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FREE WEBINAR:  
PRACTICAL  
OPTIMISM.....1

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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)

### 100 MILE HOUSE

#### Caregiver Coffee Drop-In

Thursday, June 20

9:30am - 11:00am (PST)

Smitty's Restaurant

### WILLIAMS LAKE

#### Caregiver Coffee Drop-In

Tuesday, June 25

9:30am - 11:00am (PST)

The Hearth Restaurant

## VIRTUAL

### WEST KOOTENAY

#### Foster Parent Drop-In

Fridays

11:00am - 12noon (PST)

Zoom ID: 250 608 7674

## FORT HEALTH AND CHILD MIND INSTITUTE

### FREE WEBINAR:

### PRACTICAL OPTIMISM:

### RAISING RESILIENT CHILDREN IN A NEGATIVE NEWS LANDSCAPE

Tuesday, June 18

2:30 pm(PST)

"Children are bombarded with grim and negative messages about the state of their country and the world. This constant barrage is partially responsible for an alarming increase in rates of anxiety and depression among young people. Pundits and media companies have a vested interest in telling our children that everything is falling apart. But we have a responsibility to empower them by fostering their resilience and a healthy positive perspective..."

Join us for a special webinar and clinical roundtable with the Child Mind Institute and Dr. Sue Varma, author of the book Practical Optimism. The clinicians will share practical parenting tips to help your children thrive in the face of an increasingly negative news and digital media environment. The summer is a perfect opportunity to positively influence your child's well-being. In this session you will learn how to:

- Provide children with a positive perspective by identifying emotions and masterfully self-regulating them
- Empower kids with a pragmatic problem-solving approach to life's obstacles
- Model practical optimism when coping with your own challenges."

For more info and to register, visit:

[https://us06web.zoom.us/webinar/register/WN\\_1Fcfhk6pRbOsZHa4qhvXQg#/registration](https://us06web.zoom.us/webinar/register/WN_1Fcfhk6pRbOsZHa4qhvXQg#/registration)



## 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. **Please register to receive the replay link.**

For more info, please see attached poster.

## INDIGENOUS BOOK COLLECTION

These books are available on **Indigenous Reflections** website and other retailers.

Be sure to check out their amazing shop of Indigenous Resources: <https://indigenousreflections.ca/>

### LITTLE BEAR IN FOSTER CARE

"Algonquin author S.P. Joseph Lyons, from Kitigan Zibi First Nation, was placed in foster care as a young child and is a survivor of the Sixties Scoop. Foster Care can be scary and lonely. Through S.P. Joseph Lyons' experiences, the Little Bear in Foster Care book makes foster care a little less frightening. This book connects children to a range of emotions, encourages them to find their voice, process their feelings, and lets our children know they are not alone or to blame. The richness of Indigenous cultures and experiences come alive in this story of healing and resilience. This is an important book for all young children. Translated by Mawla Shawana, Odawa & Potawatomi Elder and Language Keeper from Wikwemikong Unceded Territory. **Winner, 2022 First Nation Communities READ Award.**"

### WOLF PUP FINDS HIS PACK

"Wolf Pup Finds His Pack is about a young wolf pup who moves from home to home looking for a safe place to stay while Mother and Father Wolf get healthy. As Wolf Pup left his family with his brother, Mother Wolf gave the Pups Sweetgrass. Mother Wolf taught them that Sweetgrass, a Sacred Medicine, would give them peace when they felt scared and alone. On their journey to find a new home, the pups visit Grandmother and Grandfather Wolf. They tired easily and had no room for Wolf Pup. As Wolf Pup was leaving, Grandfather Wolf handed him some Cedar for strength as he continued his journey. Wolf Pup then stayed with Auntie Wolf a while but then had to leave. Auntie Wolf gave him some Sage. Learn with Wolf Pup as he continues to find a safe place to stay. Algonquin author S.P. Joseph Lyons, from Kitigan Zibi First Nation has also written Little Bear in Foster Care. **Wolf Pup Finds His Pack is a second book in his Foster Care Series.**"

### RESIDENTIAL SCHOOLS

#### With the Words and Images of Survivors, A National History

"Residential Schools, With the Words and Images of Survivors, A National History honours the survivors, the former students, who attended residential schools. Designed for the general reader this accessible, 112-page history offers a first-person perspective of the residential school system in Canada, as it shares the memories of more than 70 survivors from across Canada as well as 125 archival and contemporary images (65 black & white photographs, 51 colour, some never before published). This essential volume written by award-winning author Larry Loyie, 1933-2016 (Cree), a survivor of St. Bernard Mission residential school in Grouard, AB, and co-authored by Constance Brissenden and Wayne K. Spear (Mohawk), reflects the ongoing commitment of this team to express the truths about residential school experiences and to honour the survivors whose voices are shared in this book. Along with the voices, readers will be engaged by the evocative, archival photographs provided by the Shingwauk Residential Schools Centre with the assistance of curator Krista McCracken. The book begins with the moving introduction by Larry Loyie, and moves to seven chapters that explore the purpose of this school system; cultures and traditions; leaving home; life at school the half-day system; the dark side of the schools; friendship and laughter coping with a new life; changing world--the healing begins; and an afterword. A detailed, full colour map showing residential schools, timeline with key dates, glossary, and a helpful index (including names of survivors and schools) make this vital resource a must-have for secondary, college, and universities, libraries, and the general reader."

**BROUGHT TO YOU BY:**

## SUPPORT TO FAMILY CARE NETWORK PROGRAM

**Program Coordinator: Kari Beppe**

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

**Marna Forsyth (250) 609-2017**

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

**Jayne Wesko (250) 608-7674**

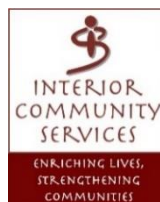
[jwesko@arcprograms.com](mailto:jwesko@arcprograms.com)

**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!

**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*