

Fall Event Dates	pg 1
Tips to Tackle Overwhelm	pg 2
Trauma & Attachment Informed Responses	pg 2



A bimonthly brief of current support and training

# THE Support Report

## EAST KOOTENAY

### Caregiver Drop-In

Wednesdays  
10:00 – 11:00am (MST)  
Zoom ID: 817 1942 8373

NEW!  
Starting  
Sept 13

## Caregiver Drop-Ins

ZOOM ID: 858 3771 6954

(3rd Wednesday of the Month)  
Wednesday, September 20  
7:00pm – 8:00pm (PST)

(1st Monday of the Month)  
Monday, October 2  
1:00pm – 2:00pm (PST)

## FAMILY SUPPORT INSTITUTE OF BC EDUCATION AND TRANSITIONING SESSIONS

Check out Family Support Institute of BC's fall line-up. There are many information packed ONLINE sessions on Education and Transitioning. Each session will have a different theme relating to Transitioning or Education.

### EDUCATION

#### BUILDING YOUR TEAM

Wed Oct 3 6:30 – 8:00pm (PST)

#### NAVIGATING SUPPORTS AND IEPs

Tues, Oct 17 6:30 – 8:30pm (PST)

#### BUMPS IN THE ROAD: PROBLEM SOLVING

(Collaborative Advocacy)

Tues, Oct 24 6:30 – 8:30pm (PST)

### TRANSITIONS

#### LEAVING HIGH SCHOOL, WHAT'S NEXT?

Wed, Sept 20 6:30 – 8:30pm (PST)

#### CLBC ELIGIBILITY

Wed, Sept 27 10:00 – 11:30 am (PST)

#### APPLICATION TO PWD, MY SELF SERVE

Wed, Oct 11 10:00 – 11:30 am (PST)

#### PWD SUPPLEMENTS

Wed, Oct 18 10:00 – 11:30 am (PST)

#### CRA BENEFIT OUTREACH PROGRAM FOR

#### PERSONS WITH DISABILITIES

Wed, Oct 25 6:30 – 8:00 pm (PST)

#### REGISTERED DISABILITY SAVINGS PLAN (RDSP)

- LEVEL 1

Wed, Nov 8 7:00 – 8:30 pm (PST)

For more info on these sessions, visit: [FSISessions](http://FSISessions)

Don't miss out on these

## FREE ONLINE LEARNING EVENTS!

### 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 Out Of Care / Kinship Caregivers

Mondays starting Sept 18

7:00pm – 8:00pm (PST)

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

Institute of Child Psychology FREE WEBINAR

## TIPS TO TACKLE OVERWHELM

TUESDAY, SEPT 19

10am-11am (PST)

"When You Attend, You Will Learn...

- ↳ Tips to Tackle Overwhelm: Tips & Tools to Manage Parental Overwhelm in the Heat of the Moment
- ↳ In this 1 Hour webinar you will hear from Emily De La Torre, a marriage and family therapist, and creator of the social media sensation account @Mindful\_Madre!
- ↳ This webinar is designed to support parents in handling high-stress moments with confidence and grace. During this interactive and informative session, we will explore practical strategies to navigate overwhelm as it arises in the midst of parenting.
- ↳ Whether it is dealing with a toddler's tantrum, addressing difficult behaviours, or managing busy schedules, parents will be equipped with valuable tools to maintain their own composure and make thoughtful decisions during crucial moments."

"Your Host: Emily De La Torre, Marriage & Family Therapist

- ↳ Emily De La Torre is a Marriage and Family therapist that specializes in supporting overwhelmed parents ditch the rushed hamster-wheel of modern parenting, simplify family life and deepen their capacity for joy and connection.
- ↳ Her work focuses on nurturing relationships and helping parents to create sustainable life giving rhythms."

To register, visit: [TIPSTOTACKLEOVERWHELM](#)

Check out their other free webinars such as:

Meltdowns: 5 Essential steps

Fostering Resilience in Children and Teens

Parenting with the Brain in Mind

To "explore" their website, visit:

<https://instituteofchildpsychology.com/>

Connect with the team >>>

## 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

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

Marna Forsyth (250) 609-2017

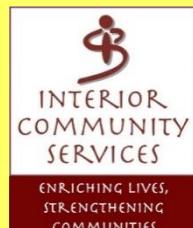
[mforsyth@interiorcommunityservices.bc.ca](mailto:mforsyth@interiorcommunityservices.bc.ca)

Jane 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)



Fall Workshop Series With Andrea Chatwin

5 Part Series:

## TRAUMA AND ATTACHMENT INFORMED RESPONSES TO COMMON CHALLENGES

"Is bedtime or mealtime frustrating and exhausting in your home? Do you worry about your child's struggle to make friends? Would you like a few new tools for managing meltdowns? If so, you are in the right place. Join us on Wednesday evenings to learn trauma and attachment informed response to the challenges you are facing.

A Child's Song is here to provide practical tools for some of the common struggles parents face when parenting children with trauma. What better way to start off a new school year than to make meaningful shifts in the way you respond to your child's big behaviors. Connected responses lead to healthier relationships and happier homes!"

**Sept 27 7:00pm – 8:30 pm (PST) Part 1** Making Sense of Sleep and Bedtime Struggles: Trauma & Attachment Informed Responses

**Oct 4 7:00pm – 8:30 pm (PST) Part 2** Making Sense of Meltdowns and Blowups: Trauma & Attachment Informed Responses

**Oct 25 7:00pm – 8:30 pm (PST) Part 3** Making Sense of Eating and Feeding Struggles: Trauma & Attachment Informed Responses

**Nov 8 7:00pm – 8:30 pm (PST) Part 4** Making Sense of Lying and Stealing Behaviors: Trauma & Attachment Informed Responses

**Dec 6 7:00pm – 8:30 pm (PST) Part 5** Making Sense of Peer and Friendship Difficulties: Trauma & Attachment Informed Responses

You can purchase each workshop as a stand-alone for \$38 plus GST or you can purchase the full series (all 5 workshops) for \$150 plus GST

To find out more or to register for workshops, visit [2023 Workshop Series with Andrea Chatwin](#)

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/outofcareproviders](http://www.icsfp.info/outofcareproviders)



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.