

# WEEKLY *Communiqué*

STFC Supporting Caregivers throughout BC's Interior



## UPCOMING EVENTS

### KERRI ISHAM SEXUAL HEALTH TRAINING ABOUT PORNOGRAPHY

Wednesday, February 26  
6:30pm - 8:00pm (PST)

### CHARLENE CROUKAMP TIPS AND TOOLS FOR SUCCESSFUL CONFLICT RESOLUTION

Monday, April 7  
9:30am - 11:30am (PST)

### ROBYN GOBBEL SHUTDOWN, STONEWALLED & ALONE

Tuesday, March 4  
9:00am-12Noon (PST)

### LAUREL COLLINS WITH TRITA (Two Rivers Intercultural Trauma Awareness) DBT SKILLS

Thursday mornings in April  
More info coming soon!

For more information, please see attached posters.

## FREE UPCOMING ONE HOUR WEBINARS

### MINDSPRING ALLIANCE

Can't make the time and day? Register and you will receive the recording link!

**Special Issues in Women's Mental Health - Feb 25 10:00 am (PST)**  
Women with premenstrual disorders are much more likely to have birth-related depression, according to researchers. And the relationship works both ways: those with perinatal depression are also more likely to develop premenstrual disorders after pregnancy and childbirth. These are severe and chronic conditions that need medical attention and treatment. Explore the symptoms, causation, and treatment of Premenstrual Dysphoric Disorder, Perinatal Depression, and Perinatal Anxiety and learn practical strategies to manage symptoms in this one-hour seminar sponsored by United Way of Central Iowa.

**Understanding Motivation & Procrastination - Mar 5 10:00 am (PST)**

**Powerful Words: Language to Build Children's Self-Esteem - Mar 10 9:00 am (PST)**

for more info and more webinars, visit [MINDSPRING ALLIANCE](http://MINDSPRING ALLIANCE)

## TIMES TO *Connect*

### IN PERSON

### KAMLOOPS

#### FOSTER PARENT DROP-IN

Wednesdays  
9:00am - 10:00am

*Followed by:*

AUDIO BOOK CLUB

### BRENE BROWN RISING STRONG

Wednesdays  
10am-12Noon (PST)

The Loft - 290 Maple St.  
(2nd Floor of grey building)

## VIRTUAL

### FOSTER PARENT DROP-IN

MONDAYS

9:00am - 11:00am (PST)  
Zoom ID: 878 8822 2406

### AUDIO BOOK CLUB

### BRENE BROWN RISING STRONG

Wednesdays

10am-12Noon (PST) OR  
6:30pm - 8:30pm (PST)  
Zoom ID: 832 4280 1289

### WEST KOOTENAY

#### FOSTER PARENT DROP-IN

FRIDAYS

11:00am - 12noon  
Zoom ID: 250 608 7674

# FE B R U A R Y

## BC BEREAVEMENT HELPLINE

### Grief and Loss Podcast Discussion

Valerie's guest is John Dube who is a Senior Program Manager and Clinical Supervisor for the BC Bereavement Helpline. John has specialized in bereavement work for the past couple of decades, and while he acknowledges how hard this work is, he also shares the extraordinary nature of people, and how through this journey, they've taught him to live. In this conversation Val and John talk about the stages of grief, John's concept of the triple burden of grief, how friends and family can best offer support to a bereaved person, and how we can help ourselves when we experience a loss. Val and John talk about the important role of rituals such as funerals and memorials in the bereavement process, and they offer the comforting notion that every expression and individual experience of grief is normal.

**When "Just Be Positive" Doesn't Fit** – Livestream & Q&A with Dr. Catherine Hajnal When faced with adversity we will likely hear words letting us know how resilient or strong we are or need to be. We might also be encouraged to think positively or be grateful for what we still have. These words can fall flat, leaving the receiver feeling unseen and unheard in their experience. Join us as Dr. Catherine Hajnal explores resilience, growth, and toxic positivity in the face of adversity when you can't take the pain away.

### MONTHLY BOOK CORNER

#### **SETTING BOUNDARIES THAT STICK**

**HOW NEUROBIOLOGY CAN HELP YOU REWIRE YOUR BRAIN TO FEEL SAFE, CONNECTED, AND EMPOWERED**

*"by Juliane Taylor Shore LMFT LPC SEP (2023) Tap into the power of neurobiology to create healthy boundaries and more authentic connections with others.*

Do you struggle to set boundaries with others in your life? Has your past conditioned you to expect pushback when setting boundaries, or caused you to give up on trying to set boundaries altogether? The prospect of setting boundaries can be scary and intimidating, and can put you in a very vulnerable place where your mental health and well-being may even be at risk. There is a science to creating boundaries—one that will empower you, deepen your connection with others, and improve your self-esteem.

Setting Boundaries That Stick offers a scientific, neurobiological approach to boundary work. This unique guide will teach you to set healthy boundaries from the inside out by cultivating an "integrated brain," which allows you to respond to others with intention, rather than simply reacting based on instinct. Also included are exercises and activities to help you understand and create both physical and psychological boundaries, thereby building a solid, holistic framework for a more authentic sense of connection with others.

It's time to set boundaries in a way that empowers you to protect yourself, while also improving your relationships. By working from the inside out, this book will help you set healthy boundaries that actually stick."

## Connect with us... SUPPORT TO FAMILY CARE NETWORK PROGRAM

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Community  
Services**  
Enriching Lives. Strengthening Communities

**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/outofcareproviders](http://www.icsfp.info/outofcareproviders)

**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.