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& TRAININGS.....1

FREE WEBINAR FOR
FOSTER
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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
Sundaes & Suncatchers
Wed, Aug 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

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 for more info.

WEEKLY *Communiqué*

September 9th is
FASD Day

Everyone Plays a Part

Every single person can take action
to shape a society that supports
people with Fetal Alcohol Spectrum
Disorder and supports healthy
pregnancies.



#RedShoesRock
#FASDMonth2024

TOGETHER WE CAN END OVERDOSE INTERNATIONAL OVERDOSE AWARENESS DAY SATURDAY, AUGUST 31, 2024

There were 7,525 apparent opioid toxicity deaths in Canada in 2022, representing a rate of 19.3 deaths per 100,000 population.

This rate increased from January-June 2023 to a rate of 21.2 per 100,000 population. A majority of deaths occurred in British Columbia, Alberta, and Ontario; high rates were also observed within other regions.

In 2022, fentanyl was responsible for 81 per cent of opioid-overdose deaths in Canada. Of the accidental stimulant toxicity deaths during the year, 62 percent involved cocaine, while 55 percent involved methamphetamines.

#TOGETHERWECAN

INTERNATIONAL OVERDOSE AWARENESS DAY

SATURDAY, 31 AUGUST 2024



Source: Government of Canada (2022). Health Infobase.

FREE COURSE TO FOSTER PARENTS FROM A CHILD'S SONG

MAKING SENSE OF MELTDOWNS AND BLOWUPS: TRAUMA & ATTACHMENT INFORMED RESPONSES



A Child's Song

FOSTER PARENT MONTH

Making Sense of Meltdowns and Blowups: Trauma & Attachment Informed Responses

Are your days filled with big feelings and big behaviors?

Do you feel as though you are walking on eggshells to avoid the next blowup?

Constant dysregulation in a child's body and brain can result in daily routines feeling physically and emotionally exhausting for the whole family. It is difficult to know when to avoid the big upsets and when to persist with what seems to be typical expectations of children.

The focus of this workshop will be on providing you with a new narrative for meltdowns and blow-ups that will naturally lead to more effective responses. Parents will learn to plan for the big upsets, so their responses are predictable, therapeutic, and effective in helping their child move towards healthier ways of communicating their needs.



This course is **FREE** to Foster Parents for the Month of October, in honour of Foster Parent Month

To register for this course, send an email to: info@achildssong.ca (Subject line: Foster Parent Registration for October Free-bee and be sure to confirm that you are a Foster Parent).

Check out their upcoming workshops at: <https://achildssong.ca/events/>
And you can find their on demand webinars at: <https://achildssong.ca/courses/>

MONTHLY BOOK CORNER

NEURODIVERSITY: WHAT'S THAT?

by Nadine Ramina Arthur (2022) "Children are reaching an ever increasingly early age when they search the internet independently. Neurodivergent children are then faced with a tsunami of negative information about themselves relating to their diagnosis.

Disordered, impaired and not being good enough is the message we are all being told. But what if there was an alternative? There is!

Understanding neurodiversity enables parents and children to learn about disability and differences positively, promoting self-esteem and acceptance.

This book is neurodivergent friendly!

It uses large clear fonts on a light-coloured background, making the book easier to read for dyslexics and those with visual stress. Sentences and pictures are spaced out without too much crowding, to facilitate ease of reading.

The book is concise, which helps younger children and those with attention difficulties."

Contact your Network Facilitator to borrow a copy. Also available on Amazon.

BROUGHT TO YOU BY:

SUPPORT TO FAMILY CARE NETWORK PROGRAM

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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



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.

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