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& TRAININGS.....1

NOTICING THE  
GOOD: BICEP CURLS  
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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*

## NATIONAL ADDICTIONS AWARENESS

**WEEK November 24–30, 2024**

National Addictions Awareness Week (NAAW) is November 24–30, 2024. NAAW highlights solutions to help address the harms related to the use of alcohol and other drugs. It provides an opportunity for people in Canada to learn more about prevention and harm reduction, to talk about treatment and recovery, and to discuss solutions for change.©

The theme for NAAW this year is Forging Connections. Working in the substance use health field and addressing its challenges can result in different experiences, ideas and opinions for individuals, families and communities. At times, it can be challenging to agree on the best ways to address these issues in Canada.

One of our primary mandates at CCSA is to collaborate with partners, communities and individuals to develop connections, identify common ground and work together to help address the challenges of substance use health. By forging and strengthening these connections, we work together more efficiently to find effective solutions and actions we can all support.

To find out more, visit: <https://www.ccsa.ca/national-addictions-awareness-week>

## 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>

## 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.”

**Noticing the Good** “Notice things that are good, or at least things that are not bad. When we spend a lot of time in watchdog or possum brain, we start only noticing things that are bad. You may notice this characteristic in your child who seems to be always complaining and is never happy or satisfied. The watchdog brain and possum brain don’t want to risk overlooking something bad, so they focus on everything they think might be bad. It’s possible that after all these years of parenting a child with a vulnerable nervous system that your brain has also become hyper focused on the bad... I gave myself permission to take gentle baby steps to notice the good. I kept it easy and began with something that I did – and loved – every day: drinking coffee.

Sometime I go to sleep at night thinking about my morning cup of coffee. Last I counted, there were seven ways to make coffee in my little kitchen...Every morning, I notice how much I love my coffee...When I have my morning cup of coffee, I notice that it's still dark outside and I'm the only one awake... This is a five maybe ten, second ordeal. That's it. But it has added up and spilled over to other parts of my life too.”

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

## MONTHLY BOOK CORNER:

### BEYOND ADDICTION: How Science and Kindness Help People Change

by Jeffrey Foote, Carrie Wilkens, Nicole Kosanke and Stephanie Higgs (2014) “Beyond Addiction goes beyond the theatrics of interventions and tough love to show family and friends how they can use kindness, positive reinforcement, and motivational and behavioral strategies to help someone change. Drawing on forty collective years of research and decades of clinical experience, the authors present the best practical advice science has to offer. Delivered with warmth, optimism, and humor, Beyond Addiction defines a new, empowered role for friends and family and a paradigm shift for the field. This new approach is not only less daunting for both the substance abuser and his family, but is more effective as well. Learn how to use the transformative power of relationships for positive change, guided by exercises and examples. Practice what really works in therapy and in everyday life, and discover many different treatment options along with tips for navigating the system. And have hope: this guide is a life raft for parents, family, and friends—offering “reminders that although no one can make another person change, there is much that can be done to make change seem appealing and possible.”

### Mama's Waves / Daddy's Waves

by Chandra Ghosh Ippen (2020 / 2021) Ellie's mom did not come for their visit, and Ellie is stuck in a cloud of sadness and anger as she tries to understand why. Fortunately, Miss K. and Ellie's Uncle Finny are there to help her. Using the metaphor of a wave, they help Ellie talk about and understand her mother's ups and downs, recognize and hold on to loving memories, and know that she is not alone. The story was developed to open doors to conversations that young children need to have. Mama's Waves shows us that these conversations are possible, important, and support healing and connection. While the book was written specifically for children whose parents have struggled with addiction or mental illness, other children may benefit from having language and dialogue that helps them to empathically understand the challenges that too many families are facing.

#### 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!