

ZOOM MEETINGS
& TRAININGS.....1FREE
WEBINARS.....2

RISE GRANTS.....2

STFC – SUPPORTING FOSTER FAMILIES

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
Caregiver Drop-In
 Tuesday, Feb 27
 9:00am – 11:00am (PST)
 Denny's

100 MILE HOUSE COFFEE
Caregiver Drop-In
 Thurs, Mar 7
 9:30am – 11:00am (PST)
 Horse Lake Training Center

CRESTON BREAKFAST
Caregiver Drop-In
 Tuesday, March 12
 9:00am – 11:00am (PST)
 Ricky's all Day Grill

VIRTUAL

WEST KOOTENAY
Foster Parent Drop-In
 Fridays
 11:00am - 12noon (PST)
 Zoom ID: 250 608 7674

WEEKLY

Communiqué

TIPS: TRAUMA INFORMED PARENTS NEWSLETTER

Centre of Excellence in Child Trauma puts out regular issues of their newsletter, "TIPS: Trauma Informed Parents". Their latest (January 2024) has some great and informative articles such as:

- ↳ Let's Play! Ways to Embrace Play – Even When You Don't Feel Like it
- ↳ Season Selfishness or lack of empathy?
- ↳ Its Cold Outside... and my child won't wear their coat!

To check out their latest newsletter (and previous ones!) visit:

<https://issuu.com/coect>

HARM REDUCTION VIRTUAL TRAINING

with Laurel While
(BCG, Williams Lake)

Monday , March 11
10:00 am – 12Noon (PST)

Learn about Harm Reduction:

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

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

BUSINESS SIDE OF FOSTERING VIRTUAL TRAINING

MARCH SESSIONS

Session 1

Friday, March 8 9:30 - 11:30am (PST)

Session 2

Friday, March 15 9:30 - 11:30am (PST)

To register, visit: [BSFMAR2024](https://www.eventbrite.ca/e/business-side-of-fostering-virtual-training-march-2024-tickets-53003400000)

APRIL SESSIONS

Session 1

Monday, April 8 9:30 - 11:30am (PST) OR
 Tuesday, April 9 6:30 - 8:30pm (PST)

Session 2

Monday, April 15 9:30 - 11:30am (PST) OR
 Tuesday, April 16 6:30 - 8:30pm (PST)

To register, visit: [BSFAPR2024](https://www.eventbrite.ca/e/business-side-of-fostering-virtual-training-april-2024-tickets-53003400000)

Open to Foster Parents, MCFD and ICFSA RSW and FP support staff.
 For more info, please contact Marna Forsyth at (250) 609-2017 (cell)
 or email: mforsyth@interiorcommunityservices.bc.ca

FORT HEALTH & CHILD MIND INSTITUTE FREE WEBINAR:

WHERE ARE MY CHILD'S FRIENDS?

Parenting Tips for A Teen Loneliness Epidemic

Wed, February 21

2:30pm (PST)

"Despite increased online connectivity, we are facing an "Epidemic of Loneliness and Isolation," especially among young people. Parents face a tough choice: encourage offline social interaction and risk resistance, or let them be, potentially increasing the risk for depression and anxiety."

Join us to learn practical parenting tips on how to help children and teens build social bonds without appearing to be pushy.

Dr. Harold Koplewicz, Dr. Matthew Biel, and Research Scientist Zach Rausch for a roundtable discussion as well as a live Q&A."

A recording will be available for everyone who registers.

To register, visit: https://us06web.zoom.us/webinar/register/WN_j9ifQrKRVeOTcjn27Qi A#/registration

RISE GRANT

"The RISE Grants will support ALL Children and Youth in and out of Care, who wish to participate in a sport, physical activity, recreation, and/or cultural program opportunity. On behalf of the children and youth in their care, foster caregivers have accessed the RISE Grant for a variety of equipment and programs including bikes, gym passes, swim lessons or passes, summer camps, community recreation programs, martial arts classes, dance classes and dance costumes, skating lessons and equipment, driveway basketball hoops and balls, and Cultural programs.

If children or youth have returned home to parents, been adopted, or had a permanent transfer of custody, they still qualify. The parent/caregiver can apply on behalf of the child or youth, and young adults can even apply for themselves!

For more info, visit: RISE GRANT: <https://isparc.ca/grants-recognition/rise-grants-individuals/>

BROUGHT TO YOU BY:

SUPPORT TO FAMILY CARE NETWORK PROGRAM

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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



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*