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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**

## **MCFD RENT SUPPLEMENT**

The application period is:

**February 20 to March 3**

Eligible young adults can apply during the twice annual application window for a \$600-a-month Rent Supplement to assist with monthly rental costs as they transition to adulthood.

To find out more and to apply, visit:  
<https://www2.gov.bc.ca/gov/content/family-social-supports/youth-and-family-services/youth-transitions/housing-supports>

## **FAMILY SUPPORT INSTITUTE TRANSITION SERIES: WEBINARS**

### **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-fsievants/>

### **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-fsievants/>

## **Book Club starting in April**

**What Happened to You? Audiobook read by Dr. Bruce Perry and Oprah Winfrey. Watch for details coming soon!**

## **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)

## 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, caregivers have accessed the RISE Grant for a variety of equipment and programs including bikes, gym passes, swim lessons, summer camps, 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: <https://isparc.ca/grants-recognition/rise-grants-individuals/>

## SAJE UPDATES AND INSIGHTS INFORMATION SESSION

### Strengthening Abilities and Journeys of Empowerment

Interior Health Session:

**March 7, 2024      1:30pm-3:00pm (PST)**

"The Ministry of Children and Family Development (MCFD) is implementing new programs and expanding services and supports for youth and young adults with experience in government care. The Strengthening Abilities and Journeys of Empowerment (SAJE) program envisions that every youth transitioning from care into independence has the supports they need to achieve their full potential.

The Federation, in collaboration with MCFD, is hosting 5 virtual information sessions with the SAJE team between February 27 and March 15. The sessions are region-based and have been scheduled to include local team leaders. MCFD will share updates about the new SAJE program and provide an overview of pre- and post-19 transition planning supports (SAJE Guides and SAJE Navigators), the expansion of AYA to 84-months, the \$600 a-month rent supplement."

To register, visit: <https://fcssbc.ca/registration-saje-webinars-2024/>

For more information, visit: <https://fcssbc.ca/event/interior-health-saje-updates-and-insights-information-session/>

**Connect with the team >>>**

## SUPPORT TO FAMILY CARE NETWORK PROGRAM

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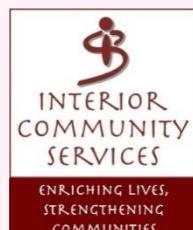
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## MONTHLY BOOK CORNER: CALM THE CHAOS

By Dayna Abraham "A simple, fail-proof road map for parents raising even the most challenging children from the founder of the life-changing Calm the Chaos methodology and the Lemon Lime Adventures blog.

Strong-willed, spirited, explosive, and highly sensitive are just a few of the most common labels for challenging kids. Whether your child has been diagnosed with a behavioral condition, labeled, or is just harder than other children you've met, you are in luck. Parenting expert, Dayna Abraham is here to help.

Calm the Chaos is a clearly organized, methodical approach to parenting. Dayna has created a road map to help parents find peace and meet their kids where they are at when conventional parenting tools have failed. There are five steps to calming the chaos—Getting to Safety, Restoring Trust and Energy, Finding Calm in the Moment, Getting Ahead of the Moment, and Defining Family Success. Each step employs a framework that is easy to remember, even when emotions run high: you ground yourself, you connect with your kid, you work with them to understand the catalyst and the issue at the heart, and then together you get curious about finding an empowered solution. Backed by science and tested by hundreds of thousands of families, Calm the Chaos is a revolutionary road map complete with in-the-trenches stories, scripts, prompts, and worksheets that make it simple for parents to build a safe home and support healthy kids."

**For more info connect with your Network Facilitator.**

**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.