



# WEEKLY Communiqué

STFC Supporting Caregivers throughout BC's Interior

**IN PERSON**

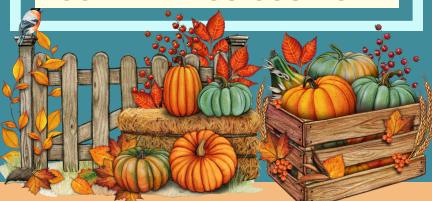
**KAMLOOPS**  
**FOSTER PARENT**  
**DROP-IN**  
Wednesdays  
9:00am - 11:00am  
**At the Loft**  
(2nd Floor of grey building)

**WILLIAMS LAKE**  
**COFFEE AND**  
**BREAKFAST**  
Thursday, Sept 25  
9:30am - 11:00am  
**At Denny's**

**VIRTUAL**

**FOSTER PARENT**  
**DROP-IN**  
Mondays  
9:00am - 11:00am (PST)  
Zoom ID: **878 8822 2406**

**WEST**  
**KOOTENAY**  
**FOSTER PARENT**  
**DROP-IN**  
Fridays  
11:00am - 12noon  
Zoom ID: **250 608 7674**



## GRIEF AND LOSS FOR CAREGIVERS WITH SARAH DAY

Mondays  
Sept 22 & Sept 29  
6:30pm - 8:30pm (PST)

## **AUDIO BOOK CLUB** **WEDNESDAYS** **10:00-12NOON OR** **6:30-8:30 PM (PST)**

**TEMPLE GRANDIN'S**  
**AUTISM, SENSORY AND BEHAVIOR:**  
**EVERYTHING**  
**YOU NEED TO KNOW**

## **UPCOMING FALL** **TRAINING** **CAREGIVER** **LEARNING** **NETWORK**

### PARENTING IN A FISHBOWL

Sept 23  
Ch  
9:30am - 11:00am OR  
6:30pm - 8:30 pm (PST)

**EVENT**  
**POSTPONED**

### CAREGIVERS AND THE COURT PROCESS

Wednesday  
October 22  
6:30pm - 8:30pm (PST)

## **NATIONAL CENTRE FOR TRUTH AND** **RECONCILIATION**

### LUNCH AND LEARN WEBINARS

Monday, September 22, to Friday, September 26,  
10:00 to 11:00 am (PST)

We invite you to join our daily Lunch and Learn webinars – an immersive experience to UN-learn the myths of colonial history in Canada. Lunch and Learn sessions are aimed at an adult audience, and open to the public, and will be hosted virtually over Zoom Webinar and streamed to YouTube. Expert matter speakers will present for 40-50 minutes before a Q&A between the moderator and guest(s).

## CHILD PSYCH PODCAST

### PROTECTING KIDS ONLINE:

### SEXTORTION, NUDES, AND THE REAL RISKS OF THE DIGITAL WORLD, EPISODE 141

In this eye-opening episode, Tania sits down with Constable Stephanie Bosch and Constable Scott Sterling from the Internet Child Exploitation (ICE) Unit to talk about the realities of online harm to children. Together, they unpack the rise of sextortion, the growing trend of youth sharing explicit images, and the sophisticated tacit empowering families with the tools to protect their children online.

### **CRISIS AND TRAUMA RESOURCE INSTITUTE FREE PDF MYTHS ABOUT SUICIDE**

Myths or misinformation about suicide – or the lack of information altogether – often means that desperate people can't get the help they need in times of crisis. Being informed about suicide can help you save your own life or someone else's.

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

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## BOOK CORNER

### **PLEASE EXPLAIN ANXIETY TO ME!:**

### **SIMPLE BIOLOGY AND SOLUTIONS FOR CHILDREN AND PARENTS**

by Laurie E Zelinger PhD & Jordan Zelinger (2014) **What's happening to me?** This book translates anxiety from the jargon of psychology into concrete experiences that children can relate to. Children and their parents will understand the biological and emotional components of anxiety responsible for the upsetting symptoms they experience. Please Explain Anxiety to Me, 2nd Edition gives accurate physiological information in child friendly language.

A colorful dinosaur story explains the link between brain and body functioning, followed by practical therapeutic techniques that children can use to help themselves. Children will:

- learn that they can handle most issues if they are explained at their developmental level
- understand the brain/body connection underlying anxiety
- identify with the examples given
- find comfort and reassurance in knowing that others have the same experience
- be provided with strategies and ideas to help them change their anxiety responses
- be able to enjoy childhood and to give up unnecessary worrying



**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/resources](http://www.icsfp.info/resources)



**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.