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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, February 21**  
7:00pm – 8:00pm (PST)  
(1<sup>st</sup> TUESDAY of the Month)  
**Tuesday, March 5**  
10:00am – 11:00am (PST)

**CRANBROOK**  
**IN-PERSON**  
**Breakfast Drop-Ins**  
(last Thursday of the month)  
**Thursday, February 29**  
9:00am-11:00am  
**Smitty's**

## INSTITUTE OF CHILD PSYCHOLOGY

**FREE WEBINAR**  
**NURTURING MINDS:**  
**USING THE BRAIN TO IMPROVE**  
**PARENTING**  
**FEB 22 8:00 AM (PST)**

"This one-hour webinar presented by Nicolette Bader, Registered Provisional Psychologist and C.C.C., is comprehensive overview that combines the latest research in neuropsychology, child psychology, and mental health to provide parents with effective strategies for promoting their child's resiliency and healthy attachment.

With a focus on self-reflection and understanding the brain, this webinar empowers parents to better understand their child's behaviour and needs, help find ways to strengthen your child's emotional intelligence, improve their behaviour, and/or simply deepen your connection with them by responding in ways that promote positive development and well-being.

Whether you're a new parent or an experienced caregiver, our webinar offers practical tools and insights to help you navigate the challenges of modern parenting and prepare your child for success as the next generation."

For more info or to register, visit: [https://icpwebinars.com/registration-52?mc\\_cid=f2575af7e5&mc\\_eid=6957f7f9c8](https://icpwebinars.com/registration-52?mc_cid=f2575af7e5&mc_eid=6957f7f9c8)

## 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)

## 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) newsletter 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>

# A SPECTRUM OF SOLUTIONS FOR STRESS AND ANXIETY

FREE WEBINAR BY AUTISM PARENTING MAGAZINE

"Anxiety Can Fuel Some of the Symptoms of ASD, Leading to Challenging Behaviors and Difficulty Completing Everyday Tasks. Anxiety can be the reason why your child with autism struggles to sleep at night, why they have issues around eating, and why they have regular meltdowns.

Parenting a child or teen on the autism spectrum with high levels of stress and anxiety is, well, stressful. Your child may experience meltdowns, be fearful of leaving the house, panic about changes to routine, worry about making friends, and so much more.

A Spectrum of Solutions for Stress and Anxiety is a strengths-based and practical webinar that will identify triggers for stress and anxiety, the many ways that stress and anxiety can present, and offer ideas to help manage stress and anxiety in yourself as a parent, and with your child.

Join us as we navigate toward the less stressful and calmer parts of parenting once more. What you will learn in this free webinar:

- ↳ **Stress and Anxiety** Why Do We Experience This?
- ↳ **Triggers For Stress/Anxiety** With a focus on: External Events; Internal Talk
- ↳ **What Do Stress and Anxiety Look Like?** With a focus on: Children, Teens, Adults
- ↳ **We Will Never Eliminate Stress And Anxiety, But We Can Manage How We Respond To It** Including Tips For: Young Children, Teens/Young Adults, Parents
- ↳ **Resources For Families** Recommended Websites And Books To Help You On Your Journey
- ↳ **Questions And Answers**

\*The live webinar is FREE to attend but spaces are limited—so make sure you secure yours today!"

For more info or to register, visit:

<https://autismparentingsummit.com/webinar-optin-anxiety/>

# SUBSTANCE USE PREVENTION: A GUIDE FOR PARENTS

"Dr. Hayley Watson, will be hosting free virtual sessions on youth substance use for parents/guardians, caregivers, and caring adults. Dr. Watson will provide valuable insights, practical tips, and resources to equip participants with the tools needed to guide their children and youth toward making positive choices when it comes to substance use."

"The Ministry's Mental Health and Substance Use branch in partnership with adolescent Clinical Psychologist, Dr. Hayley Watson, will be hosting free virtual sessions on youth substance use for parents/guardians, caregivers, and caring adults. Dr. Watson will provide valuable insights, practical tips, and resources to equip participants with the tools needed to guide their children and youth toward making positive choices when it comes to substance use.

Key Takeaways for Participants:

- ↳ Learn why children/teenagers are drawn to substances
- ↳ Understand what causes and maintains substance use disorder and needs
- ↳ Increase your child's ability to make positive choices about substances
- ↳ Acquire practical conversation tools for discussing substances in the home"

Please find below the session dates and registration:"

Tues, Feb 20	6:00 – 7:30 pm PST	<a href="#">Click Here to Register</a>
Thurs, Feb 22	6:00 – 7:30 pm PST	<a href="#">Click Here to Register</a>
Wed, Feb 28	6:00 – 7:30 pm PST	<a href="#">Click Here to Register</a>

Connect with the team >>>

## SUPPORT TO FAMILY CARE NETWORK PROGRAM

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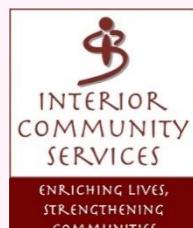
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Need resources or information?  
Check out our website!

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.