

VOL. 6 ISSUE 17 | APRIL 28, 2025

# WEEKLY *Communique*

STFC Supporting Caregivers throughout BC's Interior

## IN PERSON DROP-INS & EVENTS

### EAST KOOTENAY MINI-GOLF AND PIZZA

Monday, April 28  
5:00 - 7:00pm (MST)  
At Elizabeth Lake Lodge

### 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

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

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



**There's  
more to me.**

Open and honest  
conversations connect us all.

#UnmaskingMentalHealth



CMHA Mental Health Week ► May 5 - 11, 2025



### HOPE FOR THE JOURNEY

FOUR TUESDAY MORNINGS  
APRIL 29 & MAY 6, 13 & 20  
9:30am-12:30pm (PST)  
*Trust-Based Relational  
Intervention model*

## EVENTS

CIRCLE OF SECURITY  
PARENTING  
FOR FOSTER PARENTS  
THURSDAY AFTERNOONS  
STARTING MAY 1  
12:30pm - 2:00pm (PST)

For more info, please click the titles.

TOILETING 101  
TUESDAY , MAY 20  
10:00am - 12Noon (PST)

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

*Children are not a distraction from more important work; they are the most important work. Unknown*



APRIL  
SUNDAY

# AUTISM AWARENESS MONTH

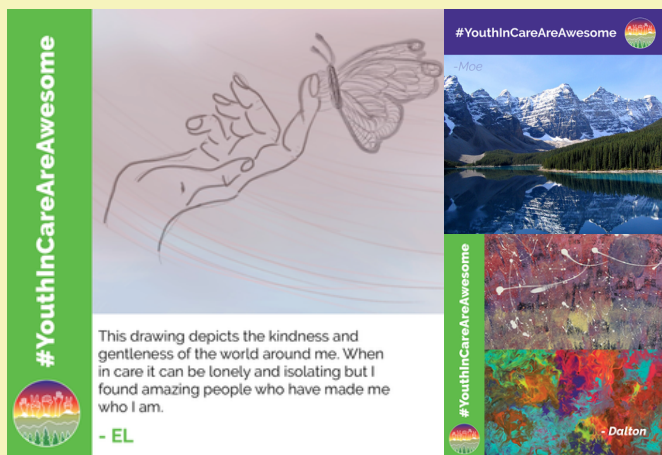
## YOUTH IN CARE ARE AWESOME

2025 CAMPAIGN

Submit your work by May 20, 2025



<https://www.bcchildandyouthincareweek.com/youthincareareawesome-campaign.html>



## OPEN PARACHUTE VIDEOS

### Neuroaffirming Care: An Introduction For Parents and Caregivers of Autistic and ADHD Kids and Teens

"What is the Neuroaffirming Model? It's implications for how we raise, teach and 'treat' ND people. Suggestions, Strategies & Supports."

### Substance Use Prevention Part 2: Mental Health & Decision Making

"What are the factors that contribute to substance use? What is the relationship between mental health and substance youth? How can I lay a foundation for prevention in my home?"

### Substance Use Prevention Part 1: A Guide for Parents and Caregivers

## SUPPORTING STUDENTS:

### Anxiety

### Peer Pressure

### Understanding Friendships and Bullying

"Parental Insights and Strategies"

### Finding the Words

"Supporting Struggling Students Through Guided Conversations"

### Supporting Your Child with Anxiety

"Spot the Signs and Learn Practical Strategies for Best Supporting Your Child with Fear and Worry."

## 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](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.