

VOL. 6 ISSUE 13 | MARCH 31, 2025

WEEKLY Communique

STFC Supporting Caregivers throughout BC's Interior

AUTISM AWARENESS DAY APRIL 2

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

KIM BARTHEL

APRIL 16
9:30am - 4:30pm (PST)
*Replay will be available -
BUT ONLY IF YOU REGISTER!*

SAFEBABIES TRAINING

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

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)

CIRCLE OF SECURITY PARENTING FOR FOSTER PARENTS

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

COMING IN MAY
TOILETING 101

For more information, please click the titles.

TIMES TO *Connect* IN PERSON

KAMLOOPS

FOSTER PARENT DROP-IN

**RESUMING
APRIL 9**

led by:

AUDIO BOOK CLUB

**HOW TO... SO
TEEN... TEN**

**RESUMING
APRIL 23**

10:00am - 12:00pm (PST)
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... SO
TEEN... TEN**

**RESUMING
APRIL 23**

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

WEST KOOTENAY

FOSTER PARENT DROP-IN

FRIDAYS
11:00am - 12noon
Zoom ID: 250 608 7674

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

AUTISM

WANTING TO LEARN MORE?

AUTISM BC

Neurodivergent Apps and Equipment

Everyone sometimes needs help staying focused, calming down, or **keeping organized**, and sensory-friendly apps, equipment, and other tools can help. Many in-person and online resources can support neurodivergent people during transitions and challenges. This is an extensive list of tools and apps you can use for yourself, your kids, or your entire family to help you navigate this wonderful, diverse journey of life – that we sometimes have a hard time keeping up with! This list has items designed for the entire family—not just the kids.”

Sensory Equipment

- Noise
- Deep Pressure,
- Lighting
- Movement
- Clothing
- Journals/Books
- Furniture
- Communication
- Regulation

Apps & Computer Programs

- Children's Apps
- Apps for Teens!
- Adult apps
 - Sensory
 - Emotionally Regulating
 - Organization and Scheduling and Routines
 - Emotional/Health Tracking
 - Mental Health
 - Communication
 - Social Apps
 - Travel

AUTISM CANADA WORDS MATTER

“Autism is a complex issue – one that intersects with many other complicated social issues. The complexity of this conversation and the diversity of the groups concerned means that dialogue can be difficult at times. In this vein, it is necessary to create a shared language that will ensure a productive, positive discourse, respectful of all relevant parties.

EXAMPLE: “NEURODIVERSE

What It Means: A group of people is neurodiverse if one or more members of the group differ substantially from other members, in terms of their neurocognitive functioning. Or, to phrase it another way, a neurodiverse group is a group in which multiple neurocognitive styles are represented. A family, the faculty or student body of a school, the population of a town, or the cast of characters of a TV show would be neurodiverse. If some members had different neurocognitive styles from other members – for instance, if some members were neurotypical while others were individuals on the spectrum.

What It Doesn't Mean: Many people mistakenly use neurodiverse where the correct word would be neurodivergent. The incorrect use of neurodiverse to mean neurodivergent is by far the most common. There is no such thing as a ‘neurodiverse individual.’ The correct term is “neurodivergent individual.”

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



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.