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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](#)

<b>Business Side of Fostering Evening Sessions</b>	<b>Oct 28 &amp; 30</b> 6:30pm – 8:30pm (PST)
<b>Safe Babies Training</b>	<b>Tuesday &amp; Thursday mornings starting Oct 22</b>
<b>Caregiver Wellness with Angela Murphy (Complex Trauma Resources)</b>	<b>Friday, October 25</b> 10:00am – 11:00am (PST)
<b>Healing Trauma Through Strengthening Resiliency</b>	<b>Thursday, November 28</b> 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 CTRI. 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](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=fffff&title=0&byline=0&portrait=0A%20Reading%20by%20the%20Auth%20>

**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](mailto: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](mailto: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](mailto:rbonthoux@interiorcommunityservices.bc.ca)

**Jessica Galbraith** (250) 819-5819

[jgalbraith@interiorcommunityservices.bc.ca](mailto:jgalbraith@interiorcommunityservices.bc.ca)

**Marna Forsyth** (250) 609-2017

[mforsyth@interiorcommunityservices.bc.ca](mailto:mforsyth@interiorcommunityservices.bc.ca)

**Jane Wesko** (250) 608-7674

[jwesko@arcprograms.com](mailto:jwesko@arcprograms.com)

**Tabitha Fournier** (250) 320-4603

[tfournier@interiorcommunityservices.bc.ca](mailto:tfournier@interiorcommunityservices.bc.ca)

**James Weir** (250) 426-6013

[jweir@interiorcommunityservices.bc.ca](mailto:jweir@interiorcommunityservices.bc.ca)



**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.

### 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!