

VOL. 6 ISSUE 4 | JANUARY 27, 2025

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 BY 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**

There are no goodbyes for us. Wherever you are, you will always be in my heart. Mahatma Ghandi



**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 retailers.

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

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**Interior
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



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.