



The Support Report

Times to Connect

Out of Care / Kinship Care Drop in

Wednesday July 23

8:00 - 9:00PM (PST)

Zoom ID: 858 3771 6954



CHECK OUT THE
ON DEMAND PAGE

DR. Cindy Blackstock Spirit Bear's
Guide to Reconciling History

DBT Skills

And Much More!

BC Accessible Adventure Guide

(Family Support Institute of BC)

The BC Summer Adventure List is a curated collection of inclusive, sensory-friendly, free or low-cost activities across British Columbia, designed to make summer recreation fun, accessible, and adaptable for children and adults with disabilities and families. Whether you're looking to enjoy the great outdoors or stay cool indoors, there's something for everyone.

Strategies & Tools

for Social, Emotional & Organizational Learning

For over 25 years Social Thinking has been a guiding resource for schools, clinics, and families around the world, and we're here for you, too! Our Free Stuff Portal is filled to the brim with teaching ideas and resources to foster the development of students' social competencies. Discover free support strategies to use with your students, clients and children. We stand committed to providing quality, practical information that is rooted in research, built upon real-world experiences, and is responsive to the needs of the people who use our methodology. We are constantly learning and gaining inspiration from our clients and others we meet, so our work is ever-evolving yet remains grounded in its adherence to rigorous standards of quality.

- Free stuff for Early Learners (Ages 4-7)
 - Help children build foundational social competencies and essential life skills through stories, lessons, and play activities. Social Thinking's Free Stuff for early learners is designed to be used with both typically developing children and those with social learning differences.
- Free Stuff for School Age (Ages 5-10+)
 - Our role as (Parents, and caregivers is to help motivate social learners to "do the work" and explore how we all share social expectations, thoughts, feelings, make mistakes and try again as we learn to navigate our way toward our social goals. Social Thinking's Free Stuff for school age students is designed to be used with both typically developing children and those with social learning differences.
- Free Stuff for Tweens & Teens (Ages 10+)
 - Evidence-based lens, which encourages the ongoing development of teaching concepts, strategies, and tools for working with and supporting tweens and teens as they learn about themselves and others, as well as how to navigate meeting their own goals in the ever-changing landscapes within the social world. Social Thinking's Free Stuff for tweens and teens is designed to be used with both typically developing children and those with social learning differences.
- Free Stuff for Young Adults & Mature Adults
 - we've focused on the needs of young and mature adults and have found that when these social learners are presented with relevant and explicit concepts, tools, and practical strategies to make sense of evolving expectations within the social world, they can continue to learn to improve their social emotional problem solving.

Book Corner



Hey Awesome:

A Book for Kids About Anxiety, Courage,
and Already Being Awesome

by Karen Young

"Hey Awesome explains how the same brain that can make a child feel anxious sometimes, also comes with amazing strengths. This book also includes powerful tips for children on how they can manage their anxiety. First, we let them know how awesome they are, then we give them what they need to feel it for themselves. If kids with anxiety could see themselves the way we see them, they would feel so much bigger than their anxiety. They would feel so much bigger than everything. Hey Awesome explains how the same brain that can make them feel anxious sometimes, also comes with amazing strengths. It also includes powerful tips for children on how they can manage their anxiety. First, we let them know how awesome they are, then we give them what they need to feel it for themselves."

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."

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

- Amy Mercree

Connect with us...

SUPPORT TO FAMILY CARE NETWORK PROGRAM

Program Coordinator: Kari Beppe

kbeppe@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



Enriching Lives, Strengthening Communities

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.