

ZOOM MEETINGS  
& TRAININGS.....1#OURANXIETY  
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SENSORY  
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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****Sundaes & Suncatchers**  
Wednesday, August 28  
1:00pm- 3:00pm (PST)  
Child Development Center**VIRTUAL****WEST KOOTENAY**  
**Foster Parent Drop-In**  
Fridays  
11:00am - 12noon (PST)  
Zoom ID: 250 608 7674

# WEEKLY

## Communiqué

**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	Raising Kids with Big, Baffling Behaviours: Brain-Body-Sensory Strategies that Really Work. 10:00am – 12Noon (PST) OR 6:30pm – 8:30pm (PST)
Business Side of Fostering	Oct 15 & 17 mornings OR Oct 28 & 30 evenings	Tuesday and Thursday morning 9:30am – 11:30 am (PST) or Monday and Wednesday evening 6:30 pm – 8:30 pm (PST)
Safe Babies Training	Tuesday & Thursday mornings starting October 22	9:30am – 11:30 am (PST) October 22 through to and including November 19. Please note that you need to attend all 9 sessions to receive your certificate.

For more information, contact your Network Facilitator.

**HERE TO HELP**

Though we've highlighted it before, we thought it would be a good reminder – "Mental health and substance use information you can trust. Seven agencies came together for this project as the BC Partners, because we recognize that people need to have access to quality information on mental health, mental illness, and substance use problems." Besides their stories and articles, they have tip sheets on Alcohol, Drugs, ADHD, Alzheimer's disease + Dementia, Anxiety disorders, Bipolar disorder, Co-existing mental health + substance use disorders, Depression, Eating disorders, Grief, Obsessive-compulsive and related disorders, Personality disorders, Psychosis, Schizophrenia, Self-injury, Stress, Suicide and Trauma- and stressor-related disorders. Check out their website at: <https://www.heretohelp.bc.ca/>

## CHILDMIND INSTITUTE FREE WEBINAR

### BEYOND THE HYPE: WHAT RESEARCH TELLS US ABOUT SOCIAL MEDIA'S ROLE IN YOUTH MENTAL HEALTH

TUESDAY, AUGUST 20  
12 Noon (PST)

"The U.S. Surgeon General recently issued a call for warning labels on social media because of its potential impact on youth mental health. Join us Tuesday, August 20, as we convene a panel of leading experts to explain what scientific research says about the complex role of social media in youth mental health - and how to use this information in the real world.

Continuing medical education (CME) credits for psychiatrists and continuing education (CE) credits for psychologists are available to registered participants through accreditation with Northwell Health. This event was created in partnership with the State of California's Department of Health Care Services.

#### Join us to learn:

- ↳ What are the findings and limitations of scientific evidence on social media and youth mental health?
- ↳ How is social media used in families and educational settings, and how does this impact youth?
- ↳ How can parents and their children use research to be informed consumers of social media products?"

To register, visit: <https://www.anxietycanada.com/>

BROUGHT TO YOU BY:

## SUPPORT TO FAMILY CARE NETWORK PROGRAM

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Have a youth in care? Be sure to check out our website or Facebook page!

## STAR INSTITUTE SENSORY WEBINARS

### FREE WEBINARS FOR CAREGIVERS

- ↳ The Different Perspectives of Sensory in Daily Life
- ↳ Sensory Health Made Simple: The Keys to Living a Sensory-Informed Life
- ↳ Neurodiversity Affirming Sensory Integration
- ↳ Expanding the Horizon – Transitioning the Lens from SPD to Sensory Healthy

Visit: <https://sensoryhealth.org/basic/monthly-webinars-0>

### LET'S TALK SENSE

This workshop series is for parents, caregivers, and individuals of all ages! You will walk away empowered through understanding and promoting sensory health and regulation within yourself and your family. Through targeted webinars, you will gain practical strategies for establishing consistent and calming evening routines, navigating and supporting sensory needs during unexpected changes, and planning and enjoying vacations while maintaining sensory health.

By attending this series, you will be equipped with the tools needed to support sensory health and foster positive relationships, enhancing the overall quality of life for everyone involved.

Each week, a new recorded topic will be released on our online event community platform to watch at their own pace. You are encouraged to engage with others to discuss the presented information, share breakdown strategies, network, and ask questions. In addition to the prerecorded sessions, there will be two live sessions where you can interact with STAR therapists and live-experience advocates to ask questions and gain further insights. **Cost \$20 US Includes 3 presentations, 2 live sessions and community networking.**

Visit:  
<https://sensoryhealth.org/basic/let-s-talk-sense-2024-community-workshop>

### 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](http://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.