



ZOOM MEETINGS  
& TRAININGS.....1

TYPICAL TEENAGE  
ANGST OR  
ADOLESCENT  
ANXIETY?.....2

NAVIGATING  
AUTISM.....2

STFC – SUPPORTING FOSTER FAMILIES

# WEEKLY *Communiqué*

## Let's Connect

### IN PERSON DROP-INS

#### KAMLOOPS Foster Parent Drop-In

Wednesday  
9:00am – 11:00am (PST)  
The Loft - 290 Maple Street  
(2nd Floor of the grey building)

### VIRTUAL DROP-INS

#### WEST KOOTENAY Foster Parent Drop-In Fridays

11:00am - 12noon (PST)  
Zoom ID: 250 608 7674

#### CARIBOO (School Advocacy) Foster Parent Drop-In Wed, Sept 6

9:30 – 11:00 am (PST)  
Zoom ID: 884 4424 4904

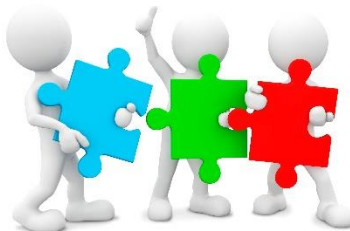
Come join us as we discuss:

- Starting the school year off right
- IEP Meetings
- Resolutions

### FALL EVENT 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



#### THE WHITE HATTER

#### Internet Safety: Monitoring, Filters and Tools

Wednesday, October 4  
7:00pm – 8:30pm (PST)

Not able to make it? Register for the event and then you will receive a link to the recorded replay video. For more info, please see attached posters or contact Marna Forsyth at: 250 609-2017 (cell) or email: [Marna.Forsyth@stfc.ca](mailto:Marna.Forsyth@stfc.ca)

### BC CHILDREN'S HOSPITAL CHILDREN AND CLIMATE CHANGE ANXIETY: WHEN WILDFIRE SMOKE ROLLS IN

"Smoke from wildfires can have a negative impact on the mental health of children. BC Children's Hospital psychologist Dr. Christine Korol gives advice for parents and caregivers on how to help anxious kids.

The recent smoky skies from wildfires can trigger anxiety in children and youth about climate change. 'It's depressing to see the smoke and the environment changing' says Christine. 'It creates a lot of worry and brings the immediacy of the climate emergency closer to home. Added to that, if you're in an area where you are seeing and breathing in smoke, the particulate matter can cause inflammation and that can also impact your mood.'

#### MENTAL HEALTH RESOURCES

"If you or your child has mental health concerns, resources include:

- MyHEARTSMAP, a digital tool that will help families, children and youth self-assess their mental health needs;
- The book *Talking Back to OCD* has principles that can be applied to different anxiety disorders;
- The *Breathr* app for mindfulness and the *Calm* app; and
- *Kelty Mental Health*, *Foundry* or *Anxiety Canada* websites can also help find assistance."

To read the full article including advice by age group, visit: <http://www.bccchildrens.ca/about/news-stories/stories/children-and-climate-change-anxiety-when-wildfire-smoke-rolls-in>

## CRISIS AND TRAUMA RESOURCE INSTITUTE TYPICAL TEENAGE ANGST OR ADOLESCENT ANXIETY?

"I don't think it's any secret that many of this generation's adolescents are suffering. Many describe chronic worry, paralyzing fear of social situations, and an inability to manage the daily pressures of school, sports, or planning for their educational future. This leaves a wake of parents, teachers, and other caring supporters asking themselves, 'Is this typical teenage angst or is there a rampant increase of diagnosis-worthy adolescent anxiety?'"

To read the article, visit: <https://ctrinstitute.com/blog/typical-teenage-angst-adolescent-anxiety>

Don't forget to check out their podcasts too. Here are some of their more recent episodes you might be interested in:

- 🔗 Episode 17: Illustrating Vicarious Trauma – The Importance of Art and Play
- 🔗 Episode 14: Adverse Childhood Experiences – From Awareness to Freedom
- 🔗 Episode 12: Burnout and Boundaries

## COMPLEX TRAUMA RESOURCES INC. BLOCKED TRUST AND CARE WEBINAR RECORDING

"How do you help a child who doesn't trust your good intentions? How do you connect with a child who doesn't want a relationship? What do you do if you feel burned out, jaded or hopeless about the future? What do you do, if you just don't like your kid anymore?"

Raising, caring for, or teaching children who have endured complex trauma brings unique challenges. These are difficult but very real and important topics that need to be addressed when talking about the healing road of trauma. Renae Regehr, RCC, mother of 4 children, Complex Trauma Resources clinician and CCI coach presented this free webinar on May 12, 2023."

To watch the webinar, visit:

<https://www.youtube.com/watch?v=ClQpo0eZZd8>

## MONTHLY BOOK CORNER

At the end of each month, we will be highlighting a book to help caregivers support their neurodiverse kiddos. We would love to hear about books that have helped you foster better! Email Marna Forsyth or your network facilitator.

### NAVIGATING AUTISM: 9 Mindsets For Helping Kids on the Spectrum

Temple Grandin and Debra Moore, 2021

"Empowering strategies for anyone who works with children and teens on the spectrum. International best-selling writer and autistic Temple Grandin joins psychologist Debra Moore in presenting nine strengths-based mindsets necessary to successfully work with young people on the autism spectrum. Examples and stories bring the approaches to life, and detailed suggestions and checklists help readers put them to practical use.

Temple Grandin shares her own personal experiences and anecdotes from parents and professionals who have sought her advice, while Debra Moore draws on more than three decades of work as a psychologist with kids on the spectrum and those who love and care for them. So many people support the lives of these kids, and this book is for all of them: teachers; special education staff; mental health clinicians; physical, occupational, and speech therapists; parents; and anyone interacting with autistic children or teens. Readers will come away with new, empowering mindsets they can apply to develop the full potential of every child."

Available on Amazon.ca or through the Support to Family Care Network Program. Contact your Network Facilitator for more information.

**BROUGHT TO YOU BY:**

## SUPPORT TO FAMILY CARE NETWORK PROGRAM

Program Coordinator: Kari Bepple

[kbepple@interiorcommunityservices.bc.ca](mailto:kbepple@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](mailto:rbonthoux@interiorcommunityservices.bc.ca)

Krista Sherwood (250) 819-5819 (on leave)

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

Marna Forsyth (250) 609-2017

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

Jayne Wesko (250) 608-7674

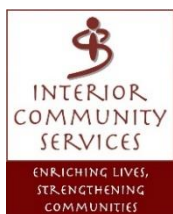
[jwesko@arcprograms.com](mailto:jwesko@arcprograms.com)

Tabitha Fournier (250) 320-4603

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

Chris Hoko (250) 426-6013

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



### 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.