



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



**OUR ANXIETY
STORIES2**



**SCIENCE X
DESIGN.....2**

WEEKLY *Communiqué*

STFC – SUPPORTING FOSTER FAMILIES

VIRTUAL

**WEST KOOTENAY
Foster Parent Drop-In**

Friday

11

Zo

**Cancelled for
Aug 23 & 30 only**

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)

Please see attached poster or contact your
Network Facilitator.

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)**

Boitania Park

WILLIAMS LAKE

**Sundaes &
Suncatchers**

Wed, Aug 28

**1:00pm- 3:00pm
(PST)**

**Child Development
Center**



HAVE YOU REGISTERED?

PROVINCIAL SUPPORT AGENCIES CAREGIVER LEARNING NETWORK

This site will have training opportunities for caregivers across the province.

Be sure to register and check the box to receive news. You will then receive all upcoming trainings and workshops such as Safe Babies training, Business Side of Fostering and Myles Himmelreich coming on Sept 10!

Myles Himmelreich	September 10 9:30am – 12:30pm (PST)	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.
Business Side of Fostering	Oct 15 & 17 mornings OR Oct 28 & 30 evenings	Tuesday & Thursday mornings 9:30am – 11:30 am (PST) or Monday & Wednesday evenings 6:30pm – 8:30pm (PST)
Safe Babies Training	Tuesday & Thursday mornings starting Oct 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.

Having trouble registering? Connect with Marna or your Network Facilitator!

FREE PODCASTS #OURANXIETYSTORIES

"Want to learn more about anxiety and hear people from all walks of life share their experiences with anxiety? Welcome to #OurAnxietyStories – The Anxiety Canada Podcast, hosted by John Bateman.

Anxiety Canada is proud to be affiliated with HeretoHelp, a project of the BC Partners for Mental Health and Substance Use Information. The BC Partners are funded by the Provincial Health Services Authority."

Anxiety, Imposter Syndrome, and Public Speaking with Dr. Matthew Chow: Episode 63: 26:27 min: *Stigma, Workplace, Adult* - In this episode of #OurAnxietyStories, Mark Antczak, Anxiety Canada's in-house clinical counsellor, engages in a thought-provoking discussion with Dr. Matthew Chow, Chief Mental Health Officer at TELUS Health, on anxiety, imposter syndrome, self-compassion, and more.

Musician Ayla Tesler-Mabé Doesn't Fret Over Failure Anymore: Episode 62: 34:39 min: *Treatment, Perfectionism, Youth, Facing Fears* - My anxiety came out the most in extreme perfectionism and an extreme fear of failure.

Putting Panic in Remission with Tom Power: Episode 61: 38:44min: *Exposure Therapy, Facing Fears, CBT, Recovery Treatment* - I was able to put the panic disorder in remission; the most profound way I was able to do that was through CBT

Adoption, Anxiety and Finding the Truth with Lise Laforge Episode 58: 36:15 min: *Adult, Resources, Stigma* - I was extremely insecure, and I felt like I was living a secret life and that no one else could possibly be living this life.

Be sure to check out their resources too!
like MindShift CBT Anxiety App & My Anxiety Plan (MAP)

Visit: <https://www.anxietycanada.com/>

CENTER ON THE DEVELOPING CHILD AT HARVARD UNIVERSITY SCIENCE X DESIGN

"Science X Design (pronounced "science by design") aims to empower service providers in fields like healthcare, education, and child welfare to identify new opportunities to improve their services. This toolkit offers curated information on three design principles informed by the science of early childhood development and guides you in gathering input from the people involved in your services. Through an interactive learning, listening, and synthesis process, you will identify opportunities to adapt your early childhood program to support the healthy development of young children and their caregivers.

At the Center on the Developing Child at Harvard University, we are excited to launch Science X Design, an open-access, self-paced learning module designed to support improved outcomes for young children and their caregivers.

The module offers curated information on three design principles informed by the science of early childhood development and guides you in how to gather input from the people involved in your services. This open access, self-paced module has been developed for providers of services to young children and their families. The purpose of this module is to provide knowledge and experiences to leverage the science of early childhood development. Users will explore their current programming from multiple perspectives to discover new design opportunities with the goal of improving outcomes for young children.

This module takes about 4-6 weeks to complete and was designed to be completed as a team. That said, **the module can be used by individuals, particularly Unit 1, which provides an overview of key concepts from the science of early childhood development.**

For an optimal learning experience, ensure you have a reliable digital device with internet connection, an updated web browser, and word processing software installed.

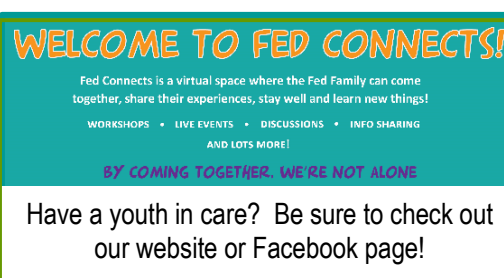
Check out the toolkit at: <https://developingchild.harvard.edu/innovation-application/science-x-design/>

BROUGHT TO YOU BY:

SUPPORT TO FAMILY CARE NETWORK PROGRAM

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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



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.