



A bimonthly brief of current support and training

THE Support Report

<<< Let's Connect >>>

VIRTUAL

Caregiver Drop-Ins

ZOOM ID: 858 3771 6954

(1st Monday of the Month)

Monday, November 6

1:00pm – 2:00pm (PST)

(3rd Wednesday of the Month)

Wednesday, November 15

7:00pm – 8:00pm (PST)

DOCUMENTARY VIEWING:

The Disruptors

Zoom ID: 824 1919 0542

Monday, Nov 20

9:30am - 11:15am(PST) *OR*

Tuesday, Nov 21

6:30pm - 8:15pm (PST)

Cariboo Christmas Craft Days

100 Mile House

Saturday Nov 18 1-3 pm
Horse Lake Training Centre

Williams Lake

Monday, Nov 20 1-3 pm
Child Development Centre

**Please RSVP to Tabitha to ensure
enough snacks and supplies.**

SAVE THE DATE!

DR. LINDA O'NEILL: VICARIOUS TRAUMA

PART ONE: Nov 7 6:30 – 8:30pm (PST)

PART TWO: Nov 28 9:30 – 11:30am (PST)

Can't make a session? No worries!

Register and you will receive the replay link that will be available for one week.

Dr. Linda O'Neill and her colleague Dr. John Sherry run the Counselling Program within the Department of Psychology. Working together, Linda and John guide the Community Counselling Centre (CCC) in Prince George, the main practicum site for the program, and Linda volunteers at the centre as a trauma counsellor, clinical supervisor, and Clinical Coordinator. On behalf of the CCC, Linda provides trauma-informed training to schools, health authorities, youth justice, parole, and probation throughout BC and Yukon and workshops on secondary trauma to local agencies and agencies in the regions as a way of supporting helping practitioners and improving the situation of children, youth and adults who have experienced adversity. Linda's research focuses on: trauma-informed practice and trauma-specific interventions, counsellors and other helping practitioners working in isolated settings; secondary trauma experienced by practitioners; complex trauma (Developmental Trauma Disorder); historical and intergenerational trauma; and counselling and research ethics related to northern practice.

Please see attached poster for more info. To register visit: [DRLINDAONEIL2023](https://drlindaoneil2023.eventbrite.ca)

For more info, please contact Marna Forsyth at 250 609-2017

or email: mforsyth@interiorcommunityservices.bc.ca

BREATHR VERSION 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." expound

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

Employment and FASD: AN UPDATED LOOK AT STRATEGIES FOR SUCCESS

CANFASD (CANADA FASD RESEARCH NETWORK)

"The purpose of this paper is to provide an updated review of the existing literature on employment and FASD and to provide recommendations for researchers and policy makers to support employment goals and needs for people with FASD."

KEY MESSAGES

Many people with FASD have difficulties finding and keeping meaningful employment due to body and brain-based differences that can impact their daily functioning. Importantly, employment success for people with FASD can be supported through leveraging individual strengths, skills, abilities, and providing opportunities for accommodations in the workplace.

"Despite previous researchers calling for more literature about the implications of FASD on employment, very few studies exist in this area. Underemployment is a major concern for many people with FASD and compounding challenges such as transportation difficulties, limited social skills, lack of previous work experiences, and a potential lack of family support in maintaining employment, contribute to further barriers experienced by people with FASD."

To read and to download the report, visit
CANFASDemploymentandFASD

MONTHLY BOOK CORNER

ONCE A WIZARD:

A Story About Finding a Way Through Loss

"This wordless children's book has beautiful imagery and the potential to create many imaginative storylines. It empowers children to tell their own stories and explore the meaning of their own experiences of loss. The book includes helpful tips, questions, and activities to support parents and caregivers as they help children navigate their way through loss."

"While attending Uncle Wizard's funeral, Ari sees some striking images: a snow-covered statue that resembles Uncle Wizard, a memorial candle with his picture on it, and his body displayed in an open casket. That night, Ari meets Uncle Wizard in a dream. Together, they embark on an adventure through a snowy land, encountering a magic candle, a living stuffed toy, and a goblin, before finally meeting an unstoppable giant. Through this journey, Ari learns to explore their feelings and awakens with the comfort that their memories of Uncle Wizard will live on. **Note:** While children 5+ will enjoy looking at this book on their own, Once a Wizard was designed as a resource for counselors, helpers, or parents to read with children."

Author and Illustrator: **Curtis L. Wiebe** Curtis is a sculptor, animator, award-winning filmmaker, costume designer, puppeteer, and musician, but his first love has always been drawing. He has worked with children in a variety of settings and currently teaches art to middle-years students at the Winnipeg Art Gallery. This is his first published book.

Clinical Consultant: **Vicki Enns** Vicki worked closely with Curtis to create a book that would be both interesting for children and helpful for them to explore the topic of grief. She is the Clinical Director of the **Crisis & Trauma Resource Institute (CTRI)** and a registered Marriage and Family Therapist. She is the editor and a contributing author of CTRI's Counselling Insights and Counselling in Relationships books, and is the author and editor of many of CTRI's training materials.

Available on Amazon.ca Contact your Network Facilitator for more information.

Connect with the team >>>

SUPPORT TO FAMILY CARE NETWORK PROGRAM

Program Coordinator: Kari Bepple

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

Krista Sherwood (250) 819-5819

ksherwood@interiorcommunityservices.bc.ca

Marna Forsyth (250) 609-2017

mforsyth@interiorcommunityservices.bc.ca

Jane Wesko (250) 608-7674

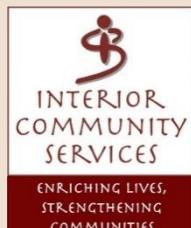
jwesko@arcprograms.com

Tabitha Fournier (250) 320-4603

tfournier@interiorcommunityservices.bc.ca

Ashley Gibson (250) 426-6013

agibson@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



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.