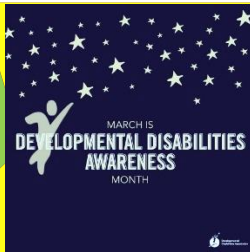


**ZOOM MEETINGS  
& TRAININGS.....1**

**CIRCLE OF SECURITY  
PARENTING.....2**

**ASK DR. JESSICA  
PODCAST.....2**



# WEEKLY *Communiqué*

STFC – SUPPORTING FOSTER FAMILIES

## IN PERSON

**KAMLOOPS**  
**Foster Parent Drop-In**  
**Tuesday**  
**11:00am – 12:30pm (PST)**  
The Loft - 290 Maple Street  
(2nd Floor of the grey building)

**CRESTON BREAKFAST**  
**Caregiver Drop-In**  
**Tuesday, March 12**  
**9:00am – 11:00am (PST)**  
Ricky's all Day Grill

**WILLIAMS LAKE BREAKFAST**  
**Caregiver Drop-In**  
**Tuesday, March 26**  
**9:00am – 11:00am (PST)**  
Hearth Restaurant  
(located in the Cariboo Friendship Centre)

**KIMBERLY**  
**Caregiver Drop-In**  
**Friday, March 8**  
**9:00am – 11:00am (PST)**  
Bean Tree Café

## VIRTUAL

**WEST KOOTENAY**  
**Foster Parent Drop-In**  
**Fridays**  
**11:00am - 12noon (PST)**  
**Zoom ID: 250 608 7674**

**Note: Day &  
time change for  
this week only**

## 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](mailto:tfournier@interiorcommunityservices.bc.ca)

## 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, 8, 15, 22

For more information, 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)

## VIRTUAL SAFE BABIES TRAINING

EVENING SESSIONS

MONDAYS AND WEDNESDAYS

6:30PM – 8:30PM (PST)

STARTING APR 8 THROUGH TO MAY 8

For more information, please see attached poster.

To register, please visit: [BOOKCLUB2024](#)

## CIRCLE OF SECURITY PARENTING™



Tuesdays through April-May

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

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

At times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. 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: [COSPFPSRING2024](#)

For more info, contact Marna Forsyth at 250-609-2017 or email: [mforsyth@interiorcommunityservices.bc.ca](mailto:mforsyth@interiorcommunityservices.bc.ca)

## ASK DR. JESSICA: ANSWERS FROM A PEDIATRICIAN

**Apple Podcasts** "The "Ask Dr Jessica" is hosted by board-certified pediatrician and mom of three, Dr Jessica Hochman. In this podcast, you will hear her interview experts and share practical knowledge. Dr Jessica believes that, with greater knowledge, parenting worries lessen. She also believes that the less energy we spend on worries, the more we are able to enjoy the experience of parenting." Check out some of her latest episodes:

**"Ep 126: How to treat pain in children? w/ Drs Lonnie and Paul Zeltzer, pioneers in the field of pediatric pain treatment** - Drs. Lonnie and Paul Zeltzer are pioneers in the field of pediatric pain treatment. We discuss many different ways to treat pain - including alternative, non-pharmacological approaches to pain management, including sleep hygiene, breathing techniques, hypnotherapy, placebo and mindfulness. They also explain when medications such as opioids may help helpful. Additionally the role for herbs, topical anesthetics and more!"

**"Ep 125: Bladder and bowel issues? Consider constipation! The perspective of a pediatric urologist, Dr Steve Hodges** - Ask Dr Jessica is joined by Dr. Steve Hodges, a pediatric urologist, discusses the connection between constipation and urinary issues in children. He explains that constipation is often the root cause of bladder and bowel problems, including urinary tract infections and bedwetting."

**"Ep 118: How to help our children form a healthy relationship with food? With Charlene Lichtash, MD Obesity specialist** - Ask Dr Jessica talks to Dr. Charlene Lichtash, a board-certified internal medicine resident who specializes in obesity medicine and metabolic health, discusses strategies for raising children with a healthy relationship with food. Dr. Lichtash advises parents to teach their children to differentiate between whole and processed foods and to focus on replacing rather than restricting foods. She emphasizes the importance of understanding the underlying issues that may drive children to misuse food. Dr. Lichtash also provides tips and guidance on how to help younger children develop a healthy relationship with food."

To find out more, visit Apple podcasts or visit:

<https://podcasts.apple.com/us/podcast/ask-dr-jessica/id1589526184>

BROUGHT TO YOU BY:

## SUPPORT TO FAMILY CARE NETWORK PROGRAM

Program Coordinator: Kari Bepple

[kbepple@interiorcommunityservices.bc.ca](mailto:kbepple@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](mailto:rbonthoux@interiorcommunityservices.bc.ca)

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

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

Marna Forsyth (250) 609-2017

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

Jayne Wesko (250) 608-7674

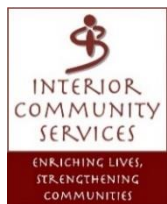
[jwesko@arcprograms.com](mailto:jwesko@arcprograms.com)

Tabitha Fournier (250) 320-4603

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

Ashley Gibson (250) 426-6013

[agibson@interiorcommunityservices.bc.ca](mailto: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](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.