



National
Indigenous
History Month

#NIHM2023



ZOOM MEETINGS
& TRAININGS.....1

SALMON
WARRIORS2

VOICES OF
COMPASSION.....2

WEEKLY Communiqué

STFC – SUPPORTING FOSTER FAMILIES



National
Indigenous
Peoples Day

#NIPD2023



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-ins: 1st & 3rd Weds of the month.

VIRTUAL

WEST KOOTENAY

Foster Parent Drop-In

Fridays 10:00am – 11:00am (PST)

Zoom ID: 250 608 7674

Please note:
Time change
this week only

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, June 5 & 6 6:30pm – 8:00pm (PST) OR
Wednesday, June 7 9:00am – 12 noon (PST)

Zoom Meeting ID: 822 6488 1131

For more info, please contact Marna Forsyth at 250 609-2017 (phone / text) or email:

mforsyth@interiorcommunityservices.bc.ca

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

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

FREE E-BOOKS by INDIGENOUS CORPORATE TRAINING Inc.

- 23 Tips on What Not to Say or Do When Working Effectively with Indigenous Peoples
- 27 Tips on What to Say and Do When Working Effectively with Indigenous Peoples
- Indigenous Peoples: A Guide to Terminology – Usage Tips and Definitions

To download any of the above books, visit Indigenous Corporate Training Inc. at: <https://www.ictinc.ca/free-ebooks>

APPLY NOW! FOR THE SALMON WARRIORS

Young adults ages 19-29 years who are Syilx Okanagan, Secwépemc or Ktunaxa Nation members are invited to apply to participate in the:

Bringing the Salmon Home

Salmon Warriors

Gathering:

June 23 TO June 27, 2023

(Friday to Tuesday)

This gathering will be held near the headwaters of the Columbia River, at the beautiful Raven's Nest Resort & Campground by Fairmont Hot Springs. Experience amazing workshops, ceremony and activities on the land and water. Creative facilitation is provided by IndigenEYEZ. Travel support, accommodation, meals, and honorarium are provided. **SPACES ARE LIMITED, APPLY NOW!!**

FOR MORE INFO, VISIT

BRINGING HOME THE SALMON:

<https://columbiariversalmon.ca/apply-now-salmon-warriors-gathering->

VOICES OF COMPASSION PODCAST

"CHC **Voices of Compassion** is a weekly podcast produced by Children's Health Council (CHC) with insights, inspiration and creative conversations about mental health, education and parenting."

"Featured on Voices of Compassion are CHC mental health, wellness and learning specialists, parents in the trenches and other experts who can help us with the mighty job of raising compassionate and courageous kids in the midst of a global pandemic."

Tune in regularly to hear about how you can help yourself, your kids, your family and others in your community to make it through another day. We'll offer thoughts and inspiration that will make you think and even laugh! Compassion can take on many forms – it might be exercising some self care, learning some tips about how to support your child with distance learning, strategies around talking with your kids, or parenting techniques. And we know – healing isn't linear."

Check out some of the most current podcasts:

- **The Problem with Overcoming: Learning to Value Your Differences:** "As people with learning differences and mental health challenges we are often implicitly or explicitly taught to overcome our disabilities. Try harder, push through, fix and succeed despite our challenges. These messages of normalization can cause us to develop shame, feel like we want to hide our identities and even decrease likelihood of success and increase mental health challenges. In this first ever LIVE Voices of Compassion Podcast episode, we speak with alumni of the National Center for Learning Disabilities Young Adult Leadership Council, Misha Nicholas, Rachele Johnson and Stevie Mays about how they have learned to embrace their learning disabilities as a proud part of their identity instead of a deficiency to overcome."
- **Building Resilience:** "One of the most important things we can do for our children is to help them develop resilience. A common misconception is that people are either resilient or not; that we're born one way or the other. In fact, the process of building resilience is a lifelong journey of learning to cope with challenging experiences and adapt well in the face of adversity. It's important to let our kids make mistakes and be there on the sidelines to encourage, rather than fix it for them."
- **Processing with Our Senses** "When you hear a sound, how do you respond? You might choose to ignore it or investigate its source. This process of using our senses to interpret a situation and respond in a purposeful way is called sensory integration. When these systems don't synthesize, whether due to a diagnosis like autism or ADHD or to a skills deficit, it can lead to a whole host of learning and behavioral challenges. Studies have found that 1 in every 6 children has sensory processing issues that make it more difficult for them to thrive in school."

Check out these and many other great podcasts at: <https://podcasts.chconline.org/episodes/>

BROUGHT TO YOU BY:

SUPPORT TO FAMILY CARE NETWORK PROGRAM

Program Coordinator: Kari Beppe

kbeppe@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

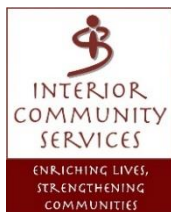
mforsyth@interiorcommunityservices.bc.ca

Gerri Burleigh (250) 426-6013

gburleigh@interiorcommunityservices.bc.ca

Jayne Wesko (250) 608-7674

jwesko@arcprograms.com



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*