

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: TWO PART SERIES OVERVIEW OF THE BC OMBUDSPERSON'S OFFICE AND OVERVIEW OF ADMINISTRATIVE FAIRNESS

Tuesdays

November 25 and January 20 9:30am to 10:15am

SOCIAL THINKING™ FREE WEBINAR

LET'S LAUNCH LET'S SOLVE IT! STEP-BY-STEP SOCIAL PROBLEM SOLVING WITH KIDS!

"Join Michelle and Pam as they celebrate the release of this new 3-book teaching set for 7-9 year olds! Join us live or watch the recording. It will be 30 minutes jam packed with a sneak peek and a surprise freebie for you! We'll show parts of the 3-book set, share insights into how to use, and explore how the 20 story pairs (Let's Solve It! / We Solved It!) and teaching templates support kids in figuring out: What's the problem? Whose problem is it? How does it affect the characters? What to do to solve it? The storybooks feature your favorite We Thinkers characters experiencing everyday problems and solving them too."

MINI-WORKSHOP SERIES DESIGNED FOR NEW AND POTENTIAL CAREGIVERS

Join us for one session or
as many sessions as
interest you!

Monday,

November 24

9:00 am (PST)

Zoom ID: 878 8822 2406

November 24 Topic:
Mental Health
Considerations



CLN PRESENTS: 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"

CANFASD PRESENTS:

NEW WEBINAR SERIES: FASD HOUSING SOLUTIONS

Part 1: What We've Learned So Far

November 28 at 10:00am (PST)

"In Part 1, we will look back at our April 2024 session, which introduced the ChOoSE research initiative – a collaborative effort to co-create innovative housing solutions for people with FASD. We will revisit a presentation from a member of the CanFASD AFFECT Committee, who shared his personal experiences navigating the housing system as an adult with FASD.

Following the recording, participants will get the latest updates on the new ChOoSE housing website and have the chance to ask questions live. This session will help everyone get up to speed and ready for Part 2 of the series in January 2026, where we'll move from learning to action."

Part 2: Putting our Knowledge into Action

January 2 at 10:00am (PST)

"Part 2 will focus on the future of the ChOoSE project as we move into 2026. Attendees will hear the latest research advancements, implementation plans, and next steps to support real-world housing solutions for people with FASD. More details about Part 2 will be shared soon – stay tuned!"

BOOK CORNER

THE INCREDIBLE KIDS (4 BOOK SERIES)

by Alexandra Hoffman (2023)

"Masterpiece: An inclusive kids book celebrating a child on the autism spectrum"

"Masterpiece is an inclusive story featuring Samuel, a boy on the autism spectrum who sees the world differently than his peers. When Samuel's teacher asks his class to create a piece of art, it quickly becomes apparent that his beautiful way of looking at the world makes him a true masterpiece! Throughout the story, the other students in his class learn lessons of empathy, understanding and acceptance."

Big Dreams: an inclusive kids book celebrating girls in football

Sparkle: an inclusive kids book celebrating a child with dyslexia and dysgraphia

Marvelous: an inclusive kids book celebrating a child with ADHD "Marcus loves to build. Every material is an invitation to explore and every day is an opportunity to create. But, when it comes time to work on other activities besides building, he struggles to focus. When his teacher asks his class to draw a blueprint, Marcus completes the project in a way that makes sense to him. A perfect book to introduce kids to the many ways we can show our thinking, Marvelous celebrates a neurodiverse child with ADHD who thinks outside the box."

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



**Interior
Community
Services**
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/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.