

The Island Connection

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

Celebrating Foster Families

Page 4—Message from Minister Polak & Page 18—News Release

Period of Purple Crying Training

Page 16—On-line log-in information

Regional & Area Reports

Pages 6 & 7—Updates on events in each area

Foster Parent Appreciation Events

Page 19—Listing of dates, times and locations

BCFCE Program FALL Schedule

Page 20—Dates, times & locations

Thriving, Not Just Surviving

Page 20—What does it take for you to thrive?

***Foster parents foster hope.
You're there for the children.
We're here for you.***

CPC PUB #40780167



FPSS Society is CARF Accredited

INSIDE THIS ISSUE:	PAGE
After Hours Duty Worker No.	2
Foster Parent Support Line	2
Protocol Support Contact INFO	2
Relief Care Contact Listing	3
Kid's Art Work Wanted	3
Family Care Rates Guidelines	3
Minister Polak's Message	4
FPSSS Message & Blog Information	5
Some People by Flavia Weedn	5
Area Coordinator Updates	6
IFCO 2011 Update	6
South Island News & Events	8
Central Island News & Events	11
Upper Island News & Events	14
The Period of Purple Crying	16
North Island News & Events	17
News Release Celebrating Fostering	18
Appreciation Event Listings	19
BCFCE Schedule	20
Baby Radar by Connie Cameron	21
12 Rules to Live By	21
Thriving, Not Just Surviving	22
Contact List	23

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 4 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 an immediate concern relating to a child in your care—we're 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).
- 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 250-	TYPE OF HOME
Morley Sandy & Bob	478-8490	Level 2/0-5 yrs
Adams Karen	652-0727	Level 2/0-12 yrs
Batten Linda & Doug	642-2579	Level 2/0-12 yrs
Moore Kelly	920-9206	Level 2/0-8 yrs
Morin Heather & Bill	479-9975	Level 1/0-14 yrs
Case Sandy & Rob	478-2782	Level 2/0-5 yrs
Shumard Laura & Steve	478-1973	Level 2/0-5 yrs
Hayward Terri	590-5051	Level 3
Fisher Heather	885-2776	Level 3
Clifford Shandra	727-6542	Level 3/ 0-10 yrs
Gerry David & Grace	383-0818	Level 3/ 0-12 girls
Dewar Maria & Bob	478-6503	Level 3/ 5-19 boys
Kitcher Julie	294-0275	Level 1 / 0-12 yrs
Henderson Carol	474-7470	Level 2/ 0-12 yrs
Dyble Rob & Susan	642-5774	Level 1/ 6-12 yrs boys
Baldwin Lori	381-6971	Regular/ 0-8 yrs
Ryan Melissa & Kevin	642-3008	Regular/ 0-5 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

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

We've Moved!

As of SEPTEMBER 1, 2009, the Foster Parent Support Services Society Victoria Regional Office is located at 145-735 Goldstream Ave in the Goldstream Station Mall

NEW TELEPHONE: 778-430-5459 / NEW FAX: 778-430-5463

All other numbers and email addresses are listed on page 19



Kid's Art Wanted!

FPSS invites children and youth to submit their artwork for inclusion in our upcoming publications, including a calendar, posters, newsletters, cards and advertisements. Children whose artwork is selected for publication will receive a \$25.00 gift certificate.

Theme 1: The Seasons—Spring, Summer, Autumn or Winter

Theme 2: Togetherness, Friends, School, Home, Play

Theme 3: Artist's Choice

Colourful crayon, felt pen or painted pictures preferred.

All submissions must be on letter size (8.5 X 11.0 inches) white paper.

PARENTS: Please put your name and telephone number on the back of the picture. Please remember to include **child's FIRST name only** and age. Mail to FPSS Society, 145-735 Goldstream Avenue, V9B 2X4 or scan and email to mhowley@fpss.com.

All artwork submitted becomes the property of the FPSS Foster Parent Support Services Society.



GUIDELINE TO THE FAMILY CARE RATE—2009*

Basic Foster Care Costs (per month)	Ages 0-11 years	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
Sub-total	482.29	591.46
Additional Family Care Costs	Ages 0-11 years	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
Total Maintenance (per month)	803.82	909.95

*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.

September 9, 2009

Message from the Honourable Mary Polak,
Minister of Children and Family Development

I'm pleased to bring greetings to the Foster Parent Support Services Society and to the many dedicated foster families of Vancouver Island. September marks the end of summer and, for many families, a return to school. I hope everyone enjoyed their summer breaks, as short as they often feel.

The FPSSS is a valued partner to the Ministry of Children and Family Development. Foster families are an integral piece of the work we do in the ministry, and I want to commend you on your efforts to support children and youth on the island who need a stable, loving and supportive home during what are often very difficult times in their young lives. Far too often these children and youth are experiencing more in their young lives than they should have to. I recognize being a foster parent is no easy task, but never underestimate how important you are to those you take into your home, the difference you make in their lives, and how much we sincerely appreciate your dedication and commitment to the job.

October is Foster Family Month in B.C. – a time to reflect on the more than 3,300 foster families throughout our province. This is your month – your time to be proud of what you do as a foster parent, each and every day. Being a foster parent is, without a doubt, an extraordinary act of kindness. Foster Family Month is a time for us to raise awareness about the amazing work you do, the challenges and the rewards, and the continued need for foster families, so the thousands of children and youth in our care can always have a safe place to call home.

As many of you are aware, the International Foster Care Organization (IFCO) Conference of 2009 just wrapped up in Ireland. For those who haven't heard the great news, the FPSSS was instrumental in putting together the successful bid to bring the 2011 IFCO conference to Victoria. The conference theme will be "***Fostering Hope...Together We Can Make a Difference***". We look forward to welcoming more than 600 delegates from around the world to Victoria. It'll be a time for Vancouver Island to showcase the great work accomplished for foster children and youth. Congratulations to the FPSSS and the other organizations involved for bringing this conference to Vancouver Island.

I look forward to meeting with more foster families and groups such as the Foster Parent Support Services Society during my tenure as Minister. I know together we can continue to support those who need it and accomplish some great things. Thank you for your ongoing commitment and unwavering dedication to building a brighter, healthier future for children and youth in care.

Mary Polak
Minister of Children and Family Development



Dear Foster Parents,

October is Foster Families Month which provides us with a great opportunity to formally thank you and your families for all that you do for our community and children in care. Please read the poem below—**“Some People”** by Flavia Weedn—which I believe beautifully describes the role you play in these young lives, and the gifts they often bring to you.

Foster parents do make a difference ... foster parents ARE the difference!

We hope you will take some time for yourself over the next few weeks to attend an Appreciation Event in your area. These are planned with you in mind, and are always a lot of fun.

Have a wonderful October! From the FPSS Society Board and Staff

To join the Foster Family Month blog, go to <http://fosterbc.blogspot.com>



Some people come into our lives
and leave footprints on our hearts
and we are never ever the same.

Some people come into our lives
and quickly go...Some stay for a while
and embrace our silent dreams.

They help us become aware
of the delicate winds of hope...
and we discover within every human spirit
there are wings yearning to fly.

They help our hearts to see that
the only stairway to the stars
is woven with dreams...
and we find ourselves
unafraid to reach high.

They celebrate the true essence
of who we are...
and have faith in all
that we may become.

Some people awaken us
to new and deeper realizations...
for we gain insight
from the passing whisper of their wisdom.

Throughout our lives we are sent
precious souls...
meant to share our journey
however brief or lasting their stay
they remind us why we are here.

To learn...to teach...to nurture...to love.

Some people come into our lives
to cast a steady light
upon our path and guide our every step
their shining belief in us
helps us to believe in ourselves.

Some people come into our
lives to teach us about love...
The love that rests within ourselves.

Let us reach out to others
and feel the bliss of giving
for love is far richer in action
than it ever is in words.

Some people come into our lives
and they move our souls to sing
and make our spirits dance.

They help us to see that everything on earth
is part of the incredibility of life...
and that it is always there
for us to take of its joy.

Some people come into our lives
and leave footprints on our hearts
and we are never ever the same.

International Foster Care Organization

IFCO 2011 World Conference UPDATE:

Report prepared by Margaret C. Howley, IFCO 2011 Chairperson

In July 2009, representatives from the committee traveled to IFCO 2009 in Dublin to make a presentation and actively promote our IFCO 2011 Conference. We brought video and verbal greetings from The Right Honourable Minister Mary Polak; Chief Andy Thomas of the Songhees First Nations; Peter Dudding, Executive Director of the Child Welfare League of Canada, and Victoria, BC, Canada. Former youth in care committee members, Ayla and Lacy shared a powerful video composed by Ayla, and **Lacy sung a First Nations "Warrior Woman" song. The Victoria Conference Centre was also showcased in our presentation. (The minister's message can be viewed on our website at www.ifco2011.com).** Our Canadian delegates sported red and white Canada shirts and hats, while our aboriginal members wore their First Nations Regalia. It was pretty amazing. Our promotions and presentation were very well received and we are expecting an extremely good turnout for our 2011 event.

The 2009 Conference (organized by the Irish Foster Care Association) was host to approximately 600 delegates from 36 countries. Foster parents and social workers from around the world came together to learn, share and network with their peers about child welfare, foster care, and parenting. The workshops and plenary sessions were varied and plentiful—with over 200 on offer. It was a wonderful conference, and a tremendous learning experience. (Please visit our website at www.ifco2011.com to keep abreast of developments.)



Island Area Coordinator UPDATES:

South Island Area:

Report prepared by Dan Malone, SVI Coordinator

Hope everyone had a great summer and are settled in while getting the children back to school. Hopefully, foster parents have come out to a support group or coffee party to network and to socialize with other foster parents.

We have moved our Victoria office, and are now located at 145-735 Goldstream Ave—just up the road from the old office, right beside Tumblebums Play Gym. Please come to our OPEN HOUSE on October 7th, visit with other foster parents, check out our new office and meeting space, and maybe even WIN a prize!

Remember that October is Foster Parent Appreciation Month! Please look in the South Island News and Events section for information on the October 15th Appreciation event. Hope to see you there! A Great Big Thank You to all foster parents, for all your hard work and your commitment in caring for the children.

Pot Luck Lunch

On June 11th Foster Parents got together for a pot luck lunch at the Wale Road office. There were 10 foster parents in attendance for this event.

All Star Baseball Game

Great big thank you goes out to Bev

Batchelor, President of the South Island Foster Parent Association for her generous donation of 90 tickets to the All Star baseball game at Athletic Park where over 20 foster families enjoyed an evening out.

"Allegation Prevention for Foster Parents; Commonsense Ways to Protect Yourself."

On August 20th FPSSS arranged the first virtual/teleconference information session for foster parents, facilitated by Vicki Bridge. **This teleconference training was "in person"** without having to leave your home! Twenty foster parents joined this group, and feedback was very good.

Period of Purple Crying Training

Thank you to all the foster parents who have completed this training on line or in person at the Foster Parent Support Services Society. This is training that every foster parent should have. If you have not completed this please contact Dan at 778-430-5460 and he will send you instructions on how to access the on-line training.

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, South Island Area Coordinator at 778-430-5460 or svicoordinator@fpss.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 email to svicoordinator@fpss.com.

Central Island Area:

Report prepared by Gabrielle Madigan, CVI Coordinator

Hi there Everyone!

My name is Mem Xavier da Silveira (if you are wondering "what is his name and how do I pronounce it", it's pronounced Maim) and I am the new area coordinator for the central Island. Although this positions is new to me I have been a member of the FPSS Society team for over a year as the Recruitment Coordinator. Recruitment continues to be a challenge that I am eager to take on.

I have met many of the new caregivers, and some of the caregivers that have been at it for a while; I am looking forward to meeting with all of you and I hope that many of you will come by for a workshop, support group, coffee party or maybe just to sign out a book or video, and say "Hello". Pop by any time and have a coffee; I would love to meet with you and find out how I can be of service to you.

Mem

Island Area Coordinator **UPDATES** continued:

October 1, 2009

To All Central Island Foster Parents,

I wanted to let all of you know that I will be leaving my position with the Foster Parent Support Services as of October 2nd, 2009. I have been offered a position working directly with children who have special needs and unfortunately, there are not enough hours in the day to do it all! Luckily, Mem Xavier, our recruitment coordinator here at the FPSSS, will be increasing his hours and taking over, and I know he will do a fabulous job!

I feel as though that during my time with FPSSS, I have formed special and unique bonds with many of you. I have truly enjoyed working with such a dedicated, selfless, and amazing group of caregivers and will miss you all. You have each given me a little something special and taught me a great deal; I will always be appreciative of the FPSSS for giving me an opportunity to be inspired by you all. Thank you for all of the wonderful chats, stories, and memories, and for hanging in there with me!

Best wishes in the future!

*Sincerely,
Gabrielle Madigan*



activities, but what you can contribute. You are a wealth of information gained from either practical experiences, formal education or both. Exchanging your **knowledge and "tried and true" approaches** is a tremendous support to other foster parents who know you can relate in the unique circumstance of operating a foster home.

I'm always open to your input of training, support opportunities and local speakers you would like to learn from. Please contact me, Erica Beech, at 250-286-0555 or fpsscr@telus.net to share your ideas. If you would like to meet in person over a cup of coffee or tea, I would be delighted to arrange that, too!

U.I. Foster Parent E-mail Distribution List: Please contact me to be added to this list and receive local training events, meetings and activities that are not necessarily in this newsletter.

Creating Comfort for Kids:
With the weather cooling down, now would **be the perfect time to have your child's social worker give them a gift of a toque or scarf made for all ages. That's right, there are even styles teenagers will like and wear!**

The 4th Annual "Kids Only Christmas Shopping Day":

It's time to start rummaging through your house for gently-used or new and never used items to donate to this great holiday event. Even though donation drop off week isn't until November, I will accept donations early if you want to free up some space.

First Aid Training:

I have tried to organize classes just for foster parents but have been unsuccessful in getting the minimum number of **registrants required. In the "Upper Island News and Events" you will see first aid training schedules available in your community open to the public. This will reduce cancellations and increase training time options that suit your schedule. To see all the first aid training schedules visit the St. John's Ambulance and North Island Colleges ("Continuing Education" section) websites www.sja.ca and www.nic.bc.ca. Please contact me to find out how to access the FPSS Society's first aid training subsidy.**

Thank you again, foster parents, for the wonderful work you do!



I hope all of you had a fantastic summer **with your families! It's hard to believe that the summer is already gone and we are well into the fall.** October and November are packed full of great training and networking opportunities for foster parents, so make sure to take advantage of the events being offered in your area!

Christmas party planning is also going to start soon, so make sure to get involved – **let's make this a great year for the kids!**

Foster Parent Appreciation Month is here, so get ready to celebrate the amazing work that you and your colleagues undertake each and every day. Those of us who are fortunate enough to work with you folks will be at these recognition events to make sure you are all acknowledged and thanked. The events will take place as follows:

Port Alberni – lunch event on October 8th
Nanaimo – lunch event on October 20th
Duncan – evening event on October 22nd
Parksville/Qualicum – date TBA
Watch your mail and email for details...

There will also be a lot of great educational events to take advantage of over the next couple of months. Make sure to check out the Central Island news and events section

of this newsletter to get all of the details on the following:

- FASD and the School System
- Childhood Mental Health Series – Module 1 (Depression)
- Lifebooks
- Monthly networking opportunities
- Infant massage workshop
- Attachment and Early Trauma

Hope to see you at some of our upcoming events. I wish you all a safe and happy autumn!

Upper Island Area:

Report prepared by Erica Beech, UVI Coordinator

October is Foster Parent Appreciation Month! Thank you for your generous commitment to providing a safe, healthy home and lifestyle for children in care. The energy you dedicate to being a foster family to ensure foster children have what they need to make it through life, is always an inspiration to me.

Although October is Foster Family Month, I can assure you the FPSS Society appreciates the significant role you play in the lives of these deserving children all year round.

When you are reading over the "Upper Island News and Events," consider not only what you can learn and gain at these

South Island News & Events

FASD Caregiver Support Groups

FPSS Society Meeting Room
#145-735 Goldstream Avenue

All caregivers are welcome to attend these support sessions! For more information please contact Dan Malone at 778-430-5460

1. Wednesday, October 7th—9:30am to 11:00am

Topic FASD and Food

Speaker: April Macri, BA, B.Ed.

How food can affect children with FASD, foods to avoid and foods to eat more of. A sense of nutrition for children with FASD.

2. Wednesday, November 4th, 10:00am to 11:30am

Finding Hope: Fetal Alcohol Spectrum Order

DVD presentation - Knowledge Network documentary

Retention Committee Meeting

Thursday, November 5th, 1:00pm to 2:30pm

FPSS Society Office, 145-735 Goldstream Ave.

Foster Parents, MCFD staff, and community partners meet to discuss foster home retention initiatives. We welcome your ideas and input—778-430-5460!

Safe Babies Support Group

1. Thursday, October 22nd, 7:00pm to 9:00pm

Period Purple Crying Training DVD. Certificate at the end.

2. Wednesday, November 18th, 7:00pm to 9:00pm

The 6 C's of Care—see insert right. Please watch your e-mail.

FPSS Society Meeting Room, 145-735 Goldstream Ave.

Speaker or Event to be announced. Please watch your e-mail.

Lifebook Work Session – Show and Tell

1. Wednesday, October 21st, 7:00pm to 9:00pm

2. Wednesday, November 25th, 7:00pm to 9:00pm

FPSS Society Meeting Room, 145-735 Goldstream Ave.

- Please bring your Life books to this work session and be prepared to share your “Hassle Free: approach/ideas/strategies to share with others”.
- All ministry Social Workers are invited to attend this event and we would love to see lots of books that night.

Foster Parent/MCFD Advisory Meeting

Tuesday, November 10th, 9:30am to 11:30am

FPSS Society Meeting Room, 145-735 Goldstream Ave.

Our local executive meets with Ministry Staff to discuss issues and concerns that are presented to them by foster parents.

- If you have anything to you would like added to the agenda please contact Sandy Case at 250-478-2782.

Foster Parent Coffee/ Support Evening

Friday, November 13th, 7:00pm- 9:00pm

Janet Leahy's home, 2896 Wyndeatt Ave

(for directions call Janet at 250-382-7397).

Please come join us for some great conversation and goodies.

Caregivers of Youth Support Meeting

Come join the youth teams resource workers for these topic focused meetings for caregivers of children aged 12-18 years old.

Thursday, October 29th, 9:30am to 11:00am

MCFD Office, 140-4460 Chatterton Way, Board Room

Speaker: To be announced.

Please watch your e-mail if you are on the

FPSS Society's email distribution list.

Thursday, November 26th, 9:30am to 11:00am

MCFD Office, 140-4460 Chatterton Way, Board Room

Speaker: TBA

Please watch your e-mail if you are on the

FPSS Society's email distribution list.

Infant and Child First Aid

November 26th—6:00pm / 3130 Jutland (Old Burnside School)

- Do you remember how to perform infant or child CPR?
- Is your first aid certification current?
- The Canadian Red Cross has revised their guidelines - making it easier to perform CPR and potentially save a life.

\$45 person, includes a reference note book; when you get certified, FPSS Society will reimburse you \$35. Date and time to be determined.

Call Dan Malone at 778-430-5460 to find out more. Register early to avoid disappointment!

The 6 C's of Child Care

Wednesday, November 18th, 7:00pm- 9:00pm

Facilitator: Douglas Anderson, Foster Parent

FPSS Society Meeting Room

145-735 Goldstream Ave

RSVP to Dan at 778-430-5460

- ⇒ *Do you need a road map for how to deal with kids?*
- ⇒ *Do you want to provide some stability and consistency?*
- ⇒ *Are you missing information on the background of children in your care?*
- ⇒ *Are some challenging behaviours beginning to wear you down?*

This workshop will provide you with a plan that can be used with almost any child, including those effected from FAE. We will talk about how to reward positive behaviours, curb negative ones, establish boundaries, negotiate consequences (both positive and negative) and provide a stable environment for the children in your care.

Douglas and Maxine Anderson have fostered over 100 children from ages 2 – 19. Before having kids of their own, they actively observed their friends and made some conscious decisions about how they would treat their kids. Those observations and experience with their own children have been enhanced by the dozens of foster children they have cared for who all 'taught' them a little about what worked and what didn't.

South Island News & Events

“A Celebration of Fostering”

Thursday October 15th 7:00pm to 10:00pm
CFB Esquimalt Chief & Petty Officers Mess

Don't forget to join us along with the Ministry of Children and Family Development, Community Living BC, and Surrounded by Cedar Child and Family Services to Celebrate Foster Family Month and show foster parents some gratitude and appreciation. This is a wonderful social event to spend time with all those that understand what fostering is all about.

There will be a Silent Auction put on by the South Island Foster Parent Association with some great things to bid on: spa treatments, hotel stays, recreation activities, and much, much more. The proceeds all go to SIFPA to help fund events like the children's Halloween party, Christmas party, and many more child and youth focused events.

If you have not already sent in your RSVP, please call admin assistant Ann Blair at the MCFD Esquimalt Residential Resources office today at 250-952-4062.



Foster Parent Coffee/Support Mornings
MCFD Office 345 Wale Road in the Youth Room
Mark Your Calendar!

- Thursday, October 8th 9:30am to 11:30am
- Thursday, October 22nd 9:30am to 11:30am
- Thursday, November 5th 9:30am to 11:30am
- Thursday, November 19th 9:30am to 11:30am

Please come and join us for coffee, tea, goodies and a great time to share the joys of fostering, meet other foster parents, and collaborate on problem solving. *On-site babysitting is provided.*

Foster Parent/Resource Team Meetings
MCFD office 345 Wale Road (2nd floor boardroom)

- Monday, October 19th 9:30am to 11:30am
- Monday, November 9th 9:30am to 11:30am
- Monday, December 14th 9:30am to 11:30am

This is a meeting for all foster parents to meet with resource social workers and be informed of ministry updates, staffing changes, policy changes, foster parents questions answered, and at each meeting there will be a different guest speaker. *On-site babysitting is provided.*

Winter Clothing Exchange

Tuesday, November 10th from 7:00pm to 9:00pm
FPSSS Meeting Room— #145 - 735 Goldstream Avenue

Please bring any winter clothing that you are no longer in need of and exchange it for items you can use. If you do not have any items to exchange, you are still very welcome to come and take some home. **We invite you to bring children's and adult clothing, as well as toys and books.** All items not taken that night are donated to Women In Need—WIN. If you have not been to a Foster Parent clothing exchange before you are in for a surprise as there is always great food and a little something special for some lucky people to take home – PRIZES.

Transport Canada—TP 14566 CONSUMER INFORMATION NOTICE Child Restraint Systems

On August 5th, 2009 Transport Canada released Consumer Information Notice advising of Designer 22 infant restraint systems with adjustable base manufactured between January 1st, 2001 and March 19th, 2009 under brand names of:

- COSCO
- EDDIE BAUER
- SAFETY 1ST
- QUINNY

It states, “...*Although the seat meets the mandatory safety standards, research testing that went beyond the existing standards has shown that, when used with the base, the seat may separate from the base or the base may crack during a severe frontal collision.*”

Nearly 260,000 of these units were sold in Canada.

For the details please view the Transport Canada's website
at www.tc.gc.ca/roadsafety/safedrivers/childsafety
or call 1-877-505-2223.

Happy Halloween

2nd Annual Halloween Party

Saturday, October 24th
2:00pm to 4:00pm
Burnside Gorge Community Centre
3130 Jutland Road
RSVP to Nicola at 250-744-4119

Come on out and join us for our 2nd Annual Halloween party. Last year was such a hit we are hosting a Halloween party again this year. Bring all the family and join us for fun, games, a bouncy obstacle course, gooey spaghetti, snacks, and treats.

Don't forget to come in Costume – Adults as well!

PLEASE RSVP to Nicola at nicola.mackay@telus.net or call 250-744-4119. We want to make sure we have plenty of treats for you and your family.

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

Foster Families Needed!

VICTORIA & NANAIMO

Foster Info Session

Wednesday, October 21st
6:30pm

Juan de Fuca Library
1759 Island Hwy, VICTORIA
AND

Call Mem direct
At 250-390-9686
NANAIMO, BC



www.fosterhope.ca

FPSS Foster Parent Support Services Society ©2009

Applause Hair Studio

250-478-4322

Foster Parent Discount
10% OFF
On ALL Colour Services
Oct through Dec 2009

Applause Hair Studio

Our studio salon offers fully certified stylists and technicians to give you the treatment you deserve, from creativity, energy, and professional styles and designs that set the trend of modern day.

Appointments and walk-ins welcome

300-1913 Sooke Road
Victoria, BC V9B 1V9

250.478.4322

www.applausehairstudio.com

Christmas Potluck Lunch

Friday, December 11th, 11:30am to 1:30pm
MCFD Office 345 Wale Road—Youth Room

On-site babysitting will be provided in the gym.
Please come and join us in celebrating the season.

- Please bring a potluck item to share.
- Coffee and tea will be provided.



SIFPA Foster Families

Annual Christmas Party

Saturday, December 5th noon to 3:00pm
Eagle Ridge Community Centre

(off Jacklin Road opposite Westshore Mall)

Join us for the kick-off to Christmas as we celebrate an afternoon with family and friends.

- Please bring a potluck item to share; beverages will be provided.
- There will be crafts, entertainment and of course a visit from Santa (don't forget your camera)



This year we are asking families to either bring a food item to donate to the food bank or to bring a gently used item that can go towards our children's shopping night. PLEASE RSVP to Nicola at nicola.mackay@telus.net or 250-744-4119. We will need to know how many children, their ages, and gender so Santa can bring the appropriate gifts.

Children's Christmas Shopping Event

Tuesday, December 8th 6:00pm to 8:30pm
FPSS Office - #145 - 735 Goldstream Ave

This has event has had great success in Campbell River so we thought we would offer it here in Victoria. The idea for the evening is that children in care can come and purchase gifts for their families and foster families. The gently used items have been donated and will be sold at very low prices so that the children can shop.



Central Island News & Events

COWICHAN VALLEY AREA

DUNCAN FOSTER PARENT APPRECIATION NIGHT Thursday, October 22nd

Come out and join your fellow foster parents and staff from MCFD, FPSS and other community organizations for a night of fun! Kick back, relax and take a night off for yourselves as we express our appreciation for the work you do as caregivers. Watch for your invitations coming in the mail soon!

Duncan Partnership Meeting

Wednesday, September 30th, 11:00am to 1:30pm

15 Craig Street (MCFD resources building)

Partnership Meetings provide opportunities to receive ministry updates, ask questions, voice your opinions, and enjoy a delicious potluck lunch!

Duncan Coffee Morning – NEW DATE

Wednesday, October 7th, 10:00am to noon

New Location Cowichan Family Life Association

2C-2753 Charlotte Road, Duncan

Hope to see you at our first coffee morning of the school year! Come and share stories of the summer and ideas about what you would like to see throughout the year.

Lifebooks Sessions

2411 Trillium Terrace, Duncan

Studio 11 Designs

- Tuesday, October 13th 10:00am to noon
- Tuesday, November 10th 10:00am to noon

Come and work on your Lifebooks with Linda Giles! Linda's store is jam-packed full of great scrap booking supplies, and Linda herself always has a new creative technique up her sleeve. Join the caregivers who have already been attending and who have nothing but great things to say about the monthly groups! For details, please contact Mem at 250-390-9686.

Cowichan Valley FASD Action Team Presentation

Wednesday, November 4th, 10:00am to noon

Location to be announced

The Cowichan Valley FASD Action Team will be coming to present a short skit for Duncan caregivers depicting what life with FASD is like.

- The presentation involves 5-6 characters in different roles (teacher, foster parent, birth parent, sibling, etc.) as they relate to the disorder.
- The skit identifies the challenges and frustration associated with FASD and also highlights greater understanding and willingness to work towards strategies.
- It was written by, and is acted out by, people with FASD.

Afterwards, the floor will be opened up for questions and discussions.

Don't miss this great opportunity to learn about FASD firsthand.

Registration is a MUST—Please call Mem at 250-390-9686.

Duncan & Area Christmas Party Planning

Keep your eyes open for e-mail notifications about planning meetings for the Duncan foster family Christmas party! Last year's event was a great success with a lot of help from the fostering community. If you have any suggestions for this year's party, please forward them to Mem or bring to the next Duncan partnership meeting.



NANAIMO AREA

Important Notice:

We are experiencing a shortage of relief care providers in the Nanaimo/Ladysmith area. If you are interested in providing relief to foster families in these communities, please contact your resource worker at your earliest convenience.

Workshop Opportunity

FASD & THE SCHOOL SYSTEM: Advocacy, IEPs, and More!

Tuesday, October 14th, 10:00am to noon

FPSS Society meeting room

102-6421 Applecross Road, Nanaimo

It's back to school time, and this means new teachers, classes and sometimes even new schools; this transitional time can be especially challenging for children with FASD and other neurodevelopmental conditions. Annemarie Richmond, FASD keyworker, will be coming in to discuss individualized education plans, talking with teachers, and advocacy with caregivers – make sure you register for this workshop before it fills up!

NANAIMO FOSTER PARENTS APPRECIATION EVENT

Tuesday, October 20th, 11:30am to 1:30pm

Nanaimo Golf and Country Club

Come and enjoy some delicious food with your fellow foster parents as we celebrate and honor the incredible work you do as caregivers. Watch for your invitations coming in the mail soon!

To register, or for more details, please call Mem at 250-390-9686.

Safe Babies Connections

Infant Massage

FPSS Society meeting room

102-6421 Applecross Road, Nanaimo

Date: to be determined

Safe Babies caregivers will be notified by phone or e-mail.

Bring a doll (or a baby!) to this interactive, in-depth workshop on infant massage. A consultant from the infant development program will be here to teach you new techniques and refresh your memory for the tried and true! Please contact Mem at 250-390-9686.

Central Island News & Events

New Child and Youth Mental Health Series

Childhood Depression—Youth Mental Health
Module 1 of 5

Wednesday, November 18th
9:30am to noon

FPSS Society meeting room
102-6421 Applecross Road, Nanaimo
Call Mem at 250-390-9686 to Register
OR

Wednesday, November 18th
6:00pm to 8:30pm

FPSS Society meeting room
102-6421 Applecross Road, Nanaimo
Call Mem at 250-390-9686 to Register

You have all patiently waited, and now it's here! Created especially for foster parents, this series of five modules covers various child mental health topics. Child and youth mental health clinicians will be hosting interactive presentations for caregivers in the Central Island.

If you attend all five modules, you will receive a certificate from the team. However, you are more than welcome to attend select modules of your choice. Evening and daytime classes will be **available, so don't miss out on this great opportunity!**

The modules will cover depression, anxiety, social skills and behavior management, the intake process for referring a child to the child and youth mental health team, and more! Our first module covers childhood depression: warning signs and what to look for, when to refer a child, strategies to deal with specific behaviors, and more.

Registration is a must for this event. Please register with Mem for either session as soon as possible. Hope to see you there!

Lifebooks Sessions

FPSS Society meeting room

102-6421 Applecross Road, Nanaimo

Thursday, October 1st

Tuesday, November 10th

Thursday, December 10th, 10:00am to noon

Special Christmas cardmaking/lifebook group:

- The FPSS office now has a lot of great new supplies for **caregivers' use! Remember, creating a Lifebook is an important part of your role as a foster parent.**
- Meet new people, have a coffee, and spend some time putting together a collection of memories for you and your child in care.
- At Christmas-time, we will be working on cardmaking and winter pages.
- Everybody is welcome, from new to veteran fosterers!
- Please contact Mem for details.

Safe Babies Connections

Friday, November 27th, 10:00am to noon

FPSS Society meeting room

102 - 6421 Applecross Road, Nanaimo

A chance to connect with other Safe Babies caregivers in the Nanaimo area and an opportunity to discuss caregiving techniques, frustrations and joys, and other fostering experiences – or just life in general!

- Please contact Mem at 250-390-9686 for details.

Nanaimo Partnership Meetings

Watch for your invitations to our next Nanaimo partnership meeting. Have any ideas for guest speakers?

- Forward any suggestions to your resource worker or to Mem.
- Hope to see you all there!

PERIOD OF PURPLE CRYING Training

Tuesday, December 1st

10:00am to noon

FPSS Society meeting room

102-6421 Applecross Road, Nanaimo

"The Period of PURPLE Crying" - this 45-minute program on infant has been created to train all foster parents in B.C. Caregivers will receive a certificate upon completion. If you cannot make it on the 1st, or if you would like to complete the training before December 1st, please contact Mem to organize an alternate time for viewing the materials. Please see additional information on page 16.



Mentor of the Month

Brenda Anthony has been fostering for almost 20 years. She has an extensive repertoire of experience and has worked with children and teens who have FASD, attachment difficulties, and behavioural challenges. With her varied skill set and approachable nature, Brenda makes for an excellent mentor.

If you would like to connect with Brenda or another one of our experienced mentors, please contact Mem.

HO HO HO!

Are you interested in having a foster family Christmas party this year?

The kids will love it!!!

Planning will need to commence in October/early November, so please contact Mem at 250-390-9686 if you'd like to be part of the organizing committee.



**HEY! Let's Plan a
Christmas Party in
Nanaimo!**

Life Book Ideas and Supplies

Foster Parents receive 10% off



Studio 11 Designs
Scrapbooking & Cardmaking

2411 Trillium Terrace
Duncan, BC V9L 3Z7 250 748-5672
Email: linda@studio11designs.ca
Website: www.studio11designs.ca

Central Island News & Events

PORT ALBERNI & AREA



"Thank-you to USMA and MCFD for hosting the Annual Summer Barbeque Picnic. The food was bountiful, the camaraderie was excellent and the activities were a riot ...rumor has it that Sandra Karlsen will not be picked up by the Blue Jays but Penny Mathews is in line for their manager!"

Submitted by Diane Burrows on behalf of the Port Alberni foster parents.

PORT ALBERNI FOSTER PARENTS APPRECIATION EVENT

Thursday, October 8th, 11:30am to 1:30pm
The House of Gathering, Port Alberni

To show appreciation for the work that foster parents do, the MCFD, FPSSS and USMA teams will be hosting a special luncheon event for caregivers in the Port Alberni area. Keep your eyes out for invitations coming your way!

Port Alberni Support Groups

The Alberni Valley United Church on Church Street

Thursday, October 15th 9:30am to noon

Thursday, November 19th 9:30am to noon

If anybody in the Port Alberni area has a suggestion for a workshop or educational opportunity he or she would like to see, please contact Mem at 250-390-9686.

PARKSVILLE & AREA

Parksville Support Groups

For support group information, please contact Bonny at 250-954-4737.

PARKSVILLE FOSTER PARENTS APPRECIATION EVENT

The House of Gathering, Port Alberni
Date—TBA, watch your mail for details

To recognize and show appreciation for the work that foster parents do, a special event will be held for caregivers in the Parksville/Qualicum area. Keep your eyes out for invitations coming your way!

Workshop Opportunity ATTACHMENT – TRAUMA, BRAIN DEVELOPMENT & PRACTICAL SOLUTIONS

With Dr. Lynda Reynolds

Tuesday, November 25th, 9:30am to noon
124 McCarter Street, Parksville

Open to all Central Island caregivers – come and learn more about early trauma, attachment interruption, brain development and environmental impacts. Practical suggestions for fostering attachment in children will also be discussed.

Presenter Dr. Lynda Reynolds has a master's degree in Marriage, Family & Child Therapy, a doctorate in clinical psychology, and post-doctorate training in neuropsychological assessments of children and youth. She has worked in private practice, as a consultant to school districts and international agencies, and currently is also a supervisor for Child & Youth Mental Health.

In the past five years there has been an explosion of research about the effects of attachment between parents and child and how neglect and emotional attunement affect brain development, personality development, and behaviour and so in the past three years, Dr. Reynolds received additional training from researchers at the University of Calgary, UC Los Angeles, and San Jose, California. She enjoys working with individuals and families, as well as providing supervision and workshops to many different groups.

Registration is a must for this great opportunity. Please contact Mem at 250-390-9686 to register.

Understanding Kith and Kin Care Agreements

Kith and kin care agreements put children who are at risk into the care of friends or relatives. They keep children out of foster care and close to those who they already have connections with as well as their culture and traditions. Kin mean immediate family, relatives, extended family. Kith means friends and acquaintances

When a child has been removed or is going to be removed from their home a biological parent may request the MCFD place the child in the care of a family member or friend.

A kith and kin care agreement means the following:

The social worker must review the background of the family member or friend who may be taking care of the child.

The social worker will help the biological parents make the arrangements for care.

The arrangement is temporary and the child is expected to be returned to the parents.

The child knows the relative or friends or has a connection to the caregiver including through cultural tradition or practice.

The parents get to regularly visit the child.

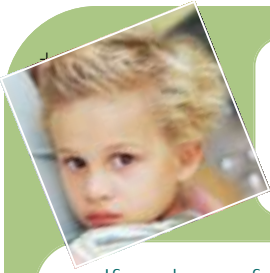
The caregiver may get financial support from the BC Benefits program called "Child in Home of a Relative (CIHR)" if the MCFD found no protection concerns and the child's parents placed the child in the home of a relative.

The caregiver may get financial support through the MCFD if the social worker placed the child in the home of a relative because of protection concerns.

from the Legal Services Society of B.C.'s website www.lss.bc.ca

Upper Island News & Events

COMOX VALLEY & AREA



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.

Creating Comfort for Kids

There is a bin in the MCFD boardroom full of nearly 50 cool handmade items ready and waiting to be given to a special foster child/youth in the Comox Valley! Give your child's social worker a call if the child in your care would enjoy receiving a stylish toque, doll or scarf as a gift.

Thank you to Lorna Adams and Evalyn Hrybko, foster parents; Jan Schute and Meredith Martin, Child and Youth Mental Health team; **Lori Hurst, the Family Services team leader; and Olga Bilesky, Erica's grandma,** for volunteering their time to knit these quality items. Please call Lorna Adams at 250-897-0970 or Erica Beech at 250-286-0555 if you would like to knit, crochet or sew gifts for this project. There are free wool and patterns for you to choose from.

Foster Parent Network October 2009

Topic: Children and Youth Behaviour Disorders

"Struggling for Control: Children & Youth with Behaviour Disorders"

Guest Speaker: Anne Davidson, CYMH Mental Health Clinician

- Anne Davidson will be your guest to present the DVD, address your questions and provide resource material. You will hear the personal experiences of young people, their families and the professionals who treat them to learn more about ADHD, ODD and CD. This documentary made in British Columbia outlines the early signs, symptoms and treatment for children and youth with these behaviour disorders.
- Please contact Erica Beech 250-286-0555 or e-mail fpsscr@telus.net to be placed on the interest list and you will be contacted with the date, time and location. Erica is also open to your ideas on how to include fun in FPN functions!

The Next Steps Steering Committee

Foster parents and social workers are invited to this meeting to address the "key needs" identified by participants at the "Real Issues" forum. We are currently working on relationship building.

- Please call Erica Beech at 250-286-0555 to find out the date and time of the meetings.

"Building Bridges Through Understanding the Village" Workshop

Wednesday, November 4th—9:00am to 4:30pm

Presenter: Kathi Camilleri

Traditionally we had many, many words and ways of treating our children to affirm our belief that they are our sacred gifts. This experiential workshop will help us to understand traditional Aboriginal ways and values. We will explore our personal role in supporting the revival of those values, used for thousands of years that worked so beautifully. We will explore, in-depth, the affects of residential schools and Canada's policy of Assimilation.

This workshop is geared to solutions rather than recrimination and is a great opportunity for foster parents and social workers to get answers to their questions.

About the presenter: Kathi Camilleri is of Aboriginal and Irish ancestry. She is a Liaison Worker with the Aboriginal Outreach Team of Child and Youth Mental Health based in Campbell River. She has explored residential school issues with teachers, students, social workers, foster parents, healthcare workers and church communities throughout Canada to rave reviews.

Pre-registration is required—please call Erica Beech, U.I. Area Coordinator, at 250-286-0555 or e-mail fpsscr@telus.net by Thursday, October 29th. Refreshments provided for the breaks. Brown bag lunch. Proudly sponsored by the Foster Parent Support Services Society and the Child and Youth Mental Health team.

Foster Parent/MCFD Partnership Meeting

October 2009 / MCFD Boardroom

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 up-dates, discuss fostering trends and learn. Foster parents will receive a notice in the mail confirming the date and time of the next meeting.

Child Care First Aid
North Island College
Comox Valley Campus

Fall 2009 Classes:

October 26th to 28th
or November 24th to 26th

This course provides an overview of First Aid and CPR Level B techniques for individuals who care for infants and child in the workplace or at home. Topics include choking, airway and breathing emergencies and prevention of disease transmission. Three year certification.

- Registration: In person at North Island College on 2300 Ryan Road; via telephone at 250-334-5000; or visit www.nic.bc.ca.
- Course code FAC 010.
- Cost: \$75.00 up front and \$25.00 after subsidy.

The FPSS Society subsidizes first aid training for foster parents so the cost to them will ultimately be \$25.00 after you have completed the certification.

Please contact Erica Beech at 250-286-0555 or fpsscr@telus.net for more information on this subsidy.



Upper Island News & Events

Foster Parent Relief Care Listing & Information Package

Jill Beech in Courtenay and Brad Hercina in Campbell River are foster parents who have kindly agreed to maintain a local relief care listing of approved and non-approved homes for foster parents to access. Please call Jill at 250-338-1261 or Brad at 250-202-1207 to access these lists.

"Foster Parents Guide to Relief Care"

To learn more on how to recruit, screen and orientate relief caregivers while meeting the Foster Parent Standards on alternative care arrangements, please call your resource social worker or Erica Beech at 250-286-0555 for your copy of the "Foster Parents Guide to Relief Care" package.

CAMPBELL RIVER & AREA

FASD Caregiver Support Group

The Robron Centre on 740 Robron Street

The Family Place Room in A127 (1st Tuesday of each month)

10:00am to noon—October 6th / November 3rd / December 1st

All foster parents caring for children affected with FASD are invited to join other caregivers for support, learning and exchanging parenting strategies. The meeting room is child friendly.

Refreshments provided.

- For more information or to suggest a specific topic you would like to learn more about please contact Mary Catherine Bellamy, FASD Key Worker, at 250-203-0488.

Safe Babies Caregivers Support Meeting

The Robron Centre on 740 Robron Street

The Family Place Room in A127 (3rd Tuesday of each month)

10:00am to noon—October 20th / November 17th / December 15th

Safe Babies Caregivers are invited to network, support, brainstorm, and learn from one another. The meeting room is child friendly.

Refreshments provided.

- For more information or to suggest a specific topic please contact Mary Catherine Bellamy, Upper Island Safe Babies Coordinator, at 250-203-0488 or Heather Murphy, Safe Babies Caregiver, at 250-923-6028.

4th Annual Kids Only Christmas Shopping Day

Event planning meetings from 9:30am to 11:00am:

- Thursday, October 15th and November 19th

Donation drop off week:

November 16th to 19th from 9:00am to 1:30pm

FPSS Society's office on #106 -301 Dogwood Street

Be part of the only event in town where our kids in care are the guests of honour and leave feeling proud. Please attend these event planning meetings if you would like to help organize the 4th Annual Kids Only Christmas Shopping Day.

- For more information call Erica at 250-286-0555 and social workers may contact Christine Manly.

Relief Care Sub-committee meeting

MCFD office on 929 Ironwood Road

October and November tba

Foster parents are invited to participate in this sub-committee who are striving to enhance the relief care options for foster parents. If you or someone you know would like to provide relief care to foster parents please call Erica Beech at 250-286-0555.

Become a Foster Parent in Campbell River



FOSTER PARENT INFORMATION SESSIONS

Call Lisa at 250-286-7542 for date & time

MCFD Office, 929 Ironwood Rd

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 Lisa Falk, RSW, at 250-286-7542 to learn more about fostering in Campbell River.

Campbell River Foster Parent Alliance

November 2009

C.R. Family Services' Conference Room

487-10th Avenue

Topic: Advocating for Children in Schools

The CRFPA's gatherings are a chance for all foster parents to regularly connect, support, and learn from one another. Mary Catherine Bellamy, FASD Key Worker and Safe Babies Coordinator, will be our guest speaker to present advocating for children in our school system including those with brain differences.

Foster Parent/MCFD Partnership meeting

November 2009, 11:00am to 1:00pm

MCFD boardroom on 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 updates as well as ask questions. Please call Erica at 250-286-0555.

Joint Education Committee meeting

Meets monthly, 9:00am to 10:30am

MCFD office on 929 Ironwood Road

Foster parents and social workers are invited to participate in these meetings where we identify and plan training events for the fostering community. Please contact Erica Beech at 250-286-0555 for up-coming dates.

The Period of Purple Crying:

The program approaches SBS prevention by helping parents and caregivers understand the frustrating features of crying in normal infants that can lead to shaking or abuse. The program provides the opportunity for parents to learn about the crying characteristics from over 25 years of research on normal infant crying conducted by Ronald G. Barr, MDCM, and other scientists worldwide. MCFD strongly encourages all caregivers to access this training and get your certificate, even if you do not currently care for infants. See page 16

Upper Island News & Events

CAMPBELL RIVER & AREA continued

"Working with Biological Families" Workshop

Thursday, November 26th

9:00am to 2:00pm

The role and expectations of foster parents has **changed over the last few years with the MCFD's** practice to work more collaboratively with biological families. This workshop will explore how **the definition of fostering and the MCFD's** expectations have changed, the purpose and benefits of working more collaboratively the **child's family, clarification of the foster parents** and the social workers roles, identify what supports foster parents need from the MCFD to achieve their expectations and working through the challenges that will arise.

To register and to confirm the location please call Erica Beech at 250-286-0555. This workshop is organized by the C.R. Joint Education Committee.

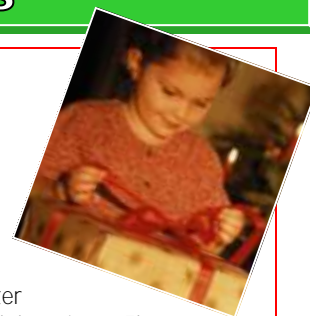
Upper Island Foster Parent E-mail Distribution List
Take a few moments and send me an email message to join the growing Upper Island Email Contact List. You will receive immediate notification of training and activities available to foster parents, as well as be the first to know of any changes.

Call Erica Beech, U.I. Area Coordinator, at 250-286-0555 or e-mail fosscr@telus.net to join today!

The 4th Annual Kids Only Christmas Shopping Day!

Thursday, December 3rd—2:00pm to 6:00pm

Call Erica for location: 250-286-0555



Bring your foster children to this festive event where they can shop for the perfect Christmas gift for their immediate birth and foster families from a selection of new and gently used donations. Elves will be there to help them shop and wrap their presents to maintain their secrecy! This is a fun event with refreshments, socializing, festive music and holiday treats for everyone.

As this event grows we welcome new and gently used donated items as well as your assistance in making this special occasion happen. We need volunteers to help sort items, set up, clean up, help children shop and wrap their presents. Feel free to involve your older foster children who like to help out and need volunteer hours for school.

Suggestions for new and gently used items: bubble bath, novels, giftware, kitchenware, candles, Christmas decorations, books, picture frames, photo albums, board games, camping/fishing gear, shaving kits, puzzles, toys, music, tools, jewellery, home décor, placemats, etc. The options are endless but no clothing please. We are also looking for Christmas gift bags, wrapping paper, ribbon, gift tags and tissue so the elves can wrap their presents.

Please contact Erica Beech at 250-286-0555 or Christine Manly at 250-286-7542 to sign up as a volunteer and to donate items.

Please register your foster children by contacting Erica so we know how many to plan for.

The Period of PURPLE Crying®



A New Way to Understand
Your Baby's Crying

Dear Foster Parents:

The *Period of PURPLE Crying*®: A new way to understand your baby's crying is a new educational program being given out to every new parent in the province.

All babies cry – and this program helps parents cope by providing new information about this normal part of early infant behaviour. Training on this program is now available and foster parents with children under three need to have this DVD/Booklet in their homes.

Did you know? ...

- All babies go through a similar crying pattern during the first 4-5 months of life?
- That a baby can cry for up to 5 hours a day and still be perfectly normal?
- Sometimes a caregiver can get so frustrated **over the baby's crying that they shake them**
- Shaking can cause serious damage to a **baby's brain and eyes; sometimes even death**
- You need to share the *Period of PURPLE Crying*® program with all temporary caregivers of your infants

This program is financed by the Ministry of Children and Family Development and you are

strongly encouraged to be trained and to receive the program whether or not you look after young children, but especially if you are a home that takes or has children under the age of three.

Methods to get the training:

1. Go online at www.dontshake.ca and click on the Online Training button on the top menu bar.

At the bottom right of the online centre where it says Login enter the username and password (both the same) for your area: South Island (southfpsss), or Central Island (centralfpsss) or Upper Island (upperfpsss).

Next, fill out the short registration form and you will enter the student area with the training. This training is 35 minutes and will involve a review of this important 10 minute DVD. You will need speakers or earphones for this training.

A certificate of completion is available for download. This certificate should be forwarded to your resource worker for inclusion in your training file.

2. To attend an in-house training session in your local area., contact your area office for upcoming dates.

For more information please contact your area coordinator, toll free at 1-888-922-8437.

North Island News & Events

“Parenting Children Affected with FASD: Sensory Dysfunction” Info Session

Presented by Diane Bell, N.I. FASD Key Worker
 Wednesday, October 21st—9:00am to 11:00am
 North Island Crisis Counselling Centre
 7095 Thunderbird Way, Port Hardy

Foster parents and social workers are invited to enhance their knowledge and skills on why children affected with FASD have **sensory dysfunction, hyper sensitive vs. hypo sensitive, the child’s environment, concurrent disorders, emotional outbursts and calming techniques, sensory products and how issues unique to children in care affect their sensory dysfunction.**

Future “Parenting Child Affected with FASD” topics include transitions, communication and guiding children’s behaviours.

To pre-register please contact Jackie Kervin at 250-949-7397 by October 16th.

Child Care First Aid – Interest List

This course provides an overview of First Aid and CPR Level B techniques for individuals who care for infants and child in the workplace or at home. Topics include choking, airway and breathing emergencies, and prevention of disease transmission.

The cost would likely be \$75.00 up front and \$25.00 after the foster parent subsidy from the FPSS Society upon proof of payment.

Foster parents and social workers who would be interested in taking this training can contact Erica Beech at 250-286-0555 or fpsscr@telus.net to be placed on the interest list.



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.

N.I. Foster Parent Support Gathering
 Mental Health & Addictions Boardroom
 Shorncliffe Avenue, Port Hardy
 6:00pm to 8:00pm (Last Thursday of each month)
 October 29th, 2009 & November 26th, 2009

Valerie Ramchuk, N.I. Behavioural Consultant for Caregivers, facilitates these evening gatherings where foster parents can network, learn, support and be supported. Please contact Valerie at 250-956-3134 if you wish to suggest a topic you would like to learn more about.



REPRESENTATIVE FOR
 CHILDREN AND YOUTH

Representative for Children and Youth of British Columbia

Planning and caring for our vulnerable children and youth in care is quite complicated to say the least. There will be times when foster parents and foster children themselves will have concerns **regarding the decisions made on the child’s behalf or the services made available to them. You are always encouraged to address your concerns locally with the child’s social worker, your resource social worker, and if necessary, the team leader.**

However, if you are not satisfied with the outcome, contact a Regional Complaints Resolution Consultant at 1-877-387-7027 or visit www.mcf.gov.bc.ca/complaints and the Representative for Children and Youth who has Child and Youth Officers at 1-800-476-3933 or visit www.gov.bc.ca/cyo for further options when you need assistance with child welfare concerns.

The Representative for Children and Youth’s mandate includes improving the services and outcomes for children in B.C. and particularly for those in government care. They may be contacted for general concerns as well.

NEWS RELEASE

For Immediate Release
2009CFD0005-000430
October 1, 2009

Ministry of Children and Family Development

CELEBRATING THE FOSTERING LIFE

VICTORIA – Thousands of foster families and the resource workers and community agencies that support them will spend the next 31 days celebrating the remarkable contribution foster families make in our communities and the difference these “moms and dads” make in the lives of vulnerable children and youth.

October is Foster Family Month in British Columbia – a month where we honour the 3,300 foster families in the province who open their hearts and give children a safe, nurturing and supportive home when they are unable to be with their own families.

“Foster families are a cornerstone in our efforts to help children and families be as strong, healthy and successful as they can be. We simply could not do our work without them,” said Minister of Children and Family Development Mary Polak. “Foster families offer love, understanding and a safe, stable environment for vulnerable children and youth, who for a variety of reasons, are not able to be with their own families.

“We are always grateful for the work they do and Foster Family Month gives us 31 days to let them know how much they are appreciated.”

This year, the ministry is taking those 31 days literally. In addition to the appreciation events being held across the province, an online blog at <http://fosterbc.blogspot.com> will feature a new posting each day in October and will include videos, foster family stories, thank you messages, and information that celebrate fostering in British Columbia.

“Foster parents are a unique community of individuals separated by diverse geographic, social, economic and cultural backgrounds – yet they all share this special kind of family in common,” added Polak. “Foster Family Month is a great time to go the extra mile and we want everyone to know how remarkable our foster families are in British Columbia.”

The B.C. Federation of Foster Parent Associations (BCFFPA) and the Federation of Aboriginal Foster Parents offer support and encouragement to – and a voice for – B.C.’s foster parents. In partnership with the Province, both organizations focus on public awareness and recruitment and retention of foster parents to help build the best system of care for B.C.’s children and youth.

“I would like to extend my most heartfelt thanks for being so welcoming to the children and youth who need the nurturing of a family environment,” said Melanie Filiatrault, president of the BCFFPA. “What would we do without such great foster homes?”

“The Federation of Aboriginal Foster Parents would like to publically thank the many caregivers of our most precious resource, our children and youth,” said president Faye Poirier. “Their dedication day in and day out over many years is to be commended.”

Foster parent Dan Malone, who is also the co-ordinator at the Foster Parent Support Services Society (FPSSS) on Vancouver Island, knows the challenges and rewards of being a foster parent. “I love working with foster parents; they are genuinely caring and kind people who are truly making a difference in our community. Fostering isn’t easy - it has its challenges - but the rewards are wonderful, and it’s all about the kids and the people they will hopefully become.”

Lisa Argue, recruitment co-ordinator at FPSSS, has seen both sides of the fostering life. As a former child in care she knows first-hand the difference a foster family can make in a child’s life. “Foster parents are the backbone of every community’s child welfare system,” Lisa said. “They have a profound impact on a child’s life, and I do not know where I might be today if it were not for my foster and adoptive parents. They do make a difference, and sometimes, they make all the difference!”

To subscribe to the Foster Family Month blog, go to <http://fosterbc.blogspot.com>. For more information on fostering - visit the Ministry of Children and Family Development’s website at www.mcf.gov.bc.ca/foster. For information on becoming a foster parent, please call the Foster Line toll-free at 1 800 663-9999.

For more information:
Christine Ash
Communications
Ministry of Children and Family Development
250 356-1639

FPSS Foster Parent Support Services Society

FPSS MOVED our Victoria office! Our new location is
 #145-735 Goldstream Avenue—turn into the Goldstream Station Mall,
 and we are located in the back left-hand corner.



foster parents foster hope



We're having an OPEN HOUSE and

You're All Invited!

VICTORIA
 October 7th
 11am to 1pm

NANAIMO
 October 28th
 11am to 1pm

CAMPBELL RV
 October 7th
 11am to 1pm



Please join us for a light lunch & good company!

SOUTH FPSSS OFFICE	CENTRAL FPSSS OFFICE	UPPER FPSSS OFFICE
145-735 Goldstream Ave VICTORIA V9B 2X7 Area Coordinator: Call direct at 778-430-5460 Fax: 778-430-5463 svcocoordinator@fpsss.com	Suite 102- 6421 Applecross Rd NANAIMO V9V 1N1 Area Coordinator: Call direct at 250-390-9686 Fax: 390-9687 cicoordinator@fpsss.com	106 - 301 Dogwood St CAMPBELL RV V9W 2Y1 Area Coordinator: Call direct at 250-286-0555 Fax: 286-0545 fpsscr@telus.net

MCFD FOSTER FAMILY MONTH ACTIVITIES ON VANCOUVER ISLAND

MCFD - South Island A Celebration of Fostering Date: Thursday October 15 th 7:00pm to 10:00pm / CFB Esquimalt 1575 Lyall Street / 250-952-4041	MCFD - Duncan Foster Parent Appreciation Night Date: October 22 nd / Location: TBA 250-715-2737	MCFD - Nanaimo Appreciation Luncheon Date: October 20 th / 11:30am – 1:30pm Location: Nanaimo Golf and Country Club 250-741-5701
MCFD - Port Alberni Appreciation Luncheon Date: October 8 th / 11:30am – 1:30pm Location: The House of Gathering 250-720-2650	MCFD - Courtney / Comox Appreciation Event Watch your mail for details 250-334-5820	MCFD - Campbell River Appreciation Event / Pancake Breakfast Date: Thursday, October 15 th / 9:30 - 11:30am Museum Board Room 250-286-7542

- Please watch your email/mail for details and/or invitations.
- For additional information regarding these events, please call the number listed above for each area.

MCFD - Port Hardy Appreciation Event Watch your mail for details 250-949-8011
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BC Foster Care Education Program Schedule FALL 2009

Code	VICTORIA		COWICHAN TRIBES		CAMPBELL RIVER		PORT HARDY	
S1-1	Sept 9 W	6:30pm-9:30pm	Sep 9	6:30pm-9:30pm	Oct 5 M	9:00am-12:00pm	Sep14	6:00pm-9:00pm
S1-2	Sept 14 M	6:30pm-9:30pm	Sep16	6:30pm-9:30pm		12:30pm-3:30pm	Sep21	6:00pm-9:00pm
S1-3	Sept 16 W	6:30pm-9:30pm	Sep 23	6:30pm-9:30pm	Oct 19 M	9:00am-12:00pm	Sep28	6:00pm-9:00pm
S1-4	Oct 5 M	6:30pm-9:30pm	Sep 30	6:30pm-9:30pm		12:30pm-3:30pm	Oct 5 M	6:00pm-9:00pm
S1-5	Oct 7 W	6:30pm-9:30pm	Oct 7	6:30pm-9:30pm	Oct 26 M	9:00am-12:00pm	Oct 19	6:00pm-9:00pm
S1-6	Oct 14 W	6:30pm-9:30pm	Oct 14	6:30pm-9:30pm		12:30pm-3:30pm	Oct 26	6:00pm-9:00pm
S1-7a	Oct 19 M	6:30pm-9:30pm	Oct 21	6:30pm-9:30pm	Nov 2 M	9:00am-12:00pm	Nov 2	6:00pm-9:00pm
S1-7b	Oct 22 Th	6:30pm-9:30pm	Oct 28	6:30pm-9:30pm		12:30pm-3:30pm	Nov 9	6:00pm-9:00pm
S1-8a	Oct 26 M	6:30pm-9:30pm	Nov 4	6:30pm-9:30pm	Nov 7 Sat	9:00am-12:00pm	Nov 16	6:00pm-9:00pm
S1-8b	Oct 28 W	6:30pm-9:30pm	Nov 18	6:30pm-9:30pm		12:30pm-3:30pm	Nov 23	6:00pm-9:00pm
S1-9a	Nov 2 M	6:30pm-9:30pm	Dec 2	6:30pm-9:30pm	Nov 16 M	9:00am-12:00pm	Nov 30	6:00pm-9:00pm
S1-9b	Nov 4 W	6:30pm-9:30pm	Dec 9	6:30pm-9:30pm		12:30pm-3:30pm	Dec 7	6:00pm-9:00pm
Code	VICTORIA		NANAIMO		CAMPBELL RIVER		PORT HARDY	
S2-1	Nov 9 M	6:30pm-9:30pm	Oct 1 Th	6:30pm-9:30pm	Nov 23 M	9:00am-12:00pm	Dec 14	6:00pm-9:00pm
S2-3	Nov 19 Th	6:30pm-9:30pm	Oct 8 Th	6:30pm-9:30pm		12:30pm-3:30pm	Jan 11	6:00pm-9:00pm
S2-5	Nov 7 Sat	9:30am-2:30pm	Oct 17 Sat	9:30am-2:30pm	Nov 28 M	9:30am-2:30pm	Jan 16	9:30am-2:30pm
S2-2	Nov 16 M	6:30pm-9:30pm	Oct 22 Th	6:30pm-9:30pm	Nov 30 M	9:00am-12:00pm	Jan 18	6:00pm-9:00pm
S2-4	Nov 23 M	6:30pm-9:30pm	Oct 29 Th	6:30pm-9:30pm		12:30pm-3:30pm	Jan 25	6:00pm-9:00pm

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 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

Seeking Innovative & Creative Caregivers In Campbell River

Campbell River resource team is looking for innovative and creative care for children and youth in our community. We are looking for caregivers that might be interested in:

- i) **caring for a special needs autistic boy for a "one week on, one week off" living arrangement**
- ii) establishing a Bail Bed in our community?
- iii) setting up a supportive independent living situation in your home for youth who need just a little or a lot of support?
- iv) a home to reunite special needs siblings?
- v) caring for all males or all females
- vi) caring for large sibling groups

Please contact me at:

Michelle Wywrot, MSW
 Team Leader, Resources and Permanency Planning, KLC
 Ministry for Children and Family Development
 929 Ironwood Road, Campbell River, V9W 3E5
 Phone-250-286-7542. Fax-250-286-7557
Michelle.Wywrot@gov.bc.ca

Baby Radar

By Connie Cameron, Vancouver Island Foster Parent

I assume that everyone is familiar with “baby radar,” but in case you’re not, it is the amazing ability that these cute little unassuming creatures have to interrupt anything that you have decided to do while they are asleep.

You know what I mean: you’re sitting down to your first hot meal since the baby was born and they are asleep in what you think is a deep sleep and they let you taste one hot bite and then start crying. Their crying makes you cry and your supportive spouse tells you to let them cry which as a mother you can not do of course. So once again, you are trying to eat while feeding your little bundle of joy, whether nursing or bottle feeding.

It’s amazing how fast after becoming a mother you learn to not only multi-task many things, especially going to the bathroom while holding said baby. There’s one task that I haven’t mastered, only because of safety reasons and this is basting the turkey; well, actually anything stove-related.

Back to baby radar. Because my family is a foster family, we have lots of children come and go through our lives. That said, it still amazes me every time one of them exhibits baby radar. The most sweet, delicate, sleeping child can awake like a lion and cause everyone else to jump to attention. Picture this: it’s bedtime and everyone in the house is asleep. You and your partner are hoping for some “couple time” and what happens? You guessed it. Baby radar. The crying starts and you try to meet their needs as quickly as possible is it food, do they need diaper change, are they gassy? You try everything. Then the next thing you know, all of the kids in your home are awake and your partner is asleep.

The circle of events can repeat itself so many time that you’ll want to hide. Maybe you can have that bath you’ve been waiting for in six years. Or maybe you can finally have a phone conversation with a friend who you’ve lost track of in the last few years. What about leaving the house, alone, to get your hair cut, or even to go the dentist?

I believe babies are packaged so beautifully that you fall in love with them instantly so that when things like baby radar occur, you can forgive them anything. Their beautiful, soft, smiling, cooing selves suck you in so deeply that you have no desire to escape.

We love our babies- the smiles and milestones far outweigh the brief time that baby radar dominates our lives. When we look back and remember that fleeting time with our little bundles, we probably won’t remember the interrupted meals, the missed bubble baths, the baby radar. The only problem is when baby radar turns into Toddler Radar which turns into, well you know the rest.

Connie Cameron has two beautiful daughters, 5 and 4 years old, and is currently a foster mom to three girls, 22 months old, 15 months old and 8 weeks old.



Original Article in Island Parent Magazine February 2009, reprinted with permission.

12 Rules to Live By:

1. You need only two tools: WD-40 and duct tape. If it doesn't move and it should, use WD-40. If it moves and shouldn't, use the tape.
2. The five most essential words for a healthy, vital relationship are, "I apologize" and "you are right."
3. Everyone seems normal until you get to know them.
4. If he/she says that you are too good for him/her - believe them.
5. Learn to pick your battles; Ask yourself, "Will this matter one year from now? How about one month? One week? One day?"
6. Never give yourself a haircut after three margaritas.
7. When you make a mistake, make amends immediately. It's easier to eat crow while it's still warm.
8. If you woke up breathing, congratulations! You have another chance!
9. Living well really is the best revenge. Being miserable because of a bad or former relationship just might mean that the other person was right about you.
10. Work is good, but it's not that important. Money is nice, but you can't take it, or anything else, with you. Statistics show most people don't live to spend all they saved; Some die even before they retire. Anything we have isn't really ours; we just borrow it while we're here... even our kids.
11. Be really good to your family and/or friends. You never know when you are going to need them to empty your bedpan.
12. If you are going to be able to look back on something and laugh about it, you may as well laugh about it now.

Thriving, Not Just Surviving (from TAKE CARE! A Guide For Caregivers On How To Improve Their Self Care)

What does it take for you to thrive, not just survive, especially in difficult circumstances? Your sense of vitality and fulfillment are greatly affected by your hardiness under stress. Self-care involves sustaining your hardiness by practising steps to reduce harsh and negative thinking, nurturing your self-esteem, and including enjoyable activities in your life.

Balancing Demands and Resources

<i>Demands</i>	<i>Resources</i>
Tasks/Responsibilities	Self-esteem
Adjustment to change/loss	Coping skills
Hassles	Social Support

Avoid Harsh Self-Criticism

Do you blame yourself when things go badly and credit someone else when things go well? Do you whisper words of encouragement to yourself or mutter harsh criticism? Your answer to these questions may indicate whether or not you are too self-critical.

Even if you don't tend to be self-critical, stressful situations like caregiving can increase your tendency to slip into this type of negative thinking. Negativity can generate anxiety or depression and diminish your functioning capability. It erodes your ability to use your coping resources.

If you are ever harshly self-critical or feel immobilized and unable to function, try following these general guidelines:

- * Pay attention to what you say to yourself. Are you whispering gentle encouragement or are you muttering harsh criticism?
- * Watch for **self-critical statements like: I should have...; I'm too...; I should be...; I never... .**
- * Stop thinking negative thoughts about yourself.
- * Replace negative thoughts with more reasonable ones that acknowledge the realities of your situation, recognize your strengths and limitations, and identify possible alternative actions or perspectives.
- * If you catch yourself feeling self-doubt or self-criticism, get an objective view from a friend, advisor, or counselor.

Nurture Your Self-Esteem

Self-esteem is knowing in your heart that you are a capable and lovable human being. **This "knowing" helps you believe in yourself. Without it, you can feel helpless, uncertain, isolated, and anxious.**

Research indicates that positive self-esteem is vital to well-being and the capacity to cope with stress. Three strategies to help build and sustain your self-esteem as a caregiver are:

1. **Spend time with your "fan club."** It is important to spend time with the people in your life who like you, help you believe in yourself, recognize your capabilities, and trust your opinions.

How often do you see and talk with these people? Have you actively kept these people in your life since becoming a caregiver? What keeps you from seeing them? What could you do to reduce the barriers? Make a point to talk to and see these people often. Spending time with members of your fan club is an important part of building and sustaining your self-esteem.

2. Give yourself a pat on the back! Give yourself permission to see the positive attributes that others see in you. Absorb the appreciation from others. Take it to heart. Appreciate your talents and focus on your inner strengths and unique capabilities.
3. **Avoid "poisons" that lower your self-esteem.** No one thrives on harsh, demanding input from others. People lead satisfying lives in spite of, rather than because of conflict, negativity, disrespect, or harassment from others. Such destructive input tends to impede rather than empower.

Avoid those around you who erode your positive self-esteem. **Instead, follow these do's and don'ts for sustaining positive self-esteem.**

- ✓ Do spend time on a regular basis with people who believe in you and like you.
- ✓ **Do avoid discounting, negating, or minimizing another person's appreciation of you.**
- ✓ Do acknowledge your inner strengths and how they have served you in the past.
- ✓ Do recall every day at least one thing you and others appreciate about you.
- ✓ Do ignore unfair or unhelpful criticism of yourself rather than taking it to heart.
- ✓ Do learn to honour and respect yourself as much as you do others.
- ✓ **Don't seek the company of those who sap you of your positive self-esteem.**
- ✓ **Don't minimize what you have to offer others or the value of your own capabilities.**

(Call the FPSS Society Regional Office for a copy of this wonderful guide—1-888-922-8437)

Make a list of what you like about yourself and what you have to offer others.
1.
2.
3.
4.
5.

List ten activities that revitalize, energize, and lift your spirits.
1.
2.
3.
4.
5.
6.
7.
8.
9.
10.
Was it easy to think of ten uplifting things? When was the last time you enjoyed any of these activities?

FPSSS Contact Information

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Contact	Ev Anderton	250-338-4064		wands2@explornet.com



**Foster
Parent
Support
Services
Society**

foster parents foster hope

MISSION STATEMENT:

The FPSS Society is a 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,
www.fosterhope.ca, www.fosterbc.ca

Hours of Operation:
Monday to Thursday: 9:00 am to 4:00 pm
Friday: 9:00 am to 1:00 pm

ISLAND CONNECTION NEWSLETTER:
Published 4 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

SOUTH FPSSS OFFICE	CENTRAL FPSSS OFFICE	UPPER FPSSS OFFICE
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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

ADVERTISING?

You can place an ad in this publication—for as little as \$40.00 per issue.

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

Some restrictions apply.

On Vancouver Island & the Gulf Islands, there are
over 1,500 foster children who need our help.

How can you help?

- * Become a foster parent
- * Offer relief or respite
- * Spread the word

Join us for an Info Session
in your community.

For times & locations,
visit www.fosterhope.ca
or call toll-free
1.888.922.8437

INFO SESSIONS
DATES & LOCATIONS
Call toll free
1-888-922-8437

www.foster  *hope.ca*

Together, we can make a difference.