

# The Island Connection

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



*October is  
Foster Family  
Month*

**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
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 JULY 1st, 2023

Restricted (for a child aged 0 to 11 yrs)	\$60.08
Restricted (for a child aged 12 to 19 yrs)	\$66.23
Regular (for a child aged 0 to 11 yrs)	\$60.08
Regular (for a child aged 12 to 19 yrs)	\$66.23
Level 1 (all ages)	\$85.96
Level 2 (all ages)	\$105.36
Level 3 (all ages)	\$134.49

[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)

## Increase to Maintenance Rate for Foster Caregivers

MCFD increased the Maintenance Rate paid to caregivers as of July 1<sup>st</sup>, 2023. The increase is intended to help with expenses related to the cost of living. See the table below for an updated breakdown of costs.

### The Foster Family Care Rate (Maintenance)

...This rate is intended, with limited exceptions, to cover the day-to-day costs incurred in caring for a child...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.

### Service payment

Specialized Level 1, 2 and 3 family care homes receive the foster family care rate for each child/youth in the home plus a service payment appropriate to the level of the home and the child-specific or bed-specific agreement. The service payment should cover all the direct program costs of the caregiver in providing the Level 1, 2, or 3 service, including transportation, capital/leasing costs, equipment and insurance costs. For levels 2 and 3, the service payment also includes relief for up to three days. Exceptional payments are considered if it is clear that additional funds are required in order to comply with the care plan and to ensure the stability of the placement.

Resource Worker Policies Chapter 8 on pages 118-128

[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 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 JULY 1st, 2023

Basic Foster Care Costs (per month)*	Ages 0-11 years	Ages 12-19 years
Food	\$252.37	\$339.29
Housing	\$280.25	\$339.29
Transportation	\$126.06	\$142.44
Personal Needs	\$26.89	\$33.13
Recreation	\$62.99	\$65.93
Clothing	\$153.06	\$175.25
<b>Sub-total</b>	\$901.62	\$1,095.32
Additional Family Care Costs	Ages 0-11 years	Ages 12-19 years
Education	\$48.05	\$59.22
Babysitting	\$162.27	\$106.37
Transportation	\$114.17	\$112.17
Personal Spending	\$78.08	\$100.41
Gifts/ Activities	\$114.17	\$112.99
Equipment/ Recreation	\$84.17	\$100.44
<b>Sub-total</b>	\$600.91	\$591.60
<b>Total Maintenance (per month)</b>	<b>\$1,502.53</b>	<b>\$1,686.92</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 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. Watch your emails for September date.

## Virtual Foster Parent/MCFD Resource Partnership Meeting

FPSS encourages foster caregivers to attend the 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

Watch for Basic Level First Aid with infant CPR through Alert First Aid this fall.

## Foster Caregiver Events

Watch your emails or the South Island calendar on [fpsss.com](http://fpsss.com) for upcoming events. You can also check our South Island private Facebook at <https://www.facebook.com/groups/561291688076447/>. If you're not a member, please request to join.

## 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

Mentors are experienced foster caregivers with specialized training in mentoring other foster caregivers. FPSS Society has mentors available. Contact 1-888-922-8437 for information.

## FPSS Investigation and Resolution Support

Specially trained and experienced foster caregivers volunteer to assist and support a foster caregiver going through a quality of care review, investigation, 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.

## Fostering 101

We will host an in-person Fostering 101 evening meeting this September. Watch your emails for information updates.

## Facebook

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

## Other Training

We encourage foster caregivers to share ideas on training that be beneficial to caregivers. 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/southisland-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 with FPSS 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 large events were held but foster parents met weekly at Blair Park for a picnic and time to chat and offer peer support.

## Coffee Support Meetings

Coffee meetings will resume in September.

## 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 caregiver to connect, support, and share with foster caregiver peers. Coffee, tea, and snacks were included.

## Cowichan Valley Foster Parents Local

CVFP Local had their AGM where foster caregivers elected members for the 2023-2024 Board. There are still board positions available and the Local ongoingly seeks volunteers for various events. Please contact the Local at [cvfplocal@gmail.com](mailto:cvfplocal@gmail.com) for more information. Introducing your 2023-2024 CVFP Local Board! President: Al Lawrence; Vice President: Sally White; Treasurer: Lisa Johnston; Social Events Coordinator: Amber Gilbertson; Free Clothing Coordinator: Lisa Johnston

## MCFD Partnership Meeting

In response to positive foster caregiver feedback for April's outdoor park meeting, MCFD held their June Partnership Meeting at local park! Children under the direct supervision of their caregivers came along too. Partnership Meetings provide occasions to



build relationships, receive updates, find out about resources, and ask questions.

### Gender Diversity

Presented by Sarah M Wilson. B.F.A., B.Ed., M.Ed., R.C.C. (she/ they). This workshop focused on building safety and understanding for 2SLGBTQIA+ children and youth, and learning the basics of terminology, sensitive ally-ship, and compassionate advocacy.

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

CVFP Local and FPSS hosted an outdoor free clothing event for foster families, kinship caregivers, and social workers. Thank you to Kinderbeez for their ongoing donations. Foster caregivers can contact CVFP Local clothing coordinator Lisa at 250-818-3293 to arrange a time to access to free children's clothing.

### Foster Family Treat Day

Registered foster families could pick a sweet treat for each member of their family! FPSS hosted this tasty end of summer event.

### Book Requests

FPSS continued to deliver therapeutic books to foster parents' doorsteps upon request.

### 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 to the fostering lifestyle. Foster caregiver social events are opportunities to spend time with others who understand the unique challenges that fostering can have.

### Nanaimo Foster Parent/MCFD Resource Partnership Meeting

These hybrid meetings are important opportunities to connect and communicate about updates, changes, identify area needs, and discuss other information relevant to fostering.

### Life Books – Scrapbooking Session

Unfortunately, FPSS Society had to cancel this event due to low registration.

### Child Passenger Safety Session

As children grow and change, the type of protection system required also changes. Hailey Bergstrom Parker from the BCAA Child Passenger Safety Program presented an informative in-person session! She covered: all types of child car seats, BC Laws, how to choose and use a child car seat,

and how to install child seats in vehicles. She was also available for questions and to look at participants' vehicles and car seats.

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

Facilitated by Ashleigh Martinflatt, this workshop invited foster caregivers, kinship caregivers, and social workers to view the recording at whatever pace and time worked best for them.

### Foster Family Treat Day

FPSS wrapped up summer holidays by offering sweet treats to Central Island foster families! Each member of registered foster families could pick a treat from a variety of items.

### Book Requests

FPSS continued to deliver therapeutic books to foster parents' 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 with FPSS as it changes.

### COMOX VALLEY Area Update

**T: 250-898-4488**

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

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

### Comox Valley Coordinator

Past Comox Valley Coordinator Lisa Bowie moved on to a new journey. Join FPSS in welcoming new Comox Valley Coordinator Jessica Humphries.

### 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

May's partnership was a social event with foster caregivers, MCFD workers, and our R.E. counselor. We shared Ministry staffing hellos, goodbyes and shifts.

### Provision of Ongoing Training and Peer Support

May's Safe Babies gathering provided peer support and an opportunity to meet our two new Resource social workers. In *The Gaming & Gamers* workshop, participants learned about gaming disorder and its context, and discussed managing strategies. Thank you to the foster caregivers and presenters who participated in our local events.

### Children and Youth in Care

MCFD, Sasamans Society and FPSS hosted a family drop-in gym-time and party event. Thank you to local Elder Irene who opened the event with a prayer and territorial welcome. Caregivers and current and past children or youth in care enjoyed refreshments, free play in the gym, door prizes and a chance to visit with local Foundry and Jordan Principle resource staff.

CRFPA arranged May's coffee meeting and August's annual foster community picnic at Hagel Park. Thank you to our foster caregivers who donated time and door prizes to the picnic and to everyone who joined in the fun day! Congratulations to our 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 Foster Caregivers welcomed Alysha Lindhout

Campbell River Resources Social Workers now manage North Island foster parents resource files. Resources Worker, Alysha Lindhout, joined Ashley Visser and met many of our families as part of the transition process. Thank you to everyone for your kind welcoming.

### Enhanced Communication

North Island Foster Family Facebook group shared posts on topics from local check-ins to caregiver training notices and local MCFD updates. Not a member of our North Island Foster Family Facebook group yet? Send your membership requests by email to Cheryl [c.jorgenson@nicomunityservices.ca](mailto:c.jorgenson@nicomunityservices.ca) or Judy [uicoord@fpss.com](mailto:uicoord@fpss.com). An ideal way to stay in the loop.

### Caregiver Support and Resource

The community welcomed Karen Cooper and Jess McLaughlin who covered Cheryl's Foster Caregiver Support and Resource position over the summer.

*Your children don't **belong** to you. You're on borrowed time with them. Your mission, should you choose to accept it, is to build a better human being; not to build a mini version of you and all your deflated hopes and dreams. Help them become the best Them, not the best You.*

Neauxna



## 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@fpss.com](mailto:sicoord@fpss.com) and we will help get you ready.



#### FASD and Advocacy

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

Facilitated by Dr. Jonathan Down, Kenneth Kissinger and Janet Christie

Our expert panel of speakers includes Dr. Jonathan Down, Janet Christie, and Kenneth Kissinger. Dr. Jonathan Down is the (retired) Developmental Paediatrician for the Queen Alexandra Centre for Children's Health. Janet Christie, Addiction Recovery Coach, will speak on supporting biological mothers. Kenneth Kissinger, a 43-year-old individual living with FASD, will share strategies that have helped him.

Register at <https://conta.cc/451lyk9>



#### Understanding ADHD

Wednesday, September 13<sup>th</sup>, 10:00am to 12:00noon

Presented by Lori Nichols. RN, MS

Open to Foster Caregivers, Social Workers, and Kinship Caregivers

Lori's virtual presentation will focus on these topics:

- Variations of ADHD and associated brain functioning
- What living with ADHD is like
- Ways to maximize function and learning,
- How medication works.

Question and Answer session will immediately follow the 1 1/2 hour presentation.

Lori Nichols, RN, MS, is a mental health nurse with 30 years' experience in working with children and families. She worked 15 years in child welfare. She developed foster parent training for Children's Aid Society of Toronto, including adapting resiliency training from *ReachingIN...ReachingOUT*. Lori also has ADHD.

Register at <https://bit.ly/3KmCx9q>

#### Xe Xe Smun' Eem (Sacred Children) Victoria Orange Shirt Day Replay

Saturday, September 16<sup>th</sup> to Sunday, October 15<sup>th</sup>

Co-Presented by Eddy Charlie, Residential School Survivor and  
Kristin Spray, Victoria Orange Shirt Day

Orange Shirt Day/National Day for Truth and Reconciliation is on Saturday, September 30<sup>th</sup>. In acknowledgement of Orange Shirt Day/National Day for Truth and Reconciliation, we will be replaying our first presentation with Eddy Charlie and Kristin Spray. Eddy speaks from his own perspective as a survivor so people can understand what happened to him and the changes that happened to him as a result of residential school. They both speak about the effects residential school had on communities and the effects residential school had on that generation and how it continues to have an effect.

NOTE: This will be an emotional and personal presentation, please have a support person available if needed.

Watch for registration information.

#### Mentor Training (Hybrid)

Facilitated by Ros Pringle

Tuesday, September 19<sup>th</sup> 5:30pm to 8:30pm and Thursday, September 21<sup>st</sup>, 5:30pm to 8:30pm

FPSS Society Regional Office, #145-735 Goldstream Avenue, Victoria

The Mentor Program is looking for experienced foster caregivers from all over the island, Victoria to Port Hardy who are interested in becoming a Mentor to other foster caregivers. Training will be facilitated by Ros Pringle. Coffee, tea and sandwiches will be provided. Thank you to the Victoria Foundation and FPSS for financially supporting the Mentor/Mentee outings.

RSVP to [mentor@fpss.com](mailto:mentor@fpss.com).



## COLLABORATIVE ISLAND-WIDE TRAINING AND EVENTS

### CONSENT

Wednesday, September 27<sup>th</sup>, 6:30pm to 8:00pm  
Presented by Certified Sexual Health Educator Kerri Isham

Open to Foster Caregivers

Consent is a life skill that should be practice long before it has anything to do with sex.

In this workshop you will learn about:

1. The Age of Consent for Sexual Activity
2. The four criteria of consent.
3. Discuss four common scenarios in youth's lives

This workshop is for anyone who works with or raises kids ages 12-18.

Kerri Isham is a knowledgeable, experienced, and passionate educator, author, and presenter with over 25 years' experience. She is committed to the empowerment of people of all ages.

FPSS has arranged to pay for foster caregivers. Teens 12+ can attend as a (free) guest when accompanied by their foster caregiver.

Register at <https://bit.ly/3OkJoBo>

### Cultural Sharing (Zoom)

Tuesday, October 17<sup>th</sup>, 10:00am to 12:00 noon  
Facilitated by Erma Robinson

Join us as we gather to share and learn together. Watch for registration and topic in your emails.

### Talking about Relationships

Wednesday, October 25<sup>th</sup>, 6:30pm to 8:00pm  
Presented by Certified Sexual Health Educator Kerri Isham

Free for all Vancouver Island foster caregivers!

This online workshop focuses on healthy and unhealthy qualities in relationships, whether it be a friendship or a romantic relationship. Gas-lighting and the abuse cycle will be discussed. With the support and guidance from trusted adults, teenagers will be able to experience healthier relationships. This workshop is for those who work with or raise kids ages 12-18 years.

Kerri is a collaborative and inclusive educator, author, and presenter with 25 years' experience. She is the founder and lead educator of Power Up Education, dedicating her professional career to the safety of children and youth.

FPSS has arranged to cover the costs for foster caregivers to attend this workshop. Teens 12+ can attend as a (free) guest when accompanied by their foster caregiver.

Register at <https://bit.ly/3Kt09ct>



### Trauma-Informed Transition Training

Mondays, October 16<sup>th</sup> through November 27<sup>th</sup>, 9:30am to 12:30pm  
Facilitated by Ros Pringle

Dr. Jo Axe from Royal Roads University has worked with FPSS Society to create a training series that provides caregivers with the skills to make the transition of children and youth in their care successful. While a key driver of this foundational module of the training is the *Act respecting First Nations, Inuit and Métis children, youth and families* and reuniting Indigenous Children and Youth with their Community, the content is relevant to all foster caregivers as it supports trauma-informed transitions for children and youth. Future modules will be built on this module and will look at transitions to adoption, and transition into community (Aging Out).

Register at <https://bit.ly/42VZtCA>

### FPSS SOCIETY 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 caregivers to deliver the best care possible to the children in their homes.*

## A survey team from CARF International\* will be visiting our Regional Office this Fall

CARF surveyors will evaluate how well we meet international standards for quality. The survey will tell us what we are doing well and ways we might improve. This allows us to provide caregivers with the best training and communication possible. If you have any concerns about the services we offer, you are welcome to contact CARF directly to share your thoughts.

As part of the survey, the surveyors will interview people who receive services, their families, our staff, and others. Some questions the survey team members might ask people are:

- Do we provide a clean and safe setting?
- Do you receive the services you need and want?
- Are you treated with respect?
- Do you take part in planning your services?
- Are you told what you need to know about your services?
- Are your questions answered in a way you understand?
- Do you know where to go with questions or concerns?

If you would like to talk with one of the survey team members or want to learn more about CARF International, please let one of our staff members know. You may also contact CARF Canada directly.



**CARF Canada:**  
**501-10154 104<sup>th</sup> Street NW**  
**Edmonton AB T5J 1A7**  
**Toll free: 1-888-281-6531**  
**Fax: 1-780-436-7274**  
**TTY: 1 520-495-7077**

**Website: <http://www.carf.org/CARFCanada/>**



\*CARF stands for Commission on Accreditation of Rehabilitation Facilities.  
CARF International is an independent, not-for-profit family of organizations  
(including CARF, CARF Canada, and CARF-CCAC)  
that provides accreditation in the field of human services.

## International FASD Day Saturday, September 9<sup>th</sup>, 2023

*First celebrated in 1999, FASD day is devoted to raising awareness of fetal alcohol spectrum disorder (FASD) to improve prevention of FASD and diagnosis and support for individuals with FASD.*

*Fetal Alcohol Spectrum Disorder (FASD) is a lifelong disability that affects the brain and body of people who were exposed to alcohol in the womb. Each person with FASD has both strengths and challenges and will need special supports to help them succeed with many different parts of their daily lives.*

*"I can fit in, but I am not the same. Let me be me, and I will make you proud of that decision, because when you allow me to be myself, I can help change the world."*

[FASD Awareness Month - CanFASD](#)



Go to any of the sites below to find more information and resources  
[Fetal Alcohol Spectrum Disorder - Understanding F.A.S.D \(whitecrowvillage.org\)](#)  
[Fetal Alcohol Spectrum Disorder | Island Health](#)  
[The Asante Centre](#)  
["Why Red Shoes?" - CanFASD](#)



# October is Foster Family Month

Originally proclaimed as Foster Family Week in October 1990, Foster Family Month is an opportunity to recognize foster families and the work they do across B.C.

Foster families come in all shapes, sizes, and configurations. But they have something in common. When they see a need in their community, they don't say, "Oh, that's too bad. Somebody should do something." They become the **somebody**, they do the **something**.

If you are a foster caregiver, we know some things about you...

You don't foster because you are exceptional, you are exceptional because you foster.

You have been misjudged, criticized, and undervalued. In one day.

You have been praised, thanked, and acknowledged. In one day.

Like the TARDIS, your heart is bigger on the inside than it is on the outside.

You wish people who make movies and tv shows would stop portraying foster children as serial killers, drug addicts, or homeless throwaways.

You make the children and youth in your home a promise that they will have a safe place to sleep, acceptance on their best and worst days, clean, warm clothing and something to eat every day, and that they are worthy of being loved. Always, and without conditions.

Your Inner Mamma Bear (which both moms and dads can have) is fearless, unrelenting, and ready to protect your cubs from all threats.

You can be inspired and discouraged, wise and foolish, patient and prickly, and tired. In one day. But mostly tired.

If you had to choose right now between a new car and an afternoon alone that included a bubble bath and a nap, you aren't sure which you'd choose.

The Board and Staff of FPSS Society offers its deepest appreciation for the foster caregivers across Vancouver Island who go all-in to support children and youth at a difficult time in their lives. Thank you for your bravery, patience, compassion, commitment, and understanding. Thank you for the sense of **belonging** you give the children and youth who come to you frightened, angry, and hurting. Never forget that even when you can't see it, you are planting seeds of hope, courage, and comfort that will provide roots of strength and branches of possibilities.

## National Day for Truth and Reconciliation

### Orange Shirt Day

September 30<sup>th</sup>, 2023

Both the National Day for Truth and Reconciliation and Orange Shirt Day take place on September 30<sup>th</sup>.

*Each year, September 30 marks the **National Day for Truth and Reconciliation**.*

*The day honours the children who never returned home and Survivors of residential schools, as well as their families and communities. Public commemoration of the tragic and painful history and ongoing impacts of residential schools is a vital component of the reconciliation process.*

**Orange Shirt Day** is an Indigenous-led grassroots commemorative day intended to raise awareness of the individual, family and community inter-generational impacts of residential schools, and to promote the concept of "Every Child Matters". The orange shirt is a symbol of the stripping away of culture, freedom and self-esteem experienced by Indigenous children over generations.

*Remembering The Children: National Day for Truth and Reconciliation 2023*

*A national commemorative gathering will be broadcast live from Parliament Hill on September 30, 2023. Check your local listings.*

National Day for Truth and Reconciliation - Canada.ca

<https://www.canada.ca/en/canadian-heritage/campaigns/national-day-truth-reconciliation.html>

Learning resources about First Nations, Inuit and Métis across Canada

<https://www.rcaanc-cirnac.gc.ca/eng/1621447127773/1621447157184>

The TRC's Calls to Action begins with five recommendations focussed on Child Welfare.

[https://www2.gov.bc.ca/assets/gov/british-columbians-our-governments/indigenous-people/aboriginal-peoples-documents/calls\\_to\\_action\\_english2.pdf](https://www2.gov.bc.ca/assets/gov/british-columbians-our-governments/indigenous-people/aboriginal-peoples-documents/calls_to_action_english2.pdf)

It isn't what you do on September 30<sup>th</sup> that shows your true commitment to Reconciliation but what you do all the other days of the year. Join FPSS Society as we celebrate the journey we are on together and the power each one of us has to make a difference in our community. Your role is neither small nor insignificant. Show up with an open mind and a willing heart. Understand that the way things have always been done may not be the way they must be done. Together, we are brave enough and wise enough to write a new story for our children and grandchildren.



# South Island News and Events



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

## Bev Batchelor

**August 19<sup>th</sup>, 1948 - July 22<sup>nd</sup>, 2023**

Bev was a most amazing foster parent with a career spanning 40+ years both here and in Nova Scotia. She not only cared for dozens of children and youth; she and her husband Steve adopted four children along the way to add to their existing family of three.

She leaves behind a legacy of love and friendship to all who knew her; a great friend, loving mother and wife and a truly inspirational human.



Bev is deeply missed and forever loved.

*Grief is a force of energy that cannot be controlled or predicted. It comes and goes on its own schedule. Grief does not obey your plans or your wishes. Grief will do whatever it wants to you, whenever it wants to. In that way, Grief has a lot in common with Love.*

Elizabeth Gilbert

## Foster Hope Information Sessions

**Wednesday, September 6<sup>th</sup>, 6:30pm to 7:30pm**

**Wednesday, September 20<sup>th</sup>, 12:00 noon to 1:00pm**

**Wednesday, October 4<sup>th</sup>, 6:30pm to 7:30pm**

**Wednesday, October 18<sup>th</sup>, 12:00 noon to 1:00pm**

If you have a friend, co-worker, neighbour, or relative interested in becoming a foster parent, send them to our Foster Hope website, <https://fosterhope.ca/> for more information along with dates, times, and registration links.

For stories of BC Foster Families visit: <https://fosternow.gov.bc.ca/>.

## FASD and Advocacy

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

**Facilitated by Dr. Jonathan Down, Kenneth Kissinger and Janet Christie**

Our expert panel of speakers include Dr. Jonathan Down, (retired) Developmental Paediatrician for the Queen Alexandra Centre for Children's Health. Janet Christie, Addiction Recovery Coach, who will speak on supporting biological mothers. Kenneth Kissinger, a 43-year-old individual living with FASD, will speak about strategies that have helped him.

Register at <https://conta.cc/451lyk9>

**Xe Xe Smun' Eem (Sacred Children) Victoria Orange Shirt Day Replay**  
**Saturday, September 16<sup>th</sup> to Sunday, October 15<sup>th</sup>**

**Co-Presented by Eddy Charlie, Residential School Survivor and Kristin Spray, Victoria Orange Shirt Day**

Orange Shirt Day/National Day for Truth and Reconciliation is on Saturday, September 30<sup>th</sup>. In acknowledgement of Orange Shirt Day/National Day for Truth and Reconciliation We will be replaying our first presentation with Eddy Charlie and Kristin Spray. Eddy speaks from his own perspective as a survivor so people can understand what happened to him and what changes happened to him as a result of residential school. They both speak about the effects residential school

had on communities and the effects residential school had on that generation and how it continues to have an effect.

NOTE: This will be an emotional and personal presentation, please have a support person available if needed.

## Mentor Training (Hybrid)

**Tuesday, September 19<sup>th</sup> 5:30pm to 8:30pm and Thursday, September 21<sup>st</sup>, 5:30pm to 8:30pm**

**FPSS Society Regional Office, #145-735 Goldstream Avenue, Victoria**

The Mentor Program is looking for experienced foster caregivers from all over the island, Victoria to Port Hardy who are interested in becoming a Mentor to other foster caregivers. Training will be facilitated by Ros Pringle. Coffee, tea and sandwiches will be provided.

RSVP to [mentor@fpsss.com](mailto:mentor@fpsss.com).

## Foster Parent Brunch and Brainstorm

**Monday, September 25<sup>th</sup>, 9:30am to 11:00am**

Join us on MS Teams for discussion, peer support, and resources. We gather information, explore topics relevant to caregivers, and discuss concerns to bring 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@fpsss.com](mailto:sicoord@fpsss.com).

## Safe Babies Meetings

**Thursday, September 28<sup>th</sup>, 11:00am to 1:00pm**

**Thursday, October 26<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.

## Fostering 101

**Thursday, September 28<sup>th</sup>, 7:00pm to 9:00pm**

**6:30pm Meet & Greet**

Topic TBA

Please watch your emails or the local Facebook group for updated information.

## October is Foster Family Month.

Foster Parent Support Services Society is holding a draw of three themed gift baskets in honour of our dedicated foster families. We appreciate everything you do.

Watch your emails and your South Island Facebook page for more details.

## 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

[vicki@vickibrIDGE.ca](mailto:vicki@vickibrIDGE.ca).





# South Island News and Events

## Foster Parent and MCFD Partnership Virtual Meeting Monday, October 16<sup>th</sup>, 9:30am to 11:30am

This will be the first Partnership meeting since summer break. It 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 invite guest speakers to address certain topics when available. Watch your email for the invitation link.

## Mentor/Mentee Dinner

**Thursday, October 19<sup>th</sup>, 6:30pm to 8:30pm.**

**White Spot Langford, 941 Langford Pkwy, Victoria**

Foster Parent Appreciation Month

Our monthly meeting will be held at the White Sport Langford location this month. FPSS Mentor Program would like to show our appreciation and celebrate Foster Parent Appreciation Month with the Mentors and Mentees in the Mentorship Program. **RSVP to [mentor@fpss.com](mailto:mentor@fpss.com).**

## South Island Foster Partnership Association Wellness Night

**Thursday, October 24<sup>th</sup>, 7:00pm to 9:00pm**

**(6:30pm Meet & Greet)**

SIFPA will host an evening of connection, self-care and some 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. If you are not a member, become a member and access this great resource. We post Ministry updates, training and event updates, and some fun stuff. This group is for you to share ideas, challenges, and successes, have your questions answered, trade children's clothing, sell items, or request Relief.

<https://www.facebook.com/groups/561291688076447>

## First Aid Training

**TBA**

**Alert First Aid**

**Potential daytime training**

Participants learn through a hands-on approach to gain confidence, learn to improvise and react in emergency situations. This will be an in-person training.

Please watch your emails or check out our private Facebook group, <https://www.facebook.com/groups/561291688076447> for information.

*Belonging is the beginning.*

Abhijit Naskar

Go to [fosterhope.ca](https://fosterhope.ca) to learn  
more about fostering  
or register for a Foster Hope  
Information Session  
1-888-922-8437

## 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 [mentor@fpss.com](mailto:mentor@fpss.com) or 1-888-922-8437 (Toll Free).



**Becoming a Foster  
Caregiver 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.

# Central Island News and Events

## COWICHAN VALLEY AREA



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



## BECOME A CAREGIVER WITH LALUMPUL SMUNPEEM

### 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

## The Aboriginal Policy and Practice Framework Workshop Coming soon!



Ministry of  
Children and Family  
Development

Explore the Framework online here

<https://www2.gov.bc.ca/assets/gov/family-and-social-supports/indigenous-cfd/abframework.pdf>



**Open to Cowichan Valley  
Caregivers only.**

Watch your email for details on  
dates and times.

Contact Dan Malone for registration  
and more information at  
778-430-5459 or  
[execdirect@fpsss.com](mailto:execdirect@fpsss.com).

### Foster Caregiver Support Mornings

Wednesday, September 20<sup>th</sup>, 9:30am to 11:00am

Wednesday, October 18<sup>th</sup>, 9:30am to 11:00am

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

These gatherings a great way to connect with other foster caregivers! Fostering is heart work. Recharge with others who understand the unique challenges and rewards of fostering. Please contact Sandra at 250-618-8327 [dacoord@fpsss.com](mailto:dacoord@fpsss.com) or the CVFP Local at [cvfplocal@gmail.com](mailto:cvfplocal@gmail.com) for more information. Watch your emails for more information.

*Having perfected our disguise, we spend our lives searching for  
someone we don't fool.*

Robert Brault

### MCFD Partnership Meeting

Date, time, and location TBA

These meetings are opportunities to network, share information, ask questions, identify issues, and build supportive relationships. Sandra will send email with further information.

### Child Passenger Safety Session

Friday, September 29<sup>th</sup>, 10:00am to 11:30am

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

Open to foster caregivers, kinship caregivers, and social workers  
As children grow and change, the type of protection system required also changes. Hailey Bergstrom Parker from the BCAA Child Passenger Safety Program will present a highly informative in-person session! She will explore all types of child car seats, BC Laws, how to choose and use a child car seat, and how to correctly install child seats in vehicles. She will be available for questions and to look at your vehicles and car seats. Register at <https://bit.ly/3Olg499>.



## Becoming a Foster Caregiver 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**

**236-912-2077 (MCFD)**

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

### Talking about Relationships

Wednesday, October 25<sup>th</sup>, 6:30pm to 8:00pm

Presented by Certified Sexual Health Educator Kerri Isham

Free to all Vancouver Island foster caregivers

This online workshop focuses on healthy and unhealthy qualities in relationships, whether it be a friendship or a romantic relationship. Gas-lighting and the abuse cycle will be discussed. With the support and guidance from trusted adults, teenagers will be able to experience healthier relationships. This workshop is for those who work with or raise kids ages 12-18.

Kerri is a collaborative and inclusive educator, author, and presenter with 25 years' experience. She is the founder and lead educator of *Power Up Education*, dedicating her professional career to the safety of children and youth.

FPSS will cover the costs for foster caregivers to attend this workshop. Teens 12\* can attend as a (free) guest when accompanied by their foster caregiver. Register at <https://bit.ly/3Kt09ct>.

### 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!



# Central Island News and Events

## Becoming a Foster Caregiver 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.

### Therapeutic Books for Foster Parents

FPSS Society continues to have reference books delivered to foster parents' doorsteps at no charge! Please connect with Sandra Beagley 250-618-8327 or [cicoord@fpsss.com](mailto:cicoord@fpsss.com) with your book requests.

### NANAIMO AREA



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

### Foster Caregivers Social Morning

Tuesday, September 12<sup>th</sup>, 10:00am to 11:30am

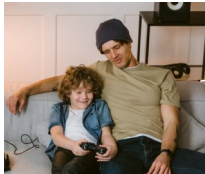
Tuesday, October 10<sup>th</sup>, 10:00am to 11:30am

FPSS Society Office, #102-6421 Applecross Road, Nanaimo

Share challenges and successes, ideas, and resources with other foster

*As a parent, the coolest tool I learned a while back was when one of my kids starts complaining to me about something was to say, "Do you need me to get involved, offer advice, or just listen to you?" Usually, they just want my ear.*

Tobias S. Buckell



## 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

caregivers who understand. Coffee, tea, snacks, and fun! Closer to event dates, Sandra will email more information to foster caregivers. Please contact Sandra Beagley with any questions at 250-618-8327 or [cicoord@fpsss.com](mailto:cicoord@fpsss.com).

### Nanaimo Foster Caregivers/MCFD Nanaimo Resource Partnership Meeting (Hybrid)

Tuesday, September 26<sup>th</sup>, 1:00pm to 2:00pm

MCFD Board Room #102, 488 Albert Street Nanaimo

Choose to participate in-person or virtually in this hybrid opportunity for foster parents 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@fpsss.com](mailto:cicoord@fpsss.com). Watch your emails for more information closer to the meeting date.

### Understanding ADHD

Wednesday, September 13<sup>th</sup>, 10:00am to 12:00noon

Presented by Lori Nichols, RN, MS

Open to Foster Caregivers, Social Workers, and Kinship Caregivers  
Lori's virtual presentation will focus on these topics:

- Variations of ADHD and associated brain functioning
- What living with ADHD is like
- Ways to maximize function and learning,
- How medication works.

Question and Answer session will follow the 1 1/2 hour presentation. Lori Nichols, RN, MS, is a mental health nurse with 30 years experience in working with children and families. She worked 15 years in child welfare. She developed foster caregiver training for Children's Aid Society of Toronto, including adapting resiliency training from *ReachingIN... ReachingOUT*. Lori also has ADHD. Register at <https://bit.ly/3KmcX9g>.

### CONSENT

Wednesday, September 27<sup>th</sup>, 6:30pm to 8:00pm

Presented by Certified Sexual Health Educator Kerri Isham

Open to Foster Caregivers

Consent is a life skill that should be practice long before it has anything to do with sex. In this workshop you will learn about:

1. The Age of Consent for Sexual Activity
2. The four criteria of consent.
3. Discuss four common scenarios in youth's lives

This workshop is for anyone who works with or raises kids ages 12-18 years.

Kerri Isham is a knowledgeable, experienced, and passionate educator, author, and presenter with over 25 years' experience. She is committed to the empowerment of people of all ages.

FPSS has arranged to pay for foster caregivers. Teens 12+ can attend as a (free) guest when accompanied by their foster caregiver.

Register at <https://bit.ly/3OkJoBo>.

## 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

## PORT ALBERNI AREA



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

### Becoming a Foster Caregiver 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.

### Coffee Support Meetings

Thursday, September 14<sup>th</sup>, 9:30am to 11:30am

Thursday, October 12<sup>th</sup>, 9:30am to 11:30am

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

Smitty's Family Restaurant, 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).

### Toy Run 2023

Foster Parents will volunteer once again for this year's toy run. We need a few people to help make cotton candy, and a few to help on Saturday with the collection of donations. If you can help for a few hours, please call or message Juanita 250-735-1124 or

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

### Cultural Sharing

October 17<sup>th</sup>, 10:00am to 12:00 noon

Facilitated by Erma Robinson

Join us as we gather to share and learn together. Watch for topic and registration links in your emails.

### Basic Level First Aid

Date: TBA

Usma Boardroom, 4227 6<sup>th</sup> Avenue

Watch for day, time, and registration links.

### 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 Nuuchah-nulth communities, is seeking Caregiver homes.

Call Julia Hunter  
250-724 3232

to learn more, or to ask about Information Sessions.

## 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)

*We all want to have something to offer. This is how we **belong**. It's how we feel included. So if we want to include everyone, then we have to help everyone develop their talents and use their gifts for the good of the community. That's what inclusion means—everyone is a contributor. And if they need help to become a contributor, then we should help them, because they are full members in a community that supports everyone.*

Melinda Gates

# 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).

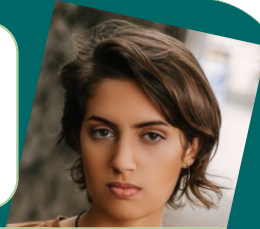
**JESSICA HUMPHRIES COMOX VALLEY COORDINATOR**  
250-986-7929 OR [cvcoord@fpsss.com](mailto:cvcoord@fpsss.com).

### Welcome to Jessica Humphries New Comox Valley Coordinator

Join FPSS in welcoming Jessica Humphries as the new Comox Valley Coordinator.

Jessica Humphries is an Indigenous foster caregiver alongside her husband and two boys. As she settles into this new role, fall may look a little quieter. Please do not hesitate to reach out via email, text, or phone call.

### Becoming a Foster Caregiver 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.

### Thank you to Lisa Bowie!

In July, the role of Local Coordinator changed hands. We want to thank Lisa Bowie for her dedication to this role over the last several years. We are grateful that your knowledge will still be in our fostering community.

### Comox Valley Foster Caregiver/MCFD Partnership Meeting (Hybrid) October Meeting TBD

#### The Foundry Boardroom, 575 10<sup>th</sup> Street and Zoom

Foster caregivers are welcome to join our monthly Partnership meetings. Attend by Zoom in or phone in and be part of our discussions and networking. Zoom link will be emailed out one week before our meeting. For more information or add to the agenda, please contact Jessica Humphries at [cvcoord@fpsss.com](mailto:cvcoord@fpsss.com) Or 250-986-7929.

*In the end, you tried, and you cared and sometimes that is enough.*

Unknown



### Comox Valley Chit-chat with a Twist

Fall Meeting TBD

Watch your emails for the details of this in-person event!

### Comox Valley Education Committee

Interested in helping organize educational opportunities for foster caregivers in the Comox Valley? Our education committee is seeking new members. This is a great way to participate in your caregiver community. Contact Jessica Humphries if you are interested in being involved.



### Comox Valley Party Planners

Are you an event planning wizard? Do you have a knack for spectacular socials? We are seeking new team members to help us get creative in building connections and sparking joy for kids in care and their foster caregivers. Please contact Jessica Humphries if you are interested in being involved.

### Comox Valley Safe Babies Group (Hybrid)

Friday, September 29<sup>th</sup>, 10:00am to 11:00am

Friday, October 27<sup>th</sup>, 10:00am to 11:00am

CVFSA, 1415 Cliffe Avenue and via 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 and guest speakers are often invited. Little ones are welcome to attend with caregivers. An email will go out the week before with our discussion topic and Zoom link.

### 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!**

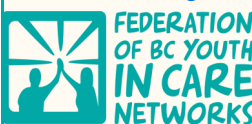
Have fun!

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).



*You're my apostrophe, you make me belong.*

Akanksha Singh



# Upper Island News and Events

## CAMPBELL RIVER

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

**Foster Parent/MCFD Partnership Meeting**  
**Tuesday, September 12<sup>th</sup>, 9:30am to 10:30am**  
**Location to be confirmed.**  
**(2<sup>nd</sup> Tuesday of every second month)**

All foster caregivers, MCFD social workers, C&Y Mental Health Staff, and Foster Support staff meet every second month. Share your fostering concerns, learn about MCFD updates, and discuss local fostering trends. Contact co-chair, Tom Robinson at [sunrisestart@hotmail.com](mailto:sunrisestart@hotmail.com) for more information or to suggest a discussion topic.

### Foster Caregivers Walk and Talk

**Friday, September 15<sup>th</sup>, 10:00am to 11:30am**

Meet up location to be announced, watch your inbox.

All foster caregivers are invited to strap on their walking shoes and join us for a stroll on a local trail. A terrific opportunity to connect with other caregivers while enjoying the great outdoors. For details contact Catherine [Catherine.mccauley@crfs.ca](mailto:Catherine.mccauley@crfs.ca) or Judy [uicoord@fpss.com](mailto:uicoord@fpss.com) or text/call 250-204-1566.

### Foster Caregivers In-person Coffee Meeting

**Tuesday, September 26<sup>th</sup>, 10:00am to 11:30am**

**Host: Clémence, Carolyn Road**

**Tuesday October 24<sup>th</sup>, 10:00am to 11:30am**

**Host: Heather, Finch Road**

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

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 addresses, please watch your inbox, or contact Judy at [uicoord@fpss.com](mailto:uicoord@fpss.com) or text/call 250-204-1566.

*Be the person you needed when you were younger.*

Ayesha Siddiqi

## Becoming a Foster Caregiver 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.**

### October Foster Family Appreciation Month

Plan now to join the annual celebration of you and all you do for the community's children and youth in your care! Local Resources Team will be releasing information as planning advances. Your resource worker or Rhonda Wall at 250-286-7525 or [Rhonda.Wall@gov.bc.ca](mailto:Rhonda.Wall@gov.bc.ca) will share details.

### Fostering Foundations

**Friday, Oct 13<sup>th</sup>, 10:00am to 11:30am**

**CR Family Services Conference Room, 487-10<sup>th</sup> Avenue**

This session focuses on tips for you, the professional foster caregiver, to easily create professional reports that meet the Individual Service Plan documentation requirements of your Foster Care Home agreement. All foster caregivers welcomed. Light refreshments provided. Contact Catherine [catherine.mccauley@crfs.ca](mailto:catherine.mccauley@crfs.ca).

### MCFD Annual Halloween Extravaganza

**Tuesday, October 31<sup>st</sup>, drop in anytime between 9:00am to 12noon and 1:00pm to 4:00pm**

Watch for location and other details from the MCFD organizers of this annual event.

## Back to School, Back to Learning

The return to school is filled with a range of emotions, not just for children and youth, but for their caregivers as well. Foster families may find themselves feeling eager and excited, anxious and enthusiastic, testy and timid. The *Standards for Foster Homes* includes standards that speak to education for children and youth in care.

### Results for Children

- D.5.1 Children confirm that they are encouraged, assisted and supported to achieve educational performance that matches their abilities.
- D.5.2 Children confirm that they are supplied with the necessary materials and an appropriate setting for study and homework.
- D.5.3 Indigenous child/youth confirms their right to learn about and practise their Indigenous traditions, customs, and language has been upheld.

### Caregiver Practices

- D.5.4 The caregiver encourages assists and supports the child to achieve educational performance that matches their abilities.
- D.5.5 The caregiver ensures the child has the necessary materials and an appropriate setting for study and homework.
- D.5.6 Within the context of the child's care plan, the caregiver takes an interest in the child's education, including:
  - providing the child with help with homework when necessary; and
  - participating in the child's school events and meetings.

*Standards for Foster Homes , page 32*



# North Island News and Events



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

## North Island Foster Parent/MCFD Partnership Meetings

Plans are in the works. Partnership is a space for you to share your fostering concerns and discuss local fostering trends. Watch for notices coming this fall and know your participation is welcomed.

## October Foster Family Appreciation Month

Celebrate Foster Family Appreciation Month at the annual event honouring all you do for the community's children and youth in your care! North Island workers will be releasing information as planning advances.

## Foster Placement Support

We invite North Island foster parents to check in with our local Foster Caregiver Support/Resource workers at North Island Community Services to discuss fostering resources, suggest a workshop topic, or just say hello. Contact 250-230-3484 or [c.jorgenson@nicommunityservices.ca](mailto:c.jorgenson@nicommunityservices.ca).

## Ongoing Training

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@fpss.com](mailto:uicoord@fpss.com) or [admin@fpss.com](mailto:admin@fpss.com) for details.

*There is nothing someone in care wants more than to feel 'normal.' I want to make mistakes and know that I will still be able to stay with you and that you will help me learn how to deal with things in a different way*

[Joint Educational Planning and Support for Children and Youth in Care](#)



## Becoming a Foster Caregiver 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).

## 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.

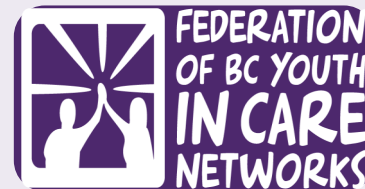
Our office hours are 9:00 am to 5:00 pm, Monday to Friday.

**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.**



**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**

*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.*

## "Family"

Such a small word for such a big feeling. If we are lucky, family sustains us, lifts us up, protects us, and gives us a sense of **belonging**. As you read this, there are children and youth in care on Vancouver Island who are temporarily unable to live with their family.

Children and youth in care 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? If the answer is, "yes" or even, "maybe", it's time to learn more.

Can you accept a child or youth on their best days and on their worst days? Can you show them their story isn't over and help them create a new chapter in their story? We can't promise it will be easy, but it will be worth it. Are you ready to discover how big your brave is? Come to a Foster Hope Information Session to learn more about fostering in BC.

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

Wednesday, September 6 <sup>th</sup>	6:30pm to 7:30pm	<a href="https://conta.cc/3NEvklP">https://conta.cc/3NEvklP</a>
Wednesday, September 20 <sup>th</sup>	12:00 noon to 1:00pm	<a href="https://conta.cc/3qpr9CV">https://conta.cc/3qpr9CV</a>
Wednesday, October 4 <sup>th</sup>	6:30pm to 7:30pm	<a href="https://conta.cc/3NzoTAg">https://conta.cc/3NzoTAg</a>
Wednesday, October 18 <sup>th</sup>	12:00 noon to 1:00pm	<a href="https://conta.cc/45aZlBl">https://conta.cc/45aZlBl</a>
Wednesday, November 1 <sup>st</sup>	6:30pm to 7:30pm	<a href="https://conta.cc/45m1b24">https://conta.cc/45m1b24</a>
Wednesday, November 15 <sup>th</sup>	12:00 noon to 1:00pm	<a href="https://conta.cc/3DZtQhg">https://conta.cc/3DZtQhg</a>
Wednesday, December 6 <sup>th</sup>	6:30pm to 7:30pm	<a href="https://conta.cc/3QBH0Zl">https://conta.cc/3QBH0Zl</a>
Wednesday, December 13 <sup>th</sup>	12:00 noon to 1:00pm	<a href="https://conta.cc/3QLiPfH">https://conta.cc/3QLiPfH</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).



REPRESENTATIVE FOR  
CHILDREN AND YOUTH

### ABOUT RCY

B.C.'s Office of the Representative for Children and Youth (RCY) supports young people and their families in dealing with the provincial child- and youth-serving system. The Rep provides oversight to the child welfare system and makes recommendations to improve it.

### YOUR RIGHTS

Every child and youth in B.C. has the right to be safe, healthy, educated and heard. RCY's Advocates provide support to young people (and adults who contact us for them) who need help with programs provided or funded by government. RCY Advocates ensure that the rights and interests of children and youth are protected and that their opinions are heard and considered.

### YOUTH IN CARE & YOUNG ADULTS

All children, youth and young adults who have been in care or receiving government services deserve to have the same opportunities for success that other young people have. HOW WE HELP RCY Advocates can help you:

- Know your rights and what to do if they are ignored
- Connect with programs you need
- Speak up to help solve a problem
- Be part of decisions about your care
- With your transition out of ministry care. What you say will be kept private.

### MONITORING & INVESTIGATION

RCY also monitors and evaluates government-funded programs to make recommendations to improve them, and monitors key developments in Indigenous child welfare. If a child or youth receiving government services dies or is injured, RCY may review or investigate.

[RCY General Brochure May 2022 FINAL.pdf \(rcybc.ca\)](#)





Dear Friends,

We are thrilled to introduce our latest outreach campaign, "Bring Colour to a Child's Life". Our goal is the increase attendance at our Foster Hope information sessions, and we need your help!

Please, join us in promoting the upcoming information sessions listed on the Foster Hope website.

Our aim is to attract new people to these sessions, individuals who may be interested in becoming foster caregivers and making a significant difference in a child's life. Together, we can widen our network of support and ensure that every child in need finds a loving and nurturing home.

As part of our outreach work, we've launched a unique "Colouring Contest" for both kids and adults. We have inserted a double-sided colour page in this newsletter. Share the colouring page and contest details with your network to spread the word and make a bigger impact. Email your masterpieces to [admin@fpsss.com](mailto:admin@fpsss.com).

We've also launched a larger colouring book via email in early August—please share it far and wide. Every share increases the likelihood of finding caring foster caregivers and creating stable, loving environments for kids and youth.

Your support in sharing our message and content over the next few months is crucial. Check [www.fosterhope.ca](http://www.fosterhope.ca) for campaign details, shareable content and watch the emails and social media accounts for different opportunities to engage and share the campaign with your community.

Let's make a real difference, one click, one share at a time. Embrace the power of peer-to-peer promotion and relational organizing to "Bring Colour to a Child's Life".

Thank you for being an essential part of this journey.

With heartfelt gratitude, The FosterHope.ca Team and the Foster Parent Support Services Society

Register for a Foster Hope Information Session at [fosterhope.ca](http://fosterhope.ca)





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

**Thank you to the businesses and volunteers for the gifts, adventures, services,  
and time they donated to make the Celebration a success!**

On May 17<sup>th</sup>, 2023 foster caregivers, ministry staff, and special guests gathered in Nanaimo to celebrate FPSS Society's 20<sup>th</sup> Anniversary. We offer our appreciation to the businesses throughout Vancouver Island and beyond who supported us by donating prizes, services, and adventures. We also thank some extraordinary volunteers who showed up to help set-up, clean-up, and troubleshoot, especially Aaron Shelkey, Etienne Gionet, and Susan Flynn.

Thank you to Elder Marguerit James and Aleck Grandson for their attendance and wise words. We also thank Josh Shipp and Jason Verner for sharing their talents with our guests, and the staff at Beban Park. And thank you to Spice of Life for the delicious dinner they provided.

Finally, a tremendous thank you to the caregivers, ministry staff, FPSS staff and Board members, and special guests for showing their support by attending the event and those who took part in the silent auction and door-prize draws. Together we raised over \$3,500 for the Best Care fund.

If you were unable to attend in person, you missed the display boards featuring some of the highlights of our last 20 years. There were newsletter covers for the last 20 years, workshop posters, recruitment information, and random statistics. See below for some truly impressive numbers involving more math than Regional Office staff members have done in quite some time! Think you weren't noticed and counted? Think again!



**197,044** Contacts with caregivers regarding support  
**57,908** Hours devoted to continuous quality improvement by FPSS employees  
**52,666** Participants attending workshops  
**24,617** Contacts from community agencies and public  
**19,340** Foster Family members attending social events  
**14,247** Support sessions provided to caregivers

**5,724** Caregivers trained in Trauma-Informed Care  
**2,827** Caregivers trained in managing challenging behaviour  
**3,014** Workshops provided  
**2,789** Caregivers trained in Cultural Agility  
**2,584** Caregivers trained in transitions  
**133** Newsletter covers displayed

**WESTJET**

**Helijet**

**Pacific Coastal  
AIRLINES®**

**Black Ball**  
M.V. COHO FERRY LINE

**save on foods**



**CINEPLEX**

**SHOPPERS  
DRUG MART**



**WildPlay®  
VICTORIA**

**Boulder House**

**HIGHLAND PACIFIC  
Golf**

Rob Case

**the  
Raptors**

**LADY  
ROSE  
MARINE  
SERVICES**

**The Butchart  
Gardens**  
•OVER 100 YEARS IN BLOOM•  
NATIONAL HISTORIC SITE OF CANADA



**PORT ALBERNI  
FOSTER PARENT ASSOCIATION**





# FPSSS MENTOR PROGRAM

## INTERESTED IN BECOMING A MENTOR?

### Mentors Needed:

- Are you interested in helping other foster parents?
- Have you been fostering for a minimum of 3 years?
- Do you have an active Family Care Home Agreement with MCDF or an Indigenous Child and Family Service agency?

*Please contact:*  
*Dawna Drapeau or Janet Christie*  
*at 1-888-922-8437*

*or email: [mentor@fpsss.com](mailto:mentor@fpsss.com)*

*Training dates: Sept 19 & 21, 2023*  
*5:30pm to 8:30pm*



## Safe Use of Medication for Children

### Know what to watch for

Prescribed medications, as with any other health product, can have a variety of known and unknown side effects, especially as it pertains to individual sensitivities and reactions to health products. Know what to expect from medications your doctor prescribes for your kids by asking questions up front. Here are some of the key things to know about medications:

### What the medication is for

How does it work? Ask for a clear explanation of the health issue being addressed.

### How the medication is given

Carefully read the label so you know how much medication to give, how often to give it and for how long. You should also check if the medication should be given with food or if some foods should be avoided. Some pills are OK to crush and mix with juice or milk, others have to be taken whole. If the medication has a strong taste, ask what can be done to mask it. You should also ask for a measuring tool like a calibrated oral syringe for liquid medications to make sure you're giving the proper doses.

### If your child's weight has an impact on the dose

How much of a weight change (gain or loss) would require a change in the medication's dose?

### How quickly the medication works

How are you supposed to know if the medication is having the intended effect? How long should you wait before calling a health professional if there is no improvement to your child's condition?

### Potential serious reaction ingredients that may cause an allergic reaction

Ask about signs to watch for that might indicate a serious reaction - and if you see those signs, contact a health professional immediately. In the case of an accidental overdose, contact your poison control centre.

### If the medication contains ingredients that may cause an allergic reaction

Tell your health professional about all your child's allergies - food-related, environmental and seasonal.

### If the medication is safe to give with the other medications your child needs

Tell your health professional all other medications your child is taking including prescription, over-the-counter and natural health products. Also let your health professional know about existing or past conditions, reactions to medications, and past experiences with this medication. Ask if this prescription should not be taken with other products.

### If the medication has changed in any way (amount, colour, taste or texture) from the last time it was prescribed

The ingredients of the medication may have changed, so ask your health professional each time you fill a prescription. You should also take note if the pill or liquid looks, tastes or feels different from the last time. Errors can occur when there is a change - for example, if the dose increases or decreases or you once received liquid form and now are given pills.

### Report adverse side effects

Report side effects to health products, including prescription and non-prescription medications, biologics (including fractionated blood products and therapeutic and diagnostic vaccines), natural health products and radiopharmaceuticals to Health Canada's Canada Vigilance Program:

### Calling toll-free at 1-866-234-2345

Visiting MedEffect Canada's Web page on *Adverse Reaction Reporting* for information on how to report online, by mail or by fax

To report reactions to cosmetics, medical devices, pesticides, veterinary drugs, consumer products, foods or any other product on the Canadian market, visit the *Adverse Reaction Reporting for Specific Products*.

### [Safe use of medication for children - Canada.ca](https://www2.gov.bc.ca/assets/gov/family-and-social-supports/foster-parenting/standards_foster_homes.pdf)

For more information on the safe storage and administration of medications for children and youth in your home speak to your Resource Worker. You can find more information in the documents below.

**Standards for Foster Homes** Standard E2.18, Page 43 [https://www2.gov.bc.ca/assets/gov/family-and-social-supports/foster-parenting/standards\\_foster\\_homes.pdf](https://www2.gov.bc.ca/assets/gov/family-and-social-supports/foster-parenting/standards_foster_homes.pdf)

**Resource Work Policies** Chapter 8, Policy 8.9, Page 40 [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)

**Foster Family Handbook** A Safe Home Page 38 [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)



# 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	Jessica Humphries	250-986-7929	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	<a href="mailto:admin@fpsss.com">admin@fpsss.com</a>
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	Morgan Horner	1-888-922-8437	778-430-5963	<a href="mailto:cisbcoord@fpsss.com">cisbcoord@fpsss.com</a>
UI Safe Babies Coord			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		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	Sally White			<a href="mailto:cvfplocal@gmail.com">cvfplocal@gmail.com</a>
<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 caregivers 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 caregivers 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

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