



A bimonthly brief of current support and training

THE *Support Report*

<<< Let's Connect >>>

VIRTUAL
 Caregiver Drop-Ins
 1-888-258-3771 6954
 (3rd Wednesday of the Month)
 Wednesdays
 7:00pm – 8:00pm (PST)

Postponed until Aug 27

WILLIAMS LAKE
Music in the Park
 Thursdays through to Aug 22
 6 pm (PST)
 Boitanio Park

WILLIAMS LAKE
Fun in the Park
 Tuesday, July 23
 10:00am – 12 Noon (PST)
 Kiwanis Park

100 MILE HOUSE
Fun in the Park
 Thursday, July 25
 10:00 am – 12 Noon (PST)
 Centennial Park

SIGNS OF HEAT EXHAUSTION

- ↳ Tiredness & Dizziness
- ↳ Headache
- ↳ Feeling sick or being sick
- ↳ Excessive sweating & skin becoming pale, clammy, or getting a heat rash
- ↳ Cramps in the arms, legs and stomach
- ↳ Fast breathing or heartbeat
- ↳ A high temperature
- ↳ Being very thirsty
- ↳ Weakness

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 **Myles Himmelreich coming on Sept 10!**

REGISTRATION STEPS

1. Click the register link to sign up for your free membership.
2. Select the appropriate membership option (OOC/ Kinship.)
3. Your membership request will be reviewed within 2 working days.
4. Once approved, you'll receive an email with access to your membership page, including links to courses and resources.

On your membership page, you can register for workshops. Not sure how to register? Check out the tutorial at: <https://learn.fpsss.com/how-to-register/>

Having trouble registering? The **CLMS101 workshop** will be held on:

| | |
|--------------------|--------------------------|
| 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: [CLMS101July 15](https://learn.fpsss.com/clms101-july-15)

EMERGENCY PREPAREDNESS

With fire season just around the corner, here is a quick reminder about ensuring that you are prepared this summer holiday. Be sure to pack a grab-and-go bag and have a plan for where you will go and who to notify.

YOUR GRAB-AND-GO BAG

| | |
|---|--|
| 1. Medication (at least a 4 day supply) | 9. Flashlight and batteries |
| 2. Complete changes of clothes for 4 days. | 10. AM/FM Radio |
| 3. Security items: favorite toy, book, etc. | 11. Blanket |
| 4. Spare pair of glasses | 12. Cell phone AND charger |
| 5. Snacks | 13. Pen and notepad |
| 6. Water | 14. Personal toiletries |
| 7. 1 roll of toilet paper for each person | 15. Small first-aid kit |
| 8. Some extra cash in small bills | 16. Pillow and small foldable blanket |
| 17. Any valuables you want to take with you. | |
| 18. Important Documentation: Have copies of any personal information such as care card numbers, birth certificates, ensure you have a copy of your home insurance. | |
| 19. If you have animals: Ensure you have crates, leashes, food, etc. in an easily accessible place. If you have pet insurance, take a copy with you. | |
| 20. Consider attaching a tag: e.g. remember to grab: *Medication in fridge *Pet food/cage, etc. | |

FREE WEBINARS BY MINDSPRING MENTAL HEALTH ALLIANCE

JULY 24 12 NOON (PST): UNDERSTANDING OPPITIONAL DEFIDENT DISORDER "It's not unusual for children and teenagers to be defiant, and to question authority on occasion. Discuss how disordered behavior is distinguished from typical child development and explore the diagnostic criteria, causes, and treatment of oppositional defiant disorder in this one-hour seminar with a licensed therapist."

AUGUST 6 12 NOON (PST): SELF-CARE AND WELLBEING: A HANDS-ON APPROACH TO BETTER HEALTH "It's normal to experience anxiety, fear, anger, and grief during times of uncertainty. Now, more than ever, it's important to recognize these feelings and allow time to recharge – but too often we feel guilty for taking time to meet our basic needs. Explore what self-care is, why it's so important, and learn techniques for incorporating self-care into your daily life with a licensed therapist."

AUGUST 13 12 NOON (PST): UNDERSTANDING ANXIETY "Occasional anxiety is an expected part of life. But anxiety disorders involve more than temporary worry. An accessible guide to understanding what causes anxiety disorders and the types of anxiety, their symptoms, common misconceptions, and how relationships are impacted. Discuss co-occurring disorders, treatment options, and learn practical tips for managing symptoms and helping others with a licensed therapist."

AUGUST 14 8:00am (PST): UNDERSTANDING ANXIETY "Persistent fatigue, low self-esteem, poor concentration, and feeling hopeless puts people at higher-than-average risk for suicide and self-harm, and symptoms can continue indefinitely without treatment. Discuss the signs and symptoms of persistent depressive disorder, what causes it, and who is at risk in this one-hour seminar."

AUGUST 14 12 NOON (PST): UNDERSTANDING GRIEF "Grief is a natural reaction to the loss of a loved one, and in most cases grief symptoms decrease over time. But for some people, intense grief persists and is severe enough to cause problems in everyday life. Explore the symptoms, risk factors, diagnostic criteria, and treatment of prolonged grief disorder with a licensed therapist and learn practical tips for managing symptoms and supporting loved ones in this one-hour seminar."

Be sure to check out their many other webinars too by visiting:
<https://www.mindspringhealth.org/get-involved/webinars-and-events>

SUMMER CAMPS

ACT has been gathering information on fun activities for all ages.

For more info, visit:

<https://www.actcommunity.ca/community-events/summer-camps-activities>

SOCIAL SCIENCE SUMMER CAMP

TEENAGERS July 17 – 20 Ages 12-17

"The Autism and Developmental Disabilities Lab (ADDL) is hosting a fun, FREE event called the Social Science Summer Camp for children with and without a diagnosis of Autism Spectrum Disorder (ASD)! Autistic and non autistic children will get to engage with each other in various activities, play exciting games, make crafts, and participate in research, science, and learning activities. This experience is available for free through a research fund, so we ask that caregivers complete surveys about their child for research purposes (most surveys can be completed online) For more information please email addl@sfu.ca."

ECO ADVENTURE CAMP! –

SALMON ARM July 22 – 26 (Ages 8-14)

and Aug 26-30 (Ages 6-12)

"Summer is not just a time for fun and relaxation; it's also a crucial period for social development, especially for autistic and neurodiverse youth. Engaging in social activities during the summer can have a profound impact on their emotional and social well-being. Group runs daily for one week from 9:00 am to 3:00 pm." To register, visit: <https://pivotpoint.ca/salmon-arm-day-camps/>

Connect with the team >>>

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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



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.