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ABSENT: HOW TO  
MANAGE SCHOOL  
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LIVING  
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**STFC – SUPPORTING FOSTER FAMILIES**

# WEEKLY Communiqué

## 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**

## 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://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..



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!!

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

**Limited Spaces  
Register via email  
to**

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

Sponsored by



[fosteringokanagan.com](https://fosteringokanagan.com)



## 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>



## 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.

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

## AUTISMBBC 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.

AUTISMBBC MEETS  
**Neuro-  
divergent  
Living Network**



**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/>

BROUGHT TO YOU BY:

## SUPPORT TO FAMILY CARE NETWORK PROGRAM

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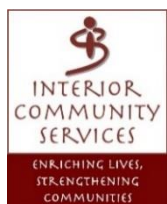
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### WELCOME TO FED CONNECTS!

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.