



2022-2023 ANNUAL REPORT (APPENDIX)

(April 1st, 2022 through March 31st, 2023)

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FPSS Foster Parent Support Services Society

Vision and Mission Statement:

The FPSS VISION STATEMENT
A recognized and respected organization
supporting well educated/knowledgeable
foster parent community finally respected
and fully appreciated by all of society

The FPSS Foster Parent Support Services Society is a Grass Roots organization committed to providing meaningful and accessible "support" education and networking services which will continually enhance the skills and abilities of foster parents to deliver the best care possible to the children in their homes.
** (trickle down as to who we serve)*

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SOUTH ISLAND AREA

Meetings and Events in South Island April 1st, 2022 to March 31st, 2023:

| DATE | MEETING | TOPIC ADDRESSED | OUTCOME | ATTENDANCE |
|----------|---|---|---|------------|
| April 4 | Foster Parent/MCFD Resource Partnership Meeting | Open meeting for foster caregivers to ask questions and for MCFD updates. Adoptions TL Erin Letourneau spoke to the group on transitions. | Networking, support, planning, and information sharing. | 10 |
| April 8 | Circle of Continuing the Conversation | Planning meeting for a speaker with the next presentation. | April Reeve will speak to Eddy Charlie to present. | 2 |
| April 12 | <i>Hope for the Journey</i> Planning | Discussed handouts, resources and dates and times to present. | Juanita and Dianne will present training end of April and three weeks in May. | 2 |
| April 13 | Foster Hope Information Session | Introduction to fostering in BC and the application process. | Recruitment, Retention, Communication | 6 |
| April 18 | Child and Youth in Care Week Event Planning | Planning meeting for an in-person celebration. | Sandy Case and Dianne Thompson discussed entertainers, food, and games for event. | 2 |
| April 27 | Foster Hope Information Session | Introduction to fostering in BC and the application process. | Recruitment, Retention, Communication | 5 |
| April 28 | Safe Babies Gathering | Support, training, and networking needs of Safe Babies caregivers. | Support, networking, and information sharing. | 9 |
| May 11 | Foster Hope Information Session | Introduction to fostering in BC and the application process. | Recruitment, Retention, Communication | 3 |
| May 19 | Foster Parent/MCFD Advisory | Foster caregiver supports, issues, and concerns, MCFD policy. | Networking, support, planning and information sharing. | 6 |
| May 25 | Foster Hope Information Session | Introduction to fostering in BC and the application process. | Recruitment, Retention, Communication | 6 |
| May 26 | Safe Babies Gathering | Support, training, and networking needs of Safe Babies caregivers. | Support, networking, and information sharing. | 9 |
| May 26 | Retention and Recruitment | Retention and recruitment issues in Vancouver Island Region. | Networking, support, planning and information sharing. | 13 |
| May 30 | Brunch and Brainstorm | Open discussions on general topics and concerns for foster caregivers to bring forward for the MCFD/FP Partnership meeting. | Networking, addressing issues, support, and information sharing. | 4 |
| June 1 | Mentor Training Program | Janet Christie presented the updated Mentorship program with a PowerPoint and discussion. | Collaboration and information sharing on a hybrid platform. | 10 |
| June 6 | Foster Parent/MCFD Resource Partnership Meeting | Open meeting for foster caregivers to ask questions and for MCFD to inform foster caregivers of changes to staff and policy. | Networking, support, planning, and information sharing. | 14 |
| June 8 | Foster Hope Information Session | Introduction to fostering in BC and the application process. | Recruitment, Retention, Communication | 4 |
| June 21 | Big Steps to Success Planning | Discussion on the Big Steps presentation to foster caregivers. | Collaboration, planning and information sharing. | 6 |
| June 22 | Foster Hope Information Session | Introduction to fostering in BC and the application process. | Recruitment, Retention, Communication | 3 |
| June 27 | Screenagers Planning | Planning meeting for hosting the Screenagers video. | Networking, support, planning, and information sharing. | 2 |
| June 30 | Safe Babies Gathering | Support, training, and networking needs of Safe Babies caregivers. | Support, networking, and information sharing. | 9 |
| July 13 | Foster Hope Information Session | Introduction to fostering in BC and the application process. | Recruitment, Retention, Communication. | 3 |
| July 20 | Foster Hope Information Session | Introduction to fostering in BC and the application process. | Recruitment, Retention, Communication. | 9 |
| July 28 | Safe Babies Gathering | Support, training, and networking needs of Safe Babies caregivers. | Support, networking, and information sharing. | 9 |
| Aug 3 | Foster Hope Information Session | Introduction to fostering in BC and the application process. | Recruitment, Retention, Communication. | 4 |

| DATE | MEETING | TOPIC ADDRESSED | OUTCOME | ATTENDANCE |
|---------|---|--|--|-------------------------|
| Aug 15 | Screenagers planning meeting | Met with Ali Tabb, counsellor and Lisa Tabb, director to go over details of upcoming event. | Networking and communication. | 3 |
| Aug 17 | Foster Hope Information Session | Introduction to fostering in BC and the application process. | Recruitment, Retention, Communication. | 12 |
| Aug 25 | Safe Babies Gathering | Support, training, and networking needs of Safe Babies caregivers. | Support, networking, and information sharing. | 9 |
| Sept 1 | End of Summer Foster Caregiver gathering | Get together to relax and chat with other foster caregivers, children played in the park and water park. Food, drinks, and toys supplied. | Retention, communication, and support. | 9 adults 17 children |
| Sept 14 | Foster Hope Information Session | Introduction to fostering in BC and the application process. | Recruitment, Retention, Communication. | 10 |
| Sept 15 | Retention and Recruitment | Ministry and foster caregivers come together to discuss Ministry updates and challenges to fostering. | Retention, Support, and communication. | 9 |
| Sept 16 | FPSS AGM | Board, coordinators, and office staff discuss past and future events and trainings. What was successful and what required work. | Collaboration and communication. | 16 |
| Sept 22 | Foster Parent/MCFD Advisory | Foster caregiver supports, issues, and concerns, MCFD policy. | Networking, planning, collaboration, and information sharing. | 6 |
| Sept 22 | Safe Babies Gathering | Support, training, and networking needs of Safe Babies caregivers. | Support, networking, and information sharing. | 9 |
| Sept 26 | Brunch and Brainstorm | Open discussions on general topics and concerns for foster caregivers to bring forward for the MCFD/FP Partnership meeting. | Networking, addressing issues, support, and information sharing. | 5 |
| Sept 28 | Foster Hope Information Session | Introduction to fostering in BC and the application process. | Recruitment, Retention, Communication | 11 |
| Sept 29 | Regional Partnership | Open meeting for foster caregivers to ask questions and for MCFD to inform foster caregivers of changes to staff and practice. | Networking, support, planning, information sharing, and partnership. | 18 |
| Oct 3 | Foster Parent/MCFD Resource Partnership Meeting | Open meeting for foster caregivers to ask questions and for MCFD updates. Adoptions. Ministry gave staffing and office updates. Adrianna Kipp from Big Brothers Big Sisters presented on Big Steps to Success. | Networking, communication, and information sharing. | 9 |
| Oct 12 | Foster Hope Information Session | Introduction to fostering in BC and the application process. | Recruitment, retention, communication. | 7 |
| Oct 26 | Foster Hope Information Session | Introduction to fostering in BC and the application process. | Recruitment, retention, communication. | 2 |
| Oct 27 | Safe Babies Gathering | Support, training, and networking needs of Safe Babies caregivers. | Support, networking, and information sharing. | 9 |
| Nov 9 | Foster Hope Information Session | Introduction to fostering in BC and the application process. | Recruitment, retention, communication. | 11 |
| Nov 17 | Foster Parent/MCFD Advisory | Foster caregiver supports, issues, and concerns, MCFD policy. | Networking, planning, collaboration, and information sharing. | 6 |
| Nov 17 | Retention and Recruitment | Ministry and foster caregivers come together to discuss Ministry updates and challenges to fostering. | Retention, support, and communication. | 12 |
| Nov 23 | Foster Hope Information Session | Introduction to fostering in BC and the application process. | Recruitment, retention, communication. | 7 |
| Nov 24 | Safe Babies Gathering | Support, training, and networking needs of Safe Babies caregivers. | Support, networking, and information sharing. | 9 |
| Nov 28 | Brunch and Brainstorm | Open discussions on general topics and concerns for foster caregivers to bring forward for the MCFD/FP Partnership meeting. | Networking, addressing issues, support, and information sharing. | 6 |

| DATE | MEETING | TOPIC ADDRESSED | OUTCOME | ATTENDANCE |
|--------|--|--|--|-----------------------------|
| Dec 4 | Children's Christmas Party | SIFPA annual Christmas party for foster families. | Networking, support, retention, and communication. | 45 families 180 children |
| Dec 5 | Foster Parent/MCFD Resource Partnership Meeting | Open meeting for foster caregivers to ask questions and for MCFD updates. Adoptions. MCFD provides staffing and policy/practice updates. | Networking, communication, and information sharing. | 7 |
| Dec 7 | Foster Hope Information Session | Introduction to fostering in BC and the application process. | Recruitment, retention, communication. | 5 |
| Dec 14 | Foster Hope Information Session | Introduction to fostering in BC and the application process. | Recruitment, retention, communication. | 2 |
| Dec 15 | Holiday Tea | Tea celebrating the holiday and acknowledging our caregivers. | Networking, retention, support, and communication. | 14 |
| Jan 11 | Foster Hope Information Session | Introduction to fostering in BC and the application process. | Recruitment, Retention, Communication. | 5 |
| Jan 19 | Foster Parent/MCFD Advisory | Foster caregivers supports, issues and concerns, and MCFD policy. | Networking, Support, Planning, and Information Sharing. | 4 |
| Jan 23 | <i>Circle of Continued Conversation-</i> An Act: Transitions planning meeting | Planning for up coming presentation for An Act: Transitions. | Collaboration, Planning, and Communication. | 4 |
| Jan 25 | Foster Hope Information Session | Introduction to fostering in BC and the application process. | Recruitment, Retention, and Communication. | 4 |
| Jan 26 | Safe Babies Gathering | Support, training, and networking needs of Safe Babies caregivers. | Support, Networking, and Information Sharing. | 9 |
| Jan 30 | Brunch and Brainstorm | Open discussions on general topics and concerns for foster caregivers to bring forward for the MCFD/FP Partnership meeting. | Networking, Addressing Issues, Support, and Information Sharing. | 7 |
| Feb 6 | Foster Parent/MCFD Resource Partnership Meeting | Open meeting for foster caregivers to ask questions and for MCFD. Ministry gave staffing and office updates. | Networking, Communication, and Information Sharing. | 11 |
| Feb 8 | Foster Hope Information Session | Introduction to fostering in BC and the application process. | Recruitment, Retention, Communication. | 1 |
| Feb 16 | Retention and Recruitment | Retention and recruitment issues in Vancouver Island Region. | Networking, Support, Planning, and Communication. | 8 |
| Feb 22 | Foster Hope Information Session | Introduction to fostering in BC and the application process. | Recruitment, Retention, and Communication. | 1 |
| Feb 23 | Safe Babies Gathering | Support, training, and networking needs of Safe Babies caregivers. | Support, Networking, and Information Sharing. | 9 |
| Mar 8 | Foster Hope Information Session | Introduction to fostering in BC and the application process. | Recruitment, Retention, and Communication. | 5 |
| Mar 9 | Regional Partnership Meeting | Open meeting for foster caregivers to ask questions and for MCFD to inform foster caregivers of updates. | Networking, Collaboration, and Communication. | 25 |
| Mar 22 | Foster Hope Information Session | Introduction to fostering in BC and the application process. | Recruitment, Retention, and Communication. | 6 |
| Mar 23 | Foster Parent/MCFD Advisory | Networking, support, planning and information sharing. | Networking, Planning Collaboration, and Information Sharing. | 7 |
| Mar 23 | Safe Babies Gathering | Support, training, and networking needs of Safe Babies caregivers. | Support, Networking, and Information Sharing. | 9 |
| Mar 27 | Brunch and Brainstorm | Open discussions on general topics and concerns for foster caregivers to bring forward for the MCFD/FP Partnership meeting. | Networking, Addressing Issues, Support, and Information Sharing. | 6 |

Workshops provided in South Island April 1st, 2022 to March 31st, 2023:

| DATE | SOUTH ISLAND WORKSHOP | FACILITATOR | TOPIC ADDRESSED | ATTENDANCE |
|---------|--------------------------------|-------------|---|------------|
| April 1 | Safe Babies Caregiver Training | Ros Pringle | The impacts of substance misuse, effects of alcohol, drugs, withdrawal, | 16 |

| DATE | SOUTH ISLAND WORKSHOP | FACILITATOR | TOPIC ADDRESSED | ATTENDANCE |
|---------------|---|---|--|-------------------------------------|
| | | | developmental delays and health issues on the infant. | |
| April 7 | Creating Our New Normal | Vicki Bridge | South Island foster caregivers and kinship homes discussed and brainstormed how our community can once again engage with each other in-person. | 8 |
| April 8 | Safe Babies Caregiver Training | Ros Pringle | The impacts of substance misuse, effects of alcohol, drugs, withdrawal, developmental delays and health issues on the infant. | 16 |
| April 22 | Safe Babies Caregiver Training | Ros Pringle | The impacts of substance misuse, effects of alcohol, drugs, withdrawal, developmental delays and health issues on the infant. | 16 |
| April 26 | <i>Hope for the Journey</i> , by Show Hope | Juanita Currie and Dianne Thompson | Trust-Based Relational Intervention training. | 6 |
| April 29 | Safe Babies Caregiver Training | Ros Pringle | To understand the impacts of substance misuse and its effects on the infant. | 16 |
| May 1 to 31 | <i>Hope for the Journey</i> , by Show Hope, Self-Paced | No facilitators-Dianne Thompson managing registrations and issues. | Self-Paced Trust-Based Relational Intervention training. | 21 |
| May 3 | <i>Hope for the Journey</i> , by Show Hope | Juanita Currie and Dianne Thompson | Trust-Based Relational Intervention training. | 6 |
| May 10 | <i>Hope for the Journey</i> , by Show Hope | Juanita Currie and Dianne Thompson | Trust-Based Relational Intervention training. | 6 |
| May 17 | <i>Hope for the Journey</i> , by Show Hope | Juanita Currie and Dianne Thompson | Trust-Based Relational Intervention training. | 6 |
| June 2 | Child and Youth in Care Week-Event | SIFPA and FPSSS | First in-person event to celebrate children and youth in care with their families. | 41-Adults 70-Children |
| June 5 to 18 | Supporting Success for Individuals with FASD Replay | Kee Warner and Marcel Gagnon | Strategies for caregivers with FASD children in their home. | 38 |
| June 15 | Circle of Continuing the Conversation-Part 3 | April Reeve and guest speaker | It was cancelled last minute as speaker was unable. | 0 |
| July 10 to 23 | An Act Respecting First Nations July Recording Replay | April Reeve | To go over the Act with attendees, hold a question and answer with open discussion. IW. | 28 |
| Aug 4 | Big Steps to Success | Adrianna Kipp | Big Brothers Big Sisters present their new program that is open to children and youth in care. | 0 Cancelled due no registrations |
| Aug 7 to 20 | Circle of Continuing the Conversation-An Act Respecting First Nations August Recording Replay | April Reeve and Sarah Hogarth | South Island foster caregivers and kinship homes discussed and brainstormed how our community can once again engage with each other in-person. | 10 |
| Sept 9 | Asante Centre FASD Training | Delena Hills: Speech-Language Pathologist and Katrina Griffin: Consultant and Peer Mentor | Behaviour Management Strategies for Supports, Substance Use, Lived experience, Question and Answer with open discussion. I | 42 |
| Oct 5 | <i>Screenagers</i> -Growing up in the Digital Age | Ali Tabb | Documentary exploring the impact of screen technology on kids and offer caregivers and families proven solutions that work. | 45 |
| Oct 5 | <i>Trauma-Informed Transition Training</i> | Ros Pringle | Transition strategies, connections with peers, information sharing, and experiences to promote a successful transition. | 11 |
| Oct 9-22 | <i>Screenagers</i> -Growing up in the Digital Age Self-viewing | Self-viewing | Documentary exploring the impact of screen technology on kids and offer | 28 |

| DATE | SOUTH ISLAND WORKSHOP | FACILITATOR | TOPIC ADDRESSED | ATTENDANCE |
|--------|---|---|--|--|
| | | | caregivers and families proven solutions that work. | |
| Oct 12 | <i>Trauma-Informed Transition Training</i> | Ros Pringle | Transition strategies, connections with peers, information sharing, and experiences to promote a successful transition. | 11 |
| Oct 13 | <i>Anxiety and Self Harm-Strategies on Supporting Youth</i> | Nurse Lynne Chobotar and Dr. Harjit Aulakh from The Child and Youth Indigenous Mental Health Team | Discussed coping, managing mental health around anxiety and depression. Self harm/suicidal ideation with in-home strategies. | 10 |
| Oct 19 | <i>Trauma-Informed Transition Training</i> | Ros Pringle | Transition strategies, connections with peers, information sharing, and experiences to promote a successful transition. | 11 |
| Oct 26 | <i>Trauma-Informed Transition Training</i> | Ros Pringle | Transition strategies, connections with peers, information sharing, and experiences to promote a successful transition. | 10 |
| Nov 2 | <i>Trauma-Informed Transition Training</i> | Ros Pringle | Transition strategies, connections with peers, information sharing, and experiences to promote a successful transition. | 10 |
| Nov 2 | Allegation Prevention | Vicki Bridge | Reviewing policies and processes, explore how and why caregivers are at risk and how to minimize their risk. | 9 |
| Nov 3 | Allegation Prevention | Vicki Bridge | Reviewing policies and processes, explore how and why caregivers are at risk and how to minimize their risk. | 9 |
| Nov 9 | <i>Trauma-Informed Transition Training</i> | Ros Pringle | Transition strategies, connections with peers, information sharing, and experiences to promote a successful transition. | 10 |
| Nov 16 | <i>Trauma-Informed Transition Training</i> | Ros Pringle | Transition strategies, connections with peers, information sharing, and experiences to promote a successful transition. | 10 |
| Nov 22 | <i>Circle of Continuing the Conversation-The Act Part 3</i> | April Reeve | To go over the Act with attendees, hold a question and answer with open discussion. IW. | Cancelled as facilitator was unable to attend. |
| Jan 9 | Investigation and Resolution Training | Ros Pringle | In-depth training that assists IRS workers in understanding the process and how to support Foster Caregivers who are going through the Investigation Process or engaged in a serious disagreement with Ministry staff. | 8 |
| Jan 16 | Investigation and Resolution Support Training | Ros Pringle | In-depth training that assists IRS workers in understanding the process and how to support Foster Caregivers who are going through the Investigation Process or engaged in a serious disagreement with Ministry staff. | 4 |
| Jan 24 | <i>Circle of Continuing the Conversation-An Act Transitions</i> | April Reeve, Sandy Case, and Dominique Addey | Long-time experienced foster caregivers, and Team Lead, Dominique Addey share their experiences with transitions. | 19 registered Cancelled (facilitator ill) |
| Feb 1 | Trauma-Informed Transition Training | Ros Pringle | Transition strategies, connection with peers, share of information and experiences to promote successful transitions. | 15 |
| Feb 8 | Trauma-Informed Transition Training | Ros Pringle | Transition strategies, connection with peers, share of information and | 10 |

| DATE | SOUTH ISLAND WORKSHOP | FACILITATOR | TOPIC ADDRESSED | ATTENDANCE |
|----------|---|---|--|------------|
| Feb 15 | Trauma-Informed Transition Training | Ros Pringle | experiences to promote successful transitions. Transition strategies, connection with peers, share of information and experiences to promote successful transitions. | 11 |
| Feb 16 | Circle of Continuing the Conversation-An Act <i>Transitions</i> | April Reeve, Sandy Case and Dominique Addey | Long-time experienced foster caregiver and Team Lead, Dominique Addey share their experiences with transitions. | 16 |
| Feb 16 | First Aid Training | Alert First Aid | Basic First Aid course, including infant and child CPR. Emergency scene management, spinal injury management, adult CPR, obstructed airway procedures, and treatment for bleeding, broken bones, and seizures. | 9 |
| Feb 22 | Trauma-Informed Transition Training | Ros Pringle | This focuses on transition strategies, connects with peers, share information and experiences to promote a successful transition. | 11 |
| March 1 | Trauma-Informed Transition Training | Ros Pringle | Transition strategies, connection with peers, share of information and experiences to promote successful transitions. | 11 |
| March 8 | Trauma-Informed Transition Training | Ros Pringle | Transition strategies, connection with peers, share of information and experiences to promote successful transitions. | 9 |
| March 15 | Trauma-Informed Transition Training | Ros Pringle | Transition strategies, connection with peers, share of information and experiences to promote successful transitions. | 10 |
| March 27 | Safe Babies Caregiver Training Program | Ros Pringle | The impacts of substance misuse, effects of alcohol, drugs, withdrawal, developmental delays, and infant health issues. | 14 |

CENTRAL ISLAND AREA Meetings and Events in Central Island April 1st, 2022 to March 31st, 2023:

| DATE | MEETING | TOPIC ADDRESSED | OUTCOME | ATTENDANCE |
|----------|--|--|---|------------|
| April 4 | Zoom with Dianne | Discussed <i>Hope for the Journey</i> , which I am co-hosting with her. | Training, Connection. | 2 |
| April 9 | Frances Nuttgens – Celebration of Life | Family held an open Celebration of Life event. FPSS gifted a memorial plaque. | Communication, Recognition, Support, Retention. | 76 |
| April 10 | Nanaimo Foster Parent Coffee Support Morning | Discussed topics chosen by participants. | Connection, Support, Networking, Retention. | 3 |
| April 20 | Cowichan Valley Foster Parent Coffee Support Morning | Foster caregivers shared ideas, resources, and encouragement. | Peer Support, Connection, Retention. | 2 |
| April 27 | Port Alberni Local Action Team | Updates and reports from all community agencies. | Networking, Building Relationships. | 8 |
| May 3 | Cowichan Valley BCCYIC event planning meeting | MCFD, FPSS, and CVFP Local met to start planning for celebration event. | Communication, Networking, Support, Retention | 9 |
| May 12 | Port Alberni Coffee Meeting | Social time and discuss upcoming events. | Support and share issues and successes. | 5 |
| May 16 | Cowichan Valley BCCYIC event planning meeting | LS joined MCFD, FPSS, and CVFP Local to explore ideas and tasks for a celebration event. | Networking, Communication, Support, Retention, Community Relationship Building. | 13 |
| May 18 | Cowichan Valley Foster Parent Coffee Support Morning | Opportunity for foster caregivers to meet, share, and support each other. | Connection, Support, Retention | 4 |

| DATE | MEETING | TOPIC ADDRESSED | OUTCOME | ATTENDANCE |
|---------|--|---|---|-----------------------------------|
| May 24 | Nanaimo Foster Parent/MCFD Partnership Meeting | MCFD updates, questions about mileage rates, discussion about future meetings, and review of upcoming FPSS education and social events. | Communication, Connection, Relationship Building, Retention. | 7 |
| May 25 | Cowichan Valley BCCYIC event planning meeting | LS, MCFD, FPSS and CVFP Local confirmed details and tasks for celebration event at BC Forestry Museum June 2 nd . | Networking, Communication, Support, Retention. | 11 |
| May 30 | Cowichan Valley BCCYIC event planning meeting | LS, MCFD, FPSS and CVFP Local met to review plan for June 2 nd . | Networking, Communication, Support, Retention. | 12 |
| June 2 | Cowichan Valley Foster Family BCCYIC event | Fun, food, drumming, Cultural arts and teachings, recognition awards, and more for children and youth in care and their foster families. | Acknowledgment, Connection, Cultural Agility, Support, Fun, Retention | 102 |
| June 7 | Nanaimo MCFD Education Planning Meeting | Discussed area education needs for supporting foster caregivers. | Networking, Education Planning, Communication, Identify Common Issues. | 9 |
| June 9 | Port Alberni Coffee Meeting | We held a luncheon, door prizes and fun. | Peer Support, Communication, Networking, Retention. | 12 |
| June 20 | CVFP Local/FPSS event planning meeting | Ideas for future events explored. | Communication, Support, Retention | 3 |
| June 22 | Nanaimo Foster Parent Coffee Support Morning and Free Clothing Event | Foster caregivers connected over coffee and treats to share ideas, resources, and support. Free clothing for foster families was available; foster caregivers took what they could use. | Connection, Communication, Support, Resources, Retention | 6 |
| June 22 | Cowichan Valley Foster Parent Coffee Support Morning and Free Clothing event | Topics will be decided by foster caregivers. Free family clothing. | Connection, Support, Networking, Retention. | 0 |
| July 5 | Nanaimo MCFD Resources/FPSS Foster Parent Retention Planning Session | Explored event ideas focused on building rapport between MCFD and caregivers. | Connection, Relationship Building, Retention. | 2 |
| July 6 | FPSS Central Island and Port Alberni Coordinators | Cultural Workshop. | Date set for September 20 on Zoom. | 2 |
| July 7 | CVFP Local and FPSS Collaborative Event Planning Meeting | Confirmed social event details and divvied tasks. | Connection, Relationship Building, Retention. | 4 |
| July 21 | FPSS Coordinators Fall Planning Session | Regional and Local Trainings for fall and foster caregiver needs. | Communication, Support, Education. | 3 |
| Aug 22 | CVFP Local and FPSS Collaborative Event Planning Meeting | Explored future events and festive ideas for December. | Communication, Retention, Support. | 3 |
| Aug 24 | Cowichan Valley Foster Family - Summer Fun Day | Social gathering for foster families. CVFP Local and FPSS provided treats, backpacks, and gift cards. | Connection, Relationship Building, Retention. | 15 |
| Aug 25 | Nanaimo MCFD/FPSS Foster Family Fun in the Sun Park Event | Opportunity for Nanaimo resource workers and foster families to connect. | Communication, Relationship Building, Retention. | Cancelled due to low registration |
| Aug 30 | FPSS Port Alberni Coordinator and Deb Reeves FASD Key worker | Introductions. | We will connect in person soon. | 2 |
| Sept 1 | Cowichan Valley MCFD Foster Family Gelato Day | Social workers and foster families gathered to connect and enjoy delicious Gelato. | Appreciation planning, Connection, Networking, Relationship Building, Retention, Support. | 66 |
| Sept 4 | Nanaimo Foster Family Treat Day | End of Summer Holidays treats for foster families held in Nanaimo and Parksville locations. | Connection, Relationship Building, Retention | 59 |
| Sept 13 | Nanaimo Foster Parent Coffee Support Morning | Discussion included topics of advocacy, contracts, rights of child. | Connection, Support, Networking, Retention. | 2 |
| Sept 15 | Caregiver Appreciation planning meeting with Cowichan Valley MCFD | Ideas explored to celebrate caregivers. | Appreciation planning, communication, retention, support. | 6 |
| Sept 20 | Nanaimo MCFD Education Planning Meeting | Discussed area education needs for supporting foster caregivers. | Networking, Education Planning, Communication, Identify Common Issues. | 6 |
| Sept 21 | Cowichan Valley Foster Parent Support Morning | Foster caregiver spoke about variety of topics. Free clothing was also available to take home. | Connection, Identify Common Issues, Retention, Support | 7 |

| DATE | MEETING | TOPIC ADDRESSED | OUTCOME | ATTENDANCE |
|-------------|---|--|---|------------------------|
| Sept 21 | Caregiver Appreciation Planning Meeting with Cowichan Valley MCFD | Further exploration of celebration plan and divvying of tasks. | Appreciation planning, Communication, Relationship Building, Retention, Support. | 6 |
| Sept 27 | Nanaimo MCFD/Foster Parent Partnership Meeting | In-person and virtual participation offered. Reviewed MCFD updates, area needs, foster caregiver appreciation, and upcoming FPSS trainings. | Communication, Identify Area Needs, Rapport Building, Support, Retention. | 10 |
| Sept 28 | Caregiver Appreciation Planning Meeting with Cowichan Valley MCFD | Check out tasks and assign any remaining tasks. Confirm details and itinerary. | Appreciation planning, Communication, Relationship Building, Retention, Support. | 6 |
| Sept 29 | Regional Partnership Meeting | Virtual sharing and updates from MCFD and FPSS board and staff island wide. | Communication, Identify Common Issues, Networking, Relationship Building. | Attendance by Regional |
| Oct 1 to 31 | Replay Foster Family Paint-in | Foster families had access to an instructional painting video all month. | Connection, retention. | 16 |
| Oct 5 | Cowichan Valley MCFD/Foster Parent Partnership Meeting | Discussion of foster caregiver and kinship roles, needs and ways foster caregivers support kids and families. | Connection, identify common issues, relationship building, retention. | 6 |
| Oct 13 | Port Alberni Coffee Meeting. | Upcoming events and trainings. | Fellowship and place to share. | 4 |
| Oct 29 | CVFP Local and FPSS Foster Parent Appreciation Event | A special gathering to acknowledge and celebrate foster caregivers. | Appreciation, connection, retention. | 21 |
| Nov 1 | Cowichan Valley MCFD/FPSS Planning Meeting | Reviewed plan for Appreciation Dinner event. | Communication, networking, support. | 4 |
| Nov 2 | Cowichan Valley Ministry Foster Caregiver Appreciation Dinner | Acknowledgement and appreciation of the care and support work foster caregivers provide. | Appreciation, connection, relationship building, retention. | 59 |
| Nov 3 | Adoptive Families Association of BC Networking Meeting. | Met with Samantha Johnson Family Support Specialist with Adoptive Families Association of BC to discuss their restructuring, resources for foster caregivers, and having her possibly do a workshop. | Networking, education planning, resources, support. | 2 |
| Nov 8 | Nanaimo Foster Parent Coffee Support Morning | Discussed topics relevant to those in attendance including advocacy, contracts, resources, and trauma informed approaches to behaviors. | Connection, support, relationship building, retention. | 4 |
| Nov 16 | Cowichan Valley Foster Parent Support Morning and Special Auction | Social workers joined foster caregivers for this fun special event | Connection, identify common issues, retention, support. | 16 |
| Nov 18 | Cultural Safety: Worldview Workshop Planning Meeting | Met with Juanita re: planning Cultural Safety Worldview workshop. Identified topic focus and clarifying questions for presenter. Divided tasks. | Communication, cultural agility, education planning. | 2 |
| Nov 19 | Zoom meeting with Sandra B. | Talked about the Cultural Safety Workshop and our joint project. | I have asked Riley McKenzie to do an Island wide workshop. She agreed. | 2 |
| Nov 22 | Phone call with Dan Malone. | Annual Staff review. | Completed. | 2 |
| Nov 22 | Nanaimo MCFD/Foster Parent Partnership Meeting | Reviewed MCFD updates and FPSS upcoming trainings. Discussed increasing connections for stronger relationships amongst foster caregivers, and between MCFD and foster caregivers. | Communication, connection, relationship building, retention, support. | 6 |
| Nov 25 | Port Alberni planning meeting. | Christmas Luncheon and foster family event. | We will look at dates for February or March for Family event. Decided on prizes for luncheon. | 3 |
| Nov 25 | Resiliency Training Series Planning Session | Met with presenter to problem solve date/time issues that arose on her end. Reviewed workshop schedule and session templates. | Communication, education planning, networking. | 2 |
| Nov 28 | CVFP Local Festive Planning and Wrapping Session | CVFP Local, FPSS coordinator and foster caregivers organized and wrapped items in prep for Dec 2 nd festive foster family event. | Relationship building, retention, support. | 6 |

| DATE | MEETING | TOPIC ADDRESSED | OUTCOME | ATTENDANCE |
|--------|--|--|--|-----------------------------|
| Nov 30 | Zoom with Sandra B and Riley McKenzie. | Workshop in the new year. February 28 | Cultural agility, relationship building, networking, collaboration. | 3 |
| Nov 30 | Cultural Safety Worldview Workshop Planning Meeting. | Zoom meeting with Juanita and presenter Riley to discuss workshop ideas and details. | Cultural agility, networking, communication, education planning. | 3 |
| Dec 2 | Cowichan Valley Foster Parent Festive Gathering | Foster caregivers enjoyed a festive support gathering. They shared sharing strategies for the holidays. | Connection, relationship building, retention, support. | 12 |
| Dec 2 | CVFP Local Foster Family Festive Event | Registered foster families received holiday boxes with treats, games, crafts, and gifts. | Connection, retention, support. | 91 |
| Dec 7 | Cowichan Valley MCFD/Foster Parent Partnership Meeting | Discussion included foster caregiver and kinship similarities and differences, Restorative Practice legislation and when/how information best shared with foster caregivers. | Communication, identify common issues, relationship building, retention, support. | 6 |
| Dec 13 | Nanaimo Foster Parent Coffee Support Morning | In-person festive event to focus on connection, support, and social fun. | Connection, retention, relationship building, support. | 0 |
| Dec 14 | Nanaimo MCFD Festive Celebration for Foster Families | Drop in festive event for the whole family with food, games, crafts and more. FPSS contributed supplies and hosted craft stations. | Connection, relationship building, retention. | 70 |
| Jan 10 | Nanaimo Foster Caregiver Support Morning | Foster caregivers were able to connect, share, and enjoy some selfcare. | Connection, Resources, Retention, Support. | 4 |
| Jan 10 | Nanaimo Life Book Scrapbooking Planning Session | Explored possible workshop. | Education Planning. | 2 |
| Jan 12 | Port Alberni Coffee Support | Check in and discuss upcoming February Family event. | Communication, Networking, Peer Support. | 4 |
| Jan 12 | Cowichan Valley Education Planning Meeting | Met with foster caregivers Lisa J and Bev M to explore possible special needs resources sharing presentation. | Communication, Networking, Education Planning. | 3 |
| Jan 13 | Usma team, Geraldine, David and Kevin | Monthly Cultural teachings. | Meetings on hold due to recent changes in the Usma Team. | 4 |
| Jan 13 | CVFP Local and FPSS Discussion Meeting | Local President, FPSS coordinator and FPSS executive director met to identify common issues. | Communication, Identify Common Issues. | 3 |
| Jan 18 | CVFP Local and FPSS Planning Meeting | Scheduled discussion for upcoming events and AGM. | Communication, Event Planning, Support, Retention. | Cancelled by Local |
| Jan 18 | Nanaimo Foster Caregiver Support Morning | Foster caregivers met to support, share, and participate in some self-care. | Communication, Connection, Relationship Building, Retention, Support. | 5 |
| Jan 19 | Port Alberni Local Partnership | Workshops, events what can we do to keep foster caregivers involved and supported. | Resource workers will help to encourage foster caregivers to attend trainings. | 7 |
| Jan 24 | Nanaimo MCFD/Foster Caregiver Partnership Meeting | Discussion included transitions from MCFD to ICFS agencies, cost of living, staffing updates, and upcoming FPSS education trainings and events. | Communication, Connection, Identify Common Issues, Relationship Building, Retention, Support. | 8 |
| Feb 1 | Nanaimo MCFD Resources/Foster Caregiver Partnership Meeting | Opportunity to connect, receive updates, ask questions, and discuss topics relevant to fostering. | Communication, Connection, Relationship Building, Retention, Support. | Cancelled by MCFD Resources |
| Feb 9 | Port Alberni Coffee Support | Check in. | Peer Support, Communication. | 3 |
| Feb 14 | Nanaimo Foster Caregiver Support Morning | This foster caregiver gathering had Valentine themed treats, prizes, and crafts. | Connection, Identify Common Issues, Retention, Support. | 4 |
| Feb 15 | Cowichan Valley Foster Caregiver Support Morning | Foster caregivers had opportunity to connect, share, and make optional love themed crafts. | Communication, Connection, Relationship Building, Retention, Support. | 2 |
| Feb 20 | Communication Skills for Helping Relationships with Children and Youth | Ashleigh Martinflatt, Clinical Counselor | This virtual experiential workshop covered basic and advanced communication skills such as caring confrontation, empathy, reflective feeling statements. | 39 |

| DATE | MEETING | TOPIC ADDRESSED | OUTCOME | ATTENDANCE |
|--------|---|---|--|------------|
| Feb 24 | Nanaimo Education Planning Meeting | Met with presenter Lori Nichols to discuss possible fall workshops. | Education Planning, Networking. | 2 |
| Mar 9 | Regional Partnership | Happenings from all areas. | Reports from all areas . | |
| Mar 28 | Usma Port Alberni Anna Allen | Training and planning will resume in the fall. | Networking, Education. | |
| Mar 28 | Cowichan Valley Partnership Planning Meeting | MCFD Resources, CVFP Local, FPSS, and Resource Enhancement worker Ros discussed ideas to increase connection and attendance for Partnership Meetings. | Communication, Networking, Relationship Building, Retention, Support. | 6 |
| Mar 28 | Nanaimo MCFD/Foster Caregiver Partnership Meeting | Discussion included MCFD updates, upcoming fostering rate increase, and increasing meeting attendance. | Communication, Connection, Identify Common Issues, Relationship building, Retention. | 9 |

Workshops provided in Central Island April 1st, 2022 to March 31st, 2023:

| DATE | CENTRAL ISLAND WORKSHOP | FACILITATOR | TOPIC ADDRESSED | ATTENDANCE |
|----------|---|---|---|------------|
| April 27 | Residential Schools and TRC Calls to Action | Erma Robinson | Cultural Agility and Safety, Training, Peer Support. | 33 |
| April 28 | <i>Trauma Informed Care</i> - Next Level Sessions | Ros Pringle Sandra Beagley | Topics: Use IDEAL Response, Practice Outside of the Moment, Manage Transitions. | 0 |
| May 2 | <i>Trauma Focused Residential Caregiving</i> Daytime: Module One | Complex Trauma Institute Training Series facilitated by Ros Pringle | As a group, viewed videos and discussed module content: Understanding Complex Trauma. | 14 |
| May 5 | <i>Giving and Receiving Healing for Traumatized Kids</i> Evening: Module One | Complex Trauma Institute Training Series facilitated by Ros Pringle | Independently viewed videos then met as group to discuss module content: <i>What are our Children Carrying?</i> | 12 |
| May 9 | <i>Trauma Focused Residential Care</i> Daytime: Module Two | Complex Trauma Institute Training Series facilitated by Ros Pringle | As a group, viewed videos and discussed module content: Viewing Behaviour Through 7 Developmental Domains. | 12 |
| May 12 | <i>Giving and Receiving Healing for Traumatized Kids</i> Evening: Module Two | Complex Trauma Institute Training Series facilitated by Ros Pringle | Participants independently viewed videos then met as group to discuss module content: Body and Stress. | 9 |
| May 16 | <i>Trauma Focused Residential Caregiving</i> Daytime: Module Three | Complex Trauma Institute Training Series facilitated by Ros Pringle | As a group, participants viewed videos and discussed module content: Calming the Stress Response. | 11 |
| May 19 | <i>Giving and Receiving Healing for Traumatized Kids</i> Evening: Module Three | Complex Trauma Institute Training Series facilitated by Ros Pringle | Participants independently viewed videos then met as group to discuss module content: Managing Emotions and Stress. | 11 |
| May 26 | <i>Giving and Receiving Healing for Traumatized Kids</i> Evening: Module Four | Complex Trauma Institute Training Series facilitated by Ros Pringle | Participants independently viewed videos then met as group to discuss module content: Attachment and Relationships. | 10 |
| May 26 | <i>Trauma Informed Care</i> - Next Level Sessions | Ros Pringle, Sandra Beagley | Topics: Encourage and Praise Liberally, Respond with Re-dos, Give Choices. | 0 |
| May 27 | First Aid Training | Alert First Aid providing in-person training | Training and certification in Basic First Aid with CPR "C" for foster caregivers. | 5 |
| May 30 | <i>Trauma Focused Residential Caregiving</i> Daytime: Module Four | Complex Trauma Institute Training Series facilitated by Ros Pringle and CCI Coaches | Participants viewed videos and discussed module content: Coaching Kids Through Common Stressors. | 9 |

| DATE | CENTRAL ISLAND WORKSHOP | FACILITATOR | TOPIC ADDRESSED | ATTENDANCE |
|----------------|---|---|--|---|
| May 31 | <i>Parenting A to Z</i> | Sarah Naish of Therapeutic Parenting (ICS extended registration to FPSS for Vancouver Island) | Sarah explored how to overcome challenges, understand how trauma affects their children every day, rediscover empathy, learn a step-by-step process, answer the question why do our children do the things they do?!, and introduce the P.A.R.E.N.T.S Model. | 18 |
| June 2 | <i>FASD: Tips and Strategies</i> | Presented by Stacey Robertson FASD Keyworker with Hiiye'yu Lelum Society | Information for advocacy, resources, diagnoses, daily routines, and tips for supporting those with FASD. | 9 |
| June 2 | <i>Giving and Receiving Healing for Traumatized Kids</i> Evening: Module Five | Complex Trauma Institute Training Series facilitated by Ros Pringle | Participants independently viewed videos then met as group to discuss module content: Identity Development. | 9 |
| June 6 | <i>Trauma Focused Residential Caregiving</i> Daytime: Module Five | Complex Trauma Institute Training Series facilitated by Ros Pringle | As a group, participants viewed videos and discussed module content: Growing Resilience and Identity with Emotional Intelligence. | 7 |
| June 9 | <i>Giving and Receiving Healing for Traumatized Kids</i> Evening: Module Six | Complex Trauma Institute Training Series facilitated by Ros Pringle | Participants independently viewed videos then met as group to discuss module content: Reframing Challenging Behaviours. | 9 |
| June 13 | <i>Trauma Focused Residential Care</i> Daytime: Module Six | Complex Trauma Institute Training Series facilitated by Ros Pringle | As a group, participants viewed videos and discussed module content: Behavioural Interventions and Celebrating Successes. | 7 |
| June 16 | <i>Giving and Receiving Healing for Traumatized Kids</i> Evening: Module Seven | Complex Trauma Institute Training Series facilitated by Ros Pringle | Participants independently viewed videos then met as group to discuss module content: Caregiver Wellness. | 5 |
| June 23 | <i>Trauma Informed Care - Next Level Sessions</i> | Ros Pringle Sandra Beagley | Topics: Offer Compromise, Think Before You Consequence, Connect First then Correct. | 0 cancelled due to past poor attendance |
| Sept 20 | Cultural Island Wide | Erma Robinson Usma Wellness Team | Traditional Foods | 17 |
| Aug 9 to 28 | REPLAY Anger Management and ASD | Katherine Paxton | Focused on helping those with an autism spectrum disorder or other developmental disability learn helpful ways to express and manage their anger. | 77 |
| July 12 to 26 | REPLAY: Mental Health Medications: and overview | Lori Nichols, RN, MS | Overview of the three most common classes of prescribed psychotropic medications for children and youth: Antidepressants, Antipsychotics, and Stimulants. | 65 |
| Sept 27 and 28 | Sexuality and Gender Diversity Training | Nanaimo Family Life Association | Two-part in-depth training on diversity and inclusion. | Postponed by NFLA |
| Oct 4 to 18 | Replay Truth and Reconciliation Calls to Action and Fostering | Erma Robinson, Usma Family Wellness Worker | Erma spoke to the come together in a concerted effort to help repair the harm caused by residential schools and move forward with reconciliation. | 25 |
| Oct 27 | Youth Experiences with Anxiety and Self-Injury | Lyndsay Wells, Community Education Program Coordinator with VICS | Participants learn strategies for supporting young people who face these challenges. | 27 |
| Nov 14 | <i>Working with Children Who Can't Engage</i> | Sarah Dillion of Inspire Training. Workshop via Interior Community Services | This workshop explored working with those with attachment difficulties, complex trauma, and developmental challenges. | 37 |
| Nov 29 | Trauma Informed Approaches to Suicide Awareness and Prevention | Lyndsay Wells, Community Education Program Coordinator with VICS | This workshop reviewed effects of trauma, the connection between trauma and suicide, how to respond to the possibility of suicidal thinking, | 21 |

| DATE | CENTRAL ISLAND WORKSHOP | FACILITATOR | TOPIC ADDRESSED | ATTENDANCE |
|--------|---|---|--|------------|
| Jan 13 | <i>Resiliency Bounce Back and Thrive Session One: What is Resilience?</i> | Lori Nichols, RN, MS | and how to access resources and support. This session focused on exploring what is resilience and looking for strengths. | 9 |
| Jan 15 | <i>Period Talk Cowichan Valley</i> | Kerri Isham, Certified Sexual Health Educator | This virtual workshop included information on the reproductive system, what is a period, what to expect, hygiene, and building a period kit. | 8 |
| Jan 19 | <i>In-Person First-Aid Training</i> | Alert First-Aid | Participants learned basic first aid with CPR level C. | 8 |
| Jan 20 | <i>Resiliency Bounce Back and Thrive Session Two: Being a Resilient Role Model</i> | Lori Nichols, RN, MS | This session explored the importance of relationships and role modelling, reacting vs responding, and the 3 Rs: Relax – Re-think – Respond. | 9 |
| Jan 27 | <i>Resiliency Bounce Back and Thrive Session Three: Dealing with Stress and Understanding our Reactions</i> | Lori Nichols, RN, MS | Participants practiced stress management and mindfulness skills. | 8 |
| Feb 3 | <i>Resiliency Bounce Back and Thrive Session Four: Exploring CAR</i> | Lori Nichols, RN, MS | Participants explored the CAR Model (Circumstance Automatic thought Reaction) and thought-feel connections. | 7 |
| Feb 17 | <i>Resiliency Bounce Back and Thrive Session Five: Thinking Habits and Looking for Options</i> | Lori Nichols, RN, MS | This session explored three thinking habits categories: “NOT ME”, “ME”, and “AWFULIZING” along with how reflection helps us re-think. | 6 |
| Feb 22 | <i>Creating a Culture for Child Safety</i> | Kerri Isham, Certified Sexual Health Educator | This in-person workshop covered: Common myths of sexual abuse; Types of sexual abuse; Who commits sexual abuse? Incidences of reporting; The difference between a pedophile and molester; and much more. | 10 |
| Feb 24 | <i>Resiliency Bounce Back and Thrive Session Six: Using CAR and Identifying Your Rules of the Road and Roadblocks</i> | Lori Nichols, RN, MS | Participants reviewed key components from past sessions then focused on practising Relax / Re-think / Respond using CAR and how desire for Acceptance, Achievement, and/or Control can be roadblocks making it hard to look for options or choose with awareness how we want to think, feel or behave. | 8 |
| Feb 28 | <i>Cultural Safety World View</i> | Riley McKenzie | Reconciliation and how we see ourselves embracing it in our actions. | 17 |
| Mar 1 | <i>Life Book Scrapbooking Workshop</i> | Bonnie Cook | An in-person inspiring opportunity to create life book pages with materials provided. | Postponed |

UPPER ISLAND AREA
Meetings and Events in Upper Island April 1st, 2022 to March 31st, 2023:

| DATE | MEETING | TOPIC ADDRESSED | OUTCOME | ATTENDANCE |
|---------|---|--|---|------------|
| April 1 | Campbell River Foster Parent/MCFD Partnership Meeting | Open meeting, foster caregivers concerns and MCFD update policy/staff changes. | COVID response Re: extending FCH placements post-19 years. | 8 |
| April 8 | Comox Valley Meeting with Foster Parent | Social Distance Coffee support. | Peer support, communication, network development and self care. | 2 |

| DATE | MEETING | TOPIC ADDRESSED | OUTCOME | ATTENDANCE |
|----------|--|---|---|------------|
| April 9 | Comox Valley Meeting with Foster Parent | Social Distance Coffee; considering CLBC. | Peer support, communication, network development and self care. | 2 |
| April 12 | Comox Valley Meeting with Resource Worker | Community Development; Trust and Reconciliation. | Communication, network development. | 2 |
| April 13 | Campbell River Child and Youth in Care Week Planning Meeting | Planned local virtual and in-person Child and Youth in Care Week activities | Networking, and collaboration. | 4 |
| April 14 | Comox Valley Coffee and Chit chat | Social Distancing Coffee with foster caregivers. | Peer support, communication, network development and self care. | 3 |
| April 19 | Comox Valley Partnership meeting | Standard C.2 Maintaining Relationships. | Communication, network development and self care. | 9 |
| April 19 | Campbell River Foster Parent Association coffee meeting | Foster-caregiver-only drop-in event. | Networking, support, and information sharing. | 8 |
| April 22 | Comox Valley Safe Babies Group | Car Seat Clinic with Kristy Daskoch, BCAA Child Passenger Safety (CPS). | Peer support, communication, network development. | 3 |
| April 22 | Comox Valley Meeting with Foster Parent | Social Distant Coffee support. | Peer support, communication, network development. | 2 |
| April 27 | Campbell River Joint Education Committee | Plan local fall workshops. | Collaboration, planning, network development. | 7 |
| April 27 | Campbell River Child and Youth in Care Week Planning Meeting | Planned local virtual and in-person Child and Youth in Care Week activities. | Networking, and collaboration. | 3 |
| May 3 | Comox Valley Youth-In-Care Committee (Youth Steering Committee) | Youth-In-Care Events (Under 12 and over 12). | Communication, network development. | 4 |
| May 6 | Campbell River Foster Parent/MCFD Partnership Meeting | Open meeting, foster caregivers concerns and MCFD update policy/staff changes. | Common issues, networking, information sharing. | 11 |
| May 10 | North Island Foster Family Resource and Upper Island Coordinator meeting | Cheryl Jorgenson – Support foster caregiver transitions of CIC’s. Updated FCH open/closed. | Communication, collaboration, network development. | 2 |
| May 17 | Comox Valley Partnership meeting | Standard C.3 Transition Planning. | Communication, network development and self care. | 13 |
| May 17 | Comox Valley Youth-In-Care Committee (Youth Steering Committee) | Youth-In-Care Events; final details. | Communication, network development. | 4 |
| May 17 | Campbell River Foster Parent Association coffee meeting | Foster-caregiver-only drop-in event. | Networking, support, and information sharing. | 9 |
| May 17 | Island-wide Debrief Interview Re: Trauma-Informed Care Transition Pilot | Dr. Jo Axe – 1 hour interview UI Coordinator’s input. | Provide trauma-informed attachment training. | 2 |
| May 18 | Campbell River Child and Youth in Care Week Planning Meeting | Planned local virtual and in-person Child and Youth in Care Week activities (May 30 to June 3). | Networking and collaboration. | 5 |
| May 26 | North Island Foster Family Resource and Upper Island Coordinator meeting | Cheryl Jorgenson – Support foster caregiver MCFD Notice Requirement Practices. | Communication, collaboration, network development. | 2 |
| May 27 | Comox Valley Safe Babies Peer Group | Infant Development Program. | Communication, network, and peer support. | 5 |
| May 29 | Comox Valley Social Committee | Post-Easter Event. | Network development, peer support and self care. | 33 |
| June 1 | Comox Valley Youth-In-Care Committee (Youth Steering Committee) | Youth-In-Care Over 12 Event, The Linc. | Fun, Communication, network development, and peer support. | 39 |
| June 1 | Regional FPSS Mentorship orientation review | View and comments on rewrite of Mentorship program orientation. | Retention, network development through mentorship. | 8 |
| June 2 | Comox Valley Youth-In-Care Committee (Youth Steering Committee) | Youth-In-Care Under 12 Event, Air Force Beach. | Fun, Communication, network development, and peer support. | 44 |
| June 2 | Campbell River In-person Child and Youth in Care Week | Provided activities to celebrate children/youth in care. | Scavenger Hunt and celebration activities. | 25 to 30 |
| June 3 | Campbell River Foster Parent/MCFD Partnership Meeting | Open meeting, foster caregivers concerns and MCFD update policy/staff changes. | Common issues, networking, information sharing. | 11 |
| June 9 | Campbell River Joint Education Committee | Plan fall workshops. | Collaboration, planning, network development. | 9 |

| DATE | MEETING | TOPIC ADDRESSED | OUTCOME | ATTENDANCE |
|---------|--|---|--|-----------------------------|
| June 10 | Comox Valley Meeting with Foster Parent | Phone meeting with foster caregiver; difficulties with Resource Worker. | Communication, network development and self care. | 2 |
| June 11 | Comox Valley Meeting with Foster Parent | Social Distance Coffee support. | Communication, network development and self care. | 2 |
| June 15 | Provincial MCFD PRIDE Pre-service Service Providers Teleconference, (am session) | FPSS Society representative. Introduction to service providers services. | Recruitment, support, and information sharing. | 12 |
| June 17 | Comox Valley Safe Babies Peer Group | Airforce Beach wrap-up. | Communication, network development, peer support and self care. | 6 |
| Jun 18 | Comox Valley Meeting with Foster Parent | Social Distance Coffee support. | Communication, network development, peer support and self care. | 2 |
| Jun 20 | North Island Foster Family Resource and Upper Island Coordinator meeting | Cheryl Jorgenson – KCFS support services to Alert Bay foster caregivers. | Communication, collaboration, network development. | 2 |
| June 21 | Comox Valley Partnership | BC Federation Update and Kids in Care Events. | Communication, network development and self care. | 11 |
| June 28 | Campbell River Foster Parent Association coffee meeting | Foster-caregiver-only drop-in event. | Networking, support, and information sharing. | 7 |
| July 6 | Comox Valley Meeting with Resource Worker | Community Development; low number of children coming into care. | Communication, network development. | 2 |
| July 8 | Comox Valley Meeting with Foster Parent | Support foster caregiver; issues with new placement. | Peer support, communication, network development and self care. | 2 |
| July 13 | Comox Valley Meeting with Jo Axe | <i>Trauma-Informed Transition Training/discussion of pros and cons.</i> | Peer support, communication, network development, and self care. | 3 |
| July 14 | Campbell River Joint Education Committee | Plan fall workshops. | Collaboration, planning, network development. | 7 |
| July 16 | Comox Valley Meeting with Foster Parent | Support foster caregiver; want to organize a group of foster caregivers at her place. | Peer support, communication, network development and self care. | 2 |
| July 20 | Comox Valley Meeting with Foster Parent | Support foster caregiver; thinking on leaving fostering due to own children's complex needs. | Peer support, communication, network development, and self care. | 2 |
| July 21 | Campbell River Resource Enhancement Team and Upper Island Coordinator | Coordinating and task sharing, foster caregiver workshops. | Collaboration and planning. | 3 |
| Jul 22 | Comox Valley Meeting with K'omoks First Nations Outreach Worker | Outreach worker wants to be on Comox Indigenous Advisory Committee. | Communication, network development. | 2 |
| July 23 | Comox Valley Meeting with Foster Parent | Social Distance Coffee with foster caregiver; health issues. | Peer support, communication, network development, and self care. | 2 |
| Jul 26 | Comox Valley Coffee and Chitchat | Social Distance Coffee with foster caregivers. | Peer support, communication, network development, and self care. | 8 adults; 4 children |
| Jul 28 | Comox Valley Education Committee | Motion for <i>A Village Around Every Family!</i> | Communication, network development, and self care. | 5 |
| Jul 30 | Comox Valley Meeting with Foster Parent | Social Distance Coffee with foster caregiver; follow up with health issues. | Peer support, communication, network development, and self care. | 2 |
| Aug 3 | Comox Valley Phone Meeting with Resource Worker | Recruitment What is happening? And Port Hardy. Laurie is helping Port Hardy as there is only one person up there. | Communication, network development. | 2 |
| Aug 5 | Comox Valley Meeting with Foster Parent | Social Distance Coffee with foster caregiver; check-in on her health issues. | Peer support, communication, network development, and self care. | 2 |
| Aug 8 | Campbell River Resource Enhancement Counsellor and Upper Island Coordinator | Schedule meet with OOCO Team, December gaming workshop, Dogwood Place IDP referral forms. | Collaboration and planning. | 2 |
| Aug 9 | Campbell River Splash Park Meet and Splash | REC Team hosted, fun and socializing. | Network development, and peer support. | 8 adults and many children. |
| Aug 9 | Comox Valley In-Person Meeting with Resource Worker | Social Distance coffee with Resource Worker; just joined our Education Committee, discussion on more education. | Communication, network development, and self care. | 2 |
| Aug 11 | Comox Valley Meeting with Community Members | Workshop being promoted in Valley on suicide which does not have credentials for the education. | Communication, network development, and self care. | 4 |

| DATE | MEETING | TOPIC ADDRESSED | OUTCOME | ATTENDANCE |
|---------|---|--|--|----------------------|
| Aug 12 | Comox Valley Meeting with FPSSS Board Member | Community Development; discussion on everything, and community members who O.D. | Peer support, communication, network development, and self care. | 2 |
| Aug 19 | Comox Valley Meeting with Foster Parent | Social Distance Coffee through screen/glass door; foster caregiver has Covid, check-in. | Peer support, communication, network development and self care. | 2 |
| Aug 24 | Campbell River Foster Parent Association Foster Community Picnic | Summer fun and socializing. | Network development, and peer support. | 33 |
| Aug 25 | Comox Valley Meeting with Minister of MCFD | Questions about FP raise (service fee) for retention and recruitment, mental health support for teens, more housing for teens, and aging out. | Communication, network development. | 20 |
| Aug 30 | Comox Valley Coffee and Chitchat | Social Distance Coffee with foster caregivers. | Peer support, communication, network development and self care. | 3 adults; 2 children |
| Sept 2 | Campbell River phone meeting with Karen Hlady | Confirmed details of December <i>Gaming 101</i> workshop. | Foster caregiver social media/gaming training. | 2 |
| Sept 2 | Comox Valley Meeting with Community | Kathi Camilleri re: discuss poster and hybrid-workshop of <i>A Village Around Every Family!</i> | Communication, network development. | 2 |
| Sept 3 | Comox Valley Meeting with Foster Parent | Social Distance Coffee with foster caregiver; follow up with health issues, check-in. | Peer support, communication, network development, and self care. | 2 |
| Sept 6 | Comox Valley Meeting with Courtenay MCFD, DOO | Phone meeting with Kyla Talbot, DOO of Courtenay ministry re: wanting to disband the Comox Indigenous Advisory Committee (as it is not working as intended; want an Action Committee.) | Communication, network development. | 2 |
| Sept 9 | North Island Foster Family Resource and Upper Island Coordinator | Update on FCH retirements, and contacts. Partnership planning. | Collaboration, planning, network development. | 2 |
| Sept 13 | Campbell River Joint Education Committee | Plan fall workshops. | Collaboration, planning, network development. | 5 |
| Sept 15 | Campbell River Safe Babies Group | Training and peer support. | Information sharing, networking, and peer support. | 9 |
| Sept 15 | Comox Indigenous Advisory Committee | Complaints process and future of this committee. | Communication, network development. | 5 |
| Sept 16 | Campbell River Life Book Session | Training and peer support. | Information sharing, networking, and peer support. | 9 |
| Sept 16 | Campbell River Partnership Meeting* *no minutes taken, too few attendees. | Foster caregivers and MCFD workers check in. | Collaboration, networking, and peer support. | 4 |
| Sept 16 | FPSS Society AGM | Strategic Planning. | Common issues, network development. | 12 |
| Sept 17 | Comox Valley Meeting with Foster Parent | Social Distance Coffee; check-in, issues with RW and teen. | Peer support, communication, network development, and self care. | 2 |
| Sep 20 | Comox Valley Partnership Meeting | Margaret Fidler facilitated; Standard D.2 Culture and Religion. | Communication, network development. | 9 |
| Sept 22 | Campbell River REC and OOCO Team and UI Coordinator | FPSS training opportunities for OOCO caregivers. | Collaboration and information sharing. | 6 |
| Sept 23 | Comox Valley Safe Babies Group | <i>First Bites</i> . | Peer support, communication, network development. | 4 |
| Sept 24 | Comox Valley Meeting with Foster Parent | Social Distance Walk; check-in, mental health, deciding on their future in fostering. | Peer support, communication, network development, and self care. | 3 |
| Sept 26 | Comox Valley Phone Meeting with Foster Parent | Support foster caregiver; discuss issues that arose in home that day, listening and some suggestions. | Peer support, communication, network development, and self care. | 2 |
| Sept 27 | Campbell River Foster Parent Association coffee meeting | Foster-caregiver-only drop-in event. | Networking, peer. support, and information sharing. | 8 |
| Sept 29 | Comox Valley Meeting with Community Group | Federation of Youth; ideas from Youth-in-Care Ice Cream Form. | Communication, network development. | 4 |

| DATE | MEETING | TOPIC ADDRESSED | OUTCOME | ATTENDANCE |
|--------|---|--|--|------------|
| Oct 1 | Comox Valley Meeting with Foster Caregiver | Social Distance Walk with foster caregivers; re: Check-in. | Peer support, communication, network development and self care. | 4 |
| Oct 13 | Campbell River Joint Education Committee | Planned Foster Home Standards training | Collaboration, planning, networking. | 6 |
| Oct 14 | Comox Valley Phone Meeting with Foster Caregiver | Support Foster Caregiver re: check-in, listening. | Peer support, communication, network development and self care. | 2 |
| Oct 14 | Campbell River Safe Babies Gathering | Tips for thriving placements | Networking, support, and information sharing. | 3 |
| Oct 15 | Comox Valley Meeting with Foster Caregiver | Social Distance Coffee with foster caregiver; re: check-in, discussion on future fostering, and relationship with Resource Worker. | Peer support, communication, network development and self care. | 2 |
| Oct 15 | Comox Valley Meeting (texting) with FPSSS Board member | Texting with board member; re: community development | Peer support, communication, network development and self care. | 2 |
| Oct 18 | Comox Valley Partnership Zoom | Margaret Fidler, Resource Worker, covered Standard D.5 <i>Education</i> . | On-going training, peer support, communication, and network development. | 11 |
| Oct 19 | Comox Valley Meeting with Resource Worker | Social Distance Coffee with Resource Worker; re: Community Development and Standards discussion. | Peer support, communication, network development and self care. | 2 |
| Oct 25 | Campbell River Foster Parent Association Coffee Group | Foster caregiver only, common issues and peer support | Networking, support, information sharing and mentorship. | 8 |
| Oct 27 | Campbell River Joint Education Committee | Planned Foster Home Standards training | Collaboration, planning, networking. | 9 |
| Oct 28 | Comox Valley Safe Baby Group hybrid | Catherine McCauley, Upper Island Safe Baby Coordinator, <i>Thrive by Five</i> . | On-going training, peer support, communication, and network development. | 7 |
| Oct 29 | Comox Valley Meeting with Foster Parent | Social Distance Coffee; re: check-in, working through health issues with special needs boy. | Peer support, communication, network development and self care. | 2 |
| Oct 31 | Campbell River Annual Halloween Trick or Treating at MCFD | Ministry teams – families invited to drop by during the day | Network development. | Various |
| Nov 1 | Comox Valley Meeting with Resource Worker | Phone meeting with Resource Worker; re: Community Development, Safe Babies. | Peer support, communication, network development and self care. | 2 |
| Nov 4 | Campbell River Foster Parent/MCFD Partnership Meeting | Open meeting, foster caregivers concerns and MCFD update policy/staff changes | Common issues, networking, information sharing. | 10 |
| Nov 12 | Comox Valley Social Distance Coffee | Support foster caregiver; re: check-in, issues with CIC bio-family. | Peer support, communication, network development and self care. | 2 |
| Nov 15 | Comox Valley Partnership Zoom | Margaret Fidler, Resource Worker, Standard D.3, <i>Supporting the Indigenous child/youth's rights</i> . | On-going training, peer support, communication, and network development. | 11 |
| Nov 15 | Comox Valley Social Committee meeting | Motion for Christmas Party on December 4 th . | Peer support, communication, network development and self care. | 5 |
| Nov 17 | Comox Indigenous Advisory Committee | On-going discussion if going to become an Action Committee. | Peer support, communication, network development. | 8 |
| Nov 18 | Campbell River Safe Babies Gathering | Self care tips | Networking, support, and information sharing. | 5 |
| Nov 19 | Comox Valley Support Call | Support foster caregiver re: check-in; also a Social Committee member re: discuss Christmas Party. | Peer support, communication, network development and self care. | 2 |
| Nov 20 | Comox Valley Virtual meeting with FPSSS Board Member | Discussion about my plans for job? | Peer support, communication, network development. | 2 |
| Nov 25 | Comox Valley Safe Baby Group hybrid | Catherine McCauley, Upper Island Safe Baby Coordinator, <i>Caring for the Carer</i> . | On-going training, peer support, communication, and network development. | 9 |
| Nov 25 | Comox Valley Education Committee | Discussion on our ideas and details for workshop. | Peer support, communication, network development. | 4 |
| Nov 28 | Comox Valley and FPSS Meeting | Annual Review. | Peer support, communication, network development. | 2 |
| Nov 29 | Campbell River Foster Parent Association Coffee Group | Foster caregiver only, common issues and peer support | Networking, support, information sharing and mentorship. | 5 |
| Dec 3 | Comox Valley Social Distance Coffee | Support foster caregiver, re: check-in, stress of behaviours from teen. | Peer support, communication, network development | 2 |

| DATE | MEETING | TOPIC ADDRESSED | OUTCOME | ATTENDANCE |
|---------------|---|--|--|-----------------|
| Dec 3 | Campbell River Foster Parent/MCFD Partnership Meeting | Open meeting, foster caregivers concerns and MCFD update policy/staff changes | Common issues, networking, information sharing. | 14 |
| Dec 4 | Comox Valley Social Committee | Comox Valley Christmas Party | Peer support, communication, network development. | 33 |
| Dec 5 to 9 | Campbell River CRFPA Goodie Bags project | FPSS funded CRFPA bags of sweets and toys for CICs 4-to-12 years old | Network development. | 50 bags created |
| Dec 6 | Campbell River Holiday Potluck Lunch | Kids and Screens workshop | Networking, support, information sharing. | 12 |
| Dec 10 | Comox Valley Social Distance Coffee | Support foster caregiver; re: check-in, issues with teen behaviours. | Peer support, communication, network development and self care. | 2 |
| Dec 14 | Comox Valley Coordinator meeting with Behavioural Consultant | Meet with Behavioural Consultant, re: discuss roles; <i>Circle of Knowledge</i> which is a potential connection through a monthly group; walks in spring; progressive dinner or reverse progressive. | Peer support, communication, network development. | 2 |
| Dec 17 | Comox Valley Social Distance Coffee | Support foster caregiver, re: new foster caregiver, difficulties working with Resource Worker. | Peer support, communication, network development. | 2 |
| Dec 20 and 21 | North Island Holiday Social with Foster Caregiver Support/Resource, North Island Community Services | Cheryl Jorgenson, invited foster families to drop by during the day | Network development. | 5 |
| Dec 30 | Comox Valley Social Distance Coffee | Support foster caregiver, re: meet at Starbucks and check-in. | Peer support, communication, network development | 2 |
| Jan 3 | Campbell River Planning meeting with REC | Coordinating 4 th Quarter foster caregiver workshops and Safe Babies peer group. | Monthly Thursday Trainings. | 2 |
| Jan 4 | Comox Valley Phone Meeting with Behavioural Consultant to Caregivers | Needed more clarification on Comox Valley Education Committee. | Peer Support, Communication, Network Development, and Self Care. | 2 |
| Jan 5 | Comox Valley Phone Meeting with Foster Parent | Support Foster Caregiver re: overage, maintenance, and fee for service clarification. | Peer Support, Communication, Network Development, and Self Care. | 2 |
| Jan 6 | Comox Valley meeting with Resource Worker | Community Development. | Peer Support, Communication, Network Development, and Self Care. | 2 |
| Jan 10 | Campbell River Foster Parent/MCFD Partnership Meeting | Open meeting, foster caregivers concerns and MCFD update policy/staff changes. | Common Issues, Networking, and Information Sharing. | 14 |
| Jan 11 | Comox Valley Education Committee | Discussion of details for <i>Parents and Kids Screens</i> workshop. | Peer Support, Communication, Network Development, and Self Care. | 4 |
| Jan 12 | Comox Valley meeting with Resource Work, Team Leader | Community Development. | Peer Support, Communication, Network Development, and Self Care. | 2 |
| Jan 15 | Comox Valley Partnership Zoom | Foster Parent Standard D.8 <i>Personal Care</i> . | Peer Support, Communication, and Network Development. | 10 |
| Jan 20 | Campbell River Safe Babies Gathering | Support meeting, caregivers' topic "Farewell Catherine" | Networking, Peer Support, and Information Sharing. | 6 |
| Jan 27 | Comox Valley Safe Babies Peer Group/Hybrid | Discussion of the group going forward. | Peer Support, Communication, Network Development, and Self Care. | 6 |
| Jan 30 | Comox Valley Coffee and Chitchat | Social Distance Coffee with foster caregivers. | Peer Support, Communication, Network Development, and Self Care. | 9 |
| Jan 31 | Campbell River Foster Parent Association Coffee Group | Foster caregiver only, common issues and peer support. | Networking, Peer Support, Information Sharing, and Mentorship. | 4 |
| Feb 3 | Comox Valley Social Distance Coffee w/Caregiver | Support Foster Caregiver re: working on new tools for behaviours of three-year old. | Peer Support, Communication, Network Development, and Self Care. | 3 |
| Feb 6 | Campbell River Farewell to MCFD worker | Farewell to Kristie-Lynn Campbell | Network Development. | Drop in |
| Feb 10 | Campbell River Safe Babies Gathering | Support meeting, caregivers' topic <i>Grief and Loss</i> | Networking, Peer Support, and Information Sharing. | 3 |
| Feb 11 | Comox Valley Social Distance Coffee w/Caregiver | Check-in, working on tools for special needs boy and issues with bio-family. | Peer Support, Communication, Network Development, and Self Care. | 2 |
| Feb 15 | Comox Valley meeting with Social Worker | Community Development. | Peer Support, Communication, Network Development, and Self Care. | 2 |
| Feb 16 | Comox Indigenous Advisory Committee | Discussion of cultural safety at MCFD office. | Peer Support, Communication, and Network Development. | 8 |

| DATE | MEETING | TOPIC ADDRESSED | OUTCOME | ATTENDANCE |
|--------------------|--|--|--|------------|
| Feb 17 | Comox Valley Phone Meeting w/Caregiver | Support Foster Caregiver re: check-in. | Peer Support, Communication, Network Development, and Self Care. | 2 |
| Feb 21 | Comox Valley Partnership In-person | Foster Parent Standard D.9 Privacy and Personal Belongings. | Peer Support, Communication, and Network Development. | 11 |
| Feb 21 | Comox Valley Partnership In-person and Zoom | Margaret Fidler, Resource Worker; Foster Parent Standard D.9 <i>Privacy and Personal Belongings</i> . | Peer Support, Communication, and Network Development. | 11 |
| Feb 24 | Comox Valley Safe Babies Peer Group/Hybrid | Discussion of high-risk infants. | Peer Support, Communication, Network Development, and Self Care. | 8 |
| Feb 28 | Campbell River Foster Parent Association Coffee Group | Foster caregiver only, common issues and peer support | Foster Caregiver Only, Common Issues, and Peer Support. | 8 |
| Mar 1 | Comox Valley Phone Meeting with Behavioural Consultant | Surprise retirement party for Margaret and Kevin Lagan. | Peer Support, Communication, and Network Development. | 2 |
| Mar 4 | Comox Valley Social Distance Coffee w/Caregiver | Support Foster Caregiver re: check-in and discussing school for disabled boy. | Peer Support, Communication, Network Development, and Self Care. | 2 |
| Mar 7 | Comox Valley Zoom Meeting with Behavioural Consultant | More details of retirement party re: White Spot, cake, decorations, etc. | Peer Support, Communication, and Network Development. | 2 |
| Mar 10 | Campbell River meeting with Acting Resources TL | Sharing Sep-22 to date foster caregiver workshops and partnership meetings, and resource list updates. | Common Issues, Network, and Providing Training. | 2 |
| Mar 11 | Comox Valley Social Distance Coffee w/Caregiver | Support Foster Caregiver re: check-in, issues with teen girl. | Peer Support, Communication, Network Development, and Self Care. | 2 |
| Mar 14 | Campbell River Foster Parent/MCFD Partnership Meeting | Open meeting, foster caregivers concerns and MCFD update policy/staff changes. | Common Issues, Networking, and Information Sharing. | 10 |
| Mar 17 | Campbell River Safe Babies Gathering | Support meeting, caregivers' topic, <i>Caregiving interventions to support develop.</i> | Networking, Peer Support, and Information Sharing. | 6 |
| Mar 18 | Comox Valley Social Distance Coffee w/Caregiver | Support Foster Caregiver re: check-in. | Peer Support, Communication, Network Development, and Self Care. | 2 |
| Mar 19 | Comox Valley Social Distance Coffee w/Caregiver | Support Foster Caregiver re: check-in. | Peer Support, Communication, Network Development, and Self Care. | 2 |
| Mar 21 | Comox Valley Fake Partnership In-person | Surprise retirement party for Margaret and Kevin Lagan. | Peer Support, Communication, Network Development, and Self Care. | 32 |
| Mar 24 | Comox Valley Safe Babies Peer Group | Discussion of Ministry issues with leveling Safe Baby homes. | Peer Support, Communication, and Network Development | 9 |
| Mar 25 | Comox Valley Social Distance Coffee w/Caregivers | Support Foster Caregiver re: dealing with bio-family difficulties. | Peer Support, Communication, Network Development, and Self Care. | 3 |
| Mar 28, 29, and 30 | North Island Spring Break Swing-By | Cheryl Jorgenson hosted drop in coffee space for caregivers and children | Networking and Support. | Drop in |

Workshops provided in Upper Island April 1st, 2022 to March 31st, 2023:

| DATE | UPPER ISLAND WORKSHOP | FACILITATOR | TOPIC ADDRESSED | ATTENDANCE |
|----------------|--|---|--|------------|
| April 6 and 13 | Island-wide Trauma-informed Transition Training (Pilot) Final two Wednesday morning sessions | Facilitator Ros Pringle. Zoom link hosted by Upper Island Coordinator | Unit 6 – Grief and Loss. (12 attend) Unit 7 – Relationships (13 attend). | 25 |
| April 8 | Campbell River BCAA Child Passenger Safety Clinic for Safe Babies caregivers | Catherine McCauley, Upper Island Safe Babies Coordinator | Car Seat Clinic with Cherie Dalton, BCAA Child Passenger Safety (CPS) Educator. | 4 |
| April 19 | Comox Valley Partnership meeting | Laurie Sheldon, Resource Worker | Standard C.2 Maintaining Relationships; Communication, network development and self care. | 9 |
| April 21 | Campbell River Wellness Webinar <i>Good Mourning</i> | Victoria Morton, Integrated Practice Clinician, CYMH | Self-care, networking, support, and information sharing. | 7 |
| April 22 | Comox Valley Safe Babies Peer Group | Lisa Bowie, Comox Valley Coordinator | Car Seat Clinic with Kristy Doskoch, BCAA Child Passenger Safety (CPS) Educator; peer support. | 3 |

| DATE | UPPER ISLAND WORKSHOP | FACILITATOR | TOPIC ADDRESSED | ATTENDANCE |
|-----------------------|---|--|---|-------------------------------------|
| May 17 | Comox Valley Partnership meeting | Kayla Sebastian, Resource Worker | Standard C.3 Transition Planning; Communication, network development and self care. | 13 |
| May 19 | Campbell River Wellness Webinar <i>Kids and Cortisol: How Stress Shapes Us</i> | Victoria Morton, Integrated Practice Clinician, CYMH | Self-care, networking, support, and information sharing. | 9 |
| May 20 | Campbell River Basic First Aid – CPR C for Safe Babies/Foster Parents | Judy Hollywood Bonnett, UI Coordinator | Donna, Alert First Aid Inc. Training, 3-year certification. | 12 |
| May 27 | Comox Valley Safe Babies Peer Group | Chelsey Newton, Infant Development Program. | IDP; Communication, network, and peer support. | 5 |
| June 10 | Campbell River Safe Babies Group | Catherine McCauley, Upper Island Safe Babies Coordinator | Schoolyear wrap-up, songs and games with little ones and peer support. | 6 |
| June 16 | Campbell River Wellness Webinar <i>The Importance of Play</i> | Victoria Morton, Integrated Practice Clinician, CYMH | Self-care, networking, support, and information sharing. | 5 |
| Sep 15 | Campbell River Wellness Webinar <i>Dissociation</i> | Victoria Morton, Integrated Practice Clinician, CYMH | Self-care, networking, support, and information sharing. | 10 |
| Sep 16 | Campbell River Safe Babies Group | Catherine McCauley, Upper Island Safe Babies Coordinator | First Bites and peer support. | 9 |
| Sep 20 | Campbell River Life Book Session | REC Team and Ashley Visser, MCFD | Using apps to create CIC Life Books, network. | 9 |
| Sep 21 and 28 | Campbell River <i>The Circle of Security™</i> Parenting Series | Jessica Graham and Catherine McCauley, CRFS REC Team | Sessions 1 and 2 of 7-week Attachment training. | 5 foster caregivers at each session |
| Sep 20 | Comox Valley Partnership meeting | Margaret Fidler, Resource Worker | Margaret Fidler facilitated; Standard D.2 Culture and Religion; communication, and network development. | 9 |
| Sep 23 | Comox Valley Safe Babies Peer Group | Catherine McCauley, Safe Baby Coordinator | <i>First Bites</i> ; peer support, communication, and network development | 4 |
| Oct 11 | Comox Valley Education Committee: <i>A Village Around Every Family</i> | Kathie Camilleri | Support around families; on-going training, peer support, communication, and network development. | 8 |
| Oct 18 | Comox Valley Partnership Zoom | Margaret Fidler, Resource Worker | Standard D.5, <i>Education</i> ; on-going training, peer support, communication, and network development. | 11 |
| Oct 28 | Comox Valley Safe Baby Group hybrid | Catherine McCauley, Upper Island Safe Baby Coordinator | <i>Thrive by Five</i> ; on-going training, peer support, communication, and network development. | 7 |
| Nov 15 | Comox Valley Partnership Zoom | Margaret Fidler, Resource Worker | Standard D.3, <i>Supporting the Indigenous child/youth's right</i> ; on-going training, peer support, communication, and network development. | 11 |
| Nov 25 | Comox Valley Safe Baby Group | Catherine McCauley, Upper Island Safe Baby Coordinator | <i>Caring for the Carer</i> ; on-going training, peer support, communication, and network development. | 9 |
| Oct 5 to Nov 2 Weekly | Campbell River Circle of Security | CR REC Team | Sessions 3 to 7 of 7-week. Attachment training. | 5 |
| Oct 14 | Campbell River Safe Babies Gathering | Catherine McCauley, Safe Babies Coordinator | <i>Thrive by Five</i> and peer support. | 3 |
| Oct 24 | Campbell River Documentation workshop | MCFD resources and foster caregiver | Requirements and strategies for documenting CIC Individual Service Records. | 5 |
| Nov 3 | Campbell River Medicine Bag workshop | Lorna Adams, FP, Comox Valley Arranged by CR REC Team | Indigenous culture. | 6 |

| DATE | UPPER ISLAND WORKSHOP | FACILITATOR | TOPIC ADDRESSED | ATTENDANCE |
|--------|---|---|---|------------|
| Nov 17 | Campbell River Connect in Circle Standards Training | Presenter Kristie-Lynn Campbell Acting - DOO Arranged by CR Education Committee | <i>Aboriginal Policy and Practice Framework</i> , and Standard D.3. | 29 |
| Nov 18 | Campbell River Safe Babies Gathering | Catherine McCauley, Safe Babies Coordinator | Caring for the Carer and peer support. | 5 |
| Dec 6 | Campbell River <i>Kids and Screens</i> workshop | Karen Hlady, Gaming BC Community Engagement | Social media safety and peer support/holiday potluck. | 12 |
| Jan 15 | Comox Valley Partnership Zoom and Zoom | Margaret Fidler, Resource Worker | Foster Parent Standard D.8 <i>Personal Care</i> peer support, communication, and network development. | 10 |
| Jan 19 | Campbell River <i>Human Trafficking</i> Workshop | Myra Koehler, Sexual Assault Response Program | Preventing and Responding to Human Trafficking. | 15 |
| Jan 27 | Comox Valley Safe Babies Peer Group and Zoom | Lisa Bowie, Comox Valley Coordinator, Laurie Sheldon, Resource Worker | SB group becoming peer support and peer support.; peer support, communication, and network development. | 6 |
| Feb 8 | Comox Valley Education Committee: <i>Parents and Kids Screen</i> (In-person and Zoom) | Karen Hlady | <i>Parents and Kids Screen</i> ; peer support, communication, and network development. | 10 |
| Feb 21 | Comox Valley Partnership In-person and Zoom | Margaret Fidler, Resource Worker | Foster Parent Standard D.9 <i>Privacy and Personal Belongings</i> ; peer support, communication, and network development. | 11 |
| Feb 23 | Campbell River Wellness Webinar | Victoria Morton, CYHM Clinician | Understanding fear and its brain and body processes. | 6 |
| Feb 24 | Comox Valley Safe Babies Peer Group and Zoom | Laurie Sheldon, Resource Worker | <i>High Risk Infants</i> ; peer support, communication, and network development. | 8 |
| Mar 3 | Campbell River <i>Prevent It</i> workshop | Michael Collins, Little Warriors Facilitator | Preventing and Responding to Child sexual Abuse. | 12 |
| Mar 24 | Comox Valley Safe Babies Peer Group and Zoom | Lisa Bowie, Comox Valley Coordinator | Transitioning; peer support, communication, and network development. | 3 |

REGIONAL SAFE BABY TRAINING AND SUPPORT ACTIVITIES

April 1st, 2022 to March 31st, 2023:

| DATE | EVENT | TOPIC ADDRESS | OUTCOME | ATTENDANCE |
|----------------------------|-----------------------------------|--|--|------------|
| South Island | | | | |
| April 28 | Safe Baby Support Group | Support, training, and networking needs of Safe Babies caregivers. | Networking, support, communication, and retention. | 9 |
| May 26 | Safe Baby Support Group | Support, training, and networking needs of Safe Babies caregivers. | Networking, support, communication, and retention. | 9 |
| June 30 | Safe Baby Support Group | Support, training, and networking needs of Safe Babies caregivers. | Networking, support, communication, and retention. | 9 |
| July 28 | Safe Baby Support Group | Support, training, and networking needs of Safe Babies caregivers. | Networking, support, communication, and retention. | 9 |
| Aug 25 | Safe Baby Support Group | Support, training, and networking needs of Safe Babies caregivers. | Networking, support, communication, and retention. | 9 |
| Sept 22 | Safe Baby Support Group | Support, training, and networking needs of Safe Babies caregivers. | Networking, support, communication, and retention. | 9 |
| Oct 27 | Safe Baby Support Group | Support, training, and networking needs of Safe Babies caregivers. | Networking, support, communication, and retention. | 9 |
| Nov 24 | Safe Baby Support Group | Support, training, and networking needs of Safe Babies caregivers. | Networking, support, communication, and retention. | 9 |
| Dec 22 | Safe Baby Support Group | Support, training, and networking needs of Safe Babies caregivers. | Networking, support, communication, and retention. | 9 |
| Jan 26th | Safe Baby Caregiver Support Group | Support, training, and networking needs of Safe Babies caregivers. | Networking, support, communication, and retention. | 9 |
| Feb 23rd | Safe Baby Caregiver Support Group | Support, training, and networking needs of Safe Babies caregivers. | Networking, support, communication, and retention. | 9 |

| DATE | EVENT | TOPIC ADDRESS | OUTCOME | ATTENDANCE |
|--|---|--|---|----------------|
| Mar 23 rd | Safe Baby Caregiver Support Group | Support, training, and networking needs of Safe Babies caregivers. | Networking, support, communication, and retention. | 9 |
| Central Island | | | | |
| There were no gatherings due to the lack of a Central Island Safe Babies Coordinator | | | | |
| Upper Island | | | | |
| Apr 1, 8, 22 & 29 | Island Wide Safe Baby Program Training (virtual) | Co-facilitators Catherine McCauley and Ros Pringle | Safe Baby Curriculum Program. | 16 |
| Apr 8 | Campbell River Safe Babies Workshop | Catherine McCauley, UI Safe Babies Coordinator | Car Seat Clinic with Cherie Dalton, BCAA Child Passenger Safety (CPS) Educator. | 4 |
| Apr 22 | Comox Valley Safe Babies Peer Group | Lisa Bowie, Comox Valley Coordinator | Car Seat Clinic with Kristy Daskoch, BCAA Child Passenger Safety (CPS) Educator and peer support. | 3 |
| May 20 | Campbell River Safe Babies/Foster Caregivers Workshop | Judy Hollywood Bonnett, UI Coordinator | Basic First Aid – CPR C w/ Donna, Alert First Aid Inc. Training | 11 |
| May 27 | Comox Valley Safe Babies Peer Group | Catherine McCauley, UI Safe Babies Coordinator | IDP and peer support. | 5 |
| Jun 7 | Comox Valley Safe Babies Peer Group | Catherine McCauley, UI Safe Babies Coordinator | Airforce Beach wrap-up and peer support. | 6 |
| Jun 10 | Campbell River Safe Babies Group | Catherine McCauley, UI Safe Babies Coordinator | Schoolyear wrap-up, <i>Songs & Games with Little Ones</i> and peer support. | 6 |
| July | No Safe Babies groups | | | |
| August | No Safe Babies groups | | | |
| Sept 16 | Campbell River Safe Babies Gathering | Catherine McCauley, Safe Babies Coordinator | First Bites and peer support. | 9 |
| Sept 23 | Comox Valley Safe Babies Gathering | Catherine McCauley, Safe Babies Coordinator | First Bites and peer support. | 4 |
| Oct 14 | Campbell River Safe Babies Group hybrid | Catherine McCauley, UI Safe Babies Coordinator | <i>Thrive by Five</i> and peer support. | 3 |
| Oct 28 | Comox Valley Safe Babies Peer Group hybrid | Catherine McCauley, UI Safe Babies Coordinator | <i>Thrive by Five</i> and peer support. | 7 |
| Nov 18 | Campbell River Safe Babies Group hybrid | Catherine McCauley, UI Safe Babies Coordinator | <i>Caring for the Carer</i> and peer support. | 5 |
| Nov 25 | Comox Valley Safe Babies Peer Group hybrid | Catherine McCauley, UI Safe Babies Coordinator | <i>Caring for the Carer</i> and peer support. | 9 |
| Dec | No Safe Babies Caregivers groups | | | |
| Jan 20 | Campbell River Safe Babies Group | UI Coordinator | SB group becoming peer support and peer support. | 6 |
| Jan 27 | Comox Valley Safe Babies Peer Group | CV coordinator | SB group becoming peer support and peer support. | 6 |
| Feb 10 | Campbell River Safe Babies Group | UI Coordinator | Grief and loss and peer support. | 3 |
| Feb 24 | Comox Valley Safe Babies Group | CV coordinator | High Risk Infants. | 8 + 3 children |
| Mar 17 | Campbell River Safe Babies Group | UI Coordinator | Trauma and developmental benchmarks and peer support. | 5 |
| Mar 24 | Comox Valley Safe Babies Group | CV coordinator | Discussion of Ministry issues with leveling Safe Baby homes. | 9 + 4 children |

