



A bimonthly brief of current support and training

# THE *Support* Report

## <<< Let's Connect >>>

**VIRTUAL**  
**Drop-Ins**  
**Postponed until**  
**Aug 27**  
 (3rd Wednesday)  
 Wednesday  
 7:00pm – 8:00pm  
 (1st TUESDAY of the Month)  
 Tuesday, July 2  
 10:00am – 11:00am (PST)

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

## **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>

## **REPRESENTATIVE FOR CHILDREN & YOUTH REPORT** **DON'T LOOK AWAY**

British Columbia's Representative for Children and Youth (RCY) is calling for a collective commitment to "stop tinkering at the edges of an outdated system that does not work for too many children and families" and embark instead on both specific and larger transformative changes that will ensure that our young people are safe, connected and thriving.

"We need to recognize that young people are currently 20 per cent of the population, but they are 100 per cent of the future of this province. Given this, we must commit together to move their needs up the priority list significantly," said Representative for Children and Youth Jennifer Charlesworth. "This report highlights all too clearly how poorly we are serving too many young people and their families in B.C. And when we know better, we can do better."

To watch the presentation, download and read the summary and full report, visit: <https://rcybc.ca/hfaq/dont-look-away/>

## **SAVE THE DATES:** **UPCOMING FALL TRAINING**

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

**For more information, contact your Network Facilitator.**

## **PROVINCIAL SUPPORT AGENCIES CAREGIVER LEARNING NETWORK - HAVE YOU REGISTERED?**

This site has training opportunities for caregivers across BC. Be sure to register and check the box to receive news. You will then receive all upcoming trainings and workshops. Not sure how to register? Check out the tutorial: <https://learn.fpss.com/how-to-register/>

## 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

## MCFD Comprehensive CARE PLAN REVIEW

The Ministry of Children and Family Development is hosting engagement circles to gather recommendations on how to transform care planning policy and practice, with a focus on fostering belonging – to family, culture, and community – for Indigenous and non-Indigenous children and youth in care. These engagement circles are intended for those with a role in the circle of supports for children and youth in care, parents, guardians, and family members of children and youth who have spent time in care, and those who have been in care themselves.

### How to attend

Please register at

<https://ow.ly/Ulcz50SCp4Z> by August 9.

**We will be offering a \$50 gift card per participant compensation for current/previous children and youth in care and parents, guardians, family members of children/youth in care who participate in the cohort-based care planning engagement circles.**

### More information

<https://engage.gov.bc.ca/govtogetherbc/engagement/care-planning-review/>

Connect with the team >>>

## SUPPORT TO FAMILY CARE NETWORK PROGRAM

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### 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

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



**Interior  
Community  
Services**

Enriching Lives, Strengthening Communities

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