



ZOOM MEETINGS  
& TRAININGS.....1

LEFT OUT: RCY  
REPORT.....2

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



LEFT OUT: RCY  
REPORT.....2



COLLABORATIVE  
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.....2

# WEEKLY Communiqué

**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.forthehealth.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

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/>

**BROUGHT TO YOU BY:**

## SUPPORT TO FAMILY CARE NETWORK PROGRAM

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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](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.