


 ZOOM MEETINGS  
& TRAININGS.....1

 HELPING YOUTH  
TRANSITION TO  
ADULTHOOD .....2

 YOUTH TRANSITION  
SUPPORTS  
EXTENDED  
INFOGRAPHIC.....2

STFC – SUPPORTING FOSTER FAMILIES

# 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)

**EAST KOOTENAY**  
**Foster Parent Drop-In**  
May 3 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

### 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

## UPCOMING TRAINING

### BUSINESS SIDE OF FOSTERING

“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!

**Session 1:** Wednesday, May 17 6:30 – 8:30pm (PST) OR  
Thursday, May 18 9:30 – 11:30am (PST)  
**Session 2:** Wednesday, May 24 6:30 – 8:30 pm (PST) OR  
Thursday, May 25 9:30 – 11:30 am (PST)

Please register by May 15:

<https://us06web.zoom.us/join/zoom/register/tZ0kfumpqjgqG9bWnIXcilDSiNhOXgffp0bk>

## 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.

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](mailto:mforsyth@interiorcommunityservices.bc.ca)

# Helping Youth Transition to Adulthood: Guidance for Foster Parents

Though this guide was published in 2018 and is from the U.S, there are lots of great ideas and resources in it. Inside the guide you'll find:

- Unique challenges for youth exiting foster care
- Resilience and Protective Factors
- Adolescent development and changes in the brain
- How foster parents can help youth transition to adulthood
- General suggestions for assisting youth
- Resources including those for:
  - ☒ managing money
  - ☒ maintaining health and wellness and
  - ☒ developing additional life skills resources.

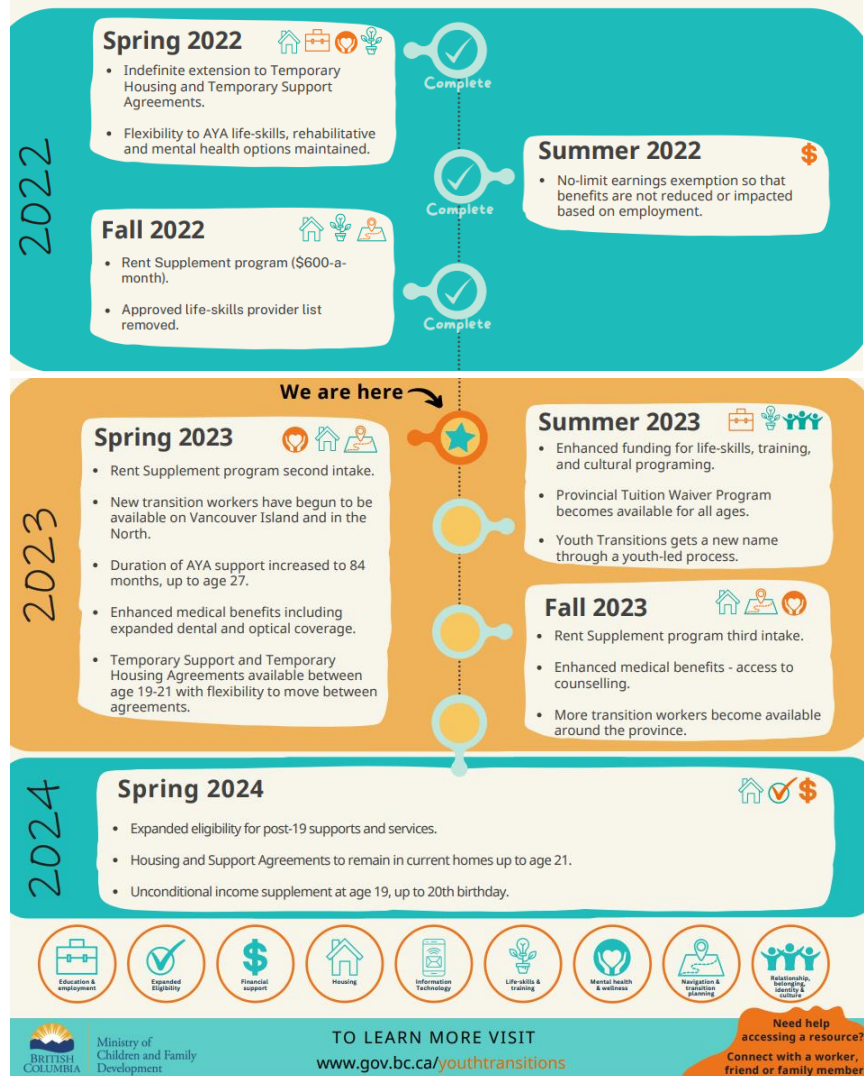
"The transition to adulthood and self-sufficiency can be challenging for any young person. For teenagers who have been living in foster care, the transition to life outside of care can be daunting. Generally, youth who have experienced foster care do not have the same safety nets and support networks as others their age, and the transition challenges can be even greater.

As a foster parent, you can help youth in your care prepare for these challenges, but remember that the knowledge and skills they need cannot be learned at the last minute as they exit care. It is crucial for foster parents and other caring adults in youths' lives to begin supporting them through the transition process well before they leave care, beginning in adolescence or even earlier."

To read the full guide, visit:

[https://www.childwelfare.gov/pubPDFs/youth\\_transition.pdf](https://www.childwelfare.gov/pubPDFs/youth_transition.pdf)

## Youth Transitions Implementation Roadmap



BROUGHT TO YOU BY:

## SUPPORT TO FAMILY CARE NETWORK PROGRAM

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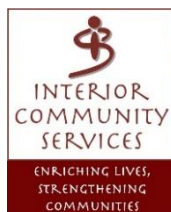
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### WELCOME TO FED CONNECTS!

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