



ZOOM MEETINGS  
& TRAININGS.....1

BUSINESS SIDE OF  
FOSTERING  
WORKSHOP IN 2024  
.....2

WE MATTER  
CAMPAIGN.....2

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)

**INVERMERE**  
**Foster Parent Drop-In**  
Thursday, December 14  
10:00am – 12Noon (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

## WE MATTER CAMPAIGN

"We want youth to know:

- ↳ They carry their own strengths
- ↳ There are coping skills they can use during difficult times
- ↳ Being Indigenous is AWESOME and something to be proud of
- ↳ Taking action can improve their communities
- ↳ They have skills and knowledge that can help themselves and others
- ↳ They have the capacity to make change"

Find out more at: [wemattercampaign.org](http://wemattercampaign.org)

# WEEKLY *Communiqué*

## 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](mailto:mforsyth@interiorcommunityservices.bc.ca)

2024

## BUSINESS SIDE OF FOSTERING

### Session 1

9:30 - 11:30am (PST) OR  
6:30 - 8:30pm (PST)

Monday, January 15

Tuesday, January 16

### Session 2

9:30 - 11:30am (PST) OR  
6:30 - 8:30pm (PST)

Monday, January 22

Tuesday, January 23

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](mailto:mforsyth@interiorcommunityservices.bc.ca)

## WE MATTER CAMPAIGN

"We Matter is an Indigenous youth-led and nationally registered organization dedicated to Indigenous youth support, hope and life promotion. Our work started with the We Matter Campaign – a national multi-media campaign in which Indigenous role models, youth, and community members from across Canada submit short videos, written and artistic messages sharing their own experiences of overcoming hardships, and communicating with Indigenous youth that no matter how hopeless life can feel, there is always a way forward.

Suicide rates for Indigenous youth are several times higher than that of other Canadians, as well as rates for challenges like addiction, abuse, and school dropouts. We believe this doesn't have to be the case.

Our mission is to communicate to Indigenous youth that they matter and create spaces of support for those going through a hard time while fostering unity and resiliency. We provide a forum for people across the country to share messages of hope and positivity. By sharing our stories, our words of encouragement, and our authentic messages of hope and resilience, we help to make a community and nation stronger."

**"We remind youth that I Matter.  
You Matter. We Matter.  
We prove that we are all  
#StrongerTogether."**

Check out their toolkits for Social Workers, Support Workers, and Youth.

Find out more at: [wemattercampaign.org](http://wemattercampaign.org)

There are tons of videos to watch including the **MAGIC BUTTONS VIDEO**. "What if every time that you were HUNGRY there was a MAGIC BUTTON you could PUSH, and a sandwich would come out... Wouldn't that be GREAT? Now, what if every time you were feeling SAD there was a MAGIC BUTTON you could PUSH, and you would feel better... Wouldn't that be GREAT?" At WE MATTER we believe there ARE buttons that exist, that can help YOU, if you are feeling SAD or HURT. There's little things you can do like GO FOR A WALK, DRAWING OR SPORTS. We created our website: [wemattercampaign.org](http://wemattercampaign.org) to be FULL of MAGIC BUTTONS just for YOU... Please SHARE this VIDEO ..."

Listen to the entire video at: [wemattercampaign.org](http://wemattercampaign.org)

## Complex Trauma and Resource Institute

### FREE WEBINAR: FEELING GUARDED AND BURNT OUT? Thursday, Dec 14 12:30pm (PST)

"Below are common questions our team is asked by those who are raising, caring for, or teaching children who have endured complex trauma:

- ↳ How do I help my child who doesn't trust me?
- ↳ How do I connect with a student who clearly doesn't want a relationship with me?
- ↳ What do I do if I feel burned out, jaded, or hopeless about the future?
- ↳ I feel like giving up, but I don't want to. What should I do?

And the one concern that is rarely talked about—what do I do, if I don't like my kid [or student] anymore?

These are difficult but very real and important questions that need to be addressed when talking about how to help heal from complex trauma.

The reality is, what was once hurt in a relationship needs to be healed in a relationship. But how do you do that if you feel burned out, or like giving up? The truth is, when we are in this state and kids have big behaviors, it is extra hard to de-escalate big behaviors in a way that aligns with how we want to parent or teach.

Renae Regehr—RCC, CTR clinician and mother of 4 children—will be diving into these questions and more including blocked trust, blocked care, and how to effectively move through these stages in our next free webinar."

TO REGISTER, visit: [https://complextrauma-ca.zoom.us/webinar/register/WN\\_sVZ45cGKRDeXWaAS64Km0g#/registration](https://complextrauma-ca.zoom.us/webinar/register/WN_sVZ45cGKRDeXWaAS64Km0g#/registration)

## BROUGHT TO YOU BY:

# SUPPORT TO FAMILY CARE NETWORK PROGRAM

Program Coordinator: **Kari Bepple** (currently on medical leave)

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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](http://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.