

VOL. 6 ISSUE 42 | OCTOBER 20, 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!!

NEW **MINI-WORKSHOP**
SERIES DESIGNED FOR
NEW AND POTENTIAL
CAREGIVERS
Starting Monday, Oct 27
9:00 am (PST)
Zoom ID: 878 8822 2406
See Poster for more details.

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**

CANCELLED
THIS WEEK ONLY
Zoom ID: 878 8822 2406

AUDIO BOOK CLUB

Wednesdays

10:00-12Noon OR 6:30-8:30 pm (PST)

Zoom ID: 832 4280 1289

BOOK BY MEL ROBBINS
LET THEM

CANFASD CALLING ALL **CANADIAN ARTISTS WITH FASD!**

"We are now accepting submissions for our 2025 Art Competition. The competition is open to all Canadian residents with FASD. Your art can be a sculpture, painting, photo, drawing, digital creation, or anything you can think of!

The art will be featured on our holiday cards, but it doesn't necessarily have to be holiday themed. The winner's art is featured on our CanFASD holiday cards, social media accounts, and website. The winner will receive a \$500 prize and 10 of the printed holiday cards.

The competition is open to Canadian residents with FASD. Your art can be a sculpture, a painting, a photo, a drawing, a digital creation or anything you can think of. The only limit is your imagination! Just remember your art will be submitted digitally. If you are creating a sculpture or painting, it would be best to submit a photograph or digital scan of your work. The submission deadline is 12:00 PM EST November 15, 2025. For more info, please visit: [**CANFASDARTCOMPETITION**](https://canfasdartcompetition.com)

CHILDREN AND SCREENS **GUIDE FOR EARLY CHILD DEVELOPMENT** **AND MEDIA USE:** **INFANTS AND CHILDREN AGES 0-5**

"The first 5 years of a child's life are a magical time of rapid development that is foundational for their later cognitive, social, physical, and behavioral health. As families worldwide navigate the integration of digital technologies and media into daily life, researchers and clinicians continue to investigate the impacts of screen use on all facets of development, from infancy through late adolescence. Children and Screens has summarized insights from current research and experts in the field to help parents and caregivers of infants and very young children learn how to build a foundation of healthy brain, neural, and social development – and help families determine how they can intentionally and most beneficially incorporate media use into their child's life."

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



CHILDMIND INSTITUTE

EARLY SIGNS OF BIPOLAR DISORDER IN TEENS: CATCHING THE DISORDER BEFORE FULL ONSET IMPROVES OUTCOMES

“Recognizing the early warning signs of bipolar disorder — known as the prodrome — in teenagers can help families intervene before a full-blown episode occurs.

Symptoms like sleep changes, energy shifts, irritability, and racing thoughts, while subtle, can signal the emergence of bipolar disorder, especially in teens with a family history. Early treatment, usually including therapy to reduce stress and regulate sleep, can delay or lessen the severity of bipolar disorder, offering kids a better long-term outlook.”

[Read the full article at
CHILDMIND INSTITUTE](#)

SOCIAL THINKINGTM LET'S SOLVE IT!

Step-by-Step Social Problem Solving with Kids

3-book Teaching Set by Michelle Garcia Winner & Pamela Crooke
Let's Solve It! Step-by-Step Social Problem Solving with Kids, 3-book Teaching Set, gives educators, therapists, parents, and caregivers a structured, visual, step-by-step way to teach kids about social problem solving through illustrated stories and problem-solving templates.

Storybooks for Teaching Problem Solving Illustrated stories are a mainstay for young children and provide both visual and narrative clues for basic problem-solving development. Storybooks enhance understanding of basic concepts, encourage engagement, and build critical thinking skills. They are also the foundation for building literacy skills, inferencing, and expose learners to perspective taking, specifically thoughts and feelings, through the words and actions of the story characters.

While its importance is often overlooked, the role of self-regulatory social problem solving is a cornerstone of academic and career success. By working through the templates together after reading each story, students benefit by having a clear, step-by-step systematic way to make sense of problems in context. The templates explore problem solving by asking questions that engage self-awareness, situational awareness, interpretation of what is happening, understanding of a person's options to decide what to do or say or not do or say, and then responding in that manner that encourages their desired outcome. Ultimately, students learn how we are all part of socially responsive community; that what we all do and say impacts those around us.

Join Michelle and Pam on Nov 6 from 3:30-4:00pm (PST) as they celebrate the release [Register for Free](#).

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

Program Coordinator: Kari Beppe
kbeppe@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



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Facebook page and our agency's
'Interior Community Services'
Facebook page.