

VOL. 6 ISSUE 18 | MAY 5, 2025

WEEKLY *Communique*

STFC Supporting Caregivers throughout BC's Interior

There's
more to me.

Open and honest
conversations connect us all.

#UnmaskingMentalHealth



CMHA Mental Health Week • May 5-11, 2025

MAY 5 IS RED DRESS DAY



"Indigenous women, girls, transgender, gender-diverse, and Two-Spirit people continue to go missing and are murdered at an alarming and disproportionate rate. The MMIWG2S+ genocide was the subject of a three-year National Inquiry, resulting in a Final Report and 231 Calls for Justice that outline the immediate and sustained action required to redress the overwhelming amount of violence against Indigenous women, girls, and 2SLGBTQQIA+ people.

Since the National Inquiry closed in 2019, the Government of Canada has been tasked with creating a National Action Plan to address the genocide, an issue that ninety percent of Canadians feel is important. However, to date there has been very little government progress made on the National Action Plan, with Canadians rating the government's response to the MMIWG2S+ genocide as poor." For more info, check out:

<https://www.nwac.ca/>

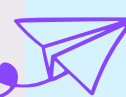
I
N
P
E
R
S
O
N

WILLIAMS LAKE DROP-IN

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

KAMLOOPS FOSTER PARENT DROP-IN

Wednesdays
9:00am - 10:30am
At the Loft
(2nd Floor of grey building)



Followed by:

AUDIO BOOK CLUB

HOW TO TALK SO TEENS WILL LISTEN

Wednesdays
10:30am-12Noon (PST)

V
I
R
T
U
A
L

ALL AREAS FOSTER PARENT DROP-IN

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

AUDIO BOOK CLUB

HOW TO TALK SO TEENS WILL LISTEN

Wednesdays
10:30 am-12Noon (PST)
OR
6:00pm - 7:30pm (PST)
Zoom ID: 832 4280 1289

WEST KOOTENAY FOSTER PARENT DROP-IN

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

TOILETING 101

TUESDAY, MAY 13
10:00am - 12Noon (PST)

**NEW
DATE**

POOP TEACHING 101

TUESDAY, MAY 27
10:00am - 12Noon (PST)



PROVINCIAL SUPPORT AGENCY
CAREGIVER LEARNING
NETWORK

SAFE BABIES TRAINING

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

Sexual Health Education Series for Teens

SEX TRAFFICKING WITH KERRI ISHAM

WEDNESDAY, MAY 21
6:30pm - 8:00pm (PST)

You were born with the ability to change someone's life. Don't ever waste it. Unknown

BOOK CORNER

TEN THINGS I WISH YOU KNEW ABOUT YOUR CHILD'S MENTAL HEALTH

by Dr. Billy Garvey (July, 2024)

"Children of all ages are grappling with anxiety, depression, low self-esteem and behavioural issues, and it can take years to see an expert who can help them.

Dr Billy Garvey is a senior specialist at one of the world's biggest and most prestigious paediatric hospitals. With over twenty years' experience working with families, he wants to reassure parents that there is no such thing as a bad child and that much of what he tells families in clinic is based on the same principles he outlines in this book.

Regardless of whether you have a young child or a teen on the brink of adulthood, by understanding the foundations of good mental health, you will be able to help them to thrive at any stage in their development."

FREE FAMILY SMART WEBINARS

SUPPORTING KIDS WITH SUBSTANCE MISUSE

A Conversation With Together We Can

Wednesday, May 7, 2025

6:30pm – 7:30pm (PST)

SUBSTANCE USE AND THE POWER OF SUPPORT

A Conversation With Guy Felicella

Thursday, May 8, 2025

6:30pm – 7:30pm (PST)

FINDING & CREATING CONNECTION WITH KIDS

A Conversation With Parents, Jagdeep Hayre, Kim Robinson, and Tammy Music

Tuesday, May 6, 2025

6:30pm – 7:30pm (PST)

MENTAL HEALTH WEEK 2025

MAY 5 - 11, 2025:

UNMASKING MENTAL HEALTH

"Living with a mental health or substance use challenge is hard enough; masking can make it even harder. Living with mental health challenges often forces people to hide behind a "mask" to protect themselves from judgment and discrimination. But the heavier the stigma, the heavier the mask becomes, and the more isolated we feel. This May 5-11, we're encouraging people across Canada to look beyond the surface and see the whole person. By embracing honesty and vulnerability, we open the door to deeper connections and the mental health benefits that come with it. In doing so, we can create a ripple effect of courage and understanding across the country."

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.