

**ZOOM MEETINGS
& TRAININGS.....1**

**HOW TO HELP
CHILDREN CALM
DOWN.....2**

**QUEER
TERMINOLOGY:
A TO Q.....2**

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)**

WILLIAMS LAKE

Music in the Park

Thursdays through to Aug 22

6:00 pm (PST)

Boitanio Park

WILLIAMS LAKE

Fun in the Park

Tuesday, July 9 & 23

10:00 am – 12Noon (PST)

Kiwanis Park

100 MILE HOUSE

Fun in the Park

Thursday, July 11 & 25

10:00 am – 12Noon (PST)

Centennial Park

VIRTUAL

WEST KOOTENAY

Foster Parent Drop-In

Fridays

11:00am

Cancelled for July 12 only

666 7674

EFFECTIVE JULY 1, 2024

MAINTENANCE RATES INCREASED

Age of Child or Youth

Monthly Rate

Age 0 - 11

\$1,531.70

Age 12 - 19

\$1,711.50

To find out more visit: <https://www2.gov.bc.ca/gov/content/family-social-supports/fostering/currentfostercaregivers/foster-caregiverpayments>

HAVE YOU REGISTERED?

PROVINCIAL SUPPORT AGENCIES CAREGIVER LEARNING NETWORK

This site has training opportunities for caregivers and professionals across BC. Be sure to register and check the box to receive news. You will then receive all upcoming trainings and workshops such as Safe Babies training, Business Side of Fostering and Myles Himmelreich coming on Sept 10! Not sure how to register? Check out the tutorial at: <https://learn.fpsss.com/how-to-register/>

Having trouble registering? The **CLM\$101 workshop** will be held on:

Wednesday, July 10

10:00am – 10:45 am (PST)

Monday, July 15

6:00pm – 6:45 pm (PST)

Tuesday, July 23

1:00pm – 1:45 pm (PST)

Wednesday, July 31

10:00am – 10:45 am (PST)

To register, visit: <https://learn.fpsss.com/training/caregiver-learning-management-system-clms-101-2/>

INSTITUTE OF CHILD PSYCHOLOGY FREE WEBINAR SUCCESSFUL PLAY SPACES AT HOME

July 25 9:00am (PST)

“For this 1 Hour webinar you will hear from Mariana Caruzo, an expert in play-based education. She will share the most essential elements to create a successful play environment. Learn how to foster high-quality and independent play, promote play at home, and make play the first choice for children. This session will provide practical tips and insights to transform your approach to play, ensuring enriching and engaging experiences for children.”

To register visit: https://icpwebinars.com/registration-63?mc_cid=789fc0d68f&mc_eid=6957f7f9c8h

CHILD MIND INSTITUTE

HOW TO HELP CHILDREN CALM DOWN:

Techniques for helping kids regulate their emotions and avoid explosive behavior

"Many children have difficulty regulating their emotions. Tantrums, outbursts, whining, defiance, fighting: these are all behaviors you see when kids experience powerful feelings they can't control. While some kids have learned to act out because it gets them what they want - attention or time on the iPad - other kids have trouble staying calm because they are unusually sensitive.

The good news is that learning to calm down instead of acting out is a skill that can be taught.

- What is dysregulation?
- Rethinking emotions
- Model managing difficult feelings
- Validate your child's feelings
- Active ignoring
- Positive attention
- Clear expectations
- Give options
- Coping ahead
- Problem solving
- Five special minutes a day

Through this article / video you will learn:

- How can parents help kids calm down?
- How can kids learn to understand their feelings better?
- How can you make it easier for kids to behave?"

Be sure to check out their many other videos too! To watch the video, read the article and for more info, please visit: <https://childmind.org/article/how-to-help-children-calm-down/>

QMUNITY BOOKLET

QUEER TERMINOLOGY: A TO Q

2022 EDITION FROM QMUNITY

Though we have highlighted this booklet before, it is a good reminder of how our words can impact others.

"This Q Glossary may appear to be simply a list of words, but words have power. Words matter.

Words name and describe. If there are no words that fit, then LGBTQ2S+ identities, experiences and realities remain outside of language, silenced and invisible, unable to be recognized, communicated or shared.

Words can be powerful tools used to empower, include, affirm, acknowledge, identify, validate, understand, respect, dignify, unify, humanize, celebrate, embrace and heal.

But words can also be weapons. We know that the children's rhyme that ends with, 'but names can never hurt me,' just isn't true. Words can be used with the intent to invalidate, intimidate, belittle, bully, divide, dominate, ostracize, erase, judge and ridicule. Many words have been used against LGBTQ2S+ communities in this way.

Words in this glossary reflect the struggle to create, choose, use and reclaim terminology. The struggle for words that build people up instead of tear them down is at the heart of our movement."

To read or download this booklet visit: https://qmunity.ca/wp-content/uploads/2023/01/Queer-Glossary_2022_Digital.pdf

Be sure to check out their other resources such as:

Gender-Neutral Language Sheet: A printable card to encourage and empower everyone to be mindful of language.

Safety in Relationships for Trans Folk Healthy relationships take many forms, and healthy conflict can be a part of them.

BROUGHT TO YOU BY:

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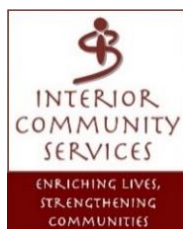
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WELCOME TO FED CONNECTS!

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.

"There are those who see the need and respond. Those people are my heroes." *Fred Rogers*