

WEEKLY *Communiqué*

STFC Supporting Caregivers throughout BC's Interior



JULY 1ST IS CANADA DAY

Be sure to include a time for reflection as well as celebration. Learn more about reconciliation, take action, and strengthen your relationships with Indigenous people.

IN PERSON

KAMLOOPS FOSTER PARENT DROP-IN

Wednesdays
9:00am - 10:00am

At the Loft
(2nd Floor of grey building)

AUDIO BOOK CLUB WILL RESUME IN THE FALL

WEST KOOTENAY FOSTER PARENT DROP-IN

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

VIRTUAL

FOSTER PARENT DROP-IN **CANCELLED DUE TO JULY 1 HOLIDAY**

9:00am - 10:00am (PST)
Zoom ID: 8822 2406

AUDIO BOOK CLUB WILL RESUME IN THE FALL



PROVINCIAL SUPPORT AGENCY
CAREGIVER LEARNING
NETWORK

CHECK OUT THE ON DEMAND PAGE

DR. CINDY BLACKSTOCK:
SPIRIT BEAR'S GUIDE TO
RECONCILING HISTORY

DBT SKILLS

PFLAG CANADA

"At pflag we help 2SLGBTQ+ people & loved ones connect with resources & find a supportive community. We are a family for all. In communities across the country, the Pflag Canada network provides peer support, education and advocacy for a Canada that affirms respects and values all sexualities, genders and gender expressions.



NAFC Indigenous
Youth Council
l'ANCA Conseil des
jeunes autochtones

INDIGENOUS YOUTH COUNCIL ELECTIONS

APPLICATIONS ARE NOW OPEN
FOR TWO POSITIONS.

PRESIDENT

SECRETARY

DEADLINE TO APPLY IS JULY 20TH AT 4PM.

WWW.NAFC.CA/YOUTH-FORUM



AC FRIENDS OF COURT EVERYDAY LAW SERIES

Human Rights Trans & Queer Folx

Learn about queer and trans people's rights under the BC Human Rights code on housing, employment and services. Plus, what s.7 says about publishing hate online. Presented in several languages. For Free. Drop in.

312 Main 530 to 7 PM or virtually on Zoom
June 16 Spanish + Portuguese + English
June 23 English + Tagalog + Japanese
June 30 Mandarin + Cantonese + English

More information



VPL Kensington 1428 Cedar Cottage Mews,
Vancouver 3 to 430 PM or virtually on Zoom
July 12 Punjabi + Hindi + English

More information: <https://forms.gle/Nwb4BnkMjhFa5An9>

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



INDIGENOUS RESOURCES

RECOMMENDED BY DR. CINDY BLACKSTOCK

[Spirit Bear's Guide to the Truth and Reconciliation Commission of Canada Calls to Action: 94 ways you can make a difference!](#)

[Spirit Bear: Echoes of the Past](#)

Based on a True Story Written by Dr. Cindy Blackstock Illustrated by Spotted Fawn Productions *Many books with learning guides!*

[Spirit Bear Animations](#) (Spotted Fawn Productions)

[Jordan River Anderson - The Messenger](#)

[Reconciling History -](#)

"The Reconciling History initiative invites people to learn from the past in the spirit of the Truth and Reconciliation Commission and its Calls to Action. By learning about the complete and true story of the relationship between Indigenous and non-Indigenous peoples in Canada, we can all have a better understanding of how we can contribute to reconciliation in meaningful ways. Reconciling History provides an opportunity to learn about Canada's treatment of Indigenous children and families in a way that links lessons of history to contemporary injustices."

BOOK CORNER

THE WHOLE-BRAIN CHILD WORKBOOK:

PRACTICAL EXERCISES, WORKSHEETS AND ACTIVITIES TO NURTURE DEVELOPING MINDS

by: Daniel J Siegel and Tina Payne Bryson

"Based on their bestselling book, *The Whole-Brain Child*, internationally acclaimed neuropsychiatrist Dan Siegel and brain-based parenting expert Tina Payne Bryson have created a companion workbook to apply the metacognitively based whole-brain principles. The workbook presents a unique, interactive approach that allows readers to not only think more deeply about how the ideas fit their own parenting (and or teaching) approach, but also develop specific, practical ways to implement the concepts with children. Provides dozens of practical, age-specific exercises and activities to help children learn to better manage their own minds.

The Whole-Brain Child Workbook has a unique, interactive approach that allows readers not only to think more deeply about how the ideas fit their own parenting approach, but also develop specific and practical ways to implement the concepts - and bring them to life for themselves and for their children.'

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



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'ICS Support To Family Care Network'

Facebook page and our agency's

'Interior Community Services'

Facebook page.