



## Support

## REPORT

## Up Coming Trainings

**REPLAY**

**CARING FOR THE ROOTS**

AVAILABLE UNTIL APRIL 7th

**HOW TO CAREGIVE DURING TIMES OF GREIF & LOSS**

Tuesday April 1st  
9:30AM- 12:30PM (PST)

**DBT SKILLS**

Thursday Morning  
10:00AM- 12:00PM  
April 3rd to April 24

**TIPS AND TOOLS FOR SUCCESSFUL CONFLICT**

Monday April 7th  
9:30-11:30AM

**HOPE FOR THE JOURNEY 2025**

Tuesdays April 15- May 6  
9:30AM - 12:30PM (PST)

**BECOMING A BEHAVIOURAL DETECTIVE**  
with Kim Barthel

Wednesday, April 16  
9:00AM- 4:00PM (PST)

For more information click the title

## Times to Connect

## VIRTUAL

Out of Care/ Kinship  
Drop In

Tuesday April 1  
10:00 - 11:00 AM (PST)  
Zoom ID: 858 3771 6954

AUDIO BOOK CLUB  
THE BREAKTHROUGH YEARS

**RESUMING  
APRIL 23**

10 am - 11:30 PM  
Zoom ID: 832 4280 1289

**April is  
Autism  
Awareness  
Month**



## Book Corner



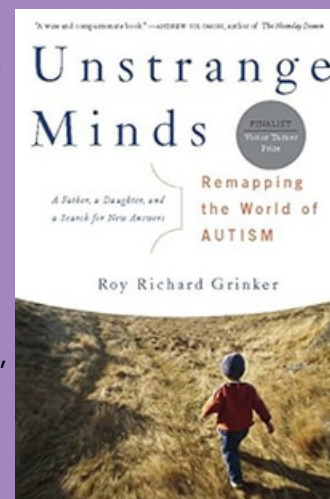
**Unstrange Minds: Remapping the world of Autism  
by Roy Richard Grinker**

A father's inspiring portrait of his daughter informs this classic reassessment of the "epidemic" of autism.

When Isabel Grinker was diagnosed with autism in 1994, it occurred in only about 3 of every 10,000 children. Within ten years, rates had skyrocketed. Some scientists reported rates as high as 1 in 150. The media had declared autism an epidemic.

*Unstrange Minds* documents the global quest of Isabel's father, renowned anthropologist Roy Richard Grinker, to discover the surprising truth about why autism is so much more common today. In fact, there is no autism epidemic. Rather, we are experiencing an increase in autism diagnoses, and Grinker shows that the identification and treatment of autism depends on culture just as much as it does on science.

Filled with moving stories and informed by the latest science, *Unstrange Minds* is a powerful testament to a father's search for the truth.



# AUTISM

Want to learn more?

## AUTISM BC

### Neurodivergent Apps and Equipment

Everyone sometimes needs help staying focused, calming down, or **keeping organized**, and sensory-friendly apps, equipment, and other tools can help. Many in-person and online resources can support neurodivergent people during transitions and challenges. This is an extensive list of tools and apps you can use for yourself, your kids, or your entire family to help you navigate this wonderful, diverse journey of life – that we sometimes have a hard time keeping up with! This list has items designed for the entire family—not just the kids.”

#### **Sensory Equipment**

- Noise
- Deep Pressure,
- Lighting
- Movement
- Clothing
- Journals/Books
- Furniture
- Communication
- Regulation

#### **Apps & Computer Programs**

- Children's Apps
- Apps for Teens!
- Adult apps
  - Sensory
  - Emotionally Regulating
  - Organization and Scheduling and Routines
  - Emotional/Health Tracking
  - Mental Health
  - Communication
  - Social Apps
  - Travel

## AUTISM CANADA WORDS MATTER

“Autism is a complex issue – one that intersects with many other complicated social issues. The complexity of this conversation and the diversity of the groups concerned means that dialogue can be difficult at times. In this vein, it is necessary to create a shared language that will ensure a productive, positive discourse, respectful of all relevant parties.

#### EXAMPLE: “NEURODIVERSE

**What It Means:** A group of people is neurodiverse if one or more members of the group differ substantially from other members, in terms of their neurocognitive functioning. Or, to phrase it another way, a neurodiverse group is a group in which multiple neurocognitive styles are represented. A family, the faculty or student body of a school, the population of a town, or the cast of characters of a TV show would be neurodiverse. If some members had different neurocognitive styles from other members – for instance, if some members were neurotypical while others were individuals on the spectrum.

**What It Doesn't Mean:** Many people mistakenly use neurodiverse where the correct word would be neurodivergent. The incorrect use of neurodiverse to mean neurodivergent is by far the most common. There is no such thing as a ‘neurodiverse individual.’ The correct term is “neurodivergent individual.”

## **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!**

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**‘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