

THE Support REPORT



VOLUME 5

FEB 24 2025

Issue
FOUR

Up Coming Trainings

**ROBYN GOBBEL
SHUTDOWN,
STONEWALLED &
ALONE**

Tuesday, March 4
9:00Am – 12 noon (PST)

**Charlene Croukamp
Tips & Tools for
Successful Conflict
Resolutions**

Monday, April 7
9:30 – 11:30 am (PST)

**Kerri Isham
Sexual Health Training
about Pornography**

Wednesday, Feb 25
6:30 – 8:00 pm (PST)

**Circle of Security
Parenting**

Starting March 26, 2025
7:00-8:00 PM (PST)

MORE INFO TO COME!

For more information, please see attached posters

BC OMBUDSPERSON

INVESTIGATION INTO THE EXCLUSION OF STUDENTS

The Ombudsperson has begun an investigation into the exclusion of students, particularly those with diverse needs, from classrooms and schools in BC's K-12 public education system. The purpose of our investigation is to determine whether these exclusions are fair. We will report publicly on the results of our investigation.

What is exclusion?

Exclusion from school can happen in many ways. Students may be:

- asked to stay home/go home
- asked to leave early/arrive late/have shortened school days
- asked not to attend field trips or other school activities
- unable to attend because of health/personal care support needs the school is unable to provide
- unable to attend because of learning support needs the school is unable to provide
- not learning with the rest of their class
- isolated by themselves in the school, secluded and/or restrained

Invitation to participate in investigation

To help inform our investigation we are asking families of students who have been excluded from school to please fill out a brief online questionnaire. For more info, visit:

[SCHOOL EXCLUSION](#)

Times to Connect

VIRTUAL

**Out of Care/ Kinship
Drop In**

Wednesday Feb 19
8:00 – 9:00 pm (PST)
Zoom ID: 858 3771 6954

**AUDIO BOOK CLUB
Rising Strong by Brene Brown**

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

IN PERSON

Williams Lake Cup O Chat

Friday February 28 2024
9:30-11:00 am
Hearth Restaurant

100 Mile House Cup O Chat

Thursday February 27 2024
9:30-11:00 am
Smittys Restaurant

Kimberley & Cranbrook Caregivers

James is starting a new group called IMAGES - The concept of this program is to connect caregivers and their children as a group once per month for 2.5 hrs over the course of 5 months. There will be different locations where the caregivers and their youth will take photos. This is not a human-focused photo shoot but rather a location-focused one. The end result will be a gala at a community location where the youth will showcase their PowerPoint to the group. The overall concept goal is to connect families to other caregivers and the community through IMAGES.

For more information please contact James at 250-426-6013.

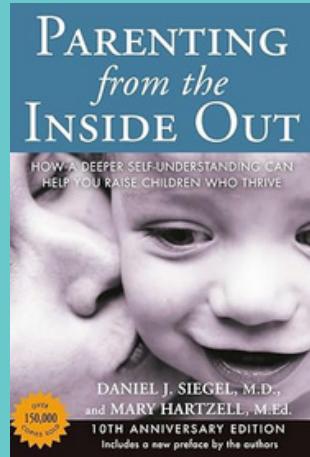


Book Corner

Parenting from the Inside Out: How a Deeper Self-Understanding Can Help You Raise Children Who Thrive

In *Parenting from the Inside Out*, child psychiatrist Daniel J. Siegel, M.D., and early childhood expert Mary Hartzell, M.Ed., explore the extent to which our childhood experiences shape the way we parent. Drawing on stunning new findings in neurobiology and attachment research, they explain how interpersonal relationships directly impact the development of the brain, and offer parents a step-by-step approach to forming a deeper understanding of their own life stories, which will help them raise compassionate and resilient children.

Born out of a series of parents' workshops that combined Siegel's cutting-edge research on how communication impacts brain development with Hartzell's decades of experience as a child-development specialist and parent educator, this book guides parents through creating the necessary foundations for loving and secure relationships with their children.



8 Self-Care Tips for Caregivers

Self-care for parents is essential. It helps you stay mentally, emotionally, and physically healthy, so you can be the best parent possible. When you take care of yourself, you're better able to parent with patience, joy, and presence. You'll also be setting a positive example for your children, demonstrating that it's important and healthy to take care of yourself.

1. Acknowledge that parenting is hard- Take a moment to acknowledge that raising kids is one of the hardest jobs there is.
2. Don't take your basic needs for granted- In the chaos of caring for kids, it's easy to forget to tend to your own basic needs. Remind yourself to get enough sleep, stay hydrated, and eat regular, healthy meals.
3. Self-care comes in many forms- Taking care of yourself doesn't have to be expensive or take a lot of time. Self-care for parents can be anything you do for yourself that makes you feel good.
4. It takes a village, but you need to ask- Friends and family members can be great helpers. Practicing self-care for parents means recognizing when and how to seek support.
5. Modeling self-care helps everyone- Yes, taking good care of yourself will help you to be more available for your children. And it will teach them to make healthy habits, too. Self-care for parents has a rippling effect on the family.
6. Accept your limits- Part of avoiding burnout is to understand that you can't do everything yourself. Figure out your stress limit and try not to feel ashamed to know when you hit it.
7. Find other parents who can relate- Whether through social media, support groups, or after-school activities try to find people who are in a similar parenting situation.
8. But also connect with friends outside of parenting- It can also feel good to make time for friends who know you outside of your role as a caregiver.

Learn more at [Child Mind Institute](#)

CONNECT WITH US 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/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.