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# WEEKLY *Communiqué*

STFC – SUPPORTING FOSTER FAMILIES

## IN PERSON

### KAMLOOPS

#### Foster Parent Drop-In

Wednesday

**CANCELED THIS WEEK**  
We will see you on June 19th

### 100 MILE HOUSE

#### Caregiver Coffee Drop-In

Thursday, June 20

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

Smitty's Restaurants

### WILLIAMS LAKE

#### Caregiver Coffee Drop-In

Tuesday, June 25

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

The Hearth Restaurant

### WEST KOOTENAY

#### Pizza In The Park

Friday, June 14

3:00pm – 5pm (PST)

1020 Davies Street Park, Nelson

(All Nelson and Slocan foster families  
are welcome)

## VIRTUAL

### WEST KOOTENAY

#### Foster Parent Drop-In

Fridays

11:00am - 12noon (PST)

Zoom ID: 250 608 7674

## 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.

**REGISTER TO RECEIVE THE REPLAY LINK**

## INSPIRE TRAINING

### STRATEGIES TO MANAGE BEHAVIOURS IN ADOLESCENTS

A course for those caring for teenagers  
with developmental trauma

Tuesday, June 11 10:00am – 12Noon (PST)

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.

## Virtual Replay Available

### Mental Health Medication: An Overview

Wednesday July 3 to Wednesday July 17

Presenter Lori Nichols provides an overview of the three most common classes of psychotropic medications that are used with children and youth: Antidepressants, Antipsychotics, and Stimulants. Topics covered include: how medications can change thinking, behavior, and emotions, how to recognize and communicate concerning patterns of thinking, emotions and behavior, what changes to track and report when someone starts a medication, and much more.

To register: <https://learn.fpss.com/training/mental-health-medications-replay/>

Check out the PSACLN for more information and additional trainings.

## Kids Bowl Free All Summer

### Kidsbowlfree.com

More than 1,500 bowling centers around the globe provide 2 FREE Games of bowling each day to kids during the Spring and Summer. This program is designed by bowling centers to give back to the community and provide a safe, secure, and fun way for kids to spend time this summer. Since 2007, more than 35 million kids and families have participated!

#### How to register:

**Step 1:** [Find a Participating Bowling Center In Your Community](#)

**Step 2:** Register Your Kids

\*Children whose age does not exceed a limit by a participating bowling center are eligible to register for 2 free games each day of the KBF program, all summer long, courtesy of the participating bowling centers along with the schools and organizations. Participating bowling centers set their age limits, see the center registration page for more details.

**Step 3:** Go Bowling All Spring & Summer!

For more information:

<https://www.kidsbowlfree.com/index.php>



## Federation of Youth In Care Networks: Dream Fund

"Our Dream Fund supports young people in and from care to pursue their careers and achieve their goals through education and skill building. The Dream Fund includes two different bursaries that are distributed three times a year: in October, February and July. You're eligible for Dream Fund bursaries if:

- You are youth in or from care in BC ages 14-24
- You have a cumulative total of one year in government care (CCO, VCO, TCO, SNA, YAG, Extended Family Placements)
- (Education Achievement only) You are enrolled or planning to enroll in a secondary, postsecondary academic, technical or vocational program, a recognized public post-secondary institution, or a registered private post-secondary institution. The school does not need to be in BC.

#### Education Achievement Bursary

Want to go back to school but wondering if you can afford tuition on top of everything else? The Education Achievement Bursary can provide you with up to \$1500 for tuition at a post-secondary school. Young people can use this bursary for all accredited schools, not just the usual designated post-secondary schools.

#### Reach for Success Bursary

Are you working towards a goal but there's an expense getting in your way? The Reach for Success Bursary can provide you with up to \$500 to overcome barriers you might face in achieving your goals. Reach for Success Bursary winners have used the money to pay for photography lessons, driving lessons, yoga memberships, sports team fees, Canadian citizenship applications, BCIDs, certifications like FoodSafe and Serving it Right, and even dental work. If you need money for anything you don't see listed here, get in touch with us and we'll do what we can to help!"

**Deadline to Apply:** July 8, 2024

For More information or to apply for the Dream Fund:

<https://fbcyicn.ca/what-we-offer/programs/dream-fund>

**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](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.