



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**

(1<sup>st</sup> TUESDAY of the Month)  
Tuesday, February 6  
10:00am – 11:00am (PST)

(3<sup>rd</sup> Wednesday of the Month)  
Wednesday, February 21  
7:00pm – 8:00pm (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**

"A viewing of the 8-hour DVD course by Dr. Gordon Neufeld articulating an integrated model of attachment that applies to children and adults alike. Each session will cover 2 lessons with discussion.

To register, visit:

[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)



## **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)

### What is EFFT? (Emotion Focused Family Therapy)

Supporting a loved one struggling with their mental health and/ or wellness can be very challenging. Foundry Virtual BC has adopted Emotion-Focused Family Therapy (EFFT) as one of the helping services in alignment with our model and vision. We believe that supporting caregivers with skills and tools promotes better wellness outcomes for all. Research proves that recovery rates rise dramatically when family is involved.

## **JURNA APP**

**Jurna is an interactive journaling app for kids & teens!**

Brought to you by GoZen! Currently available for iPad and iPhone

"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!

You can also download a free printable anxiety journal by visiting:

[https://gostrengthsftp.s3.us-east-1.amazonaws.com/Printables/GoZenPrintable\\_AnxietyRelief.pdf](https://gostrengthsftp.s3.us-east-1.amazonaws.com/Printables/GoZenPrintable_AnxietyRelief.pdf)

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

## CENTER FOR PARENT AND TEEN COMMUNICATION

The Center for Parent and Teen Communication helps parents raise teens prepared to thrive. Adolescence is a time of opportunity and parents matter more than ever. We strive to ensure every caring adult has the knowledge and skills to promote positive youth development and foster strong family connections.

**Helping Teens Learn to Cope** - Learn how to support teens to manage stress in this video series. Ken Ginsburg, Co-Founder of CPTC and Professor of Pediatrics at Children's Hospital of Philadelphia, leads us through how to build a comprehensive stress management plan. Topics covered in this video series include:

- ↳ Introduction to Stress Management Plan.
- ↳ Tackling Problems.
- ↳ Building Stronger Bodies.
- ↳ Managing Emotions.
- ↳ Making the World Better.
- ↳ Conclusion."

For more info, visit:  
[PARENTANDTEEN.COM](http://PARENTANDTEEN.COM)

## MONTHLY BOOK CORNER: WHAT TO SAY TO KIDS WHEN NOTHING SEEMS TO WORK

### A Practical Guide for Parents and Caregivers

I don't want to! You love my sister more... I'm not talking to you...

By Adele Lafrance, PhD and Asley Miller, MD. (2020) **What to Say to Kids When Nothing Seems to Work** offers parents an effective, step-by-step guide to some of the most common struggles for kids aged 5–12. Written by mental health professionals with over 30 years' experience listening to kids' thoughts and feelings, this book provides a framework to explore new ways of responding to your child that will help them calm down faster and boost their resilience to stress.

With a dose of humor and plenty of real-life examples, the authors will guide you to "build a bridge" into your child's world to make sense of their emotions and behavior. Sample scenarios and scripts are provided for you to customize based on your caregiving style and your child's personality. These are then followed by concrete support strategies to help you manage current and future situations in a way that leaves everyone feeling better. Chapters are organized by common kid-related issues so you can quickly find what's relevant to you.

Suitable for parents, grandparents, and other caregivers of children and pre-teens, as well as professionals working closely with families, **What to Say to Kids When Nothing Seems to Work** is an accessible resource for efficiently navigating the twists, turns, and sometimes total chaos of life with kids.

**Reviews:** "Read this book so that you can learn to read your children, responding not to their words, manner, or behaviour, but to the hidden emotional messages they are sending you. Parenting wisdom for those who want to connect with their children on the heart level." - **Gabor Maté M.D.**, co-author, **Hold On To Your Kids: Why Parents Need to Matter More Than Peers**

"What to Say to Kids When Nothing Seems to Work is exactly the guide that frazzled and over-extended parents need for handling tough moments with kids. This book allows us to analyze our own behavior and to see things from a kid's perspective, avoiding the knee-jerk response all of us parents later regret. Today's parents are often stretched very thin and running on empty, and this book can be a great help." - **John Gottman**, author of **The Seven Principles for Making Marriage Work**

Contact your Network Facilitator for more information.

Connect with the team >>>

## SUPPORT TO FAMILY CARE NETWORK PROGRAM

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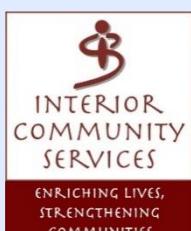
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**Need resources or information?  
Check out our website!**

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.