

VOL. 6 ISSUE 10 | MARCH 10, 2025

# WEEKLY *Communique*

STFC Supporting Caregivers throughout BC's Interior

## DON'T MISS THESE UPCOMING EVENTS

### HOW TO CAREGIVE DURING TIMES OF GRIEF AND LOSS

**Tuesday, April 1**  
9:30am-12:30pm (PST)

### HOPE FOR THE JOURNEY

**FOUR TUESDAY MORNINGS**  
**APRIL 15, 22, 29 & MAY 6**  
9:30am-12:30pm (PST)  
*Trust-Based Relational  
Intervention model*

### BUSINESS SIDE OF FOSTERING

**THURSDAY MORNINGS**  
**APRIL 3 & 10**  
9:30am - 11:30am (PST)

### SAFEBABIES TRAINING

**MONDAY & THURSDAY  
MORNINGS**  
**MAY 5 - JUNE 5**  
9:30am - 11:30am (PST)

REPLAY

REPLAY

**ROBYN GOBBEL**  
**SHUTDOWN,  
STONEWALLED & ALONE  
COMING SOON!**

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

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

### DBT SKILLS

**FOUR THURSDAY MORNINGS**  
**APRIL 3, 10, 17 & 24**  
10:00am-12Noon (PST)  
*(Mindfulness, Emotional  
Regulation, Distress Tolerance  
& Interpersonal Effectiveness)*

**Sexual Health Education  
Series for Teens**

### GENDER AND SEXUAL ORIENTATION with KERRI ISHAM

**WEDNESDAY, APRIL 23, 2025**  
6:30pm - 8:00pm (PST)

### **WATCH FOR MORE UPCOMING WORKSHOPS INCLUDING:**

**TOILETING 101 & POOP  
TEACHING 101**

**KIM BARTHELL**

For more information, please click the titles.

## 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 - 12:00pm (PST)  
Zoom ID: **808 7674**

**CANCELLED**

**Resuming April 4**

*If there's a cause worth fighting for it's this: Children belong in families! Nicole Skellenger*

# MARCH

## FREE LIVE WEBINARS: INSTITUTE OF CHILD PSYCHOLOGY

### Mark Your Calendar

FREE Live Webinars: Each month we're bringing to you FREE webinars virtually and LIVE streamed for your convenience. Listen in as we speak on a variety of topics for your every day parenting or caregiver needs!

### When Parenting Styles Collide

Ever wonder what happens when Parenting Styles collide? "What if one parent prefers to gentle parent, while another has a more traditional parenting style?"

Parenting is hard enough, but when parents have different styles, it can feel like navigating a minefield of conflicting approaches and endless debates. **March 13**

### The Hidden Risks of Synthetic Dye

Join the parents-turned-filmmakers who embarked on a journey to uncover the hidden impacts of additives and synthetic dyes.

This workshop will open your eyes in discovering the hidden dangers of synthetic dyes and their impact on health and well-being. **March 27**

## NEW STUDY:

### COGNITIVE AEROBIC EXERCISE BOOSTS WORKING MEMORY

Cognitive aerobic exercise and ball sports improve working memory in children with ADHD and executive function deficits, according to a recent meta-analysis.

**Excerpt from ADDitude Magazine** "Previous research has shown that exercise relieves ADHD symptoms by increasing endorphins and neurotransmitters in the brain. This new study is the first network meta-analysis to evaluate the efficacy of various exercise interventions on working memory in children with ADHD. The study's results indicate the following impacts of various types of exercise on children with ADHD:

- Cognitive-aerobic exercise demonstrates the most significant effect on working memory, or the capacity for holding and using information over a short period of time.
- Ball sports follow closely behind with a moderate to high improvement effect.
- Mind-body exercises and interactive games display a moderate improvement in working memory.
- Simple aerobic exercise and interactive games exhibit the smallest improvement effect on children with ADHD."

To read the full article, visit:

[ADDITUDE MAGAZINE EXERCISE](#)

To read and download the study, visit:

[FRONTIERS IN PSYCHOLOGY](#)

## 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.