

# WEEKLY *Communiqué*

STFC Supporting Caregivers throughout BC's Interior



## IN PERSON

### KAMLOOPS

#### FOSTER PARENT DROP-IN

Wednesdays

9:00am - 11:00am

At the Loft

(2nd Floor of grey building)

### WEST

### KOOTENAY

#### FOSTER PARENT DROP-IN

Fridays

11:00am - 12noon

Zoom ID: 250 608 7674

## VIRTUAL

### FOSTER PARENT DROP-IN

Mondays

9:00am - 11:00am(PST)

Zoom ID: 878 8822 2406



### CHECK OUT THE ON DEMAND PAGE

TIPS AND TOOLS FOR  
SUCCESSFUL CONFLICT  
RESOLUTION

TOILETING 101

### AUDIO BOOK CLUB POSTPONED FOR THE SUMMER



## ARE YOU A PARENT/CAREGIVER OF A CHILD WITH A NEURODEVELOPMENTAL DISABILITY?

(e.g., Autism, ADHD, or other)

Do you want to be a member of a **caregiver advisory council** and help us identify **support needs** that are important to caregivers?

### WHAT IS THE STUDY ABOUT?

This study aims to identify **caregivers'** most pressing **support needs** and **research priorities**.



### WHAT DOES PARTICIPATION INVOLVE?

- **Taking photos** to identify support needs.
- **1.5 hour interview** to discuss your experiences.
- **1.5 hour virtual workshop** to share/discuss photos.
- **1.5 hour virtual meeting** to share findings.
- Provide **feedback** on an infographic.

### WHO CAN PARTICIPATE?

Parents or caregivers living in Canada who are:

- from racial or language minority groups
- Indigenous
- fathers
- living with a disability
- low-income
- immigrants or refugees
- live in rural or remote areas



### WHAT WILL YOU RECEIVE?

An **honorarium** will be provided for your participation

### TO PARTICIPATE

Please express interest by July 30th, 2025 to [michelle.kee@umanitoba.ca](mailto:michelle.kee@umanitoba.ca) or scan here:



This study has been approved by the Research Ethics Board at the University of Manitoba (Fort Garry Campus)

**Principal Researcher:** Dr. Miriam Gonzalez, College of Nursing, University of Manitoba

**Co-Investigator:** Dr. Roberta Woodgate College of Nursing, University of Manitoba

**Research Coordinator:** Michelle Kee ([michelle.kee@umanitoba.ca](mailto:michelle.kee@umanitoba.ca))





## SOCIAL THINKING

### CHILD MIND INSTITUTE **YOU ARE OKAY**

**"Life Is Complicated, But Finding Support Shouldn't Be."**

"Whether you're facing a tough moment with your mental health or just looking for everyday guidance, you'll find expert advice, real stories, and practical tools to help you navigate it."

From mental health and relationships to school and self-care, these are the topics that matter most. Get expert advice, real stories, and practical tips to help you navigate whatever's on your mind."

Find information on topics such as:

**Anxiety and Stress** - Learn about the different kinds of anxiety disorders and how they're treated. We also have resources to help you cope with stress and silence your inner naysayer.

**Friendships** - Friendships can be just as complicated as romantic relationships. Our resources can help you navigate tricky territory with friends and partners and learn how to speak up about your own needs.

**Depression, ADHD, Autism** and more!

**"You Are Okay exists to remind young people they're not alone and that hope is possible."**

## **2025 CANADA FASD CONFERENCE FILM FESTIVAL**

**APPLICATION DEADLINE:  
AUGUST 30, 2025 AT 4PM EST**

"New this year we are running a Film Festival at the Canada FASD Conference!

We are looking for films presenting the lives and stories in the field of Fetal Alcohol Spectrum Disorder that explore, embrace, and celebrate the diversity of the shared human experience. Through this film festival, we hope to encourage a wide range of films and film makers that promote the unique aspects of this disability and bring the community together.

These films must represent a strengths-based or positive approach. They can include individuals with FASD, their families, birth parents, or communities.

A selection of these films will be shown at the 2025 Canada FASD Conference!"

**"Awards and Prizes**

- A selection committee will screen all the submissions and select the top 5 films to be highlighted at the conference.
- First prize will receive a \$500 cash award, the remaining 4 selected finalist will receive a \$250 cash award.
- Each selected film will receive a certificate of achievement and a festival laurel.
- Prizes will be presented in person or virtually at the Canada FASD Conference Networking evening on October 22, 2025 in Toronto, ON.

**Apply Now!** For more info on rules & eligibility visit [CANFASD.org](http://CANFASD.org)."

## *Connect with us...* **SUPPORT TO FAMILY CARE NETWORK PROGRAM**

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**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)**



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**'ICS Support To Family Care Network'**

Facebook page and our agency's

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Facebook page.