

THE SUPPORT REPORT

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Times to Connect

100 Mile House Coffee Group

Thursday Oct 31

9:30 -11:30AM

Smitty's Restaurant

Out of Care / Kinship Care Drop in

Tuesday Nov 4

10:00 - 11:00AM (PST)

Zoom ID: 858 3771 6954

Audio Book Club

The Let Them Theory by

Mel Robbins

10:00AM - 12:00PM OR

6:00PM - 8:00PM

Zoom ID: 832 4280 1289



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."

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?"

"There is no single formula. This is not easy. But you're not alone." - Unknown

Connect with us...

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SUPPORT TO FAMILY CARE NETWORK PROGRAM



Understanding Childhood Trauma

"When You Attend, You Will Learn...

Trauma has many faces: abuse, neglect, high conflict divorce, parental substance abuse, accidents, natural disasters, illness, death of a loved one . . .

If you or a child you know is struggling because of a traumatic experience, join us for this free 60 minute webinar!!! Tammy Schamuhn, ICP Co-Founder and Registered Child Psychologist, will help you understand how trauma impacts children, and walk you through some key strategies to help a child or teen cope with trauma.

- Understand and make sense of neurobiological mechanisms that underlie trauma in children & youth
- How to work with the brain and body to ease trauma symptoms
- Explore how ACES (Adverse Childhood Experiences) impacts the health* of traumatized people across the lifespan
- How to Implement key emotion regulation strategies to calm a child or teen who is struggling.
- Recognize how attachment is a key aspect of treatment, and how attachment impacts the neurology of the traumatized child."

Register Now

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/outofcareproviders



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.