



ZOOM MEETINGS  
& TRAININGS.....1



BULLYING AND THE  
BRAIN'S ABILITY TO  
RECOVER.....2



WHAT IS YOUR  
SUPER POWER?  
.....2

STFC – SUPPORTING FOSTER FAMILIES

## IN PERSON

**KAMLOOPS**  
**Foster Parent Drop-In**  
**Wednesday**  
**9:00am - 10:00am (PST)**  
**Followed by:**

**AUDIO BOOK CLUB**  
Raising Kids with Big Baffling  
Behaviours  
Wednesdays  
10am-12Noon (PST)  
The Loft - 290 Maple St.  
(2nd Floor of grey building)

## VIRTUAL

**AUDIO BOOK CLUB**  
Raising Kids with Big Baffling  
Behaviours  
Wednesdays  
10am-12Noon (PST)  
ZOOM ID: 832 428 01289

**WEST KOOTENAY**  
**Foster Parent Drop-In**  
**Fridays**  
**11:00am - 12noon (PST)**  
Zoom ID: 250 608 7674



# THANK YOU TO ALL OUR FOSTER PARENTS AND FOSTER FAMILIES!

# WEEKLY Communiqué



PROVINCIAL SUPPORT AGENCY  
CAREGIVER LEARNING NETWORK

## HAVE YOU REGISTERED? 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 **Caregiver Wellness**, and **Robyn Gobbel** – all coming in the next few months! To register, visit: [PSACLN CLMS](#)

|   |  |
|---|--|
| <b>Business Side of Fostering<br/>Evening Sessions</b>                          | <b>Oct 28 &amp; 30</b><br>6:30pm – 8:30pm (PST)            |
| <b>Safe Babies Training</b>   | <b>Tuesday &amp; Thursday mornings<br/>starting Oct 22</b> |
| <b>Caregiver Wellness with<br/>Angela Murphy<br/>(Complex Trauma Resources)</b> | <b>Friday, October 25</b><br>10:00am – 11:00am (PST)       |

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



**7 Part Teen  
Evening Series  
on Zoom -  
Sep 2024 to  
May 2025**

**ON  
ZOOM**

7 PART TEEN SERIES 2024-25  
Wednesday Evenings  
6:30 pm – 8:00 pm  
September 26 ~ #1 Consent  
October 23 ~ #2 Relationships  
November 27 ~ #3 Safer Sex  
January 29 ~ #4 Sexting  
February 26 ~ #5 Pornography  
April 23 ~ #6 Gender & Sexual Orientation  
May 21 ~ #7 Sex Trafficking

## Sexual Health Education Series for Teens

Wednesday evening from 6:30 to 8:30 PM

[October 23 - Relationships](#)  
[November 27 - Safer Sex](#)  
[January 29 - Sexting](#)  
[February 26 - Pornography](#)  
[April 23 - Gender & Sexual Orientation](#)  
[May 21 - Sex Trafficking](#)

To register, visit the  
[CLMS](#)

Online on Zoom  
Register on Eventbrite  
For more information contact:  
kerry@powerupeducation.com

## VIDEA

### CONNECT WITH KINDNESS TOOLKIT

"Connect with Kindness is a group of Victoria-based youth who have been gathering to talk about online hate and identify how we can be a part of the solution. We want to highlight the importance of mental health and wellness when it comes to life online"

"The Connect with Kindness Toolkit was created to bring attention to online hate, and highlight the importance of mental health, wellness and kindness online. This resource was created by youth, for youth.

This Toolkit was created in British Columbia, Canada with the support of the Victoria Foundation."

Their table of contents include:

- ↳ Online Hate and Cyberbullying
- ↳ LGBTQ2S+ Youth and Online Hate
- ↳ Sexual Harassment Online
- ↳ Social Media is a Highlight Reel
- ↳ Setting Healthy Boundaries
- ↳ Connect with Kindness

To read / download the booklet, please visit:

<https://videa.ca/resources/connect-with-kindness-toolkit/>

**BROUGHT TO YOU BY:**

## SUPPORT TO FAMILY CARE NETWORK PROGRAM

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## BOOK CORNER

### WHAT IS YOUR SUPER POWER?: GROWING AND GLOWING WITH FASD

**by Hannah Denberg** "Drawing from my experiences and research, I set out to write a children's book that celebrates the strengths, resilience, and growth of children with FASD. As a researcher, I am committed to using strengths-based language, and I wanted the book to reflect that. While acknowledging the challenges faced by individuals with FASD is essential, it's equally important to shine a light on their strengths. This book finds that balance by showing how challenges can lead to success when met with understanding and support across a variety of settings."

The process of writing this book was incredibly meaningful, as it reflects a combination of my personal research experiences with lived and living experiences. By collaborating with individuals with FASD and their support person(s) throughout the process, I ensured that the story truly reflected diverse perspectives and experiences. The book's imagery is equally significant, as it is inspired by early discussions with my fellow CanFASD trainees. As we explored what FASD means to us, many shared photos of nature, including trees, flowers, and beautiful landscapes, that symbolized resilience and growth. I aimed to capture these powerful conversations and themes through the book's visuals, using nature as a metaphor for the ways individuals with FASD grow and thrive. Together, the storyline and imagery beautifully convey the strength of the FASD community.

**A valuable conversation starter** Recognizing the importance of shaping environments that are inclusive of individuals with FASD, I wanted to create a resource not only for children, but also for families, service providers, and the broader community to foster conversations about FASD in a positive manner. While the book simplifies FASD in a way that's understandable for children and young readers, it can still serve as a valuable conversation starter for service providers, community members, and families. This book is not designed to offer comprehensive information or guidance, but rather to introduce key ideas in a way that encourages further exploration.

I'm hopeful that this book will inspire greater awareness, spark conversations, and encourage readers to embrace and celebrate differences. This month and onward, let's all contribute toward a more understanding and supportive environment for individuals with FASD – Order your copy on Amazon today! **100% of proceeds are being donated to CanFASD to help advance research, resources, and supports for individuals with FASD, their families, and the service providers working alongside them.**"



#### 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!

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](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.