

WEEKLY Communiqué

STFC Supporting Caregivers throughout BC's Interior

DON'T MISS THESE UPCOMING EVENTS

ROBYN GOBBEL

SHUTDOWN, STONEWALLED & ALONE

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

DBT SKILLS

FOUR THURSDAY MORNINGS

APRIL 3, 10, 17 & 24
10:00am-12Noon (PST)
(Mindfulness, Emotional

Regulation, Distress Tolerance
& Interpersonal Effectiveness)

CHARLENE CROUKAMP

TOOLS AND TIPS FOR SUCCESSFUL CONFLICT RESOLUTION

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

HOW TO CAREGIVE DURING TIMES OF GRIEF AND LOSS

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

For more information, please see attached posters

RECRUITMENT UNDERWAY!

WE ARE LOOKING FOR NEW FOSTER PARENTS!

You may see our Support to Family Care Network Program Team out and about at various events around your community. Stop by and talk to our Network Facilitator, check out our new recruitment postcards, and be sure to talk to people you know about fostering. We know it's hard work - but

***you are
making a
difference that
truly lasts a
lifetime!***



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**

MARCH

STAR INSTITUTE FOR SENSORY PROCESSING

"STAR Institute for Sensory

Processing was formed in 2016 from two merged organizations SPD Foundation and STAR Center. STAR Institute for SPD provides premier treatment, education, and research for children, adolescents, and adults with SPD."

Check out their resources:

- ◆ [Understanding Neurodiversity Through a Sensory Lens](#)
- ◆ [Understanding the Sensory Integration Process](#)
- ◆ [Sensory Integration and Jargon Guide](#)
- ◆ [A Guide to Understanding Poop Withholding in Childhood](#)
- ◆ [Embracing Self-Organization in Sensory Integration Therapy](#)
- ◆ [The 8 Senses Mediation: A Mindful Journey to Grounding and Gratitude](#)
- ◆ [Umbrella Breathing: Enhancing Children's Breathing Techniques Sensory Integration Therapy vs. Desensitization](#)

and [more!](#)

DID YOU MISS IT?

ROBYN GOBBEL

HELPING KIDS FIND THEIR VOICE: STRATEGIES FOR MANIPULATION AND VERBAL AGGRESSION

NO WORRIES! YOU CAN CATCH THE REPLAY!

Robyn did a great job of walking us through Manipulation, lying, and verbal aggression - which "are all protective behaviors with one big thing in common: the person is struggling to use accurate words that truly reflect their needs in that moment."

and lots of handouts!

- ◆ 4 Steps to Ground
- ◆ Boundaries with Connection
- ◆ Compassion Fatigue Self Care Checklist
- ◆ What Does Co-Regulation Really Look Like
- ◆ Focus on the Nervous System to Change Behaviour E-Book
- ◆ Helping Kids Find their Voice
- ◆ Helping Kids Find their Voice Power Point
- ◆ Lying as a Trauma-driver Behaviour
- ◆ No Behaviour is Maladaptive
- ◆ Not Flipping Your Lid... When Your Kid is Flipping Theirs
- ◆ Small Ways to Offer Connection to Your Child
- ◆ Owls, Watchdogs and Possums
- ◆ Parent Burnout Podcasts
- ◆ Rupture and Repair
- ◆ Self-Compassion
- ◆ What Else to Explore
- ◆ What to Do When Your Nervous System is Fried

These are all available when you [register for the replay](#).

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.