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A bimonthly brief of current support and training

# THE Support Report

<<< Let's Connect >>>

**VIRTUAL**  
**Caregiver Drop-Ins**  
**ZOOM ID: 858 3771 6954**

(1<sup>st</sup> TUESDAY of the Month)

Tuesday

**Cancelled for  
Summer Holidays  
Restarting Wed, Aug 28  
8:00 pm – 9:00 pm (PST)**

**WILLIAMS LAKE**  
**Caregiver Coffee Drop-In**  
Tuesday, June 25  
9:30am - 11:00am (PST)  
The Hearth Restaurant

**VIRTUAL LIBRARY:**  
**Neurodevelopmental  
Conditions in Childhood and  
Adolescence**

The Library of Lived Experience: A virtual space shaped by people who have lived experience with neurodevelopmental conditions and adolescence. This library 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.

Please see attached poster for more info.

## **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."

Check out their many other videos too! To watch the video please visit:  
<https://www.additudemag.com/webinar/ptsd-bullying-adhd-brain-effects/?src=webinar>

## **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 Shwydky (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."

# 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."

Connect with the team >>>

## SUPPORT TO FAMILY CARE NETWORK PROGRAM

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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/outofcareproviders](http://www.icsfp.info/outofcareproviders)



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.