



**ZOOM MEETINGS
& TRAININGS.....1**

**STEER THROUGH
BACK-TO-SCHOOL
STRESS2**

**METIS EARLY
LEARNING AND
CHILD CARE
NEWSLETTERS.....2**

WEEKLY *Communiqué*

STFC – SUPPORTING FOSTER FAMILIES

IN PERSON

**KAMLOOPS
Foster Parent Drop-In**
Wednesday
9:00am – 11:00am (PST)
The Loft - 290 Maple Street
(2nd Floor of the grey building)

VIRTUAL

NEW!! **EAST KOOTENAY**
Starting **Caregiver Drop-In**
Sept 13 **Wednesdays**
10:30am – 11:30am (MST)
Zoom ID: 817 1942 8373

WEST KOOTENAY
Foster Parent Drop-In
Fridays
11:00am - 12noon (PST)
Zoom ID: 250 608 7674

CO-CREATING HOUSING SOLUTIONS:

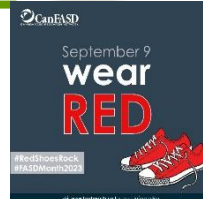
Enacting Opportunities for Individuals with FASD

“As many as 80% of youth and young adults with FASD have had difficulty sustaining independent living, and more than 30% have been unhoused at some point in their lives. Youth with FASD are particularly vulnerable to housing instability when they ‘age out’ of services (e.g., foster care, school) or when their caregiver(s) pass away and they do not have strong pre-established housing and social supports. Many individuals with FASD also experience co-occurring mental health and substance use challenges which may create further barriers to acquiring and maintaining safe and supported housing. Service providers, individuals with FASD, and caregivers have described challenges navigating conventional housing support systems which often fail to meet their unique needs.

Our goal is to provide housing supports that will support people with FASD across their lifetime.”

To learn more, visit:

<https://www.choose-fasdhousinglab.ca/>



**Sat, Sept 9
FASD
Awareness Day**

FALL EVENT DATES

**KERRI ISHAM
(POWER UP EDUCATION)**
**Sexual Health Education for
Teens with Support Needs
in Grade 8-12**

Monday, September 18
9:30am – 11:30am (PST)

THE WHITE HATTER

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

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

CIRCLE OF SECURITY PARENTING™

FOR FOSTER PARENTS

Thursdays starting Sept 28
7:00pm – 8:00pm (PST)

FREE WEBINAR: SOCIAL DETECTIVE THINKING TO START THE SCHOOL YEAR

This free webinar by Social Thinking™ explores:

- ✦ The importance of social observation in the classroom, home, and community
- ✦ How to introduce becoming a Social Detective at the start of the school year
- ✦ A look inside “You Are a Social Detective!” Curriculum & Teaching Guide
- ✦ Innovative ideas for bringing concepts into the secondary grades

All participants receive downloadable resources, Certificate of Completion, & unlimited access to recorded replay.

To register visit:

<https://www.socialthinking.com/online-training/on-demand/webinar-social-detective-thinking>

For more info, please see attached posters
or contact Marna Forsyth at:
250 609-2017 (cell) or email:

mforsyth@interiorcommunityservices.bc.ca

FortChild Mind
Institute

InStride Health.



How To Steer Through Back-To-School- Stress: A Parent's Guide,

**September 7, 5:30 pm ET**

Happy Back-to-School, 55.4 million kids have gone back to school. This is an exciting period but it can also trigger anxiety and stress among many families who report a higher level of anxiety during back to school season. This is not surprising. Schools demand that kids sit still, stay on task, get organized, stick to a schedule and critically, separate from their parents. These are hard tasks that feel even harder after the summer. Back to school also presents financial, time management, and parenting challenges for caregivers. Not to mention the dreaded morning routine.

On September 7 at 5:30pm EST, join leading parenting and mental health experts to learn how to navigate this tricky period while reducing your child's and your anxiety. Topics include:

- Understand the signs and causes of back-to-school stress and anxiety
- Simple steps parents can take to support their child's transition back to school
- How to know when a child's behavior could indicate more than just "normal" fears and where to find help
- How to build a "calm" morning routine
- How to cope with your own stress and anxieties around back to school The session is also your chance to get answers to your own back-to-school questions.

To register for this virtual training:

https://us06web.zoom.us/webinar/register/WN_NnxAwJyOSckV3soJKJexfA#/registration

This training is presented by Fort Health in partnership with the Child Mind Institute and InStride Health. This Training will be recorded.

MÉTIS EARLY LEARNING AND CHILD CARE NEWSLETTERS

All families, early learning and child care professionals, and individuals interested in learning more about Métis early learning and child care can now sign up to receive quarterly newsletters from the MNBC Ministry of Education.

About MNBC Newsletters

Learn with Louis

Learn with Louis is a quarterly newsletter for families with children birth to eight and those working with children birth to eight. Each issue includes family-friendly educational content on Métis culture, including Métis traditions, language, and activities.

Le Villazh Maachi Kashkihtow The Village of Learning

Le Villazh Maachi Kashkihtow is a quarterly newsletter for early learning and child care professionals and organizations. It aims to bring culturally relevant information and highlights from the Ministry of Education, to inform your practice of cultural inclusion, emphasizing the Métis Way in each edition.

To subscribe, visit

<https://mnbcb.us12.list-manage.com/subscribe?u=8d7d51f6e6d946ea400617dfa&id=e7b81c614b>

(And don't forget to check out their website!)

<http://www.mnbcb.ca/>

BROUGHT TO YOU BY:

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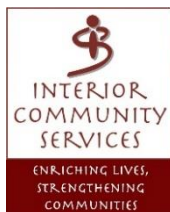
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WELCOME TO FED CONNECTS!

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.

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