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 CHILDREN'S BOOKS ABOUT MENTAL HEALTH.....2

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STFC – SUPPORTING FOSTER FAMILIES

Welcome Chris!

We are excited to introduce the newest member of our team!

Chris Hoko is our “EK” Network Facilitator (covering the East Kootenay area). She will be reaching out to caregivers soon!

You can reach Chris at: (250) 426-6013 (cell) or email at: choko@interiorcommunityservices.bc.ca

WEEKLY Communiqué

DR. LINDA O'NEILL

TRAUMA FOCUSED WORKSHOP

Sorry for the delay folks – we are still working on date and times. Be sure to watch for more details coming soon!

MARK YOUR CALENDARS! FALL EVENTS AND DATES

KERRI ISHAM

(POWER UP EDUCATION)

Sexual Health Education for Teens with Special Needs in Grade 8-12

Monday, September 18

9:30am – 11:30am (PST)

Not able to make it? (or not able to get all the info down?) No worries! We have arranged a replay week. Register for the event and then you will receive a link to the recorded replay video.

Replay access available Sept 26 9:00am – Oct 3 9:00am (PST)

THE WHITE HATTER

Internet Safety:

Monitoring, Filters and Tools

Wednesday, October 4

7:00pm – 8:30pm (PST)

Not able to make it? (or not able to get all the info down?) No worries! We have arranged a replay week. Register for the event and then you will receive a link to the recorded replay video.

Replay access dates T.B.A.

For more info, please contact Marna Forsyth at: 250 609-2017 (cell) or email: mforsyth@interiorcommunityservices.bc.ca

IN PERSON

**CARIBOO
PERFORMANCE
IN THE PARK**

Thursday

6:00pm – 8:00pm (PST)

Boitano Park

Williams Lake

For more info, contact Tabitha at:
(250) 320-4603 or email:
tfournier@interiorcommunityservices.bc.ca

**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**
We are breaking for the summer.

VIRTUAL

**WEST
KOOTENAY
Foster Parent
Drop-In**

Fridays

11:00am - 12noon (PST)

Zoom ID:
250 608 7674

CHILD MIND INSTITUTE 75 CHILDREN'S BOOKS ABOUT MENTAL HEALTH

At Childmind Institute they have come up with a list of 75 books about mental health for children (up to age 12). We've highlighted 3 here but be sure to check out their list! "From a hedgehog too anxious to go ice skating to a puppy who can't make his letters come out right, children's books address many emotional, behavioral and learning challenges kids face. These books help kids name and understand feelings and experiences they may be struggling with. At the Child Mind Institute we've contacted publishers all over to call in popular children's books about mental health and learning disorders and other common challenges, like dealing with painful experiences and coping with strong emotions. We included books for kids up to 12, from picture books to be read with preschoolers to chapter books for independent reading by older children. Our clinicians read them all and picked the best in each category, based on how helpful they found them."

"Home for a While Written by Lauren H. Kerstain, illustrated by Natalia Moore. A licensed social worker crafts a compelling and authentic story about what it feels like for a child who has lived in a lot of foster homes. When Calvin moves in with Maggie, he doesn't want to unpack his suitcase or get a goodnight hug. He accidentally breaks things multiple times, testing Maggie's patience. But she always responds with kindness and wise advice. The ending is heartwarming. "This book provides an example of building a warm relationship with a caregiver while honoring a relationship with a biological parent," says an expert from the Child Mind Institute. Ages 4-9. Published by Magination Press."

"Red: A Crayon's Story Written and illustrated by Michael Hall. Your child will pick up on the problem right away: A blue crayon is mistakenly labeled red. He can't do what everyone expects of him (and other crayons give him all kinds of advice about how to be a better red) until one day he meets a purple crayon who sees his true color. Then he soars. "The message about identity is great," says an expert at the Child Mind Institute. Ages 5-10. Published by Greenwillow Books."

"Warp Speed Written by Lisa Yee. In a fast-paced chapter book that will appeal to reluctant readers, Marley thinks seventh grade will be boring until he draws attention from the school bully. Digger pushes Marley down in the hallway, and the drama unfolds. "It's a very relatable story for kids who feel like outsiders," says an expert at the Child Mind Institute. Bonus: If your child is a fan of Star Wars, there are loads of references. Ages 8-12. Published by Arthur A. Levine Books."

To find more books in the Child Mind's list visit:

<https://childmind.org/article/best-childrens-books-about-mental-health>

BROUGHT TO YOU BY:

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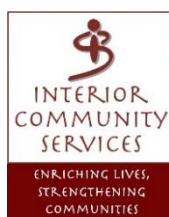
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WELCOME TO FED CONNECTS!

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.