

The Island Connection

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

Lend a Hand at IFCO 2011

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

CPC PUB #40780167



Please think about the
environment before printing



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	250-652-0727	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/ 0-9 Girls
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	250-598-8457	Lev 2 / 3-10yrs
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	250-475-1838	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

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 0-11 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. (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
Toll free: 1-888-922-8437

SIFPA Winter Clothing Exchange: On October 27th the South Island Foster Parent Association put on the Annual Winter 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. The next clothing exchange will be on February 22nd.

Fostering 101: On November 25th South Island Foster Parent Association and Foster Parent Support Services Society held a training session. Twelve foster parents were in attendance (even with the snowy weather earlier that day). The topics discussed were: Head Lice, MRSA, and Ministry expectations. If foster parents have any topics that they would like to see discussed at these sessions please contact Dan Malone at svicoordinator@fpsss.com or Sandy Case at slcase@shaw.ca

FORCE – Information Session: On October 19th, Lisa Hansen, Support and Resource Coordinator for The F.O.R.C.E., Society for Kids Mental Health came and spoke to foster parents. She explained how they support, educate, advocate and help families and caregivers navigate the system for children with mental health disorders. If you are a foster parent of a child with a Mental Health disorder and are looking for resources and /or information check out their website at <http://www.bckidsmentalhealth.org/>

Nurturing Attachments workshop – Facilitated by Deborah Gray: The Queen Alexandra Adoption Support program put on this workshop and offered it to adoptive families and foster parents. It was an all day workshop that provided lots of great information and tools in the area of attachment, grief and trauma. This workshop was so popular that it required a change of venues to accommodate everyone.

Discovery Youth and Family Substance Use Services - South Island: Daniel Cook, M.Ed. RCC, Counselor came out to talk to Foster Parents about all the services they offer. He discussed their values, the counseling they

offer to Youth and their families or caregivers, school and group programs, and referral process. They do not have a long waitlist and if anyone wants more information they can call Discovery Youth and Family Services at 250-519-5313.

SVI Retention Committee – “Working Together – Towards Making a Difference” Road Show:

The South Island Retention committee delivered a power point presentation to facilitate building positive working relationships between foster parents and **ministry social workers**. The **“Needs, Wants, and Wishes”** of foster parents were outlined and MCFD staff was then 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 correlated and will be presented at the Real Issues Forum planned for Spring 2011.

Youth Team Learning Event: The MCFD Youth Team held an all day event for Foster parents on November 25th. There were **presentations on: “Preparing Youth for Independence”** by Social Worker Hilary Clark and foster parent Dawna Drapeau; **“When to Phone MCFD After Hours and What They Can and Can’t Do”** by Edward Evans; and **“Preventing Allegations in Foster Homes”** by Vicki Bridge.

Foster Parent/MCFD Resource Partnership Meeting: These meetings happen 10 times per year. They have been well attended. Childcare is provided. 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.

Rotman Award Project – **“Safe Babies Train the Trainer training”**: On November 29th and 30th Foster Parent Support Services Society held the first Introduction to Train the Trainer workshops in Victoria. There were 25 participants including social workers, foster parents, nurses, and



community partners from both aboriginal and non-aboriginal teams. This focus for this training is increase community capacity and awareness of the Safe Babies Program. In the interest of succession planning and sustainability of the program, we wish to identify new facilitators who will champion the program in their respective organizations.

Annual Foster Parent Christmas Dinner: On November 30th over 30 plus foster parents came to the Keg for a nice dinner, and to kick off the Christmas Season. This was a time to socialize with other foster parents. There was also an entertaining Christmas gift exchange game.

Annual Foster Family Christmas Party: On December 4th, SIFPA put on the largest ever Foster Family Christmas Party with over 250 people in attendance, with all 165 kids receiving a gift from Santa. There was an excellent performance by the Victoria High School Advanced Dance Team, and the Cadet band played Christmas music. There was also a silent auction, potluck lunch, food bank donation, crafts, ginger bread cookies to design, and a lot of fun. Thank you to the South Island Foster Parent Association, volunteers, and local sponsors for putting on this wonderful event for all the foster families in the South Island. Proceeds from the silent auction will go to future events for the children.

Children’s Christmas Shopping Night: On December 7th, over 400 gifts were bought and wrapped for one dollar each for children in care to give to their friends and families.

There were gifts for Moms, Dads, girls, and boys. Thank you to all those people who donated gifts, to Island Savings Credit Union for donating their community room, to SIFPA for putting on the event and to all the volunteers for wrapping and setting up.

Upcoming Events in South Island

Mental Health Series: Foster Parent Support Services Society has teamed up with Child and Youth Mental Health Teams in South Island to put on a Mental Health Series. There will be one presentation each month by clinicians from January to May. To see a list of the topics please see the South Island News and Events pages in this issue.

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 uicoordinator@fpsss.com

CENTRAL Island Area UPDATE

Prepared by Mem Xavier
T: 250-390-9686 E: cicoordinator@fpsss.com
Toll free: 1-888-922-8437

In Loving Memory of Ruth Merner:
Ruth passed away unexpectedly in June of this year, and she will be fondly remembered and dearly missed by many. A Memorial Tea was held in her honour, which was attended by a large number of foster parents and social workers from our community. Bob and Ruth Merner started foster parenting over 40 years ago. They provided care to many, many children over those many, many years; including many kids with special needs. The care of these children continued on into their adulthood, **and the Merner's also adopted some of the children placed with them.**



At Risk Teens: RCMP Liaison officers from Nanaimo spoke to foster parents about the risks out there for all teens. Topics included human trafficking, prostitution, drug use, bullying and cyber bullying. Thank you to those of you who attended, there was some great discussions about these topics.

A big thank you to Anita and Sheila from the Aboriginal Child and Youth Mental Health Services for continuing a great

workshop about attachment and loss, great participation from all those who attended.

Season's Greetings and Happy New Year!

Christmas is often a time when families get together to share a good meal, laughs and hopefully a few gifts as well. It is also a good time to reflect and look back at the year that passed so quickly. Foster parents give so much. Every day you give and give. It is important that everyone knows how grateful our communities are for your dedication, generosity and the leadership you provide to the children and youth whom you care for.

UPPER Island Area UPDATE

Prepared by Judy Hollywood Bonnett
T: 250-286-0555 E: uicoordinator@shaw.ca
Toll free: 1-888-922-8437

Happy New Year to all foster families on Vancouver Island! Thanks to everyone who participated in training events, partnership meetings and fostering activities in 2010.

Was your New Year's resolution to be more involved in your local fostering community? To get connected with what's happening in the Upper Island area; please ensure that we have your e-mail address by contacting Judy Hollywood Bonnett at uicoordinator@shaw.ca.

October 2010 Foster Parent Month Celebrations on the Upper Island: North Island foster parents were honoured at a luncheon on October 6th at the Sacred Wolf Friendship Centre. Thirty foster parents attended and were treated to a fantastic home-cooked spaghetti lunch. Gifts and door prizes were distributed. This event was a partnership among the First Nations community, the School District and MCFD who recognised and thanked foster families for their dedication and hard work.

On October 19th, 35 Campbell River foster parents were treated to a relaxed evening with plenty of mixing and mingling while munching on delicious finger food in the John Howard room at the CR Community Centre. Each MCFD Team thanked foster parents for their commitment to our kids; donated gift baskets were given as door prizes.

On October 28th the Comox Valley Foster Parent Appreciation Luncheon was held at the Best Western Hotel, Courtenay. There was a great turn out of 44 foster parents

and 13 MCFD professionals and staff. The commitment and contributions of foster parents were celebrated with great food, thank you gifts and a moving tribute from the Sharon Farquharson, Resources Team Leader.

NORTH ISLAND:

Welcome to new resource worker Alexandra Szpakowski. Alex was born and raised in Saskatchewan, and earned a degree in Social Work from the University of Regina. She finished her degree two **years ago and recently moved to the "wild west" in pursuit of new adventures.** Alex says she loves the North Island and all of the outdoor beauty it offers. Alex enjoys meeting foster parents, kayaking, hiking, running, golfing, and snowboarding. She hopes to try some recreational diving and maybe even some surfing.

At the Foster Parent Gathering on November 25th there were four foster parents, Val Ramchuck and resource worker Alex. There was a general discussion and one of the foster parents offered a summary of the attachment workshop presented by infant development. There was a very good turnout of 7 foster parents, 10 social workers and the Behavioural Consultant at the Foster Parent/MCFD Partnership Meeting on Nov 30th.

CAMPBELL RIVER and AREA:

The Fifth Annual Kids Only Christmas Shopping Day was held on December 1st at the Robron Centre Gym. We had about 50 foster kids shopping at this event. A huge thank you to all those who contributed gifts, time and effort creating another successful event for our kids!

CR Foster Parent Alliance and Christmas Potluck, was held on December 8th. Thanks to everyone for coming out and contributing to this event.

COMOX VALLEY:

On November 17th foster parents attended training on the Documenting and Record Keeping Standards. This is the first presentation of this training which will be offered again. All Comox Valley foster parents are encouraged to participate and will learn about techniques to streamline their record keeping tasks and monthly reporting. Please contact your Resource Worker or Judy Hollywood at uicoordinator@shaw.ca for details.

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

Foster Parent/MCFD Advisory Meeting
Tuesday, January 18th, 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.

Lifebook Work Session – Show and Tell
Wednesday, January 19th, 7:00pm to 9:00pm
Wednesday, February 16th, 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.

Safe Babies Support Group
Wednesday, February 2nd, 7:00 to 9:00pm
FPSS Society Meeting Room 145-735 Goldstream Avenue.
DVD showing: **“Caring for our Children – Caring for Vulnerable Babies”**. This is one of our new resources for the Safe Babies program it includes sections on medical needs and treatment, developing attachment and feeding, carers experience, support and issues for older children. Come on out and see our new resources for the Safe Babies program and network with other foster parents.
All foster parents welcome!

Coffee/Support Mornings
345 Wale Road, Youth Room

- Wednesday, January 5th, 9:30am to 11:30am
- Wednesday, January 19th, 9:30am to 11:30am
- Wednesday, February 2nd, 9:30am to 11:30am
- Wednesday, February 22nd, 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.

Foster Parent/MCFD Resource Partnership Meeting

- Monday, January 10th, 9:30am to 11:30am
- Monday, February 7th, 9:30am to 11:30am

MCFD Office, 345 Wale Road in the 2nd Floor Boardroom

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. At each meeting there will be a different guest speaker.

Free on-site babysitting provided.

Fostering 101

Tuesday, January 25th, 6:30pm to 9:00pm
(6:30-7:00 Meet & Greet)

Venue to be announced

SIFPA & FPSSS would like to invite you all to an interactive meeting with lively discussion on current fostering issues. Topics: Proper Documentation and Expectations from MCFD, also—Life books some new ways of doing this. Please RSVP to Sandy at 250-478-2782 or slcase@shaw.ca

Spring Clothing Exchange (Venue TBD—call Nicola)

Tuesday, February 22nd, 7:00pm to 9:00pm

Bring all of your unwanted children’s and adult clothing to trade for some new-to-you items... all extras will be donated to Women In Need. Join us for dessert & coffee... Door Prizes too! Please RSVP to Nicola.Mackay@telus.net or 250-744-4119.

Child & Youth Mental Health Information and Training Series
Parenting/Care Strategies- Behaviour Disordered & ADHD Children
Facilitator: Rob Peters – Mental Health Support Worker

Wednesday, January 12th, 7:00pm to 9:00pm

FPSS Society Meeting Room, 145-735, Goldstream Avenue.

This presentation will focus on the use of known effective parenting techniques to document behaviour, develop, and implement behaviour management plans, and to positively support children and youth in a foster family system. It will also focus on managing more challenging behaviours in children and youth with ADHD and/or diagnosed Behaviour Disorders. To register please contact Dan Malone at 778-430-5460 or svicoordinator@fpss.com

Anxiety in Children and Youth

Facilitator: Ann McAdams – Mental Health Therapist
and co-facilitator Alaina Read, M.Ed, Practicum Student
Wednesday, February 8th, 7:00pm to 9:00pm

FPSS Society Meeting Room, 145-735, Goldstream Ave

What is Anxiety? How to recognise symptoms of anxiety in adults.

How to recognise symptoms of anxiety in children and youth.

Information related to Normal Anxiety vs. Anxiety Disorders.

Description of various Anxiety Disorders. Suggestions on how to build a toolbox of skills for coping with anxiety in children and youth in the home environment. Each attending foster parent will be provided with handout materials at end of session. To register please contact Dan Malone at 778-430-5460 or svicoordinator@fpss.com

UPCOMING WORKSHOPS:

Eating Disorders	Effects of Trauma on	Depression in Children
Facilitator: Amanda	Children and Youth	and Youth
McCowan –Nurse/ Counsellor	Facilitator: Manuela	Facilitator: Wendy
Wednesday, March 9 th ,	Bizzotto - Clinician	Hamilton - Clinician
7:00pm to 9:00pm	Wednesday, April 5 th ,	Wednesday, May 4 th ,
	7:00pm to 9:00pm	7:00pm to 9:00pm

December 15, 2010

Dear Foster Parents,

I have enjoyed working alongside our foster parent community for the past 17 years here in the Victoria/Western Communities and Sooke areas. I want to thank all the foster parents for their dedication and commitment to providing the best care and a safe and nurturing home for the children that are in Ministry care, and the support that they provide to the children's families. I share such wonderful memories with so many of you. It brings a smile to my face just thinking back to the foster parent recognition dinners, regional partnership meetings, foster parent advisory meetings, provincial recruitment and retention committees and all the local "pod" meetings that myself and another colleague developed over 10 years ago! I have truly enjoyed working with all of you and advocating for the support that you need to continue to be available to provide the quality of care that you do each and every day for children in care. Also, I want to thank your own children and extended families for being a part of a family that opens its heart and home to other children and their families. I will truly miss working with you and I am very excited about my new position with CLBC and I know that many of us will still cross paths (as we do live in the same community and shop at the same stores and eat at the same restaurants). "Thank you"

Sincerely,
Veronica Berlando

COBS BREAD

Foster parents are reminded to state they are South Island Foster Parents if they are making a purchase at **Cobb's on Millstream or at Westshore Town Center. Cobb's will donate 5% of foster parent purchases to SIFPA at the end of the year.** Thank you all for helping us with this fundraiser which in turn contributes to the activities that SIFPA puts on for your children.

SIFPA would like to take this opportunity to THANK our very kind Sponsors for their generous contributions to our **Children's Christmas Celebration**

SPONSORS:	Our Wonderful Silent Auction ContributorS:
Queen Alexandra Foundation for Children	Thrifty Foods
Megson Fitzpatrick Insurance	Sue Coleman
Westshore Parks & Recreation	Abbey Sprouts
Younger & Younger Roofing	Nails by Tina
Namdor	Kathy Butler
Flintstone Masonry	Dana Dahlquist
Randy Whalen, RSW	Rob & Sandy Case
Team Sales	Laura & Steve Shumard
Gordon & Gordon Interiors	Julie & Dave Kerr
K. Maycock Contracting Ltd.	Wal-mart
Peninsula Co-Op	Applause Hair Studio
Rock N Roll for Little Souls – Saanich Firefighters	Cuttlefish Studio
Charitable Foundation	Audrey Scammel
	Cindy Davis
	Julia Hicke
	Bev & Steve Batchelor
	Julie & Steve Kitcher

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Central Island News & Events

My New World

In a foster home I feel loved
And also taken care of
I'm provided with shelter, clothes and food
It puts me in a happy mood

New experiences and new traditions
This comes from meeting new people
In foster care my family grows
The family increases row by row

Sometimes it's hard moving so much
And a new family doesn't know my past and such
But it's OK because they love me now
My foster mom and I have good pow wows

By: Charlie—Age 16

Mind Matters; Staying Mentally Strong

Thursday, January 20th

10:00am to noon

FPSS Society Meeting Room

102-6421 Applecross Road, Nanaimo

- Join clinical counsellor Dr. Gabriel Ratjen from the Canadian Mental Health Association for a self caring workshop designed to keep you mentally charged and ready to deal with the challenges of fostering. Please register for this workshop by calling Mem Xavier or by e-mail cicoordinator@fpss.com

Separation, Grief and Loss

Tuesday, February 15th

10:00am to noon

FPSS Society Meeting Rm

102-6421 Applecross Road, Nanaimo

- Help the Child in your home deal with the emotional loss and separation caused by being removed from their natural families. Join the Child and Youth Mental Health Team to learn strategies that will help your child through a very challenging time.

Port Alberni Child and Youth Mental Health Series

Workshop Topic: ADHD

Thursday February 3rd

9:00am to noon

Location TBA

- Join Dr. Richard Prior for part 1 of a 3 part series on child and youth mental health topics.

Cowichan Valley Support/Coffee Groups:

Alexander Center

2471 Beverly Street

(behind the elementary school)

- Wednesday, January 12th 10:00am to noon
- Wednesday, February 9th 10:00am to noon

Port Alberni Support/Coffee Groups:

The Alberni Valley United Church on Church Street

- Thursday, January 20th from 9:30am to noon
- Thursday, February 17th from 9:30am to noon

Parksville & Oceanside Support/Coffee Group:

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

FACEBOOK & FOSTERING

IMPORTANT INFORMATION ABOUT SOCIAL NETWORK SITES

Social networks sites are neither private, nor secure.

Some examples of these sites are: Facebook, MySpace, and Twitter. Postings on these sites can be altered, printed and redistributed by anyone. Information posted on social networks and blogs can be accessed by anyone indefinitely.

Foster parents need to ensure they do not post photos, captions, personal information such as names and birthdates, or information about other household members of Children In Care on the foster parents own blogs or networking pages.

While children and youth in care may be visiting social networking sites for their personal use, foster parents need to ensure that the child/youth is following the rules around the age limits for children and youth starting up their own pages.

Foster parents should not be using social media to post information regarding children in care. <http://www.nanaimofostering.ca/practices-and-procedures.php>



Funny New Year's Resolutions for the Family

By Kathy Buckworth (Canadian Living Magazine)

Kathy Buckworth reveals the resolutions she wishes her family would make, PLUS talk about changes you'd make in your family.

Another year, another list of New Year's resolutions I don't intend to keep. The 10 extra pounds I'm carrying? Make me voluptuous. The well-bitten fingernails? Show my practical side by not splashing out money on fancy manicures. Fast food, missed visits to the gym, and gossiping behind neighbours' backs -- these are all qualities that make me an unpredictable, free-spirited and brave person (the gossip flies back as well).

No, I am not writing a list this year. Instead I have turned my attention to other members of my household, who will be well served to follow the resolutions I thoughtfully put forward to them.

RESOLUTIONS FOR MY HUSBAND

I don't believe I am unique in having a husband with a plethora of fears and phobias regarding basic domestic situations. His New Year's resolutions should be to get over the following irrational fears.

In-the-rack-naphobia, otherwise known as fear of the dishwasher. It's a strange phobia manifesting itself in the inability to put dirty glasses and plates directly into the dishwasher without verbal encouragement. Previous brave attempts have included placement on the counter directly above the dishwasher, the kitchen table, and nearby flat surfaces. Occasionally an unclean dish will end up in the kitchen sink, ostensibly waiting for its turn to have a coveted hand-wash by unknown servants.

Can't-find-it-itis or "fear of discovery." No, it's not a fear of being found out to have some disgusting personal habit, but rather the fear of discovering where certain common household items are located. Begins with bellowing of **"Honey, where is the..."** and almost always ends with a perfectly logical explanation. Some examples are, children's sports uniforms in their dresser drawers, plastic wrap in the kitchen cupboard and Christmas ornaments in the craftily disguised cardboard box labeled "Christmas ornaments."

Not-obvious-enough-ia. This is a phobia that afflicts seemingly well-functioning men once they leave work and try to function in the household. Some questions that demonstrate this are, "Should I tell the kids to go to bed?" "Did you tell them they could eat pudding in the living room?" "Did you know their rooms are a mess?"

Baby-sitter-contact-ivitis. Yes, I can understand the mild discomfort of driving a young teenage girl home after a night of babysitting. However, I



don't get the fact that you can never call to book a babysitter, even when you are the one that is going to be out of town causing the disruption to the schedule to begin with. The phone is your friend. Use it.

Loo-loo-sit-on-the-loo-ad-finitum. This is an incomprehensible belief that the only place he can be left alone in his entire home is in the bathroom. Take my advice: try the garage, the furnace room, or the laundry room (no one ever goes in there except me).

My husband is not the only one in my house who needs to make resolutions to help start the New Year on the right foot. In a household like mine where children range in age from 3 to 14, the opportunities for self-improvement are vast.

RESOLUTIONS FOR PRE-SCHOOLERS

1. It does not matter if my socks go on before my underwear. I can be flexible. I can even not have the stitch line on the top of my socks align perfectly across my foot.
2. Zits on teenagers are not to be commented on in any way, as I understand that "my time will come."
3. I need to accept that I am not the boss -- not even of me.
4. The size of Mommy's bum is not something that should be discussed in public, or ever.
5. I will not add my personal artistic flair to pieces of artwork already created by my six-year-old sister, even though anyone can tell it adds complexity and drama.

RESOLUTIONS FOR PRIMARY SCHOOL AGE

1. I need to recognize that when Mommy's face turns red and she starts a sentence with "What did I just say?" that any activity I am involved in needs to cease immediately.
2. I must recognize that parents are not aware that a bouncy ball must be bounced a minimum of 1,147 times in a row before the urge passes.
3. I can own more than one favourite shirt and cool pair of pants at the same time.
4. I need to understand that no washing machine can clean aforementioned favourite shirt and cool pants in 3.4 seconds. It takes much longer and my incessant questioning only makes it seem longer (to Mommy).
5. Calling my 12-year-old brother by his babyish nickname, "Panda Bear" for example, is both unnecessary and pain-inducing when said "bear's" friends are in his den.

RESOLUTIONS FOR TWEENS

1. I must accept that owning 27 Gamecube games is "enough already."
2. If I insist on playing my AC/DC, Aerosmith or **Ozzy Osbourne CD's loudly the 'rents** are likely to sing along and play air guitar (shudder). Investing in headphones is a good use of my allowance money.
3. I need to find an alternative responses to replace the following: "whatever," "then don't look at it" and "oh, you're cool, Mom." Total silence is an option.
4. My parents think it is funny to kid me about boyfriends/girlfriends. I need to humour them, as when the day actually comes that I have one, the joke will be on them.
5. The ancient custom of eating three solid meals a day is not optional with Mom. Move on.

RESOLUTIONS FOR TEENS

1. I will try to show at least one square foot of clean carpet in my bedroom, at all times, as evidence that I am working on it.
2. Although I know everything, it is apparently increasingly annoying to my parents to point this out on a regular basis. Purported "things I don't know" are not worth knowing but comments to support this argument are best kept to myself.
3. Excessive eye rolling can be hazardous to my health. Not to my eyes per se, but to my social life and so-called "privileges." I will practice steadying my eye movement in the mirror while repeating Mom-isms in my head (for example, "I just know," "I did warn you" and "because your brother is three").
4. I must accept that my friends' parents are much better at every aspect of parenting than my own, and attempts at ingraining their superior parenting techniques into my own parents' methodology are futile.
5. Even though parents seem to not be doing anything most of the time, apparently adults are "too busy" for most things which involve me (for example, the only things worth doing in this lame house). I will try harder to start each sentence with "I know you're busy" (while suppressing the previously mentioned eye rolls) so as to smooth the way for many imperative activities to take place.

So, am I perfect? Is anyone? I throw down the gauntlet to my own family to produce for me a similar list of behaviours and attitudes that I might look into improving in the New Year. Then I invite them to make dinner for the next 427 nights and to do their own laundry. I thought so. Motherhood thy name is leverage.

http://www.canadianliving.com/life/community/funny_new_years_resolutions_for_the_family.php

Upper Island News & Events

COMOX VALLEY AND AREA

Foster Parent MCFD Partnership Meeting
MCFD Boardroom, 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.

"TAG, You're It"!

Lifebook Workshop
Details To Be Announced

- Foster parents will unleash their creative sides in this hands-on Lifebook workshop. Gather up memorabilia from your foster child's and leave with a tag to add to the Lifebook.

Foster Parent Standard Training

Standard F.2 Child's Individual Service Record

Call Judy for Date and Time – 250-286-0555

MCFD Boardroom—2455 Mansfield Drive, Courtenay

This half-day training will address topics in documenting, monthly reporting, reportable incidents, and legal requirements when files go to court. Contact Judy Hollywood at 250-286-0555 or your resource worker for information about time and date.

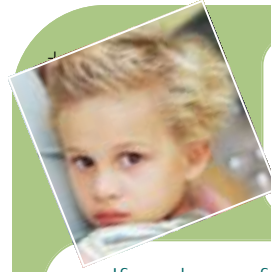
Campbell River Foster Kids Only Christmas Shopping Day

This year's Fifth Annual Kids Only Christmas Shopping Day was a huge success. There were about 50 children and youth who came to do their Christmas shopping. Shoppers contributed \$5.00 and then shopped for 5-10 different family members. That is over 250 people touched by this event, and \$215.00 raised as a gift for Campbell River's SPCA.

Watching the Shoppers with their lists and filling out their gift tags created the sweetest moments. Children shopped for their families and were excited with the gifts they picked. Being able to find that special item for their mom or dad made their eyes sparkle! The children were so polite and patient at the long wrapping lines. Some picked items for themselves and we threw in a couple from Santa. A few of the youth said that it was their first year attending and they were hesitant. They were surprised at how much fun they had, and said they would be back next year!

We had some guest wrappers this year; MCFD's own Curtis Cameron is an untiring wrapping machine. Our corporate sponsor Royal Lepage had two Realtors on site wrapping up a storm. Colleen, a retired community nurse, volunteered her afternoon. To all the foster parents and social workers who came to test their skills at wrapping and shopping and playing, we extend BIG THANKS! All the Wrapping Elves left exhausted and full of the Christmas spirit. They could not believe how much fun it was.

The gift donations were stellar this year, and there was enough for everyone. Sincere thanks to all the individuals, groups, businesses and agencies that sponsored or supported the event. Your contributions of gifts items, wrapping supplies, food donations, and the venue made this year's event a huge success! We could not have done it without all your assistance. Happy Holidays, Everyone!



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.

CAMPBELL RIVER AND AREA

Foster Parent/MCFD Partnership Meeting

Thursday, January 27th

11:00am to 2:00pm

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.

Joint Education Committee Meeting

MCFD Office, 929 Ironwood Road

- Joint Education Planning meetings are in full swing. Foster parents are welcome to join in the planning for the exciting March training event.
- Please contact Judy for information at 250-286-0555 or uicoordinator@shaw.ca.

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

CR Foster Parent Alliance
Topic: Internet Safety
Wednesday, February 16th
11:00am to 1:00pm

C.R. Family Services' Conference Room

487 - 10th Avenue

- Partly social, partly learning, join foster parents at the Alliance meetings to connect, share and collaborate in our role as caregivers. The February meeting will feature a discussion of **methods to make you "web aware"**.
- Child friendly room, refreshments available, bring your brown bag lunch. Please call Judy with ideas or for more details at 250-286-0555.

Campbell River PRE-SERVICE Training:

- Look for PreService Training in the New Year. MCFD is finalizing all the details. Contact your resource worker for more information.

Campbell River Foster Parent Information Sessions:

- **Tell your family and friends...Campbell River Foster Parent** Information Sessions happen the fourth Thursday of the month at MCFD office, 929 Ironwood.

- If you know anyone interested in becoming a foster parent, please encourage them to attend an Information Session or invite them to call 250-286-7542 to learn more about fostering in Campbell River. At this time we are looking for homes to serve teens.

Family Services Parent Education Events / 487 - 10th Avenue

- Sandy Bellosillo, Early Childhood Behaviour Consultant Program Parent Education, welcomes foster parents to participate in the following community courses and groups. These events take place at Campbell River Family Service and most are free of charge. Please contact Sandy at sandra.bellosillo@crfs.ca or 250-286-2421 for more details on programs or registration.

- Jan 13, 2011: Sidestepping the Power Struggle (7 Thursday nights)
- Jan 24, 2011: Triple P full course (Mondays- daytime)
- Jan 26, 2011: LIFE Monthly Parent Group: Intelligence of Emotions
- Feb 7, 2011: Triple P Seminar 2: Raising Confident, Competent Children

North Island News & Events

Foster Parent/MCFD Partnership Meeting

Tuesday, January 11th 1:00 to 2:00pm

Tuesday, March 8th 1:00 to 2:00pm.

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 updates, discuss fostering trends and learn.

- Please contact Jackie Kervin 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, January 27th 6:00pm to 8:00pm

Thursday, February 24th 6:00pm to 8:00pm

(Last Thursday of each month)

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

Tuesday, February 8th 10:00am to Noon / 9590 Scott St

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.

- Please contact Jackie Kervin, North Island Local Coordinator, at 250-949-7397 or e-mail Jackie at odyssey@island.net for more information.

Basic Behaviour Course for Caregivers
(Date & Time TBD)

Valerie Ramchuk, N.I. Behavioural Consultant for Caregivers, will be **facilitating the "Basic Behaviour Course"**. **Learn the ABC's of children's behaviour. This is a 16-hour basic course** that will result in certification upon completion. Three hour sessions will be scheduled for the daytime to accommodate foster parent schedules.

- Please watch your mailbox for details or call Valerie Ramchuk, Behaviour Consultant 250-956-3134 or 250-230-7164 to get event details or to register.



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.



IFCO 2011 is Coming to Canada!

And You're All Invited! 

**XVII Biennial
2011 IFCO World 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>  email to info@ifco2011.com



**IFCO 2011
World Conference**

REGISTRATION FEES:

**Adult Program: \$599 EARLY BIRD, 10% discount on
Early Bird for IFCO members, \$699 after 3-31-11
Youth Program: \$349 EARLY BIRD, \$399 after 3-31-11
Fee includes Workshops, Lunches, Gala Dinner,
Social Events & Much More!**

CALL FOR PAPERS—NOW OPEN!

Please go to <http://www.ifco2011.com>

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.



*Haa Huu Pa
by
aa aats'ik
Ray Sim Sr.*

Message from the IFCO 2011 Conference Planning Committee:

We are committed to delivering a dynamic conference that will provide opportunity for ALL delegates to take part in meaningful educational experiences, numerous networking opportunities, and a variety of entertaining social activities. Our theme of "*Fostering Hope - Together We Can Make A Difference*" is in recognition of the crucial role we all play in the life of a child: Parents, Foster Parents, Social Workers, Clinicians, Teachers, Child Care Workers and **Extended Family are just a few of the people involved in a child's life. Working Together As A Team—In Partnership— We Can and Do Make A Positive Difference!**

REGISTRATION FEES: **Adult Program: \$599 EARLY BIRD**, 10% DISCOUNT on Early Bird for IFCO members, \$699 after March 31, 2011. **Youth Program: \$349 EARLY BIRD**, \$399 after March 31, 2011—Includes Conference fee, Gala Dinner and much more. We have done our utmost to keep registration fees as affordable as possible, while ensuring we provide delegates with an outstanding conference, and a truly memorable experience.

FLIGHTS & ACCOMODATIONS: IFCO 2011 Planners are working with FcM Travel Solutions to ensure delegates are provided with competitively priced travel and accommodation rates, as well as pre & post tour options.

Message from the BC Minister of Children and Family Development:

The Right Honourable Mary Polak, Minister of Children and Family Development— "*Not everyone can be a foster parent. As you know, it takes someone special to do this work. Foster families help create the foundation a child needs to develop into a confident adult, and their influence can last a lifetime ... In my role as minister, and in the years I've spent as a School Trustee, I've seen the challenges we face in our communities and the needs of vulnerable families. I've also seen the work being done by governments, and at the grassroots level by organizations and individuals guided by a strong belief in civic responsibility and a desire to improve the lives of their neighbours ... I hope you will join us in Victoria for the 2011 Foster Care Organization Conference.*" (please go to <http://www.ifco2011.com/> for Minister Polack's full video message)

The Destination—Victoria, British Columbia, Canada:

Located on the southernmost tip of spectacular Vancouver Island, Victoria's old world tradition meets new world experience. Victoria is a cosmopolitan island destination alive with world-class accommodation, exquisite spas, and decadent food and wine. The pulse of the city can be felt through its cultured arts and entertainment scene and its bustling shopping districts. As British Columbia's capital city, Victoria is full of life - with something for everyone. (www.tourismvictoria.com)

FIRST NATIONS PEOPLE: There are three main First Nations language groups on Vancouver Island: the Coast Salish, the Nuu-chah-nulth and the Kwakwaka'wakw. **Victoria, BC, is the home of the Lekwungen People** who are also known as the Esquimalt and Songhees Nations. The Victoria Capital Region encompasses the traditional territories of nine Coast Salish First Nations bands (Esquimalt, Songhees, Pauquachin, Tseycum, Tsawout, Tsartlip, **Scia'new, T'souke and Malahat**), and one Nuu-chah-Nulth First Nations band (Pacheedaht).



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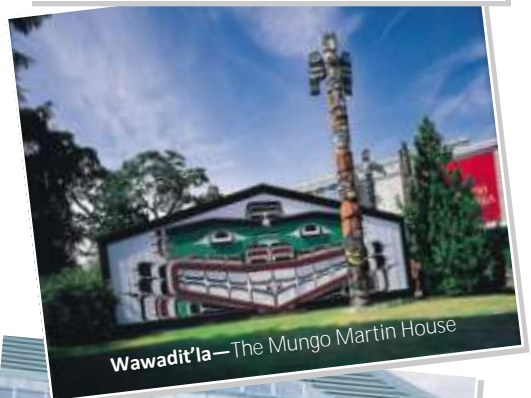
Victoria's Inner Harbour at night



Orca whales—Whale Watching Tour



Victoria Shopping on Government Street



Wawadit'la—The Mungo Martin House

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

FUNDERS, SPONSORS & DONORS:

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Lex Reynolds Adoption & Permanency Trust Fund c/o Victoria Foundation



Funder / Sponsor:
British Columbia Ministry of Children and Family Development



- Victoria Conference Centre—Donor
- Victoria Tourism—Donor
- Rogers Chocolates—Donor
- City of Victoria—Donor



Victoria Conference Centre

BC Foster Care Education Program Schedule WINTER 2011 (January, February, March)

Code	VICTORIA		PORT ALBERNI		VENUES		COWICHAN		NANAIMO	
S1-1	Jan 6 Th	6:30pm-9:30pm	Jan 12 W	6:30pm-9:30pm	VICTORIA FPSS Training Rm 145-735 Goldstream PORT ALBERNI Abbyfield House 3839 8th Avenue NANAIMO FPSS Training Rm 102-6421 Applecross COURTENAY CVChild Dev Assoc 272 Third Street CAMPBELL RIVER FPSS Training Rm 106-301 Dogwood St COWICHAN Cowichan / LS Duncan 5766 Allenby Rd	<i>Be a student so long as you still have something to learn, and this will mean all your life.</i> - Henry L. Doherty		Jan 12 W	6:30pm-9:30pm	
S1-2	Jan 11 T	6:30pm-9:30pm	Jan 20 Th	6:30pm-9:30pm				Jan 19 W	6:30pm-9:30pm	
S1-3	Jan 13 Th	6:30pm-9:30pm	Jan 26 W	6:30pm-9:30pm				Jan 26 W	6:30pm-9:30pm	
S1-4	Jan 18 T	6:30pm-9:30pm	Feb 2 W	9:00am-12:00pm				Feb 2 W	6:30pm-9:30pm	
S1-5	Jan 20 Th	6:30pm-9:30pm	Feb 9 W	6:30pm-9:30pm				Feb 9 W	6:30pm-9:30pm	
S1-6	Jan 25 T	6:30pm-9:30pm	Feb 17 Th	6:30pm-9:30pm		Jan 10 M	6:30-9:30pm	Feb 16 W	6:30pm-9:30pm	
S1-7a	Jan 27 Th	6:30pm-9:30pm	Feb 23 W	6:30pm-9:30pm		Jan 17 M	6:30-9:30pm	Feb 23 W	6:30pm-9:30pm	
S1-7b	Feb 1 T	6:30pm-9:30pm	Mar 2 W	6:30pm-9:30pm		Jan 24 M	6:30-9:30pm	Mar 2 W	6:30pm-9:30pm	
S1-8a	Feb 22 Th	6:30pm-9:30pm	Mar 9 W	9:00am-12:00pm		Jan 31 M	6:30-9:30pm	Mar 9 W	6:30pm-9:30pm	
S1-8b	Feb 24 th	6:30pm-9:30pm	Mar 17 Th	6:30pm-9:30pm		Feb 7 M	6:30-9:30pm	Mar 16 W	6:30pm-9:30pm	
S1-9a	Mar 1 T	6:30pm-9:30pm	Mar 30 W	6:30pm-9:30pm		Feb 14 M	6:30-9:30pm	Mar 23 W	6:30pm-9:30pm	
S1-9b	Mar 3 Th	6:30pm-9:30pm	April 6 W	6:30pm-9:30pm		Feb 21 M	6:30-9:30pm	Mar 30 W	6:30pm-9:30pm	
Code	VICTORIA		PORT ALBERNI			CAMPBELL RIVER				
S2-1	Mar 10 Th	6:30pm-9:30pm	April 9 Sat	9:30am-12:00pm	Jan 18 T	6:30-9:30pm	<i>Did You Know...</i> What is one of the first questions you will be asked during a Protocol Investigation? Have you completed your BC Foster Care Education Program Training?			
S2-2	Mar 8 T	6:30pm-9:30pm	April 13 W	6:30pm-9:30pm	Jan 25 T	6:30-9:30pm				
S2-5	Mar 12 Sat	9:30am-2:30pm	April 23 Sat	9:30am-2:30pm	Jan 29 Sat	9:30-2:30pm				
S2-3	Mar 17 Th	6:30pm-9:30pm	April 21 Th	6:30pm-9:30pm	Feb 1 T	6:30-9:30pm				
S2-4	Mar 22 T	6:30pm-9:30pm	April 27 W	6:30pm-9:30pm	Feb 8 T	6:30-9:30pm				

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
—WINTER 2011 CLASSES—



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

FPSSS Contact Information

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Vice President	Clarence Alfred	250-949-5777		
CLS Rep	Connie Gibbs	250-949-7682		gibbsc@telus.net
CAMPBELL RIVER				
Contact	Erica Beech	250-286-0555	250-286-0545	fpsscr@telus.net
Contact	Heather Murphy	250-923-6028		
COMOX VALLEY LOCAL				
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



**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,
www.fosterhope.ca, 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?

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.

FPSSS . . .

is Going GREEN!

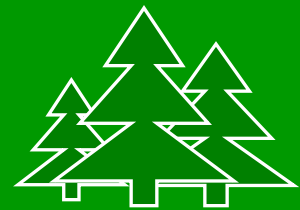
. . . wanna' Come?

Help the FPSS Society reduce their carbon footprint and printing costs by signing up to receive The Island Connection newsletter via e-mail.

Just e-mail admin@fpsss.com with the subject line "Go Green" or call us toll free at 1-888-922-8437 and we will add your name to our growing e-mail list.

You will continue to receive other important mail-outs the old fashioned way, but your newsletters will arrive electronically.

Help save a tree or two!



REGISTRATION IS NOW OPEN!

IFCO

2011 World Conference

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



IFCO 2011—International Foster Care Organisation
XVII Biennial World Conference—July 10th to 15th
Victoria, British Columbia, Canada

GO TO WWW.IFCO2011.COM

Needed:

Protocol Support Workers

FPSS Society is currently recruiting volunteer Protocol Support Workers for the Vancouver Island Region.

Are you ...

- an experienced foster parent;
- a good listener;
- discreet and objective; and
- interested in the child welfare system?

If so, then you may want to consider joining our Protocol Support Team. Training and out-of-pocket expenses are provided.

Please consider providing support for your fellow caregivers.

Please call Dan Malone at 1-888-922-8437 to learn more.