

WEEKLY *Communiqué*

STFC Supporting Caregivers throughout BC's Interior

DON'T MISS THESE

UPCOMING EVENTS

ROBYN GOBBEL HELPING KIDS FIND THEIR VOICE

Thursday, February 13
9:00am-12Noon (PST)

ROBYN GOBBEL SHUTDOWN, STONEWALLED & ALONE

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

FOSTERING EARLY DEVELOPMENT FOR CAREGIVERS

Wednesday mornings
starting Feb 5
10:00 - 11:30am (PST)

CARING FOR THE ROOTS

Thursday, February 6
9:30am-12Noon (PST)

For more information, please see attached posters

FEDERATION OF YOUTH IN CARE NETWORKS DREAM FUND

Deadline: Feb 3 "Our Dream Fund supports young people in and from care to pursue their careers and achieve their goals through education and skill building. The Dream Fund includes 2 different bursaries that are distributed 3 times a year: in Oct, Feb and July."

Education Achievement Bursary Want to go back to school but wondering if you can afford tuition on top of everything else? The Education Achievement Bursary can provide you with up to \$1500 for tuition at a post-secondary school. Young people can use this bursary for all accredited schools, not just the usual designated post-secondary schools.

Reach for Success Bursary Are you working towards a goal but there's an expense getting in your way? The Reach for Success Bursary can provide you with up to \$500 to overcome barriers you might face in achieving your goals. Reach for Success Bursary winners have used the money to pay for photography lessons, driving lessons, yoga memberships, sports team fees, Canadian citizenship applications, BCIDs, certifications like FoodSafe and Serving it Right, and even dental work. If you need money for anything you don't see listed here, get in touch with us and we'll do what we can to help!

Find out more at: [DREAM FUND](#)

Connect IN PERSON

WILLIAMS LAKE CAREGIVER COFFEE DROP-IN

Mondays
9:00am - 10:30am (PST)
Hearth Restaurant

KAMLOOPS FOSTER PARENT DROP-IN

Wednesdays
9:00am - 10:00am

Followed by:

AUDIO BOOK CLUB
Wednesdays
10am-12Noon (PST)

100 MILE CAREGIVER COFFEE

Thursday Jan 30
9:00 - 11:00 am (PST)
Smitty's Restaurant

Connect VIRTUALLY

AUDIO BOOK CLUB
THE BREAKTHROUGH
YEARS

Wednesdays

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

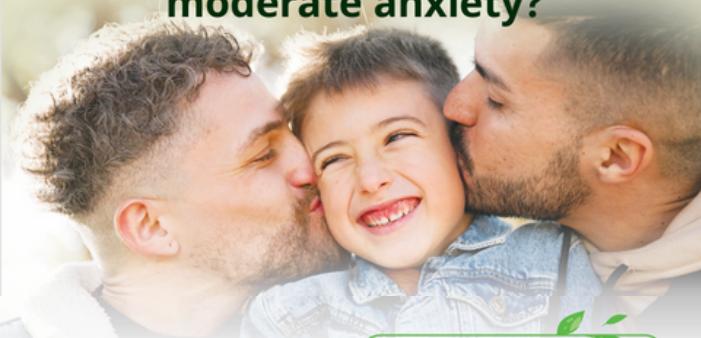
WEST KOOTNAY FOSTER PARENT DROP-IN

FRIDAYS

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



Are you a parent or caregiver of a young child aged 0 – 6 who is experiencing mild to moderate anxiety?



Learn how to see and respond to your young child's everyday anxiety.

Everyday Anxiety for Early Years (EASEY) at Home is a collection of evidence-informed and culturally relevant resources such as downloadable tip sheets and activities.

Topics include:

- how to create calm and well-being in your child (and yourself)
- common sources and signs of stress in the early years, and ways to reduce stress in the home
- how to guide your child through big emotions and fears
- how to recognize the many faces of anxiety and support your child through times of separation



For more information, please visit healthymindsbc.gov.bc.ca



Ministry of
Children and Family
Development

Healthy Minds BC "provides prevention and early intervention strategies for supporting child and youth mental health."

They also have eLearning courses:

- Walking Alongside Youth with Anxiety
- Walking Alongside Youth with Depression

For more information, visit:
HEALTHY MINDS BC

NEW BOOK:

THE WAY OF PLAY:

USING LITTLE MOMENTS OF BIG CONNECTION TO RAISE CALM AND CONFIDENT KIDS

"Most parents understand that free, unstructured playtime is great for children's development. What they may not know is that playful interaction with parents is also a powerful way for kids to cultivate healthy emotional development and resilience. Kids often want their parents to play with them, but many parents don't know how to play or see it only as an (often boring) way to kill time."

Playing with your kids doesn't have to mean enrolling in countless parent-and-me classes or getting on all fours and making toy car sounds; the little daily moments together can make the most impact. In *The Way of Play*, world-renowned pediatric therapists and play experts Tina Payne Bryson and Georgie Wisen - Vincent break down seven simple, playful techniques that harness this caregiving magic in only a few minutes each day:

- Leaning in to emotions helps children let go of anxieties, drama, and chaotic behavior.
- Tuning in to the body teaches children to practice the art of surfing sensory waves.
- Storytelling promotes better problem-solving.
- Thinking out loud fosters calmer thinking and stronger communication with parents, siblings, and everyone else.

Full of science-backed research, real-life stories, and charming line illustrations to bring this novel advice to life, *The Way of Play* will help you nurture your kids and encourage them to become calm listeners, cooperative problem solvers, and respectful communicators."

Available Jan 21, 2025 on Amazon.ca and other retailors.

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

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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



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.