



A bimonthly brief of current support and training

# THE Support Report

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

**VIRTUAL**  
**Caregiver Drop-Ins**  
**ZOOM ID: 858 3771 6954**  
**(3rd Tuesday of the Month)**  
**June 19**  
**1:30pm – 2:30pm (PST)**  
**(1st TUESDAY of the Month)**  
**Tuesday, July 3**  
**10:00am – 11:00am (PST)**

*Postponed until Aug 27*

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

**WILLIAMS LAKE**  
**Sundaes and Sun catchers**  
**Wednesday Aug 28**  
**1 -3 pm (PST)**  
**Child Development Center**



## SAVE THE DATES:

<b>Myles Himmelreich</b>	<b>September 10</b> (time TBA)	<b>FASD</b>
<b>White Hatter</b>	<b>September 25</b> 6:30pm (PST)	Supporting Youth Being Targeted By, Aggression, Cyberbullying, Threats, Hacks and Violence. Helping caregivers support youth who may find themselves subject to various forms of aggression online.
<b>AUDIO Book Club</b>	<b>Wednesdays starting</b> <b>September 11</b> 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.

## FREE ONLINE BOOKS

Besides the library, there are a few places where you can get FREE online books and audio books. Understood.org lists a number of different places to check out for both.

- ↳ **The Free Kids Books** site lets you search for free books by age and subject, and even books with 'dyslexia-friendly' fonts.
- ↳ **Many Books** has thousands of free digital books, including many classics and young adult novels. Use this site to find free books for teens.
- ↳ **Unite for Literacy** offers more than 400 free picture books, and one-fourth of them are written in Spanish."

For more info, visit: <https://www.understood.org/en/articles/10-places-to-find-free-books-for-your-child>

Be sure to check out their **audio book list** as well at:

<https://www.understood.org/en/articles/free-audiobooks-and-digital-text-to-speech-books-for-your-child>

And don't forget to **check with your Network Facilitator** to borrow any books from ICS.

## HAVE YOU REGISTERED? PROVINCIAL SUPPORT AGENCY 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!**

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, August 12 6:30pm to 7:15pm (PST)

Tuesday, August 20 1:00pm to 1:45pm (PST)

Wednesday, August 28 10:00am to 10:45am (PST)

To register visit: [CLMS101Summer](https://CLMS101Summer)

# CARE BEYOND CARE Key Provincial Resources

SAJE: Strengthening Abilities and Journeys of Empowerment

## Unconditional Income Support (UIS)

\$1,250 a month from age 19-20 for youth leaving government care.

## Conditional Income Support (CIS)

\$1,250 a month for living expenses while youth participate in one or a combination of the following programs:

- Education or Vocational Training
- Life Skills
- Rehabilitation or Cultural Programming

## Rent Supplements

\$600 a month for youth renting in the private rental market (up to 2 years)



## SAJE Housing Agreement (SHA)

If a youth is not ready to leave their placement at 19, they can access a SAJE Housing Agreement (SHA) to stay where they are up to their 21st birthday.



## SAJE Support Agreement (SSA)

Funding to support a young person's independent living expenses, up to their 21st birthday.



## SAJE Navigators & Guides

SAJE Navigators support youth aged 14-19½ to prepare for adulthood.

SAJE Guides support youth aged 18½ - 25 to navigate resources and opportunities.

## Health Benefits

Youth on SAJE agreements have access to:

- Dental
- Optical
- Mental health and counselling funding

## Life-skills, Training & Cultural Connections Funding (LSTCC)

Youth can access up to \$11,000 over the course of a SAJE Agreement for a range of opportunities to support their goals

For more information, please visit:

<https://www2.gov.bc.ca/gov/content/family-social-supports/youth-and-family-services/youth-transitions>

## THE BEST WAY TO EASE THE BACK- TO- SCHOOL TRANSITION

Starting a new school year can be scary. But the key is to help make this transition smooth and gentle. If you're not feeling prepared for the upcoming school year, don't panic. Don't lose hope. Here are some of the suggestions they've found most helpful:

- ⊕ Keep the summer fun going. Plan at least one activity for the first week of school.
- ⊕ Allow more downtime with the TV or computer after school than you usually will during the school year. Then gradually reduce or eliminate screen time once school really gets underway.
- ⊕ Keep the schedule clear. Try not to make any extra plans or appointments for the first two weeks of school.
- ⊕ Be present as much as possible for at least the first week. This way you can set up school-day routines gradually instead of all at once.
- ⊕ Let kids stay up a little later the first week of school. In the second and third weeks, begin moving to an earlier sleep schedule.
- ⊕ Stress the importance of breakfast. Eating before school will give kids energy to start their day.
- ⊕ Returning to school can be exciting, stressful, and exhausting all at the same time. Some kids might need a little more time to adjust. If getting back into the school groove isn't working out well, tackle things gradually. Keep some of the summer fun alive and give enough downtime.

Article from <https://www.understood.org/>

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)



Enriching Lives, Strengthening Communities

"Every kid is one caring adult away from being a success story." - Josh Shipp