

WEEKLY *Communiqué*

STFC Supporting Caregivers throughout BC's Interior



IN PERSON

KAMLOOPS

FOSTER PARENT DROP-IN

Wednesdays

9:00am - 10:00am

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

BOOK

MEL ROBBINS

LET THEM



CAREGIVER SPOTLIGHT: SHIRLEY

How long have you been a caregiver? I have been a caregiver for 44 years. What got me into fostering is my niece showed up on my door step in 1982, I helped her get back on her feet over 9 months. I then continued to foster children at times having up to 3 children at once.

How many children have you cared for? 60 in total. My longest child I cared for was 9 years. My current child has been with me for 5 years.

What's one piece of advice you would give to a foster parent just starting out? I would say its important to have a solid support network in your community. Strong relationship building is key to successful fostering. Starting with your social workers, the child's school, other community agencies, and if possible building a relationship with the child's biological family. Its very important to connect with other foster families for mentorship, support and connection.

MINI-WORKSHOP SERIES DESIGNED FOR NEW AND POTENTIAL CAREGIVERS

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

Starting

Monday, November 24

9:00 am (PST)

Zoom ID: 878 8822 2406

Upcoming Topics:

- Responding to Children in Crisis
- Mental Health Considerations

THE CHILD PSYCH PODCAST: SEASON 3 NOW STREAMING

"Back to bring you the brightest minds and leading experts in parenting and mental health- here to inspire, guide, and catch up with you." **Check out some of Season 3 Episodes**

[Should I Put My Child in Daycare?](#)
Season 3 Episode 150

[How to Help Siblings Get Along with Dr. Laura Markham](#)
Season 3 Episode 151

[Toddler Tantrums, Big Feelings & Calm Parenting with Devon Kuntzman](#)
Season 3 Episode 152

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

CENTRE FOR PARENT & TEEN COMMUNICATION

WHY LECTURES BACKFIRE

"It is hard to watch our children make mistakes. Sometimes we're so concerned about their well-being our temper flares and we resort to giving lectures. We have arguments. Cooler heads clearly don't prevail all the time.

We know how complicated life can be. How complex relationships can be. We even can see danger coming. We've earned our wisdom through our own missteps and sometimes have endured pain as a result of unwise choices or disastrous decisions. We want our lived experience and earned wisdom to protect our children. If only they could draw from our bank of knowledge to avoid making their own mistakes."

THE GOOD NEWS...

"The good news is there are ways to get the lesson across to our kids. We want to honor the intelligence they have and facilitate them to make wise decisions. It's about changing the mathematical structure of how we talk. Adjusting it so it matches their stage of development. It is also about calmly delivering the message so we don't turn on their panic mode of thinking."

Read the Full article at: [Center for Parent and Teen Communication](#)

GOZEN! FREE VIRTUAL EVENT BEYOND BULLYING SUMMIT

GIVE KIDS THE TOOLS TO HANDLE
BULLYING & SOCIAL STRUGGLES

—With Confidence

November 12 - 13

Discover how to guide kids & teens through bullying, exclusion, and friendship conflict with tools that build true resilience. "Sometimes it's teasing masked as "just joking." Sometimes it's teasing masked as "just joking." Sometimes it's drama, exclusion, or a friendship unraveling in silence. Sometimes it is bullying in the truest sense—targeted, repeated harm. But always, it hurts. And that pain doesn't only live with the kids being targeted. Young people who lash out often carry wounds of their own—anxiety, rejection, a need to feel seen or in control. **That's why this event goes beyond bullying.** You'll learn how to tell the difference between bullying, meanness, and everyday social conflict — so you can respond with clarity, not confusion. You'll gain real-world tools to help kids and teens navigate friendship challenges, set healthy boundaries, recover from rejection, and grow lasting resilience.

Social Pain Shows Up in Different Ways—Our Experts Help You Respond

Arm kids & teens with science-backed resilience skills to turn:

- Silence to speaking up
- Exclusion to connection
- Fear to resilience
- Conflict to resolution
- Shame to self-worth
- Power imbalance to respect

to tell the difference between bullying, meanness, and everyday social conflict — so you can respond with clarity, not confusion. You'll gain real-world tools to help kids and teens navigate friendship challenges, set healthy boundaries, recover from rejection, and grow lasting resilience.

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

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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.