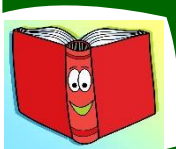
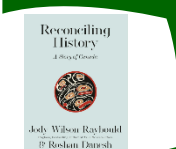




**ZOOM MEETINGS
& TRAININGS.....1**



**AN INCLUSIVE
LEARNING
ENVIRONMENT2**



**RECONCILING
HISTORY.....2**

WEEKLY Communique

STFC – SUPPORTING FOSTER FAMILIES

Happy New Year!

AUDIO BOOK CLUB THE BREAKTHROUGH YEARS A NEW SCIENTIFIC FRAMEWORK FOR RAISING THRIVING TEENS

**Wednesdays
10:00am (PST)**

Starting January 8

Zoom ID: 832 428 01289

The Breakthrough Years recasts adolescence as a time of possibility for teens and adults, offering breakthrough opportunities for connection. **See attached poster for more info.**



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

**Thursdays 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.

IN PERSON KAMLOOPS

**Foster Parent Drop-in
Cancelled until
Jan 8, 2025**

9:00am

VIRTUAL WEST KOOTENAY

**Foster Parent Drop-in
Cancelled until
Jan 10, 2025**

**11:00am
Zoom**

CONNECT ATTACHMENT PROGRAM

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

**Thurs Mornings
Jan 16 - Mar 20
9:30am –
11:00am (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)

CREATING AN INCLUSIVE LEARNING ENVIRONMENT FOR CHILDREN WITH FASD

Blog post by CANFASD Creating a welcoming classroom environment is essential for fostering the success and well-being of all students, particularly those with Fetal Alcohol Spectrum Disorder (FASD). Children with FASD often face unique challenges that can impact their learning and social interactions.

By implementing thoughtful strategies and adjustments, educators can cultivate an inclusive atmosphere that not only supports these students but also enhances the overall classroom experience for everyone. In this blog, we will share some practical tips to help you make your classroom more welcoming and accommodating for children with FASD, ensuring that every child feels valued, understood, and empowered to learn.

- Create a calm learning environment that is free from clutter.
- Schedule frequent, short exercise programs during the day.
- Use calm colors on the classroom's walls and bulletin boards.
- Reduce the brightness in the room and on any technology you use.
- Keep the classroom at a moderate temperature.
- Give personal responsibility to the student with FASD.
- Use strategic seating and minimize change – front or back of the room may minimize distractions or anxiety. You can also try using a horseshoe pattern.
- Minimize clutter and distractions as much as possible. Put away or cover up anchor charts when not in use.
- Encourage peer support particularly in unstructured environments.
- Use chair and desk mufflers on the legs to eliminate scratching and squeaking noises.
- A study carrel with noise muffling headphones may be needed to focus.
- Safe and silent environments may be needed in cases of extreme dysregulation.
- When the student with FASD can self-identify dysregulation, use a signal between student and support to communicate.
- Personal space may need to be defined for all students.
- Use a pass key and signals for restroom, water and body breaks.

Our FASD for School Staff online learning course is a great starting point to improve knowledge and training for all school staff. In addition to going in-depth on teaching strategies and using a whole school approach, this learning program explores planning for transition periods, using dedicated math and literacy strategies, and encouraging collaboration with caregivers. By learning and working together, we can support an education system that is inclusive for everyone! **To find out more, visit: [CANFASD](#)**

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 and Top 100 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.

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.

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.

"There are those who see the need and respond. Those people are my heroes." *Fred Rogers*