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STFC – SUPPORTING FOSTER FAMILIES

LET'S CONNECT...



# WEEKLY *Communiqué*

## IN PERSON KAMLOOPS

### Foster Parent Drop-In

Wed: 9:00am – 11:00am (PST)

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

## IN PERSON EAST KOOTENAY

### Foster Parent Drop-In

Wed Apr 12: 10:00am (MST)

at 1824 Hunter Rd. Cranbrook  
EK Drop-ins: 1<sup>st</sup> & 3<sup>rd</sup> Wednesdays

NO Drop-in  
on April 5

## VIRTUAL WEST KOOTENAY

### Foster Parent Drop-In

Fridays

11:00am - 12noon (PST)

Zoom ID: 250 608 7674

**KERRI 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.

### Can't make the date? No worries!!

Register and you will receive the limited time presentation replay link after the training. Please register in advance via the following link by no later than Tuesday, April 4:

<https://us06web.zoom.us/join/register/tZYpduusrj4qE9wOOuLYTdy5xgT7WNMCZBUw>

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

## Nominate a Child / Youth

(in or from government care ages 6 – 24)

The Recognition Awards recognize the amazing achievements of children and youth in and from care from across the province

**Who can be nominated?** Children and youth in or from government care ages 6 to 24 years old can be nominated for a Recognition Award.

**When is the nomination deadline?** Nominations are open from Jan 23 – Apr 28, 2023  
**Who can nominate a young person?** MCFD staff, Delegated Aboriginal Agency staff, community partners and groups, foster parents, peers and individuals.

**Awards Nomination Process** All children and youth who are nominated will receive a Recognition Award. We have a recognition process that is strengths-based and honours the achievements of individuals, whatever that looks like for that young person.

In 2022, we recognized nearly 400 amazing young people!

For more info, visit: <https://www.bcchildandtheyouthincareweek.com/awards.html>

**25!** Social  
YRS! Thinking

## Free 35-minute Webinar

### How to Ask for Help:

#### Why It's Hard & How We Can Help

- ✓ Why individuals resist help or refuse to ask for it
- ✓ A multi-step process for how to ask for help
- ✓ Benefits gained by all participating in this unique and rewarding relationship
- ✓ **All participants receive** downloadable resources, Certificate of Completion & **unlimited access to recorded replay**

To register and to find out more visit: <https://www.socialthinking.com/online-training/on-demand/webinar-how-to-ask-for-help>

A Free  
Webinar by  
Social  
Thinking®

# HANDS, NOT HURDLES: HELPING CHILDREN WITH FASD AND THEIR FAMILIES

## KEY MESSAGES FOR COMMUNITY SERVICE PROVIDERS

(Publication by the BC Representative for Children and Youth September 2022)

1. **FASD is misunderstood, leading to blame, shame, discrimination and racism.**
2. **All children and youth, including those with FASD, have the right to thrive.**
3. **Children and youth with FASD are excluded in every aspect of their lives.**
4. **Families of children and youth with FASD are isolated and desperate for support.**

Families whose children have FASD receive limited supports compared to those whose children have other support needs. They are often excluded and alone in their journeys supporting their children. Some feel as though they are being punished because of the blame that is placed on parents of children with FASD. Many families do not have access to FASD services in their communities such as the FASD Key Worker Support Program; and the majority of families do not have access to respite at all – which is unique to families of children with FASD, as other neurodiverse diagnoses qualify parents for greater respite funds.

Parents are left alone to take on the role of caregiver, system navigator, administrative assistant, respite worker, classroom support worker and more, leaving them stretched thin and in many cases having to leave their employment to fulfill these roles. Without funding, support and compassion, families struggle to meet the social, emotional, mental, cultural and physical needs of their children, not to mention their own needs.

**Fear and judgement:** Parents of children with FASD express fears about having their children taken away from them if they tell someone they need help, further reducing their access to supports and leaving them to parent in isolation. Because of the fear and stigma, they do not seek the limited funding that is available to them. They also describe feeling judged by others regarding the diagnosis and for the tools and strategies they use with their children.

Parents of children with FASD are desperate for community understanding, peer-to-peer relationships and a safe space to seek support where they are understood. Without strong social networks, many parents must navigate the challenges of raising children with FASD on their own.

Families need support, and they need breaks. They constantly have to be the experts who educate everyone else about FASD, in addition to being full-time advocates and caregivers for their children. It is exhausting. **Children and youth with FASD live happy and healthy lives when given the right supports. Read the full article at <https://rcybc.ca/wp-content/uploads/2022/09/RCY-Hands-Not-Hurdles-2022.pdf>**

## FREE ONLINE WEBINAR:

# THE SECRET HISTORY OF TURTLE ISLAND

Thurs, April 13 & 20 Noon – 2:00pm (PST)

“The history and structures of colonialism are largely unknown to most Canadians; Yet understanding this history is essential to understanding the myriad of current issues in Indigenous - Canadian relations.

This two-part workshop series will examine Indigenous historical and contemporary experiences in order to understand the legacy of settler colonialism and affirm Indigenous self-determination. Participants will gain understanding of Indigenous Peoples’ agency, resistance, and activism in resisting settler state agendas and laws that were aimed at dispossession of lands, resources and loss of languages and cultures. We will also discuss how Indigenous Peoples continue to protect their inherent rights as Peoples, assert Treaty rights and revitalize their ties to land, culture and languages.

In Part 1 we will examine the Doctrine of Discovery and how it led to the manifestation of Canada. Participants will gain understanding of how the laws of Canada were aimed at the dispossession and cultural genocide of Indigenous Peoples.

In Part 2 we will learn more about “the colonial project” in Canada and Indigenous Peoples’ agency, resistance, and activism in resisting settler state agendas and laws. We will examine how tools like the TRC Calls to Action and UNDRIP can be pathways to reconciliation in Canada.”

Certificates will be available to those who attend both sessions. **For more info and to register visit:**

<https://www.eventbrite.ca/e/the-secret-history-of-turtle-island-part-i-webinar-tickets-566866331457>

## BROUGHT TO YOU BY:

# SUPPORT TO FAMILY CARE NETWORK PROGRAM

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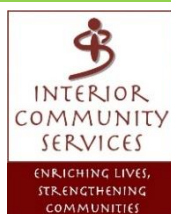
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## WELCOME TO FED CONNECTS!

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*