

This October marks the 35<sup>th</sup> year of Foster Family Month.

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# 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

**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**



**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.

**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 V9B 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](mailto: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](#)

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

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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](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.