


 ZOOM MEETINGS  
& TRAININGS.....1


 CHRONICALLY  
ABSENT: HOW TO  
MANAGE SCHOOL  
REFUSAL.....2


 NEURODIVERGENT  
LIVING  
NETWORK.....2

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)

## VIRTUAL

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



## SURF Your Urge

### Spot, Understand, Ride, Fall

Manage your urges with the S.U.R.F. technique!

Urge surfing is a technique for managing one's own unwanted behaviors. Rather than giving in to an urge, a person learns to ride it out, like a surfer riding a wave. After a short time, the urge will pass on its own. This technique can be used to stop or reduce drug and alcohol use, emotional reactions such as "blowing up" when angry, gambling, and other unwanted behaviors.

For more info and resources, visit: <https://www.therapistaid.com/therapy-worksheet/urge-surfing-handout>



## HISTORY OF RESIDENTIAL SCHOOLS IN CANADA

**Thursday, May 16, 2024**  
**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://www.stfc.ca/stfc2024INDIGENOUSHISTORY)

**100 MILE HOUSE**  
**Youth-in-Care**  
**Info Session**  
 Wednesday, April 24  
 4:00 – 6:00pm (PST)  
 Raven Youth Activity Centre  
 Pizza and a \$10.00  
 gift card for all  
 attendees.

## BURNOUT PREVENTION & RECOVERY WORKSHOP

with  
**Jenn Bruer**



Jenn Bruer is a successful Canadian Author, esteemed Youth Counsellor, retired Foster Parent, Burnout Prevention & Recovery Strategist and Wellness Trainer just to start..

**THURSDAY**  
**MAY 9TH, 2024**  
 9:30am-11:30am  
**PST**  
**Via Zoom**

In this 2 hour workshop Jenn will deliver a presentation from a very personal lens taking you through her burnout recovery journey. She will introduce you to 5 pragmatic strategies to bring your stress hormones back into balance, review evidence-based ancient practice of mindfulness & much much more!!

### Limited Spaces

Register via email  
 to

[noksupport@okfosterparents.ca](mailto:noksupport@okfosterparents.ca)

Sponsored by



## FORT HEALTH AND CHILD MIND INSTITUTE:

# CHRONICALLY ABSENT: HOW TO MANAGE SCHOOL REFUSAL

Apr 18, 2024

1:30pm (PST)

CHRONICALLY ABSENT

How to  
Manage School  
Refusal



JOIN EXPERTS FROM:



Child Mind  
Institute



ACADEMICS WEST

April 18,  
5:30 PM ET

"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.

Join:

- Dr. Harold Koplewicz, President and Medical Director, Child Mind Institute
- Dr. Lindsay Henderson, Clinical Director, Fort Health
- Dr. Jefferey Kassinove, Founder, Academics West

A recording will be shared with everyone who registered.

To register and to find out more visit:

[https://us06web.zoom.us/webinar/register/WN\\_TtGf7TeDSsGp83tiROdtuQ#registration](https://us06web.zoom.us/webinar/register/WN_TtGf7TeDSsGp83tiROdtuQ#registration)

BROUGHT TO YOU BY:

## SUPPORT TO FAMILY CARE NETWORK PROGRAM

Program Coordinator: Kari Beppe

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

Cell: (250) 819-1919

Office: (236) 421-0031 Toll Free: 1-877-376-3660

Network Facilitators:

Renata Bonthoux (250) 319-6557

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

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

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

Marna Forsyth (250) 609-2017

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

Jayne Wesko (250) 608-7674

[jwesko@arcprograms.com](mailto:jwesko@arcprograms.com)

Tabitha Fournier (250) 320-4603

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

Ashley Gibson (250) 426-6013

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



### 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!

## AUTISMBC MEETS

# NEURODIVERGENT 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 10:00 AM — 11:00 AM

**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/>

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