



VOLUME 3

Nov 10, 2025

**Issue
Twenty**

THE SUPPORT REPORT

Times to Connect

Out of Care / Kinship Care Drop in

Wednesday Nov 19

8:00 - 9:00 PM (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

Coping with Grief and Loss With Sarah Day- Part 2

Nov 25, 2025 6:30-8:30 PM (PST)

This presentation is geared towards caregivers around the grief and loss that they experience. Sarah will be doing a deeper dive into grief and loss, specifically traumatic loss. Sarah will be talking about: coping with grief and loss for caregivers PART TWO Facilitated by: how to support a child / youth in your care who loses a parent to the drug crisis or suicide how to support yourself and your family through the loss of a child / youth (in your care) through an overdose or through suicide REGISTER NOW Sarah will finish by giving caregivers practical skills they can use to help manage the grief and loss - and there will be time for questions. (Please keep questions generic in nature and do not disclose confidential information.)



**HOLIDAY
CARE KITS**

We are spreading **HOLIDAY CHEER**
to the youth in care community!

 **FEDERATION
OF BC YOUTH
IN CARE
NETWORKS**

Request your Holiday Care Kit!

The winter holidays can be a difficult time. We want to remind you that you're supported and cared about this holiday season!

Holiday Care Kits are a package of goodies from us to you.

Kits are available for youth in and from care between the ages of 14-28, as well as Fed Alumni.

Apply for a FREE kit below:

Request a Kit



Book Corner

WE'RE STRONGER THAN WE LOOK:

INSIGHTS AND ENCOURAGEMENT FOR THE CAREGIVER'S JOURNEY

BY JILL BROWN

As a caregiver, you run the risk of disappearing. Your time goes overwhelmingly to the needs of your loved one. Relationships get strained, and challenges and anxieties are difficult to articulate. It's easier to just keep your head down and do what must be done.

What's more, you probably didn't sign up for this role or train for it. And yet here you are, reliving the trauma that got you here, providing support you didn't know you had in you to give, struggling with fatigue, making critical, life-altering decisions, and yearning for the community you had that has changed or disappeared.

As a caregiver, do you ever wonder:

- Where did everybody go?
- Why can't I do a better job? Am I a complete failure?
- How can I keep up this level of care without exhausting myself?

Rich in stories, threaded with humor, and unflinchingly real, *We're Stronger than We Look* is a safe place for you to process the life you've been given, to accept that it's okay not to have it all together, and to be inspired about your caregiving role—even while recognizing the need to take care of yourself as well.



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)**

Connect with us...

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SUPPORT TO FAMILY CARE NETWORK PROGRAM



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/outofcareproviders



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