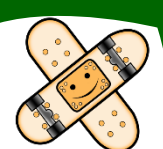


 ZOOM MEETINGS
& TRAININGS.....1

 RECOGNIZING AND
RESPONDING TO
TRAUMA IN INFANTS
..... 2

 SOS APPROACH TO
FEEDING.....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)

100 MILE HOUSE COFFEE

Caregiver Drop-In

Thurs, Mar 7

9:30am – 11:00am (PST)

Horse Lake Training Center

KIMBERLY

Caregiver Drop-In

Friday, March 8

9:00am – 11:00am (PST)

Bean Tree Café

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

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.bsfmar2024.com)

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.bsfapr2024.com)

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

BOOK CLUB BEGINNING IN APRIL

WHAT HAPPENED TO YOU?

AUDIOBOOK READ BY:

DR. BRUCE PERRY & OPRAH WINFREY

WATCH FOR MORE DETAILS COMING SOON!

INFANT AND EARLY MENTAL HEALTH PROMOTION

VIDEO SERIES:

RECOGNIZING AND RESPONDING TO TRAUMA IN INFANTS AND YOUNG CHILDREN IN THE CARE OF CHILD PROTECTION

"This **video series** was created specifically for foster parents or other care providers who are supporting infants and young children in the care of child protection services. The sessions are presented by leading experts Dr. Susan Dundas, Mary Rella, and Dr. Chaya Kulkarni. The 3-part video series includes:

- Understanding the Impact of Trauma on Infants and Young Children in Care
- Recognizing and Understanding Trauma in Young Children, and
- Supporting the Emotional Well-Being of Young Children in Care.

Designed to support the unique role of foster parents, customary caregivers and kin caring for young children from infancy to age 6, this video series will share information about:

- What kind of experiences are traumatic for young children
- How early trauma experiences impact a young child's developmental wellbeing and their behaviour
- How to recognize behaviours and development that are the result of early trauma
- How to respond to trauma behaviours and developmental needs that support a child's recovery from such experiences through relationships

For more info or to watch the videos, visit:

<https://www.imhpromotion.ca/Recognizing-and-Responding-to-Trauma-in-Infants-and-Young-Children>

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/>

BROUGHT TO YOU BY:

SUPPORT TO FAMILY CARE NETWORK PROGRAM

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Krista Sherwood (250) 819-5819 (currently on medical leave)

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agibson@interiorcommunityservices.bc.ca



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.