



A bimonthly brief of current support and training

# THE Support Report

## <<< Let's Connect >>>

### **VIRTUAL** **Caregiver Drop-Ins**

**ZOOM ID:**

**858 3771 6954**

(3rd Wednesday of the Month)

**Wednesday, December 20**

**7:00pm – 8:00pm (PST)**

(1st Monday of the Month)

**Monday, January 8**

**1:00pm – 2:00pm (PST)**

Moved to  
Jan 8 due  
to stat

### **NATASHA 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: [\*\*NATASHA LAWRENCE 2023\*\*](#)

For more info, please contact Marna Forsyth at:

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

### **INVERMERE**

#### **Caregiver Drop-In**

**Thursday, December 14**

**10:00am – 12Noon (MST)**

At Bistro Cafe

For more info, contact Ashley Gibson.

### **THE CHILD PSYCH PODCAST**

By 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.)" Dr. Stephen Porges talks about Neurception of Safety in Episode 49.

To listen to their podcasts, visit: <https://instituteofchildpsychology.com/podcast/>

## **HAVE YOU PICKED OUT YOUR CHRISTMAS GIFTS?**

**Here are some articles 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. **You can find the article by visiting:** <https://www.autismparentingmagazine.com/gifts-for-kids-with-autism/>

## 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)

- "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."

## Complex Trauma and Resource Institute

### FREE WEBINAR: FEELING GUARDED AND BURNT OUT?

"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)

**Connect with the team >>>**

## SUPPORT TO FAMILY CARE NETWORK PROGRAM

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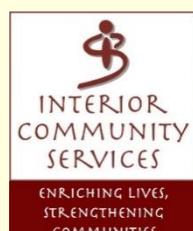
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**Need resources or information?  
Check out our website!**

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](http://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.