



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

**BI-CEP CURLS FOR
YOUR BRAIN.....2**

**CALLING ALL
ARTISTS WITH FASD
.....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-12Noon (PST)
The Loft - 290 Maple St.
(2nd Floor of grey building)

VIRTUAL

AUDIO BOOK CLUB
HOW TO TALK SO
LITTLE KIDS WILL LISTEN
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

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.

A CHILDS SONG

3 PART VIDEO SERIES FOR ADOPTION MONTH

Neurobiology and Permanency

“The way a child functions within the context of parent child or family relationships is a direct result of the experiences their body and brain had in the first few years of life. Both the questions and the answers we need to build strong families are found in the science of neurobiology. There is so much to learn from the study of brain development and the impact trauma has on this complex process to help give children and families what they need to create strong, permanent bonds that can hold steady through the storms.

Video 1: Relationships Between the study of Neurobiology and Creating Successful Permanency Plans for Children and Youth DROP DATE: Saturday, Nov 9 at 6:00am (PST)

Video 2: What Parents and Caregivers Need to Know: Applying Neurobiology to Nurturing Our Children DROP DATE: Saturday, Nov 16 at 6:00am (PST)

By completing the registration form you will gain access to the Neurobiology and Permanency on-demand video resources. You will also have the option to register for the **LIVE DISCUSSION FOR PARENTS & CAREGIVERS** on Tuesday, Nov 19 at 7:00pm - 8:30pm (PST)

This resource is only available for the month of November 2024.

To register, please visit:

<https://achildssong.ca/neurobiology-and-permanency-parent-registration/>

To find out more, please email:

info@achildssong.ca

ROBYN GOBBEL
BIG BAFFLING BEHAVIOURS

BI-CEP CURLS FOR YOUR BRAIN

For the next few weeks, we are going to highlight four different tools you can use to help you “widen your window of stress tolerance and increase the resilience of your stress response system – even if the chaos never calms.” **Excerpts are taken from Robyn Gobbel’s “Making Sense of Big Baffling Behaviours” Book.** If you want to read more, please connect with your Network Facilitator to borrow the book.

“Four different bicep curls for your brain that will help you create a sort of exercise routine for your stress response system. There might be one or two (or even three or four) that feel impossible. That’s okay. Start with whatever one feels the least impossible. Over time, small moments will add up to big changes: Connection; Playfulness; Noticing the Good; Self-compassion.”

Connection “Research by social scientists Lane Beckes and James Coan suggests that humans don’t just need connection. Connection is our baseline; it’s our expectation. Since it’s our expectation the absence of connection can initiate a stress response. A chronic lack of connection can lead to the accumulation of toxic stress.

Connection is so powerful that it makes hard things feel less hard. ... Ironically, when we are struggling to raise kids with vulnerable nervous systems, it’s easy to let our own needs for connection fall to the bottom of the list.

Parents of kids with vulnerable nervous systems have to hide their authentic emotions, often out of shame and try to manage it all with nowhere to turn. The loneliness and isolation can become traumatic.

Moments of Connection Matter. “

Need connection? Contact your Network Facilitator – we are here to listen and to connect you with other like caregivers who understand!

Want to read more? Connect with your Network Facilitator to borrow the book.

**CALLING ALL CANADIAN ARTISTS
WITH FASD!**

**There's not long left to apply for the
2024 Art Competition!**

Since 2016, CanFASD has been hosting an art competition for individuals with FASD. The winner’s art is featured on our CanFASD holiday cards, social media accounts, and website. The winner will receive a \$500 prize and 10 of the printed holiday cards.

Everyone has the capability to create. Creativity helps individuals explore, solve problems, and understand the world around them. People with FASD are known to have artistic and musical talents. It’s important to recognize and encourage these talents and abilities to support individuals with FASD to thrive. This art competition is an opportunity to recognize and celebrate the work of artists with FASD.

The competition is open to all Canadian residents with FASD. Your art can be a sculpture, painting, photo, drawing, digital creation, or anything you can think of! Just remember that your art creation is going to be submitted digitally! The art will be featured on our holiday cards, but it doesn’t necessarily have to be holiday themed.

Send your art to info@canfasd.ca before November 15th and you could be chosen as the winner for this year’s art competition. The winner will receive a \$500 prize and your art will be featured on CanFASD’s holiday cards and our social media accounts. best practices to support children and youth navigating conflict while in care.

For more info, please visit: <https://canfasd.ca/art-competition/>

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

Jayne 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*