



Support REPORT

Up Coming Trainings

REPLAY

CARING FOR THE ROOTS

AVAILABLE UNTIL APRIL 7th

REPLAY

HOW TO CAREGIVE DURING TIMES OF GRIEF & 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

10 am - 11:30 AM (PST)
Zoom ID: 832 4280 1289

RESUMING APRIL 23

April is Autism Awareness Month



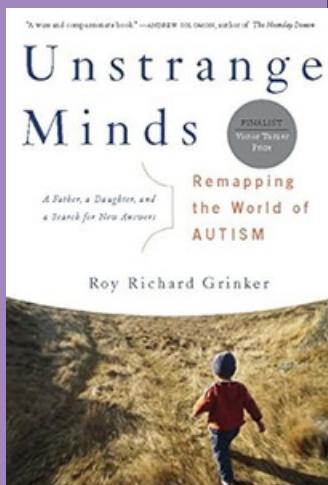
Unstrange Minds: Remapping the world of Autism by Roy Richard Grinker

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?
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