

 ZOOM MEETINGS
& TRAININGS.....1

 FREE
WEBINARS.....2

 RISE GRANTS.....2

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

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

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](#)

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](#)

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/>

FAMILY SUPPORT INSTITUTE TRANSITION SERIES:

KINDERGARTEN TRANSITIONS

Wed, February 28

1:00 to 2:30 pm or 7:00 to 8:30 pm

"The transition from preschool into school can be particularly challenging for parents and their children when extra supports are required. Extra care is needed to ensure a smooth process. This workshop is designed for both parents and professionals to learn new tools and strategies for sound planning during any transition years. This session will be run twice, once in the afternoon and once in the evening."

For more info and register, visit:

<https://familysupportbc.com/calendar-fsievents/>

LEAVING HIGH SCHOOL, WHAT'S NEXT?

Thurs, March 7

6:30 to 8:30 pm

"How do you prepare for this big change in your child's life? This workshop is designed to help families understand how to prepare for their child's transition from high school into a full life in the community. Drawing on the experiences of many parents and professionals, we will discuss roles and responsibilities, the planning process, planning tools and available resources and services"

For more info and register, visit:

<https://familysupportbc.com/calendar-fsievents/>

BROUGHT TO YOU BY:

SUPPORT TO FAMILY CARE NETWORK PROGRAM

Program Coordinator: Kari Beppe

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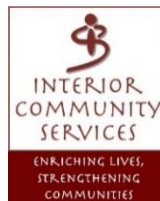
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WELCOME TO FED CONNECTS!

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



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*