



ZOOM MEETINGS  
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MYBOOKLET BC  
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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 BREAKFAST

#### Caregiver Drop-In

Tuesday, March 26

9:00am – 11:00am (PST)

Hearth Restaurant  
(located in the Cariboo Friendship Centre)

## VIRTUAL

### WEST KOOTENAY

#### Foster Parent Drop-In

Fridays

11:00am - 12noon (PST)

Zoom ID: 250 608 7674

## VIRTUAL SAFE BABIES

### TRAINING

EVENING SESSIONS

MONDAYS & WEDNESDAYS

6:30PM – 8:30PM (PST)

STARTING APR 8 THROUGH TO MAY 8

For more information,  
please see attached poster.

To register, please visit: [SBAPRMAY2024](#)



# WEEKLY Communiqué

## 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, 15, 22, 29

For more info, please see attached poster. To register, please visit: [BOOKCLUB2024](#)

## BUSINESS SIDE OF FOSTERING VIRTUAL TRAINING 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](mailto:mforsyth@interiorcommunityservices.bc.ca)



## CIRCLE OF SECURITY PARENTING™ For Foster Parents

Tuesdays through April-May

10:00 am - 11:00 am (PST)

APRIL 9, 16, 23, 30 & MAY 7, 14, 21 & 28

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: [COSPFPSPRING2024](#)

For more info, contact Marna Forsyth at 250-609-2017 or email:

[mforsyth@interiorcommunityservices.bc.ca](mailto:mforsyth@interiorcommunityservices.bc.ca)

# EGALE AFFIRMING ADULTS GUIDE A Guide to Supporting Gender Diverse Children and Youth

About EGALÉ “We believe in a world where every person, regardless of sexual orientation and gender identity, can achieve their full potential, free from hatred and bias.” “Egale is Canada’s leading organization for 2SLGBTQI people and issues. We improve and save lives through research, education, awareness, and by advocating for human rights and equality in Canada and around the world. Our work helps create societies and systems that reflect the universal truth that all persons are equal, and none is other.”

“This Affirming Adults Guide is designed to support you as you support your child

When a child comes out as trans or nonbinary, their family also goes through a transition process, and it can feel like a race to know everything as quickly as possible. But remember; transition is not always linear, and neither is the process of learning. As educator Dr. Andrew Campbell says, “You don’t need to be in a hurry to know everything.” Take your time, give yourself the grace to make mistakes and ask questions in the learning process, and remember that you’re never alone. Being an affirming adult is a lifelong journey, and we’re so glad you’re here learning with us.”

To download the book visit: [https://egale.ca/wp-content/uploads/2024/02/Affirming-Adults-Handbook\\_final.pdf](https://egale.ca/wp-content/uploads/2024/02/Affirming-Adults-Handbook_final.pdf)

To find out more, visit: <https://egale.ca/>

**BROUGHT TO YOU BY:**

## SUPPORT TO FAMILY CARE NETWORK PROGRAM

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**Network Facilitators:**

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## MY BOOKLET BC: MYBOOKLET BC VERSION 2 IS HERE!

“myBooklet BC was directly inspired by Julia, a vibrant and funny girl with complex health challenges. Julia has many gifts and strengths. She also has a very active life in her community.

The Family Support Institute of BC (FSI) collaborated with Julia’s family to turn Julia’s booklet into a FREE online tool. Julia’s family donated their booklet idea to FSI in order for all families to have access to this tool from anywhere in the province. Our goal is to help, support and inspire families and people with disabilities in BC to create a person-centered plan using myBooklet BC.

Julia’s booklets are always about celebrating her skills and abilities and creating opportunities for her to lead a full and meaningful life in her community.

We hope myBooklet BC will create opportunities for every person with disabilities in BC to have a rich life with active participation in the community, a strong sense of contribution and a social life free from isolation!

FSI continues to update, upgrade, enhance and maintain myBooklet BC to continue to meet the needs of BC families. We are grateful to Julia and her family for this gift.

Version 2 has numerous updates including:

- ↳ 7 NEW Booklet Design Templates
- ↳ POWERFUL Image Editing Tool - NEW image rotation feature & NEW user controls for managing order and more
- ↳ NEW Increase/Decrease Font Size Tool in the Booklet Design Section!
- ↳ IMPROVED Edit Booklet Forms / Text box: +/- (add / remove) text box function & much, much more
- ↳ NEW Save Section Order Function
- ↳ NEW Share Booklet Function
- ↳ NEW Copy Existing Booklet Function
- ↳ Upgraded Email Notification & Sign Up System”

To find out more, visit: <https://mybookletbc.com/about>



### 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](http://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.