

# 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

## CLN PRESENTS: LEN PIERRE LEADING WITH EMPATHY:

### MOVING BEYOND TRAUMA-INFORMED PRACTICE TO TWO-EYED SEEING & DIGNITY-INFORMED PRACTICE

Wednesday, February 4

9:00am to 12:30pm (PST)

This workshop aims at expanding our social perceptions on the missing context not usually covered in other 'trauma-informed' workshops. It centers Indigenous perspectives on the change required to go beyond being "trauma-informed" to leading with empathy and understanding what "dignity-informed" really means.

## SOCIAL THINKING™ NEW GRAPHIC NOVEL BRAIN HACKS:

### STRATEGIES TO RALLY MOTIVATION AND GET THINGS DONE (EVEN WHEN YOU DON'T WANT TO)

Coming Soon Early 2026! This graphic novel features five friends who try to encourage each other as they navigate the stresses of high school, their emotional ups and downs, and the challenges of academics, friendships, and activities--but they need strategies! The CREW comes to their rescue, providing practical ideas to try when they are dealing with tough moments. They learn how our brains react differently to positive and negative feelings, the power of visualization, and how time travel helps us get things done. It sounds like magic, and it sort of is—but the crazy thing is, *it's all grounded in brain science!*

## DISABILITY ALLIANCE BC

### UNDERSTAND HOW THE 2025 FEDERAL BUDGET AFFECTS PEOPLE WITH DISABILITIES

"This past Tuesday, November 4, the government released the Federal Budget 2025. Disability Alliance BC (DABC) has compiled a summary of the items relating to people with disabilities. Most notably, the Budget mentions a one-time payment of \$150 to individuals applying for or renewing the Disability Tax Credit, making the Canada Disability Benefit more accessible. Read DABC's summary to find out more."

## INTERIOR HEALTH

NEW

### NEW BOOKLET

#### EMPOWERED PARENTS:

#### **NAVIGATING CONVERSATIONS ABOUT DRUGS AND DECISIONS WITH YOUR CHILD**

Legal Substances and Youth Harm Reduction IH Population Health (2025) [www.interiorhealth.ca](http://www.interiorhealth.ca)

"Let's take a moment to look back at what it was like for you growing up. When you were a teen how did you learn about alcohol and other drugs? What messages did you get? Were they accurate? Did you have a safe person you could go to if you had questions or concerns? Was that person a parent or guardian? How about now...? Do think your teen would feel comfortable talking with you about drugs and do you feel equipped to talk with your teen?

This booklet was designed to empower you to become that safe person. One who can have meaningful and accurate conversations about drugs with your child.

The articles are short and can be read in any order. Some content has links that can help you learn more about the topic. At the end you will also find a list of resources that can come in handy as you and your teen navigate substance use at any stage"



## CHILDMIND INSTITUTE FREE WEBINAR SAVING YOUNG LIVES. REACHING EVERY COMMUNITY

**Tuesday, Dec 9 2:00pm (PST)**

"Suicide among adolescents is a growing public health crisis, with suicides climbing more than 50% over the last two decades. But what if the tools to predict and prevent these tragedies are already in our hands?

Join us on December 9 at our annual On the Shoulders of Giants Scientific Symposium as Dr. Matthew Nock, a leading researcher in suicide and self-injury, and his protégés discuss the future of suicide prevention and the innovative approaches using smartphones, wearable devices, and AI that are improving our ability to detect risk earlier and intervene more effectively.

A roundtable discussion led by former NYC Health Commissioner Dr. Ashwin Vasan will bring together experts from clinical science, epidemiology, and community-based care to examine the promises and challenges of turning these breakthroughs into safe, scalable solutions that could save young lives."

## 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.