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& TRAININGS.....1



POPFASD
MENTAL HEALTH
SERIES2



SPEAKING TO
CHILDREN ABOUT
THEIR HISTORY &
SENSITIVE INFO.....2

STFC – SUPPORTING FOSTER FAMILIES

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

EK Drop-ins are 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

CTRI (Crisis Trauma Resource Institute) FREE ONE-HOUR WEBINAR

Family Violence: Awareness & Support

"This webinar introduces the diverse forms of violence within family relationships, including psychological, emotional, physical, and sexual abuse. Viewers will develop a better understanding of the impact of violence on individuals, relationships, and communities." To watch the webinar, visit:

<https://ctrinstitute.com/free-webinar/#video>

WEEKLY *Communiqué*

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 - 8:45pm (PST)

Can't attend? No worries!

Register & you will receive a link to the replay video to view Feb 27 – March 5

"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

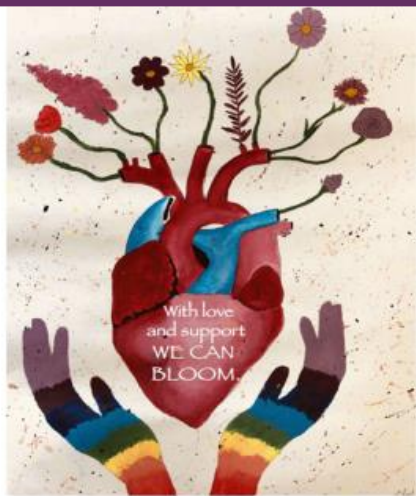
For more info, please contact Marna Forsyth Cell: (250) 609-2017 or

email: 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)



Created by a SD43 student with FASD

MENTAL HEALTH SERIES 2023

Mental Health Series

In collaboration with POPFASD, our community partners at Kinsight and Registered Clinical Counsellor and parent of a child with FASD, Natascha Lawrence, we are excited to offer a monthly series of educational opportunities to support children/youth who have FASD. Join us to discuss strategies to support these students in and out of the classroom.

Please register at: <https://www.fasdoutreach.ca/>

Mental Health Series 5 Live Webinar Sessions

Friday, Feb 17, 2023
9-11am

Regulation: Strategies to support school success

Monday, March 6, 2023
3:15pm to 4:45pm
Anxiety: Reducing stress and promoting educational confidence

Monday, April 24, 2023
3:15pm to 4:45pm
Depression: Promoting connection and identity formation

Monday, May 8, 2023
3:15pm to 4:45pm
Self Injurious Behaviour: School Based Interventions

Monday, June 5, 2023
3:15pm to 4:45pm
Addiction: Digital Addiction and Substance Abuse Prevention and Resources

Certificate of Completion for SD43 participants
Note: **must attend all Monday live sessions for certificate.

First session will be offered by recording to view.

THE ADOPTION CENTRE OF BC PRESENTS A FREE ONLINE WORKSHOP: SPEAKING TO CHILDREN ABOUT THEIR HISTORY AND SENSITIVE INFORMATION

Thursday, February 23, 2023
9:00am-12noon (PST)

Presenter: Nancy Kilbrei (SNAPP Team Lead)

Children who have experienced early trauma, caregiver or attachment losses and other disenfranchised losses such as multiple moves often encounter difficulty understanding and processing what has happened to them. It is important for caregivers (adoptive/transfer of guardianship/out-of-care/foster parents) and professionals to support these children by learning how to give clear, truthful and compassionate messages around difficult histories and other sensitive issues children may be dealing with. Children need ongoing support as they grow in these understandings. How we support children with this can positively affect their ability to move forward.

This workshop is for: Adoptive / Permanency / Foster Parents, Waiting Adoptive Parents, Out-of-Care Caregivers and Professionals who work with these families.

For more information and to register visit:
<https://forms.gle/X8RBQbshG8nEfbM98>

BROUGHT TO YOU BY:

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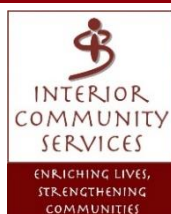
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WELCOME TO FED CONNECTS!

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