



Up Coming Trainings

NAVIGATING THE MAZE OF KINSHIP CARE

Thursday Jan 16 & 23rd
6:30-8:30 pm (PST)

SEXUAL EXPLOITATION & HUMAN TRAFFIICNG

Tuesday Jan 21
6-830 PM (PST)

CARING FOR THE ROOTS with Tracy Azevedo

Thursday, Feb 6
9:30 am- 12 Noon (PST)

ROBIN GOBBEL Helping Kids Find Their Voice

Thursday, Feb 13
9:00 am- 12 Noon (PST)

CONNECT ATTACHMENT PROGRAM

Thursday Mornings &
Tuesday Evenings

FOSTERING EARLY DEVELOPMENT: FOR CAREGIVERS

Wednesday Mornings
Feb 5- March 5

SEXTING with Kari Isham

Wednesday, Jan 29
6:30 - 8:00 pm (PST)

ROBIN GOBBEL Shutdown, Stonewalled & Alone

Thursday, March 4
9:00 am- 12 Noon (PST)

Times to Connect

IN PERSON

Williams Lake Coffee Group

Every Monday starting on Jan 13
9:00- 10:30 am (PST)
Hearth Restaurant

100 Mile Caregiver Coffee

Thursday Jan 30
9:00 - 11:00 am (PST)
Smitty's Restaurant

VIRTUAL

Out of Care/ Kinship Drop In

Wednesday Jan 15
8:00 - 9:00 pm (PST)
Zoom ID: 858 3771 6954

AUDIO BOOK CLUB THE BREAKTHROUGH YEARS

Wednesdays
10 am- 12 Noon & 6:30-8:30 PM
(PST)
Zoom ID: 832 4280 1289

4 KEYS FOR HELPING SOMEONE WITH A MENTAL ILLNESS

1. **Remember that it's all about the relationship:** The number one thing that can help someone with a mental health concern is care and support from family and friends. Never doubt that you can make a difference.
2. **Apply the LEAP approach:** Developed by Dr. Xavier Amador, the Leap approach will help you communicate more effectively with someone who is unwilling treatment.
3. **Be Patient:** If change does occur, it likely won't be on your timeline. Just as you can't talk to someone out of having cancer, you cannot persuade brain structure or function to heal. You can only invite healing through empathetic listening.
4. **Know your limits and put together a team:** Let go of trying to control anything other than your own actions, and make sure you look after your own health and safety through self care or others supports."

**ROBYN GOBBEL
BIG BAFFLING BEHAVIOURS**

BI-CEP CURLS FOR YOUR BRAIN

For the last week, we are going to highlight the last of the four different tools you can use to help you "widen your window of stress tolerance and increase the resilience of your stress response system – even if the chaos never calms." **Excerpts are taken from Robyn Gobbel's "Making Sense of Big Baffling Behaviours" Book.** If you want to read more, please connect with your Network Facilitator to borrow the book.

"Four different bicep curls for your brain that will help you create a sort of exercise routine for your stress response system: Connection; Playfulness; Noticing the Good; Self-compassion."

Self Compassion "Notice things that are good, or at least things that are not bad. When we spend a lot of time in watchdog or possum brain, we start only noticing things that are bad. You may notice this characteristic in your child who seems to be always complaining and is never happy or satisfied. The watchdog brain and possum brain don't want to risk overlooking something bad, so they focus on everything they think might be bad. It's possible that after all these years of parenting a child with a vulnerable nervous system that your brain has also become hyper focused on the bad..."

I gave myself permission to take gentle baby steps to notice the good. I kept it easy and began with something that I did – and loved – every day: drinking coffee.

Sometime I go to sleep at night thinking about my morning cup of coffee. Last I counted, there were seven ways to make coffee in my little kitchen...Every morning, I notice how much I love my coffee...When I have my morning cup of coffee, I notice that it's still dark outside and I'm the only one awake... This is a five maybe ten second ordeal. That's it. But it has added up and spilled over to other parts of my life too."

Want to read more? Connect with your Network Facilitator to borrow the book.

NEW BOOK:

THE WAY OF PLAY:

**Using Little Moments of Big Connection
to Raise Calm and Confident Kids**

"Most parents understand that free, unstructured playtime is great for children's development. What they may not know is that playful interaction with parents is also a powerful way for kids to cultivate healthy emotional development and resilience. Kids often want their parents to play with them, but many parents don't know how to play or see it only as an (often boring) way to kill time.

Playing with your kids doesn't have to mean enrolling in countless parent-and-me classes or getting on all fours and making toy car sounds; the little daily moments together can make the most impact. In *The Way of Play*, world-renowned pediatric therapists and play experts Tina Payne Bryson and Georgie Wisen - Vincent break down seven simple, playful techniques that harness this caregiving magic in only a few minutes each day:

- Leaning in to emotions helps children let go of anxieties, drama, and chaotic behavior.
- Tuning in to the body teaches children to practice the art of surfing sensory waves.
- Storytelling promotes better problem-solving.
- Thinking out loud fosters calmer thinking and stronger communication with parents, siblings, and everyone else.

Full of science-backed research, real-life stories, and charming line illustrations to bring this novel advice to life, *The Way of Play* will help you nurture your kids and encourage them to become calm listeners, cooperative problem solvers, and respectful communicators." **Available Jan 21 on Amazon & other retailers.**

CONNECT WITH US SUPPORT TO FAMILY CARE NETWORK PROGRAM

Program Coordinator: Kari Beppe
kbeppe@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
Jessica Galbraith (250) 819-5819
jgalbraith@interiorcommunityservices.bc.ca
Marna Forsyth (250) 609-2017
mforsyth@interiorcommunityservices.bc.ca
Jane Wesko (250) 608-7674
jwesko@arcprograms.com
Tabitha Fournier (250) 320-4603
tfournier@interiorcommunityservices.bc.ca
James Weir (250) 426-6013
jweir@interiorcommunityservices.bc.ca



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Facebook page and our agency's
'Interior Community Services'
Facebook page.

"Kindness can transform someone's dark moment with a blaze of light. You'll never know how much your caring matters." Amy Leigh Mercree