

# WEEKLY Communiqué

STFC Supporting Caregivers throughout BC's Interior

**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 - 10:00am (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!

Next Session:  
**Monday,**  
**November 24**  
9:00 am (PST)  
Zoom ID: 878 8822 2406

**November 24**  
Topic:  
**Mental Health Considerations**



## **INCREASING SELF- COMPASSION:** **CARING FOR THE ONE WHO CARES FOR OTHERS**

**Friday, November 28**  
**10:30am - 12:30pm (PST)**  
**Open to Foster Caregivers only**

"This session reviews science, research and practices on the importance of self-compassion. Facilitated by Crisis Centre of BC (Record workshop) with host and discussion by Caring Families Coordinator, Judy Hollywood Bonnett"

On November 8  
Remember our Indigenous Veterans



**November 11**  
**We will not forget**

Indigenous Disability Canada

## **National Indigenous Navigation Services (NINS)**

### **WHAT IS NINS?**

IDC National Indigenous Navigation Services (NINS) is a free, Canada-wide program that supports eligible Indigenous Peoples and families to navigate and access a wide range of disability-related benefits. NINS services are available to Indigenous Peoples living with disabilities across Canada, including those residing in Indigenous and non-Indigenous communities.

### **WHAT BENEFITS WE SUPPORT:**

- The Disability Tax Credit
- Registered Disability Savings Plan
- Canada Disability Benefit
- Canada Pension Plans
- Provincial Income Assistance Programs
- And more!

### **WHAT WE DO!**

The NINS program is designed to assist individuals at any stage of their application process, whether applying for the first time, renewing existing benefits, or re-applying after previous denials. NINS ensures individuals are informed of the benefits available to them, and feel supported every step of the way.

NINS Navigators provide personalized, one-to-one support to individuals and families, offering assistance navigating through federal, provincial, and territorial benefit programs. This may include assistance with paperwork and applications, communication with healthcare providers, and collaboration with government and community agencies. Our goal is to simplify what can often be a complex and overwhelming process, while ensuring that individuals and families receive the benefits they are entitled to.

### **WHO IS ELIGIBLE?**

Services are available across Canada to disabled First Nations, Métis, and Inuit individuals and families.

The NINS program can be accessed online, by phone, email, or in-person through our Victoria and Ottawa offices.

### **CONTACT US TO LEARN MORE!**

To request assistance or learn more, check out our website!

Or reach out at:  
1-888-815-5511  
ninsadmin@bcands.bc.ca



## CENTRE ON THE DEVELOPING CHILD AT HARVARD UNIVERSITY

### MATTERING IN EARLY CHILDHOOD: BUILDING A STRONG FOUNDATION FOR LIFE

**Podcast** "A conversation about what mattering means, the effects of mattering in early childhood, and strategies for building a sense of mattering in our children."

**Paper** "In our new paper, co-authored with Jennifer B. Wallace, award-winning journalist, and founder of the Mattering Institute who has written extensively on mattering, we explore the science around mattering in early childhood as well as concrete strategies for building a sense of mattering in young children."

#### Sections include:

- Why We Need to Matter
- Core Building Blocks of Mattering
- The Importance of Feeling Valued
- The Importance of Adding Value
- How Peers, Places, and Adults' Experiences Affect Young Children's Sense of Mattering
- 11 Ways To Help Young Children Develop a Strong Sense of Mattering"

## CHILDMIND INSTITUTE ENCOURAGING GOOD SLEEP HABITS: TIPS FOR HELPING KIDS FALL — AND STAY — ASLEEP

"You know what it's like to not get a good night of sleep — feeling tired all day, getting upset easily, not being able to focus. It's important for children to sleep well at night because sleep helps them learn, concentrate, and manage their behavior and emotions. Sometimes, kids who don't get enough sleep even get misdiagnosed with ADHD. Parents can help their children build healthy sleep habits by using a few consistent strategies."

"Oddly, most of our understanding of sleep comes not from knowing what happens when we sleep but from noticing what happens when we don't. Sleep is a powerful restorative process. It helps us function better physically, emotionally, and metabolically. It helps us consolidate and form our memories, and has a direct effect on our attention and behavior."

#### "What You'll Learn

- How does lack of sleep impact children and teenagers?
- What are some ways to encourage good sleep habits?
- Why is it better for kids who wake in the night to go back to sleep in their own beds, even if you have to sit with them?

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

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#### 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.