



ZOOM MEETINGS
& TRAININGS.....1

ROBYN GOBBEL
WORKSHOPS.....2

ASK THE EXPERT
.....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



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](#)

Business Side of Fostering Evening Sessions	Oct 28 & 30 6:30pm – 8:30pm (PST)
Safe Babies Training	Tuesday & Thursday mornings starting Oct 22
Caregiver Wellness with Angela Murphy (Complex Trauma Resources)	Friday, October 25 10:00am – 11:00am (PST)
Healing Trauma Through Strengthening Resiliency	Thursday, November 28 9:30am – 11:30am (PST)

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

FREE WEBINAR BY CARE FOR CAREGIVERS A BRIEF JOURNEY INTO VICARIOUS TRAUMA

Thursday, October 17 **12:00 Noon (PST)**

“Working in caring professions, especially when we are exposed to other people’s trauma, can leave us with our own physical, psychological, and spiritual pain. In this webinar we will briefly look at how being exposed to trauma can affect us and what we can do about it individually and as organizational communities. By the end of the webinar, you will have a clear understanding of what vicarious trauma is and how it shows up personally and professionally. You will also have some ideas about how you might manage it for yourself.

To find out more and to register, visit: <https://careforcaregivers.ca/current-events/october-17-a-brief-journey-into-vicarious-trauma/>

ROBYN GOBBEL

HELPING KIDS FIND THEIR VOICE: STRATEGIES FOR MANIPULATION AND VERBAL AGGRESSION

THURSDAY, FEB 13, 2025

9:00am to 12 Noon (PST)

To register, please visit:

<https://learn.fpsss.com/training/robyn-gobbel-feb-2025/>

SHUTDOWN, STONEWALLED & ALONE: STRATEGIES FOR KIDS WHO ARE SHUT DOWN

TUESDAY, MARCH 4, 2025

9:00am to 12 Noon (PST)

To register, please visit:

<https://learn.fpsss.com/training/robyn-gobbel-feb-2025/>

About Robyn "I've actually been described as "Neuroscience with heart...wrapped in glitter and fun!" The coolest part about that is that I think she was RIGHT! I translate the complex science of the Relational Neurosciences (that's just fancy talk for the parts of the brain that keep us in connection with ourselves and everyone else) for helpers, healers, educators, and parents. I help it make sense so you feel empowered and can use the knowledge to support the world-changing work you are already doing - you know...helping, healing, educating, and parenting!"

"There is no such thing as maladaptive. In each moment we are responding to cues of safety or threat in the only way we know how based on past experiences." "Emerging from the intersection of heart, soul, and science, Robyn's dynamic and playful presence instantly connects with her audience, inspiring delight and compassion toward themselves - and those they are committed to serving. Robyn re-awakens within helpers, healers, and educators their love for other humans (big and small!) by infusing relational brain science into our understanding of why people do what they do (including ourselves)."

Unable to make the date and time? Register and you will be sent the replay link.

ASK THE EXPERT: SARAH DILLON

Article found in TIPS Magazine

Question: Why won't my adopted daughter (5) settle at night? She keeps coming downstairs to check what her older sister is doing." It is highly likely that she desperately wants and need to know you will still be available for her even when you leave the room. She may fear 'sharing' you with her sibling and be worried that you might forget her when you leave. Try naming these needs with her (wondering out loud). Also you could try using a sandtimer. Read the rest of her answer with a practical idea in TIPS Magazine.

To read / download the TIPS Magazine, visit: https://issuu.com/coect/docs/tips_magazine_issue_11

BROUGHT TO YOU BY:

SUPPORT TO FAMILY CARE NETWORK PROGRAM

Program Coordinator: Kari Bepple

kbepple@interiorcommunityservices.bc.ca

Cell: (250) 819-1919

Office: (236) 421-0031 Toll Free: 1-877-376-3660

Network Facilitators:

Renata Bonthoux (250) 319-6557

rbonthoux@interiorcommunityservices.bc.ca

Jessica Galbraith (250) 819-5819

jgalbraith@interiorcommunityservices.bc.ca

Marna Forsyth (250) 609-2017

mforsyth@interiorcommunityservices.bc.ca

Jayne Wesko (250) 608-7674

jwesko@arcprograms.com

Tabitha Fournier (250) 320-4603

tfournier@interiorcommunityservices.bc.ca

James Weir (250) 426-6013

jweir@interiorcommunityservices.bc.ca



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



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.