

This October marks the 35th year of Foster Family Month.

VOL. 6 ISSUE 40 | OCTOBER 6, 2025

WEEKLY *Communiqué*

STFC Supporting Caregivers throughout BC's Interior



October is Foster Family Month.
We appreciate all you do and take
time to celebrate you!!

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

UPCOMING TRAINING CAREGIVER LEARNING NETWORK

PERMANENCY OPTIONS

FOR CHILDREN WHEN
PARENT REUNIFICATION
CANNOT TAKE PLACE

Tuesday

October 7

11:00am - 12:30pm
(PST)

Open to Foster and Out of
Care / Kinship Caregivers

CAREGIVERS & THE COURT PROCESS

Wednesday

October 22

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

FAMILY SUPPORT INSTITUTE OF BC OPEN THE DOOR - A THREE PART SERIES DESIGNED TO TRANSFORM THE MENTAL HEALTH SYSTEM

Friday, October 10
2:30 pm

Parents are fighting for their children's lives within a mental health system steeped in stigma. They are scared, isolated, and exhausted, caught in a cycle of navigating a fragmented system that fails to meet their needs. Their plea is clear: accessible, comprehensive care with long-term support.

Community leaders and policymakers are invited to join this virtual guided conversation grounded in real stories and honest dialogue. Families and self-advocates are welcome to attend. Together, let's explore how we can open the door to help families, inform policy, and build a future where every person has the chance to thrive. When we listen—really listen—we can create lasting change.

AUDIO BOOK CLUB

WEDNESDAYS

10:00-12NOON OR

6:30-8:30 PM (PST)

Zoom ID: 832 4280 1289

NEW! STARTING OCT 15

BOOK
MEL ROBBINS
LET THEM



FAMILY SMART CONNECT AND LEARN EVENT OBSESSIVE COMPULSIVE DISORDER: IT'S MORE THAN OVERWASHING YOUR HANDS

October 15

6:30 pm - 8:00 pm PDT

Living with OCD can present unique challenges that affect both our kids and us as families. For those living with it, simple tasks become overwhelming and disrupt daily life. Learn from Dr. Katherine McKenney, R. Psychologist and Director, Cornerstone Child & Family Psychology Clinic; and Kelsey, a young adult who lives with OCD. Together they discuss ways to strengthen our understanding and to support our kids living with OCD. Join us and other families for this video presentation and discussion that's facilitated by a FamilySmart Family Peer Support Worker.

There really are places in the heart that you don't know exist until you love a child. Ann Lamont



INDIGENOUS DISABILITY CANADA

Request Supports Online!



Contact Information

Phone: (250) 381-7303
(819) 593-5023
Toll Free: 1-888-815-5511
Email: ninsadmin@bcands.bc.ca
Ottawa Office: 130 Albert St – Suite 1103,
Ottawa ON K1P 5G4
Victoria Office: 1610 Island Highway- Unit 6,
Victoria BC V8B 1H8

INDIGENOUS DISABILITY CANADA



National Indigenous Navigation Services

Indigenous people with disabilities in BC can request support applying for federal and provincial disability benefits with the National Indigenous Navigation Services (NINS). NINS is a new program by Indigenous Disability Canada / B.C. Aboriginal Network on Disability Society (IDC/BCANDS). The service is free and is available for all First Nations, Inuit and Métis applicants, Status or Non-Status, living in any community. Fill out the online form on their website, or contact them directly by calling 1-888-815-5511 (toll free), or emailing nins@bcands.bc.ca

CHILDMIND INSTITUTE FREE VIRTUAL EVENT

"SAVING YOUNG LIVES. REACHING EVERY COMMUNITY"

Thursday, October 16
2:00pm–4:30pm PST

"The suicide rate among young people (10–24) soared 62% from 2007 through 2021, and suicide and self-injury accounted for more than a third of children's hospital ER visits in 2024. The crisis shows no signs of slowing.

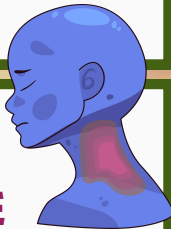
On October 16, Dr. Matthew Nock, a leading researcher in suicide and self-injury, and his protégés will discuss their groundbreaking work on predicting and preventing suicidal behaviors, using AI and other digital tools to spot warning signs sooner and respond more effectively.

Following the talks, former NYC Health Commissioner Dr. Ashwin Vasan and a roundtable of experts will examine the practical, ethical, and cultural challenges of turning this research into life-saving solutions that could reach every family and community."



CTRI HANDOUT:

NECK TENSION RELEASE



We often carry emotional and physical tension in our neck and upper body. Gentle movement of the neck muscles can loosen and release this tension. To view or download the PDF, visit: [Crisis Trauma Resource Institute](https://www.crisistraumaresourceinstitute.com)

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

Program Coordinator: Kari Bepple
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
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



**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/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.