

WEEKLY Communique

STFC Supporting Caregivers throughout BC's Interior

IN PERSON DROP-INS & EVENTS

100 MILE HOUSE COFFEE & CHAT

Monday, April 28
9:30am - 11:00am(PST)
At Smitty's

WILLIAMS LAKE COFFEE & CHAT

Tuesday, April 29
9:30am - 11:00am(PST)
At Hearth Restaurant

WILLIAMS LAKE DROP-IN

Weekly on Wednesdays
9:00am - 2:00pm(PST)
At the Foundry

KAMLOOPS FOSTER PARENT DROP-IN

Wednesdays
9:00am - 10:00am

At the Loft
(2nd Floor of grey
building)

Followed by:

AUDIO BOOK CLUB
HOW TO TALK SO TEENS WILL LISTEN
**RESUMING
APRIL 23**
Wednesdays
10am-12Noon (PST)

VIRTUAL DROP-INS & EVENTS

FOSTER PARENT DROP-IN

Weekly on Mondays
9:00am - 11:00am(PST)
Zoom ID: 878 8822 2406

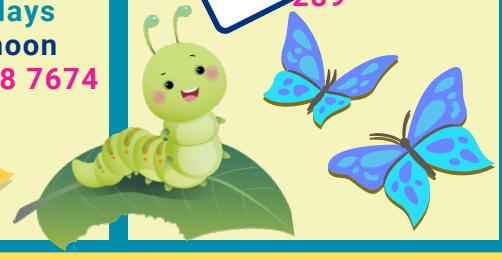
WEST KOOTENAY FOSTER PARENT DROP-IN

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

AUDIO BOOK CLUB

HOW TO TALK SO
TEENS WILL
LISTEN

Wednesday
10am-12noon (PST)
6:30am - 8:00am (PST)
**RESUMING
APRIL 23**
Zoom ID: 250 608 7674



UPCOMING EVENTS

Sexual Health Education
Series for Teens

GENDER AND SEXUAL ORIENTATION with KERRI ISHAM

WEDNESDAY, APRIL 23
6:30pm - 8:00pm (PST)

CIRCLE OF SECURITY PARENTING FOR FOSTER PARENTS

THURSDAY AFTERNOONS
STARTING MAY 1
12:30pm - 2:00pm (PST)

DBT SKILLS

THURSDAY MORNINGS
APRIL 10, 17 & 24
10:00am-12Noon (PST)
These sessions will be
recorded

TOILETING 101

TUESDAY, MAY 20
10:00am - 12Noon (PST)

SAFEBABIES TRAINING

MONDAY & THURSDAY
MORNINGS
MAY 5 - JUNE 5
9:30am - 11:30am (PST)

For more info, please click the titles.



ON-DEMAND PAGE (ON THE CLN)

You soon will be able to watch
all the replays on one place!
And, yes, both Robyn Gobel
trainings will be there to watch!

HOPE FOR THE JOURNEY

FOUR TUESDAY MORNINGS
APRIL 15, 22, 29 & MAY 6
9:30am-12:30pm (PST)
Trust-Based Relational
Intervention model



APRIL
SUNDAY

**AUTISM
AWARENESS
MONTH**

NEW DIGITAL BOOK

ALL ABOUT ME: A NEW WORKBOOK FOR KIDS

BY ROBYN GOBBEL



**Illustrated
by
Adrienne
Kmet**

**"24 pages to
discover
your
strengths
and what
helps in
tough
moments."**

This workbook will help your child or playful teen learn ways to grow their owl brain and calm their watchdog and possum brain. They can complete an All About Me one-pager that they could share with other important adults or keep for themselves!"

THE LET THEM THEORY

by Mel Robbins & Sawyer Robbins (December, 2024)

"What if the key to happiness, success, and love was as simple as two words?"

If you've ever felt stuck, overwhelmed, or frustrated with where you are, the problem isn't you. The problem is the power you give to other people. Two simple words—Let Them—will set you free. Free from the opinions, drama, and judgments of others. Free from the exhausting cycle of trying to manage everything and everyone around you. The Let Them Theory puts the power to create a life you love back in your hands—and this book will show you exactly how to do it.

Using the same no-nonsense, science-backed approach that's made The Mel Robbins Podcast a global sensation, Robbins explains why The Let Them Theory is already loved by millions and how you can apply it in eight key areas of your life to make the biggest impact. Within a few pages, you'll realize how much energy and time you've been wasting trying to control the wrong things—at work, in relationships, and in pursuing your goals—and how this is keeping you from the happiness and success you deserve.

Written as an easy-to-understand guide, Robbins shares relatable stories from her own life, highlights key takeaways, relevant research and introduces you to world-renowned experts in psychology, neuroscience, relationships, happiness, and ancient wisdom who champion The Let Them Theory every step of the way.

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

Program Coordinator: Kari Bepple
kbepple@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.