

# WEEKLY Communiqué

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**  
**CARING FOR THE ROOTS WITH TRACY AVEZEDO**

**AVAILABLE ONLY UNTIL APRIL 7**

### 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 UPCOMING WORKSHOPS INCLUDING: CIRCLE OF SECURITY PARENTING FOR FOSTER CAREGIVERS TOILETING 101 & POOP TEACHING 101

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**  
**HOW TO BE SO TEEN**  
1pm - 2pm (PST)

**RESUMING APRIL 23**  
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**

**HOW TO BE SO TEEN**  
10am - 11am (PST) OR  
6:30pm - 8:30pm (PST)  
Zoom ID: 832 4280 1289

**RESUMING APRIL 23**

#### **WEST KOOTENAY FOSTER PARENT DROP-IN**

**RESUMING APRIL 4**  
1pm - 2pm (PST)  
250 608 7674

# MARCH

## FREE ONLINE TRAINING

### FOCUS FORWARD: THE ULTIMATE ADHD SUMMIT TO HELP KIDS THRIVE

One Day - 12 Experts -  
Wednesday, April 2, 2025

"Don't miss this incredible panel of world-renowned ADHD and executive function experts! This virtual event will give you the tools to end your kids' and teens' struggles with focus, organization, and other critical skills.

Our experts give you actionable, "right now" strategies to help kids & teens with ADHD:

- Manage their time effectively
- Get started on tasks without constant reminders
- Filter distractions and boost focus
- Improve organization and problem-solving
- Regulate emotions and control reactions
- Feel motivated to get things done

**Colin Guare - Co-author of "Smart But Scattered"**

**Dr. Thomas Armstrong - Author of "The Myth of the ADHD Child"**

**Dr. Sharon Saline - Author of "What Your ADHD Child Wishes You Knew"**

### KIM BARTHEL

### APRIL 16 BECOMING A BEHAVIOURAL DETECTIVE:

Understanding and Supporting Complex Behaviour

Kim Barthel is a world-renowned speaker, teacher, therapist and best-selling author. Kim specializes in the fields of relational trauma and sensory processing with field experience around the world including Kosovo, Gaza and post-Katrina New Orleans. With over 35+ years of experience in occupational therapy, Kim has brought her concept of sensory processing intervention to help support children and adults with autism, FASD, and attachment-based challenges. A tuned-in caring person can have a profound healing impact upon children and adults who have experienced any form of developmental trauma, grief, loss, or separation. Discover how this attuned relationship is "therapeutic" and capable of rewiring old neuronal networks and behavioural patterns at any age.

**This workshop** is open to caregivers, social workers, teachers, early childhood educators, counsellors, clinicians and other service providers.

**Replay will be available -  
BUT ONLY IF YOU REGISTER!**

## 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](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.