



ZOOM MEETINGS  
& TRAININGS.....1



7 TIPS TO CREATE  
A SAFER SCHOOL  
YEAR .....2



BOOK: BACK ON  
TRACK.....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) OR  
6:30pm – 8:30pm (PST)  
Please see attached poster for more details.

**WEST KOOTENAY**  
**Foster Parent Drop-In**  
Fridays

11:00am - 12noon (PST)  
Zoom ID: 250 608 7674



# WEEKLY Communiqué

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



## 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!

<b>It Takes a Village: Navigating Difficult Conversations</b>	<b>September 16</b> 6:30pm (PST)	Not available? Register and receive the replay link.
<b>White Hatter</b>	<b>September 25</b> 6:30pm (PST)	<b>Supporting Youth Being Targeted By, Aggression, Cyberbullying, Threats, Hacks and Violence:</b> This program aims to help caregivers support youth who may find themselves subject to various forms of aggression online.
<b>Safe Babies Training</b>	<b>Tuesday &amp; Thursday mornings starting Oct 22</b>	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.

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



## 7 TIPS TO CREATE A SAFER SCHOOL YEAR FOR 2SLGBTQ+ YOUTH

For 2SLGBTQ+ kids, often the reality of bullying, harassment, and internal struggle against subtle or overt homophobia or transphobia is woven through the assemblies, classroom dramas and algebra formulas.

### Crisis Trauma Resource Institute

To read the article, please visit:  
<https://ctrinstitute.com/blog/7-tips-creating-safer-school-year-lgbtq-youth/>

## HOW TO READ “BACK ON TRACK”

**Excerpt from Back on Track Prelude** Take a highlighter and a pen as you begin to read this book. I recommend resisting the urge to jump ahead to the passages that apply most to your current concerns. Development is a complex process, and a child who is on track in many areas can still be behind in others. Don't assume that because your child is older, they have achieved all the milestones set out in the sections targeted at younger kids. Start at the beginning and work your way forward. What you'll learn through this book is the critical aspects of early foundational development contribute to your overarching goals for your child. By reading through the book in its entirety, you will walk away with a deeper understanding of your child's development and how to support the area of concern that prompted you to buy this book in the first place. Reading past your child's current ages will help you know what to anticipate in the coming year and may also spark both a deeper understanding and additional brainstorms for helping your child and family along the way.

As you read through the developmental milestones in each section, check off the milestones your child has achieved. Then, with your highlighter, note the next milestones to work toward achieving.

Book available in print and on Kindle and Audible.

## BOOK CORNER: BACK ON TRACK

### A Practical Guide to Help Kids of All Ages Thrive

Dr. Rebecca Jackson (2023) Mayo Clinic Press

“Practical steps based on brain science and development to help kids thrive – post-pandemic and beyond.

Attention, mood, emotions, behaviors, organization, communication, social interactions, learning, and confidence all have one thing in common—the brain. Your child's brain determines how they take in, process, and react to the world around them, influencing everything, from their thoughts and feelings to actions and interactions.

Brain development is an active process that has no true end point, as the brain continues to evolve and improve throughout life. Yet all too often parents and educators take a passive role in this process, wishing, hoping, and praying for growth and change.

Back on Track is the book for every parent who has worried about their child and wants to create change. It provides an action plan for parents to help their child thrive at school, at home, and at play—from a professional who develops and implements brain-based wellness programs for kids, adults, and athletes and is a mom herself.

This comprehensive, accessible guide will show you how to add purposeful activities to your daily life to positively impact development—from birth through the teenage years.

**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)

Marna Forsyth (250) 609-2017

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

Jayne 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)

(250) 426-6013



### 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](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.