



ZOOM MEETINGS
& TRAININGS.....1



THE SCIENCE OF
READING.....2



NEW BREATHER
APP 3.0.....2

STFC – SUPPORTING FOSTER FAMILIES

Thank You Foster Parents!!

You put it all on the line, for a child you have never met.

(Unknown)

Hugs can do great amounts of good, especially for children.

(Princess Diana)

Unconditional love is not based on the performance of the receiver, but on the character of the giver.

(Jack Frost)

THANK YOU TO ALL OUR FOSTER PARENTS AND FOSTER FAMILIES!

WEEKLY Communiqué

SAFE BABIES TRAINING

TUESDAY AND THURSDAY 9:30am – 11:30am (PST)

Tuesday, October 24 through to November 23 (inclusive)

To register, please visit: SafeBabiesFall2023

For more info, please contact Marna Forsyth: 250 609-2017 (cell) or email: mforsyth@interiorcommunityservices.bc.ca

FREE ONE HOUR WEBINAR MENTAL HEALTH AWARENESS AND SUPPORT

By Crisis and Trauma Resource Institute

This webinar explores factors affecting mental health, give participants a general overview of common adult mental illnesses and, most importantly, how to be a support. Viewers will learn strategies for creating a more inclusive work environment that reduces stigma surrounding mental health.

To watch the webinar, visit: <https://ctrinstitute.com/free-webinar>

AUTISM PARENTING MAGAZINE: FOOD TEXTURE HYPERSENSITIVITY

in Kids With Autism

"In short, food texture hypersensitivity is when a child is so sensitive to the texture of foods it causes restrictions to their diet. Children with food aversions, or who demonstrate a refusal to eat certain foods or food groups, are often labeled 'picky eaters'.

New foods can pose a problem for a 'picky eater' and can cause anxiety. This is especially true if the way parents handle their picky eater's behavior compounds the issue."

SUMMING UP

Picky eating can be caused by many things, and can become a threat to your child's health. Don't be discouraged, there is help! Your picky eating autistic child could be on the road to eating new foods, enjoying their food more, and remaining calm at the dinner table in no time!

To read the full article, visit

<https://www.autismparentingmagazine.com/food-texture-hypersensitivity>

(And don't forget to check out their website – it's full of great resources!)

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

FREE WEBINAR BY CHILD MIND INSTITUTE
THE SCIENCE OF READING:

HOW PARENTS AND EDUCATORS CAN SUPPORT KIDS

Tuesday, October 17, 2023 04:00 PM (PST)

Join leading children's mental health experts and educators for a special webinar focusing on the evidence-based approach to reading and how parents and educators can support kids with reading challenges. Topics Include:

- ↳ How to know when a child's reading struggles could indicate a reading disability and where to find help
- ↳ Simple steps parents and educators can take to support their child's reading struggles
- ↳ How to know if your school uses a Science of Reading approach
- ↳ How to help kids with the mental health challenges that co-occur with a learning disorder
- ↳ How to cope with your own stress and anxieties around learning challenges

To register or learn more, visit: <https://childmind.org/event/the-science-of-reading-how-parents-and-educators-can-support-kids/>

THE DISRUPTORS: A DOCUMENTARY
FORGET EVERYTHING YOU THOUGHT YOU KNEW ABOUT ADHD

Monday, Nov 20 9:30am - 11:15am (PST)

or

Tuesday, Nov 21 6:30pm - 8:15pm (PST)

Zoom Meeting ID: 824 1919 0542

**NEW
BREATHER
APP 3.0**
**A FREE
Mindfulness
App**

Containing New Mindfulness Content And Functionality.
BC Children's Hospital and Kelty Mental Health Resource Centre

"We are thrilled to announce that Breathr version 3.0 is now available on both Google Play and the Apple Store. Breathr is a free mindfulness app developed by the BC Children's Hospital Centre for Mindfulness and the Kelty Mental Health Resource Centre. Breathr provides opportunities for people to try a variety of mindfulness practices, such as body scans, guided breathing, walking meditation, and self-compassion practices, while sharing the brain science to back them up. These practices can be explored anywhere. The app is aimed at anyone connected to BC Children's Hospital. This includes young people, parents and caregivers, and health professionals. With new mindfulness content and updated functionality, Breathr 3.0 is designed to best fit your needs."

For more information, visit: <https://keltymentalhealth.ca/breathr>

BROUGHT TO YOU BY:

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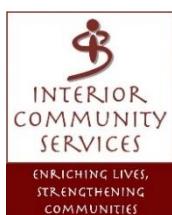
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WELCOME TO FED CONNECTS!

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.