



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

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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)

### WILLIAMS LAKE BREAKFAST

**Caregiver Drop-In**

**Tuesday, March 26**

**9:00am – 11:00am (PST)**

Hearth Restaurant  
(located in the Cariboo Friendship Centre)

## VIRTUAL

### WEST KOOTENAY

**Foster Parent Drop-In**  
**Fridays**

**11:00am**

**Zoom**

**Cancelled Mar 29  
due to stat holiday**

## VIRTUAL SAFE BABIES TRAINING

**EVENING SESSIONS**

**MONDAYS & WEDNESDAYS**

**6:30PM – 8:30PM (PST)**

**STARTING APR 8 THROUGH TO MAY 8**

For more information,  
please see attached poster.

To register, please visit: [SBAPRMAY2024](#)

## 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 info, 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)



## CIRCLE OF SECURITY PARENTING™

### For Foster Parents

**Tuesdays through April-May**

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

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

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: [COSPFPSPRING2024](#)

For more info, contact Marna Forsyth at 250-609-2017 or email:

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

## SEE. SUPPORT. REPORT: Tools For Teen Suicide Prevention

**MARCH 28 AT 2:30pm (PST)**

**A WEBINAR presented by FORT HEALTH**  
"Suicide is the second leading cause of death among youths aged 10-24, with a staggering 52.2% increase in suicide rates from 2000. Join us for a roundtable discussion filled with practical advice on how to:

1. See the signs that someone you know and love is at risk.
2. Support them through meaningful communication and safe spaces.
3. Understand reporting procedures to educational institutions, community resources, and professional services.

A recording will be sent to everyone who registers. This roundtable discussion includes some of the nation's leading experts:

- Dr. Christine Yu Moutier, Chief Medical Officer - American Foundation of Suicide Prevention
- John Macphee, CEO - The Jed Foundation
- Dr. Dan Reidenberg, Managing Director - National Council for Suicide Prevention
- Dr. Lindsay Henderson, Clinical Director - Fort Health

Note: This webinar contains sensitive content on teen suicide which may be distressing."

**To find out more and to register, visit:**

[https://us06web.zoom.us/join/register/WN\\_yVShKqC-T-eK\\_Y8RCWGK1w#/registration](https://us06web.zoom.us/join/register/WN_yVShKqC-T-eK_Y8RCWGK1w#/registration)

## 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.**

**BROUGHT TO YOU BY:**

## SUPPORT TO FAMILY CARE NETWORK PROGRAM

**Program Coordinator: Kari Beppe**

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

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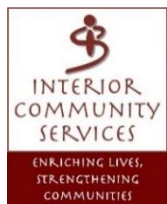
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### WELCOME TO FED CONNECTS!

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.