-social-supports/youth-and-family-services/youth-advisory-council>

**BROUGHT TO YOU BY:**

# SUPPORT TO FAMILY CARE NETWORK PROGRAM

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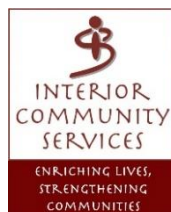
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## WELCOME TO FED CONNECTS!

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](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.

"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