

WEEKLY Communiqué

STFC Supporting Caregivers throughout BC's Interior

Find Community

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

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

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

National Day for Truth and Reconciliation

September 30



UPCOMING FALL TRAINING CAREGIVER LEARNING NETWORK

GRIEF & LOSS: PART 2

Monday, September 29
6:30pm - 8:30pm (PST)

DR VANESSA LAPONTE **ABC'S OF CHILDHOOD** **MENTAL HEALTH**

6:30pm - 8:00pm PST

"This is your chance to join me (Dr. Vanessa) in real time as we dive into childhood mental health."

FAMILY SUPPORT INSTITUTE OF BC: TOOLKITS

"The Family Support Institute of BC (FSI) is a provincial non-profit society dedicated to empowering and supporting families who have a family member with a disability. As the only grassroots, family-to-family organization of its kind in Canada, FSI stands out with its extensive and passionate volunteer network that provides peer-to-peer support, information, events and training and community. FSI's supports and services are FREE for families across British Columbia."

Explore their growing library of Toolkit Resources for families:

- Advocacy
- Health
- Aging
- Hospital Stays
- Education
- FASD
- Housing
- Indigenous
- Health
- Transition
- Navigating Finances, Funding & More
- Neurodevelopmental (NDD) Disability
- Support Worker Central

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."

BOOK CORNER

EMBRACING HOPE: INNOVATIVE STRATEGIES TO EMPOWER PARENTS RAISING NEURODIVERSE TEENS

by Carl Young &, Joel Sheagren (2025)

"This comprehensive guide by Carl Young & Joel Sheagren addresses parents raising neurodiverse teens with ASD, ADHD, FASD, and trauma-related challenges. The authors, both fathers with lived experience, bridge the gap between neuroscience and practical parenting strategies.

Revolutionary Approach The book breaks new ground by:

- First to explicitly include FASD in neurodiversity discussions alongside ASD, ADHD, and trauma
- Dual-father perspective combining personal experience with evidence-based research
- Integrated framework treating these four profiles as interconnected rather than separate conditions

Core Philosophy The authors emphasize that neurodiversity isn't about "fixing" children but understanding their unique brain wiring. They translate complex neuroscience into "kitchen table wisdom" - practical strategies tested in real homes and validated by research.

Practical Tools The book provides 72+ intervention strategies, including:

- BUILD Method: Base on strengths, Understand goals, Implement gradually, Leverage interests, Document progress
- Visual tools like mind maps and emotion charts
- Social stories starring the child as hero

Understanding vs. Judgment A central theme is reframing "behaviors" as symptoms of underlying neurological differences. Instead of asking "Why won't they stop?" parents learn to ask "Which domain needs support?" This shift from judgment to understanding transforms family dynamics. Beyond strategies, the book connects to a larger movement including novels, films, apps, and online communities designed to increase understanding and acceptance of neurodiversity.

The authors' personal stories of misdiagnosis, system failures, and breakthrough moments provide hope while acknowledging the real challenges families face. Their message is clear: with proper understanding and support, neurodiverse children can thrive."

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/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.