

ZOOM MEETINGS
& TRAININGS.....1

CTRI
RESOURCES.....2

COMMUNITY VIRTUAL
EMPLOYMENT
SUPPORT PROGRAM
.....2

THANK YOU TO ALL OUR FOSTER
PARENTS AND FOSTER FAMILIES!

WEEKLY Communique

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



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](#)

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!

NEURODIVERGENT APPS & EQUIPMENT

Resource Guide by Autism BC

“Everyone sometimes needs help staying focused, calming down, or keeping organized, and sensory-friendly apps, equipment, and other tools can help. Many in-person and online resources can support neurodivergent people during transitions and challenges.

This is an extensive list of tools and apps you can use for yourself, your kids, or your entire family to help you navigate this wonderful, diverse journey of life – that we sometimes have a hard time keeping up with!

This list has items designed for the entire family - not just the kids - but remember that if your child qualifies for it, Autism Funding may cover the cost of the equipment and applications.

<https://www.autismbc.ca/blog/resource-guide/neurodivergent-apps-and-equipment/>

RESOURCES: CRISIS & TRAUMA RESOURCE INSTITUTE

There are lots of resources to check out at CTRL. We have highlighted a few for you.

FREE WEBINAR Anxiety – Strategies: Practical Intervention Strategies AVAILABLE UNTIL OCTOBER 31.

<https://ctrinstitute.com/free-webinar/#video>

BLOG: Developmental Trauma – 3 Ways to Build Secure Healing Relationships can be viewed at:

<https://ctrinstitute.com/blog/developmental-trauma>

ONCE A WIZARD guidebook can be downloaded at:

https://ctrinstitute.com/wp-content/uploads/2022/07/wizard_guidebook_final1.pdf “In this guidebook you will find activities, extra questions, and some suggestions for additional ways to “read” this book. Some activities will help adults support younger readers by getting a conversation started; others might be fun for children to do on their own.”

ONCE A WIZARD BOOK READING (by author and illustrator Curtis Wiebe)

<https://player.vimeo.com/video/528566213?color=ffffff&title=0&byline=0&portrait=0A%20Reading%20by%20the%20Auth%20or>

BLOG: 5 Ways to Practice Constructive Conflict Management can be viewed at:

<https://achievecentre.com/blog/constructive-conflict-management>

Conflict Transformation Guide can be downloaded at:

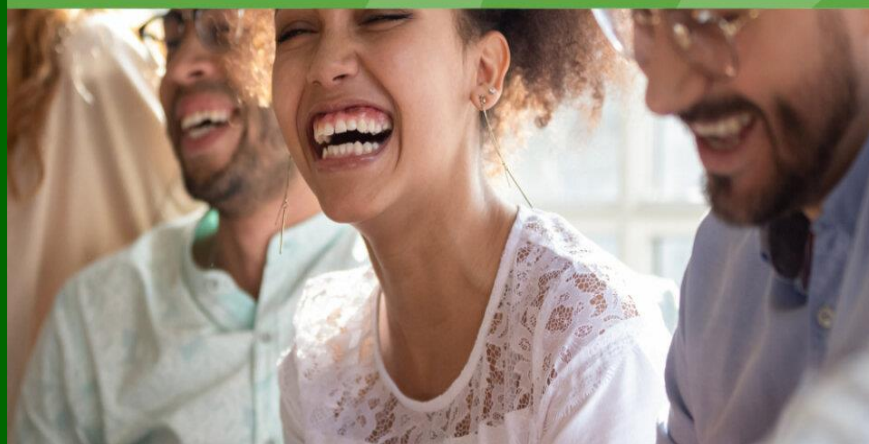
<https://achievecentre.com/resources/conflict-transformation-guide>

QMUNITY

Employment Support Program

Employment Program Virtual 2SLGBTQIA+

- 1:1 employment support on topics like career exploration, job search support, resume writing, interviewing, etc
- We are prioritizing racialized and indigenous folk but all are welcome to apply!
- Email employment@qmunity.ca to sign up or for more information



qmunity.ca | @qmunity | +1 604-684-5307

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

Jane 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



Interior Community Services
Enriching Lives. Strengthening Communities

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!

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*