



A bimonthly brief of current support and training

THE Support Report

Let's Connect

VIRTUAL
Caregiver Drop-Ins

ZOOM ID:

858 3771 6954

(1st Monday of the Month)

Monday, January 8

1:00pm – 2:00pm (PST)

(3rd Wednesday of the Month)

Wednesday, January 17

7:00pm – 8:00pm (PST)

Moved to
Jan 8 due
to stat

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

Location: Virtual with the Federation of BC Youth in Care Network.

Interested? Email: Marcey.Amaya@fbcyicn.ca

RECOMMENDED APPS by: THE SENSORY SPECTRUM

DYSLEXIC LEARNERS	AUSTIC LEARNERS	VISUALLY IMPAIRED	LEARNERS WITH WRITING DIFFICULTIES
Soundsliteracy	Sight Words	VIA	Word Magic
What Is Dyslexia	Sequences for Autism	Dragon Dictation	IWrite Words
Dyslexia Quest	See Touch Learn	Light Detector	Letter School
Happy Math Multiplication Rhymes	Words on Wheels	Be My Eyes: Helping Blind See	The Writing Machine
Rhymes	Verbal Me	Color ID	Alpha Writer
Read2Me	Autism IHelp	TapTapSee	
Phonics with Phonogram	Autism DDT Shapes	Talking Calculator	ABC Pocket Phonics
Dysegxia	Autism DDT Letters	SayText	
DD's Dictionary: A Dyslexic Dictionary	Speech with Milo	AccessNote	
		Visual Brailier	



UBC Anxiety Stress and Autism Program:

A TRAUMA RESOURCE GUIDE FOR AUTISTIC YOUTH AND THEIR CAREGIVERS

"This guide is meant to help autistic youth and their caregivers learn more about trauma and coping with traumatic stress. Although the focus of this guide is primarily trauma, there are also providers and resources recommended that may also be helpful for other behavioural, emotional, social, and environmental concerns that can co-occur with trauma.

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**
- **Resources for Clinicians** - some resources you may wish to share with your children's care team, describing evidence-based practices to address trauma in autistic children."

To download and read the guide, visit:

[**RESOURCE TRAUMA PKG**](#)

MONTHLY BOOK CORNER

THE REASON I JUMP: The Inner Voice of a Thirteen-Year-Old Boy with Autism (2016)

"You've never read a book like The Reason I Jump. Written by Naoki Higashida, a very smart, very self-aware, and very charming thirteen-year-old boy with autism, it is a one-of-a-kind memoir that demonstrates how an autistic mind thinks, feels, perceives, and responds in ways few of us can imagine. Parents and family members who never thought they could get inside the head of their autistic loved one at last have a way to break through to the curious, subtle, and complex life within.

Using an alphabet grid to painstakingly construct words, sentences, and thoughts that he is unable to speak out loud, Naoki answers even the most delicate questions that people want to know. Questions such as: "Why do people with autism talk so loudly and weirdly?" "Why do you line up your toy cars and blocks?" "Why don't you make eye contact when you're talking?" and "What's the reason you jump?" (Naoki's answer: "When I'm jumping, it's as if my feelings are going upward to the sky.") With disarming honesty and a generous heart, Naoki shares his unique point of view on not only autism but life itself. His insights—into the mystery of words, the wonders of laughter, and the elusiveness of memory—are so startling, so strange, and so powerful that you will never look at the world the same way again.

In his introduction, David Mitchell writes "It is no exaggeration to say that The Reason I Jump allowed me to round a corner in our relationship." This translation was a labor of love by David and his wife, KA Yoshida, so they'd be able to share that feeling with friends, the wider autism community, and beyond. Naoki's book, in its beauty, truthfulness, and simplicity, is a gift to be shared.

Available on Amazon.ca or available to borrow through Support to Family Care Network Program. Contact your Network Facilitator for more information.

[Connect with the team >>>](#)

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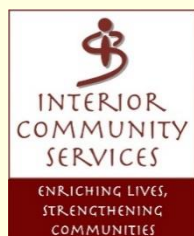
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Need resources or information? Check out our website!

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.

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