



**ZOOM MEETINGS
& TRAININGS.....1**

**MENTAL HEALTH
AND ILLNESS
.....2**

**GARDENING AND
NUTRITION.....2**

WEEKLY Communique

STFC – SUPPORTING FOSTER FAMILIES

**YOUTH
IN
CARE
ARE
AWESOME**

2023 CAMPAIGN

IN PERSON

KAMLOOPS

Foster Parent Drop-In

Wednesday

9:00am – 11:00am (PST)

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

EAST KOOTENAY

Foster Parent Drop-In

June 7

10:00am (MST)

at 1824 Hunter Rd. Cranbrook

Drop-in meetings are starting!! Mark
your calendar for the 1st and 3rd
Wednesdays of the month.

VIRTUAL

WEST KOOTENAY

Foster Parent Drop-In

Fridays 11:00am - 12noon (PST)

Zoom ID: 250 608 7674

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.

Monday and Tuesday,
Wednesday,

**June 5 & 6
June 7**

6:30pm – 8:00pm (PST) OR
9:00am – 12 noon

Zoom Meeting ID: 822 6488 1131

THE DISRUPTORS DOCUMENTARY SCREENING

Forget everything you thought you knew about ADHD!

Monday, **June 12** 9:30am – 11:45am (PST) OR
Tuesday, **June 13** 6:30pm – 8:15pm (PST)

Zoom Meeting ID: 841 7435 2491

9.4% of American children are diagnosed with ADHD

1 out of 4 children diagnosed with ADHD do not receive any treatment

Adult ADHD diagnosis rates are rising 4 times faster than ADHD diagnosis in children

To watch the trailer, visit: <https://disruptorsfilm.com/>

See poster for more details. For more info, please contact Marna Forsyth at
250 609-2017 (phone / text) or email: mforsyth@interiorcommunityservices.bc.ca

Sources of Omega-3 Fatty Acids

Fish (mackerel, salmon, trout, oysters, shrimp)	Spinach	Edamame
Eggs (if a chicken eats a diet heavy in omega-3, its eggs will be higher in omega-3)	Beef	Broccoli
Brussel Sprouts	Walnuts	Soy beans
Canola Oil	Basil	Chia Seeds
Ground Flaxseed (our bodies can't absorb it whole)	Some beans	Cashews

THE SOCIAL CONTEXT OF MENTAL HEALTH AND ILLNESS

FREE COURSE FROM COURSERA AND THE UNIVERSITY OF TORONTO

Learn how social factors promote mental health, influence the onset and course of mental illness, and affect how mental illnesses are diagnosed and treated.

This course explores how our understanding of mental health and illness has been influenced by social attitudes and social developments in North America and around the world. The course begins by situating our contemporary mental health practices in historical context, then looks at different aspects of mental health, mental illness and mental health services and their connections to what's going on in our social environment.

For more info / to register visit:

<https://www.coursera.org/learn/mental-health/about>

↪ Check out their other courses too:

Aboriginal Worldviews and Education;

↪ **The Art and Science of Relationships -**

Understanding Human Needs

↪ and more!

GARDENING AND NUTRITION

With our gardens just around the corner and because nutrition is so important to our little ones, we thought we would gather a few facts for you. **Healthlink BC** has some great pointers.

Serve modest portions. Remember that younger children may eat smaller amounts than adults. Although paying attention to portion sizes is important (especially of less nutritious foods), it is up to your child to decide how much food he or she needs to eat at a meal to feel full.

Offer lots of vegetables and fruit every day. For example, add some fruit to your child's morning cereal, and include carrot sticks in your child's lunch.

Offer new food. When trying a new food at a meal, be sure to include another food that your child already likes. Don't give up on offering new foods.

Don't say "Clean your plate." Try not to manage your child's eating with comments such as "Clean your plate" or "One more bite." Your child has the ability to tell when he or she is full. If your child ignores these internal signals, he or she will not be able to know when to stop eating.

Don't use food as a reward for success in school or sports. For example, don't use favourite foods as rewards for behaving well. And don't reward desired eating behaviour (such as finishing a plate of food or trying a new food). If you serve dessert, consider it part of the meal, not a treat to follow the main course.

Use knowledge to reinforce healthy eating habits. Help your children understand healthy eating by teaching them about food -where it comes from, how it grows, what nutrients it contains, and how many calories (how much energy) it has.

Grow some of your own food in your backyard or in a pot on the back porch. Let your children have their own plants to take care of.

Let your children start helping you cook as soon as they show interest. Teach them simple, healthy recipes.

Let older children help you with shopping. Use it as a chance to teach them about food labels. Challenge them to find healthy foods by reading the labels.

At the dinner table, point out the various food groups in the meal. **Make a game of naming those food groups** to teach children the importance of variety and nutritional requirements.

For more info visit the following websites:

↪ <https://www.eatright.org/food>

↪ <https://www.healthlinkbc.ca/health-topics/healthy-eating-helping-your-child-learn-healthy-eating-habits>

↪ <https://food-guide.canada.ca/en/>

BROUGHT TO YOU BY:

SUPPORT TO FAMILY CARE NETWORK PROGRAM

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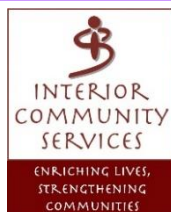
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WELCOME TO FED CONNECTS!

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*