



A bimonthly brief of current support and training

# THE *Support* Report

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

### **WILLIAMS LAKE COFFEE TIME**

**Jan 30 9:00am – 11:00am (PST)**  
Denny's Restaurant

### **VIRTUAL**

### **Caregiver Drop-Ins**

#### **ZOOM ID:**

**858 3771 6954**

**(3<sup>rd</sup> Wednesday of the Month)**

**Wednesday, January 17**  
**7:00pm – 8:00pm (PST)**

**(1<sup>st</sup> TUESDAY of the Month)**

**Tuesday, February 6**  
**10:00am – 11:00am (PST)**

**NEW DAY  
AND TIME**

## **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)

## **Parent Support Services Society of BC presents: GRAND GATHERING WORKSHOPS**

Open to Kinship caregivers in BC. Workshop Presenter: Brenda Dragt, MSW - CCI Consultant & Lead Trainer, Complex Care & Intervention program with Complex Trauma Resources.

**Coaching our kids through life's obstacles** Tuesday, Jan 23, 2024 10 am - 11:30 am In today's world, children face life's challenges, and our role is to support and coach them as we co-regulate. As your child's primary defender, your self-care is crucial. This workshop will address how to reflect your child's emotions and help them regulate.

**Creating & deepening attachment with our children** Tuesday, Jan 30, 2024 10 am - 11:30 am Healthy attachments are essential for children to feel safe and secure. This workshop will explore various attachments and strategies to meet children's attachment needs, fostering deeper connections

To find out more or to register, visit: <https://www.parentsupportbc.ca/services/events/>

## **FAMILYSMART: SUPPORTING SAFETY AT HOME WHEN YOUR CHILD HAS A MENTAL HEALTH CRISIS**

"Join us in watching a video with Lu Ripley, Director of Community Learning and Engagement at the BC Crisis Centre and Tammy Music, FamilySmart Parent Peer Support Worker at Surrey Memorial Hospital's Child & Adolescent Psychiatric Stabilization Unit as they discuss how to talk to your kids about safety. Safety concerns can include suicidal thoughts, self harming behaviours, increased reactivity or aggression and any situation where you or your child is concerned about staying safe at home.

Come together with other families to watch this 35 minute video presentation and stay for a facilitated discussion by a FamilySmart Parent Peer Support Worker. Choose one from 3 days:

- 👉 January 17 @ 6:30 pm - 8:00 pm PST
- 👉 January 25 @ 6:30 pm - 8:00 pm PST or
- 👉 January 25 @ 6:30 pm - 8:00 pm PST

These events are funded for parents and caregivers living in the province of British Columbia and for CASA families in Alberta."

For more info, please visit: <https://familysmart.ca/monthly-events/>

## PARTICIPATE IN FASD CONSULTATIONS

"The Canadian Academy of Health Sciences is undertaking an assessment on FASD and is seeking individuals with FASD, families and caregivers and related organizations to take part in consultations.

These consultations are intended to shape the direction of FASD policy going forward so it is vital to have as many people involved as possible. This work is funded by the Public Health Agency of Canada.

Registration is now open for the following two hour sessions:

- \* [Atlantic Canada](#) - Fri, Jan 19, 12:00pm noon AT
- \* [Alberta, Saskatchewan & Manitoba](#) - Fri, Jan 19, 12:00pm noon MT
- \* [Yukon, Northwest Territories, Nunavut and Northern Canada](#) - Mon, Jan 22, 12:00pm noon ET
- \* [Ontario](#) - Tues, Jan 23, 12:00pm noon ET
- \* [Québec](#) - Wed, Jan 24, 12:00pm noon ET
- \* [British Columbia](#) - Wed, Jan 24, 12:00pm noon PT

Individuals and organizational representatives are encouraged to register for the session where they live or work but are welcome at any session. Each session will have simultaneous interpretation in English and French.

The sessions will include discussions on the following:

- \* Prevention – How can FASD prevention activities be strengthened to support the overall objective of reducing the prevalence of FASD in Canada?
- \* Supports - What tools, resources and supports are needed to improve outcomes for those with FASD across the life course?

Note that if you are unable to participate in the discussions, you are still able to provide written input and policy documents by January 31st through [this survey link](#).

Please share this email with your networks to spread the word. This is important work for FASD in Canada so CanFASD recommends seizing this opportunity to have your voices heard."

## INSTITUTE OF CHILD PSYCHOLOGY 2024 SPRING CHILDREN'S MENTAL HEALTH & PARENTING SUMMIT

**March 5-8**

"This groundbreaking event is entirely FREE and brings together a diverse community of parents, professionals, researchers, and authors, all dedicated to exploring the science of parenting and fostering positive mental health in our children."

Check out their full line of speakers such as:

- ➡ **TANIA JOHNSON, R.PSYCH** - *Working with Highly Sensitive Children*
- ➡ **KIM JOHN PAYNE, M.ED** - *Fostering Resiliency in Teens*
- ➡ **DR. VANESSA LA POINTE** - *Dealing with Bullying*
- ➡ **DR. B.J FOGG** - *Getting our Kids Motivated*
- ➡ **JENNY AL-ADRA, M.C** - *Supporting Children in Foster & Adoptive Care*
- ➡ **ELI HARWOOD, LPC** - *Securely Attached*

To find out more and to register, visit:

[INSTITUTESUMMIT2024](#)

Also, be sure to check out their

**FREE, LIVE VIRTUAL WEBINAR IN JANUARY**

**Sleep Without Sleep Training - Jan 25 8:00am (PST)** Do you have a new baby and are wondering where to even start with their sleep?! Or maybe a slightly older baby and every time you do a search you're being told you have to sleep train or blamed for creating bad habits? We'll walk through the 4 step process we use to support families to get more sleep without ever needing to sleep train.

To register, visit: [SLEEPWEBINARICP2024](#)

**Connect with the team >>>**

## SUPPORT TO FAMILY CARE NETWORK PROGRAM

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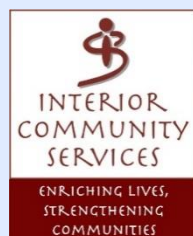
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**Need resources or information?  
Check out our website!**

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.

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