

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: A GUIDE TO (MOSTLY) THRIVING WITH ADHD

Wednesdays
10am-12Noon (PST)

WEST KOOTENAY FOSTER PARENT DROP-IN

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

VIRTUAL

FOSTER PARENT DROP-IN

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

ADHD IS AWESOME: A GUIDE TO (MOSTLY) THRIVING WITH ADHD

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

 PROVINCIAL SUPPORT AGENCY
CAREGIVER LEARNING NETWORK

DR CINDY BLACKSTOCK

MONDAY, JUNE 16
9:30am - 11:30am (PST)

PREPARING FOR ADULTHOOD

THURSDAY, JUNE 19
6:30am - 8:30pm (PST)

FREE WEBINAR

MINDSRPING ALLIANCE

"Delivering comprehensive outreach & education is the heart of our mission. Our goal is to ensure that mental health services and supports are readily accessible to everyone in need. As always, these events are absolutely free & everyone is welcome."

If you cannot make it, register and you will be sent the replay.

Understanding Toxic Relationships

June 17 10:00 am (PST)

Toxic relationships are characterized by controlling, manipulative, or abusive behaviors that slowly wear away at a person's self-worth, self-esteem, and overall happiness. Learn to recognize the signs of a toxic relationship and discuss communication skills, accountability, and personal boundaries.

Understanding Hypochondria and Somatic Symptom Disorder

June 18 10:00 am (PST)

I Don't Need Help: Supporting People Who Can't See Their Mental Illness

June 25 10:00 am (PST)

Understanding Agoraphobia

June 25 8:00 am (PST)

FREE HANDOUT: GOZEN.COM (PRINTABLE HANDOUT) THE WORDS PEOPLE-PLEASING KIDS NEED MOST

"67 powerful phrases you can use to help your child shift from pleasing others to honoring themselves. These aren't one-time fixes. They're gentle truths to return to again and again—until your child starts to believe them, too."

We don't do it hoping it will be easy. We do it knowing it will be worth it. Jason Johnson

CENTRE ON THE DEVELOPING CHILD AT HARVARD UNIVERSITY

A GUIDE TO MENTAL HEALTH

"Learn how early experiences shape the architecture of the developing brain and lay the foundations for mental health across the lifespan.

Early experiences and exposures, beginning before birth, shape the developing brain and other biological systems, laying the foundation for lifelong mental health. Negative experiences and exposures in the developmental environment during this critical period—including factors like toxic stress, persistent neglect, or the challenges of poverty—can affect a child's ability to learn and build relationships, impacting their well-being throughout the lifespan.

As with so many other aspects of early childhood development, mental health outcomes are shaped not only by a child's early experiences and exposures but also by genes and timing, with the earliest years being of critical importance. Policies that support the creation of healthy developmental environments - and reduce sources of stress for children, caregivers, and communities - can help support the lifelong mental health of our children. Explore the resources in this guide to learn how the foundations of mental health are built and how a child's earliest experiences shape the architecture of the developing brain."

UNDERSTOOD.ORG

Understood.org is "the leading nonprofit empowering the 70 million people with learning and thinking differences in the United States. We provide free, expert-vetted resources and support so people who learn and think differently can thrive - in school, at work, & throughout life."

Check out their many resources including:

How to help your child cope with test anxiety

- 9 tips for helping grade-schoolers
- 8 tips to help middle-schoolers
- 5 tips to help high-schoolers

Podcast: Climbing the Walls

"The rise in ADHD diagnoses among women since the pandemic is changing the way we think about ADHD. Join Danielle Elliot, health and science journalist, as she explores the impact of so many women going undiagnosed for so long. Through personal stories from women with ADHD—including her own—and interviews with experts, Danielle starts answering some of the big questions: Why women? And why now?"

Podcast: In It

"Listen to the joys and frustrations of supporting kids who learn and think differently. Hosts Rachel Bozek and Gretchen Vierstra talk with parents, caregivers, teachers, and sometimes kids, offering support and advice for and from people who struggle with reading, math, focus, and other learning differences."

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



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.