

Trainings	pg 1
Learning to Support Children	pg 2
Hurt Children, Hurting Parents	pg 2



A bimonthly brief of current support and training

THE Support Report

Let's Connect >>>

VIRTUAL

Caregiver Drop-Ins

Monday, March 6

1:00pm – 2:00pm (PST)

ZOOM ID: 858 3771 6954

(1st Monday of the Month)

Wednesday, March 15

7:00pm – 8:00pm (PST)

ZOOM ID: 873 8896 8659

(3rd Wednesday of the Month)

“IN PERSON”

East Kootenay

Caregiver Drop-In

Wed, Mar 1 10:00am (MST)

at 1824 Hunter Rd. Cranbrook

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

TRAININGS

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

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 or to register, please contact Marna Forsyth

Cell: (250) 609-2017 or email: mforsyth@interiorcommunityservices.bc.ca

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.

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: mforsyth@interiorcommunityservices.bc.ca

Out of Care Website Page

Created specifically for Out of Care / Kinship homes

➤ www.icsfp.info/outofcareproviders

Support to Family
Care Network
Website

www.icsfp.info

Need support? ➡ Connect with your
Need resources? ➡ Network Facilitator

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/>

THE ADOPTION CENTRE OF BC, MCFD OKANAGAN REGION AND SNAPP PRESENT A FREE ONLINE WORKSHOP: HURT CHILDREN, HURTING PARENTS

Wednesday March 8
9:30am-12:30 noon PST

Special Guest Speaker: Andrea

Chatwin (MA, CCC): Founder and Clinical Director of A Child's Song <https://achildssong.ca/>

Parenting a child who has experienced early trauma can be confusing, and often, very challenging. Parents may find themselves feeling manipulated, rejected, or victimized by their child's behavior and question their ability to respond effectively. When parents are triggered by their child's behavior, they often find themselves responding in ways that are uncharacteristic — leaving everyone confused and emotionally charged. Parents will learn new responses that create safety for themselves and their children. They will also build their understanding of effective therapeutic interventions. Parents will take away hope that healing is possible — no matter the circumstances. This workshop is for: Adoptive / Permanency / Foster Parents, Waiting Adoptive / Permanency Parents and Professionals who work with these families.

For more information and to register:
<https://forms.gle/CyfmEz7UT1CdeER9>

Connect with the team >>>

SUPPORT TO FAMILY CARE NETWORK PROGRAM

Program Coordinator: Kari Bepple

kbepple@interiorcommunityservices.bc.ca

Cell: (250) 819-1919

Office: (236) 421-0031

Toll Free: 1-877-376-3660

Network Facilitators:

Renata Bonthoux (250) 319-6557

rbonthoux@interiorcommunityservices.bc.ca

Krista Sherwood (250) 819-5819

ksherwood@interiorcommunityservices.bc.ca

Marna Forsyth (250) 609-2017

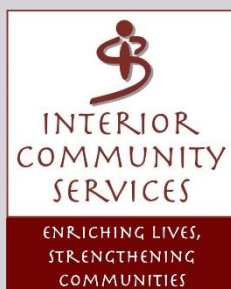
mforsyth@interiorcommunityservices.bc.ca

Gerri Burleigh (250) 426-6013

gburleigh@interiorcommunityservices.bc.ca

Jane Wesko (250) 608-7674

jwesko@arcprograms.com



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*