

# 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

9:00am - 10:00am (PST)  
Zoom ID: 882 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."

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



 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](http://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: [www.legalformsbca.ca](http://www.legalformsbca.ca)



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## 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

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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.