



# THE Support REPORT

VOLUME 10

MAY 12 2025

Issue  
NINE

## Times to Connect VIRTUAL

Out of Care/ Kinship  
Drop In

Wednesday May 21  
8:00PM - 9:00PM (PST)  
Zoom ID: 858 3771 6954

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

## Up Coming Trainings On The Caregiver Learning Network

TOILETING 101  
Katie Rinauld

Tuesday May 20  
10:00AM- 12:00PM (PST)

SEX TRAFFICKING  
Kerri Isham

Wednesday May 21  
6:30- 8:00PM (PST)

POOP TEACHING 101  
Katie Rinauld

Tuesday May 27  
10:00AM- 12:00PM (PST)

For more information click the title

### HELP STARTS HERE

"Everyone's story is unique, whether you are on a personal journey or are supporting someone who is facing mental health or substance use challenges. HelpStartsHere.gov.bc.ca was created because:

- People from all over British Columbia should have the tools necessary to navigate accessing the services and resources they need. And sometimes you may not know where to start.
- People need access to the right supports, at the right time, that meet them where they are at, easily and quickly."

## MAY 17 IS INTERNATIONAL DAY AGAINST HOMOPHOBIA, TRANSPHOBIA & BIPHOBIA

"The International Day Against Homophobia, Transphobia, and Biphobia was created in 2004 to draw attention to the violence and discrimination experienced by lesbian, gay, bisexual, trans, intersex people, and all of those with diverse sexual orientations, gender identities or expressions, and sex characteristics. The date of 17 May was specifically chosen to commemorate the World Health Organization's decision in 1990 to declassify homosexuality as a mental disorder." For more info, visit:

Qmunity

International Day Against Homophobia Transphobia and Biphobia



**INTERNATIONAL DAY  
AGAINST HOMOPHOBIA,  
TRANSPHOBIA & BIPHOBIA**

A Worldwide Celebration of  
Sexual and Gender Diversities

## MCFD Learning Fund for Young Adults is open for applications

The LFYA is a one-time grant of \$1,500 that helps young people with care experience participate in a range of learning opportunities. Young people can use this grant for an:

- educational,
- employment,
- training or
- life-skills program, course or activity based on their interests and goals.

Young people can apply for the LFYA by accessing the application form on the [LFYA website](#). Eligible applicants can expect to receive payment in approximately 4-6 weeks after the application has been processed.

Please note that eligible young people must:

- Be born on or after Jan 1, 2006, and
- Be at least 17 years old, and
- Have 12 months in one or more qualifying MCFD or Indigenous Child and Family Service (ICFS) Agency legal status from birth to their 19th birthday.

Unsure if someone is eligible? We encourage young people to fill out and submit the application form, and MCFD will confirm this for them - no other documentation required

For more information [click here](#)

**LDS LEARN. DEVELOP. SUCCEED.  
FREE WEBINAR MAY 12**

## **NEUROAFFIRMING PRACTICES FOR MENTAL HEALTH AND LEARNING DIFFERENCES**

"Did you know that individuals with learning differences are at a higher risk of facing mental health challenges? This workshop dives into the complex relationship between learning differences and mental health, highlighting how it affects cognitive function, behaviour, and overall well-being.

Join us for an insightful session where we'll explore neuroaffirming practices that promote resilience and nurture the holistic well-being of neurodivergent individuals. Don't miss out on discovering practical strategies that can make a lasting difference!

Presenters: Join Senior Manager, Youth and Adult Programs, Becky Bishop, and Senior Manager, Early Years Programs, Marlo Humiski, for this inspiring and educational workshop.

LDS is a centre for excellence serving children, youth, and adults with diagnosed or suspected learning differences and brain-based differences like ADHD, dyslexia, and autism. LDS offers individualized, evidence-based programs that target each student's learning needs."

Monday, May 19



## **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!**

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