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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)

### 100 MILE HOUSE Walking Group

Thursday, April 25

2:00 – 3:00pm (PST)

Centennial Park  
(Meet in the Parking Lot)

### WEST KOOTENAY Indigenous Knowledge

Share with Anona Kampe

Friday

11:00am – 1:00pm (PST)

Castlegar Arc Office  
625 Columbia Ave  
lunch included

### 100 MILE HOUSE Youth-in-Care Information Session

Wednesday, April 24

4:00 – 6:00pm (PST)

At the Raven Youth Activity Centre

**Pizza and a \$10.00 gift card  
for all attendees.**

# WEEKLY Communiqué

## MOOSE HIDE CAMPAIGN CAMPAIGN DAY May 16, 2024

"In 2023, over half a million Canadians joined together in ceremony and solidarity with the goal of ending gender-based violence. Moose Hide Campaign Day is a day of ceremony where all Canadians are called to join together to take a stand against violence towards women and children and to take practical steps for our collective journey of reconciliation. **Together, we are making a change.**"

"The Moose Hide Campaign recognizes that all forms of violence are unacceptable, regardless of gender. We are also aware of the disproportionate number of women who are victims of domestic and gender-based violence and the importance of engaging men and boys in addressing this issue.

Our non-profit organization was founded in response to the tragic reality of the over 1200 missing or murdered Indigenous women and girls. We have now become one of Canada's most recognized and embraced responses to our country's need to address reconciliation and gender-based violence."

1 IN 2	Half of all women in Canada have experienced at least one incident of physical or sexual violence since the age of 16
3X HIGHER	Spousal violence of Indigenous women is three times higher than non-Indigenous women
EVERY 2.5 DAYS	A woman or girl is murdered every two and a half days in Canada
6X HIGHER	Indigenous women are killed at six times the rate of non-Indigenous women

MOOSE HIDE PINS "Worn as a commitment to honour, respect and protect the women and children in your life, pins are completely free and come in batches of 25 so you can spread the word of the campaign. We also offer the option of animal-free pins." (STFC will have pins available through their Network Facilitators too!)

To order pins and find out more, visit: <https://moosehidecampaign.ca/pins/>

## HISTORY OF RESIDENTIAL SCHOOLS IN CANADA

Thursday, May 16

6:30 – 8:00pm (PST)

Presenter: Brenda Celesta (Kamloops school district Secondary School Resource Teacher)

Learn about the history of Residential Schools, Indigenous Culture and Pathways to Reconciliation.

To register, visit: [STFC2024INDIGENOUSHISTORY](https://STFC2024INDIGENOUSHISTORY)

## FAMILYSMART BC EVENTS

Check out FamilySmart BC – they have some great events coming up!

### Connecting with Kids WITH KIM BARTHEL

**Tuesday, May 7 6:00pm - 8:00pm (PST)**

**National Child and Youth Mental Health Day** "We know that having caring, connected conversations can significantly impact the mental health of children and youth. Join us to listen to Kim Barthel talk about having more self-compassion, self-awareness and knowledge about the art and science of relationships. Our kids mean so much to us, and yet disconnection, dissociation and even the potential for self-harm is very real. A holistic and engaging story-teller, Kim will introduce the basics of attunement, attachment theory, trauma-sensitive practice, sustainable self-care and above all the power of connection and inclusion."

### Understanding, Supporting & Connecting with Teens with Depression

**Tuesday, April 23 6:00pm – 7:30pm (PST) or**

**Thursday, April 25 6:30pm – 8:00pm (PST)**

"Mood rollercoasters are a part of normal development for our teens, but sometimes something more is going on with their mental health. How can we tell the difference? At what point should we intervene, and how can we go about it? If you as a caregiver and feel lost about how to best support your teen struggling with Depression, you are not alone. Join Victoria Keddis, a parent with lived experience and Karen Peters, a mental health therapist who supports children, teens and families, for a discussion about understanding how depression shows up in teens and ways of journeying with them through it. Come together with other families to watch this video presentation and stay for a facilitated discussion by a FamilySmart Parent Peer Support Worker."

To find out more and to register for events

visit: <https://familysmart.ca/monthly-events/>

**BROUGHT TO YOU BY:**

## SUPPORT TO FAMILY CARE NETWORK PROGRAM

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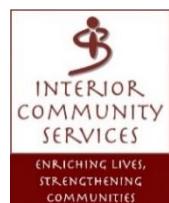
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### WELCOME TO FED CONNECTS!

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](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*