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# WEEKLY Communiqué

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

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

**IN  
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**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](mailto: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.

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**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>

## DOCUMENTARY: LIFE ON THE SPECTRUM

### Autism Speaks Canada

"*Life on the Spectrum* is a docuseries where we share lived experiences of autistic Canadians and their families, coast to coast to coast. This innovative multimedia storytelling initiative drives social change through education and increased understanding. We are committed to autistic representation at every level of development, production and dissemination of the documentaries. We hope by sharing first-hand accounts of autistic Canadians, we can increase understanding and acceptance of autistic people; drive real inclusion and inspire social change across Canada."

➔ To watch episode 1, visit:

<https://www.youtube.com/watch?v=seRZ35qNkE8>

➔ To watch episode 2, visit:

<https://www.youtube.com/watch?v=PIKBVnf5ywg>

➔ To watch episode 3, visit:

<https://www.youtube.com/watch?v=UfNV-t2VvJ0>

To find out more, visit  
Autism Speaks Canada:

<https://www.autismspeaks.ca/>

BROUGHT TO YOU BY:

## SUPPORT TO FAMILY CARE NETWORK PROGRAM

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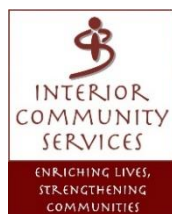
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### WELCOME TO FED CONNECTS!

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.

"There are those who see the need and respond. Those people are my heroes." Fred Rogers