


 ZOOM MEETINGS
& TRAININGS.....1


 4 KEYS FOR HELPING
SOMEONE WITH A
MENTAL ILLNESS.....2


 BOOK CORNER:
ADHD IS
AWESOME.....2

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)

WILLIAMS LAKE
Coffee Group
 Tuesday, April 30
 9:30 – 11:00am (PST)
 Hearth Restaurant
 (99 3rd Ave S)

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

HOPE FOR THE JOURNEY CONFERENCE 2024

Virtual Daytime Sessions

This program provides in-depth training for parents of children with trauma-based behavioral issues focusing on the Trust-Based Relational Intervention (TBRI) model, bringing together proven, practical teaching and insight as well as everyday, helpful wisdom - created by developmental psychologist Dr. Karyn Purvis for parents and caregivers meeting the needs of children impacted by foster care/and/or adoption.

Sessions are Tuesdays from 9:30am to 12:30pm
April 23rd - TBRI Intro **April 30th - Connection**
May 7th – Empowering **May 14th - Correcting**

Attend all four sessions to receive a certificate. For more info, please contact FPSS Coordinator Dianne Thompson, (778) 430-5459, sicord@fpss.com

To register, visit:

https://lp.constantcontactpages.com/ev/reg/n8fcmt9?mode=preview&source_id=cd6915a6-9141-427b-b6b4-dd54b9535f8e&source_type=em&c=

BUSINESS SIDE OF FOSTERING VIRTUAL TRAINING

JUNE 4 & 6 9:30 – 11:30am (PST)

Watch for registration details coming soon!

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

CRISIS TRAUMA & RESOURCE INSTITUTE 4 KEYS FOR HELPING SOMEONE WITH A MENTAL ILLNESS

"Someone you care about has a mental illness – what do you do? The temptation is to try to persuade the person to think or act differently, but that doesn't work very well. You end up arguing and talking in circles, only to get frustrated with each other. What now?"

Read the full article on Crisis Trauma & Resource Institute Website. Visit:

<https://ctrinstitute.com/blog/4-keys-helping-mental-illness>

Check out their printable handout and find out about LEAP. Visit:

<https://ctrinstitute.com/resources/4-keys-helping-mental-illness>

ADDITUDE MAGAZINE ADHD IS AWESOME: The Holderness Family Guide to Thriving with ADHD

Monday, May 13 10:00am (PST)

"When we fell in love with the YouTube viral video "Xmas Jammies" 10 years ago, we didn't know that Penn Holderness had ADHD. Since then, Penn and Kim Holderness, the First Family of ADHD, have regaled us with instant classics including '10 ADHD Lifehacks from Penn,' 'Me and My ADHD,' and 'How to Listen (Kinda) with ADHD.'

Aside from making us LOL, these witty and endearing videos have showcased the brilliant creativity, mind-blowing energy, and totally unique perspectives that ADHD can bring. ADHD is not 100% awesome, but the Holderness Family is very good at reminding us about the aspects and elements of this condition that do not suck.

Not available May 13? Don't worry. Register now and we'll send you the replay link to watch at your convenience."

To register visit: <https://www.additudemag.com/webinar/holderness-family-guide-adhd-is-awesome>



MONTHLY BOOK CORNER ADHD IS AWESOME: A Guide To (Mostly) Thriving With ADHD

Penn & Kim Holderness "You live in a world that wasn't designed for you. A world where you're expected to sit still, stay quiet, and focus. Because of the way your brain is wired, you can feel like you're failing at life. But you are not failing. You are awesome."

Penn was in college when he was diagnosed with ADHD, although the signs of having a brain that worked just a little bit differently had been there since he was a kid. Rather than view the diagnosis as a curse or give in to feelings of inadequacy or failure, he took a different approach, one that he wants to share with fellow ADHDers and the people who care about them.

Drawing on their often-hilarious insights and the expertise of doctors, researchers, and specialists; Kim and Penn provide fun, easy-to-digest advice and explanations, including:

- ↳ What it's actually like to live with an ADHD brain.
- ↳ How to find humor in the pitfalls, sob stories, and unbelievable triumphs (like the time they won The Amazing Race!) that come with ADHD.
- ↳ How to tackle the challenges ADHD presents with a positive outlook.
- ↳ Targeted tools and techniques to play to your unique strengths.
- ↳ Fun extras like ADHD Bingo, an ode to cargo pants, and what the world would look like if ADHDers were in charge

Available on Indigo, Barnes & Noble & Amazon

BROUGHT TO YOU BY:

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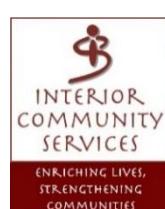
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WELCOME TO FED CONNECTS!

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.