

 ZOOM MEETINGS
& TRAININGS.....1

 THE CHILD PSYCH
PODCAST2

 LOUIS RIEL DAY
NOVEMBER 16.....2

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)

DR. LINDA O'NEILL VICARIOUS TRAUMA

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).

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

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

Kate Saunders Presents: Understanding Sensitive & Spirited Children



Designed to help educators understand sensitive and spirited children on a new level, and offers practical ideas of how to help unique children build self-esteem and be the best version of themselves

*Learn more about Kate Saunders by visiting
<https://www.counsellorkate.com/>*

NOV 15TH, 2023

6:00 P.M. TO 8:00 P.M.

Join us for this free workshop on Zoom
Register at www.shuswapchildrens.ca

Brought to you by:



Ministry of
Education and
Child Care

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.

HOW TO HELP KIDS FOCUS: Practical Parenting Skills to Reduce Inattention & Hyperactivity

FREE LIVE WEBINAR
THURSDAY, NOV 16
2:30pm (PST)

Presented by the Child Mind Institute and Fort Health. "The prevalence of ADHD diagnoses has surged by almost 40%. Despite an abundance of resources, parents often find themselves seeking practical, applicable advice to help their children enhance focus and reduce inattention. Our upcoming webinar will give parents actionable strategies to support kids who struggle with symptoms of ADHD.

Led by seasoned ADHD and mental health experts, this webinar aims to empower parents with the knowledge to:

- Identify signs of inattention and hyperactivity across different age groups
- Establish effective daily routines and strategies for home and school
- Help parents understand when professional intervention may be necessary and how to get kids appropriate support

Join Dr. Harold Koplewicz, Dr. Matthew Biel, and Dr. David Sitt to gain practical insights and tools that you can use right away to support your child."

To register, visit:

https://us06web.zoom.us/webinar/register/WN_cpKDD58pQq-NT4bdpxatA#/registration

LEARN ABOUT LOUIS RIEL DAY – NOVEMBER 16

Metis Nation BC "He has been described as charismatic, a leader, a rebel, and even a traitor. On November 16, 1885, Louis Riel was hung for High Treason after being the leader of the Red River Resistance and the Battle of Batoche. The result of Louis Riel's execution was the mass labelling of Métis people across Canada as traitors, and for generations, many felt the need to hide their Métis culture and identity.

Louis Riel was a politician and a leader of the Métis people. He led two resistance movements against the Government of Canada and its first prime minister, John A. Macdonald. Riel defended Métis rights and identity as the west came progressively under the Canadian sphere of influence. Riel was also a defender of religious freedom, French language rights, and gender equality. He died a staunch advocate for the Métis, and for minority rights in general. Métis have been documented in British Columbia as early as 1793, and now represent one third of all Indigenous people in British Columbia.

The legacy of Louis Riel teaches us the value of reconciliation, and the promise a new day can bring. Riel taught us not to look at what makes our people different, but rather what unites us. This Louis Riel Day let's remember the sacrifices made, and the ancestral roots that unite us."

To find out more, visit: <https://www.mnbc.ca/>

For more information on **Metis culture**, check out the following resources:

- Heritage Michif to Go <https://www.metismuseum.ca/michif-app/>
- The Words of Our Ancestors: An Introduction to Michif and Indigenous Language Revitalization
<https://www.mnbc.ca/The-Words-of-Our-Ancestors-%28digital%29.pdf>
- KAA-WHIICHIIHITOYYAAHK: We Take Care of Each Other
<https://www.mnbc.ca/media/1547>
- MetisTrading Post books
<https://metistradingpost.shop/collections/books-resources>
- The Village of Learning Newsletter (Fall 2023 Edition)
<https://www.mnbc.ca/media/2313>
- Learn with Louis Newsletter (Fall 2023) <https://www.mnbc.ca/media/2312>

BROUGHT TO YOU BY:

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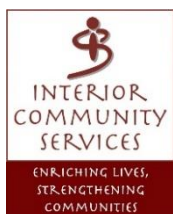
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WELCOME TO FED CONNECTS!

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.