



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, January 7**

**10:00am – 11:00am (PST)**

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

**Wednesday, January 15**

**8:00pm – 9:00pm (PST)**

## AUDIO BOOK CLUB

### THE BREAKTHROUGH YEARS

**Wednesdays 10am-12Noon (PST)**  
**ZOOM ID: 832 428 01289**

"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.

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 & adults, offering breakthrough opportunities for connection."**

**Starting New  
Audio Book  
January 8**



PROVINCIAL SUPPORT AGENCY  
CAREGIVER LEARNING NETWORK

## UPCOMING TRAINING WITH THE CAREGIVER LEARNING NETWORK

### TRAFFICKING WORKSHOP

**Tuesday, Jan 21**  
**6:30 – 8:00pm (PST)**

Join Family Services of Greater Vancouver as Brenda Lochhead, a long-time Victim Support Worker and counter-exploitation expert, shares her insights into how best to support exploited youth as they navigate the justice system -whether you are a support worker, family member, journalist, or donor. Learn about the specific issues exploited youth face and how FSGV is walking with them every step of their journeys.

### NAVIGATING THE MAZE OF KINSHIP CARE

**Thursdays, Jan 13 & 20**  
**6:30pm – 8:30pm (PST)**

Feel like you are stuck?  
or like you keep running into walls?  
Then let us help!

This workshop is specifically designed for Out of Care / Kinship Caregivers - to connect you with other caregivers, to guide and give you resources and to help support you. This workshop is taught in two 2-hour sessions. It includes topics on raising bio family, child development, attachment, grief & loss, special issues facing children in care, trauma-informed care and a brief look at Therapeutic Parenting.

Please note: You must attend both sessions to receive a certificate.

## CONNECT ATTACHMENT PROGRAM

**Thursday Mornings**  
**Jan 16 - March 20**  
**9:30am – 11:00am (PST)**

**Tuesday Evenings**  
**Jan 21 - March 25**  
**6:30pm – 8:00pm (PST)**

Connect is a 10-week program to support parents and caregivers of pre-teens and teens with behavioural and emotional problems. Parents meet in small groups with two trained group leaders for 90 minutes each week. Each session provides parents with a new perspective on parent-teen relationships and adolescent development. Parents watch role-plays and try exercises that encourage more choices for responding to their teens' difficult behaviour.

For more info, please see attached posters and visit: [CAREGIVERLEARNING](https://www.caregiverlearning.ca)

## **ROBYN GOBBEL BIG BAFFLING BEHAVIOURS BI-CEP CURLS FOR YOUR BRAIN**

For the next few weeks, we are going to highlight 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.”

**Noticing the Good** “Noticed 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.”

**Connect with your Network Facilitator to borrow the book.**

## **MONTHLY BOOK CORNER: RECONCILING HISTORY: A STORY OF CANADA**

**by Jody Wilson-Raybould and Roshan Danesh**

“One of Indigo’s Top 10 History Books of 2024 • One of CBC’s Best Canadian Nonfiction of 2024. From the #1 national bestselling author of *Indian in the Cabinet* and *True Reconciliation*, a truly unique history of our land - powerful, devastating, remarkable - as told through the voices of both Indigenous and non-Indigenous peoples.

The totem pole forms the foundation for this unique and important oral history of Canada. Its goal is both toweringly ambitious and beautifully direct: To tell the story of this country in a way that prompts readers to look from different angles, to see its dimensions, its curves, and its cuts. To see that history has an arc, just as the totem pole rises, but to realize that it is also in the details along the way that important meanings are to be found. To recognize that the story of the past is always there to be retold and recast, and must be conveyed to generations to come. That in the act of re-telling, meaning is found, and strength is built.

When it comes to telling the history of Canada, and in particular the history of the relationship between Indigenous and non-Indigenous peoples, we need to accept that the way in which our history has traditionally been told has not been a common or shared enterprise. In many ways, it has been an exclusive and siloed one. Among the countless peoples and groups that make up this vast country, the voices and experiences of a few have too often dominated those of many others.

**Reconciling History** shares voices that have seldom been heard, and in this ground-breaking book they are telling and re-telling history from their perspectives. Born out of the oral history in *True Reconciliation*, and complemented throughout with stunning photography and art, *Reconciling History* takes this approach to telling our collective story to an entirely different level.”

**Connect with the team >>>**

## **SUPPORT TO FAMILY CARE NETWORK PROGRAM**

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**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 **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*