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STFC – SUPPORTING FOSTER FAMILIES

○ VOLUME 4: ISSUE #43 | NOVEMBER 20 | 2023○
NOVEMBER IS ADOPTIVE FAMILY APPRECIATION MONTH

WEEKDAY

Communiqué

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

SAFE BABIES TRAINING

DATE	NOV 20	NOV 27, 30, DEC 6, 12 & 18
TIME	12noon – 3:00pm PST	9:00am – 12noon PST

You must attend all 6 3-hour sessions to receive your Safe Babies certificate.

CPR-C (Infant CPR) is also required to be Safe Babies certified.
For more info, please contact Marna Forsyth at (250) 609-2017
or email: mforsyth@interiorcommunityservices.bc.ca

UBC Anxiety Stress and Autism Program

A Trauma Resource Guide for AUTISTIC YOUTH AND THEIR CAREGIVERS

"This guide is meant to help autistic youth and their caregivers learn more about trauma and coping with traumatic stress. Although the focus of this guide is primarily trauma, there are also providers and resources recommended that may also be helpful for other behavioural, emotional, social, and environmental concerns that can co-occur with trauma."

"This guide includes sections on:

- ↳ Low- or No-Cost Mental Health Support Services
- ↳ Self-Help Mental Health Support Resources
- ↳ Webinars, Podcasts, and Websites on Trauma and Autism - Webinars and websites that autistic young adults and caregivers may find helpful for facing and managing trauma.
- ↳ Resource Guides and Templates on Trauma and Autism - For Caregivers
- ↳ Resources for Clinicians - some resources you may wish to share with your children's care team, describing evidence-based practices to address trauma in autistic children."

To download and read the guide, visit:

<https://asap-psych.sites.olt.ubc.ca/files/2023/03/ASAP-Resource-Package-Trauma.pdf>

From A Ripple to a Wave of Change: Enhancing Capacity of Schools with FASD- Informed Educational Practices

WRaP 2.0: FASD COACHING PARTNERSHIP PROJECT

This project was developed and implemented in Alberta. This project has FASD Instructional Coaches in each of the 12 areas in Alberta who provide FASD instructional practice to teachers and schools to help them be more FASD informed. Their website has numerous free resources that are worth checking out.

There are numerous videos on:

- ↳ Teaching
- ↳ Classroom Strategies
- ↳ Transitions

Other printed resources include:

- ↳ Classroom Strategies
- ↳ Building – Understanding - Support

Self Regulation and FASD Handout

Just an excerpt from their handout.

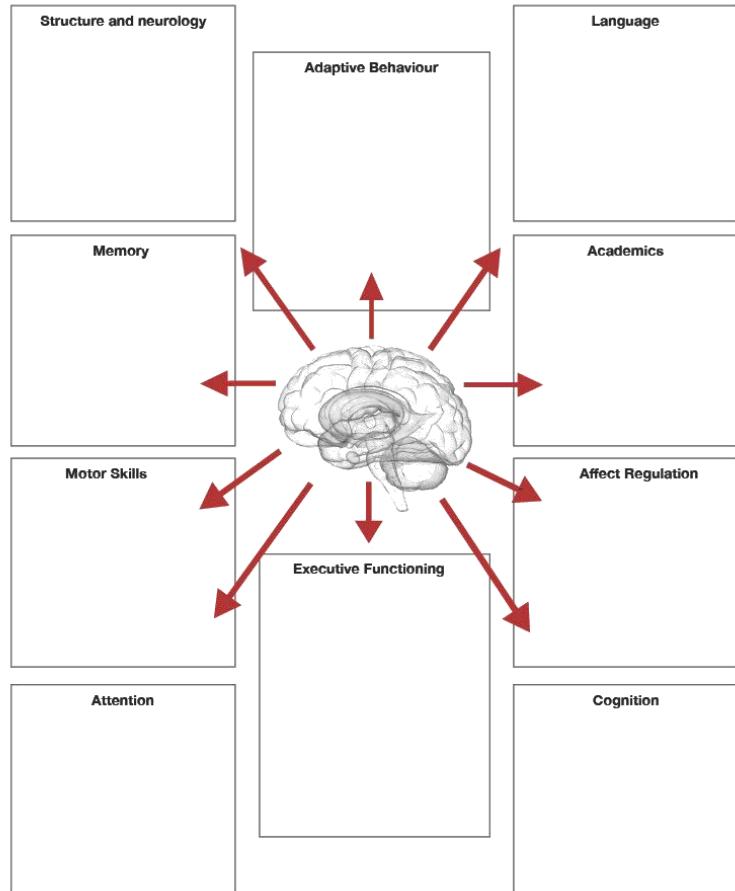
“Individuals who struggle with self-regulation find it challenging to regulate their thoughts, feelings, and behavior effectively. This can manifest in several ways for individuals with FASD, including difficulties with:

- Task Completion:** Individuals may struggle with staying focused and completing tasks, often becoming easily overwhelmed or distracted.
- Flexibility:** Adapting to changes in routines or unexpected situations can be challenging, leading to frustration or resistance.
- Planning and Organization:** Difficulties in planning, organizing, and sequencing steps can hinder individuals' ability to effectively navigate daily tasks and activities.
- Sensory Sensitivity:** Individuals may struggle with sensory processing, finding it challenging to filter out irrelevant sensory information and focus on the task at hand. Background noise, bright lights, or other environmental stimuli can be overwhelming and distracting.”

To find out more, visit: wrap2fasd.org

Family: _____
Child/Youth Name: _____
Consultant: _____

Brain Domains PDF



BROUGHT TO YOU BY:

SUPPORT TO FAMILY CARE NETWORK PROGRAM

Program Coordinator: Kari Beppe

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 (on leave)

ksherwood@interiorcommunityservices.bc.ca

Marna Forsyth (250) 609-2017

mforsyth@interiorcommunityservices.bc.ca

Jayne Wesko (250) 608-7674

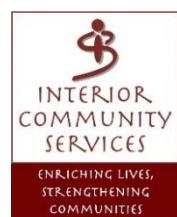
jwesko@arcprograms.com

Tabitha Fournier (250) 320-4603

tfournier@interiorcommunityservices.bc.ca

Ashley Gibson (250) 426-6013

agibson@interiorcommunityservices.bc.ca



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.