



A bimonthly brief of current support and training

# THE Support Report

<<< Let's Connect >>>

**VIRTUAL**  
**Caregiver Drop-Ins**  
**ZOOM ID: 858 3771 6954**

(1<sup>st</sup> TUESDAY of the Month)

**Tuesday, November 5**

**10:00am – 11:00am (PST)**

(3<sup>rd</sup> Wednesday of the Month)

**Wednesday, November 20**

**8:00pm – 9:00pm (PST)**

## FREE WORKSHOP HEALING TRAUMA THROUGH STRENGTHENING RESILIENCY

THURSDAY, NOVEMBER 28

**9:30am – 11:30am (PST)**

How can we increase our children and youth's opportunities to heal from adverse childhood experiences? How do some people seem more resiliency than others? Join us in the workshop to explore resiliency and how caregivers can support their kids to heal from adversity and thrive through their strengths.

This training is open to all caregivers in British Columbia!

To find out more and to register, visit: [HEALING TRAUMA](#)

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@qcommunity.ca](mailto:employment@qcommunity.ca) to sign up or for more information



## GoNoodle® BRAIN BREAKS: Energizing Activities for Kids' Focus & Fun

"The idea behind GoNoodle® is simple: be a force of joy, health, and self-discovery for kids and the adults who love them. We power the good energy of kids where they are today: online, IRL at schools and home, and in the metaverse and beyond grounding them in the joy of being silly, mindful, and curious.

We are rooted in technology, being globally diverse, and we tap into the wisdom and authenticity adults have. We seek to bring lessons around personal and community wellness, mental and physical health, and bring those lessons to elementary school kids in ways that are native, fun, exploratory, and highlight their unique, natural epicness. We seek to fuel a generation of happy, healthy kids that know themselves and make positive impacts on the world. There is no better future worth investing in."

Values: Put good in, give good out; Be curious. Get messy. Never stop playing; Meaningful change begins with diversity and inclusion; Speak the truth, even if your voice shakes; Disagree and commit; and Who you are makes you powerful.

GoNoodle Video Apps are available for FREE! Apple App Store; Google Play; Available on Roku Players; and Available on Amazon App Store

To check out GoNoodle visit:

<https://www.gonoodle.com/>

## 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%20Author>

**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>

## MONTHLY BOOK CORNER THE BREAKTHROUGH YEARS: A NEW SCIENTIFIC FRAMEWORK FOR RAISING THRIVING TEENS

by Ellen Galinsky (2024) “Blending cutting-edge research with engaging storytelling, The Breakthrough Years offers readers a paradigm-shifting comprehensive understanding of adolescence. “Just wait until they’re a teenager!”

Many parents of newborns have heard this warning about the stressful phase that’s to come. But what if it doesn’t have to be that way? Child development expert Ellen Galinsky challenges widely held assumptions about adolescents and offers new ways for parents and others to better understand and interact with them in a way that helps them thrive.

By combining the latest research on cognitive neuroscience with an unprecedented and extensive set of studies of young people nine through nineteen and their families, Galinsky reveals, among other things, that adolescents don’t want to separate completely from their parents but seek a different type of relationship; that they want to be helpers rather than be helped; and that social media can become a positive influence for teens.

Galinsky’s Shared Solutions framework and Possibilities Mindset show you how to turn daily conflicts into opportunities for problem-solving where both teens and parents feel listened to and respected; how to encourage positive risk-taking in your child like standing up for themselves, making new friends, and helping their communities; and how to promote five essential executive function-based skills that can help them succeed now and in the future.

The Breakthrough Years recasts adolescence as a time of possibility for teens and adults, offering breakthrough opportunities for connection.

Available on Amazon and other book / retail stores.

Connect with the team >>>

## 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/outofcareproviders](http://www.icsfp.info/outofcareproviders)



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