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STFC – SUPPORTING FOSTER FAMILIES

WEEKLY *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 KOOTENAI

Paused for the holidays.
Drop-in will resume Jan. 5, 2024
12:00pm (PST)
Zoom ID: 250 608 7674

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](https://bsf2024register.com)

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

THE CHILD PSYCH PODCAST

The Institute of Child Psychology

Experience a powerful blend of personal stories, expert insights, and practical strategies in their newly released podcast episodes! (New Podcasts released every Wednesday.)

➡ Episode 49: Dr. Stephen Porges talks about **Neuroception of Safety**

➡ Episode 46: Elli Pears and Sarah Hemlock (Sleep Specialists) talk about **Tackling Sleep Issues in Infants and Toddlers**.

➡ Episode 56, Dr. Michaleen Douclev presents "Hunt, Gather, Parent: Ancient Parenting Wisdom".

To listen to their podcasts, visit:

<https://instituteofchildpsychology.com/podcast/>



BLOG ARTICLES BY CRISIS AND TRAUMA RESOURCE INSTITUTE

5 Tips for Helping Others Practice Joyful Living

In our blog 5 Tips for Helping Others Practice Joyful Living, learn how supporting others to live a more joyful life can help them to navigate multiple life challenges while remaining grounded and healthy. Remember that as helpers, we can benefit from the same strategies as our clients.

Autism – The Impact of Community on Identity

In this blog, learn how damaging it can be when the community of an autistic person tries to force them into a neurotypical mold: Autism – The Impact of Community on Identity.

To read these blogs and to check out their other blogs, visit:

<https://ctrinstitute.com/blog/>

POPFASD RESOURCES

The Single Most Powerful Technique for Extreme Fusion - Dr. Russ Harris (2016) (An e-book) Dr. Russ Harris uses the analogy of a storm at sea to share a "dropping anchor" technique to help when students are in an emotional storm. This resource provides clear, concise, structured approach for helping students who are experiencing anxiety. **Read or download the book by visiting:** <https://www.fasdoutreach.ca/resources/all/s/single-most-powerful-technique-extreme-fusion-russ-harris>

FASD-Informed Teaching (FIT) Framework (PDF)

The FIT stands for FASD-Informed Teaching and provides a comprehensive framework to help educators consider the 4 main aspects of creating a "good fit," in the classroom. The framework is a visual organizer of the tangible and intangible considerations for creating classroom accommodations which benefit all learners.

Read or download the full PDF by visiting:

<https://www.fasdoutreach.ca/resources/all/f/fasd-informed-teaching-fit-framework>

"Get Ready, Do, Done" Strategy Implementation" (Video)

Executive Function is a set of mental skills and it includes the ability to plan and organize materials and complete tasks. Kristen Jacobsen (M.S., CCC/SLP) and Sarah Ward (M.S., CCC/SLP) from Cognitive Connections <https://www.efpractice.com/> have developed the "Get Ready, Do, Done" approach to helping students plan and carry out activities in a timely fashion. In this video, Charlene Workman, an Education Assistant in BC, models an example of how the strategy, "Get Ready, Do, Done," can be used. This approach can be used in classrooms, in small groups, or as seen, individually.

Watch the video by visiting:

<https://www.fasdoutreach.ca/resources/all/g/get-ready-do-done-strategy-implementation>

Early Life Adversity and FASD (video) There is growing research interest in the adverse life experiences of people with prenatal alcohol exposure and FASD. In this webinar, Drs Pei and Flannigan will: 1) provide an overview of adversity in FASD and associated vulnerabilities, 2) share findings of a recent study we conducted in this area, and 3) discuss how the environment can be a risk factor and an opportunity for growth for people with FASD. **Watch the video by visiting:** <https://www.fasdoutreach.ca/resources/all/e/early-life-adversity-and-fasd>

Check out POPFASD by visiting: <https://www.fasdoutreach.ca>



BROUGHT TO YOU BY:

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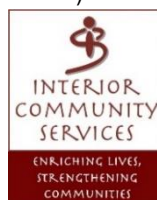
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WELCOME TO FED CONNECTS!

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.

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