

# THE *Support* REPORT



**JULY 1  
IS CANADA DAY**

*Be sure to include a time for reflection as well as celebration. Learn more about reconciliation, take action, and strengthen your relationships with Indigenous people.*



**CHECK OUT THE  
ON DEMAND PAGE**

**DR. CINDY BLACKSTOCK: SPIRIT BEAR'S  
GUIDE TO RECONCILING HISTORY**

**DBT SKILLS**

## **Times to Connect VIRTUAL**

Out of Care/ Kinship Drop In

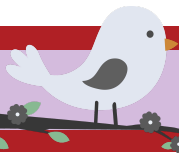
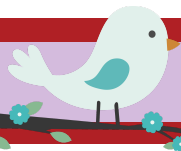
Tuesday July 8  
10:00 - 11:00AM (PST)  
Zoom ID: 858 3771 6954

## **LET'S CHECK IN WITH THE ZONES**

Turn behavior reminders into positive moments for building self-awareness with a Zones Check-In! Join Leah Kuypers, founder and creator of The Zones of Regulation®, along with Zones expert and trainer, Elizabeth Sautter, for an engaging 60-minute session exploring the evolution of The Zones Check-In and overall framework—from inception to today's Digital Curriculum and supporting companion tools.

By registering for this recorded webinar, you agree to share your contact information with both Social Thinking and The Zones of Regulation teams. This allows us to follow up with relevant resources, updates, and exclusive content related to the webinar topic.

**Replay access expires September 1, 2025,  
at 4:30 PM Pacific**



## **PFLAG CANADA**

"At pflag we help 2SLGBTQ+ people & loved ones connect with resources & find a supportive community. We are a family for all. In communities across the country, the Pflag Canada network provides peer support, education and advocacy for a Canada that affirms respects and values all sexualities, genders and gender expressions.

## **INDIGENOUS RESOURCES RECOMMENDED BY DR. CINDY BLACKSTOCK**

**Spirit Bear's Guide to the Truth and  
Reconciliation Commission of Canada Calls to  
Action: 94 ways you can make a difference!**

**Spirit Bear: Echoes of the Past**

Based on a True Story Written by Dr. Cindy Blackstock Illustrated by Spotted Fawn Productions ***Many books with learning guides!***

**Spirit Bear Animations** (Spotted Fawn Productions)

**Jordan River Anderson - The Messenger**

**Reconciling History -**

"The Reconciling History initiative invites people to learn from the past in the spirit of the Truth and Reconciliation Commission and its Calls to Action. By learning about the complete and true story of the relationship between Indigenous and non-Indigenous peoples in Canada, we can all have a better understanding of how we can contribute to reconciliation in meaningful ways. Reconciling History provides an opportunity to learn about Canada's treatment of Indigenous children and families in a way that links lessons of history to contemporary injustices."

# Climate Change: How to support Children & Teenagers

## Suitable for 6-18 year

Climate change can make young people feel worried, angry, sad, frustrated, exhausted, powerless and hopeless about the future. This is why they need support.

Support can help young people:

- feel heard, understood, less alone and safe
- manage their emotions about climate change
- understand what people can do about climate change
- feel a meaningful sense of empowerment and hope
- figure out their values, beliefs and interests
- build their knowledge and skills.

If your child needs support to manage their feelings about climate change, the best ways to help are talking, learning and taking action together.

And if your child is experiencing climate anxiety or distress, letting them know that they're not alone can help. If you think your child's worries are interfering with their daily life, it's best to talk to your GP, a psychologist or a counsellor.

For more info visit [Raising Children](http://Raising Children)



## BOOK CORNER

# THE WHOLE-BRAIN CHILD WORKBOOK:

## PRACTICAL EXERCISES, WORKSHEETS AND ACTIVITIES TO NURTURE DEVELOPING MINDS

by: **Daniel J Siegel and Tina Payne Bryson** "Based on their bestselling book, *The Whole-Brain Child*, internationally acclaimed neuropsychiatrist Dan Siegel and brain-based parenting expert Tina Payne Bryson have created a companion workbook to apply the metacognitively based whole-brain principles. The workbook presents a unique, interactive approach that allows readers to not only think more deeply about how the ideas fit their own parenting (and or teaching) approach, but also develop specific, practical ways to implement the concepts with children. Provides dozens of practical, age-specific exercises and activities to help children learn to better manage their own minds.

The Whole-Brain Child Workbook has a unique, interactive approach that allows readers not only to think more deeply about how the ideas fit their own parenting approach, but also develop specific and practical ways to implement the concepts - and bring them to life for themselves and for their children.'



We hope you have a great  
summer



## CONNECT WITH US SUPPORT TO FAMILY CARE NETWORK PROGRAM

**Program Coordinator:** Kari Beppe  
[kbeppe@interiorcommunityservices.bc.ca](mailto: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](mailto:rbonthoux@interiorcommunityservices.bc.ca)

Jessica Galbraith (250) 819-5819  
[jgalbraith@interiorcommunityservices.bc.ca](mailto:jgalbraith@interiorcommunityservices.bc.ca)

Marna Forsyth (250) 609-2017  
[mforsyth@interiorcommunityservices.bc.ca](mailto:mforsyth@interiorcommunityservices.bc.ca)

Jane Wesko (250) 608-7674  
[jwesko@arcprograms.com](mailto:jwesko@arcprograms.com)

Tabitha Fournier (250) 320-4603  
[tfournier@interiorcommunityservices.bc.ca](mailto:tfournier@interiorcommunityservices.bc.ca)

James Weir (250) 426-6013  
[jweir@interiorcommunityservices.bc.ca](mailto:jweir@interiorcommunityservices.bc.ca)



**Interior  
Community  
Services**  
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](http://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