



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



**FREE WEBINAR:
BACK TO SCHOOL
TOOLKIT.....2**



**POWER OF
SHOWING UP.....2**

STFC – SUPPORTING FOSTER FAMILIES

WEEKLY *Communiqué*

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

VIRTUAL

WEST KOOTENAY

Foster Parent Drop-In

Fridays

11:00am - 12noon (PST)

Zoom ID: 250 608 7674

SAVE THE DATES:

UPCOMING FALL TRAINING

Myles Himmelreich	September 10 (time TBA)	FASD
White Hatter	September 25 6:30pm (PST)	Supporting Youth Being Targeted By, Aggression, Cyberbullying, Threats, Hacks and Violence: This program aims to help caregivers support youth who may find themselves subject to various forms of aggression online.
AUDIO Book Club	Wednesdays starting September 11 10:00am – 12Noon (PST) OR 6:30pm – 8:30pm (PST)	Raising Kids with Big, Baffling Behaviours: Brain-Body-Sensory Strategies that Really Work.

For more information, contact your Network Facilitator.

SEVEN CORE ISSUES IN ADOPTION AND PERMANENCY: A Comprehensive Guide to Promoting Understanding and Healing In Adoption, Foster Care, Kinship Families and Third Party Reproduction

by Sharon Roszia & Allison Davis Maxon Based on a hugely successful US model, the Seven Core Issues in Adoption is the first conceptual framework of its kind to offer a unifying lens that was inclusive of all individuals touched by the adoption experience.

The Seven Core Issues are Loss, Rejection, Shame/Guilt, Grief, Identity, Intimacy, and Mastery/Control. The book expands the model to be inclusive of adoption and all forms of permanency: adoption, foster care, kinship care, donor insemination and surrogacy. Attachment and trauma are integrated with the Seven Core Issues model to address and normalize the additional tasks individuals and families will encounter.

The book views the Seven Core Issues from a range of perspectives including: multi-racial, LGBTQ, Hispanic, Asian, Native American, African-American, International, openness, search and reunion, and others. This essential guide introduces each Core Issue, its impact on individuals, offering techniques for growth and healing. Check out the workbooks as well. They are all available on Amazon.

SOCIAL THINKING FREE

Back to School Webinar:

Award Winning Products, Free Give Away and Free Teaching Tool hosting a free 60-minute webinar where attendees will get a chance to win new and award-winning products, and we're also including a free teaching tool! Three for the price of free.

<https://www.socialthinking.com/online-training/on-demand/back-to-school-award-winning-products-teaching-tool>

Live Webinar BACK-TO-SCHOOL TOOLKIT:

**Proven Systems for Solving
Disorganization, Procrastination,
and Missed Deadlines**

August 14 at 10:00am (PST)

(or sign up for the replay link)

Join us for an insightful webinar with Ann Dolin, M.Ed., an experienced author, educator, advocate, and parent of kids with ADHD who brings a deep understanding of the unique challenges your child faces.

To more info and to register, visit:

<https://www.additudemag.com/webinar/organization-system-back-to-school-adhd>

FREE FRIDGE SHEET POWER OF SHOWING UP

Front side: "Children who form secure attachments with their caregivers lead happier and more fulfilling lives. These bonds are formed when parents respond to the needs of their children by providing the Four S's."

Back Side: "Strategies on implementing the Four S's in your child's daily life."

To download the Fridge Sheet visit:

<https://drdansiegel.com/book/the-power-of-showing-up/>

MONTHLY BOOK CORNER: POWER OF SHOWING UP

How Parental Presence Shapes Who Our Kids Become and How Their Brains Get Wired

by Daniel J. Siegel, M.D. and Tina Payne Bryson, Ph.D. "One of the very best scientific predictors for how any child turns out—in terms of happiness, academic success, leadership skills, and meaningful relationships—is whether at least one adult in their life has consistently shown up for them. In an age of scheduling demands and digital distractions, showing up for your child might sound like a tall order. But as bestselling authors Daniel Siegel and Tina Payne Bryson reassuringly explain, it doesn't take a lot of time, energy, or money. Instead, showing up means offering a quality of presence. And it's simple to provide once you understand the four building blocks of a child's healthy development. Every child needs to feel what Siegel and Bryson call the Four S's:

- 👉 **Safe:** We can't always insulate a child from injury or avoid doing something that leads to hurt feelings. But when we give a child a sense of safe harbor, she will be able to take the needed risks for growth and change.
- 👉 **Seen:** Truly seeing a child means we pay attention to his emotions—both positive and negative—and strive to attune to what's happening in his mind beneath his behavior.
- 👉 **Soothed:** Soothing isn't about providing a life of ease; it's about teaching your child how to cope when life gets hard, and showing him that you'll be there with him along the way. A soothed child knows that he'll never have to suffer alone.
- 👉 **Secure:** When a child knows she can count on you, time and again, to show up—when you reliably provide safety, focus on seeing her, and soothe her in times of need, she will trust in a feeling of secure attachment. And thrive!

Based on the latest brain and attachment research, *The Power of Showing Up* shares stories, scripts, simple strategies, illustrations, and tips for honoring the Four S's effectively in all kinds of situations—when our kids are struggling or when they are enjoying success; when we are consoling, disciplining, or arguing with them; and even when we are apologizing for the times we don't show up for them. Demonstrating that mistakes and missteps are repairable and that it's never too late to mend broken trust, this book is a powerful guide to cultivating your child's healthy emotional landscape."

Available through Amazon or to borrow from your ICS Network Facilitator

BROUGHT TO YOU BY:

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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.