



ZOOM MEETINGS
& TRAININGS.....1

REAL TALKS FOR
YOUTH IN CARE.....2

PERSONAL
RECOVERY
SPACE.....2

STFC – SUPPORTING FOSTER FAMILIES

WEEKLY *Communiqué*

IN PERSON

KAMLOOPS

Foster Parent Drop-In

Paused for the holidays.
Drop-in will resume Jan. 10, 2024

VIRTUAL

WEST KOOTENAY

Foster Parent Drop-In

Fridays

11:00am - 12noon (PST)

Zoom ID: 250 608 7674

REAL TALKS FOR YOUTH IN CARE Online with FBCYICN

4 interactive peer-led talks about mental health to learn practical skills to support yourself and others. Join the Federation of BC Youth in Care Network for 4 peer-led interactive talks about mental health to learn practical skills to support self and others.

Free for youth in care ages 12-19+

Attend all 4 sessions to earn \$10 gift card, certificate of completion and a chance to win \$50 - \$100 extra.

👉 Tuesday, Jan 23	6:30 – 8:00pm	Self Care for Mental Health
👉 Tuesday, Jan 30	6:30 – 8:00pm	Brain Science Tools for Everyday Living
👉 Tuesday, Feb 6	6:30 – 8:00pm	Don't believe everything you think!
👉 Tuesday, Feb 13	6:30 – 8:00pm	It's Okay to not be Okay

Interested? Email: Marcey.Amaya@fbcyicn.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](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 at (250) 609-2017 or email: mforsyth@interiorcommunityservices.bc.ca

SAFE BABIES

Tuesday and
Thursday mornings
Feb 6 – Mar 7

OR

Monday and
Wednesday evenings
April 8 – May 8

The Safe Babies Foster Parent training is an educational program for those interested in becoming caregivers of children under the age of 3 who have been exposed prenatally to drugs and/or alcohol. Foster Parents, Caregivers, MCFD staff, Indigenous Child and Family Service Agency staff and community partners who work with Safe Babies homes are welcome. This training will be facilitated by the Support To Family Care Network Team and guest presenters for each module.

You must attend all 10 sessions to receive your Safe Babies certificate. CPR-C (Infant CPR) is also required to be Safe Babies certified. This course was developed by Foster Parent Support Services Society (FPSSS) for Foster Parents caring for children under the age of 3 in B.C. **This course is open to Foster Parents, Social Workers and other community professionals.** Registration opens January 5, 2024.

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

JURNA APP

Currently available for iPad and iPhone

Jurna is a new interactive journaling app for kids & teens! Brought to you by GoZen!

"Start a new chapter in your kids' social and emotional learning with a journaling app that grows self-worth, lowers anxiety, and helps your family lead their best lives.

Jurna Books are filled with colorful and creative activities that leverage the science of emotional wellbeing, challenge kids to think and reflect, and are just plain fun!

More than just journaling...Answer daily check-in prompts, start a multi-day deep dive on challenging topics, collaborate with family, and create your own books – all while filling your treasure chest with badges and stickers!

Science proves journaling is rewarding. Journaling has been shown to boost mental health, grow emotional intelligence, help with setting and achieving goals, strengthen memory, inspire your creative side, and so much more!

Jurna content is appropriate for humans of all ages! We recommend it for kids ages 6+, tweens, teens, and even adults. To create multiple profiles for your family, simply choose "I'm a parent/guardian" when signing up and you can create up to 6 child profiles. Each user with a profile will be able to log in using their own device while sharing a single subscription."

You can also **download a free printable anxiety journal** by visiting: https://gostrongthsftp.s3.us-east-1.amazonaws.com/Printables/GoZenPrintable_Anxiety_Relief.pdf

For more information, visit: <https://getjurna.com/>

THROUGH THE LOOKING GLASS PERSONAL RECOVERY SPACE

A Journal That Writes Back

In Personal Recovery Space (PRS), peer support is provided through a private digital forum. Individuals wishing to recover from an eating disorder or disordered eating can receive consistent, personalized support from a pair of trained, compassionate volunteers.

While not intended as therapeutic support, Personal Recovery Space allows people to safely share their experiences, struggles, goals, and hopes at their own pace and without fear of judgement. Many PRS volunteers know first-hand that recovery is possible, and that everyone's struggles are unique. Our support is for the whole person, not just the eating disorder. PRS might be right for you if you are:

- ➡ Getting help for the first time
- ➡ Currently waitlisted for other treatment
- ➡ Wishing to augment other forms of treatment
- ➡ Well into recovery but need help with relapse management
- ➡ Seeking a compassionate listener to help sustain recovery

The program is provided at no cost to Canadian residents aged 14 or older. Please note individuals must be medically and psychiatrically stable in order to participate in PRS.

Participants can access their personal forum space 24/7, and their posts will receive an encouraging, supportive message from one of their two peer mentors within 48 hours. PRS has been described as "a journal that writes back to you" and can continue for as many weeks or months as is helpful. PRS forums are hosted on our secure Program Hub and participants choose the display name they would like to use in their forum. This can be the individual's first name or another name of their choosing.

To find out more or to register, visit:

<https://www.lookingglassbc.com/programs/personal-recovery-space/>

BROUGHT TO YOU BY:

SUPPORT TO FAMILY CARE NETWORK PROGRAM

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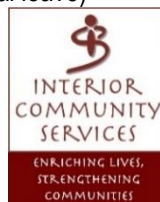
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WELCOME TO FED CONNECTS!

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.