



ZOOM MEETINGS & TRAININGS.....1



PLAYFULNESS: BICEP CURLS FOR YOUR BRAIN.....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-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**



# WEEKLY Communiqué

## NOVEMBER 20 IS NATIONAL CHILD DAY

"November 20 is National Child Day in Canada. It is about celebrating children as:

- active participants in their own lives and in their communities
- active citizens who can and should meaningfully contribute to decisions that affect their lives

The United Nations adopted the United Nations Convention on the Rights of the Child (CRC) on November 20, 1989. Canada joined in 1991, making a commitment to ensure that all children are treated with dignity and respect and have every opportunity to reach their full potential. This commitment includes:

- Providing children opportunities to have a voice (speak out and be heard)
- Protecting children from harm
- Ensuring children's basic needs are met."

For more info and to download the fact sheets and colouring pages, please visit:

<https://www.canada.ca/en/public-health/services/national-child-day.html>

CELEBRATE

NATIONAL CHILD DAY

NOVEMBER 20

NOVEMBER 20 is NATIONAL CHILD DAY,  
a day to celebrate child rights!

All children in Canada up to the age of 18 have rights, below are only a few examples. All your rights are written in a document called the United Nations Convention on the Rights of the Child.

Visit [Canada.ca/national-child-day](https://www.canada.ca/national-child-day) to learn more about your rights!



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## 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.**

“Four different bicep curls for your brain that will help you create a sort of exercise routine for your stress response system: Connection; Playfulness; Noticing the Good; Self-compassion.”

**Playfulness** “Dr. Stuart Brown, a play researcher, says that playfulness: fosters empathy; generates optimism; makes perseverance fun; strengthens immune health. What I want you to know is that playfulness isn’t something to do – it’s a way to be. I promise you don’t have to do anything new. In fact, I highly recommend you don’t. You can infuse playfulness into the mundane tasks you already do every day, like brushing your teeth or washing the dishes.

Look to be delighted by things happening around you. Once on my way out I saw one of our neighbors mowing the hill in their yard with the lawnmower on a rope. I thought this was hysterical. Turns out, it’s not even that unusual but I allowed the moment to really delight me.

All of this coming from a recovering play-phobic. I spent too much of my life feeling too highbrow for silly antics. Truthfully, though, I was avoiding the vulnerability of play. I grieve for those lost moments. My family and I are only recently on the other side of a several yearlong serious crisis. Playfulness is one of the main reasons we survived. Look around. Where could you easily infuse playful energy into your everyday life?”

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

## FREE ONLINE 9 WEEK COURSE: THE FAMILY-TO-FAMILY SERIOUS MENTAL HEALTH COURSE

Pathways Serious Mental Illness Society is offering this 9-week course for families, significant others, or friends of a loved one with serious mental illness. “The Family-to-Family education course is from the National Alliance on Mental Illness (NAMI). NAMI is the largest grassroots mental health organization in the United States. The course is licensed and adapted for use in British Columbia. It is a designated evidence-based program. This means that according to research, attending this course significantly increases the problem-solving and communication skills of those supporting a loved one with a serious mental illness.

Based on the trauma model of education, the course utilizes a unique combination of healing, consciousness-raising and empowerment to address the long-neglected needs of those caring for a loved one with a serious mental illness.

The course is taught by two trained Course Leaders, who have lived experience of caring for a friend, sibling, partner, or child with a serious mental illness.

During this 9-week course, you will understand more about different mental illnesses and find out how to navigate the B.C. Mental health system. In addition, you will develop a range of practical communication and problem-solving skills to help you better care for your ill loved one and yourself.

Furthermore, throughout the course you will have regular opportunities to share your lived experience and knowledge with others and create lasting connections with a community that has similar experiences to you.”

**Who Can Attend:** Families, significant others, or friends of a loved one with a serious mental illness.

**Course Dates:** January 16, 2025 – March 13, 2024

**Course Times:** 6:30 PM – 9:00 PM” (Online, Zoom)

**To find out more, please visit:**

[https://pathwayssmi.org/education/family-to-family-course/?mc\\_cid=b85657d3e2&mc\\_eid=859a7d92b0](https://pathwayssmi.org/education/family-to-family-course/?mc_cid=b85657d3e2&mc_eid=859a7d92b0)

**BROUGHT TO YOU BY:**

## 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](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.

### 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!