



VOLUME 9

APRIL 28 2025

Issue
EIGHT

Times to Connect

VIRTUAL

Out of Care/ Kinship Drop In

Tuesday May 6
10:00 - 11:00 AM (PST)
Zoom ID: 858 3771 6954

AUDIO BOOK CLUB
HOW TO TALK SO TEENS WILL LISTEN

Wednesdays
10 am- 12 Noon OR 6:30-8:30 PM (PST)
Zoom ID: 832 4280 1289

IN-PERSON

Cup O Chat- 100 Mile House
Monday April 28
9:30-11:00 AM (PST)
Smitty's

Cup O Chat- Williams Lake
Tuesday April 29
9:30-11:00 AM (PST)
The Heart Restaurant

Williams Lake &
100 Mile House Drop In
Weekly on Wednesdays
9:00am-2:00pm (PST)
At the Foundry

Mini-Golf & Pizza
East Kootenay & Cranbrook
Monday April 28
5:00-7:00PM (MST)
Elizabeth Lake Lodge



Up Coming Trainings On The Caregiver Learning Network

TOILETING 101 Katie Rinauld

Tuesday May 20
10:00AM- 12:00PM (PST)

SEX TRAFFICKING Kerri Isham

Wednesday May 21
6:30- 8:00PM (PST)

POOP TEACHING 101 Katie Rinauld

Tuesday May 27
10:00AM- 12:00PM (PST)

For more information click the title

#UnmaskingMentalHealth

CMHA Mental Health Week

This Mental Health Week (May 5-11), we're encouraging people across Canada to look beyond the surface and see the whole person. By embracing honesty and vulnerability, we open the door to deeper connections and the mental health benefits that come with it. In doing so, we can create a ripple effect of courage and understanding across the country.

Vist [CMHA](#) for free mental health trainings!



April is Autism Action/Awareness/Acceptance Month

YOUTH IN CARE ARE AWESOME

2025 CAMPAIGN

Submit your work by May 20, 2025



[www.bccchildandyouthcareweek.com/
youthcareareawesome-campaign.html](http://www.bccchildandyouthcareweek.com/youthcareareawesome-campaign.html)



This drawing depicts the kindness and gentleness of the world around me. When in care it can be lonely and isolating but I found amazing people who have made me who I am.

- EL

CONNECT WITH US SUPPORT TO FAMILY CARE NETWORK PROGRAM

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Talking to Teens About Mental Health

Teens need to know that they can take charge of their well-being, speak up if they start to notice problems, and support others respectfully. Many mental illnesses start during the teen years, yet many teens don't receive the help they need right away. It doesn't have to be that way. Working towards good mental health and seeking help early means that teens can get back on their feet more quickly when problems arise. We know that teens want open lines of communication with their parents. Teens who are connected to caring adults they can turn to tend to feel better and do better. You don't need to have all the answers. You just need to be open, curious, and compassionate.

Warning signs

These are some warning signs for common mental health problems. These signs may not point to a mental illness, but they show that it's time to talk with your teen and then with a doctor or mental health professional to see what's going on.

- Anxiety that seems extreme given the situation
- Low mood that lasts for a long time
- Unusually high mood, racing thoughts or ideas
- Hopelessness, worthlessness, or talk of death
- Excessive irritability or anger
- Changes in eating, weight, or sleeping
- Self-injury
- Sensations that aren't real
- Strange beliefs that can't possibly be true

For more information visit [CMHA](http://cmha.ca)

If anyone talks about suicide or ending their life, take it seriously. Please call Kids Help Phone at 1-800-668-6868, or the First Nations and Inuit Hope for Wellness Help Line at 1-855-242-3310.

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



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.



"Kindness can transform someone's dark moment with a blaze of light. You'll never know how much your caring matters." - Amy Leigh Mercree