

VOL. 6 ISSUE 32 | AUGUST 11, 2025

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

AUDIO BOOK CLUB POSTPONED FOR THE SUMMER

NEW FROM COGNITIVE CONNECTIONS TIME TRACKER 3 VOLUME SET

Volume 1: Foundations of Time Awareness

Volume 1 helps students understand and manage their time better. They will learn to see time, feel time passing, learn how time fills up, and plan ahead by imagining themselves completing tasks. With simple strategies, students can stay on track, avoid last-minute stress, and make time for both schoolwork and preferred activities.

Volume 2: Advanced Strategies for Time Awareness and Self-Regulation Volume 2 teaches students how to plan and manage their time effectively. They will learn to map out tasks using the Shade/Mark/Check method, recognize distractions (Time Robbers), and use strategies to stay focused. Students will also practice estimating how long tasks take with the Time Calculator Tool™ and track their assignments to stay organized and prepared.

Volume 3: Mastering Daily and Long-Term Planning

Volume 3 expands time management skills from daily tasks to weekly and long-term planning. Students learn to organize their schedules using the ACE strategy, break down complex projects into manageable steps, and track their progress. By building self-awareness and independence in time management, they gain confidence in balancing school, activities, and personal time. Available in hard copy or digital print.

Check out the upcoming training by Social ThinkingTM.

TEACH IT TODAY. SEE IT TOMORROW

Save your seat for this dynamic and practical back-to-school livestream that introduces powerful, ready-to-use strategies from the new Time Tracker Program, designed to help students shift from relying on adult prompting to becoming truly independent planners. This session will equip educators, therapists, and parents with concrete tools to make time visible and help students envision it, plan it, do it, and get it done! **Registration for the livestream includes 90-day access to the recording starting August 19.**

NOTE: This course will discuss the Time Tracker Program with limited information about like products or services.



"The most profound gifts are those given from the heart. Foster parents give these gifts every day." - Unknown



RESOURCES FOR THE EARLY YEARS

DEVELOPMENTAL MILESTONES

Healthlink / Nurse line 811

Healthlink has a lot of information, including a **"Prenatal Interactive Tool"**:

- From embryo to baby in 9 months - <https://www.healthlinkbc.ca/healthwise/interactive-tool-embryo-baby-9-months>

Check out their other information on babies 0-12 months with guides on baby health and baby growth & development:

- <https://www.healthlinkbc.ca/living-well/parenting/parenting-babies-0-12-months>
- (They also have them for older babies too!)

ChildMind Institute Developmental Milestones

- <https://childmind.org/guide/parents-guide-to-developmental-milestones/>
- This one also has a section on **"health watch"** – possible developmental delays that you can talk to IDP about.

Infant Mental Health

- <https://www.imhpromotion.ca/resources>
- They have a great booklet called **"Comfort, Play & Teach"**
- Another resource is **"Picking the Best Books for Your Child"**

FAMILY SUPPORT INSTITUTE

KINDERGARTEN TRANSITIONS

TUESDAY, AUGUST 12, 2025

12:30 to 2:30 pm or 6:00 to 8:00pm

Transitioning from preschool or childcare into school can be particularly challenging for parents and their children when extra supports are required. Additional care is needed to ensure a smooth process and understand how to navigate the school system. This workshop is designed for parents of preschoolers and kindergarteners to learn what to expect during those first months of Kindergarten. Family Support Institute of BC (FSI) is a provincial not-for-profit society committed to supporting families who have a family member with a disability.

UPCOMING FALL TRAINING

SEPTEMBER 22 & 29

GRIEF AND LOSS FOR CAREGIVERS - with Sarah Day

OCTOBER 22

CAREGIVERS AND THE COURT PROCESS - with MCFD lawyers

STARTING SEPT 15

CIRCLE OF SECURITY PARENTING™ FOR FOSTER PARENTS - with Amy Ris

Be sure to check out more training by visiting:

CLN

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



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.