

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

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

November 11
 We will not forget



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.

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

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

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**

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



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.