



ZOOM MEETINGS
& TRAININGS.....1



FAMILY SMART
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ENHANCING &
PRACTICING EF & SR
SKILLS.....2

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)

VIRTUAL

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

**ON SEPT 9
REMEMBER
TO ROCK
YOUR
RED SHOES!**



National Day
for Truth and
Reconciliation

WEEKLY Communiqué



AUDIO BOOK CLUB

Raising Kids with Big Baffling Behaviours
Wednesdays starting Sept 12
10am-12Noon (PST) OR 6:30pm – 8:30pm (PST)

Please see attached poster for more details.

HAVE YOU REGISTERED?

PROVINCIAL SUPPORT AGENCIES 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, Therapeutic Parenting and Healing Trauma through Strengthening Resiliency – all coming in November!

Myles Himmelreich	September 10 9:30am – 12:30pm (PST)	FASD
It Takes a Village: Navigating Difficult Conversations	September 16 6:30pm (PST)	Not available? Register and receive the replay link.
White Hatter	September 25 6:30pm (PST)	Supporting Youth Being Targeted By, Aggression, Cyberbullying, Threats, Hacks and Violence: This program aims to help caregivers support youth who may find themselves subject to various forms of aggression online.
Safe Babies Training	Tuesday & Thursday mornings starting Oct 22	9:30am – 11:30 am (PST) October 22 through to and including November 19. Please note that you need to attend all 9 sessions to receive your certificate.

FREE ON-LINE EVENTS AT FAMILY SMART

Beyond Behaviours: When Is It More? What It Looks Like at Ages 4 – 8 Why can it feel so tricky to tell if our kids are on track, going through a phase, as opposed to struggling with something more, or beyond behaviours? Listen to a parent and counsellor talk about the developmental stages of 4 to 8 year old children. Victoria Keddis hosts a conversation with Karen Peters, a Registered Clinical Counsellor. Come together and watch a video presentation and stay for a facilitated conversation by our Family Peer Support Workers.

SEPT 18 12:00pm – 1:30pm (PST) **OR** SEPT 24 6:30 – 8:00pm (PST)

Connecting with Our Kids When Anxiety Leads to Social Isolation

When kids spend a lot of time alone because of their anxiety, it can be frustrating and challenging for parents. In this video, a parent and counsellor talk about the hard stuff and some strategies that can help us connect with our kids when they are socially isolated. Victoria Keddis hosts a conversation with Diane Evans, a parent with lived experience and Christine Yu, MA & RCC and a Doctoral member of Anxiety Canada's Scientific Advisory Committee. Come together and watch a video presentation and stay for a facilitated conversation by our Family Peer Support Workers.

SEPT 19 6:30 – 8:00pm (PST) **OR** SEPT 25 6:30 – 8:00pm (PST)

Emotion Regulation: Helping Our Kids Cope With Their Big Emotions

When kids frequently have big emotions, parenting can be overwhelming and tiring. As parents, we play an important part in helping our kids manage their big emotions. Learn about emotion regulation and dysregulation. Discover some strategies and skills that you can try to make it easier for your kids and you. Victoria Keddis hosts a conversation with Nicole Allen, a Registered Clinical Counsellor. Come together and watch a video presentation and stay for a facilitated conversation by our Family Peer Support Workers.

OCT 3, 8, 9, 22 6:30 – 8:00pm (PST) **OR** OCT 16 12:00pm-1:30pm (PST)

To register for these virtual events, please visit:

<https://familysmart.ca/monthly-events/>

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!

ENHANCING & PRACTICING EXECUTIVE FUNCTION SKILLS

FROM INFANCY TO ADOLESCENCE

Center on the Developing Child at Harvard University

"Executive function and self-regulation (EF/SR) skills provide critical supports for learning and development, and while we aren't born with these skills, we are born with the potential to develop them through interactions and practice. This 16-page describes a variety of activities and games that represent age-appropriate ways for adults to support and strengthen various components of EF/SR in children. Just as an air traffic control system at a busy airport manages the arrivals and departures of many aircraft on multiple runways, executive function skills allow us to retain and work with information in our brains, focus our attention, filter distractions, and switch mental gears. There are 3 basic dimensions of these skills:

Working memory: The ability to hold information in mind and use it.

Inhibitory control: The ability to master thoughts and impulses so as to resist temptations, distractions, and habits, and to pause and think before acting.

Cognitive flexibility: The capacity to switch gears and adjust to changing demands, priorities, or perspectives.

The activities that follow have been identified as age-appropriate ways to strengthen various components of executive function. **Practice leads to improvement.** These activities are not the only ones that may help; rather, they represent a sample of the many things children enjoy that can support healthy development."

To read and download this resource visit:

<https://developingchild.harvard.edu/resources/activities-guide-enhancing-and-practicing-executive-function-skills-with-children-from-infancy-to-adolescence/>

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.