

# The Island Connection

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

FPSS

20TH ANNIVERSARY

May 17th

1:00pm to 8:00pm

Tickets Still  
Available

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

CPC PUB #40780167



Foster  
Parent  
Support  
Services  
Society

foster parents foster hope



Ask about our CARF Accreditation

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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:** *The Island Connection* is published 5 times per year; emailed and mailed free of charge to all foster homes and MCFD offices in the Vancouver Island region.

**ADVERTISING INFORMATION:**  
Tel: 778-430-5459 / [admin@fpsss.com](mailto:admin@fpsss.com)

Call Us  
**TOLL FREE AT**  
**1-888-922-8437**

Visit our website at  
**[www.fpsss.com](http://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 "Centralized Screening" Duty Worker (MCFD)

**Contact Number: 1-800-663-9122**

- Foster Caregivers 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 and Weekends: 8:00am to 12:45am**

If you have an immediate concern relating to a 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.

### INVESTIGATION AND RESOLUTION SUPPORT TEAM (FPSS Society)

**TOLL FREE 1-888-922-8437**

**The FPSS Society office can arrange for a support person to help you through an Investigation or Review.**

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

### FPSS SOCIETY COORDINATORS (FPSS Society)

**TOLL FREE 1-888-922-8437**

**Monday through Thursday 9:00am to 4:00pm, Friday 9:00am to 1:00pm**

**Closed Weekends and Statutory Holidays**

**The FPSS Society Coordinators are available 5 days a week to assist you.**

- There are FPSS Society Offices in Victoria (778-430-5460) and Nanaimo (250-618-8327); and Local Coordinators in Cowichan Valley (250-618-8327), Port Alberni (250-735-1124), Comox Valley (250-898-4488), Campbell River (250-204-1566)
- Coordinators are available to assist foster caregivers in obtaining current information; support services for caregivers; ongoing training and development opportunities; peer support and mentoring.

### BC FOSTER PARENT ASSOCIATIONS (BCFPA)

**TOLL FREE 1-800-663-9999**

**Monday through Friday 8:30am to 4:00pm**

- Support and information for Foster Caregivers.
- If calling outside hours leave a message and a staff member will return your call.

## CONNECT WITH FPSS SOCIETY ANYTIME ANYWHERE

**You can stay connected to the most up-to-date news of training and networking events in your area at home or on the go!**

**You can...go to our interactive website**  
[www.fpsss.com](http://www.fpsss.com)

**You can...find us on**  
[FACEBOOK](https://www.facebook.com/fpsss)

**You can...download a Calendar of Events directly to your Outlook or smartphone!**

**You can...call and talk to us in person!**

**1-888-922-8437**



The following is a listing of Ministry approved homes willing to provide Relief Care for foster caregivers. This list is for information purposes only. Foster caregivers 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
Hughes Elaine	250-590-1298	Level 1 / 3+ yrs
Kitcher Julie	250-294-0275	Level 1 / 0-12 yrs
Case Sandy & Rob	250-478-2782	Level 2 / 0-5 yrs
Henderson Carol	250-474-7470	Level 2 / 0-12 yrs
Radley Cheryl & Alan	250-744-8354	Level 2 / 3-12 yrs
Cooper Karyn & Leo	250-216-7003	Level 3
Smith Natalie & Evan	250-544-0041	Level 3 / 2-6 yrs; boys
Thompson Dianne	250-216-6380	Level 3 / 2-8 yrs
Bergeron Michelle	250-474-4735	Level 3 / 7-19 yrs
Clifford Shandra	250-727-6542	Level 3 / 5-12 yrs
Dewar Maria & Bob	250-478-6503	Level 3 / 5-19 yrs; boys
Dorsey James	778-350-5527	Level 3 / 10-18 yrs; boys

### CENTRAL and UPPER Island Relief Care

**Please Note:**

**Central Island Area and Campbell River area:** Foster Caregivers are encouraged to contact their Resource Social Worker, or the Child's Social Worker when seeking relief care from Ministry approved caregivers.

As you are responsible for ensuring the suitability of any person entrusted with the care of the child in your home, usually you will use an approved foster caregiver. Ideally you would identify proposed relief care providers (e.g. relatives, family, friends) when your home study assessment is in process so that future relief care providers can be screened/assessed/approved at the same time.

**Relief**—a break from caregiving—is important for both the child-in-care and the foster parents in most family care homes. Relief means overnight care, typically lasting 1-3 days that takes place either in the foster caregiver's home or in the home of the relief care provider.

**Respite** is not the same as relief. Respite is out-of-home care provided or funded as a service to a child's parents with whom there is a Support Service Agreement. The child need not be in care.

Foster Family Handbook (Page 50)

### New Relief Foster Care Rates AS OF APRIL 1 2023

Restricted (for a child aged 0 to 11 yrs)	\$58.86
Restricted (for a child aged 12 to 19 yrs)	\$65.20
Regular (for a child aged 0 to 11 yrs)	\$58.86
Regular (for a child aged 12 to 19 yrs)	\$65.20
Level 1 (all ages)	\$84.93
Level 2 (all ages)	\$104.32
Level 3 (all ages)	\$133.45

[https://www2.gov.bc.ca/assets/gov/family-and-social-supports/foster-parenting/resource\\_work\\_policies.pdf](https://www2.gov.bc.ca/assets/gov/family-and-social-supports/foster-parenting/resource_work_policies.pdf)

## FPSS 20<sup>th</sup> Anniversary Celebration May 17<sup>th</sup>, 2023

As we complete the final details of our 20<sup>th</sup> Anniversary, we reflected back on our 10<sup>th</sup> Anniversary. One of our favourite parts was the responses foster caregivers gave to the questions we asked. Here are some of the best:

### Please finish this sentence..."You know you are a foster parent when..."

*A youth refuses to leave and lays down behind your car when it's time to move home.*

*You go out and come home to a houseful of extra kids (who now live with you!). You drop three kids all the same age at three different schools, just so they can stay connected to friends.*

*You watch six kids pile out of your car and don't blink an eye.*

### What's the FUNNIEST thing a child in your care ever said to you?

*"Look, Midgets" with his finger pointing 6 inches from their face in 7-eleven.*

*As I was walking into my office at 5:30am to get ready for an early morning flight, our teenaged foster son stopped abruptly just as he was entering through the window and said to me, "Gee, you're up early."*

*A teen girl complained to my relief worker, "She is always too positive!"*

*You are just the right kind of strict for me!*

If you attended our 10<sup>th</sup> Anniversary you will remember what a great event it was. If you missed it, this is your chance for a taste of what celebrating 20 years of service looks like. Either way, please join us. The celebration won't be the same without you.

FPSS Society provides support and training for foster caregivers across Vancouver Island, the traditional lands of the Coast Salish, Nuu-chah-nulth, and Kwakwaka'wakw ancestors. We acknowledge it is a privilege to live, learn, and grow on these lands and honour the Chiefs, Hereditary Chiefs, Knowledge Keepers, and People who have cared for the lands, waters and creatures for all the days past, present, and days yet to be.

### GUIDELINE TO THE NEW FAMILY CARE RATE AS OF APRIL 1 2023

Basic Foster Care Costs (per month)*	Ages 0-11 years	Ages 12-19 years
Food	246.22	333.26
Housing	273.32	333.26
Transportation	123.00	139.90
Personal Needs	26.24	32.52
Recreation	61.46	64.74
Clothing	149.33	172.15
<b>Sub-total</b>	879.57	1075.83
Additional Family Care Costs	Ages 0-11 years	Ages 12-19 years
Education	46.88	58.14
Babysitting	158.34	104.39
Transportation	111.39	110.16
Personal Spending	76.18	98.61
Gifts/ Activities	111.38	110.16
Equipment/ Recreation	82.12	98.62
<b>Sub-total</b>	586.30	580.08
<b>Total Maintenance (per month)</b>	<b>\$1,465.86</b>	<b>\$1,655.91</b>

\*The amounts in each category are estimates of what is required for most children. Actual costs will vary between categories, with some caregivers spending more in some categories but less in others. The Foster Family care rates are expected to cover the actual costs for most children.



# FPSSS Coordinator **UPDATES:**

## Email Distribution Lists

Staying connected has never been so important. Reach out to your Local Area Coordinator or the Regional Office to confirm we have your correct email address and share your questions or concerns. You will receive important updates and hear about our virtual training and support opportunities.

**WE'RE STILL HERE FOR YOU!**

## SOUTH ISLAND Area Update

Prepared by Dianne Thompson

T: 778-430-5460

Toll free: 1-888-922-8437

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

## Appreciation

FPSS would like to acknowledge our inspirational, strong, and dedicated caregivers for supporting the children in their home with respect, love, and kindness, and meeting the ever-shifting demands of caregiving.

## Brunch and Brainstorm

We share information, questions, and topics, of concern to bring to the Foster Parent/Ministry Partnership meetings. The meetings will resume in September. Watch your emails for the date.

## Foster Parent/MCFD Resource Partnership Meeting

FPSS encourages foster caregivers to attend the virtual MCFD-chaired meetings to ask questions, address concerns, and receive information on Ministry updates, staffing and policy changes. The meetings will resume in October, watch your emails for the date.

## Safe Babies Support Group

The Safe Babies Support Group meets monthly to discuss information pertaining to current issues and the care of vulnerable infants and welcome the occasional guest speaker.

## Life Book Sessions

Life Books are an important way of preserving memories for children and youth in care. FPSS provides the supplies and can make a digital copy for the child's file.

## Health and Safety

FPSS coordinates Basic Level First Aid with Infant CPR through Alert First Aid.

## Trauma-Informed Transition Training©

FPSS hosted this seven-week program with information and resources on transitions and The Act.

## Circle of Continuing the

*Conversation-An Act Respecting First Nations, Inuit and Métis children, youth and families.* These open dialogue sessions discuss updated information with the Act.

## Foster Parent Events

Watch your emails or check out the South Island calendar on [fpsss.com](http://fpsss.com) for upcoming events.

## SIFPA

Please watch your emails or check out the South Island calendar on [fpsss.com](http://fpsss.com) for upcoming events. SIFPA would like to thank our wonderful caregivers and say how much we appreciate the work they do with our children and youth.

## FPSS Mentoring Program

FPSS Society would like to welcome Dawna Drapeau as the new Regional Mentor Coordinator. Mentors are experienced foster caregivers with specialized training in mentoring other foster caregivers. FPSS Society has mentors available. Contact 1-888-922-8437 for more information. See page 6.

## FPSS Investigation and Resolution Support Worker Program

Specially trained and experienced foster caregivers volunteer to assist and support a foster caregiver who going through an investigation, quality of care review, or dispute with the Ministry. They provide information, answer questions, attend interviews, take notes, and ensure that foster caregivers do not go through the process alone. Contact 1-888-922-8437 for information.

## Facebook

Check out our private Facebook group for South Island caregivers. Find updates on events, workshops, trainings and information at <https://www.facebook.com/groups/561291688076447/>.

## Other Training

We encourage foster caregivers to share ideas on training. If you know of a beneficial topic or training, contact Dianne at [sicoord@fpsss.com](mailto:sicoord@fpsss.com) or 778-430-5460.

## E-mail Distribution List and Calendar

If you would like email notifications of workshops, meetings, and news of interest, contact Dianne at 778-430-5460 or [sicoord@fpsss.com](mailto:sicoord@fpsss.com). View events on our website at <http://fpsss.com/calendars/south-island-events/>.



## CENTRAL ISLAND Area Updates

### Email Distribution List

Central Island caregivers can contact their Local Area Coordinator to be added to the local distribution list. Remember to update your information as it changes.

### PORT ALBERNI Area Update

Prepared by Juanita Currie

T: 250-735-1124

Toll free: 1-888-922-8437

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

### Foster Parent Events

No local events were held this period.

### Coffee Support Meetings

Join your peers to share challenges, successes, ideas, and resources. A wonderful way to diffuse and recharge. We meet on the second Thursday of each month at Smitty's Family Restaurant.

### Workshops

We continue to offer online Island-wide workshops. There are an amazing number of topics to choose from. We have not returned to our local monthly Cultural Sharing presentations. We work with Erma Robinson, Usma Wellness Team, to provide quarterly Island wide Cultural sharing on Zoom. The next presentation will be in late September or early October.

### COWICHAN VALLEY Area Update

Prepared by Sandra Beagley

T: 250-618-8327

Toll free: 1-888-922-8437

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

### Foster Caregiver Support Mornings

These support mornings provided opportunities for foster caregivers to connect, support, and share with foster caregiver peers. Gatherings offered coffee, tea, snacks, and optional activities.



### MCFD Partnership Meeting

April's in-person meeting was at a local park to celebrate the great news of the fostering rates increase, youth transition supports, and the upcoming FPSS Society's 20<sup>th</sup> anniversary event.



### Life Books – Scrapbooking Session

Unfortunately, foster caregiver registration was low and FPSS Society had to postpone this event.

### Cowichan Valley Foster Parent Local Free Children's Clothing

Foster caregivers can contact CVFP Local clothing coordinator Lisa at 250-818-3293 to arrange access to free children's clothing.

### Book Requests

FPSS had therapeutic books delivered to foster caregivers upon request. Please let Sandra [dacoors@fpss.com](mailto:dacoors@fpss.com) or 250-618-8327 know of any therapeutic books you would like.

### NANAIMO Area Update

**Sandra Beagley**

**T: 250-618-8327**

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

**E: [cicoord@fpss.com](mailto:cicoord@fpss.com)**

### Foster Caregivers Social Mornings

Connection and support are vital in fostering. These social mornings are opportunities to spend time with others who understand the unique challenges fostering can have. Coffee, tea, snacks, and optional fun crafts provided.

### Nanaimo Foster Parent/MCFD Resource Partnership Meeting

These bi-monthly hybrid meetings are important opportunities to connect and communicate about updates, changes, and challenges.

### Life Books – Scrapbooking Session

Due to an emergency, FPSS Society postponed this workshop.

### Sex Trafficking in Our Backyards

Certified Sexual Health Educator Kerri Isham shared her extensive knowledge at this well attended workshop shining some light on a dark topic.

### Book Requests

FPSS had therapeutic books delivered to foster caregivers' doorsteps upon request.

### UPPER ISLAND Area Updates

#### Upper Island Distribution List

Central Island caregivers can contact their Local Area Coordinator to be added to the local distribution list. Remember to update your information as it changes.

### COMOX VALLEY Area Update

**Prepared by Lisa Bowie**

**T: 250-898-4488**

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

**E: [cvcoord@fpss.com](mailto:cvcoord@fpss.com)**

### Comox Valley Foster Parent/MCFD Partnership Meeting

Our "fake" March partnership meeting, was a surprise Retirement Gathering for our amazing foster caregivers, Margaret and Kevin Lagan, who have been fostering for 27 years. You will be sorely missed by all!

### Comox Valley Education Committee

Our *Parents and Children's Screens* was an informal way of learning about the hazardous effects of screens on our children and their brains. Karen Hlady was a wonderful facilitator.

### Comox Valley Social Committee

The Social Committee has had a couple of meetings for final decision of a children's event in May. Keep an eye on your email for the final details.

### CAMPBELL RIVER Area Update

**Prepared by Judy Hollywood Bonnett**

**T: 250-204-1566**

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

**E: [uicoord@fpss.com](mailto:uicoord@fpss.com)**

### Foster Parent/MCFD Partnership Meetings

March's partnership participants gathered in the MCFD meeting room. The participants were thrilled to discuss the BC Budget announcement which increased Foster Care Service Rates. There were reports from local Ministry on staffing hellos, goodbyes, and shifts. The CRFPA briefly discussed plans for mid-April's *Social Worker Appreciation Day*. Catherine and Judy announced upcoming foster caregiver workshops. Please view the minutes of March's meeting to stay in the loop!

### Provision of Ongoing Training Opportunities and Peer Support Monthly Meetings

Campbell River foster community had four local chances to learn and connect through workshops and peer groups. March and April Safe Babies groups provided peer support

and network development. The Little Warriors *Prevent It!* workshop was led by facilitator Michael Collins. It was an intriguing conversation on preventing and responding to child sexual abuse. Thank you to Catherine McCauley and CRFS for their generous support and hosted these events. May's *Wellness Webinar* was led by Victoria Morton, CYMH Clinician, with a core group of foster caregivers in attendance. Our appreciation goes to all the foster caregivers and presenters who participated in our local online and in person events.

### Appreciation

CRFPA arranged MCFD office appreciation events in mid-April. Thank you to our foster caregivers who donated time and door prizes to the event and, of course, to the managers, workers, and staff at MCFD who collaborate with caregivers to care for vulnerable children and youth. Congratulations to our door prize winners!

### NORTH ISLAND Area Updates

#### PORT HARDY Area Updates

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

**E: [nicoordinator@fpss.com](mailto:nicoordinator@fpss.com)**

#### North Island Spring Break Swing-By

Cheryl Jorgenson invited foster caregivers to "swing-by" her Port Hardy office on Mondays, Tuesdays, or Wednesdays of spring break. She had the coffee on and when the weather was fair, the playground at the old Robert Scott School was open so the young ones could play while the adults chatted.

### Enhanced Communication

North Island Foster Family Facebook group shared posts on topics from local check-ins to caregiver training notices and local MCFD updates. A wonderful way to stay in the loop.

### North Island Foster Parents welcomed Ashley Visser

North Island foster caregivers' resource files are now being managed by the Campbell River Resource Team. Social Worker, Ashley Visser, connected with many of our families as part of the transition process. Thank you to everyone for your flexibility and patience.

*I'll never forget the things you said to me.  
Not because they mattered,  
but because they  
made me feel like I did.*

Monica Murphy

## COLLABORATIVE ISLAND-WIDE TRAINING AND EVENTS

### Zoom Phone-in Option

Not able to access Zoom on your smart phone or laptop? Not comfortable with technology? Zoom meetings and workshops have a phone-in option. You can join in by phone and hear everything that happens. If there are handouts at a meeting you attend, we would be happy to print them and mail them to you. Contact the Regional Office at 1-888-922-8437 or [sicoord@fpsss.com](mailto:sicoord@fpsss.com) and we will help get you ready.

### Hope for the Journey TBRI® Self-Paced Training 2023 Monday, May 1<sup>st</sup> to Friday, June 30<sup>th</sup>

Open to all on Vancouver Island.

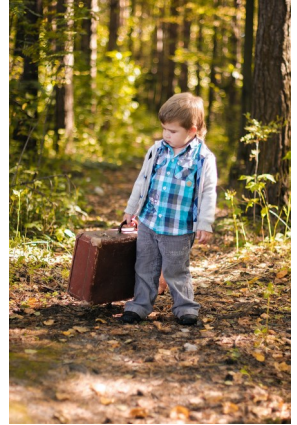
FPSS Society is excited to offer Show Hope's 2023 Self-Paced training *Hope for the Journey* featuring four high-level videos which go deeper into the Trust-Based Relational Intervention® (TBRI®) model. Learn to understand the specific needs of the whole child; principles of Connecting; Empowering; and Correcting, with practical steps that can help children thrive. Receive insights, strategies, and tools that are helpful for parents/caregivers in achieving effective behavioral change while promoting lasting connection and healing with their children.

Caregivers will receive evidenced-based theory with practical strategies that they can readily apply in their homes and to be encouraged to find hope for their own journeys.

Certificates for this event will be provided through the *Hope for the Journey* platform.

Cost is \$20/participant payable at time of registration.

Register at: <https://conta.cc/41z2V6F>



### Gender Diversity: a 2SLGBTQIA+ Workshop for Foster Caregivers

Monday, May 8<sup>th</sup>, 9:30am to 12:30pm

Facilitated by Sarah M Wilson BFA, B Ed, M Ed, RCC. (she/ they)

Open to all Vancouver Island Foster Caregivers and Kinship/Out of Care Caregivers!

This online, interactive, extensive, step by step workshop is for foster caregivers who want to build safety and understanding for 2SLGBTQIA+ Kids, especially trans and gender non-conforming children in youth. Learn the basics of terminology, sensitive ally-ship, and compassionate advocacy.

Sarah has been educating classrooms and running workshops on safe spaces for trans youth for close to a decade. She is a registered clinical counselor specializing in trauma, neurodiversity, and supporting queer youth. **Limited spaces available!**

Register at: <https://conta.cc/3KjUnJ7>



### Mentor Information Session (Hybrid)

Thursday, May 11<sup>th</sup>, 7:00pm to 8:30pm

#145-735 Goldstream Avenue, Victoria

Facilitated by Dawna Drapeau, FPSS Mentor Coordinator

The FPSS Mentor Program is looking for experienced foster caregivers who may be interested in becoming a Mentor to other foster caregivers. We are looking for Mentors from all over the island, Victoria to Port Hardy. Come out in person or join us virtually for this hybrid opportunity to learn about FPSS's newly enhanced Mentoring Program. Coffee, tea and snacks will be provided to those attending in person. We look forward to sharing experiences and answering any questions you may have. Contact Dawna at [mentor@fpsss.com](mailto:mentor@fpsss.com).

### Continuing the Conversation-An Act

Tuesday, June 6<sup>th</sup>, 10:00am to 12:00 noon

Facilitated by April Reeve with guest speaker (TBA)

Continuing the important topic of The Act. This session will be on conversations with an Indigenous Child and Family Services agency.

Register at: <https://conta.cc/3Uf1W8q>

**Get Connected!**

Not on our email distribution list? Call the Regional Office today and add your name. Through our email distribution list, you will receive important updates and hear about our virtual support opportunities.

**Call toll free  
1-888-922-8437**

## COLLABORATIVE ISLAND-WIDE TRAINING AND EVENTS

### Asante Centre FASD Presentation Replay

Sunday, July 2<sup>nd</sup> to Saturday, July 22<sup>nd</sup>

Facilitated by Delena Hills, Speech-Language Pathologist Lead  
and Katrina Griffin, FASD Consultant and Peer Mentor

Open to all on Vancouver Island.

Replay this National FASD Awareness Day presentation by The Asante Centre, a BC-Based Grassroots Organization providing in-depth FASD training. The Asante Centre has over 20 years of helping unlock potential so that people with FASD and other neurodevelopmental conditions can exceed their own expectations.

Topics covered in this training:

1. Behaviour Management (building strengths and abilities)
2. Strategies for Supports (including Classroom accommodations for 12 and under)
3. Substance Use (including mental health concerns)
4. Lived experience examples covering a variety of topics as time allows

Don't miss out on this amazing opportunity to learn from (the) Asante Centre's experienced team members who provide training around the world.

Register at: <https://conta.cc/3Mqi05G>

### Communication Skills for Helping Relationships with Children and Youth Replay

Tuesday, August 8<sup>th</sup> to Tuesday, August 22<sup>nd</sup>

Presented by Ashleigh Martinflatt, Clinical Counselor

Open to foster caregivers, out of care/kinship caregivers, and social workers.

The recording of this February 10<sup>th</sup> workshop will be available for two weeks to view at your own pace. To be effective at helping others, there are key communication skills that are essential to understand and apply. Communicating with helping children/youth is different from our everyday communication.

In this workshop Ashleigh Martinflatt shared basic and advanced communication skills such as caring confrontation, empathy, reflective feeling statements, and more. Prior to August 8<sup>th</sup>, registrants will receive an email with a link to access the recording valid for August 8<sup>th</sup> to 22<sup>nd</sup>. Please contact Sandra at 250-618-8327 [cicoord@fpss.com](mailto:cicoord@fpss.com) with any questions.

Register at: <https://conta.cc/3nMsf9X>



### New Foster Care Rates Effective April 1<sup>st</sup> 2023

For the past several years, foster caregivers have seen an annual increase in the monthly Foster Family Care Rates. As of April 1<sup>st</sup>, 2023, they saw a significant increase in their monthly Service Payment. This is a huge relief for foster families who have struggled with the rising costs of housing, food, clothing, transportation, and all the other costs of raising children and youth.

*The foster family care rate Restricted and regular family care homes receive the foster family care rate appropriate to the age of the child. The foster family care rate covers the direct costs of caring for the child. This rate is intended, with limited exceptions, to cover the day-to-day costs incurred in caring for a child over an extended period of time. It is expected that in some months expenditures will be less than the foster family care rate, while in other months costs may be higher. The expectation is that the caregiver will manage payments and expenditures so that over an extended period of time, there will be neither a deficit nor a surplus*

[Resource Work Policies \(gov.bc.ca\)](https://www.gov.bc.ca/resource-work-policies) (Appendix C)

Relief/Respite Per Diem Rates		
	Age 11 and Under	Age 12-19
Regular and Restricted	\$58.86	\$65.20
Level 1 Homes	\$84.93	\$84.93
Level 2 Homes	\$104.32	\$104.32
Level 3 Homes	\$133.45	\$133.45
Restricted, Regular, and Level 1 Rate includes extra \$10.00/per diem		

Level	Age	Foster Family Care Monthly Rate	Service Payment
Regular/Restricted	0 - 11	\$1,465.86	
Regular/Restricted	12 - 19	\$1,655.91	
Level 1	0 - 11	\$1,465.86	\$591.90
Level 1	12 - 19	\$1,655.91	\$591.90
Level 2	0 - 11	\$1,465.86	\$1,473.74
Level 2	12 - 19	\$1,655.91	\$1,473.74
Level 3	0 - 11	\$1,465.86	\$2,347.67
Level 3	12 - 19	\$1,655.91	\$2,347.67



# South Island News and Events



**DIANNE THOMPSON SOUTH ISLAND COORDINATOR**  
778-430-5459 or [sicoord@fpss.com](mailto:sicoord@fpss.com)



## Becoming a Foster Parent in South Island

If you have a friend, co-worker, neighbour, or  
childcare provider interested in becoming a foster  
caregiver in South Island please have them contact  
**778-698-1224**  
to learn how, and to find out about  
up-coming Information Sessions.

### Safe Babies Meetings

Thursday, May 25<sup>th</sup>, 11:00am to 1:00pm

Thursday, June 22<sup>nd</sup>, 11:00am to 1:00pm

Thursday, July 27<sup>th</sup>, 11:00am to 1:00pm

Thursday, August 24<sup>th</sup>, 11:00am to 1:00pm

Safe Babies caregivers meet with Angela Hatch monthly, in-person to connect, support, and discuss information pertaining to the issues and care of vulnerable infants. Guest speakers are sometimes invited.

### Foster Parent Virtual Brunch and Brainstorm

Monday, May 22<sup>nd</sup>, 9:30am to 11:00am

This will be the last one until September (summer break)  
Drop in and be heard. These meetings will be hosted virtually on MS Teams. Join us for discussion, peer support, and resources. We gather information, topics, and concerns to bring forward to the Foster Parent and Ministry Partnership meetings. Please watch your emails or the SI Facebook group for the link.

If you have any questions, please contact Dianne Thompson at 778-430-5459 or [sicoord@fpss.com](mailto:sicoord@fpss.com).

## Children and Youth in Care Week

**Wednesday, May 31<sup>st</sup>, 3:00pm to 6:00pm**

### Westshore Parks and Rec Lower Field Picnic Shelter

SIFPA and FPSS are excited to be hosting the Child and Youth in Care Week Celebration again this year! Please join us for this fun-filled celebration. There will be pizza, drinks, lots of games, bubbles, an ice cream truck and more! Everyone welcome!

Registration for this event is required (numbers for pizza), please RSVP to Sandy Case: [slcase@shaw.ca](mailto:slcase@shaw.ca) by May 26<sup>th</sup>.

### Foster Parent and MCFD Partnership Virtual Meeting

**Monday, June 5<sup>th</sup>, 9:30am to 11:30am**

This will be the last meeting until September (summer break) and will be hosted by the Ministry via MS Teams. Foster Caregivers meet with Resource Social Workers, get information on Ministry updates, learn about staffing and policy changes, and ask questions. The Ministry will be providing guest speakers to address certain topics at the meetings. Watch your email for the invitation link.

### South Island Foster Association Wellness Night

June, exact date and time TBA

We will host an evening of connection, self-care, and fun! Please watch your emails or the local Facebook group for updated information.

### South Island Facebook

(Private group for South Island Foster Caregivers only)

For information on workshops, training, or things going on, check out our South Island Facebook group and request to be a member. We also post Ministry updates, other updates and some fun stuff. This group is for you, you can share, ask the tough questions, trade children's clothing, sell items, or request Relief.

South Island Facebook page, Foster Parent South Island Connection Group | Facebook.



Whenever one person stands up and says,

***"Wait a minute, this is wrong,"***

it helps other people do the same.

Gloria Steinam

## Summer Celebrations At the Park

**July Summer Holiday Event**  
Date and Time TBA

**August End of Summer Event**  
Date and Time TBA

Connect with other foster families to share sun, snacks, and summer drinks. Come to the park/playground and rediscover the benefits of face-to-face communication.

Watch your emails for the park's name and address.

There is no greater power and support you can give someone than to look them in the eye, and with sincerity/conviction say, ***'I believe in you.'***

Ken Poirot



# South Island News and Events

## Peer Support Service

### SOUTH ISLAND

Free, 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 contact Vicki Bridge  
Monday to Friday, 8:00am to 8:00pm  
at 250-661-3348 or  
[vbridge@shaw.ca](mailto:vbridge@shaw.ca)



## Practising Forgiveness

In the Babemba tribe of South Africa, when a person acts irresponsibly or unjustly, he is placed in the centre of the village, alone and unfettered. All work ceases, and every man, woman, and child in the village gathers in a large circle around the accused individual.

Then each person in the tribe speaks to the accused, one at a time, each recalling the good things the person in the centre of the circle has done in his lifetime. Every incident, every experience that can be recalled with any detail and accuracy, is recounted. All his positive attributes, good deeds, strengths, and kindnesses are recited carefully and at length. This tribal ceremony often lasts for several days.

At the end, the tribal circle is broken, a joyous celebration takes place, and the person is symbolically and literally welcomed back into the tribe.



## FPSS Peer Mentoring Program

*"Peer support is founded upon the principle that people who have lived experiences in common have something to offer each other which cannot be provided by others."*

The Canadian Mental Health Association

The FPSS Peer Mentoring Program is developed for foster caregivers by foster caregivers. Mentors are volunteer foster caregivers who have received specialized mentorship training.

This is a free, confidential resource for new and existing Vancouver Island foster caregivers (including Restricted caregivers), who hold a Family Care Home Agreement with the Ministry of Children and Family Development or a Delegated Aboriginal Agency.

For more information, contact Dawna Drapeau at [mentor@fpss.com](mailto:mentor@fpss.com) or 1-888-922-8437 (Toll Free).



Are you new to fostering?

Imagine having the opportunity to tap into something bigger than yourself. That "Something Bigger" is our mentoring program.

*Join us for*  
**FPSS Society's**  
**20<sup>th</sup> Anniversary**  
See page 16-17

## Donate to FPSS Foster Parent Support Services Society through Bottle Depot's Charitable Account Program

Return your beverage containers to a Bottle Depot Return-It centre near you and mention our name! The funds will be automatically donated to FPSS. Your gift will be used to provide events, opportunities, and other benefits that enhance the lives of children and youth in care and the foster families that support them.

**Thank you for your support**



### Participating Depots:

4261 Glanford Avenue (Provide name FPSS Foster Parent Support Services Society)  
655 Queens Avenue (Provide name FPSS Foster Parent Support Services Society)  
3961 Quadra Street (Provide name FPSS Foster Parent Support Services Society)  
**2032 Idlemore Road (Sooke) (Provide Account Number 28)**

### How to donate to these accounts

Please advise our team members at the beginning of the transaction that you would like to put the refund on a charitable account and supply them with the account name.

Please only refer to this account by FPSS Foster Parent Support Services Society and not by any account numbers found on some receipts [Except in Sooke]. Each depot will have a different 'account number' assigned to your charitable account.

**\*We recommend advising people to bring in a sign with "FPSS Foster Parent Support Services Society" written clearly to ensure our team find the correct account on till.**

# Central Island News and Events

## COWICHAN VALLEY AREA



**SANDRA BEAGLEY COWICHAN VALLEY LOCAL COORDINATOR**  
250-618-8327 OR [dacoord@fpss.com](mailto:dacoord@fpss.com)



## BECOME A CAREGIVER WITH LALUMUTUL SMUN'EM

### Children are our future

Please give our Cowichan Children in Care a bright future by providing a loving and nurturing home for them to grow.

Contact **Cowichan Tribes** for more information  
250-746-1002

### MCFD Partnership in the Park

**Wednesday, June 7<sup>th</sup>, 9:30am to 11:00am**

**Centennial Park, 325 First Street, Duncan**

Come join foster caregivers and social workers for a partnership meeting in Centennial Park! This is an opportunity to network, share information, ask questions, identify issues, and build supportive relationships while getting some fresh air and sunshine! Hope to see you there!

### Cowichan Valley Foster Parent Local AGM

**Wednesday, June 14<sup>th</sup>, 9:30am to 11:00am**

**St. John's Church, 486 Jubilee Street, Duncan**

Local president Al and secretary/treasurer Dave are officially stepping down. Please come show your appreciation and gratitude for their hard work with fundraising and offering wonderful events for foster caregivers and foster families! **To continue, the Local will need other foster caregivers to step forward.** Have you considered how you may be able to support your Local? Please contact Sandra at 250-618-8327 [dacoord@fpss.com](mailto:dacoord@fpss.com) or the CVFP Local at [cvfplocal@gmail.com](mailto:cvfplocal@gmail.com) for more information. Watch your emails for more information.



## Becoming a Foster Parent in the Cowichan Valley

If you have a friend, co-worker, neighbour, or childcare provider interested in becoming a foster caregiver in the Cowichan Valley have them contact  
**250-715-2725 (MCFD)**  
to learn how, and to find out about up-coming Information Sessions.

## Foster Family Treat Day!

**Sunday, August 27<sup>th</sup>, 11:00am to 12:00noon**

**McDonald's, 5883 Trans-Canada Hwy**

End your summer holidays on a sweet note and let FPSS spoil your family with some tasty treats! Register to get treats for the whole family. Choose one item from McDonald's Summer Drink Days menu: pop, frappes, smoothies, coffee, tea or pick an ice cream cone for each family member. Sandra will contact registrants with further information closer to event date.

Register at: <https://conta.cc/3MsnVH6>.

### Free Clothing for Foster Families

Cowichan Valley Foster Parents Local offers free clean gently used kids clothing. Foster caregivers can contact CVFP Local Clothing Coordinator Lisa at 250-818-3293 to arrange access to the clothing. A big thank you to Kinderbeez for their ongoing clothing donations!

### Therapeutic Books for Foster Parents

FPSS Society continues to offer books delivered to foster caregivers' doorsteps at no charge! Please connect with Sandra Beagley 250-618-8327 or [dacoord@fpss.com](mailto:dacoord@fpss.com) with your therapeutic book requests.

## NANAIMO AREA



**SANDRA BEAGLEY CENTRAL ISLAND COORDINATOR**  
250-618-8327 OR [cicoord@fpss.com](mailto:cicoord@fpss.com)

### Foster Caregivers Social Morning

**Tuesday, May 9<sup>th</sup>, 10:00am to 11:30am**

**#102-6421 Applecross Road, Nanaimo**

Share challenges and successes, ideas, and resources with other foster caregivers who understand. Coffee, tea, snacks, and fun! Sandra will email more information to foster caregivers closer to the event date. Please contact Sandra Beagley with any questions at 250-618-8327 or [cicoord@fpss.com](mailto:cicoord@fpss.com).

### Nanaimo Foster Caregivers/MCFD Nanaimo Resource Partnership Meeting

**Tuesday, May 23<sup>rd</sup>, 9:30am to 10:30am**

Choose to participate in-person or virtually in this hybrid opportunity for foster caregivers and resource social workers to connect, ask questions, identify common issues, and review Ministry updates. If you have a question or topic you would like to discuss, let your Resource Social worker know or contact Sandra Beagley at 250-618-8327 or [cicoord@fpss.com](mailto:cicoord@fpss.com). Nanaimo foster caregivers, watch your emails for more information closer to the meeting date.

**Happy Canada Day**  
**July 1<sup>st</sup>**





# Central Island News and Events

## Becoming a Foster Parent in the Nanaimo area



If you have a friend, co-worker, neighbour, or childcare provider interested in becoming a foster caregiver in the Nanaimo area, please have them contact

**Tanya Pohl**  
250-739-8603 (MCFD)  
and to find out about up-coming Information Sessions.

## Becoming a Caregiver with Kw'umut Lelum



Kw'umut Lelum is looking for loving caregivers willing and able to provide a compassionate, stable, and nurturing home for a child in care in the Nanaimo, Malahat, and Qualicum areas.

**For information contact**  
**Pat Thomas 250-591-0933**

**Life Books Scrapbooking Session**  
**Monday, June 5<sup>th</sup>, 10:30am to 12:30pm**  
**#102-6421 Applecross Road, Nanaimo**

Every child who is likely to remain in care for more than six months is to have a Life Book. For some children and youth, the Life Book may be the only record they have of their time in care. Help them remember that during a difficult time, there were moments of love and laughter, and people who cared for them and about them.

Foster caregiver Bonnie Cook used to own and run a scrapbooking business including supply sales and beginner to advance classes. She is excited to share her knowledge with foster caregivers! Get your creative juices flowing and make a special page or two. Supplies provided. **Registration required.** Please bring 4 to 5 photos if possible (you can add photos later if not available for workshop). Please contact Sandra Beagley at 250- 618-8327 or [cicoord@fpsss.com](mailto:cicoord@fpsss.com) with any questions. Register at: <https://conta.cc/3GnEtMW>

I'm **not interested** in whether you've stood with the great. I'm interested in whether you've **sat with the broken.**

Sue Fitzmaurice



**Child Passenger Safety Session**  
**Tuesday, June 13<sup>th</sup>, 10:00am to 11:30am**  
**#102-6421 Applecross Road, Nanaimo**  
**Presented by Hailey Bergstrom Parker (she/her)**  
**BCAA Child Passenger Safety Program**

Child car seats and seat belts work best when used correctly. As children grow and change, the type of protection system required also changes.

This information session for foster caregivers will cover:

*All types of child car seats*

*BC Laws*

*How to choose and use a child car seat*

*How to correctly install child seats in vehicles*

Register at: <https://conta.cc/43nLiYG>



## Foster Family Treat Day!

**Sunday, August 27<sup>th</sup>, 1:00pm to 2:00pm Nanaimo or**  
**Sunday, August 27<sup>th</sup>, 3:00pm to 4:00pm Parksville**

End your summer holidays on a sweet note and let FPSS spoil your family with some tasty treats! Register to get treats for the whole family. Choose one item from McDonald's Summer Drink Days menu: pop, frappes, smoothies, coffee, tea or pick an ice cream cone for each family member. Sandra will contact registrants with further information closer to event date.

Register for Nanaimo 1835 Bowen Road at:

<https://conta.cc/3zFHWIW>

Register for Parksville at 310 West Island Hwy at:

<https://conta.cc/3mb64K8>

## PORT ALBERNI AREA



**JUANITA CURRIE PORT ALBERNI LOCAL COORDINATOR**  
**250-735-1124 or [pacoord@fpsss.com](mailto:pacoord@fpsss.com)**

## Thursdays in the Park

**Thursdays, June 8<sup>th</sup> to August 31<sup>st</sup>, 11:30am to 1:30pm**

**Blair Park, 5095 Pineo Road**

We will meet Thursdays in the Park from for a picnic and social get-together. Also, Plans are in the works for an *fantastic* outdoor event in June so watch your emails for details and updates.

## Coffee Support Meetings

**Thursday, May 11<sup>th</sup> 9:30am to 11:30am**

**Thursday, June 8<sup>th</sup> 9:30am to 11:30am**

**Smitty's Family Restaurant, 3426 3<sup>rd</sup> Avenue**

**(2<sup>nd</sup> Thursday of every month)**

Feeling overwhelmed? Foster caregivers share experiences only another caregiver can understand. Join your peers to share challenges, successes, ideas, and resources. A wonderful way to diffuse and recharge. Contact Juanita Currie at 250-735-1124 or [pacoord@fpsss.com](mailto:pacoord@fpsss.com).

## No more Rags in Bags

When a child or youth you are caring for transitions back home, to an adoptive family, or ages into community, remember to move their belongings in a respectful, thoughtful way.

**Garage bags are not acceptable.**

## Central Island News and Events

### Becoming a Foster Parent in Port Alberni



If you have a friend, co-worker, neighbour, or childcare provider interested in becoming a foster caregiver in Port Alberni please have them contact

**Glynn Sutton (MCFD)**

**250-720-2650**

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

### Becoming an USMA Caregiver in Port Alberni



Are you passionate about caring for children and youth?  
Can you provide a safe and healthy home?  
USMA, the Indigenous delegated agency for Nuu chah nulth communities, is seeking Caregiver homes.

**Call Julia Hunter**

**250-724 3232**

to learn more, or to ask about Information Sessions.

## FEDERATION OF BC YOUTH IN CARE NETWORKS

The Federation of BC Youth in Care Networks (FBCYICN, or the Fed) is a youth-driven, peer-based, provincial non-profit organization dedicated to improving the lives of young people in and from care in BC between the ages of 14 and 24.

We were created by a group of young people in care who saw the need for more supports for their peers. That was in 1993, and today we still stay true to their vision. Our programs create a safe space for youth to come together, build connections, identify challenges and feel at home. Throughout the year we host youth retreats, provide bursaries for education and skills development, support youth with training and leadership opportunities, and distribute resources and information to young people and their allies across the province.

We want to hear from you! Please send us an email, connect on social media or give any of our staff members a call.

Our office hours are 9:00 am to 5:00 pm, Monday to Friday.

**If you are in urgent need of help outside our office hours, the youth crisis line is open 24 hours a day and is a friendly, anonymous source of support.**

Toll Free: 1-866-872-0113

Live Chat: <http://youthinbc.com/>

**In the event of an emergency, DIAL 911.**



## Child and Youth in Care Week Monday, May 29<sup>th</sup> to Sunday, June 4<sup>th</sup>



### History

A group of youth in and from care advocated for this week so their siblings in care could grow up feeling celebrated for their diverse talents and accomplishments, surrounded by a supportive community who stands with them. They also wanted to raise awareness about the barriers they face and fight the stigma that comes with being a "foster kid."

Proclaimed by the province of British Columbia in 2011, BC Child and Youth in Care Week (BCCYICW) is a time for everyone in communities across the province to support and celebrate our province's incredible, diverse young people in government care. Youth envisioned a week that acknowledges and celebrates the unique strength of young people in care, and that's how BC Child and Youth in Care Week was created

[BC CHILD & YOUTH IN CARE WEEK - About \(bcchildandouthincareweek.com\)](http://bcchildandouthincareweek.com)

To all the children and youth in care -

Your time in care is a page in your book, it is *not* your story.

**You are Amazing - You are Courageous - You Matter - You are Not Alone - You Belong**


# Upper Island News and Events

## COMOX VALLEY

 **MORGAN HORNER CENTRAL-UPPER ISLAND SAFE BABY COORDINATOR**  
1-888-922-8437 OR [uisbcoord@fpsss.com](mailto:uisbcoord@fpsss.com).

A message from  
**Central-Upper Island Safe Babies Coordinator**  
Morgan Horner

I hope to get to know the Safe Baby Caregivers and hear how I can best support their caregiving journey. For the past five years, I have worked on the Pediatric unit at Victoria General Hospital-Island Health, and for the last three years on the Neonatal Intensive Care Unit. I trained specifically through UBC and Island Health in how to care for Safe Babies who are transitioning to foster care or to a kinship caregiver. Caring for these infants presents challenges in meeting their feeding, emotional, and developmental needs. I look forward to supporting you with information, referrals, advice on navigating your journey as a caregiver to these little ones, or just a sounding board to listen to your concerns and challenges.

 **LISA BOWIE COMOX VALLEY COORDINATOR**  
250-898-4488 OR [cvcoord@fpsss.com](mailto:cvcoord@fpsss.com).

## Farewell to Lisa Bowie

FPSS Comox Valley Coordinator Lisa Bowie is moving on to share her wisdom, heart, and experience on a new path. The Board and Staff would like to thank Lisa for the years of support, caring, and training she has given to foster caregivers in the Comox Valley.

Lisa has worked with MCFD, community agencies, and Indigenous Child and Family Service Agencies to build a fostering community that is inclusive, supportive, and packed with years of shared knowledge and wisdom.

We wish Lisa a path filled with opportunities that make her heart sing and all her best qualities shine. We will miss you.



## Comox Valley Foster Parent/MCFD Partnership Monthly Meetings

**Tuesday, May 16<sup>th</sup>, 10:15am to 11:30am**

**Tuesday, June 20<sup>th</sup>, 10:15am to 11:30am**

**In-person at The Foundry, 575 10<sup>th</sup> Street or Zoom**

Our Partnership meetings will happen monthly. All Foster Caregivers are welcome! Please zoom in or phone in and be part of our discussions and networking. Zoom link will be emailed out one week before our meetings. For more information or add to the agenda, please contact Lisa Bowie at [cvcoord@fpsss.com](mailto:cvcoord@fpsss.com) or 250-898-4488.

## Comox Valley Safe Babies Group

**Friday, May 26<sup>th</sup>, 10:00am to 11:00am**

**Friday, June 23<sup>rd</sup>, 10:00am to 11:00am**

**CVFSA, 1415 Cliffe Avenue or Zoom**

**(4<sup>th</sup> Friday of the month)**

These gatherings feature discussions to keep your caregiving skills current and an opportunity to "check in" with fellow caregivers! Experienced caregivers and MCFD Resource Worker are always in attendance. An email will go out the week before our workshop with the topic and Zoom link. For any questions you may have please contact Lisa Bowie [cvcoord@fpsss.com](mailto:cvcoord@fpsss.com).

## Comox Valley

### Family Services Association

1415 Cliffe Avenue, Courtenay, BC V9N 2K6

**Do you know a young person in or from government care?  
Connect with the Courtenay Local Network!**

Have fun!

Build life skills!

Join a community of youth from care and supportive adults!

The Courtenay Local Network is offered in partnership by the Comox Valley Family Services Association and the Federation of BC Youth in Care Networks.

Open to youth ages 14 to 24 in and from government care.

Find out more! Connect with Sue at 250-218-5363 or

[sue.m@cvfisa.org](mailto:sue.m@cvfisa.org).



## Becoming a Foster Parent in the Comox Valley



**If you have a friend, co-worker, neighbour, or  
childcare provider interested in becoming a foster  
caregiver in the Comox Valley please have them contact**

**250-334-5820**

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

## Comox Valley Foster Caregiver Only Chitchat

**Monday, May 29<sup>th</sup>, 10:00am to 11:00am**

**Monday, June 26<sup>th</sup>, 10:00am to 11:00am**

**The Foundry or Puntledge Park (weather permitting)**

This little get together is for Foster Caregivers only. Snacks and drinks provided. Please join us for connection and great company.

## CAMPBELL RIVER

 **JUDY HOLLYWOOD BONNETT UPPER ISLAND COORDINATOR**  
250-204-1566 OR [uicoord@fpsss.com](mailto:uicoord@fpsss.com).

## Foster Parent/MCFD Partnership Meeting

**Tuesday, May 9<sup>th</sup>, 9:30am to 10:30am**

**MCFD meeting room, 929 Ironwood Street**

**(2<sup>nd</sup> Tuesday of every second month)**

All foster caregivers, MCFD social workers, C&Y Mental Health Staff, and Foster Support staff invited. Share your fostering concerns, learn about MCFD updates, and discuss local fostering trends. This will be



# Upper Island News and Events

our last partnership meeting until autumn. Contact co-chair, Tom Robinson at [sunrisestart@hotmail.com](mailto:sunrisestart@hotmail.com) for more information or to suggest a discussion topic.

## **Gaming & Gamers** **Thursday May 11<sup>th</sup> 9:30am to 11:30am**

**Presented by Karen Hlady**

### **VI Gaming Support/ Community Engagement** **CR Family Services Conference Room, 487-10<sup>th</sup> Avenue**

We are excited to have Karen Hlady from BC Gaming's Community Engagement Team return and present Gaming & Gamers. Participants will learn about the irregularities of gaming disorder, its context, and its relationship to ASD, ADHD, and other brain differences. We will also discuss strategies to manage this behavioural dependency and support options for all involved.



Register with Judy [uicoord@fpss.com](mailto:uicoord@fpss.com) or text/call 250-204-1566. Drop ins welcomed.

## **Fun in the Sun at Splash Park**

**Friday, June 16<sup>th</sup>, 10:00am to 11:30am**

**Meet and Splash at CR Splash Park**

**Willow Point Park (Sportsplex), 1800 South Alder Street**

**June's Safe Babies Caregiver group is meeting at Splash Park and all foster caregivers are welcome!**

Bring the kids, the hats and towels, the lawn chairs, and the snacks and join us at Willow Point Splash Park (weather permitting). Hosts will be on site until 11:30am with light refreshments. There is no charge to access the park, and the fun is divided into three sections:



one for families, one for teens, and one for toddlers. With fire hydrants, fire hoses, fishing poles and a mega soaker - it's fun for all! Washroom, change rooms and playpark nearby. This is a drop in event, no RSVP needed. Contact Judy or Catherine McCauley ([catherine.mccauley@crfs.ca](mailto:catherine.mccauley@crfs.ca)) for additional details.

### **Safe Babies Caregiver Meeting**

**Friday, May 19<sup>th</sup>, 10:00am to 11:30am**

**CR Family Services conference room, 487-10<sup>th</sup> Avenue**

**Friday, June 16<sup>th</sup>, 10:00am to 11:30am**

**Meet and Splash at CR Splash Park**

**Willow Point Park (Sportsplex), 1800 South Alder Street**

**(3<sup>rd</sup> Friday of the month)**

Safe Babies Caregivers are invited to network, support, and learn from one another. The CRFS meeting room is infant friendly. Snacks provided. Contact Judy for details [uicoord@fpss.com](mailto:uicoord@fpss.com) or text/call 250-204-1566.

### **Foster Caregivers In-person Coffee Meeting**

**Tuesday, May 23<sup>rd</sup>, 10:00am to 11:30am**

**Host: To be confirmed**

**(4<sup>th</sup> Tuesday of the month)**

No meetings June through August!

Your CR Foster Parent Association welcomes all foster caregivers to attend their "round the kitchen table" gatherings hosted in members' homes. The group offers confidential discussion and practical tips from experienced caregivers to help you support the child or teen in your care. For information including the address, please watch your inbox, or contact Judy at [uicoord@fpss.com](mailto:uicoord@fpss.com) or text/call 250-204-1566.

### **Child and Youth in Care week**

**Monday, May 29<sup>th</sup> to Sunday, June 4<sup>th</sup>, 2022**

Stay tuned for notices and your invitation to our community's events and celebrate the abilities, gifts, and aspirations of those placed in government care. Contact Judy at [uicoord@fpss.com](mailto:uicoord@fpss.com) for updates or to join the planning group.

## **Foster Family and Community Picnic** **Wednesday, August 9<sup>th</sup>, 2:00pm to 5:00pm** **Hagel Park, 3021 Jody Lynne Way**

Your CR Foster Parent Association welcomes all Campbell River and Area foster families, MCFD social workers and staff, and foster network support workers for an afternoon of socializing. Lots of fun and terrific prizes! Your whole family is welcomed. Please join us even if you have no children currently placed. Hagel Park is located approximately 10 km south of Campbell River, off York Road. Parking is available at the end of Jody Lynne Way. Get involved with arranging this annual event or register your family by contacting Heather at [Heathermur54@icloud.com](mailto:Heathermur54@icloud.com) or cell/text 250-203-7116.

### **Becoming a Foster Caregiver in Campbell River**

MCFD is recruiting caregivers to provide placements for teens, for large sibling groups, and short-term and flexible placement homes who can team with biological families.

Being a teen ager is tough. Being a teen ager in care is even tougher. These teens need to know their story is not over. They need a caregiver who will accept, encourage, and support them on their best day and on their worst day.

Can you offer a child or youth in care a safe place to be while they and their families heal and become strong again?

Contact MCFD Campbell River office at 250-286-7542..

## **Becoming a Foster Parent** **in Campbell River**



**If you have a friend, co-worker, neighbour, or childcare provider interested in becoming a foster caregiver in the Campbell River area, please have them contact**

**250-286-7542 (MCFD)**

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

# North Island News and Events

 **PORT HARDY LOCAL COORDINATOR**  
1-888-922-8437

## North Island Foster Community Events

Organizers will share notices as they arrange local events. Please watch the NI Foster Family Face Book group and your inbox.

## Stay in the Know!

Not a member of our North Island Foster Family Facebook group yet? Send your membership requests to Cheryl [c.jorgenson@nicommunityservices.ca](mailto:c.jorgenson@nicommunityservices.ca) or Judy [uicoord@fpsss.com](mailto:uicoord@fpsss.com).

## Foster Placement Supports

We invite North Island foster caregivers to check in with Cheryl if they wish to discuss fostering resources, suggest a workshop topic, or just say hello. Contact Cheryl at 250-230-3484 or [c.jorgenson@nicommunityservices.ca](mailto:c.jorgenson@nicommunityservices.ca).

## Training and Resources

Are you looking for skill development and training options accessible from the comfort of your home? Connect with the FPSS Society. We offer a variety of learning opportunities just for Vancouver Island caregivers. Register for an online workshop or borrow a book or DVD. Contact Judy [uicoord@fpsss.com](mailto:uicoord@fpsss.com) or [admin@fpsss.com](mailto:admin@fpsss.com) for details.

## Support for Youth Transitioning to Adulthood in BC

### Our Vision

The vision for the future places youth and young adults at the centre, with the wraparound supports and services they need to transition into adulthood and achieve their full potential.

### What We Heard

Through the voices of over 2,500 British Columbians, nine key domains of need were identified to support young adults transitioning into adulthood to reach their full potential.  
*Eligibility; Housing; Financial support; Education and Employment; Navigation and transition planning; Relationship, identity, and Culture; Life-skills and training; Mental health and wellness; Information technology*

### Current Programs

A no-limit earnings exemptions so that benefits to young adults are not reduced or impacted based on employment.  
A new rent supplement program to help eligible young adults with their rent.  
Access life-skills programs from across BC and online. No longer limited to the ministry-approved program list.

To Learn More Visit  
[www.gov.bc.ca/youthtransitions](http://www.gov.bc.ca/youthtransitions)

Note to self: the world needs you to show up today.

You are **powerful**, you are **valuable**,  
and what you **believe** changes the world.



## Becoming a Foster Parent in North Island

**If you have a friend, co-worker, neighbour, or childcare provider interested in becoming a foster caregiver in North Vancouver Island please have them contact**

**MCFD at 250-949-8011**

**We are currently seeking Relief, Respite, and Emergency homes.**

North Island Foster Parent Support Coordinator

**Cheryl Jorgenson**

Friendly, non-judgemental, and confidential support services to North Island caregivers.

Cheryl invites foster caregivers to self-refer and contact her to learn about the variety of services she can provide.

You can contact Cheryl by calling North Island Community Services Society at 250-956-3134 or through her email at [c.jorgenson@nicommunityservices.ca](mailto:c.jorgenson@nicommunityservices.ca).

## Sun Safety Tips

**Cover up.** When the UV Index is 3 or higher, wear light-coloured, long-sleeved shirts, pants, and a wide-brimmed hat made from breathable fabric. When you buy sunglasses, make sure they provide protection against both UVA and UVB rays.

**Limit your time in the sun.** Keep out of the sun and heat between 11:00am and 3:00pm. Look for places with shade, like a park with big trees, partial roofs, awnings, umbrellas or gazebo tents.

**Use the UV Index forecast.** When the UV index is 3 or higher, wear sunscreen labelled "Broad Spectrum" and "Water Resistant" with an SPF of at least 30.

**Drink plenty of cool liquids** (especially water) before you feel thirsty. If sunny days are also hot and humid, stay cool and hydrated to avoid heat illness. Dehydration is dangerous, and thirst is not a good indicator of dehydration.

**Avoid using tanning equipment.** There is no such thing as a 'healthy' tan. Using tanning equipment damages your skin and increases your risk of developing melanoma, the deadliest form of skin cancer.

[Sun.safety.basics-Canada.ca](http://Sun.safety.basics-Canada.ca)





## Foster Parent Support Services Society 20<sup>th</sup> Year Anniversary Celebration

In addition to great company, great food, and great presentations, the celebration includes door prizes, raffles, and a silent auction. We are humbled and grateful to receive generous donations from companies wishing to support and honour the work done by all those in fostering communities across Vancouver Island.

***We thank following businesses for the gifts, adventures,  
and services they have donated***



### Foster Parent Support Services Society 20<sup>th</sup> Year Anniversary Celebration

Wednesday, May 17<sup>th</sup>, 1:00pm to 8:00pm

Beban Park 2300 Bowen Road

12:00pm	Check-in
1:00pm	Welcome
1:05pm	Elder Marguerit James, <i>Opening Prayer</i>
1:20pm	Josh Shipp, <i>One Caring Adult</i> - Presentation followed by questions and answers
2:40pm	Health Break
2:45pm	Ros Pringle, <i>Trauma-Informed Transitions</i> - Presentation followed by questions and answers
4:00pm	Break for evening set-up
5:00pm	Evening event opens
6:00pm	Dinner and Opening Prayer
	<b><i>Pam Miller</i></b> , Executive Director of Service Vancouver Island
	<b><i>Jennifer Charlesworth</i></b> , BC Representative for Children and Youth
	<b><i>Jason Verners</i></b> , Magician

Tickets: \$50.00

***All foster caregivers who attend the event will receive a full refund.***





We're having a party and  
*You're invited!*

Foster Parent Support Services  
Society is pleased to  
invite you to their

*20<sup>th</sup> anniversary*

Wednesday, May 17<sup>th</sup>, 2023

Beban Park

2300 Bowen Road Nanaimo

1:00pm to 8:00pm

*Celebrating 20 Years of supporting  
Vancouver Island Foster Parents!*

***Featured Guest Speakers:***

**Josh Shipp:** One Caring Adult

**Ros Pringle:** Trauma-informed Transitions

*Join us!*

For a workshop, followed by  
dinner and entertainment!

Register:

<https://conta.cc/3JLBb8D>

*Maybe fostering is something you've never thought about.*  
*Maybe fostering is something you've thought about for a long time.*  
*Maybe now is the time.*



Do you have room in your home and in your heart to help one child or youth? Can you include one more in your day at the beach, Saturday movie night, or family dinner? If the answer is, "yes" or even, "maybe", it's time to learn more.

There are children and youth in your community who are temporarily unable to live with their families. They need a safe place to be while they and their families heal and become strong again. Former youth in care share that one of the most difficult parts about being in care is the loss of a sense of belonging. Many report that a foster family provided that feeling. Can you do the same?

Children and youth in care need to know their story isn't over. They need a place where they are accepted on their best days and on their worst days. Can you help a youth create a new chapter in their story? It won't be easy, but it will be worth it. Are you ready to discover how big your brave is?

**The Challenge is great...the opportunity to make a difference is even greater.**

Wednesday, May 3 <sup>rd</sup>	6:30pm to 7:30pm	<a href="https://conta.cc/3gdV3om">https://conta.cc/3gdV3om</a>
Wednesday, May 24 <sup>th</sup>	12:00 noon to 1:00pm	<a href="https://conta.cc/3X6Tjhz">https://conta.cc/3X6Tjhz</a>
Wednesday, June 7 <sup>th</sup>	6:30pm to 7:30pm	<a href="https://conta.cc/3GI7fOW">https://conta.cc/3GI7fOW</a>
Wednesday, June 14 <sup>th</sup>	12:00 noon to 1:00pm	<a href="https://conta.cc/3EjLZGI">https://conta.cc/3EjLZGI</a>
Wednesday, July 5 <sup>th</sup>	6:30pm to 7:30pm	<a href="https://conta.cc/3UNfpog">https://conta.cc/3UNfpog</a>
Wednesday, July 19 <sup>th</sup>	12:00 noon to 1:00pm	<a href="https://conta.cc/3mQswIT">https://conta.cc/3mQswIT</a>
Wednesday, August 9 <sup>th</sup>	6:30pm to 7:30pm	<a href="https://conta.cc/3LdJkmE">https://conta.cc/3LdJkmE</a>
Wednesday, August 23 <sup>rd</sup>	12:00 noon to 1:00pm	<a href="https://conta.cc/3KRvODA">https://conta.cc/3KRvODA</a>



You can also contact Eva Vowles at Foster Parent Supportive Services (1-888-922-8437 or [fosterhope@fpss.com](mailto:fosterhope@fpss.com)) with your questions or register for a Foster Hope Information Session at [fosterhope.ca](https://fosterhope.ca).

## Mothers' Day

May 14<sup>th</sup>

## Fathers' Day

June 18<sup>th</sup>

The Board and Staff of FPSS Society thank all biological parents, foster parents, step-parents, grandparents, pet parents, and parent-like people who make us feel safe, accepted, and supported. Thank you for attending our soccer games and dance recitals, for wearing the ugly ties and displaying our artwork, picking us up when we fell down, for the fun-filled "Don't tell Mom about this" adventures, and the "I am sure Daddy would love to have a tea party with you and your dolls," days.



### If you play the role of parent for anyone, you may relate...

I finally got a full eight hours of sleep. It only took me four days.

You know you're a mom when you understand why mama bear's porridge was cold.

Sorry I'm late, I was busy arguing with my toddler about a sock.

Kids don't stay with you if you do it right. It's the one job where, the better you are, the more surely you won't be needed in the long run.

Today. I have today. And I will train and parent and love this child today and for as many more todays as I get.

# FPSSS Contact Information

FPSS BOARD OF DIRECTORS	NAME	TEL	FAX	E-MAIL
Chairperson	Diane Daigle	250-218-2119		<a href="mailto:dianelyndaigle@gmail.com">dianelyndaigle@gmail.com</a>
Vice Chairperson	Karyn Cooper	250-216-7003		<a href="mailto:karyn-leocooper@shaw.ca">karyn-leocooper@shaw.ca</a>
<b>FPSSS PERSONNEL</b>				
Executive Director	Dan Malone	778-430-5459	778-430-5463	<a href="mailto:execdirect@fpsss.com">execdirect@fpsss.com</a>
Administrative Assistant	Krista Shelkey	778-430-5459	778-430-5463	<a href="mailto:admin@fpsss.com">admin@fpsss.com</a>
SVI Coordinator	Dianne Thompson	778-430-5460	778-430-5463	<a href="mailto:sicoord@fpsss.com">sicoord@fpsss.com</a>
Cowichan Valley Coordinator	Sandra Beagley	250-618-8327	778-430-5463	<a href="mailto:dacoord@fpsss.com">dacoord@fpsss.com</a>
Central Island Coordinator	Sandra Beagley	250-618-8327	778-430-5463	<a href="mailto:cicoord@fpsss.com">cicoord@fpsss.com</a>
Port Alberni Coordinator	Juanita Currie	250-735-1124	778-430-5463	<a href="mailto:pacoord@fpsss.com">pacoord@fpsss.com</a>
Courtenay/Comox Coordinator			778-430-5463	<a href="mailto:cvcoord@fpsss.com">cvcoord@fpsss.com</a>
Upper Island Coordinator	Judy Hollywood Bonnett	250-204-1566	778-430-5463	<a href="mailto:uicoord@fpsss.com">uicoord@fpsss.com</a>
Port Hardy Local Coordinator		1-888-922-8437	778-430-5463	
SI Safe Babies Coordinator	Dianne Thompson	778-430-5460	778-430-5463	<a href="mailto:sicoord@fpsss.com">sicoord@fpsss.com</a>
CI Safe Babies Coordinator			778-430-5963	<a href="mailto:cisbcoord@fpsss.com">cisbcoord@fpsss.com</a>
UI Safe Babies Coord	Morgan Horner	1-888-922-8437	778-430-5463	<a href="mailto:uisbcoord@fpsss.com">uisbcoord@fpsss.com</a>
Recruitment Coordinator	Eva Vowles	778-430-5459	778-430-5463	<a href="mailto:fosterhope@fpsss.com">fosterhope@fpsss.com</a>
Mentor Coordinator	Dawna Drapeau	1-888-922-8437	778-430-5463	<a href="mailto:mentor@fpsss.com">mentor@fpsss.com</a>
<b>INVESTIGATION AND RESOLUTION SUPPORT TEAM (FORMERLY PROTOCOL SUPPORT)</b>				
Team Coordinator (Regional)	Dianne Thompson	1-888-922-8437	778-430-5463	<a href="mailto:sicoord@fpsss.com">sicoord@fpsss.com</a>
South Island	Dianne Thompson	778-430-5459	778-430-5463	<a href="mailto:sicoord@fpsss.com">sicoord@fpsss.com</a>
Central Island	Diane Burrows	250-723-9779	778-430-5463	<a href="mailto:burrowsdiane@hotmail.com">burrowsdiane@hotmail.com</a>
Upper Island	Dianne Thompson	1-888-922-8437	778-430-5463	<a href="mailto:sicoord@fpsss.com">sicoord@fpsss.com</a>
<b>SOUTH ISLAND LOCAL</b>				
President	Sandy Case	250-478-2782		<a href="mailto:slcase@shaw.ca">slcase@shaw.ca</a>
Secretary Treasurer	Sam Taylor	250-686-3353		<a href="mailto:s.taylor44@shaw.ca">s.taylor44@shaw.ca</a>
<b>NANAIMO AREA</b>				
Contact	Sandra Beagley	250-618-8327	778-430-5463	<a href="mailto:cicoord@fpsss.com">cicoord@fpsss.com</a>
<b>PARKSVILLE AREA</b>				
Contact	Sandra Beagley	250-618-8327	778-430-5463	<a href="mailto:cicoord@fpsss.com">cicoord@fpsss.com</a>
<b>PORT ALBERNI LOCAL</b>				
Contact	Diane Burrows	250-723-9779	250-720-2100	<a href="mailto:burrowsdiane@hotmail.com">burrowsdiane@hotmail.com</a>
<b>COWICHAN LOCAL</b>				
President	Al Lawrence	250-715-6930		<a href="mailto:kco@shawbiz.ca">kco@shawbiz.ca</a>
Vice-President				
<b>NORTH ISLAND LOCAL</b>				
President				
Alternate Contact	Heather Walkus	250-949-6695		
<b>CAMPBELL RIVER LOCAL</b>				
Contact	Tom Robinson	250-204-9050		<a href="mailto:sunrise@hotmail.com">sunrise@hotmail.com</a>
Contact	Judy Hollywood Bonnett	250-204-1566		<a href="mailto:uicoord@fpsss.com">uicoord@fpsss.com</a>
<b>COMOX VALLEY LOCAL</b>				
Contact	Lisa Bowie	250-898-4488		<a href="mailto:cvcoord@fpsss.com">cvcoord@fpsss.com</a>



## 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 provide support services, networking, communication and on-going training opportunities for foster parents of the Vancouver Island Region.

## Regional Office Location:

145-735 Goldstream Avenue,  
Victoria, V9B 2X4

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

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

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

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

## Hours of Operation:

Monday to Thursday: 9:00am to 4:00pm  
Friday: 9:00am to 1:00pm

## ISLAND CONNECTION NEWSLETTER:

Published five times per year and mailed free of charge to foster homes and MCFD offices in the Vancouver Island region.

## NEWSLETTER INFORMATION

**Eva Vowles**

**Tel: 778-430-5459 Fax: 778-430-5463**  
[fosterhope@fpsss.com](mailto:fosterhope@fpsss.com)

SOUTH FPSSS OFFICE	CENTRAL FPSSS OFFICE	UPPER FPSSS CONTACT
145-735 Goldstream Avenue Victoria V9B 2X4 778-430-5459 Fax: 778-430-5463 <a href="mailto:sicoord@fpsss.com">sicoord@fpsss.com</a>	102-6421 Applecross Road Nanaimo V9V 1N1 250-618-8327 Fax: 778-430-5463 <a href="mailto:cicoord@fpsss.com">cicoord@fpsss.com</a>	250-204-1566 Fax: 778-430-5463 <a href="mailto:uicoord@fpsss.com">uicoord@fpsss.com</a>



We invite any letters or comments.

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

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

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

Nanaimo telephone: 250-618-8327 fax: 1-778-430-5463

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

## ADVERTISING?

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

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

Some restrictions apply.



*Foster Parents are  
Making a Difference!*



*For all you do,  
we Thank You!*



**FPSS Foster Parent Support Services Society**



**Foster Parents Foster Hope | You're There for the Kids; We're Here for You**  
**Serving the Vancouver Island Region | Call Toll Free 1-888-922-8437**

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