

ZOOM MEETINGS
& TRAININGS.....1

THE CPS
PODCAST.....2

HEALTHYMINDS
BC.....2

WEEKLY *Communiqué*

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)

100 MILE HOUSE

COFFEE TIME Drop-In

Thursday, Feb 8

9:00am – 11:00am (PST)

Horse Lake Training Center.

VIRTUAL

WEST KOOTENAY

Foster Parent Drop-In

Fridays

11:00am - 12noon (PST)

Zoom ID: 250 608 7674

THE ATTACHMENT PUZZLE

Wednesdays in February

February 7, 14, 21 & 28

10:30am - 1:00pm (PST)

Putting the pieces together

To register, visit:

[ATTACHMENTPUZZLEFEB2024](#)

For more info, please see attached poster or
contact Marna Forsyth
at (250) 609-2017 or email:

mforsyth@interiorcommunityservices.bc.ca

RCY ENGAGEMENT SESSIONS

CHOOSE FROM:

FEB 7 OR 21

(Morning OR Afternoon sessions)

Please see the attached poster for
more information.

HARM REDUCTION VIRTUAL TRAINING

Monday, March 11

10:00 am – 12Noon (PST)

Presenter: Laurel While

Learn about Harm Reduction along with
Information and Education surrounding substances.

Watch for more details coming soon – including
registration information!

SAFE BABIES VIRTUAL TRAINING

April 8 – May 8

Monday and Wednesday EVENINGS

6:30pm – 8:30pm (PST)

To register, visit: [SBAPR2024](#)

For more info, please see attached poster or contact Marna Forsyth at (250) 609-2017 or
email: mforsyth@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 see attached poster or contact Marna Forsyth at (250) 609-2017 (cell)
or email: mforsyth@interiorcommunityservices.bc.ca

THE CPS PODCAST

“Dr. Ross Greene, originator of the Collaborative & Proactive Solutions model and author of *The Explosive Child*, *Lost at School*, *Lost & Found*, and *Raising Human Beings*, provides guidance to parents on understanding and helping kids with social, emotional, and behavioral challenges.”

“On the first Tuesday of every month, at 11 am Eastern time, from September through May, Dr. Ross Greene and Lives in the Balance Director of Outreach Kim Hopkins cover a wide range of topics related to children’s concerning behaviors in general and the Collaborative & Proactive Solutions (CPS) model in particular. You can call into the program to get your questions answered or submit them via email here. And, if you can’t listen live, all the programs are archived on i-Tunes.”

Some of the episodes include:

➤ **“Why is There Disproportionality of Punitive, Exclusionary Discipline in Schools?”** Our guest hosts, Alex Spencer (formerly principal of the Alternate Learning Centers in the New York City Public Schools) and Ben Jones (Director of Legal and Policy Initiatives at Lives in the Balance) described their personal experience with and data related to the disproportionate use of punitive, exclusionary discipline with Black and Brown students and those with disabilities.”

➤ **“De-escalation is not Crisis Prevention”**

➤ **“Surprises often lurk in Step 1** Interesting discussion about how step 1 - the Empathy Step - of the CPS Model helps us to understand the inner worlds of our children and how they perceive things...which often can be very different from how we adults perceive things. Important not to skip this step if we are going to help them durably solve problems! We also briefly answered an email regarding sensory issues.”

For more info or to listen to the podcast, visit:
<https://www.blogtalkradio.com/dr-ross-greene>

HEALTHYMINDS BC

HealthyMindsBC provides evidence-informed prevention and early intervention tools and resources. “This site is for B.C. parents, caregivers, families, educators and other professionals to help them support the ‘everyday’ mental health of children and youth.

This website serves as a hub offering evidence-informed child and youth mental health resources for B.C. parents, caregivers, educators and other professionals who are supporting children and youth.

The Ministry of Children and Family Development’s Child and Youth Mental Health (CYMH) Policy team is a multidisciplinary team that supports CYMH services and related research across three intervention tiers: prevention, targeted and intervention. This team has been providing B.C. educators with evidence-informed, school-based prevention and early intervention resources on anxiety since 2004. The prevention and early intervention resources have since expanded to address other mental health challenges, such as depression, self-injury, suicide and more.”

Check out their **“Walking Alongside Youth with Anxiety”** course for caregivers caring for Indigenous and non-Indigenous youth with mild to moderate anxiety. And Check out their **Resources** which include:

K-3 RESOURCES:

| | | |
|-------------------------------|-----------------------------|--------------------------------------|
| Creating rhythms and routines | EASE at Home collection K-3 | Helping children find their feelings |
|-------------------------------|-----------------------------|--------------------------------------|

4-7 RESOURCES

| | | |
|----------------|-----------------------------|------------------|
| Body Awareness | EASE at Home collection 4-7 | Spot the Thought |
|----------------|-----------------------------|------------------|

8-12 RESOURCES

| | | |
|--------------|---|-----------------|
| Test Anxiety | Suicide Prevention and Self Harm Video Series and Resources | Procastination |
| Facing Fears | | Public Speaking |

For more info visit: <https://healthymindsbc.gov.bc.ca/>

BROUGHT TO YOU BY:

SUPPORT TO FAMILY CARE NETWORK PROGRAM

Program Coordinator: Kari Beppele

kbeppele@interiorcommunityservices.bc.ca

Cell: (250) 819-1919

Office: (236) 421-0031 Toll Free: 1-877-376-3660

Network Facilitators:

Renata Bonthoux (250) 319-6557

rbonthoux@interiorcommunityservices.bc.ca

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

ksherwood@interiorcommunityservices.bc.ca

Marna Forsyth (250) 609-2017

mforsyth@interiorcommunityservices.bc.ca

Jayne Wesko (250) 608-7674

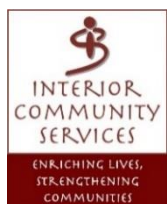
jwesko@arcprograms.com

Tabitha Fournier (250) 320-4603

tfournier@interiorcommunityservices.bc.ca

Ashley Gibson (250) 426-6013

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.