



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, December 4

1:00pm – 2:00pm (PST)

(3rd Wednesday of the Month)

Wednesday, December 20

7:00pm – 8:00pm (PST)

CRANBROOK

Foster Parent Drop-In

Thursday, November 30

10:00am – 12Noon (MST)

At Smitty's

For more info, contact Ashley Gibson.

INVERMERE

Foster Parent Drop-In

Friday, December 15

10:00am – 12Noon (MST)

At Bistro Cafe

For more info, contact Ashley Gibson.

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 (available for a limited time).

To register, please visit:

[DRLINDAONEILL2023](https://www.drlindaoneill2023.com)

NATASCHA LAWRENCE **2 WORKSHOPS: 1 DAY**

A Caregiver's Guide to Supporting the Mental Health of Children & Youth with FASD

MONDAY, DEC 11

9:00am – 12 NOON (PST)

Trauma-informed Strategies to Support Children & Youth Through Grief & Loss

MONDAY, DEC 11

1:00pm – 4:00pm (PST)

Unable to make the date or time? Register and you will receive the replay link (which will be available for 7 days after the workshops).

To register, please visit: [NATASCHA LAWRENCE 2023](https://www.nataschalawrence2023.com)

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

or email: mforsyth@interiorcommunityservices.bc.ca

(Fatima) Natascha Lawrence (she/her/hers pronouns), M.A., RCC, BCRPT is a Registered Clinical Counsellor, BC Registered Play Therapist, Certified Synergetic Play Therapy Supervisor and EMDR practitioner. She is a BIPOC first-generation Canadian settler of mixed Asian ancestry, an ADHDer, Queer and has a mobility disability due to a chronic pain neurological condition. With almost 20 years of experience, Natascha specializes in neurodiversity, particularly with FASD. Natascha has experience working with clients across different modalities and systems, including schools, hospitals, community mental health, and private practice, and has worked with individuals from birth to adulthood, couples and families. Dedicated to enlightening the world to see through the beauty of a neurodiversity lens, Natascha is the co-founder of the FASD Institute, which provides counselling, supervision, and education to clinicians, individuals, and families. Natascha is the creator of the Empowering Neurodiversity (END) Model™, a framework that guides clinicians on dismantling racism, ableism, oppression, and decolonizing their practices to empower neurodiversity. Most importantly, Natascha is the parent of two incredible neurodivergent children, one who has FASD.

Complex Trauma Resources: What DOES Work With Trauma Focused Behaviour Interventions? NOVEMBER 20 10:00 AM

"When is it useful to use behaviour interventions to change your child's behaviour, and when is it going to backfire?"

In this webinar Dr. Chuck Geddes, PhD and Founder of Complex Trauma Resources will be discussing how behaviour interventions for children trauma can backfire, and when it is actually appropriate and productive to use them.

To make this webinar most useful to your situation, audience members will have the opportunity to ask questions tailored to their unique situation.

If you feel at a loss about what is effective to support your child's challenging behaviours, please join Dr. Chuck Geddes.

Advanced registration is required.

To register, visit:

https://complextrauma-ca.zoom.us/webinar/register/WN_cnqJ0PE9QUCbN9m_sRGpA#/registration

Monthly Book Corner: RAISING KIDS WITH BIG, BAFFLING BEHAVIORS: Brain-Body-Sensory Strategies That Really Work

by Robyn Gobbel (2023) "All behavior makes sense.' 'It most certainly does not!', is probably your first reaction.

Parenting and neuroscience expert Robyn Gobbel is here to reveal how all behavior, no matter how baffling, can be explained and remedied. You just need to look past the behavior and understand what's going on inside.

Robyn decodes the latest brain science into easy-to-understand principles and metaphors to help you become an expert in your child's behavior. She reveals simple ways to help you regulate and connect with your child, with brain-, body- and sensory-based strategies to overcome day-to-day challenges. She also provides you with the knowledge to understand and regulate your own brain so that you don't flip your lid when your child flips theirs.

Let this be your lifeline for parenting or caring for any child with baffling behaviors and hidden challenges, including kids who have experienced adversity, or with additional needs."

Reviews: "The simulated parent-therapist format, and creative restructuring of the child and parent perspectives into narratives, garners compassionate understanding from the reader. As a parent, I find the insights and strategies in this book timely and appropriate.--**Dr Stephen Porges**, Professor of Psychiatry and Founding Director, Traumatic Stress Research Consortium."

"A sneak-peek into the intimate conversations between a frustrated parent and a skilled therapist, this book is a fantastic combination of neuroscience and practical strategies. You'll learn how to respond to your child's baffling behaviors in compassionate and effective ways.--Tina Payne Bryson, LCSW, Ph.D., New York Times Bestselling co-author of The Whole-Brain Child & No-Drama Discipline, and author of The Bottom Line for Baby."

Available on Amazon.ca or contact your Network Facilitator for more information.

Connect with the team >>>

SUPPORT TO FAMILY CARE NETWORK PROGRAM

Program Coordinator: Kari Beppe (currently on medical leave)

kbeppe@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 (currently on medical leave)

ksherwood@interiorcommunityservices.bc.ca

Marna Forsyth (250) 609-2017

mforsyth@interiorcommunityservices.bc.ca

Jane Wesko (250) 608-7674

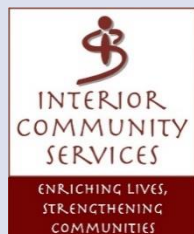
jwesko@arcprograms.com

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.

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