

# The Island Connection

Serving Vancouver Island Foster Parents through Peer Support, Education, Networking & ongoing Training



International Foster Care Organization  
XVI Biennial 2011 World Conference  
Victoria, BC, Canada • July 10th to 15th  
<http://www.ifco2011.com>  
IFCO 2011

*Fostering Hope ...  
Together, we can make a difference*



CPC PUB #40780167



FPSS Society is CARF Accredited

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The opinions expressed herein are those of the writers and not necessarily those of the FPSS Foster Parent Support Services Society or the Ministry of Children and Family Development.

NEWSLETTER:

Is published 5 times per year and mailed free of charge to any foster home & MCFD office in the Vancouver Island region.

ADVERTISING INFORMATION:

Margaret Howley, Executive Director  
Tel: 778-430-5462 / Fax: 778-430-5463  
mhowley@fpsss.com

Call Us  
TOLL FREE AT  
1-888-922-8437  
Visit our website at  
www.fpsss.com

Do You Need Help or Information?

The following numbers are provided for your convenience. Please feel free to call these numbers when you need assistance.

EMERGENCY "After Hours" Duty Worker (MCFD)

Contact Number: 1-800-663-9122

- Foster Parents are encouraged to call this number in the event of an EMERGENCY or CRISIS concerning a child in their care, occurring after regular office hours.

FOSTER PARENT SUPPORT LINE (MCFD)

Call Toll Free: 1-888-495-4440

Weekdays: 4:00pm to 12:45am

Statutory Holidays & Weekends: 8:00am to 12:45am

If you have a n immediate concern relating to child in your care we are here to help you and will provide:

- Fast response for urgent issues outside regular office hours.
- Professional support, information and consultation.

PROTOCOL SUPPORT WORKER TEAM (FPSSS)

TOLL FREE 1-888-922-8437

The FPSS Society office can arrange for a support person to help you through a Protocol Investigation.

- The support person can answer your questions, attend any interviews with you, and give you information about the investigation.

FPSS SOCIETY COORDINATORS (FPSSS)

TOLL FREE 1-888-922-8437

Weekdays 9:00am to 4:00pm—Closed Weekends and Statutory Holidays

The FPSSS Coordinators are available 5 days a week to assist you.

- There are three FPSS Society Offices—Victoria (778-430-5460), Nanaimo (250-390-9686), Campbell River (250-286-0555), and one Local Coordinator in Port Hardy (250-949-7397) and one in Port Alberni (250-724-9655).
- Coordinators are available to assist foster parent in obtaining current information; support services for caregivers; on-going training and development opportunities; peer support and mentoring; and BC Foster Care Education Program information.



The Island Connection is now accepting advertising from local Vancouver Island merchants and businesses.

Do you have goods or services that would be useful and beneficial to foster parents and/or community service providers?

Why not place an advertisement in this publication—The Island Connection? Businesses extending a discount to foster families will receive a 10% discount on advertising costs.

Newsletter Distribution: all Vancouver Island foster families, ministry offices and posted to our website.

Contact Margaret Howley at 778-430-5462 or Toll Free at 1-888-922-8437 for information about our extremely affordable pricing. Some restrictions apply.

Proceeds from the sale of advertising space will be used to offset printing costs and Foster Parent Special Events.

The following is a listing of Ministry approved homes willing to provide Relief Care for foster parents. This list is for information purposes only. Foster parents must make their own arrangements **with the prior knowledge and approval of their Resource Worker.**

### SOUTH Island Relief Care Listing

CAREGIVER	PHONE	TYPE OF HOME
Ryan, Melissa Kevin	250-642-3008	Regular/ 0-5 yrs
Sabadash Sheila & Ed	250-360-0622	Regular/0-14 yrs
Buhr, Darren Johanna	250-391-1878	Regular/0-5 yrs
Morley Sandy & Bob	250-478-8490	Level 2/0-5 yrs
Morin Heather& Bill	250-479-9975	Level 1/0-14 yrs
Kitcher Julie	250-294-0275	Level 1 / 0-12 yrs
Dyble Rob & Susan	250-642-5774	Lev 1 / 6-12 yrs boys
Johner Lynette	250-474-4083	Level 1/ 2-12 yrs
Adams Karen	778-433-5424	Level 2/ 0-12 yrs
Batten Linda & Doug	250-642-2579	Level 2/ 0-12 yrs
Moore Kelly	250-920-9206	Level 2/ 0-8 yrs
Cameron Connie & Gord	250-385-4673	Level 2/ 0-8 yrs
Case Sandy & Rob	250-478-2782	Level 2/ 0-5 yrs
Beattie Kerston	250-475-3639	Level 2 / 0-12 yrs
Shumard Laura & Steve	250-478-1973	Level 2/ 0-5 yrs
Henderson Carol	250-474-7470	Level 2/ 0-12 yrs
Hicke Julia & Mike	250-598-8457	Lev 2 / 3-10yrs
Leippi Linda & Gord	250-479-2729	Level 3
O'Leary Sandra	250-888-3316	Level 2 / 7-18 yrs
Jane Foster Barb Csinos	250-360-2900	Level 3/ 5-10 boys
Fast Kathryn	250-220-8989	Level 3 / 7m-7yrs
Hayward Terri	250-590-5051	Level 3
Fisher Heather	250-885-2776	Level 3
Clifford Shandra	250-727-6542	Level 3/ 0-10 yrs
Gerry David&Grace	250-383-0818	Level 3/ 0-12
Dewar Maria & Bob	250-478-6503	Level 3/ 5-19 boys
Cochrane Sue	250-385-6689	Level 3 / 6-12 yrs

### CENTRAL Island Relief Care

**Please Note:** Central Island area Foster Parents are encouraged to contact their Resource Social Worker, or the Child's Social Worker when seeking relief care from Ministry approved caregivers.

### UPPER Island Relief Care Listing

CAREGIVER	PHONE	TYPE OF HOME
Cole Jacqueline	339-6710	Level 2
Anderton Ev & Warren	338-4064	Level 3
Caine Naomi	898-8218	Level 2
Smith, Karen William	897-3688	Level 2

### The Relief Foster Care Rates

Restricted (for a child aged 0 to 11 yrs)	\$36.79
Restricted (for a child aged 12 to 19 yrs)	\$40.33
Regular (for a child aged 0 to 11 yrs)	\$36.79
Regular (for a child aged 12 to 19 yrs)	\$40.33
Level 1 (all ages)	\$55.60
Level 2 (all ages)	\$68.35
Level 3 (all ages)	\$90.89

RATES EFFECTIVE APRIL 1, 2009

# Lend a Hand!

## Join the IFCO 2011 World Conference CREW of Volunteers!

The IFCO 2011 Conference Planning Committee is currently recruiting volunteers to help with the upcoming World Conference to be held in July 2011. (see pages 16 & 17)

This opportunity will be of interest to local foster parents, social workers, and other individuals involved in the Child Welfare community. (Must have a current, clean Criminal Record Check)

We need people to provide volunteer services in the following areas: Translators, I.T., ambassadors, child-minders, workshop hosts, registration desk, information desk, runners, set up / tear down, certified First Aid attendants, and more.



Please contact Sandy Case at 250-478-2782 or Margaret Howley at 778-430-5459 to sign up and/or learn more about this exciting and fun opportunity to "Lend a Hand"!

### GUIDELINE TO THE FAMILY CARE RATE—2009\*

Basic Foster Care Costs (per month)	Ages 0-11years	Ages 12-19 years
Food	135.04	183.35
Housing	149.51	183.35
Transportation	67.52	76.89
Personal Needs	14.46	17.74
Recreation	33.78	35.50
Clothing	81.98	94.63
<b>Sub-total</b>	<b>482.29</b>	<b>591.46</b>
Additional Family Care Costs	Ages 0-11years	Ages 12-19 years
Education	25.72	31.85
Babysitting	86.81	57.33
Transportation	61.09	60.51
Personal Spending	41.79	54.14
Gifts/ Activities	61.09	60.51
Equipment/ Recreation	45.03	54.15
Sub-total	321.53	318.49
<b>Total Maintenance (per month)</b>	<b>803.82</b>	<b>909.95</b>

\*The amounts in each category are estimates of what is required for most children. Actual costs will vary between categories, with some caregivers spending more in some categories but less in others. The total amounts should be sufficient to cover the actual costs for most children. (Estimates developed by Dan Malone, FPSSS)

## FPSSS Coordinator **UPDATES:**

### **SOUTH Island Area UPDATE**

Prepared by Dan Malone

T: 778-430-5460 E: [svicoordinator@fpsss.com](mailto:svicoordinator@fpsss.com)

Toll free: 1-888-922-8437

### **Child and Youth Mental Health Information and Training Series:**

#### **Anxiety in Children and Youth:** Ann

McAdams, Mental Health Therapist facilitated this workshop for 21 foster parents on February 8<sup>th</sup>. In this workshop foster parents learned what anxiety is, how to recognize symptoms of anxiety and information related to Normal Anxiety vs. Anxiety Disorders. There was good information on how to build a toolbox of skills for coping with anxiety in children and youth in the home environment. The handouts, presentation, and topic were well received with interest in learning more about children and youth mental health issues.

**Youth Team Learning Event:** The MCFD Youth Team held an evening learning event for Foster parents on February 10<sup>th</sup>. There were presentations on: "The Mood Food Connection" by Nurse Lisa Isaac from the Aboriginal Youth team. Plus Child and Youth Special Needs Social worker Liz Kificak talked about who qualifies and what is available for children and youth with special needs.

**Pre-Service Orientation:** MCFD held a Pre-Service Orientation for prospective and new foster parents on March 5<sup>th</sup>, 12<sup>th</sup> and 19<sup>th</sup>. I attended on behalf of FPSS Society and provided participants with information regarding the services and training opportunities available to them through our organization.

**Aboriginal Agency Fair:** On March 10<sup>th</sup> Surrounded by Cedar Family Services put on the 4<sup>th</sup> Annual Aboriginal Agency Fair, at Pearkes Recreation Centre. This was a great event that showcased agencies and their services to the community all in one place.

**Emergency First Aid with infant CPR:** Foster Parent Support Services put on Canadian Red Cross certified Emergency First Aid course for 21 foster parents on March 16<sup>th</sup>, facilitated by Alert First Aid.

**Fostering 101:** On March 29<sup>th</sup> South Island Foster Parent Association and Foster Parent Support Services Society held an information/training session for twenty-two (22) foster parents. The topics that were discussed were: asthma, personalized routine books for kids,

and information on income tax re foster parenting. If foster parents have any topics that they would like to see discussed at these sessions please contact Dan Malone at [svicoordinator@fpsss.com](mailto:svicoordinator@fpsss.com) or Sandy Case at [slcase@shaw.ca](mailto:slcase@shaw.ca).

#### **SIFPA Spring Clothing**

**Exchange:** In February, the South Island Foster Parent Association put on the Annual Spring Clothing Exchange. A huge amount of clothing was exchanged and all the clothes left over were donated to the *Victoria Women In Need* Community Cooperative.

#### **South Vancouver Island Retention Committee – "Working Together – Towards Making a Difference":**

The South Island Retention committee has gone around to 15 MCFD teams, and presented a power point presentation on the Needs, Wants, and Wishes of foster parents. MCFD staff members were also asked to make a list of their Needs, Wants, and Wishes. The overall goal is to help create great working relationships with Foster Parents and all MCFD staff. The information that is being gathered is now being collated together in plans for a Forum for foster parents, MCFD and Aboriginal Agency staff in May.

#### **Foster Parent/MCFD Resource Partnership Meeting:**

These meetings happen 10 months a year. They have been well attended and provided babysitting. Foster parents are encouraged to come out to these MCFD run meetings where there are always Resource Social workers to answer any questions they might have.

**E-mail Distribution List:** If you would like to receive notification of workshops, meetings and news of interest to foster parents via e-mail please contact Dan Malone, Regional Coordinator at 778-430-5460 or [svicoordinator@fpsss.com](mailto:svicoordinator@fpsss.com)

**Ongoing Training:** We continue to look for relevant training available in our community. If you know of training that might be beneficial to caregivers, please contact Dan Malone at 778-430-5460 or forward them by e-mail to [svicoordinator@fpsss.com](mailto:svicoordinator@fpsss.com).



### **CENTRAL Island Area UPDATE**

Prepared by Steve Hancock, RCG

T: 250-390-9686 Toll free: 1-888-922-8437

E: [communitydevelopment@fpsss.com](mailto:communitydevelopment@fpsss.com)

### **S.O.L.O.S. Presentation on Social Media and Our Children—April 14/2011**

#### **A Partnership Workshop by MCFD & FPSSS**

On Thursday, April 14, foster parents, social workers, mental health clinicians and support staff got together in a partnership training event featuring Merlyn Horton, Executive Director of Safe Online Outreach Society, presenting on internet safety, do's and don'ts on social media, etc.

Merlyn is a dynamic speaker, passionate about the subject and FAST paced. She introduced a multi-media presentation touching on current issues children and youth are faced with on the net. Her experience as an outreach counsellor in downtown Vancouver and the lower Mainland gives her an insight into youth and the challenges that children-in-care experience. This insight, coupled with her vast knowledge of online technology and social media, makes for a wonderfully entertaining and informative workshop. The workshop was geared to child/youth—focused caregivers and professionals dealing with the complications of online technologies and social media that are effecting their parenting and caseloads.

Judging by the feedback that we have been receiving, the workshop was a huge success. Both foster parents and social workers have been reporting that the workshop helped clarify some technical questions but at the same time stimulated discussion about some of the more "at home" issues of the use of the

technology. It was great to hear foster parents and social workers trying to strategize ways of managing the ever growing number of issues that our technological and online world is presenting. What we all learned was, that we should all be engaging with our children and youth about the wonderful potential and the dangers of the new technology-----don't be afraid to get involved! Merlyn provided numerous website addresses to browse and check out (call Steve for a copy—390-9686). We are hoping that in the future we will be able to bring Merlyn back to Island to offer this workshop to more of our caregivers.

#### UPPER Island Area UPDATE

Prepared by Judy Hollywood Bonnett

T: 250-286-0555 E: [uicoordinator@shaw.ca](mailto:uicoordinator@shaw.ca)

Toll free: 1-888-922-8437

Take a moment to catch up on events in the Upper Island over the past few months. To find out about what's happening in your area, please ensure that we have your e-mail address

by sending Judy Hollywood-Bonnett a quick message to [uicoordinator@shaw.ca](mailto:uicoordinator@shaw.ca).

#### NORTH ISLAND

**The Foster Parent/MCFD Partnership Meeting** on March 8<sup>th</sup> was well attended by 7 foster parents and 8 Ministry workers and staff. A number of topics were considered and special emphasis was given to upcoming training events.

**North Island Foster Parent Support Gathering** was held in the afternoon of February 23<sup>rd</sup> and as a wrap-up for the participants of the Basic Behaviour course. The March 31<sup>st</sup> evening was also well attended. Valerie Ramchuk, N.I. Behavioural Consultant for Caregivers, facilitates these gatherings welcoming all North Island Foster Parents.

**Shoot the Breeze Coffee Break** on February 8<sup>th</sup>. Jackie Kervin hosted this new daytime event. Five foster parents and 3 social workers enjoyed this relaxing break. Heather Walkus

hosted the April coffee meeting in her home.

**Basic Behaviour Course for Caregivers.** Nine foster parents received certificates for completing this 16-hour course in February. Thank you to Valerie Ramchuk for organizing this series!

**Upper Island Loss and Grief Workshop** on April 8<sup>th</sup> in Halbe Hall, Black Creek. Vicki Bridge led a group of Upper Island foster parents and social workers through activities developed to enhance our understanding of "healthy grief".

#### CAMPBELL RIVER and AREA:

**The Education Committee** members were busy creating a new take on our annual Foster Parent Standard Training. Welcome to Debbie Weir who has joined the committee. Check out the Standards and Safety Fair summary in the Upper Island events section.

An update session on the **Many Nations Delegated Authority** was hosted by Laichwiltach Family Life Society on January 20<sup>th</sup>. It was attended by about 20 people, foster parents, Resource Team workers and Behavioural Consultants. Audrey Wilson and Debbie Weir described the process to date and answered foster parent questions. Appreciation goes out to the CR Resource team who helped pull this informative event together.

**Peer Support Events:** The FASD Caregivers group had five participants at the February meeting and two caregivers attending in March. That core group of Safe Babies Caregivers continues to meet every month to offer peer support and information to its members. Foster Parent Alliance met despite being a snowy day on February 16<sup>th</sup>. The topic was "Internet Safety". Information packages are available by contacting Judy at [uicoordinator@shaw.ca](mailto:uicoordinator@shaw.ca) or 250-286-0555.

**Annual Foster Parent Standards Training** happened in Campbell River on March 9<sup>th</sup>. For a complete wrap-up of the *Strategies and Safety Fair* please see the News & Events section. A sincere thank you goes out to all the organizers, presenters and participants of this very successful day!

#### COMOX VALLEY:

**Safe Babies Caregivers Support Group:** Thank you to Diane Daigle who hosted the Comox Valley Safe Babies Caregivers get-together on February 22<sup>nd</sup>. Look for more Safe Babies Caregivers events in the future!

**Welcome! to Margot Janz to the Comox Valley Behavioural Consultant to Caregivers position.** She brings lots of enthusiasm and a wealth of experience.

## Summary Report: Strategies and Safety Fair Based on the Foster Parent Standards

by Judy Hollywood-Bonnett  
FPSSS Coordinator—Upper Island

A very successful Foster Parent training event was held in Campbell River at the Robron Centre Gymnasium on Wednesday, March 9<sup>th</sup>. The goal of the Strategies and Safety Fair was to ensure that Foster Parents had access to current and accurate information on as many Foster Parent Standards as possible.

There were a total of twenty-six booths presented by community groups, agencies and MCFD teams presenting at the Fair focused specifically on 15 Standards relating to topics in Parenting and Safety. They addressed Standards such as Positive Parenting, Preserving Aboriginal Culture, Leisure Activities, Health, Nutrition, and Safety and Emergency Practices.

Thirty-eight Campbell River Foster Parents dropped in at the Strategies and Safety Fair between 1:00pm and 5:00pm. Foster parents found they needed about an hour to visit every booth. One of the most popular booths was operated by the staff of CR Parks, Recreation and Culture. Here foster parents and their children participated in ball and balance games. More time was required if they stop to play at this interactive display! Healthy refreshments were available for all participants. There was also a children's craft table.

Foster parents came away from the Fair with very practical ideas and techniques to incorporate in their homes. Many of the foster parents wrote down FP Standard strategies or tips to use as a handy reference when applying the Standards in their homes. Examples of these tips were "check my first aid kit every six months and replace any missing/expired supplies" or "create and practice our emergency escape plan". At the Fair, some foster parents signed up for future parenting courses, Lifebook workshop or other community trainings that are offered by the various presenters.

All the foster parents reported the event was a valuable way to get lots of information on a number of topics from a wide variety of local resources in a fun and time efficient manner. Many of the presenters at the booths commented on how very impressed they were with the knowledge, enthusiasm, and commitment of the foster parents that they met at the Fair.

Our gratitude goes out to the presenters who staffed the booths and shared their valuable expertise and to the foster parents who made this training a successful event!

# South Island News & Events

## Peer Support Service

SOUTH ISLAND

**Friendly, non-judgmental, and confidential support to local caregivers regarding family issues, behaviour management guidance, personal support, and debriefing.**

**Whether you need an objective sounding board from someone who understands what fostering is all about or someone to help you trouble shoot a crisis situation.**

**You are invited to call Vicky  
at 250-661-3348**

**Monday to Friday, 8:00am to 8:00pm or  
email at [vbridge@shaw.ca](mailto:vbridge@shaw.ca)**

**Foster Parent/MCFD Resource Partnership Meeting**  
**Monday, May 2<sup>nd</sup>, 9:30am to 11:30am in the Youth Room**  
**Monday, June 13<sup>th</sup>, 9:30am to 11:30am, 2nd Floor Boardroom**  
**MCFD Office, 345 Wale Road**

This is an opportunity for all foster parents to meet with resource social workers and be informed of Ministry updates, staffing changes, policy changes, and have their questions answered.

If you have anything you would like added to the agenda please contact Sandy Case at [slcase@shaw.ca](mailto:slcase@shaw.ca).

Free on-site babysitting provided.

**Coffee/Support Mornings**  
**345 Wale Road, Youth Room**  
**Wednesday, May 4<sup>th</sup>, 9:30am to 11:30am**

This is a great opportunity for foster parents to support and network with each other on a regular basis.

Free on-site babysitting provided.

**Child & Youth Mental Health Information and Training Series**  
**Depression in Children and Youth**  
**Wednesday, May 4<sup>th</sup>, 7:00pm to 9:00pm**  
**Island Savings Credit Union (Community Room)**  
**2917 Jacklin Road**

**Facilitator: Wendy Hamilton - Clinician**

Depression is an illness that affects approximately 3.5% of children and youth at any given time.

- Come and learn how to identify some of the signs and symptoms of depression and learn when and where to get help.
- To register please contact Dan Malone at 778-430-5460 or [svicoordinator@fpsss.com](mailto:svicoordinator@fpsss.com)

**Foster Parent/MCFD Advisory Meeting**  
**Tuesday, May 10<sup>th</sup>, 9:30am to 11:30am**  
**FPSS Society Office, 145-735 Goldstream Avenue**

Our local executive meets with Ministry Staff to discuss issues and

concerns that are presented to them by foster parents. If you have anything you would like added to the agenda please contact Sandy Case at [slcase@shaw.ca](mailto:slcase@shaw.ca).

**Lifebook Work Session – Show and Tell**  
**Wednesday, May 11<sup>th</sup>, 7:00pm to 9:00pm**

**Wednesday, June 15<sup>th</sup>, 7:00pm to 9:00pm**

FPSS Society Office, 145-735 Goldstream Avenue.

“Hassle free” approach/ideas/strategies to share with others.

Please bring your Life books to this work session and be prepared to share your ideas.

**“NEW” Coffee/Support Evening**

**Wednesday, May 11<sup>th</sup>, 7:00pm to 9:00pm**

**FPSS Society Office, 145-735 Goldstream Avenue**

This evening coffee support event gives foster parents who are not able to come out to the coffee support mornings an opportunity to come out to socialize, network and support other foster parents.

Goodies, coffee, and tea will be served.

All foster parents welcome!

**Safe Babies Support Group**

**Wednesday, May 25<sup>th</sup>, 7:00pm to 9:00pm**

**FPSS Society Office, 145-735 Goldstream Avenue**

**“Helping Babies from the Bench – Using the Science of Early Childhood Development in Court”, DVD showing.**

Come on out and see our new resources for the Safe Babies program and network with other foster parents.

All foster parents welcome!

**FOSTERING 101**

**Tuesday, May 31<sup>st</sup>, 6:30pm to 9:00pm**

**(6:30-7:00 Meet & Greet)**

**Island Savings Credit Union**

**(Community Room)**

**2917 Jacklin Road, Langford**

SIFPA & FPSSS would like to invite you all to an interactive meeting with lively discussion on current fostering issues.

**Topics:**

- **Advocacy**—This will be an introduction to appropriate advocacy for a foster parent with a copy of the MCFD Publication “Collaborating and Advocating for Children and Youth in Care” for all attendee’s.
- **Internet Safety**—With handouts from the Safe Online Outreach Society.

Please RSVP to Sandy Case at 250-478-2782 or [slcase@shaw.ca](mailto:slcase@shaw.ca)

**Eating Disorders Information Session**

**Wednesday, June 8<sup>th</sup>, 7:00pm to 9:00pm**

**FPSS Society Office, 145-735 Goldstream Avenue**

**Facilitator: Claire Winterton, Clinical Counsellor and Grace Vanhorn, Team Leader - Eating Disorders Program**

This presentation on eating disorders will provide some basic information about eating disorders and the Eating Disorder Program in South Vancouver Island.

There will also be an opportunity to talk about “what is normal eating” and what to do if you think a child or youth is struggling with their eating.

To register please contact Dan Malone at 778-430-5460 or [svicoordinator@fpsss.com](mailto:svicoordinator@fpsss.com)

## FOSTERING 101

Tuesday, May 31<sup>st</sup>, 6:30pm to 9:00pm  
(6:30-7:00 Meet & Greet)

Island Savings Credit Union (Community Room)  
2917 Jacklin Road, Langford

SIFPA & FPSSS would like to invite you all to an interactive meeting with lively discussion on current fostering issues.

### TOPICS:

- Advocacy—This will be an introduction to appropriate advocacy for a foster parent with a **copy of the MCFD Publication "Collaborating and Advocating for Children and Youth in Care" for all attendee's**
- Internet Safety—With handouts from the Safe Online Outreach Society.

Please RSVP to Sandy Case at 250-478-2782 or [slcase@shaw.ca](mailto:slcase@shaw.ca)

## "Working Towards Making a Difference" Partnership Forum

Queen Alexandra West Shore  
Child, Youth & Family Centre  
345 Wale Road in the Youth Room  
Facilitator: Tamara Lenord-Vail

**Wednesday, May 18<sup>th</sup>, 9:00am to 1:00pm**

- Foster Parents and MCFD staff for children 12 and younger

**Wednesday, May 25<sup>th</sup>, 9:00am to 1:00pm**

- Foster Parents and MCFD staff for Youth 13-19 years

This is a solution focused forum that will allow for discussion to assist us in building a better, stronger working relationship between foster parents and social workers. Foster Parents, Ministry, FPSS Society and Aboriginal Agency staff from each of the 18 teams in South Island are encouraged to attend.

**Refreshments will be provided**

To register please contact Nicola Mackay at [nicola.mackay@telus.net](mailto:nicola.mackay@telus.net) or call Dan at 778-430-5460

**Proudly presented in partnership by the South Vancouver Island Foster Parent Retention Committee:**

- FPSS Foster Parent Support Services Society
- Ministry of Children and Family Development
- South Island Foster Parent Association
- Surrounded By Cedar Child and Family Child and Family Services

[www.creohairstudio.com](http://www.creohairstudio.com)



# Créo Hair Studio

Créo Hair Studio is much more than just hair



We offer skin and nail treatments, esthetic services, and opportunities to learn the latest in hair and skin care from our professional staff.

Come see us for a complimentary consultation — the coffee is always on.

**10% off**  
Foster Parent Discount  
On Any Hair Care Service

Hair and Esthetics Studio



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107—2355 Millstream Road



250 • 478 • 4322

Applause salon & staff are moving! We are now

## Créo Hair Studio

Our NEW location is open April 26th and is situated at 107-2355 Millstream Road. (formerly La Bella Vita Hair & Body works—right by the Checkered Flag Restaurant, Mayan Sun Salon, and Curves Women's Gym)



**Kick Off to Summer  
Potluck Luncheon**

**Friday, June 10<sup>th</sup>, 11:30am to 1:30pm**  
MCFD Office 345, Wale Road, Youth Room

Please come and join us in celebrating the end of the school year and the start of summer. Please bring a potluck item to share.

Coffee, tea, and juice will be provided.  
Babysitting is provided in the gym.

# Central Island News & Events

## COWICHAN AREA

### **Duncan Partnership Meeting**

**Wednesday, May 11<sup>th</sup>, 11:00am to 1:30pm**

**161 – 4<sup>th</sup> Street, MCFD office**

Come and join other caregivers in partnership with MCFD staff to vocalize issues, concerns and ideas. Discussion will be followed by a delicious potluck lunch.

### **Duncan Coffee/Support Mornings**

**345 Wale Road, Youth Room**

**Tuesday, May, 17<sup>th</sup>, 10:00am to 12:00 noon**

**Tuesday, June, 21<sup>st</sup>, 10:00am to 12:00 noon**

2471 Beverly Street. (behind the elementary school at the Alexander Center)

This is a great opportunity for foster parents to support and network with each other on a regular basis.

## NANAIMO AREA

### **Foster Parent/Inter Agency Drop in**

**Tuesday, May 3<sup>rd</sup>, 10:00am to 12:00noon**

**Tuesday, June 7<sup>th</sup>, 10:00am to 12:00noon**

**102-6401 Applecross Road, Nanaimo**

For more information contact Steve Hancock at 250-390-9686 or [communitydevelopment@fpsss.com](mailto:communitydevelopment@fpsss.com)

## PARKSVILLE AREA

### **Parksville & Oceanside Support/Coffee Group:**

- For support group information, please contact RSW Bonnie Lamarche at 250-954-4737

## PORT ALBERNI AREA

### **Coffee Meeting**

Tuesday, May 10<sup>th</sup>, 9:30am to 11:30pm, at Karen Benny's

Tuesday, June 14<sup>th</sup>, 9:30am to 11:30pm, at Karen Benny's

### **Port Alberni Coffee meeting**

**Thursday, May 19<sup>th</sup>, 9:30am to Noon**

The Alberni Valley First United Church on Church Street

Babysitting Provided

### **Attachment Workshop**

**Thursday, May 26<sup>th</sup>, 9:15am to 12:00pm**

Facilitator: Kristin Hilmoe

Port Alberni MCFD office, 4088 – 8<sup>th</sup> Avenue, Port Alberni

### **Year End Lunch**

**Thursday, June 8<sup>th</sup>, 11:30am to 1:00pm**

Venue: Search and Rescue Hall

All Foster Parents Welcome and will be contacted later

## Best Wishes Cindy!

Port Hardy Local Coordinator and BCFCE Facilitator Cindy Simister is taking some time off for the next few months.

Please feel free to call Steve at 1-250-390-9686 or Dan at 1-888-922-8437 if you need assistance, a referral or information.



## Five Internet Challenges for Parents:

### **1. Keeping up is hard to do.**

The Internet gets more portable every day, which makes it easier for our kids to be online more of the time. Today your kid may go online from a computer or even a mobile phone. But tomorrow? Who knows! It could be via something not yet invented. New sites appear and become "hot" overnight, replacing old ones. Parents need to help their kids learn about safe and appropriate behavior, not just safe and appropriate sites. Because teaching them about the dangers of one site or form of access today will be outdated information tomorrow.

### **2. Kids go online without us.**

The majority of kids report that their parents have no rules about the Internet. The result is that kids visit sites, create content, and communicate free of supervision in email, on social networking sites, via Instant Messaging, and through mobile texting. Parents need to become involved in their kids' online lives.

### **3. Our kids know way more than we do.**

They have grown up online. They know how to go places and do things we can't. Conversely, they also know how to get around any filters, blocks, or history settings we might use to manage where they go online. Adults must still teach codes of conduct, though, even when their kids' forms of communicating (cu l8r, anyone?) may be downright baffling to us.

### **4. It's a user-generated content world.**

Huh? What does that mean? It means that those using the Internet are also creating its content. Kids can post and receive pictures, stream video, and read and write things visible to anyone online. They can also receive unedited, unfiltered information. We need to help our kids think critically about what they post, read, and see online.

### **5. We butt into our kids' lives at a time when, developmentally, they want independence.**

It's only right and natural for high school-aged teens to demand privacy, try on different personalities, and push at the edge of acceptability — all of which the Internet encourages. That's all part of growing up. Even if we're concerned about their safety, our intervention comes at an unwelcome time. We might be seen as overprotective at best and as controlling snoops at worst. But we have to be sure kids know how to be safe and responsible before letting them loose. It's up to us to make them listen when they don't want to hear.



commonsense

<http://www.common sense.com/internet-safety-guide/internet-challenges.php>



THE FEDERATION  
of COMMUNITY SOCIAL SERVICES of BC

# 2011 Bursary Application

For Young people In and from Care

## BURSARY GUIDELINES

### Bursary Value and Timelines:

FCSS bursaries assist young people in and from care with the financial costs of tuition, books, and supplies for post-secondary academic, technical or vocational training or academic upgrading. This post-secondary bursary is available to a maximum of \$2,000 per academic year (two semesters). Bursary funds must be utilized within 18 months upon notification that you have been awarded the funding.

### Eligibility:

- 1) You are currently in care, a former youth in care either under a continuing custody order (CCO) or temporary custody order (TCO, Voluntary Care Agreement or Special Needs Agreement) or Youth Agreement in B.C. under the *Child, Family and Community Services Act*.
- 2) You are a Canadian Citizen or a Landed Immigrant.
- 3) You are under the age of 25.
- 4) You are currently enrolled or planning to enrol in a secondary, post-secondary academic, technical or vocational program, a recognized public post-secondary institution, or a registered private post-secondary institution.
- 5) Your education will lead to a career in the Social Service, Health, or Education sectors.

### APPLICATION DEADLINE:

- Bursary candidates are asked to complete the application process by **May 6, 2011**.

Please go to <http://www.fcssbc.ca/youth-in-care-scholarship.php> for details and application form.

## Bully-Proofing Our Kids

by Michele Borba, Ed.D

Author of Building Moral Intelligence:  
The Seven Essential Virtues that  
Teach Kids to Do the Right Thing

### 1. Listen and gather facts.

Listen to your child's whole story without interrupting.

### 2. Teach a bully-proofing strategy.

Discuss a range of options and then choose the one or two your child feels most comfortable with.

**Question the response.** Respond to an insult with a non-defensive question: "Why would you say that?" or "Why would you want to tell me I am dumb (or fat) and hurt my feelings?"

**Use "I want."** Communication experts suggest teaching your child to address the bully beginning with "I want" and say firmly what he wants changed: "I want you to leave me alone." or "I want you to stop teasing me."

**Agree with the teaser.** Consider helping your child create a statement agreeing with her teaser. Teaser: "You're dumb." Child: "Yeah, but I'm good at it." or Teaser: "Hey, four eyes." Child: "You're right, my eyesight is poor."

**Ignore it.** Bullies love it when their teasing upsets their victims, so help your child find a way to not let his tormentor get to him.

### 3. Rehearse the strategy with your child.

Once you choose a technique, rehearse it together so your child is comfortable trying it. Teach your child the **CALM** approach to defueling the tormentor.

**C** - Cool down. When you confront the bully, stay calm and in control. Don't let him think he's getting to you. And most importantly: tell your child to always get help whenever there is a chance she might be injured.

**A** - Assert yourself. Try the strategy with the bully just like you practiced.

**L** - Look at the teaser straight in the eye. Appear confident, hold your head high and stand tall.

**M** - Mean it! Use a firm, strong voice. Say what you feel, but don't be insulting, threaten or tease back.

**Final Thoughts.** Like it or not, most kids are bound to encounter children who are deliberately mean. By teaching kids effective ways to respond to verbal abuse, we can reduce their chances of being victims as well as helping them learn how to cope more successfully with future adversities. Of course, no child should ever have to deal with ongoing teasing, meanness and harassment. It's up to adults and kids alike to take an active stand against bullying and stress that cruelty is always unacceptable.

# Upper Island News & Events

## COMOX VALLEY AND AREA

### **Safe Babies Community Champions Training** **Date to be announced**

The learning outcome of this one day workshop is to introduce and describe the Safe Babies Program to community agencies and partners. It aims to raise awareness of the Safe Babies Program and to enhance the community network that surrounds these vulnerable infants, their caregivers and families. If foster parents are aware of community partners that may be interested in the this training, please forward their names to Mary Catherine Bellamy at [mbellamy@shaw.ca](mailto:mbellamy@shaw.ca) or 250-703-6135.

### **Safe Babies Caregiver Training** **Friday, April 29<sup>th</sup> and May 6<sup>th</sup>, 13<sup>th</sup>, and 20<sup>th</sup>.** **9:00am to 3:00pm each day**

Wachiy Friendship Centre Society, B-1625 McPhee, Courtenay  
Foster parents, social workers and community service providers are invited to join in as the revamped eight-module curriculum is unrolled in the Comox Valley. This training is required for foster parents who are or wish to become caregivers in the Safe Babies program. Please confirm your eligibility with your Resource Worker before registering for this program. To register, contact Mary Catherine Bellamy at [mbellamy@shaw.ca](mailto:mbellamy@shaw.ca) or 250-703-6135. Lunch is *not* provided, please "Brown Bag" it! ☺

### **Foster Parent MCFD Partnership Meeting** **MCFD Boardroom, 10:00am to noon** **2455 Mansfield Drive, Courtenay**

Foster parents will receive a notice in the mail confirming the date and time of the next meeting. All foster parents, social workers, MCFD support staff and C&Y Mental Health are invited to participate in the partnership meetings. This is an opportunity to address your concerns, receive updates, discuss fostering trends and learn.

### **Spring Training Events in the Comox Valley** **Planning is happening!**

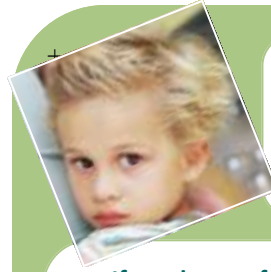
A number of foster parent training events are in the works. Please watch for an announcement in the next few weeks. Or contact your resource worker or Judy at [uicoordinator@shaw.ca](mailto:uicoordinator@shaw.ca) with your education topic requests.

## CAMPBELL RIVER & AREA

**Foster Parent/MCFD Partnership Meeting**  
**Watch your mail for the Autumn Meeting Date**  
**11:00am to 1:00pm, MCFD Boardroom, 929 Ironwood Road**  
All foster parents and social workers are encouraged to attend these interactive meetings where you can participate in an open discussion regarding local fostering issues, training, trends, MCFD up-dates as well as ask questions. For more information or copies of past meeting minutes please call the Upper Island Area Coordinator at 250-286-0555.

### **Transition Committee Meeting:**

The Partnership meeting is asking foster parents to join in this work. Jean Robinson will be chairing this new subcommittee that will be focused on enhancing transitions processes for children in your care. If you would like to get involved or need more information, please contact Jean Robinson at CR MCFD Youth Office 250-830-6500 or Judy at 250-286-0555 or [uicoordinator@shaw.ca](mailto:uicoordinator@shaw.ca).



## Becoming a Foster Parent in the Comox Valley

**If you have a friend, co-worker, neighbour, or  
childcare provider interested in becoming a foster  
parent in the Comox Valley please have them contact**  
**Donna Rushton, RSW**  
**at 250-334-5820**  
**to learn how, and to find out about up-coming  
Foster Parent Information Sessions.**

### **Joint Education Committee Meeting** **Monthly, 9:00am to 10:00am** **MCFD Office, 929 Ironwood Road**

Joint Education Planning meetings are in full swing planning Foster Parent education events for the coming year. Foster parents are invited to join us in this planning. Please contact Judy at 250-286-0555 or [uicoordinator@shaw.ca](mailto:uicoordinator@shaw.ca) for meeting dates and agendas.

### **FASD Caregiver Support Group** **Tuesday, May 10<sup>th</sup>, 10:00am to noon** **Tuesday, June 14<sup>th</sup>, 10:00am to noon**

Family Support Services  
FASD Key Worker Office, 101-301 Dogwood Street  
Many of the children and youth placed in your care may have FASD. Join other caregivers parenting children affected with FASD for support, learning and sharing parenting strategies. The meeting room is child friendly, and refreshments are provided. For more information or to suggest a specific topic you would like to learn more about, please contact Mary Catherine Bellamy at 250-203-0488.

## Become a Foster Parent in Campbell River



**FOSTER PARENT INFORMATION SESSIONS**  
**Call Deborah at 250-286-7542 for date & time**  
**MCFD Office, 929 Ironwood Road**

**If you know anyone interested in becoming a foster  
parent, please encourage them to attend the  
Foster Parent Information Session or invite them to call**  
**Deborah Weber, RSW, at 250-286-7542**  
**to learn more about fostering in Campbell River.**

## Upper Island News & Events

### Second Annual Campbell River and Area Foster Family Picnic

This event was so successful last year, we're doing it again! Its time to pack your lawn chair and sunscreen and watch your mail for more information. Date and location will be announced soon.

### Safe Babies Caregivers Support Gathering

**Tuesday, May 18<sup>th</sup>, 10:00am to noon**

**Tuesday, June 21<sup>st</sup>, 10:00am to noon**

July and August meetings will be decided in June. Please contact Mary Catherine for details.

**The Robron Centre—The Family Place, Room in A127  
740 Robron Street**

Safe Babies Caregivers are invited to network, support, brainstorm, and learn from one another. We will be digging into the Safe Babies resource bag and exploring the new materials at both gatherings. If there is a specific topic you want to learn more about please contact Mary Catherine Bellamy at 250-203-0488. The meeting room is child friendly. Refreshments provided.

### CR Foster Parent Alliance

**Topic: Relief Caregivers Tea**

**Wednesday, May 11<sup>th</sup>, 11:00am to 1:00pm**

**C.R. Family Services' Board Room, 487, 10th Avenue**

Foster Parents and social workers are encouraged to attend our annual Spring Tea for Relief Caregivers potluck. Please invite your relief caregivers for lunch. This is a chance to say a sincere thank you to those people who support us. With summer around the corner, it might be an opportunity to add a new name to your Relief pool. Watch for a poster outlining all the event details coming soon. Please contact Judy at 250-286-0555 or uicoordinator@shaw.ca for more information. Please note: the room change – ask the Family Services receptionist for directions.

### Emergency Preparedness Seminar

**C.R. Family Services Conference Room**

**Thursday June 2nd, 9:30am to noon (tentative)**

**487-10th Avenue**

We are all thinking about Earthquakes these days. Have you been *planning* on starting your emergency planning? Foster Parents and Social Workers are welcome to attend this free seminar. Chris Blanchard from CR Emergency Social Services Team will discuss what to do before, during and after a disaster. MCFD expectations will also be included. Contact Judy to register.

### Plan now for your family's summer break! Upper Island Foster Parent Relief Care Listing and Information Package

There are a number of capable caregivers in our area willing to provide relief care for foster parents. These people come from a variety of backgrounds including current and former foster parents with MCFD, John Howard Society or CLBC. A variety have specialized training and employment experience in a variety of fields related to child and youth development.

To learn how to recruit, screen and orient relief caregivers while meeting the Foster Parent Standards on Alternative Care Arrangements, please call your local Relief List Manager for a copy of the "*Foster Parents Guide to Relief Care*" package.

**You can also request to access the updated relief caregivers listing for your area:**

**Comox Valley, please call Jill Beech at 250-338-1261  
Campbell Rv, please call Ellen Fyfe at 250-287-3727**

## North Island News & Events

### Foster Parent/MCFD Partnership Meeting

**Tuesday, May 10<sup>th</sup>, 1:00pm to 2:00pm—MCFD Boardroom**

All foster parents, social workers, MCFD support staff and C&Y Mental Health are invited to participate. This is an opportunity to address your concerns, receive updates and discuss local fostering trends. No meeting is planned for July but Partnership meetings will resume in the fall. Please contact Jackie at 250-949-7397 if you would like to add an item to the Agenda prior to the next meeting.

### North Island Foster Parent Support Gathering

**Thursday, May 26<sup>th</sup>, 6:00pm to 8:00pm** June date to be confirmed  
Mental Health and Addictions Office, 7070 Shorncliffe Ave, Pt Hardy  
Valerie Ramchuk, N.I. Behavioural Consultant for Caregivers, facilitates these evening gatherings where foster parents can network, learn, support and be supported. Foster parents and Social Workers are invited to attend. Coffee, Tea and desserts will be offered. Please contact Valerie at 250-956-3134 or 250-230-7164 to suggest a topic or a guest speaker.

**Shoot the Breeze Coffee Morning:** Watch your email to be notified about the next meeting date! Here's an opportunity for those foster parents who requested a day-time event. Join in and connect with other foster parents in a positive, supportive, informative and relaxed atmosphere.



### Becoming a Foster Parent in North Island

**If you have a friend, co-worker, neighbour, or  
childcare provider interested in becoming a  
foster parent in North Vancouver Island  
please have them contact  
Salla Sukow, RSW  
at 250-949-8011**

**to learn how, and to find out about up-coming  
Foster Parent Information Sessions.**

## Look Who is Coming to IFCO 2011! WOW!!

We will have over 100 presenters and fascinating speakers from all over the world. The Program is being finalized and we will publish a complete list of presenters as soon as we get confirmation from all those who have been selected to speak.



### Derek W. Clark

is an Inspiring Motivational Speaker and the Author of the I Will Never Give Up book series which includes the award winning and critic acclaimed autobiographical books "I Will Never Give Up", "I Will Never Give Up For the Teenager" and "I Will Never Give Up On God Again". Derek spent 13 years in the foster care system. At five years old his mother and stepfather turned him over to the county social services and yet, they

kept his brother and sister. His father who he has never known was in jail for the criminally insane. As a foster child, Derek was disturbed and erratic. Having suffered child abuse and abandonment, he was prone to severe distress and crippling depression. He has been "labelled and misdiagnosed" in almost every psychological evaluation in existence. As a helpless child, Derek was nearly institutionalized due to severe erratic behavioural problems and violent tendencies. He is a survivor of brutal child abuse, and was diagnosed early on as mentally handicapped with an IQ of a two and half year old and suffered erratic psychosis. As he developed, it became clear to his wonderful foster parents that this diagnosis was without merit.

Derek has learned some very difficult lessons growing up as a troubled teenager. As a foster youth, he wanted to go back and live with his mom

but that never happened. He felt rejected and became an angry teenager. He was constantly in trouble because of his difficulties dealing with his anger, respecting others and trusting adults. Even against unbelievable odds, Derek never gave up, using music, laughter, will power, and positive decision-making to triumph over adversity.

He reveals how he overcame his adversities and how he triumphed in his personal life. He takes you down his road of lessons that he has learned of hate, anger, resentment, mistrust in adults, violent tendencies, rejection, lack of love, child abuse and the memories that have haunted his life. Derek believes he has successfully thrived as a leader in life because of his painful past, compassion for others and living a No Excuse life.

Derek inspires youth and adults across this nation to never give up and to not let the past limit their incredible future. He shares his message of courage, hope and perseverance to help others find the strength to Never Give Up. When Derek speaks, it is from his passionate soul. He brings along his guitar to sing the journals of his life. He believes that music is one of the purest ways to touch and communicate with the hearts of the audience. His listeners will be ignited with passion and have the courage to take action and fight their fears. He will inspire and teach you to push yourself beyond your perceived limits. He believes it all comes down to a choice and taking responsibility for the direction of your life. He is proof that you don't have to let adversity hold you down in life; you have a fascinating and inspiring destiny awaiting you.

**2011 IFCO  
XVII Biennial  
World Foster Care Conference  
VICTORIA CONFERENCE CENTRE  
Victoria, British Columbia, Canada  
July 10th through 15th, 2011**

**Theme: *Fostering Hope ...  
Together, we can make a difference.***

### What you can expect:

- ◆ **An Exciting Youth Program**
- ◆ **An Outstanding Adult Program**
- ◆ **Excellent Networking Opportunities**
- ◆ **A Warm Welcome in Beautiful Victoria and a Truly Memorable Experience**



### Website & Contact Information:

[http://  
www.ifco2011.com](http://www.ifco2011.com) |  
Info? email to  
[info@ifco2011.com](mailto:info@ifco2011.com)



### Dr. Karyn Purvis

Dr. Karyn Purvis is the Director of the Institute of Child Development at Texas Christian University (TCU) in Fort Worth, Texas. During the past decade, she and her colleagues at the Institute have invested their efforts towards developing research-based interventions for at-risk children. Throughout her life, Karyn's personal and professional calling has been to create a welcoming, loving environment for

children who come from "hard places". Foster and adoption issues have always been at the heart of her work, and when her own children were small, she served as foster mother to many children. She serves as expert witness in court cases of child abuse, testifies for state and national legislation, and speaks frequently to national and international groups. Recent trips have taken her to varied national groups from trainings for judges and CPS workers, to international trainings for parents and professionals in England, Iceland, Scotland, Romania, Ethiopia, and Rwanda.

Dr. Purvis received her undergraduate degree at TCU and continued on to receive her masters and doctorate in Developmental Psychology from TCU as well. During her time at TCU Dr. Purvis developed and directed (1999 – present) the Hope Connection, a research and intervention summer day camp for adopted children. She and her colleague, Dr. David Cross write for scientific journals, parents magazines, and have co-authored a feature book for McGraw-Hill titled, The Connected Child: Bringing Hope and Healing to your Adoptive Family, which was released Spring 2007. Within six months of publication, The Connected Child has earned rank as a best-seller in adoption books. She and her colleague, Dr. David Cross were recently honored with the Dallas business journal Heroes of Healthcare Award. Dr. Purvis was awarded the T. Berry Brazelton, M.D. Infant Mental Health Advocacy Award, a state-wide award for child advocacy and has been given the title of Distinguished Fellow in Adoption and Child Development by the National Council for Adoption. Karyn was appointed Presiding Officer of the Texas Department of Family and Protective Services Committee on Licensing Standards by Governor Rick Perry.

*The IFCO 2011 Organizing Committee is working to arrange to have one or two performances of Agokwe for our conference program.*



## Agokwe

Written and Performed by Waawaate Fobister / Directed and dramaturged by Ed Roy  
*Within the man there is woman...not one spirit but two. Winner of Six Dora Mavor Moore Awards*

Mike is a hockey player and Jake is a dancer. The boys notice each other at the Kenora Shoppers Mall and ultimately connect through a mutual love of movement — when Mike is skating and Jake is dancing, "like grass blowing in the wind." Playing these and many more characters through the iconic multifarious persona of Nanabush, the trickster, Fobister intertwines the boys' attraction to each other through activities that traditionally separate gender and orientations. *Agokwe* (pronounced "agoo-kway; meaning "wise woman" or "Two-Spirited") is a remarkable and refreshing testament to the joys and the tragedies of growing up gay and marginalized by race and gender within a small community.

### IFCO 2011 Conference Planning Committee:

- FPSS Foster Parent Support Services Society
- Ministry for Children & Family Development
- Federation of BC Youth in Care Networks
- Federation of Aboriginal Foster Parents
- National Youth in Care Network
- Victoria Native Friendship Centre
- Canadian Foster Families Association
- Surrounded by Cedar Child & Family Services
- Interior Community Services
- Axis Family Resources Ltd
- BC Federation of Foster Parent Associations
- Adoptive Families Association of BC
- Okanagan Foster Parent Association
- Child and Family Counseling Association
- Thompson Rivers University -School of Social Work
- Caring For First Nations Children Society
- Indigenous Child Welfare Research Network
- Hollyburn Family Services

### Bursary and Delegate Funding Assistance:

#### BC Foster Parents:

- A Bursary is available for BC foster parents and youth companions. This opportunity is being administered by the BC Federation of Foster Parent Associations. Please go to the BCFFPA for details application process and criteria, or call Jayne at **1-800-663-9999**.
- You ***DO NOT*** have to be a member of the BCFFPA to access this funding.
- Deadline for applications is MAY 10, 2011.**

#### Northern BC Foster Parents:

- Foster Parents from North BC! Are you interested in attending IFCO 2011? CALL Axis Family Resources, Kate Spangl at **250-635-6679** for information on available funding.

#### Pat Whelan Fund: for Youth Delegates

- The International Foster Care Organization (IFCO) is offering funding for young people (or groups) interested in attending the 2011 International Foster Care Organization in Victoria, B.C., Canada from July 10-15, 2011.
- Go to [www.ifco2011.com](http://www.ifco2011.com) for more information or email [youth@ifco.info](mailto:youth@ifco.info)



## BC Foster Care Education Program Spring/Summer 2011

Code	Victoria		Victoria Fast Track		Courtenay	
S1-1	April 19 T	6:30pm-9:30pm	Aug 8 M	9:30am-12:30pm	May 3 T	6:30pm-9:30pm
S1-2	April 21 Th	6:30pm-9:30pm	Aug 8 M	1:00pm-4:00pm	May 9 M	6:30pm-9:30pm
S1-3	April 26 T	6:30pm-9:30pm	Aug 9 T	9:30am-12:30pm	May 18 W	6:30pm-9:30pm
S1-4	April 28 Th	6:30pm-9:30pm	Aug 9 T	1:00pm-4:00pm	May 25 W	6:30pm-9:30pm
S1-5	May 3 T	6:30pm-9:30pm	Aug 10 W	9:30am-12:30pm	May 30 M	6:30pm-9:30pm
S1-6	May 5 Th	6:30pm-9:30pm	Aug 10 W	1:00pm-4:00pm	June 1 W	6:30pm-9:30pm
S1-7A	May 10T	6:30pm-9:30pm	Aug 11 Th	9:30am-12:30pm	June 6 M	6:30pm-9:30pm
S1-7B	May 12 Th	6:30pm-9:30pm	Aug 11 Th	1:00pm-4:00pm	June 8 W	6:30pm-9:30pm
S1-8A	May 17 T	6:30pm-9:30pm	Aug 12 F	9:30am-12:30pm	June 13 M	6:30pm-9:30pm
S1-8B	May 19 Th	6:30pm-9:30pm	Aug 12 F	1:00pm-4:00pm	June 15 W	6:30pm-9:30pm
S1-9A	May 24 T	6:30pm-9:30pm	Aug 15 M	9:30am-12:30pm	June 20 M	6:30pm-9:30pm
S1-9B	May 26 Th	6:30pm-9:30pm	Aug 15 M	1:00pm-4:00pm	June 22 W	6:30pm-9:30pm
Code	Victoria		Victoria Fast Track		Cowichan	
S2-1	June 2 Th	6:30pm-9:30pm	Aug 16 T	9:30am-12:30pm	May 30 M	6:30pm-9:30pm
S2-2	May 31 T	6:30pm-9:30pm	Aug 16 T	1:00pm-4:00pm	June 20 M	6:30pm-9:30pm
S2-5	June 4 Sat	9:30am-2:30pm	Aug 17 W	9:30am-2:30pm	June 13 M	5:30pm-9:30pm
S2-3	June 7 T	6:30pm-9:30pm	Aug 18 Th	9:30am-12:30pm	June 6 M	6:30pm-9:30pm
S2-4	June 9 Th	6:30pm-9:30pm	Aug 18 Th	1:00pm-4:00pm	June 27 M	6:30pm-9:30pm
VENUE	VICTORIA FPSSS Training Rm 145-735 Goldstream		COURTENAY CVChild Dev Assoc 272 Third Street		COWICHAN Cowichan / LS Duncan 5766 Allenby Rd	

**To REGISTER: Contact Eva Vowles toll free 1-888-922-8437 or direct line 778-430-5459**

### BC FOSTER CARE EDUCATION PROGRAM:

#### Series 1: 36 hours / 9 modules:

Each module threads together core themes of teamwork, child and youth development, communications, guiding children's behaviour, family support, diversity and inclusion, and the Ministry of Children and Family Development Guardianship Model. In many cases, modules will refer to or draw upon content from previous modules so it is recommended that Series 1 & 2 modules be taken in the sequence below.

#### Series 1: 36 hours / 9 modules:

- S1 - 1 Caring for Children: Overview—3 hours**
- S1 - 2 Communication Skills & Self-Awareness—3 hours**
- S1 - 3 Effects of Caregiving—3 hours**
- S1 - 4 The Child's Family—3 hours**
- S1 - 5 Observing, Recording, & Reporting—3 hours**
- S1 - 6 Child and Youth Development—3 hours**
- S1 - 7 Attachment, Separation, & Loss—6 hours**
- S1 - 8 When Children Experience Abuse & Neglect—6 hours**
- S1 - 9 Guiding Behaviour of Children & Youth—6 hours**

#### Series 2: 17 hours / 5 modules:

- S2 - 1 Cultural Responsiveness—3 hours**
- S2 - 2 Aboriginal Children in Care—3 hours**
- S2 - 3 Substance Misuse Awareness—3 hours**
- S2 - 4 Intro to Fetal Alcohol & Neonatal Abstinence Syndromes—3 hours**
- S2 - 5 Suicide Awareness—5 hours**

**To REGISTER for the next Series  
—Spring/Summer 2011 CLASSES—**



**Please Call  
Eva Vowles, BCFCE Coordinator  
At 1-888-922-8437**

# FPSSS Contact Information

FPSS BOARD OF DIRECTORS	NAME	TEL—250	FAX—250	E-MAIL
Chairperson	Sandy Case	250-478-2782	250-474-7677	slcase@shaw.ca
Vice Chairperson	Diane Burrows	250-723-9779		burrowsdiane@hotmail.com
Treasurer	Nicola Mackay	250-744-4119		nicola.mackay@telus.net
Secretary	Jill Beech	250-338-1261	250-338-1261	gildabeech@shaw.ca
<b>FPSSS PERSONNEL</b>				
Executive Director	Margaret Howley	778-430-5459	778-430-5463	mhowley@fpsss.com
Administrative Assistant	Michelle Wells	778-430-5459	778-430-5463	admin@fpsss.com
Regional Coordinator	Dan Malone	778-430-5460	778-430-5463	svicoordinator@fpsss.com
Central Island Coordinator	Mem Xavier Da Silveira	250-390-9686	250-390-9687	cicoordinator@fpsss.com
Upper Island Coordinator	Judy Hollywood Bonnet	250-286-0555	250-286-0545	uicoordinator@shaw.ca
Pt Hardy Local Coordinator	Jackie Kervin	250-949-7397	250-902-0565	nicoordinator@fpsss.com
SI Safe Babies Coordinator	Dan Malone	778-430-5460	778-430-5463	svisafebabies@fpsss.com
CI Safe Babies Coordinator	Mem Xavier Da Silveira	250-390-9686	250-390-9687	safebabies@fpsss.com
UI Safe Babies Coord & UI/CI	Mary Catherine Bellamy	250-703-6135	250-286-0545	mbellamy@shaw.ca
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Nanaimo Partnership Circle	Steve Hancock	250-390-9686	250-390-9687	
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<b>CAMPBELL RIVER</b>				
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Contact	Heather Murphy	250-923-6028		
<b>COMOX VALLEY LOCAL</b>				
Contact	Ev Anderton	250-338-4064		wands2@explornet.com

SOUTH FPSSS OFFICE	CENTRAL FPSSS OFFICE	UPPER FPSSS OFFICE
145-735 Goldstream Ave VICTORIA V9B 2X4	Suite 102- 6421 Applecross Rd NANAIMO V9V 1N1	106 - 301 Dogwood St CAMPBELL RV V9W 2Y1
Area Coordinator: Call direct at 778-430-5459 Fax: 778-430-5463 svicoordinator@fpsss.com	Area Coordinator: Call direct at 250-390-9686 Fax: 390-9687 cicoordinator@fpsss.com	Area Coordinator: Call direct at 250-286-0555 Fax: 286-0545 uicoordinator@shaw.ca



We invite any letters or comments. Please ensure your submissions are forwarded by the 5th of the month.

*How are we doing? Do you have Comments? Suggestions? Queries? Newsletter Submissions?*

Please feel free to contact us anytime at Toll Free 1-888-922-8437

Victoria telephone: 1-250-778-5459 fax: 1-778-430-5463

Nanaimo telephone: 1-250-390-9686 fax: 1-250-390-9687

Campbell River telephone: 1-250-286-0555 fax: 1-250-286-0545

or email us at [admin@fpsss.com](mailto:admin@fpsss.com)



**Foster  
Parent  
Support  
Services  
Society**

foster parents foster hope

#### MISSION STATEMENT:

The FPSS Society is a CARF Accredited Grass Roots organization committed to providing meaningful and accessible support, education and networking services which will continually enhance the skills and abilities of foster parents to deliver the best care possible to the children in their homes.

**Funding:** FPSS Society is a Registered Society that is funded through contracts with the BC Ministry of Children and Family Development to deliver the BC Foster Care Education Program, support services, networking, communication and on-going training opportunities for foster parents of the Vancouver Island Region.

#### Regional Office Location:

145-735 Goldstream Ave,  
Victoria, V9B 2X4

**Phone: 1-778-430-5459**

**Fax: 1-778-430-5463**

**Toll Free: 1-888-922-8437**

**Websites:** [www.fpsss.com](http://www.fpsss.com),  
[www.fosterhope.ca](http://www.fosterhope.ca), [www.ifco2011.ca](http://www.ifco2011.ca)

#### Hours of Operation:

Monday to Thursday: 9:00 am to 4:00 pm

Friday: 9:00 am to 4:00 pm

#### ISLAND CONNECTION NEWSLETTER:

Published 5 times per year and mailed free of charge to all foster home & MCFD offices in the Vancouver Island region.

#### NEWSLETTER COMPILATION

**Margaret Howley**

**Tel: Fax: 778-430-5462**

**mhowley@fpsss.com**

## ADVERTISING?

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Just contact Margaret Howley at 778-430-5459 or Toll Free at 1-888-922-8437 for information about our extremely affordable pricing.

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Haa Huu Pa by aa aats'ik Ray Sim, Sr:

The original Aboriginal Artwork proudly displayed here was created by Gitksan/Musqueam artist, Ray Sim Sr., especially for IFCO 2011. It is titled "Haa Huu Pa" which is a Nuu-chah-nulth term for "teaching". Ray's traditional name is aa-aats'-ik.

The Eagle is a very important spiritual animal to the First Nations people of the Northwest Coast; it is generally a symbol of power, intelligence and loyalty. Eagle down represents peace and friendship.

