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KELTY MENTAL
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WEEKLY *Communiqué*

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)

CARIBOO

100 Mile House Coffee Group

Thursday, May 23

9:30am – 11:30am (PST)

Smitty's Family Restaurant - 441 Alder Ave

Williams Lake

Spa Making Day

Thursday, May 23

9:30am – 11:30am (PST)

CDC - 690 2 Ave N

VIRTUAL

WEST KOOTENAY

Foster Parent Drop-In Fridays

11:00am - 12noon (PST)

Zoom ID: 250 608 7674

BUSINESS SIDE OF FOSTERING VIRTUAL TRAINING

Tues, June 4 & Thurs, June 6

9:30 - 11:30am (PST)

Registration details coming soon!

HISTORY OF RESIDENTIAL SCHOOLS IN CANADA

Thursday, May 16

6:30 - 8:00pm (PST)

Presenter: Brenda Celesta

(Kamloops school district Secondary School Resource Teacher)

Recording available from May 22 – 29 inclusive.

To receive the recording link, please register.

Please see poster for more details.

To register, visit: [STFC2024INDIGENOUSHISTORY](#)

DIFFICULT CONVERSATIONS

Monday, June 3

9:00 – 11:00am (PST)

Presenter: Charlene Croukamp

Charlene has been a practitioner of conflict resolution for the past three decades. Her experiences have included working in many diverse environments where she has had the opportunity to bring calm, information, empowerment, support, and successful resolution to individuals and families in crisis. Her roles have included Family Mediation, Conflict Coaching, Crisis Hostage Negotiation, Behavioural Counselling, Victim Services, and most recently Applied Psychology and Counselling. Within all these roles it is and continues to be important to her to meet her clients where they are at, to fully understand their perspective and experiences, and to provide opportunity to move forward with success, resilience, and strength. She achieved her educational designations from Royal Roads University, The Justice Institute of British Columbia, and The Kelowna College of Professional Counsellors.

Limited time recording of this will be available.

To receive the replay link, please register. Watch for registration details coming soon!

For more info, please contact Marna Forsyth at 250-609-2017 or
mforseyth@interiocommunityservices.bc.ca or visit www.psacbc.ca

BC CHILDREN'S KELTY MENTAL HEALTH

PODCAST New: Season 5 now started

"Join our fabulous hosts in conversations with parents and caregivers, youth and health professionals. Each podcast episode they:

- Challenge some of the myths, stereotypes, and stigma that surround mental health
- Empower children, youth, and families by providing reliable mental health and substance use information in a way that is understandable and relatable

Walk away from episodes with practical tips and strategies that you can use to promote you and your family's mental health and wellness. Never miss an episode!"

April 10 Episode: UNDERSTANDING SENSORY PROCESSING CHALLENGES IN KIDS "Our external senses - smell, sight, touch, and taste - along with lesser-known internal ones like balance and location - are constantly working to help us make sense of our world around us. This intricate process, often known as 'sensory processing,' is the foundation of many daily tasks. For some children, navigating this sensory processing can be more challenging. In today's episode, our hosts chat with Tammie, a parent who shares her personal story of supporting her child with sensory processing challenges, and Courtney Hall, BCCH Occupational Therapist. Together they:

- Talk about different types of sensory preferences - like hypersensitivity and hyposensitivity
- Look at other conditions that can go along with sensory processing issues and
- Offer tips and resources for parents and caregivers to support a child with sensory processing challenges

For more info, visit:

<https://live-keltymentalhealth.pantheonsite.io/podcast>

BE SURE TO CHECK OUT THEIR VIDEOS AND GUIDES TOO at:

<https://live-keltymentalhealth.pantheonsite.io/resource-library>

BC DISABILITY ALLIANCE PROGRAMS AND HELP SHEETS

Helping people with disabilities to live
with independence, dignity and equality.

"Disability Alliance BC has been a provincial, cross-disability voice in BC since 1977. Our mission is to support people, with all disabilities, to live with dignity, independence and as equal and full participants in the community."

BC DISABILITY ALLIANCE PROGRAMS

- [Advocacy Access Program](#) provides one-on-one assistance with provincial and federal (Canada Pension Plan Disability) income supports and other benefits.
- [Tax AID DABC](#) helps people with disabilities living on low incomes to file their taxes year-round, and navigate other tax issues. Website: <https://taxaidabc.org/>.
- [Access RDSP](#) helps people with the Disability Tax Credit and with opening a Registered Disability Savings Plan (RDSP).
- [Our Disability Law Clinic](#) is able to provide free legal advice and representation to people with disabilities who are dealing with human rights violations and discrimination.

Check out their help sheets which includes:

The Persons with Disabilities (PWD) Application	Checklist for the Persons with Disabilities (PWD) Benefit
The Disability Tax Credit	Long-Term Disability Insurance
Income Assistance Application Process for People with Disabilities	Guide to Filing Income Taxes for People Receiving PWD/PPMB
The Duty to Accommodate Employees with Disabilities	And many more!!

For more info, visit:

<https://disabilityalliancebc.org/publications/publications-bc-disability-benefits-help-sheets/>

BROUGHT TO YOU BY:

SUPPORT TO FAMILY CARE NETWORK PROGRAM

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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.