



A bimonthly brief of current support and training

# THE *Support* Report

Be sure to check out the attached  
**Practice Guide for  
90 Day Visits**

It will also be posted on our website at:  
[www.icsfp.info/outofcareproviders](http://www.icsfp.info/outofcareproviders)

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

**(3<sup>rd</sup> Wednesday of the Month)**  
**Wednesday, October 18**  
**7:00pm – 8:00pm (PST)**

**(1<sup>st</sup> Monday of the Month)**  
**Monday, November 6**  
**1:00pm – 2:00pm (PST)**

**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>

**CANFASD ART COMPETITION**

“Calling all Canadian artists with fetal alcohol spectrum disorder (FASD)! Since 2016, CanFASD has been hosting an art competition for individuals with FASD. The winner’s art is featured on our CanFASD holiday cards, social media accounts, and website. **The winner will receive a \$500 prize and 10 of the printed holiday cards.** The contest will open on September 29. Channel your imagination and get creative! The competition is open to Canadian residents with FASD. Your art can be a sculpture, a painting, a photo, a drawing, a digital creation or anything you can think of. The only limit is your imagination! Just remember your art will be submitted digitally. If you are creating a sculpture or painting, it would be best to submit a photograph or digital scan of your work. The submission deadline is 12:00 PM EST November 17, 2023.”

To find out more, visit: <https://canfasd.ca/art-competition/>

**2023 FREE**  
**PARENTING & CHILDREN'S MENTAL HEALTH SUMMIT**  
**NOVEMBER 14-17**

BROUGHT TO YOU BY THE INSTITUTE OF CHILD PSYCHOLOGY

This conference is for you, if:

- ✦ You are interested in the science of parenting. You’re curious about what attachment, emotional intelligence, psychology, and brain science can tell us about how to raise kids.
- ✦ You have kids that are more sensitive, strong-willed, bright, or spirited than others (and sometimes the advice in “traditional” parenting sources just doesn’t work for you, or your child).
- ✦ You want to raise kids who are resilient and empowered in today’s more complicated world. You’d like to raise strong, confident kids.
- ✦ You strive to use effective alternatives to threats and bribes and want to address challenging behaviors with connection and communication (without passing on your own baggage).

To register or find out more, visit: <https://instituteofchildpsychology.com/conference-registration/>

## 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**

FREE WEBINAR BY CHILD MIND INSTITUTE

## THE SCIENCE OF READING: HOW PARENTS AND EDUCATORS CAN SUPPORT KIDS

**Tuesday, Oct. 17**

**4:00 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/>

**COPAC (Central Okanagan Advisory PAC)**

**ADHD Workshop:**

**DON'T CALM DOWN**

**TUESDAY, OCT 17**

**7:00pm(PST)**

"Emotional outbursts have a greater impact on relationships, communication, and group participation than most other ADHD challenges. They also lead to the deepest misguided judgements about the individual's 'bad character'. This webinar will help you understand what is truly going on, and how to respond in a helpful, respectful, and productive manner."

**Presented by Dan Duncan, ADHD Coach/Consultant**  
adhdinsideout.com

To register, visit: <https://us02web.zoom.us/meeting/register/tZloc-ySqTKiGdPtDgCqj1OliQk96afD0xWH#/registration>

## FREE WEBINAR: INSTITUTE OF CHILD PSYCHOLOGY SUPPORTING KIDS IN SPORTS

**Friday, Oct. 20 10-11:00am (PST)**

"In this 1 Hour webinar you will hear from Gillian Corke, Mother of 3 and Founder of Coach from the Heart. Gillian will introduce you to some surprising benefits to movement and sports that go way beyond the prizes often promoted by clubs. Learn about the foundational impact of early movement on executive functioning skills, consider how healthy sports environments offer the perfect environment for social and emotional growth, and explore the possibilities for clubs and coaches to build child-centred environments that are also competitive. She will also be answering any questions you may have!"

To register or to find out more, visit:

[https://icpwebinars.com/registration-45?mc\\_cid=ad47081885&mc\\_eid=6957f7f9c8](https://icpwebinars.com/registration-45?mc_cid=ad47081885&mc_eid=6957f7f9c8)

**Connect with the team >>>**

## SUPPORT TO FAMILY CARE NETWORK PROGRAM

**Program Coordinator: Kari Beppe**

[kbeppe@interiorcommunityservices.bc.ca](mailto:kbeppe@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**

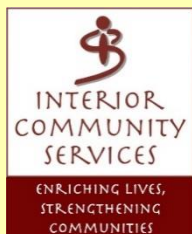
[mforsyth@interiorcommunityservices.bc.ca](mailto:mforsyth@interiorcommunityservices.bc.ca)

**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)



**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.

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