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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)

### WILLIAMS LAKE COFFEE TIME

Jan 30 9:00am – 11:00am  
Denny's Restaurant

## VIRTUAL

**WEST KOOTENAY  
Foster Parent Drop-In**  
Fridays

11:00am - 12noon (PST)  
Zoom ID: 250 608 7674

## BUSINESS SIDE OF FOSTERING VIRTUAL TRAINING

### Session 1:

Monday January 5 9:30 - 11:30am (PST) OR  
Tuesday January 6 6:30 - 8:30pm (PST)

### Session 2:

Wednesday January 7 9:30am (PST) OR  
Thursday January 8 9:30am (PST)

Open to all foster parents in BC and FR. To register, please see attached poster for new dates and times.

**NOW FULL – PLEASE SEE  
ATTACHED POSTER FOR  
NEW DATES AND TIMES.**

## SAFE BABIES VIRTUAL TRAINING

Tuesday and Thursday  
MORNINGS

9:30am – 11:30am (PST)  
Feb 6 – Mar 7

OR

Monday and Wednesday  
EVENINGS

6:30pm – 8:30pm (PST)  
April 8 – May 8

For more info, please see attached  
poster or contact Marna Forsyth at  
(250) 609-2017 or email:

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

[c.ca](https://www.interiorcommunityservices.bc.ca)

## CHILD MIND YOUTUBE PAGE

“The Child Mind Institute is dedicated to transforming the lives of children and families struggling with mental health and learning disorders by giving them the help they need to thrive.”

Check out Child Mind's YouTube page – with many videos such as:

- 👉 **OCD – It's like a Bully in your Brain**
- 👉 **Early signs of Learning Challenges**
- 👉 **How to Help Kids Talk about Learning Disabilities**
- 👉 **Mindfulness** for Middle School Students (and one for Elementary and another for High School Students)
- 👉 **Managing Intense Emotions** for High School Students
- 👉 **Relaxation Skills** for High School Students
- 👉 **How to Change Negative Thinking Patterns**

To find out more, visit their YouTube page at:

<https://www.youtube.com/@childmindinstitute/videos>

## THE ATTACHMENT PUZZLE

**Wednesdays in February**  
**February 7, 14, 21 & 28**  
**10:30am - 1:00pm (PST)**

*Putting the pieces together*

To register, visit:

[ATTACHMENTPUZZLEFEB2024](https://www.interiorcommunityservices.bc.ca/attachmentpuzzlefeb2024)

For more info, please see attached poster or  
contact Marna Forsyth  
at (250) 609-2017 or email:

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

## NOURISHED AND THRIVING FREE ONLINE SELF-PACED COURSE

“Children who have experienced trauma have unique feeding and mealtime challenges that can impact their growth, development and overall health. Understanding these challenges and addressing them with trauma-informed strategies allows caregivers the opportunity to improve nutrition and mealtimes, and help children grow and thrive.

This self-paced course introduces the six principles of trauma-informed feeding and nutrition, discusses nutrition and mealtime challenges specific to children who have experienced trauma, and offers guidance in addressing these challenges using trauma-informed principles.

This course is designed for anyone who works with children who may have experienced trauma and are at risk for nutrition and feeding challenges, including foster parents / resource families, respite care providers, trainers and certifiers, court-appointed special advocates, social service providers and caseworkers, mental and behavioral health specialists, parenting educators, medical professionals (e.g., doctors, nurses, patient navigators), educators and school counselors, registered dietitians and nutrition professionals, or anyone else that provides support and care to children who may have experienced trauma.

This course is based on the Nourished and Thriving Children toolkitLinks to an external site., designed by SPOON to build capacity among the foster care community to meet the nutritional needs of children affected by trauma. Oregon State University Extension Service adapted the toolkit for this course with funding through the Columbia Pacific Coordinated Care Organization / Care Oregon.”

“By the end of the course, you will:

- Be able to explain how trauma can impact a child's health.
- Be able to identify common nutrition and feeding challenges among children who have experienced trauma and why they are at risk for these challenges .
- Understand the six principles of trauma-informed nutrition and feeding strategies and know how to use them with children in your care.
- Understand the Division of Responsibility Model.
- Be able to prepare a trauma-informed meal with your family.”

For more info or to register, visit:

<https://workspace.oregonstate.edu/course/nourished-children>

## EFFT CAREGIVERS WORKSHOP

### EMOTION FOCUSED FAMILY THERAPY

Does your youth struggle with anxiety, depression, substance use, eating disorders or other mental health concerns? Do you struggle with how you can navigate their behaviour, set limits or respond to their emotions? **This virtual-lead workshop aims to support caregivers without a Foundry Centre in their community gain skills & tools to support their loved one struggling with their mental health and/ or wellness challenges.**

### FOUNDRY BC NUMEROUS WORKSHOP DATES

**January 20 and 27:** a 2-day workshop, Saturdays, 10:00am to 5:00pm

**February 19 and 26:** a 2-day workshop, Mondays, 9:00am to 4:00pm \*\*\* PLEASE NOTE: February 19th is a long weekend (Family Day)

**March 4, 11, 18 and 25:** a 4-evening workshop, Mondays, 5:30pm to 8:30pm

**May 4 and 11:** a 2-day workshop, Saturdays, 9:00am to 4:00pm

**June 17 and 24:** a 2-day workshop, Mondays, 9:00am to 4:00pm

To register or ask questions, please email  
[efftworkshop@foundrybc.ca](mailto:efftworkshop@foundrybc.ca)

These workshops are delivered virtually, via the Zoom platform. These workshops are offered at no cost to you the caregivers. **Please note:** a caregiver must have their own Foundry Virtual BC account set up BEFORE requesting registration.

BROUGHT TO YOU BY:

## SUPPORT TO FAMILY CARE NETWORK PROGRAM

Program Coordinator: Kari Beppe

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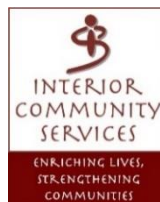
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### WELCOME TO FED CONNECTS!

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](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.