

A bimonthly brief of current support and training



# THE Support Report

<<< Let's Connect >>>

**VIRTUAL**  
**Caregiver Drop-Ins**  
**ZOOM ID: 858 3771 6954**

(1<sup>st</sup> TUESDAY of the Month)  
**Tuesday, April 2**  
**10:00am – 11:00am (PST)**

(3<sup>rd</sup> Wednesday of the Month)  
**Wednesday, April 17**  
**7:00pm – 8:00pm (PST)**

**CRANBROOK**  
**IN-PERSON**  
**Breakfast Drop-Ins**  
(last Thursday of the month)  
**Thursday, April 4**  
**9:00am-11:00am**

**Smitty's**

**Date change for  
this month only**

## CIRCLE OF SECURITY PARENTING™



**Tuesdays starting April 23**  
**7:00pm - 8:00pm (PST)**

**APRIL 23, 30 & MAY 7, 14, 21 & 28 & JUNE 4, 11**

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: [COSPOOCSPRING2024](https://www.cosp.org/cospoocspring2024)

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

## WEAR BLUE ON APRIL 2 WORLD AUTISM AWARENESS DAY

And be sure to show your support for autistic Canadians through World Autism month (April)

## OPEN PARACHUTE SCHOOLS CAREGIVER RESOURCES

The Open Parachute program teaches well-being skills. To support their learning, we have put together a series of resources for caregivers, to reinforce these skills at home. Their aim is to help your child achieve success in every area of their life! Check out their downloadable resources and their lessons which you can watch when you have time. Resource topics include Building Resilience, Changing Addictive Patterns, Supporting Mental Health at Home, Teaching Empathy and Accountability, When Your Child Acts Out and more!

For more info, visit: [OPENPARACHUTE](https://www.openparachute.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](https://www.bookclub2024.ca)

## EGALE AFFIRMING ADULTS GUIDE

### A Guide to Supporting Gender Diverse Children and Youth

About EGale “We believe in a world where every person, regardless of sexual orientation and gender identity, can achieve their full potential, free from hatred and bias.” “Egale is Canada’s leading organization for 2SLGBTQI people and issues. We improve and save lives through research, education, awareness, and by advocating for human rights and equality in Canada and around the world. Our work helps create societies and systems that reflect the universal truth that all persons are equal, and none is other.”

“This Affirming Adults Guide is designed to support you as you support your child. When a child comes out as trans or nonbinary, their family also goes through a transition process, and it can feel like a race to know everything as quickly as possible. But remember; transition is not always linear, and neither is the process of learning. As educator Dr. Andrew Campbell says, “You don’t need to be in a hurry to know everything.” Take your time, give yourself the grace to make mistakes and ask questions in the learning process, and remember that you’re never alone. Being an affirming adult is a lifelong journey, and we’re so glad you’re here learning with us.”

To download the book visit:

[AFFIRMINGADULTS HANDBOOK](https://egale.ca/AFFIRMINGADULTS_HANDBOOK)

To find out more, visit: <https://egale.ca/>

## MONTHLY BOOK CORNER: THE PARENTING HANDBOOK

By Tammy Schamuhn & Tania Johnson (Registered Psychologists, Registered Play Therapists, International Speakers and Moms) “Being a parent these days can feel overwhelming and exhausting. There is so much information out there that leaves parents conflicted and confused, yet what every parent needs is to feel confident knowing that what they’re doing is best for their child.”

The authors “have taken the latest research in neuroscience and developmental psychology and woven in concrete strategies to create an essential roadmap for parenting. Here you will find the secrets to raising children who are kind, empathic, self-regulated, emotionally intelligent; and who become gritty, resourceful, successful critical thinkers who can handle hard things.

‘The Parenting Handbook: Your Guide to Raising Resilient Children’ contains the essential ingredients every parent needs to tackle tough parenting problems, implement effective discipline strategies, navigate screen time or bedtime battles, manage meltdowns, or learn how to lose it less on their kids.

This book contains a roadmap to tackle tough parenting problems, foster optimal brain development in children, and create positive mental health outcomes. It then translates this vital information into practical steps you can implement immediately.”

What you will learn:

- ✦ Discipline strategies that make parenting easier and you feeling more competent
- ✦ How to handle tough parenting moments
- ✦ How to foster a secure attachment with your child (or heal an insecure attachment style)
- ✦ Research backed strategies to foster resiliency and long-term wellness in your child
- ✦ Understand the science of parenting, and how to make changes that foster positive neurological growth in your child
- ✦ Concrete tools to handle emotion dysregulation
- ✦ How to identify the roadblocks that prevent you from connecting with your child & cause behavioural challenges.”

For more info connect with your Network Facilitator.

Connect with the team >>>

## SUPPORT TO FAMILY CARE NETWORK PROGRAM

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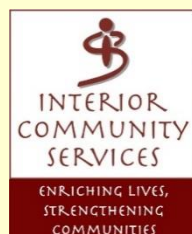
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Need resources or information?  
Check out our website!

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.

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