



ZOOM MEETINGS
& TRAININGS.....1



SOCIAL THINKING
INFOGRAPHICS2



PREVENTING
SUBSTANCE-
RELATED HARMS
AMONG YOUTH.....2

STFC – SUPPORTING FOSTER FAMILIES

DON'T MISS ROBYN GOBBEL

Thursday, February 13 AND
Tuesday, March 4

9:00am – 12Noon (PST)

See attached posters for more information.

IN PERSON

KAMLOOPS

Foster Parent Drop-In
Wednesday

9:00am - 10:00am (PST)

Followed by:

AUDIO BOOK CLUB

Wednesdays

10am-12Noon (PST)

The Loft - 290 Maple St.

(2nd Floor of grey building)

VIRTUAL

AUDIO BOOK CLUB

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



PROVINCIAL SUPPORT AGENCY
CAREGIVER LEARNING NETWORK

UPCOMING TRAINING WITH THE CAREGIVER LEARNING NETWORK

SEXUAL EXPLOITATION AND HUMAN 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.

CIRCLE OF SECURITY PARENTING FOR FOSTER PARENTS

Thurs starting Jan 16

12:30pm – 2:00pm (PST)

At times all caregivers feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened.

CONNECT ATTACHMENT PROGRAM

Thurs Mornings

Jan 16 - Mar 20

9:30am –

11:00am (PST)

Tues Evenings

Jan 21 - Mar 25

6:30pm –

8:00pm (PST)

The Connect group supports kinship and foster carers of pre-teens and teens who struggle with serious social-emotional behavioural problems.

CARING FOR THE ROOTS

WITH TRACY AZEVEDO
(NEUFELD INSTITUTE)

Thursday, Feb 6

9:30am – 12Noon (PST)

Caring for children who are transplanted is definitely not for the faint of heart. With her own journey in foster parenting, Tracy knows that the impact on a child being uprooted from their people, even when in their best interest, can be deep and profound.

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

SOCIAL THINKING™ FREE INFOGRAPHICS To Navigate The Holidays AND A FREE VISUAL TOOL For “Checking in on Myself”

The Social Thinking® Methodology has many tools to support individuals, caregivers, students and teachers and now that the holidays are approaching they have some free tools to help.

Free Infographics to Navigate the Holidays with acceptance, appreciation & self-care.

- Tips and Reminders for Self-Care During the Holidays
- Navigating the Holidays with Acceptance and Appreciation for All

To download these free infographics, visit: <https://www.socialthinking.com/self-regulation>

The Direction of Reflection: A Visual Tool for Checking In on Myself

“Checking in on ourselves is just part of being human. In fact, reflecting on how we’re feeling, what we’re thinking, and what we need, is often times the fuel that ignites our decisions about what we do or say (or not do or say) to meet our own goals for the situation. If we are checking in on ourselves, we can figure out if we need (or want) help from others. It can also encourage us to think about our choices, advocate for ourselves, or make a little more time to refuel.” Questions include:

- What am I thinking about right now?
- What about my body? How is my energy level?
- Am I hungry or thirsty?
- How am I feeling? Are my thoughts or cues from my body impacting my feelings?
- Do I need help right now? Do I need more information? Do I have or need a strategy?
- Am I thinking about what happened in the past (remembering) or thinking what might happen next (predicting) What impact does that have on how I think or feel?
- What is my goal for this situation? Am I making gains or am I stuck?

Included is a free think sheet.

To download this free tool and think sheet visit:

<https://www.socialthinking.com/articles/visual-tool-for-self-check-in>

Be sure to check out their other resources and free webinars, by visiting:

<https://www.socialthinking.com/online-training/free-webinars>

BLUEPRINT FOR ACTION:

PREVENTING SUBSTANCE-RELATED HARMS AMONG YOUTH THROUGH A COMPREHENSIVE SCHOOL HEALTH APPROACH

This resource sets out action plans and strategies at various levels of the Canadian education system to prevent substance-related harms among youth. This resource includes three sections.

Section 1: outlines 4 key messages that inform application of the Blueprint.

Section 2: presents a new model, which integrates the Comprehensive School Health framework with four evidence-based approaches for addressing substance use issues. The section also exams how the components fit together and the value of integrating various approaches within prevention efforts.

Section 3: describes the application of the model, including facilitators and barriers and concludes with cross-cutting principles for action.

For more info, visit:

[BLUEPRINTFORACTION](https://www.icsfp.info)

BROUGHT TO YOU BY:

SUPPORT TO FAMILY CARE NETWORK PROGRAM

Program Coordinator: Kari Bepple

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

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



**Interior
Community
Services**
Enriching Lives. Strengthening Communities

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.