

VOL. 6 ISSUE 5 | FEBRUARY 17, 2025

WEEKLY *Communiqué*

STFC Supporting Caregivers throughout BC's Interior

ENJOY
FAMILY DAY!

DON'T MISS THESE UPCOMING EVENTS

ROBYN GOBBEL **HELPING KIDS FIND THEIR VOICE**

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

ROBYN GOBBEL **SHUTDOWN, STONEWALLED & ALONE**

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

Did you miss Robyn? No worries, it was recorded!
This will be available during the week of Feb 17

KERRI ISHAM **SEXUAL HEALTH TRAINING ABOUT PORNOGRAPHY**

Wednesday, February 26
6:30pm - 8:00pm (PST)

For more information, please see attached posters

FREE SELF PACED COURSE THROUGH THE UNIVERSITY OF BRITISH COLUMBIA NURTURING CHILDHOODS THROUGH INDIGENOUS WAYS OF KNOWING

"We are excited for you to participate in this Massive Open Online Course (MOOC) designed to empower and support educators, service providers and families to engage with Indigenous knowledges in early learning environments. The course offers a transformative learning experience, weaving together Indigenous worldviews and pedagogies with diverse perspectives. Co-created with community, educator and scholarly voices, this free, fully-online course is accessible to participants seeking to explore ways to enhance their practice and care environments through Indigenous ways of knowing. There are no admission prerequisites."

FOR MORE INFO, VISIT: [UBC](https://www.ubc.ca)

TIMES TO Connect **IN PERSON**

KAMLOOPS
FOSTER PARENT DROP-IN
Wednesdays
9:00am - 10:00am

Followed by:

AUDIO BOOK CLUB
BRENÉ BROWN
RISING STRONG

Wednesdays
10am-12:00pm (PST)
The Loft - 290 Maple St.
(2nd Floor of grey building)

VIRTUAL

AUDIO BOOK CLUB
BRENÉ BROWN
RISING STRONG

Wednesdays
10am-12:00pm (PST) OR
6:30pm - 8:30pm (PST)
Zoom ID: 832 4280 1289

WEST KOOTENAY
FOSTER PARENT DROP-IN
FRIDAYS

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

If there's a cause worth fighting for it's this: Children belong in families! Nicole Skellenger



CRISIS AND TRAUMA RESOURCE INSTITUTE

POTENTIAL PITFALLS OF USING MINDFULNESS WITH YOUTH

Using Mindfulness with youth is very popular these days, and with good reason. Slowing down to be in the moment has many well-documented benefits. It has grown from a meditation practice for adults, to being widely promoted for children and youth in schools and therapy settings. However, in our enthusiasm for this practice, are we ignoring its potential risks and hazards when it comes to working with youth?

In my consulting work with youth support workers, I've taught Dialectical Behaviour Therapy for Adolescents, which is a well-respected program that emphasizes mindfulness as the core skill. I had already added cautions about the use of imaginative and meditative practices with traumatized youth. But a recent debate in the Journal of Child and Adolescent Mental Health alerted me to a broader concern: Our enthusiasm for mindfulness with youth may not be well-founded. To read the full article, visit:

CRISIS AND TRAUMA RESOURCE INST

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

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

Program Coordinator: Kari Beppe
kbeppe@interiorcommunityservices.bc.ca
Cell: (250) 819-1919

Office: (236) 421-0031 Toll Free: 1-877-376-3660

Network Facilitators:
Renata Bonthoux (250) 319-6557
rbonthoux@interiorcommunityservices.bc.ca
Jessica Galbraith (250) 819-5819
jgalbraith@interiorcommunityservices.bc.ca
Marna Forsyth (250) 609-2017
mforsyth@interiorcommunityservices.bc.ca
Jane Wesko (250) 608-7674
jwesko@arcprograms.com

Tabitha Fournier (250) 320-4603
tfournier@interiorcommunityservices.bc.ca
James Weir (250) 426-6013
jweir@interiorcommunityservices.bc.ca



**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.