

# 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

**DON'T MISS THESE  
AMAZING WORKSHOPS  
THIS WEEK ON THE CLN**

**DR CINDY BLACKSTOCK  
SPIRIT BEAR'S GUIDE  
TO RECONCILIATION**

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

**PREPARING FOR  
ADULTHOOD**

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

## CRISIS AND TRAUMA RESOURCE INSTITUTE

**JUNE 1 HOUR FREE WEBINAR:**

**ADVERSE CHILDHOOD EXPERIENCES  
HEALING CHILDHOOD TRAUMA**

TRAINER: Jennifer Slay, MSW, RSW

"Helping children work through adverse childhood experiences (ACEs) is difficult but important work because they can have lifelong effects on mental, physical, and relationship health. This webinar will review the possible effects of ACEs on a child's brain and introduce practical strategies for supporting children and their caregivers. Key points will be reviewed to help identify ACEs both individually and in the community, recognize their signs and symptoms, and learn preventative strategies for counteracting their negative effects."

"You will learn to:

- Define individual and community adverse childhood experiences
- Describe the impact of trauma on a child's brain, community and the family
- List preventative strategies to counteract the negative effects of ACEs"



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

## MCFD

### LEARNING FUND FOR YOUNG ADULTS (LFYA)

"The Learning Fund for Young Adults (LFYA) grant provides eligible young adults with care experience a one-time payment of \$1500 to contribute to the costs of participating in an educational, employment, training or life skills-based program or activity of their choice.

**Am I Eligible?** To qualify for the LFYA grant, young adults must meet all 3 of the following requirements: be born on or after January 1, 2006, be at least 17 years of age, and have 12 months of care between birth and their 19th birthday in at least one of the qualifying legal statuses listed below:

- Interim Custody Order to the director
- Temporary Custody Order to the director
- Continuing Custody Order to the director
- Under the guardianship of a director pursuant to the Infants Act
- Under the guardianship of the director of adoption pursuant to the Adoption Act
- Interim Custody Order with person other than a parent
- Temporary Custody Order with person other than a parent
- Youth Agreement (YAG)"

For more info, visit: [LYFA](#)

## THE RESILIENCE WORKBOOK FOR KIDS:

**Fun CBT Activities to Help You Bounce Back from Stress and Grow from Challenges**

**By: Caren Baruch-Feldman and Rebecca Comizio** As a parent, you want to protect your child from life's difficulties. But this isn't always possible. In order to face the uncertainty and inevitable setbacks of life with confidence, children need the right tools. The good news is that you can give them these tools. Designed for kids ages 7 to 12, this workbook provides actionable techniques to help kids cope with stress, manage powerful emotions, and grow through life's challenges.

The Resilience Workbook for Kids offers engaging activities grounded in evidence-based cognitive behavioral therapy (CBT) and positive psychology to help your child recover from difficult experiences. Your child will learn how to "make friends with" their emotions, focus on the things in life that make them happy, and connect with what really matters to them. Finally, your child will discover how helping others can make them feel good about themselves, so they can move beyond feelings like sadness, fear, and anger. Resilience can help kids stay strong and recover from the psychological impact of stress. This workbook will help your child find the tools needed to build resilience in the face of stress, so they can bounce back even better.

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

**Program Coordinator: Kari Bepple**

[kbepple@interiorcommunityservices.bc.ca](mailto: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](mailto:rbonthoux@interiorcommunityservices.bc.ca)

Jessica Galbraith (250) 819-5819

[jgalbraith@interiorcommunityservices.bc.ca](mailto:jgalbraith@interiorcommunityservices.bc.ca)

Marna Forsyth (250) 609-2017

[mforsyth@interiorcommunityservices.bc.ca](mailto:mforsyth@interiorcommunityservices.bc.ca)

Jane Wesko (250) 608-7674

[jwesko@arcprograms.com](mailto:jwesko@arcprograms.com)

Tabitha Fournier (250) 320-4603

[tfournier@interiorcommunityservices.bc.ca](mailto:tfournier@interiorcommunityservices.bc.ca)

James Weir (250) 426-6013

[jweir@interiorcommunityservices.bc.ca](mailto: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](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.