



# THE Support Report

*<<< Let's Connect >>>*

## **VIRTUAL Caregiver Drop-Ins**

**ZOOM ID: 858 3771 6954**

(3<sup>rd</sup> Wednesday of the Month)

**Wednesday, April 17**

**7:00pm – 8:00pm (PST)**

(1<sup>st</sup> TUESDAY of the Month)

**Tuesday, May 7**

**10:00am – 11:00am (PST)**

## **CRANBROOK IN-PERSON**

### **Breakfast Drop-Ins**

(last Thursday of the month)

**Thursday, April 25**

**9:00am-11:00am**

**Smitty's**

## **100 MILE HOUSE**

### **Walking Group**

**Thursday, April 25**

**2:00 – 3:00pm (PST)**

Centennial Park

(Meet in the Parking Lot)

## **HISTORY OF RESIDENTIAL SCHOOLS IN CANADA**

**Thurs, May 16 6:30 - 8:00pm (PST)**

**Presenter: Brenda Celesta**

To register, visit:

[STFC2024INDIGENOUSHISTORY](https://STFC2024INDIGENOUSHISTORY)

## **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://COSPOOCSPRING2024)

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

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

## **FORT HEALTH AND CHILD MIND INSTITUTE: CHRONICALLY ABSENT: HOW TO MANAGE SCHOOL REFUSAL**

**Apr 18, 2024**

**1:30pm (PST)**

"A New York Times story revealed that more than 1-in-4 students were chronically absent during the 2022-23 school year. A number that's 2x higher than the 2019-20 school year. At least some of this chronic absenteeism is due to mental health reasons and specifically, due to school refusal. School refusal is a complex symptom that can arise from a combination of factors including mental health, bullying, learning difficulties, and stressful life situations. Join us for a roundtable that will cover:

1. School refusal and its causes.
2. Early signs of school refusal.
3. Strategies for support and collaboration.
4. When and how to get professional help.

A recording will be shared with everyone who registered.

To register and to find out more visit:

[https://us06web.zoom.us/webinar/register/WN\\_TtGf7TeDSsGp83tjROdtuQ#/registration](https://us06web.zoom.us/webinar/register/WN_TtGf7TeDSsGp83tjROdtuQ#/registration)

## APPLE PODCASTS

### ASK DR. JESSICA: ANSWERS FROM A PEDIATRICIAN

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. This conversation explores the topic of constipation in children and its relationship to accidents, particularly bedwetting.”

To find out more, visit Apple podcasts or visit:

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

## AUTISMBC MEETS NERUODIVERGENT LIVING NETWORK

Monday, April 15

10:00 – 11:00am (PST)

“This Meets, a new group, aims to build a community of support for the daily living activities of all types of neurodiverse and neurodivergent families. We welcome autistic adults, parents of ASD children, partners of autistic adults, chosen family, and anyone looking to make their homes and communities neuro-friendly.

So, bring a warm cup of tea and your best advice. Together, we will work on executive function challenges and build routines that actually work for your neurodivergent family.



**How:** On Zoom, join via PC/Mac or mobile device.

**When:** 3rd Monday of the month  
at 10:00am - 11:00am (PST)

**Who:** All types of neurodivergent families. We welcome anyone looking to make their homes and communities neuro-friendly.

**Cost:** Free

**Hosts:** Our Lower Mainland Regional Coordinator, Anne Honeycutt, and community member, Carla Christman, facilitate the Meets.”

To find out more and to register, visit:  
<https://www.autismbc.ca/events/autismbc-meets-neurodivergent-living-network/>

Connect with the team >>>

## SUPPORT TO FAMILY CARE NETWORK PROGRAM

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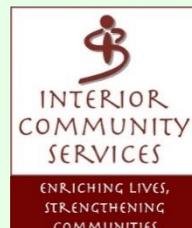
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Need resources or information?  
Check out our website!

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.