

# WEEKLY *Communiqué*

STFC Supporting Caregivers throughout BC's Interior



## IN PERSON

### KAMLOOPS

#### FOSTER PARENT DROP-IN

Wednesdays

9:00am - 11:00am

At the Loft

(2nd Floor of grey building)

## 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

## AUDIO BOOK CLUB

POSTPONED FOR  
THE SUMMER

## INSTITUTE OF CHILD PSYCHOLOGY LIVE FREE WEBINARS IN JULY

JULY 17 9:00am (PST)

### The Sleep Fix: Helping Babies (& Parents) Rest Easy: Lauren Weber

"In this session, Lauren will introduce you to the Baby-Led Sleep™ approach — a compassionate, science-backed methodology that emphasizes connection, responsiveness, and understanding of biologically normal infant sleep patterns. Drawing from over a decade of experience and principles from Cognitive Behavioral Therapy for Insomnia (CBT-I), Lauren will provide actionable strategies to help both babies and parents achieve restful nights. What You'll Learn:

- The fundamentals of the Baby-Led Sleep™ approach and how it differs from conventional sleep training.
- Practical tools to address common sleep challenges without compromising your family's well-being.
- Insights into creating a sleep-friendly environment that benefits both infants and adults.

Whether you're a new parent or navigating toddler sleep transitions, this workshop offers a holistic perspective to help your entire family sleep better and feel more connected."

JULY 29 9:00am (PST)

### Let Them Catch Your Calm: Transform Student Behavior

#### **Cracking the Code: Student Behaviour**

"Get ready for a lively, no-fluff session with Erika Bare and Tiffany Burns —educators, leaders, and co-authors of Connecting Through Conversation: A Playbook for Talking with Students. This engaging webinar will equip you with real-world tools to navigate behavioral conversations with clarity, calm, and confidence. Whether you're facing daily disruptions or trying to build stronger classroom culture, Erika and Tiffany will show you how to ditch the power struggles and create student-centered environments where everyone thrives."

## RCY: MARKING THE FIRST ANNIVERSARY OF DON'T LOOK AWAY

"Almost one year ago, you gathered with us to release the most significant report the Representative for Children and Youth BC has initiated in its history: "Don't Look Away: How one boy's story has the power to shift a system of care for children and youth". Join us via Zoom on Tuesday, July 15 from 10:00am to 12:00pm (PST)."

*"To love someone is to show them their beauty, their worth, and their potential." – Leo Buscaglia*



## FREE WEBINAR

### **CARE FOR THE CAREGIVER RETHINKING SPECIALIZED OCD TREATMENT AT EVERY STAGE:**

**July 15 12:00PM (PST)**

"This presentation is for anyone impacted by OCD, whether you live with it, support someone who does, or work closely with individuals in care settings. Tailored **especially for caregivers**, health care assistants, and long-term care workers, this session offers real-world insights and the latest research on OCD across the lifespan. Together, we'll explore how to recognize early signs, where to find the right support, and what effective care can look like in both personal and professional contexts.

You'll leave with practical tools to better understand OCD, support others more confidently, and manage its challenges at home and at work.

By the end of the session, participants will be able to:

- Identify recent advances in specialized treatments for Obsessive-Compulsive Disorder (OCD).
- Discuss practical strategies that can support individuals with lived experience and caregivers before, during, and after OCD treatment.

## **SCREEN DEEP PODCAST**

The Screen Deep podcast features deep dives with experts to decode young brains and behavior in a digital world.

"Screen Deep – nominated for a Webby Award in the highly competitive Science and Education (Podcasts) category – dives into the latest research, groundbreaking studies, and expert insights on how digital media shapes child development. Designed for intellectually curious listeners, the podcast blends accessible storytelling with engaging conversations grounded in rigorous research. Each 30–40 minute episode explores compelling questions affecting today's youth, offering thoughtful insights to help parents, caregivers, and educators better support children's health and development in a digital world."

Check out some of the sessions:

**The Science of Boredom** with Dr. James Danckert  
Boredom is a common and frequently misunderstood psychological state for adults and children alike. On this episode, host Kris Perry goes deep with leading boredom researcher James Danckert, PhD, a Professor of Neuroscience at University of Waterloo. Dr. Danckert explains the unique neural state of boredom, dispels both positive and negative myths about it, and explains how boredom is distinct from other feelings. Sharing research that indicates boredom is on the rise, Dr. Danckert delves into how boredom is a "call to action" that can be motivating, and how it relates to other issues like attention, loneliness, self-control, multitasking, and increased digital media use.

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

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