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PFLAG'S "OUR
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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 St.
(2nd Floor of grey building)

VIRTUAL

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

REGISTER TO RECEIVE THE REPLAY LINK

IT TAKES A VILLAGE:

Navigating 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. For more info about Charlene and / or the workshop, please see the attached poster.

For more info, please see attached poster.

INSPIRE TRAINING

STRATEGIES TO MANAGE BEHAVIOURS IN ADOLESCENTS

Monday, June 3 9:00 – 11:00am (PST)

A course for those caring for teenagers with developmental trauma. This training is brought to you by PSACLN and Okanagan Foster Parent Association in collaboration with Interior Community Services.

Please see poster for more info.

THE WHITE HATTER

Digital Literacy and Internet Safety for Caregivers

Thursday, June 20 6:30 – 8:30pm (PST)

This workshop will help caregivers to proactively understand the enabling power of technology and mobile communications, but also how to mitigate the sometimes unintended consequences of high risk or undesirable online behaviour.

For more info, please see attached poster.

BUSINESS SIDE OF FOSTERING VIRTUAL TRAINING

Tues, June 4 & Thurs, June 6

9:30 - 11:30am (PST)

Please see poster for more info.

Parent Support Services Workshop SUPPORTING COMMUNICATION IN THE EARLY YEARS

Wednesday, June 19
7:00pm - 8:30pm (PST)

"For Parents & Kinship caregivers raising children 6 years and under. This workshop is for caregivers who are interested in providing a language-rich environment and supporting the communication development of their little ones. We will discuss milestones in speech, language, hearing & play."

To register visit: [PSSSPRINGREG](https://pssspringreg.com)

June

**CRISIS & TRAUMA
RESOURCE INSTITUTE
FREE WEBINAR:
TRAUMA-INFORMED
CARE:**

Building a Culture of Strength
Tuesday, June 18
11:00 – 11:45am (PST)

“Target Audience: **This is an introductory-intermediate level webinar** intended for anyone interested in learning more about this topic.

Trauma is prevalent in our world and has an impact on many of the people we interact with, including those who engage with our organizations. Compassionate and trauma-informed care is essential to providing effective support and building sustainable services. In this webinar, you will learn how to implement two of the five key principles trauma-informed organizations embody: Shifting Judgement to curiosity and Fostering Safety.

At the end of this webinar, participants should be able to:

- Define trauma
- Understand trauma-Informed care
- List the five key principles of trauma-informed care
- Identify the importance of shifting judgement to curiosity
- Understand why fostering safety is key to creating a trauma-informed organization”

To register visit:

<https://ctrinstitute.com/workshops/free-webinar-trauma-informed-care-06-18-2024>

**PFLAG RESOURCE:
OUR CHILDREN BOOKLET**

Excerpt from the Booklet: “Dr. Caitlyn Ryan conducted research that followed families going through the coming-out process. The conclusions reached from this study highlight the powerful role parents play in their LGBTQ+ child’s health: Certain response behaviors reduce a child’s risk for both physical and behavioral health problems. These include:

- **Speaking with - and listening to - your child about their LGBTQ+ identity.** Give your child ample opportunity to open up and share their thoughts and feelings. Whether they want to talk about their hopes for the future, or a situation that happened in school or at work that day, the prospect for open discussion is endless. If you have a sense that your loved one might want to talk, but isn’t doing so on their own, a gentle open-ended question, such as, “How did things go at school/work/church today,” can open the door to dialogue. Don’t push, and really listen when they talk. If you make a misstep in your response - whether accidentally using incorrect pronouns or asking a too-personal question - apologize; no one is perfect. It is in making the attempt, and doing better when needed, that you show your love and support.
- **Supporting your child’s LGBTQ+ identity, including their gender expression, even though you may feel uncomfortable.** Despite your potential discomfort, your LGBTQ+ loved one needs your support. This support can take many forms, from welcoming their friends into your home, to taking them shopping for that just-right piece of clothing they’ve been asking for, to helping provide access to age-appropriate resources, such as books and films. Imagine how supported your loved one will feel when you speak positively about an LGBTQ+ character you saw on television, or share a news article on a related issue?
- **Connecting your child with an LGBTQ+ role model.**
- **Expressing your unconditional love for your child.**

To find more resources and to download the booklet visit:

<https://pflag.org/resource/our-children/>

(Note: this resource is American, but you can also find PFLAG Canada at:

<https://pflagcanada.ca/>

BROUGHT TO YOU BY:

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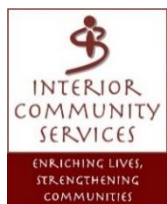
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WELCOME TO FED CONNECTS!

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.