



A bimonthly brief of current support and training

# THE Support Report

<<< Let's Connect >>>

**VIRTUAL  
Caregiver Drop-Ins**  
**ZOOM ID: 858 3771 6954**  
(3<sup>rd</sup> Wednesday of the Month)  
**Wednesday, November 20**  
**8:00pm – 9:00pm (PST)**  
(1<sup>st</sup> TUESDAY of the Month)  
**Tuesday, December 3**  
**10:00am – 11:00am (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 resilient 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!

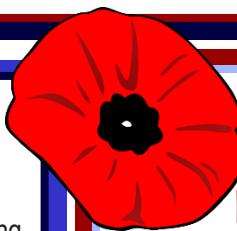
To find out more and to register, visit: [HEALING TRAUMA](#)

## INSTITUTE OF CHILD PSYCHOLOGY 8 MINUTE INTERVIEW **TEACHING KIDS TO BE BRAVE**

"In a world full of advice about 'anxiety strategies' and coping mechanisms, we can sometimes overlook what children really need when they face tough situations: the knowledge that they are brave, strong, and capable of handling hard things. While breathing exercises and mindfulness techniques are useful, the most important gift we can give our children is the belief that they already have the strength within them to face life's challenges. Check out Tammy and Tania on CTV Edmonton with Kent Morrison speaking about some simple ways to foster bravery in your children and help them discover their inner strength."

To watch the recording, please visit:

<https://www.youtube.com/watch?v=qugWxU8ptCs>



## AUDIO BOOK CLUB **HOW TO TALK SO LITTLE KIDS WILL LISTEN**

Wednesdays

10am-12Noon (PST)

**ZOOM ID: 832 428 01289**

Join Us on Wednesdays (Starting Nov 13) as we listen to "How to Talk so Little Kids Will Listen: A Survival Guide to Life with Children Ages 2-7" What do you do with a little kid who...won't brush her teeth...screams in his car seat...pinches the baby...refuses to eat vegetables...throws books in the library...runs rampant in the supermarket? Organized by common challenges and conflicts, this book is an essential manual of communication strategies, including a chapter that addresses the special needs of children with sensory processing and autism spectrum disorders.

## FORT HEALTH ON DEMAND WEBINAR **WHY MORE GIRLS SUFFER FROM DEPRESSION AND HOW TO SUPPORT THEM**

"Girls are twice as likely as boys to experience depression with 6-in-10 high school girls reporting persistent sadness. Watch our webinar to learn why and discover ways caregivers, primary care providers, and educators can spot the signs of depression, offer support and find more help."

For more info and to watch the webinar, visit:

<https://www.forthehealth.com/blog-resources/girlsdepression>

## 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. There might be one or two (or even three or four) that feel impossible. That’s okay. Start with whatever one feels the least impossible. Over time, small moments will add up to big changes: Connection; Playfulness; Noticing the Good; Self-compassion.”

**Connection** “Research by social scientists Lane Beckes and James Coan suggests that humans don’t just need connection. Connection is our baseline; it’s our expectation. Since it’s our expectation the absence of connection can initiate a stress response. A chronic lack of connection can lead to the accumulation of toxic stress.

Connection is so powerful that it makes hard things feel less hard. ... Ironically, when we are struggling to raise kids with vulnerable nervous systems, it’s easy to let our own needs for connection fall to the bottom of the list.

Parents of kids with vulnerable nervous systems have to hide their authentic emotions, often out of shame and try to manage it all with nowhere to turn. The loneliness and isolation can become traumatic.

Moments of Connection Matter.”

**Need connection?** Contact your Network Facilitator – we are here to listen and to connect you with other like caregivers who understand!

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

[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*