

**ZOOM MEETINGS
& TRAININGS.....1**

**TRAUMA RESOURCE
GUIDE FOR AUTISTIC
YOUTH1**

**CHRISTMAS GIFT
IDEAS.....2**

WEEKLY *Communiqué*

STFC – SUPPORTING FOSTER FAMILIES

IN PERSON

KAMLOOPS

Foster Parent Drop-In
Wednesday

12:30pm – 2:00pm (PST)

The Loft - 290 Maple Street
(2nd Floor of the grey building)

INVERMERE

Foster Parent Drop-In

Thursday, December 14

10:00am – 12 Noon (MST)

At Bistro Cafe

For more info, contact Ashley Gibson.

VIRTUAL

WEST KOOTENAY

Foster Parent Drop-In

Fridays

11:00am - 12noon (PST)

Zoom ID: 250 608 7674

Time change for
this week only

NATASCHA LAWRENCE

TWO WORKSHOPS: ONE DAY

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

DEC 11 9:00am – 12 NOON (PST)

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

DEC 11 1:00pm – 4:00pm (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: [NATASCHA LAWRENCE 2023](#)

For more info, please contact Marna Forsyth at:

(250) 609-2017 or email: mforsyth@interiorcommunityservices.bc.ca



BUSINESS SIDE OF FOSTERING

SESSION 1

Monday, January 15 9:30 - 11:30am (PST) OR

Tuesday, January 16 6:30 - 8:30pm (PST)

SESSION 2

Monday, January 22 9:30 - 11:30am (PST) OR

Tuesday, January 23 6:30 - 8:30pm (PST)

To Register visit: [BSF2024Register](#)

Foster Parents: Do you want to understand your role, responsibilities
and rights (from a business perspective)? Then this 4 hour course is
for you! This course is also open to Social Workers and Foster Parent
Support Workers.

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

A TRAUMA RESOURCE GUIDE FOR AUTISTIC YOUTH AND THEIR CAREGIVERS

By UBC Anxiety Stress and Autism Program

"This guide is meant to help autistic youth and their caregivers learn
more about trauma and coping with traumatic stress.." "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 -
- ↳ Resource Guides and Templates on Trauma and Autism - For
Caregivers" **AND MORE!**

To download or read the guide, visit: [RESOURCEPKG](#)

UPDATE TO MCFLD RESOURCE POLICIES: APPENDIX 1 (MISSING CHILDREN)

Appendix 1

When a Child or Youth is Missing

November 1 (2023) changes include:

- ✎ Definitions have been updated to make it clearer when a child should be considered missing.
- ✎ Additional safety concerns no longer present before a child/youth was considered missing.
- ✎ Headings were revised and added to be clearer about responsibilities of the caregiver and the child/youth's worker.
- ✎ The following was added when a child/youth is unreasonably late and their whereabouts are unknown, the caregiver is to take steps to locate the child/youth: Refer to appendix to see steps to be taken.
- ✎ The following was added after the caregiver has taken steps to try to locate the child/youth unsuccessfully and the child/youth is considered missing: Refer to appendix for more information.
- ✎ Habitually was removed from the policy.
- ✎ New requirements have been added to ensure appropriate steps are taken once a child is found.

Please be sure to read the attached new appendix and the November 2023 update to ensure you are aware of the new information.

HAVE YOU PICKED OUT YOUR CHRISTMAS GIFTS?

**Here are some articles and sites
you may want to check out!**

Practical Gifts That Make Life Easier Check out this article by ADDitude Magazine. From suggestions such as Shower Timer, A Mess Free Toothpaste Dispenser, Smart Bulbs (that you can command to turn on or off and come in multiple colors) and A Self-Heated Mug. (The self-heating coffee mug senses movement or liquid and turns itself on and off.) **Read the full article by visiting:** <https://www.additudemag.com/slideshows/practical-gifts-make-life-easier-adhd>

Stocking Stuffers for Adults with ADD Bath and Body Works Lavender Sleep Lotion, Fidgets by Fidget Land (featured on the hit show "Shark Tank," Fidget Land designs discreet, quiet fidgets mostly for us adults who need something to keep our hands occupied), Magnetic Hematite Rocks along with others. **Read the full article by visiting:** <https://www.additudemag.com/slideshows/gift-ideas-men-women-adhd>

Toys and Gifts for Autistic Children – The Ultimate Guide Be sure to check out this article by Autism Parenting Magazine. **Read the full article by visiting:** <https://www.autismparentingmagazine.com/gifts-for-kids-with-autism/>

30 must-read books to learn about the Indigenous experience in North America Looking to buy a book for a loved one? Check out this article by CBC Books where "Michelle Good curated this list of books that 'reach under the myth of North American history'". **Read the full article by visiting:** <https://www.cbc.ca/books/books-to-read-national-indigenous-history-month-michelle-good-1.6860760>

NATP shop Check out the National Association of Therapeutic Parents (note that prices are in UK). They have pocket hugs, worry worms and tons of books. You can visit their shop at: <https://www.natp.com/shop>

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



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.