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# 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

### WEST KOOTENAY

#### Foster Parent Drop-In

Fridays

11:00am - 12noon (PST)

Zoom ID: 250 608 7674

### 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 Crafts

### 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.

## DR. LINDA O'NEILL VICARIOUS TRAUMA

**PART ONE: NOV 7 6:30 – 8:30pm (PST)**  
**PART TWO: NOV 28 9:30 – 11:30am (PST)**

Unable to make the date or time? No worries!

Register and you will receive the replay link (which is available for a limited time).

“Dr. Linda O'Neill and her colleague Dr. John Sherry run the Counselling Program within the Department of Psychology at UNBC. 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.

To register, please visit: [DRLINDAONEILL2023](https://drlindaoneill2023)

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

## EXECUTIVE FUNCTIONING EMPOWERMENT SUMMIT WEDNESDAY, NOVEMBER 15

**A FREE DAY OF PRESENTATIONS BROUGHT TO YOU BY GoZen!**

“Executive Functioning Success for Kids and Teens. As adults, we multitask without much thought. Our focus shifts as needed, concentrating on work one moment and tending to family the next. This adaptability is powered by executive function skills: the mental processes that enable focus, planning, prioritization, and more. These skills develop over time, and for many kids and teens, they require explicit instruction. This summit is all about nurturing and supporting our kids and teens in cultivating this set of skills.”

Learn to Help Kids Transform: Disorganization to Systems-orientation; Procrastination to Initiating Tasks; Distraction to Indistractibility; Dysregulation to Self-Regulation; Lack of Motivation to Flow.”

**9 experts** Speakers include: Elisa Song, MD; Sharon Saline, PsyD; Michelle Winner, MA-CCC, SLP; Marydee Sklar; Nir Eyal; Yulia Rafailova and more!

For more info, visit: <https://gozen.com/efsummit/>

# WHAT NOW? A PARENT'S GUIDE TO TANTRUMS AND MELTDOWNS

## A NEW PODCAST BY CHILDMIND INSTITUTE

**What Now? Season 1** Practical strategies. Expert insights. Bite-size episodes. "What Now? A Parent's Guide" is a how-to podcast that helps you handle common behavior challenges like a pro. Psychologist Dr. Andrew Kahn hosts Season 1, which looks at tantrums and meltdowns. Each episode takes less than 10 minutes and helps you fit these parenting strategies into your life whenever you need them. Listen to the latest episodes like:

- **How to tell the difference between tantrums and meltdowns.** Not all outbursts are the same. Learn how to tell a tantrum from a meltdown and how to respond to one versus the other.
- **Using praise to prevent your child's outbursts.** Be specific when praising self-calming efforts so your child will know what they did right and what you want them to do again in the future.
- **Identifying your child's behavior trigger.** Do your child's outbursts seem to come out of nowhere? Learn what details to look for to help you spot patterns and identify your child's triggers.

(AND MORE!)

To listen or learn more, visit:

<https://www.understood.org/podcasts/what-now-season-1>

## ROLLING WITH ADHD

### RESOURCES FOR PARENTS, TEACHERS, AND TEENS

"Supporting children or youth with ADHD? Not sure where to go for reliable information and support?

'Rolling with ADHD', is a **free** eight-module series that covers practical tools and strategies for caregivers of children with ADHD. **This course is for Parents, Caregivers and Family Members.**

This series has been adapted from the long-standing program at BC Children's, and includes what research shows really works for kids and families living with ADHD.

Each short module is packed with practical strategies that you can use in your everyday life. We recommend you do one module per week.

In each module we assign you a 'challenge' to get you started, and we suggest you take the whole week to try and integrate these strategies into your daily life. We will suggest ways to put the strategies into practice. We hope this will help you find the learning series more useful."

They also have resources for teens and teachers:

➤ **Rolling with ADHD for Teens: Tips and Strategies to Support Teens with ADHD and help them thrive at school and beyond.** "In this resource, we share some practical information, tips and strategies to help teens with ADHD feel less overwhelmed with school and more empowered and supported. Designed by ADHD specialists- both psychologists and teens, this study guide walks you through practical information, tips and strategies to help you thrive in school and beyond."

➤ **Rolling with ADHD for Teachers: Strategies to help ADHD students thrive in your classroom and beyond!** "In this unique video resource library, our team of ADHD specialists offer bite-sized insights, ideas and strategies to help teachers roll with ADHD in the classroom."

To find out more and to register for the **FREE** course, visit:

<https://healthymindslearning.ca/rollingwith-adhd/>

**BROUGHT TO YOU BY:**

## SUPPORT TO FAMILY CARE NETWORK PROGRAM

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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](http://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.