

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

**UNDERSTOOD
EXPLAINS
PODCASTS.....2**

AUTISM 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)

VIRTUAL

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

SAVE THE DATE

**May 16
6:30 – 8:30 (PST)
via Zoom**

Brenda Celesta - Secwepemc/Simpcw

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.

To register, please visit: [COSPFPSPRING2024](#)

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



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 Patterns	Addictive	Supporting Mental Health at Home
Teaching Empathy and Accountability	When Your Child Acts Out		and more!

For more info, visit: [OPENPARACHUTE](#)

BUSINESS SIDE OF FOSTERING VIRTUAL TRAINING

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

UNDERSTOOD EXPLAINS PODCASTS

SEASON 3 Now Started! IEPs

Want to know how special education works and get IEP tips for parents? This season of Understood Explains covers the ins and outs of individualized education programs. Host Juliana Urtubey is the 2021 National Teacher of the Year and has helped many families develop IEPs. So you can learn from a pro in this limited-run series.

🔗 **IEPs: Does my child need an IEP?** Get tips from a special education teacher on how to tell if your child needs an individualized education program (IEP) — or if you may want to wait.

Be sure to check out their other podcasts:

🔗 **Understood Explains: Season 2 ADHD diagnosis in Adults** (10 episodes)

🔗 **Understood Explains: Season 1 Evaluations for Special Education** (12 episodes) There's a lot to learn about learning and thinking differences like dyslexia and ADHD. Understood Explains is a podcast that unpacks one important topic each season. Season 1 covers the ins and outs of the process school districts use to evaluate kids for special education services. Host Dr. Andrew Kahn is a psychologist who has spent nearly 20 years evaluating kids for schools. He explains each step of the evaluation process and gives tips on how to talk with your child along the way.

🔗 **What Now? A Parent's Guide to Tantrums and Meltdowns** (9 Episodes)

🔗 **In It** (74 Episodes) Listen to the joys and frustrations of supporting kids who learn and think differently. Hosts Rachel Bozek and Gretchen Vierstra talk with parents, caregivers, teachers, and sometimes kids, offering support and advice for and from people who struggle with reading, math, focus, and other learning differences.

🔗 **The Opportunity Gap** (40 Episodes)

🔗 **How'd you get THAT job?!** (51 Episodes)

To listen, find out more and to check out their other resources, visit: <https://www.understood.org/en/podcasts>

APRIL IS AUTISM AWARENESS MONTH

Be sure to check out Autism BC. "AutismBC is a small, non-profit and registered charity that encourages the inclusion and acceptance of the entire autism community. We are a tight-knit and nimble organization that values the lived experience of our team and members. We prioritize listening to our members and making decisions that reflect their needs and wants.

We have offices in the Lower Mainland, Northern BC, the Interior, and Vancouver Island; however, our programs run province-wide thanks to our hardworking network of incredible staff and volunteers."

They have a number of great resources including resource articles on:

- 🔗 **Scheduling Tips for Autistic Adults: Tools, planning and support**
- 🔗 **Understanding Executive Function**
- 🔗 **What are some common Therapies for Autistic Children?**
- 🔗 **NeuroHub App Helps Map Sensory Friendly Places**
- 🔗 **Pathological Demand Avoidance (PDA) Explained**
- 🔗 **Online Learning, Alternative Learning and Homeschool**
- 🔗 **12 Tips for Supporting Your Autistic Teen**
- 🔗 **Supporting a Non-Verbal Autistic Loved One**
- 🔗 **How to Strengthen Your Advocacy Skills as a Caregiver**
- 🔗 **Tips for Parents of Newly Diagnosed Children**

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

BROUGHT TO YOU BY:

SUPPORT TO FAMILY CARE NETWORK PROGRAM

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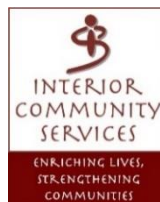
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WELCOME TO FED CONNECTS!

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



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.