

# 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

### 100 MILE HOUSE

#### COFFEE & BREAKFAST

Thursday Oct 31

9:30am - 11:30am

Smitty's Restaurant

### KAMLOOPS FOSTER PARENT DROP-IN

Wednesdays

9:00am - 10:00am

At the Loft

(2nd Floor of grey building)

### WEST KOOTENAY FOSTER PARENT DROP-IN

Fridays

11:00am - 12noon

Zoom ID: 250 608 7674

## VIRTUAL FOSTER PARENT DROP-IN

Mondays

9:00am - 11:00am(PST)

Zoom ID: 878 8822 2406



## ADDITUDE MAGAZINE

### COMPLETE ADHD MEDICATION LIST:

### COMPARING POPULAR MEDS



"What's the difference between Adderall and Concerta? Ritalin and Vyvanse? Jornay PM and Intuniv? All of these ADHD medications can be used to treat attention deficit hyperactivity disorder in children and adults, but they vary widely in dosage, method of delivery, and duration of effects. Use this straightforward chart to learn the facts about stimulants and non-stimulants used to treat ADD.

Treatment for attention deficit hyperactivity disorder (ADHD) has advanced by leaps and bounds over the last few decades. This means parents and adults have more options than ever when it comes to ADHD medication – but it also means that the plethora of medication choices can be confusing, overwhelming, and time-consuming to sort through when you're trying to design your ideal treatment plan."

You can also download a medication guide with tablet pictures from:  
<https://www.adhdmedicationguide.com/>

Please note that these are both US sites!

For a Canadian Medication chart, please visit: [CADDRA](#)  
(Please note that this list is only current as of October, 2024)

## AUDIO BOOK CLUB

WEDNESDAYS

10:00-12NOON OR

6:30-8:30 PM

(PST)

Zoom ID:

832 4280 1289

### BOOK

MEL ROBBINS

LET THEM

# NEW

## MINI- WORKSHOP SERIES DESIGNED FOR NEW AND POTENTIAL CAREGIVERS

Join us for one session or as  
many sessions as interest  
you!

Starting Monday, October 27  
9:00 am (PST)

Zoom ID: 878 8822 2406

October 27 Topic:  
Maintaining Children's  
Connections

November 24 Topic:  
Mental Health  
Considerations

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



## 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 tactics offenders use to target children online.

This is a must-listen for every parent, caregiver, and educator. Constable Stephanie and Constable Scott offer practical, real-world advice for keeping kids safe in an increasingly digital world—what to watch for, how to start difficult conversations with your child, and the steps to take if something goes wrong.

This episode is not about fear: it's about awareness, education, and empowering families with the tools to protect their children online."

## FREE VIRTUAL EVENT

## CHILDMIND INSTITUTE

### THE POLITICAL CLIMATE AND

### YOUTH MENTAL HEALTH:

#### WHAT THE DATA TELLS US & WHAT WE CAN DO

**Tuesday, October 28**

**1:30pm - 2:30pm (PST)**

"Today's youth are growing up in a time of extreme political polarization, and it's taking a toll on their mental health and relationships. Many young people already feel anxious about politics by age 13, and one in five report conflicts with family and friends over political differences.

Join experts as we discuss new research on how the political climate is shaping young people's lives and translate these findings into clear, actionable steps that families, schools, and communities can implement now to support them.

#### **We'll Explore:**

- How political stress is affecting youth mental health, friendships, and family dynamics
- Which groups of young people are most vulnerable in today's climate
- Practical steps families can take to support healthy dialogue at home
- How educators can create safe spaces for civic conversation"

#### **Why This Matters**

- Political worry begins early. Even at age 13, many young people already feel anxious about politics.
- 1 in 5 youth in the U.S. report family or friendship conflict because of political differences.
- Despite challenges, young people want constructive dialogue and respectful, two-way conversations."

## *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)**



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