

# The Support Report

## Times to Connect

### Out of Care / Kinship Care Drop in

Tuesday Sept 2

10:00 - 11:00AM (PST)

Zoom ID: 858 3771 6954

### Book Club

Starting Wednesday, Sept 17

10:00am - 12:00pm OR 6:00pm - 8:00pm

Zoom ID: 832 4280 1289

## UPCOMING FALL TRAINING CAREGIVER LEARNING NETWORK

### LEARNING CHALLENGES & SCHOOL ADVOCACY

Sept 18

6:00pm - 9:00pm (PST)

### GRIEF AND LOSS FOR CAREGIVERS WITH SARAH DAY

Mondays

Sept 22 & Sept 29

6:30pm - 8:30pm (PST)

just  
BREATHE

## KIDS' BOOK CORNER: ROSIE'S BRAIN

by Linda Ryden (2025) Rosie has made plans with her friend, but she has forgotten that she has a piano lesson. She doesn't want to go! Join Rosie as she learns what happens in her brain when she gets angry, and how she can use mindfulness to calm down and find a peaceful way to solve her problem. In this engaging and relatable story, children find out how their amygdala, hippocampus and prefrontal cortex work and learn about a tool they can use to manage big emotions.

Now available for the first time as a series, the Peace of Mind Storybooks present engaging stories that guide children to understand brain science, big emotions, kindness, compassion, gratitude, the brain's negativity bias, mindful speaking, and more.

### FREE PODCAST

## REGULATED AND RELATIONAL

Attachment & Trauma Network, Inc. (available on Spotify, Audible, Podbay, Apple, YouTube and more!)

"Join Julie Beem & Ginger Healy as we explore the trauma-informed, attachment-focused concepts of Regulation (self-regulation/co-regulation) and Relationship (building connection) and how we can help children build resilience and emotional health through the ways in which we parent, teach and care for children. This podcast is produced by the Attachment & Trauma Network, or ATN, a leading national non-profit supporting children impacted by trauma through their families, schools and communities."

Check out their podcasts including:

**Ep 66 - Addressing Working Memory in a Trauma-informed Classroom** In this episode, Julie and Ginger invite Jen Alexander and Jennifer Dickey into the studio. They have come to talk about executive function skills and working memory. She is an educator, national certified counselor, school based registered play therapist and a leader in the movement to build trauma-sensitive schools. Jennifer Dickey's passion is in designing academic and effective support for divergent learners. She is the founder of Lotus Cognitive Solutions Groups, which provides coaching for children and adults with ADHD and Dyslexia. She is a classroom teacher, a gifted and talented specialist, an academic language specialist, and a full-time college professor.

**Ep 63 - The Biology of Attachment Trauma**

**Ep 55 - Let's Talk Regulation and Co-regulation**

**Ep 54 - The Importance of Belonging**

**Ep 53 - Unpacking our Griefcase**

**Ep 87 - Understanding Interoception - The Mind-Body Disconnect**



## YOUR AMAZING BRAIN: THE EPIC ILLUSTRATED GUIDE

by Jessica Sinarski (2023) "Faster than a speeding car! Stronger than a supercomputer! Are you ready to harness the power of your amazing brain? Get the inside scoop on why we do what we do!"

In this book, you'll discover:

- engaging visuals explaining brain cell and nervous system basics
- the surprising role of our eight senses - yes, there are more than five!
- differences between the two brain "teams" and the ways they impact behavior
- proven strategies for helping our rational "upstairs brain" run the show
- simple brain-boosting ideas for all ages
- ...and much more!

Jam-packed with insights for kids and helpful guidance for adults, this "user's manual for the brain" is sure to become a go-to resource in your home, classroom, or therapy office.

Along with a diverse cast of characters, author and intrepid guide, "Ms. Jessica," transforms complex neuroscience into fun graphics, simple metaphors, and practical solutions for students ages 7 and up.

"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 Bepple**

[kbepple@interiorcommunityservices.bc.ca](mailto:kbepple@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@arcpprograms.com](mailto:jwesko@arcpprograms.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)



## HOW TO TALK WITH TEENAGERS ABOUT SEXTING: 12-18 YEARS

How to start talking about sexting: parent tips

Here are questions that can get a conversation going:

- Do you know people at school who've sent or received a nude?
- Do they do it for fun or to flirt?
- Was it their idea to send the photo, or did someone persuade them to?
- What do you know about people sharing sexual images of someone to get revenge, pull a prank or make money?
- How would you feel and what would you do if you received an unwanted nude?
- Do you have any questions about things you've heard?

If your child has questions about sexting, try to answer them as honestly, openly and non-judgmentally as you can. If you have concerns about the risks and consequences of sexting, you could explain your concerns and why you'd prefer your child not to send nudes.

If you find it hard to talk with your child about topics like sexting, it might help to know that this often gets easier the more you do it. It might help to start by chatting while you're doing something else, like driving or walking the dog.

For more information on Sexting, visit [Raising Children](http://RaisingChildren)

**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.