



THE Support REPORT

Times to Connect VIRTUAL

ADHD is Awesome: A Guide To
(Mostly) Thriving With ADHD

Wednesdays
10am-12Noon (PST) OR
6:00pm - 8:00PM (PST)
Zoom ID: 832 4280 1289

Out of Care/ Kinship
Drop In

Tuesday June 18
8:00 - 9:00PM (PST)
Zoom ID: 858 3771 6954

Up Coming Trainings On The Caregiver Learning Network

Preparing Youth for
Adulthood

**Thursday June 19
6:30- 8:30PM (PST)**

For more
information
click the title

LEARNING FUND FOR YOUNG ADULTS (LFYA)

"The Learning Fund for Young Adults (LFYA) grant provides eligible young adults with care experience a one-time payment of \$1500 to contribute to the costs of participating in an educational, employment, training or life skills-based program or activity of their choice.

Am I Eligible? To qualify for the LFYA grant, young adults must meet all 3 of the following requirements: be born on or after January 1, 2006, be at least 17 years of age, and have 12 months of care between birth and their 19th birthday in at least one of the qualifying legal statuses listed below:

- Interim Custody Order to the director
- Temporary Custody Order to the director
- Continuing Custody Order to the director
- Under the guardianship of a director pursuant to the Infants Act
- Under the guardianship of the director of adoption pursuant to the Adoption Act
- Interim Custody Order with person other than a parent
- Temporary Custody Order with person other than a parent
- Youth Agreement (YAG)"

For more info, visit: [LYFA](#)

SUPPORTING POSITIVE DEVELOPMENT FOR LGBTQ YOUTH

Adolescence is a time of intense learning and adaptation when we forge our sense of who we are and who we want to be. Throughout this remarkable period of development, we begin to explore the world and create new relationships with our peers and communities.

Young people who identify as lesbian, gay, bisexual, transgender, queer, and questioning (LGBTQ) are often tackling these developmental tasks with the added challenges of discrimination and victimization from their communities, schools, peers, and even families. The Trevor Project's [2021 Survey on LGBTQ Youth Mental Health](#), found that 75 percent of LGBTQ young people have experienced discrimination based on their gender identity and sexual orientation. This is on top of the racial discrimination faced by LGBTQ youth of color.

For Resources to support LGBTQ Youth [CLICK HERE](#)

TWO SIMPLE EXECUTIVE FUNCTION STRATEGIES TO AVOID FAMILY STRESS & STAY CONNECTED DURING SUMMER BREAK

For many students it's officially summer break. No routine, no schedule! Wait...no routine and no schedule?! That means the routine and schedule of the academic year that gave consistent and predictable structure is gone. With those elements missing from the day-to-day, or changing from week to week, the summer break can be a stressful one. We'd like to share a couple of strategies/tools that we rely on routinely to help kids and their families connect with each other and collaborate to reduce the stress and anxiety that unstructured time and change in routine might elicit.

1. **Creating menus of options with your child-** There are several strategies and tools that many of the families we work with have found helpful to talk about, plan for, and create structure and predictability. One of our favorites, shared by SLPs and executive function experts Sarah Ward and Kristen Jacobsen (www.efpractice.com), is to create different menus of options for kids to choose from that include a balance of activity choices for body, brain, family, community, and you.
2. **Tips for planning ahead: making a group plan-** Making a plan together, or generating a group plan, is a helpful way to get everyone on the same page about what you'll be doing. It's also a great way to define clearly what the goal of the group is and give each family member an opportunity to advocate for their goals. Making the different roles or jobs that are part of that group plan explicit or concrete can also be helpful

For more information [Click Here!](#)

FREE WEBINAR MINDSRPING ALLIANCE

"Delivering comprehensive outreach & education is the heart of our mission. Our goal is to ensure that mental health services and supports are readily accessible to everyone in need. As always, these events are absolutely free & everyone is welcome."

If you cannot make it, register and you will be sent the replay.

Understanding Hypochondria and Somatic Symptom Disorder

June 18 10:00 am (PST)

I Don't Need Help: Supporting People Who Can't See Their Mental Illness

June 25 10:00 am (PST)

Understanding Agoraphobia

June 25 8:00 am (PST)

CONNECT WITH US SUPPORT TO FAMILY CARE NETWORK PROGRAM

Program Coordinator: Kari Beppele
kbeppele@interiorcommunityservices.bc.ca
Cell: (250) 819-1919
Office: (236) 421-0031 Toll Free: 1-877-376-3660

Network Facilitators:
Renata Bonthoux (250) 319-6557
rbonthoux@interiorcommunityservices.bc.ca
Jessica Galbraith (250) 819-5819
jgalbraith@interiorcommunityservices.bc.ca
Marna Forsyth (250) 609-2017
mforsyth@interiorcommunityservices.bc.ca
Jane Wesko (250) 608-7674
jwesko@arcprograms.com
Tabitha Fournier (250) 320-4603
tfournier@interiorcommunityservices.bc.ca
James Weir (250) 426-6013
jweir@interiorcommunityservices.bc.ca



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