



A bimonthly brief of current support and training

# THE Support Report

## 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)

## Let's Connect >>>

### VIRTUAL Caregiver Drop-Ins ZOOM ID: 858 3771 6954

(1st Monday of the Month)

Monday, July 31 ←

1:00pm – 2:00pm (PST)

Moved  
due to  
Aug 7  
holiday

(3rd Wednesday of the Month)

Wednesday, August 16

7:00pm – 8:00pm (PST)

### CARIBOO PERFORMANCE IN THE PARK

Thursday

6:00pm – 8:00pm (PST)

Boitanio Park, Williams Lake

Look for the Green Balloon

For more info, contact Tabitha at:

(250) 320-4603 or email:

[tfournier@interiorcommunityservices.bc.ca](mailto:tfournier@interiorcommunityservices.bc.ca)

## MARK YOUR CALENDARS! FALL EVENTS AND DATES

### KERRI ISHAM (POWER UP EDUCATION) Sexual Health Education for Teens with Special Needs in Grade 8+

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)**

See attached poster for more details, or contact Marna Forsyth at: 250-609-2017 (cell) or email: [mforsyth@interiorcommunityservices.bc.ca](mailto:mforsyth@interiorcommunityservices.bc.ca)

### 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 will be available. Dates T.B.A.**

See attached poster for more details, or contact Marna Forsyth at: 250-609-2017 (cell) or email: [mforsyth@interiorcommunityservices.bc.ca](mailto:mforsyth@interiorcommunityservices.bc.ca)

### DR. LINDA O'NEILL

### TRAUMA FOCUSED WORKSHOP

**Sorry for the delay folks. We are currently working on dates.**

For more details contact Marna Forsyth at: 250-609-2017 (cell) or email:

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

Need support?

Need resources?



Connect with your  
Network Facilitator

## 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

"Life on the Spectrum is a **docuseries** where we (Autism Speaks Canada) 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=seRZ35gNkE8>

To watch episode 2, visit:

<https://www.youtube.com/watch?v=PIKBVnf5ywq>

To watch episode 3, visit:

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

To find out more about Autism, visit Autism Speaks Canada:

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

Connect with the team >>>

## SUPPORT TO FAMILY CARE NETWORK PROGRAM

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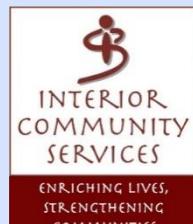
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Find us on Facebook!

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*