



ZOOM MEETINGS
& TRAININGS.....1

SELF-COMPASSION:
BICEP CURLS.....2

SOCIAL THINKING®
MEETS SEESAW
.....2

STFC – SUPPORTING FOSTER FAMILIES

IN PERSON

KAMLOOPS
Foster Parent Drop-In
Wednesday
9:00am - 10:00am (PST)
Followed by:

AUDIO BOOK CLUB
HOW TO TALK SO
LITTLE KIDS WILL LISTEN
Wednesdays
10am-12Noon (PST)

The Loft - 290 Maple St.
(2nd Floor of grey building)

VIRTUAL

AUDIO BOOK CLUB
HOW TO TALK SO
LITTLE KIDS WILL LISTEN
Wednesdays
10am-12Noon (PST)
ZOOM ID: 832 428 01289

WEST KOOTENAY
Foster Parent Drop-In
Fridays
11:00am - 12noon (PST)
Zoom ID: 250 608 7674

WEEKLY Communiqué



COMING IN JANUARY!

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.

Check out the PSACLN to check out all the workshops by visiting:
<https://learn.fpsss.com/>



conflict

"conflict is a part of
attachment"

Conflict is part of all relationships.
When conflict is expressed and
managed constructively it offers new
opportunities for understanding,
connection and growth.



TRAUMA INFORMED PARENTS ISSUE NO 12 (NOVEMBER 2024)

Have you had a chance to check out the TIPS Magazine yet? Check out their articles which include:

Navigating Trauma's Effect on a Child and Developing their Sense of Felt-Safety
To read and download the magazine, please visit:
https://issuu.com/coect/docs/tips_magazine_issue_12

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.**

“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 “is without question the most powerful tool you could put in your parenting toolbox. It’s the most powerful tool you could put in your humanizing toolbox. If I could give every single parent I worked with just one thing, it would be self-compassion... Similar to playfulness, compassion isn’t something to do. Compassion is a way of being.

The definition of self-compassion (is)... The recognition and clear seeing of suffering in ourselves. Compassion involves feelings of kindness toward ourselves, so that the desire to help, to ameliorate the suffering emerges. You are suffering because there is tremendous grief and hardship in parenting a child with such a vulnerable nervous system.

If you’re struggling to hear words of compassion in your mind for yourself, put in your earbuds and listen to my podcast. Here my voice. I hope that, eventually, you’ll hear my voice immediately after you criticize or shame yourself. Eventually, you’ll hear it immediately after you find yourself overwhelmed by the grief of parent a child who has needs that seem bigger than most. And eventually, you’ll hear my words – but in your own voice... Compassion will change your brain, widen your window of stress tolerance, and help you remember something that’s been true about you all along: that you are a human who overflow with infinite worth and is worthy of compassion, simply because you exist.

Want to read more?

Connect with your Network Facilitator to borrow the book.

FREE WEBINAR: SOCIAL THINKING® MEETS SEESAW

“This joint webinar features three free lessons from the Social Thinking Methodology hosted on the Seesaw interactive learning platform. The 60-min webinar provides an overview of foundational lessons found in two Social Thinking curriculum series, You Are a Social Detective and the We Thinkers! Curriculum. Author Pamela Crooke and Social Thinking Founder Michelle Garcia Winner introduce attendees to the concepts and teaching in each lesson and Larissa Hsia-Wong, Lead Curriculum Developer for Seesaw, provides a demo of how the lessons come to life on their interactive platform. What better way to blend theory and teaching, and it’s free.

Your speakers: Pamela Crooke, Michelle Garcia Winner, & Seesaw. This 60-minute free webinar is tailored to preschool and elementary educators, therapists, **and caregivers**, and will showcase these interactive lessons:

- Exploring Thoughts and Feelings: From the We Thinkers! Curriculum, Vol. 1:
- Brain Smarts: From the You Are a Social Detective Storybook and Curriculum.
- Joining the Social Detective Academy: From You Are a Social Detective Storybook and Curriculum.

Seesaw is an elementary learning experience platform that can be found in schools around the globe. They offer a suite of award-winning tools, resources, and curriculum with interactive lessons, digital portfolios, and two-way communication features that provide continuous visibility into the student’s learning journey to support and celebrate their learning. Learn more at seesaw.com.

To find out more and to watch the webinar, please visit:

<https://www.socialthinking.com/online-training/free-webinars/social-thinking-seesaw-inclusive-instruction>

BROUGHT TO YOU BY:

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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!

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



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.