



ZOOM MEETINGS  
& TRAININGS.....1

BULLYING AND THE  
BRAIN'S ABILITY TO  
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# WEEKLY Communique

STFC – SUPPORTING FOSTER FAMILIES

## IN PERSON

**KAMLOOPS**  
**Foster Parent Drop-In**

Wednesday

**Cancelled for this week only**

**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

## SAFE BABIES TRAINING

**TUESDAY AND THURSDAY MORNINGS**

9:00am – 11:00am (PST)

THROUGHOUT THE MONTH OF JULY

Registration will open on Monday, June 24.

Please see attached poster for more information.



BC  
Children's  
Hospital  
Research Institute

Michael Smith  
Health  
Research BC  
BC SUPPORT UNIT

TAPESTRY  
TOOL



## THE LIBRARY OF LIVED EXPERIENCE

A virtual space shaped by people who have lived experience with neurodevelopmental conditions in childhood and adolescence

## Neurodevelopmental Conditions in Childhood & Adolescence

we're designing a virtual library

The Library of Lived Experience is meant to help kids with neurodevelopmental conditions and their families and caregivers and to be a force for positive change in the healthcare system

E-mail us to learn more and receive an invitation to a one-hour consultation. We want to hear your ideas.

Teresa Hansen  
thansen@cmmmt.ubc.ca

### BENEFITS:

- \$50 compensation for participating in a consultation (per family)
- Have your say – your lived experience matters
- Learn about the project and get involved in upcoming library partner groups

Project Lead: Dr. Dan Goldowitz  
Senior Scientist, Centre for Molecular  
Medicine & Therapeutics (CMMT)  
BC Children's Hospital Research Institute

## FIRST VOICES

Though we've highlighted it before, we thought it would be a good reminder – perhaps you can help your kiddo learn their language during the summer holidays. "FirstVoices.com is an online space for communities to share and promote their language, oral culture and linguistic history. Communities create secure, interactive language sites online by uploading audio recordings, words, phrases, songs and stories to be shared with others. Operating since 2003, FirstVoices is an initiative of the First Peoples' Cultural Council." Languages include Ktunaxa, Secwepemc, Secwepemctsin (Eastern Dialect), Tsilhqot'in (Xeni Gwet'in), nle?kepmxcin, Dene and more! This website has a word of the day for each of the languages. Be sure to check it out!

<https://www.firstvoices.com/>

## FREE ON-DEMAND WEBINAR BY ADDITUDE MAGAZINE LIFELONG EFFECTS OF BULLYING AND THE BRAIN'S ABILITY TO RECOVER

"Children and teens with ADHD are most likely to be bullied at school than their neurotypical peers. Why? ADHD symptoms and behaviors like impulsivity, trouble detecting social cues, low self-esteem, and executive function deficits make them easy targets. What you might not know is that bullying and abuse can physically harm a child's brain architecture and function. The neurological scars are visible on brain scans.

What's empowering and inspiring is that all brains benefit from neuroplasticity, which means they are shaped by environment and by practice. Learn about the strategies that can help your child with or without ADHD better cope with and respond to bullies. The more parents, teachers, and coaches understand about how brains may suffer from bullying and abusive conduct, the better equipped they will be to prevent, protect, and respond to these harmful acts.

In this webinar, you will learn about:

- The ADHD symptoms and behaviors that may make children with the condition a target
- The different forms of bullying, and the harmful physical impact that each may have on a child's brain structure and function
- Strategies and practices to repair the neurological scars from bullying and abuse
- Practical and actionable interventions for strengthening the brain and restoring holistic health"

Be sure to check out their many other videos too! To watch the video and for more info, please visit:

<https://www.additudemag.com/webinar/ptsd-bullying-adhd-brain-effects/?src=webinar>

## MONTHLY BOOK CORNER PRIDE MONTH BOOK LIST

### THEY, SHE HE: AS EASY AS ABC

By Maya Christina Gonzalez and Matthew Sg (2019) "An alphabet sing-song rhyme about inclusion and the many different ways people identify and use pronouns."

### IT FEELS GOOD TO BE YOURSELF

by Theresa Thorn Illustrator: Noah Grigni (2019) "This book provides young and adult readers with the vocabulary to discuss the topic of gender identity with sensitivity.

### WHY WE FLY THE RAINBOW

By Miss Minty Beets (2019) "Narrated by two cheerful jellybeans, this story is about the importance of community, acceptance, and what it means to be a good friend." "The bright, colourful illustrations are eye-catching for kids and add another layer to the story, as all of the jellybeans, in different sizes, shapes and colours, with different interests and abilities, are ultimately, the same."

### BREAKING BOUNDARIES:

#### LGBTQ2 Writers

#### on Coming Out and Into Canada

by Lori Shwydsky (2019) "What does it mean to be LGBTQ2 in Canada? The only possible answer to that question is one given in many voices. That is exactly what this book offers. There is struggle in these stories and poems, but there is also strength and resilience, compassion and determination. Woven together these voices leave me with a sense of hopefulness: a belief that the creativity and fierce commitment of our community will carry us forward as we work to create a Canada that lives up to the dream of freedom and safety it represents to so many people around the world."

BROUGHT TO YOU BY:

## SUPPORT TO FAMILY CARE NETWORK PROGRAM

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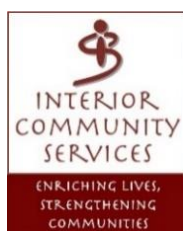
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### WELCOME TO FED CONNECTS!

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](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.