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& TRAININGS.....1

 PREVENTION  
SUBSTANCE USE  
PREVENTION: A  
GUIDE FOR  
PARENTS.....2

 A SPECTRUM OF  
SOLUTIONS FOR  
STRESS AND ANXIETY  
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# 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)

### 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](mailto: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://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://bsfapr2024.com)

Open to Foster Parents, MCFD and ICFSA SW 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](mailto:mforsyth@interiorcommunityservices.bc.ca)

## INSTITUTE OF CHILD PSYCHOLOGY FREE WEBINAR NURTURING MINDS:

### USING THE BRAIN TO IMPROVE PARENTING FEB 22 8:00 AM (PST)

"This one-hour webinar is a 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."

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)

## SAFE BABIES VIRTUAL TRAINING

### Monday & Wednesday EVENINGS 6:30pm – 8:30pm (PST)

To register, visit: [SBAPR2024](https://sbapr2024.com)

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

## 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> |

## "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.

At Autism Parenting Summit, we understand your family's struggles. We hear your concerns and we have a special, exclusive solution to help you...

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

\*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/>

### BROUGHT TO YOU BY:

## SUPPORT TO FAMILY CARE NETWORK PROGRAM

Program Coordinator: Kari Beppele

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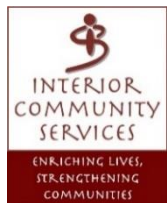
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### WELCOME TO FED CONNECTS!

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.



“There are those who see the need and respond. Those people are my heroes.” *Fred Rogers*