

# WEEKLY Communiqué

STFC Supporting Caregivers throughout BC's Interior

## DON'T MISS THESE UPCOMING EVENTS

### CONNECT ATTACHMENT

Tuesday Evenings or  
Thursday Mornings

### **NEW** FOSTERING EARLY DEVELOPMENT FOR CAREGIVERS

Wednesday mornings  
10:00 - 11:30am (PST)

### SEXUAL EXPLOITATION & HUMAN TRAFFICKING

Tuesday, January 21  
6:00pm-8:30pm (PST)

### ROBYN GOBBEL Helping Kids Find Their Voice

Thursday, February 13  
9:00am-12Noon (PST)

### CIRCLE OF SECURITY for Foster Parents

Thursdays  
12:30pm-2:00pm (PST)

### VIRTUAL SAFE BABIES

Monday & Wednesdays  
6:30pm - 8:30pm (PST)

### CARING FOR THE ROOTS with Tracy Azevedo

Thursday, February 6  
9:30am-12Noon (PST)

### ROBYN GOBBEL Shutdown, Stonewalled & Alone

Tuesday, March 4  
9:00am-12Noon (PST)

For more information, please see attached posters

## CENTER ON THE DEVELOPING CHILD NEW WEBSITE

"The Center on the Developing Child has launched our first new [website](#) in nearly a decade! Our new site allows you to explore key science concepts related to early childhood development, including [brain architecture](#), [serve and return interactions](#), and [developmental environments](#). Under each concept, you'll find key takeaways, fast facts, related resources, and more."

"Our Resource Library offers science-based materials on various topics in early childhood development, including everything from toxic stress to the impacts of extreme heat. You can browse by topic, filter by format, or search for specific resources."

## Times to Connect

### IN PERSON

### KAMLOOPS FOSTER PARENT DROP-IN

Wednesdays  
9:00am - 10:00am

*Followed by:*

### AUDIO BOOK CLUB THE BREAKTHROUGH YEARS

**NEW**  
Wednesdays  
10am-12Noon (PST)

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

### VIRTUAL

### AUDIO BOOK CLUB THE BREAKTHROUGH YEARS

**NEW**  
Wednesdays  
10am-12Noon (PST) **OR**  
6:30pm - 8:30pm (PST)  
Zoom ID: **832 4280 1289**

### WEST KOOTNAY FOSTER PARENT DROP-IN

FRIDAYS

11:00am - 12noon

Zoom ID: **250 608 7674**

## CAROL THE COLLECTOR ON PBS KIDS

"PBS Kids' newest star Carl - a raccoon with autism who collects everything from lint to plush toys - is making history as the network's first lead character on the spectrum. "Carl the Collector," which premiered Thursday, follows Carl and his neurodiverse animal friends as they tackle social interactions and everyday challenges like keeping their room clean. Their adventures give children insight into neurodiversity, fostering empathy and awareness in a fun way. Show creator Zachariah OHora, a bestselling illustrator and author, said the entire show is based on showing people as they are - both neurotypical and neurodivergent.

Viewers of the show will see that Carl's collection isn't just a hobby - it's how he makes sense of the world around him and connects with his friends. Interests termed as "overly focused" like Carl's are common for people with autism, according to the Centers for Disease Control and Prevention (CDC), as they align with the diagnostic criteria for repetitive behaviors or activities.

Carl also pays exceptional attention to detail. In the second episode, for example, he is the only one in the group able to tell apart Nico and Arugula, identical sisters. This at first creates tension among the friend group, but Carl helps them sharpen their observation skills and resolve the issue, highlighting the value of neurodiversity."

For more information, check out: [PBSKIDS](http://PBSKIDS)

## FROM BATTLES TO BONDING: A PARENT'S GUIDE TO TRADING DEFIANCE FOR COOPERATION

JANUARY 16 10:00am (PST)

"In this transformative webinar, psychologist Jeffrey Bernstein, Ph.D., shares a proven program to help caregivers reduce conflict and eliminate disruptive behaviors in children, teens, and even struggling adult children. Understand the underlying causes of oppositional defiance and learn practical tools to restore peace and connection. Plus, registrants will receive critical handouts filled with strategies that can prevent emotionally dysregulated children from becoming defiant.

In this webinar, you will learn:

- How to foster empathy by building stronger connections with children through understanding and compassion
- How to regulate your emotions and model calm responses for your child
- About the power of emotion regulation coaching to transform resistance into collaboration
- How to navigate parenting in an era of heightened anxieties and societal challenges
- About connection-building games to foster communication and trust"

**REGISTER and receive the replay link:  
[ADDITUDE MAGAZINE](#)**

## Connect with us... 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 **'ICS Support To Family Care Network'** Facebook page and our agency's **'Interior Community Services'** Facebook page.