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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) OR  
6:30pm – 8:30pm (PST)  
ZOOM ID: 832 428 01289

### WEST KOOTENAY

**Foster Parent Drop-In**

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



National Day for Truth and Reconciliation



# WEEKLY Communiqué

## FALL 2024 CHILDREN'S MENTAL HEALTH & PARENTING SUMMIT

NOVEMBER 18-21, 2024

Guest speakers include: Dr. Gordon Neufeld, Dr. Shefali Tsabary, Chazz Lewis, and more! Topics include Highly Explosive Behaviour, Mental Health Crisis, Early Interventions, Overall Wellbeing and more.

Check it out at: <https://instituteofchildpsychology.com/summit-registration-fall-2024>

## 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, Therapeutic Parenting and Healing Trauma through Strengthening Resiliency – all coming in November!

It Takes a Village: Navigating Difficult Conversations	Sept 16 6:30pm (PST)	Not available? Register and receive the replay link.
White Hatter	Sept 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.
Business Side of Fostering	Oct 15 & 17 9:30am – 11:30am (PST)	Do you want to understand your role, responsibilities and rights (from a business perspective)? Then this 4 hour course is for you!
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.

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



## FREE RESOURCES by ROBYN GOBBEL

### FREE WEBINARS

Focus on the Nervous System to Change Behaviour – Free Webinar and Ebook Are you ready to get to the REAL root of behavior challenges?

Regulated, Connected Kids who Feel Safe (and know what to do) Behave well. Really. They do. When we understand what behavior really is.... we understand that kids with challenging and baffling behaviors don't need punishment! They need help. Focus on the Nervous System to Change Behavior will bring clarity to your understanding of what's driving behavior and confidence to your commitment that kids don't need punishment- they need help. The webinar (and accompanying eBook) is presented in simple, parent-friendly language so you easily make sense of the information and share with the families you work with.

**The Brilliance of Attachment** – Free webinar and Ebook  
**Trauma, Memory and Behaviours Video Series** and Ebook

### FREE PODCASTS

- ↳ Boundaries with Connection Series
- ↳ Strengthen the Foundation of the Brain Series
- ↳ Trauma Informed School Series
- ↳ Neuroimmune Disorders (and Big Baffling Behaviours) Series
- ↳ Toxic Shame Series

### FREE INFOGRAPHICS

Boundaries with Connection	Lying as a Trauma-driven Behaviour
Child Always Dysregulated? Try this!	Felt Safety – What's That?
Helping the Body Regulate with Sensory Based Interventions	Not Flipping Your Lid – when Your Kid is Flipping Theirs
What does Co-Regulation Really Look Like?	What to Do When Your Nervous System is Fried

To view these free resources, please visit:

<https://robyngobbel.com/freeresources/>

## BOOK CORNER: ESSENTIAL FASD SUPPORTS:

### Understanding and Supporting People with Fetal Alcohol Spectrum Disorders

By Nate Sheets (2023)

"The question is, how do we support them? Despite being one of the most common developmental disabilities in the world, there is little understanding (and even fewer services) for people with Fetal Alcohol Spectrum Disorders (FASDs) and their families. Family members spend years looking for help and resources, only to find that most professionals do not know enough about FASD or how to support those with it. Parents and supporters of children, teens, and adults with FASDs are often perplexed by their behaviors and daily struggles. Traditional responses and approaches often make things worse. We might know that they need different types of support, but struggle with knowing how to do so.

That's where Essential FASD Supports comes in! This book offers a reinterpretation of "challenging behaviors" and other common struggles that people with FASDs experience while living in a world that does not understand them. It helps parents and professionals think about practical supports for everyday life and long-term progress. Additionally, readers will learn what we should avoid if we want to effectively support people with FASDs. Essential FASD Supports addresses:

- Daily learning and thinking
- Emotional dysregulation and "challenging behaviors"
- Opposition
- Safe and healthy interactions

This book provides a proactive framework to support people with FASDs so they can use their strengths to make progress and thrive. It will benefit parents, caregivers, foster providers, therapists, teachers, and anyone else who supports someone with an FASD."

**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!

**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.