



A bimonthly brief of current support and training

THE Support Report

VIRTUAL

Caregiver Drop-Ins

ZOOM ID: 858 3771 6954

(3rd Wednesday of the Month)

Wednesday, November 15

7:00pm – 8:00pm (PST)

(1st Monday of the Month)

Monday, December 4

1:00pm – 2:00pm (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.

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>

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

HOW TO HELP KIDS FOCUS:

PRACTICAL PARENTING SKILLS TO REDUCE INATTENTION & HYPERACTIVITY

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_cpkDDS8pQg-NT4bdpxatA#/registration

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/>

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)

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

FREE ONLINE

EXECUTIVE FUNCTIONING EMPOWERMENT SUMMIT

WEDNESDAY, NOVEMBER 15

BROUGHT TO YOU BY GoZen! “Executive Functioning Success for Kids and Teens. Do your kids struggle with focus and organization? These aren't just challenges - they're executive functioning skills. Executive functions are like the brain's air traffic control systems. They help kids get stuff done. While kids may not be born with the skills to filter distractions, prioritize tasks, set and reach goals, and regulate emotions, they are born with the potential to master these skills.

These skills develop over time, and for many kids and teens, they require explicit instruction. Get actionable strategies to help kids & teens:

- | | |
|------------------------|------------------------|
| ✦ Manage their time | ✦ Boost focus |
| ✦ Get started on tasks | ✦ Improve organization |
| ✦ Filter distractions | ✦ Self-regulate |
| ✦ Get motivated | |

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/>

[Connect with the team >>>](#)

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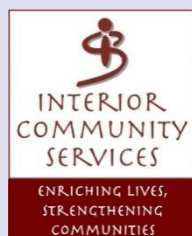
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Need resources or information? Check out our website!

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.

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