

ZOOM MEETINGS  
& TRAININGS.....1

LEFT OUT: RCY  
REPORT.....2

COLLABORATIVE  
DECISION-MAKING  
IN CHILD WELFARE  
.....2

STFC – SUPPORTING FOSTER FAMILIES

# WEEKLY Communique

## 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-12pm

**STARTING NEXT WEEK**  
**NOVEMBER 13**

## VIRTUAL

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

**STARTING NEXT WEEK**  
**NOVEMBER 13**

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

### AUDIO BOOK CLUB

**NEW BOOK STARTING NOVEMBER 13**

***HOW TO TALK SO LITTLE KIDS WILL LISTEN***

10:00am-12Noon (PST)

**ZOOM ID: 832 428 01289**

We are starting a new audio book club – but there is no reading needed! Please join us for the next four weeks as we learn “How to Talk So Little Kids Will Listen”. Please see attached poster for more information.

### 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, please visit:

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

### 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=gugWxU8ptCs>

## ONE YEAR LATER AND THEY ARE

### STILL LEFT OUT:

#### Children & Youth with Disabilities in B.C.

One year ago on November 9, 2023 the RCY released a report called **"Still Left Out: Children and Youth with Disabilities in BC"**. One year later, has much changed?

*Excerpt from November 2023 news release:*

"Representative for Children and Youth (RCY) Dr. Jennifer Charlesworth has released a new report entitled Still Left Out: Children & youth with disabilities in B.C., calling on the provincial government to immediately provide much-needed supports for the children and youth with disabilities and their families across British Columbia who are currently under-served.

The result, unfortunately, is that hope is waning. Almost three-quarters of the more than 1,000 parents and caregivers of children and youth with disabilities who responded to RCY's survey – from every region in B.C. – reported feeling "no confidence" or "minimal confidence" that their child would receive the services they need, whether in or out of school, within the next 1 - 3 years.

In 2020, RCY released Left Out, a report examining how families of young people with disabilities were coping in the midst of a global pandemic.

Now, 3 years later, RCY followed up with those 10 families as well as the four families who participated in our 2021 Excluded report, to determine what, if anything, had changed or improved for them in the past 3 years."

To read the full release and report, please visit:

<https://rcybc.ca/reports-and-publications/reports/still-left-out/>

## FREE WEBINAR: COLLABORATIVE DECISION-MAKING IN CHILD WELFARE

Thurs, Nov 7

9:30am to 11:30am PST OR

Thurs, Nov 7

6:30pm to 8:30pm PST

"Mediate BC is hosting workshops on collaborative decision-making options in child welfare with multiple organizations across BC. These workshops are intended for anyone who is working with or connected to families involved in child welfare matters. Collaborative Decision-Making options are out-of-court processes that encourage families to share their voices in decision-making to resolve child welfare matters.

Foster parents are deeply connected with children and youth involved with the Ministry of Children and Family Development. Collaborative Decision-Making Processes are important options for children and youth to know about as they navigate conflict and communication with parents, social workers, and other support people. Foster parents can also participate in Collaborative Decision-Making Processes, either through supporting children and youth in their care or working through their own conflict and communication barriers. Collaborative Decision-Making Processes can also focus on helping youth transition out of care, a critical time in many youths' lives.

In this workshop, foster parents will learn more about Collaborative Decision-Making Processes, how children and youth can access them, and how these processes can be tailored to meet the needs of participants. Foster parents will then be able to take this valuable information and use it to support children and youth in their care. This workshop will begin with an hour-long presentation, which will cover key information on Collaborative Decision-Making Processes. We will then spend the last hour of the workshop answering questions, discussing barriers that foster parents face in accessing or engaging with Collaborative Decision-Making Processes, and learning from each other about best practices to support children and youth navigating conflict while in care.

A recording of the webinar will be made available to those who are not able to attend these sessions. To register, please visit:

[https://docs.google.com/forms/d/e/1FAIpQLScqCL0Q\\_z4ybDBUBCyD09wRSgsH3wUxTp99W40NfHc-P-MisQ/viewform?pli=1](https://docs.google.com/forms/d/e/1FAIpQLScqCL0Q_z4ybDBUBCyD09wRSgsH3wUxTp99W40NfHc-P-MisQ/viewform?pli=1)

BROUGHT TO YOU BY:

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**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](http://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