



ZOOM MEETINGS
& TRAININGS.....1



SUPPORT
STRUGGLING
CHILDREN2



CIRCLE OF SECURITY
PARENTING™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

Wed March 1: 10:00am (MST)

at 1824 Hunter Rd. Cranbrook

Drop-ins are the 1st & 3rd Wednesdays of the month.

VIRTUAL

WEST KOOTENAY

Foster Parent Drop-In

Fridays 11:00am - 12noon (PST)

Zoom ID :250 608 7674

WHITE HATTER: Replay Sessions

Online Porn, Radicalization, Shame and Disinformation

Did you miss the White Hatter on Feb 22?
Not to worry, you can still catch the replay!

Monday, Feb 27 6:30 – 8:30 pm (PST) or
Thursday, March 2 9:30am – 11:30am (PST)

Zoom ID: 831 9991 0452

WEEKLY *Communiqué*

KERI ISHAM (Power Up Education)

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

Thursday, April 6, 2023

9:30am - 11:30 am (PST)

1. What is sexuality?
2. Why teach sexual health education early?
3. Why teach sexual health education to children with special needs?
4. Why children with special needs are at greater risk of sexual abuse.
5. Other risk factors.
6. What children need to know and when.

For more info on the above training, please contact Marna Forsyth
Cell: (250) 609-2017 or email: mforsyth@interiorcommunityservices.bc.ca

Check out some of Keri Isham's free resources:

A Tool for Tough Conversations: Pornography vs. Real Life

"It is not a question of if your child(ren) will view pornography, it is a question of when. Understanding that they will at some time have access means that we want to be ready and open to a difficult conversation, as the biggest problem with our kids seeing pornography is not that it's about sex, but that it's about unrealistic sex. And of course, they would not have that information... yet. That's where the Tool For Tough Conversations come in to play. I want to arm you with some of the myths and misconceptions that are shared and essentially 'taught' through pornography. We can combat those misconceptions with education about Real Life Sex. And believe me, they will be interested!"

Start with (her) video Pornography vs. Real Life, and then download the worksheet 'A Tool for Tough Conversations'. This fill-in-the-blank is a great conversation starter! There are many differences between pornography and real life, and your kids need that clarity to keep them safe. I know these conversations can feel quite taboo. I encourage you to use these real facts as a basis for education and building trust."

To check out this tool and more, visit:

<https://www.powerupeducation.com/free-resources>

CHILD MIND INSTITUTE

Learn Ways to Support Struggling Children

Child Mind Institute has a number of videos on various topics that range from Depression and Anxiety to Social Media.

For more info and to watch the videos visit: <https://childmind.org/video-resources/>

Check out these videos:

- 👉 **Tips for beating Test Anxiety**
- 👉 **Social Media and Self Esteem**
- 👉 **How to Support a Depressed Teen**
- 👉 **Is My Child's Anger Normal**
- 👉 **How to Change Negative Thinking Patterns**
- 👉 **How to Help Get Your Child Motivated in School**

"All weekly video resources are produced in partnership with our expert clinicians and cover a broad range of topics from behavior and anxiety to screen time and parenting challenges."

Subscribe to our YouTube channel to be the first to know when we release our next video."

Check Out Their Articles with Topics Such As:

Hoarding in Children Lots of kids have messy rooms, but children as young as 6 or 7 can actually be hoarders. They accumulate things most people consider worthless, from random "treasures" they pick up on the street to last night's pizza box. And some of them feel so emotionally attached to these things that they have meltdowns if they are thrown away — or even touched.

Hoarding is a disorder that is related to OCD, and this week we round up resources on hoarding and other OCD-related disorders. They include excoriation (skin-picking), trichotillomania (hair-pulling), and body dysmorphic disorder (feeling that something is terribly wrong with your body). These disorders all involve either obsessive thoughts or compulsive, repetitive behaviors. And they all respond well to treatment with a form of cognitive behavior therapy called exposure therapy.

To read the full article visit: <https://childmind.org/article/hoarding-in-children>

Be sure to check out their many other resources and information on topics such as Bathroom and Bedwetting Issues, Friends and Socializing, Executive Functions and Tics and Tourettes.

To check out their resource page, visit: <https://childmind.org/topics-a-z/>

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.

Designed for Caregivers

The Circle of Security-Parenting™ Program is used around the world with caregivers and we get a lot of inquiries about applying the model with other important relationships. In fact, the program works equally well for increasing awareness of attachment with grandparents, extended family members, **foster parents**, nannies, and other early care professionals.

Learning Objectives of the Program:

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

For more info or to register, please contact Marna Forsyth

Cell: (250) 609-2017 or email:

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BROUGHT TO YOU BY:

SUPPORT TO FAMILY CARE NETWORK PROGRAM

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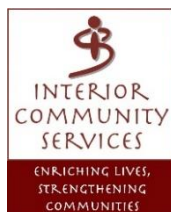
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WELCOME TO FED CONNECTS!

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



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