



ZOOM MEETINGS  
& TRAININGS.....1



SUPPORTING  
ADULTS WITH  
FASD.....2



THE POWER OF  
CULTURAL  
CONNECTIONS.....2

STFC – SUPPORTING FOSTER FAMILIES

## 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**  
April 19 10:00am (MST)  
at 1824 Hunter Rd. Cranbrook  
Drop-ins: 1<sup>st</sup> & 3<sup>rd</sup> Wed of the month.

## VIRTUAL

### WEST KOOTENAY

**Foster Parent Drop-In**  
Fridays 11:00am - 12noon (PST)  
Zoom ID :250 608 7674

## EAST KOOTENAY IN PERSON TRAINING

### PRIVACY & DOCUMENTATION

|           |          |              |
|-----------|----------|--------------|
| CRESTON   | April 20 | 10:00am(PST) |
| CRANBROOK | April 21 | 10:00am(MST) |
| GOLDEN    | April 25 | 10:00am(MST) |
| INVERMERE | April 25 | 2:30pm(MST)  |

To register or to find out more, please contact  
Gerri Burleigh (250) 426-6013

For more info on any of these upcoming  
trainings, please contact your Network

Facilitator or Marna Forsyth at  
(250) 609-2017 or email:  
mforsyth@interiorcommunityservices.bc.ca

# WEEKLY Communiqué

## UPCOMING TRAINING

### BUSINESS SIDE OF FOSTERING

**Coming soon! This spring!**

"All caregivers/contractors are required to provide services as outlined in the contract they have with the Ministry." Did you ever wonder what all that entailed? Do you find yourself wondering who you should call and when? Do you find yourself wondering what the difference in the levels of fostering contracts are? Do you wonder what makes it a Protocol rather than a Family Home Investigation? Then this training is for you!

### SUPPORTING THE CHILDREN IN YOUR HOME:

#### Neurodivergent Learning & School Advocacy

A one-time on-line training developed for Out of Care / Kinship / Fostering Caregivers. This 3-hour training covers: the overlap of ADHD, Autism, Trauma, FASD and tips and tricks to help support the children in your care. This training comes with several resources for you to refer to and to give to the child's teachers to help them understand what the child needs to be engaged and understand some of their behaviours.

### CIRCLE OF SECURITY PARENTING™ REFLECTION PROGRAM

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

# SUPPORTING ADULTS WITH FASD

## New Webinar from CANFASD

### Friday April 21 10:00am (PST)

"Vanessa Joly and Maria DesRoches will present on this much-requested topic. They will talk about supporting adults with fetal alcohol spectrum disorder (FASD) through evidence-based frameworks and service provision."

"Vannesa is a third-year student in the School and Clinical Child Psychology PhD program at the University of Alberta under the supervision of Dr. Jacqueline Pei. Vannessa contributes to the Towards Healthy Outcomes framework under Dr. Pei's supervision. Vannessa also has experience on several research projects related to FASD, including self-regulation, employment, and housing. Vannessa is dedicated to research and collaborations that focus on improving the intervention practices delivered to individuals with FASD."

"Maria is an LPN, a Family Educator and is certified in Reality Therapy. **She worked as a Foster Parent** where she learned about FASD in the trenches. She has offered Prenatal and Parenting programs for 15 years and has been with The NBFASD Center of Excellence for the past 7 years."

For more info / to register visit:

<https://canfasd.ca/2023/04/10/new-webinar-supporting-adults-with-fasd>

# THE POWER OF CULTURAL CONNECTIONS FOR INDIGENOUS CHILDREN

Sidebar from Quarterly

*"Suicide Prevention: Reaching Young People at Risk"*

"The most recent data from Statistics Canada found that Indigenous youth were at higher risk for suicide than their non-Indigenous counterparts; the relative risk was nearly nine times higher for those younger than 15 and slightly more than six times higher for those between 15 and 24."

Addressing suicide risk for Indigenous youth is therefore an urgent public health matter. And suicide must be understood within the historical context. The current reality for Indigenous youth stems from the many destructive legacies of colonization. These legacies include the forced removal of generations of children from their families and communities and ongoing exposure to racism and socio-economic disparities.

While the ongoing effects of colonialism must be addressed, one step in lowering suicide rates for Indigenous children and youth is to strengthen cultural connections. These connections include self-governance and settled land claims as well as traditional language teaching and culturally responsive education and health care.

So in addition to using effective interventions to prevent suicide, such as those outlined in the Review article that follows, practitioners can support Indigenous youth by encouraging life-affirming cultural connections."

To read the full article, visit: <https://childhealthpolicy.ca/wp-content/uploads/2023/02/RQ-17-23-Winter.pdf>

Schwartz C, Barican J, Yung D, Gray-Grant D, Waddell C. (2023). Suicide prevention: Reaching young people at risk. *Children's Mental Health Research Quarterly*, 17(1), 1-19. Vancouver, BC: Children's Health Policy Centre, Faculty of Health Sciences, Simon Fraser University.

**"Comprehensive interventions for youth at risk for suicide can effectively reduce suicide attempts and suicidal ideation."**

BROUGHT TO YOU BY:

# SUPPORT TO FAMILY CARE NETWORK PROGRAM

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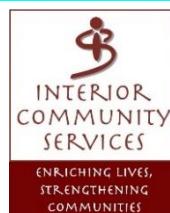
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Need resources or information?  
Check out our website!

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.

## 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!