

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**

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**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



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Facebook page and our agency's
'Interior Community Services'
Facebook page.