



A bimonthly brief of current support and training



# THE **Support Report**

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

### **VIRTUAL** Caregiver Drop-Ins **ZOOM ID: 858 3771 6954**

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

**Wednesday, March 20**

7:00pm – 8:00pm (PST)

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

**Tuesday, April 2**

10:00am – 11:00am (PST)

### **CRANBROOK** IN-PERSON Breakfast Drop-Ins (last Thursday of the month)

**Thursday, March 28**  
9:00am-11:00am  
**Smitty's**

### **HARM REDUCTION** VIRTUAL TRAINING

With Laurel While, BGC, Williams Lake

**Mon , Mar 11 10:00am – 12Noon (PST)**

Learn about Harm Reduction:

- ↳ What is Harm Reduction?
- ↳ What Harm Reduction stands for.
- ↳ Information & education surrounding substances.

For more info, please see attached poster or contact Tabitha Fournier at (250) 320-4603 or email: [tfournier@interiorcommunityservices.bc.ca](mailto:tfournier@interiorcommunityservices.bc.ca)

### **CIRCLE OF SECURITY** PARENTING™



**Tuesdays starting April 23**

**7:00pm - 8:00pm (PST)**

**APRIL 23, 30 & MAY 7, 14, 21 & 28 & JUNE 4, 11**

At times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened.

Learning Objectives of the Program:

- Understand your child's emotional world by learning to read the emotional needs
- Support your child's ability to successfully manage emotions
- Enhance the development of your child's self esteem
- Honor your innate wisdom and desire for your child to be secure

**To register, please visit: [COSPOOCSPRING2024](http://COSPOOCSPRING2024)**

For more info, please contact Marna Forsyth at 250-609-2017 or email: [mforsyth@interiorcommunityservices.bc.ca](mailto:mforsyth@interiorcommunityservices.bc.ca)



### **BOOK CLUB:** WHAT HAPPENED TO YOU?

**AUDIOBOOK READ BY:  
DR. BRUCE PERRY &  
OPRAH WINFREY**

**Wednesdays through April-May  
10:30 am - 12:00 noon (PST)**

**APRIL 3, 10, 17, 24 & MAY 1, 8, 15, 22**

For more information, please see attached poster

**To register, please visit: [BOOKCLUB2024](http://BOOKCLUB2024)**

## APPLE PODCASTS ASK DR. JESSICA: ANSWERS FROM A PEDIATRICIAN

"The "Ask Dr Jessica" is hosted by board-certified pediatrician and mom of three, Dr Jessica Hochman. In this podcast, you will hear her interview experts and share practical knowledge. Dr Jessica believes that, with greater knowledge, parenting worries lessen. She also believes that the less energy we spend on worries, the more we are able to enjoy the experience of parenting."

Check out some of her latest episodes:

**"Ep 126: How to treat pain in children? w/ Drs Lonnie and Paul Zeltzer, pioneers in the field of pediatric pain treatment-** Drs. Lonnie and Paul Zeltzer are pioneers in the field of pediatric pain treatment. We discuss many different ways to treat pain--including alternative, non-pharmacological approaches to pain management, including sleep hygiene, breathing techniques, hypnotherapy, placebo and mindfulness. They also explain when medications such as opioids may help helpful. Additionally the role for herbs, topical anesthetics and more!"

**"Ep 125: Bladder and bowel issues? Consider constipation! The perspective of a pediatric urologist, Dr Steve Hodes -** Ask Dr Jessica is joined by Dr. Steve Hodges, a pediatric urologist, discusses the connection between constipation and urinary issues in children. He explains that constipation is often the root cause of bladder and bowel problems, including urinary tract infections and bedwetting. This conversation explores the topic of constipation in children and its relationship to accidents, particularly bedwetting."

To find out more, visit Apple podcasts or visit:

<https://podcasts.apple.com/us/podcast/ask-dr-jessica/id1589526184>

## SOS APPROACH TO FEEDING: WEBSITE, RESOURCES & WORKSHOP

**"Helping Children Flourish – Starting With the Dinner Table** We believe in helping others reach their full potential. We understand that having a picky eater presents an emotional and logistical challenge you want to face with compassion, empathy, and a feeding program proven to work. That's why we created the SOS Approach to Feeding. We know it's much more than "just a phase," and that ensuring your child or the patients in your care are getting the nutrients necessary to not just survive, but flourish, is no easy task.

As the only results-driven feeding program with 30 years of proven clinical experience helping children learn the skills they need to eat well, we measure our success by the positive impacts we create and have developed our program to make this easier".

**Check out their workshop.** "This Workshop will teach Parents and Caregivers about the foundational skills needed for eating. Practical Strategies are discussed so Parents and Caregivers can help their children learn to have a lifelong healthy relationship with food. This Workshop will be addressing common feeding issues often seen in young children, to struggles that 'picky eaters' may have, and the challenges of the 'problem feeder'." Free resources that are referred to in the workshop are available on their site.

**Check out their resources.** "Access in-depth ideas, strategies and information with SOS Parent/Caregiver Libraries. With SOS Parent Libraries, you have access to in-depth information to help you understand how children learn to eat, why and when eating may get off track, and step-by-step strategies for overcoming feeding difficulties." **Preventing Picky Eaters** (\$9.99) **Helping Picky Eaters Happily Eat** (\$14.99) **Promoting Progress for Problem Eaters** (\$24.99)

For more info and resources and to watch the workshop visit:

<https://sosapproachtofeeding.com/>

Connect with the team >>>

## SUPPORT TO FAMILY CARE NETWORK PROGRAM

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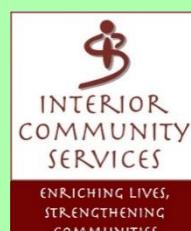
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Need resources or information?  
Check out our website!

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!

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'ICS Support To Family Care Network'  
Facebook page and our agency's 'Interior  
Community Services' Facebook page.