



# WEEKLY Communiqué

STFC Supporting Caregivers throughout BC's Interior



## IN PERSON

### KAMLOOPS FOSTER PARENT DROP-IN

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

*Followed by:*

### AUDIO BOOK CLUB ADHD IS AWESOME

Wednesdays  
10am-12Noon (PST)

## VIRTUAL

### FOSTER PARENT DROP-IN

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

### WEST KOOTENAY FOSTER PARENT DROP-IN

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

### AUDIO BOOK CLUB

**ADHD IS AWESOME: A GUIDE TO (MOSTLY) THRIVING WITH ADHD**  
Wednesdays  
10:00am-12Noon (PST)  
OR  
6:30pm - 8:30pm (PST)  
Zoom ID: 832 4280 1289

## FREE WEBINAR INSTITUTE OF CHILD PSYCHOLOGY SUPPORTING GRIEVING YOUTH

**May 22 9:00am(PST)**

Discover how children experience grief differently from adults. Guest speaker Sarah Mayfield—who sought support for her son after losing a sibling—shares insights on:

- age-related grieving patterns
- questions kids ask and how to respond
- the latest research on bereaved youth

## HELP STARTS HERE

"Everyone's story is unique, whether you are on a personal journey or are supporting someone who is facing mental health or substance use challenges. HelpStartsHere.gov.bc.ca was created because:

- People from all over British Columbia should have the tools necessary to navigate accessing the services and resources they need. And sometimes you may not know where to start.
- People need access to the right supports, at the right time, that meet them where they are at, easily and quickly."

### TOILETING 101

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

### POOP TEACHING 101

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

### **Sexual Health Education Series for Teens**

#### SEX TRAFFICKING WITH KERRI ISHAM

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

## **SUMMER FUN / TRAVEL REMINDERS**

Please remember to ensure that your children and/or youth in care have proper helmets, life jackets and other safety gear for their fun in the sun! If you are planning to travel over the holidays, you must inform your Resource Social Worker and the child/youth Social Worker of your plans ahead of time. Make sure they have an emergency contact number that they can reach you at. If you are traveling out of province/country be sure to leave enough time to have your border crossing letters completed.

# PUBLIC GUARDIAN AND TRUSTEE SURVEY

## Public Guardian and Trustee Accessibility Survey

"Have you interacted with the PGT as a client, family or friend of a client, or a third-party partner? We would like to hear from you about your accessibility experience in this anonymous survey.

The Accessible B.C. Act is a law that helps make B.C. a more accessible province for people with disabilities. Under the Act, the PGT has created an Accessibility Plan. The plan focuses on understanding the current state of accessibility at the PGT and learning more. The PGT aims to identify, remove and prevent barriers to people who interact with us.

Information is collected under the Freedom of Information and Protection of Privacy Act (FOIPPA) for the purpose of public feedback as per section 12 of the Accessible British Columbia Act. If you have any questions about the collection, use or disclosure of information, contact the PGT's Information and Privacy Officer at 604-660-4444 or mail@trustee.bc.ca."

# PARENT SUPPORT SERVICES SOCIETY FREE WORKSHOPS

**"Keeping Seniors Safe Online | Presented by Merlyn Horton** This workshop will touch on:

- Understanding Online Threats
- Recognizing Online Scams
- Safe Browsing and Email Practices
- Social Media and Privacy
- Mobile Device Security

**Wednesday, May 28 10:00 AM – 11:30 AM**

**Here To Help: Discussing Stigma Prevention & The Parent Support Hub**

This workshop will explore:

- What stigma is, how it impacts mental well-being, and how it complicates recovery from substance use.
- We will share practical and compassionate strategies that families can use to support young people who are navigating mental health and substance use challenges

**Wednesday, June 4 10:00 AM – 11:30 AM**

**Reframing Picky Eating: Supporting Your Eater in Training** This workshop will explore:

- What is "normal" eating?
- Your roles vs your child's roles around food/eating
- How to address common challenges
- Helping your child have a positive relationship with food
- Reliable nutrition resources

**Wednesday, June 11 10:00 AM – 11:30 AM"**

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

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**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.