

The Island Connection

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

Regional Training



Happy Holidays

**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

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

Visit our website at
www.fpsss.com

Do You Need Help or Information?

The following numbers are provided for your convenience. Please feel free to call these numbers when you need assistance.

EMERGENCY "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

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)

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

Holiday Greeting

Sometimes, the simplest things are the most difficult to put into simple words. As we have said many times over the years, our last, best wish of 2023 for foster caregivers is-

Whenever, whoever, and however you celebrate this holiday season, may it be filled with family, friends, and fond memories.

Holidays can bring out the best and the worst in us.

They can make us more generous, and less patient. Opt for patience.

They can fill our schedules with frantic chores, and they can remind us to clear our schedules to spend time with family and friends. Opt for the people.

They can move us to forgive and they can see long-ago grudges resurface.

Always opt for forgiveness. There are millions of people who say tearfully, "if only I had forgiven" and few who say, "I am glad I never forgave."

Maybe we should add one more word to our holiday message: **STOP.**

Stop accepting invitations and making commitments to places and people that shouldn't be at the top of your list of Holiday's To-Do's. Show up for the ones that really matter. The ones you would regret missing.

Stop trying to create The Perfect Christmas and create *Your* Perfect Christmas. For some, that means turkey, tinsel, and tall trees. For others, it means pizza and watching Netflix so long that it asks if you are still there...four times.

Because you know what? However you choose to fill your time over the next few weeks, that time is going to fly by in the blink of eye.

The Board and staff of FPSS wish you all a happy holiday season that fills your heart. Don't blink!

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 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
Sub-total	\$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
Sub-total	\$600.91	\$591.60
Total Maintenance (per month)	\$1,502.53	\$1,686.92

*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 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

Workshops

Foster Caregivers were able to take part in numerous Regional Training Events including *Understanding ADHD, FASD and Advocacy, Mentor Training, Consent, Trauma-Informed Transition Training, and Talking about Relationships.*

Colouring Contest

FPSS included a colouring page in each hard copy of the September October newsletter and emailed the full colouring book to all caregivers. Everyone was encouraged to colour, paint, or otherwise create their masterpiece and send it to FPSS. Winners were selected from the submission and received a prize.

Community Events

FPSS recognized and honoured *FASD Awareness Day, The National Day for Truth and Reconciliation, and Foster Family Appreciation Month.*

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 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. 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

Training

FPSS continues to collaborate with local agencies to offer training and network opportunities.

Coffee Support Meetings

These meetings are a great opportunity for foster caregivers to come together to offer and receive support from peers who understand the unique challenges and the amazing quiet moments fostering brings.

COWICHAN VALLEY Area Update

Prepared by Sandra Beagley

T: 250-618-8327

Toll free: 1-888-922-8437

E: dacoord@fpsss.com

Foster Caregiver Support Mornings

These support mornings provided opportunities for foster caregivers to connect with, support, and share challenges and successes with foster caregiver peers. Coffee, tea, and snacks were available. As October was Foster Family appreciation month, there were extra treats for foster caregivers.

MCFD Partnership Meeting

MCFD Resources has moved to a new office! They offered in-person and virtual participation options for September's meeting. Partnership Meetings are opportunities to build relationships, receive updates, find out about resources, and ask questions.

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: various 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 was also available for questions and to look at vehicles and car seats.



Talking about Relationships

FPSS covered the cost of foster caregivers to attend this online workshop presented by Certified Sexual Health Educator Kerri Isham. The focus was on healthy and unhealthy qualities in relationships, whether it be friendships or romantic relationships.

Cowichan Valley Foster Parent Local Free Children's Clothing

CVFP Local continues to offer free gently used children's clothing. Foster caregivers can contact CVFP Local clothing coordinator Lisa at 250-818-3293 to arrange a time for access to the clothing. Thank you to Kinderbeez for their ongoing donations!

Book Requests

See a book you think would have strategies, research, or guidance that would help you provide better care for a child in your home? Give us a call and we will order the book and have it shipped directly to your front door. Foster caregivers can send book requests to Sandra at dacoord@fpsss.com or 250-618-8327 or the Regional Office at admin@fpsss.com or 778-430-5459..

NANAIMO Area Update

Sandra Beagley

T: 250-618-8327

Toll free: 1-888-922-8437

E: cicoord@fpsss.com

Foster Caregivers Social Mornings

Connection and support are vital. Foster Caregivers Social mornings are opportunities to spend time with others who understand the unique challenges that fostering can present. As October was Foster Caregiver Appreciation, participants received special goody bags.

Nanaimo Foster Parent/MCFD Resource Partnership Meeting

These hybrid meetings are important opportunities to connect and communicate

about updates, changes, identify needs in the community, and other discuss other information relevant to fostering.

Understanding ADHD

This virtual workshop focused on variations of ADHD and associated brain functioning, what living with ADHD is like, ways to maximize function and learning, and how medication works. Attendees appreciated and valued the useful tips and knowledge shared by presenter Lori Nichols, RN, MS.

Consent

Consent is a life skill that should be practised long before it has anything to do with sex. FPSS was able to cover costs of foster caregivers to attend this virtual workshop presented by Certified Sexual Health Educator Kerri Isham.

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@fpsss.com

Back in the Swing of things!

Thank you to all the caregivers who came out to the various meetings in September and October. It has been great to connect and learn what you would like to see in the future. We are working hard to bring your ideas into action, try some new things and most of all support you!

You may not be over the hill, but you have to admit you are starting to feel really woozy from the climb.

CAMPBELL RIVER Area Update

Prepared by Judy Hollywood Bonnett

T: 250-204-1566

Toll free: 1-888-922-8437

E: uicoord@fpsss.com

Foster Parent/MCFD Partnership Meetings

September's partnership was a great opportunity to catch-up after a busy summer. Acting Youth Team leader shared announcements and an update on MCFD's Youth transitioning out of care. We welcomed the resource teams new SPA and CYMH's new IP clinician. As always, our dedicated caregivers raised questions about trends in provincial and local foster care practice. Please view the meeting minutes circulated to stay in the loop!

Provision of Peer Support

September's *Walk and Talk* event arranged by our REC was a wonderful start to a new connection and self-care peer event. Catherine led participants in five-minutes of *forest bathing* and reflection. Taryn Corrie, CYMH team, hosted a *Sit & Snack* event. Caregivers and Taryn discussed self-care and mental health practices in their homes and suggested topics for future workshops. On the fourth Tuesday of each month, CRFPA hosted peer-support coffee meetings in their homes. Our appreciation goes to the foster caregivers who participated in our local events.

October Foster Family Appreciation Month

Campbell River's annual celebration of you and all you do for the community's children and youth in your care happened in October. MCFD social workers visited our foster care homes and delivered gift packs that include gift cards from local businesses, chocolates, and gift basket raffle tickets. Once again, this year, each MCFD team contributed a gift basket. Congratulations to winners Evalyn and Walter Hyroko (Campbell River) and Irene Oikle (Port Hardy).

NORTH ISLAND Area Updates

PORT HARDY Area Updates

Toll free: 1-888-922-8437

E: nicoordinator@fpsss.com

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 Jorgenson at fosterfamily@nicommunityservices.ca or Judy uicoord@fpsss.com. An ideal way to stay in the loop.

Cheryl Jorgenson Return

Cheryl is back this fall! The community thanks Karen Cooper and Jess McLaughlin who covered Cheryl's Foster Caregiver Support and Resource position over the summer.

October Foster Family Appreciation Month

North Island caregivers were celebrated at the annual honouring all you do for the community's children and youth in your care!

Ongoing Caregiver Education

North Island foster caregivers are thanked for their commitment to their professional development. Thank you for joining us at the monthly online workshops and session facilitated by FPSS Society.

In case anyone is considering doing some camping this summer, please note the following public service announcement: In Alaska, tourists are warned to wear tiny bells on their clothing when hiking in bear country. The bells warn away MOST bears. Tourists are also cautioned to watch the ground on the trail, paying particular attention to bear droppings to be alert for the presence of Grizzly Bears. One can tell a Grizzly dropping because it has tiny bells in it.



Go to fosterhope.ca to learn more about fostering or register for a Foster Hope Information Session
1-888-922-8437



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.

Garbage bags are not acceptable.

COLLABORATIVE ISLAND-WIDE TRAINING AND EVENTS

February Safe Babies Caregiver Training

What are Safe Babies?

Safe Babies are infants who have been prenatally exposed to alcohol and other drugs. The needs of Safe Babies exceed those of other infants in care and require caregivers specifically trained to meet these needs.

What is the FPSS Society Safe Babies Caregiver Training Program?

The FPSS Society Safe Babies Caregiver Training Program was created to provide caregivers with a deeper understanding of the needs of these vulnerable children along with the strategies, supports, and education required to help them flourish and reach their greatest potential. This training involves three full days plus the successful completion of Basic Level First Aid with Infant CPR. Safe Babies Caregivers offer an environment that nurtures and treasures these precious little ones and helps set them on a path to a full and successful life. Because of the fragility of these infants, there are requirements that go above and beyond those of regular foster caregivers.

Where do I learn more?

Watch your emails, Facebook groups, and newsletter for details of FPSS's February's Safe Babies Caregiver Training.

How do I register for the training?

If you are considering becoming a Safe Babies Caregiver, speak to your Resource Worker and ask for their support in attending the training. Please note the you must have the approval of your worker to attend the training and that successful completion of the training does not guarantee you will be approved as a Safe Babies Home.



Announcing the New Built-in Orderly Organized Knowledge Device Otherwise Known as the BOOK!

It's a revolutionary breakthrough in technology: no wires, no electric circuits, no batteries, nothing to be connected or switched on. It's so easy to use even a child can operate it. Compact and portable, it can be used anywhere--even sitting in an armchair by the fire--yet it is powerful enough to hold a vast amount of information, and doesn't require internet access.

Here's how it works: each BOOK is constructed of sequentially numbered sheets of paper (recyclable), each capable of holding thousands of bits of information. These pages are locked together with a custom-fit device called a binder which keeps the sheets in their correct sequence. By using both sides of each sheet, manufacturers are able to cut costs in half.

Each sheet is scanned optically, registering information directly into your brain. A flick of the finger takes you to the next sheet. The book may be taken up at any time and used by merely opening it. The "browse" feature allows you to move instantly to any sheet, and move forward and backward as you wish. Most come with an "index" feature, which pinpoints the exact location of any selected information for instant retrieval.



An optional "BOOKmark" accessory allows you to open the BOOK to the exact place you left it in a previous session--even if the BOOK has been closed. BOOKmarks fit universal design standards; thus a single BOOKmark can be used in BOOKs by various manufacturers.

Portable, durable and affordable, the BOOK is the entertainment wave of the future, an many new titles are expected soon, due to the surge in popularity of its programming tool, the Portable Erasable-Nib Cryptic Intercommunication Language Syllus.



Get Connected!
admin@fpsss.com

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

Call toll free
1-888-922-8437

COLLABORATIVE ISLAND-WIDE TRAINING AND EVENTS

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 and we will help get you ready.

Understanding ADHD REPLAY

Tuesday, November 14th to Tuesday, November 28th

This Online Replay is open to foster caregivers, social workers, kinship caregivers, and staffed resource employees/managers.

Two weeks of unlimited access to the recording of the September workshop presented by Lori Nichols, RN, MS.

The workshop focused 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

A Question and Answer session followed the presentation. Registrants will receive the link to access the recording closer to the start date.

Lori 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://conta.cc/3thfLdm>

Safer Sex (Virtual)

Wednesday, November 29th, 6:30pm to 8:00pm

Presented by Certified Sexual Health Educator Kerri Isham

This **online** workshop is open to Foster Caregivers

Learning about safer sex practices makes it more meaningful and comfortable for everyone.

In this workshop you will learn about:

1. Your Parts and how to look after them
2. Boundaries
3. Permissions
4. Precautions
5. STI/Testing
6. Resources

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 will cover the cost for foster caregivers. Teens 12+ can attend as a guest when accompanied by their foster caregiver.

Register at <https://conta.cc/468ETBx>



South Island News and Events



DIANNE THOMPSON SOUTH ISLAND COORDINATOR
778-430-5459 or sicoord@fpsss.com

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.

Foster Parent Advisory Meeting

Thursday, November 23rd, 9:30am to 11:00am

If you have questions or concerns you would like to see discussed, call the Regional Office so they can be added to the agenda.

778-430-5459 or admin@fpsss.com.

Fostering 101

These events are a great way to keep in touch with peers, take a break, and learn something new. Watch your email and Facebook pages for details of upcoming sessions or contact Sandy Case with questions and suggestions at slcase@shaw.ca.

Can you add one straight line to the equation to make it true?

$$5 + 5 + 5 = 550$$

(you cannot alter the "=" sign)

See page 14 for solution

Goodbye and Thank You to Vicki Bridge

FPSS Society would like to thank Vicki Bridge for the many years of training and support she has provided to caregivers in the South Island area. Vicki has shared her expertise, wisdom, skills, strategies, and sense of humour at workshops, BCFCE classes, and meetings.



Thank you for your time and dedication. We wish you great adventures and a journey of wonder and awe. Know that you will be greatly missed.

We must find time to stop and thank the people who make a difference in our lives.

John F. Kennedy



Children's Christmas Shoppe

Saturday, November 25th, 1:00pm to 3:00pm
345 Wale Road (Gym)

SIFPA is pleased to bring back this event!

Bring all your children and their Christmas Lists to shop for their siblings and other family members. All items are new and cost a Toonie.

Annual Family Christmas Party

Thursday, December 2nd, 1:00pm to 3:00pm
555 Girou Road

Please join SIFPA for a lovely outdoor Christmas party!

Take photos with our wonderful Santa, walk through the amazing street-wide decorations, enjoy hot chocolate and cookies and take home a gift bag full of fun family Christmas activities.

RSVP to slcase@shaw.ca



South Island Holiday Tea

Tuesday, December 19th, 10:00am to 1:00pm
FPSS Regional Office, 145-735 Goldstream Avenue

FPSS invites foster caregivers, MCFD and Indigenous Child and Family Services staff to stop by the Regional office and enjoy sweet treats and great conversation. Leave behind the crowds, traffic, and chores to spend a little time with friends. Let us know you are coming (so we can plan our cookie preparation), or just drop in.

admin@fpsss.com or 778-430-5459

SOUTH ISLAND Peer Support Service

AVAILABLE TO NOVEMBER 30TH 2023

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.



South Island News and Events

A Helpful Letter for Parents to Tell Their Kids about Santa

As a parent, it is always difficult to know how to respond when your child comes to the age that they start asking about Santa Claus. However, every child will ask the inevitable question at some stage "are you Santa"? Mum Martha Brokenbrough was faced with this very same question by her daughter Lucy. Hoping to explain it to her little girl in a way that wouldn't ruin the magic of Christmas, Martha wrote a Lucy a very special letter.

Dear Lucy,

Thank you for your letter. You asked a very good question: "Are you Santa?"

I know you've wanted the answer to this question for a long time, and I've had to give it careful thought to know just what to say.

The answer is no. I am not Santa. There is no one Santa.

I am the person who fills your stockings with presents, though. I also choose and wrap the presents under the tree, the same way my mom did for me, and the same way her mom did for her. (And yes, Daddy helps, too.)

I imagine you will someday do this for your children, and I know you will love seeing them run down the Christmas magic stairs on Christmas morning. You will love seeing them sit under the tree, their small faces lit with Christmas lights.

This won't make you Santa, though.

Santa is bigger than any person, and his work has gone on longer than any of us have lived. What he does is simple, but it is powerful.

He teaches children how to have belief in something they can't see or touch.

It's a big job, and it's an important one. Throughout your life, you will need this capacity to believe: in yourself, in your friends, in your talents, and in your family.

You'll also need to believe in things you can't measure or even hold in your hand. Here, I am talking about love, that great power that will light your life from the inside out, even during its darkest, coldest moments.

Santa is a teacher, and I have been his student, and now you know the secret of how he gets down all those chimneys on Christmas Eve: he has help from all the people whose hearts he's filled with joy.

With full hearts, people like Daddy and me take our turns helping Santa do a job that would otherwise be impossible.

So, no, I am not Santa. Santa is love and magic and hope and happiness. I'm on his team, and now you are, too.

I love you and I always will.

Mama

This piece was written by the very talented Martha Brokenbrough
The truth about Santa. One mother's beautiful letter to her daughter | Familyfriendlyhq.ie



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

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

Thank you for your support



Participating Depots:

4261 Glanford Avenue (Provide name FPSS Foster Parent Support Services Society)

655 Queens Avenue (Provide name FPSS Foster Parent Support Services Society)

3961 Quadra Street (Provide name FPSS Foster Parent Support Services Society)

2032 Idlemore Road (Sooke) (Provide Account Number 28)

How to donate to these accounts

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

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

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

Central Island News and Events

COWICHAN VALLEY AREA



SANDRA BEAGLEY COWICHAN VALLEY LOCAL COORDINATOR
250-618-8327 OR dacoord@fpsss.com

Foster Caregiver Social Mornings

Wednesday, November 15th, 9:30am to 11:00am

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

These gatherings are great ways to connect with other foster caregivers who understand the unique challenges and rewards of fostering. This morning will have optional craft activity! Card kits will be available to make fun and festive cards. There will be four different kits to choose from as well as supplies to create your own one of a kind designed card. Please contact Sandra at 250-618-8327 or dacoord@fpsss.com. Please watch your emails for more information.

MCFD Partnership Meeting

Wednesday, December 6th, 9:30am to 11:00am

15 Craig Street, Duncan, or virtually via Teams

Some days, the best thing about my
job is that the chair spins.



**BECOME A CAREGIVER
WITH LALUMUTUL SMUN'EM**

Children are our future

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

Contact **Cowichan Tribes** for more information

250-746-1002

Partnership gatherings are an opportunity for foster caregivers and social workers to network, share information, ask questions, and identify issues. MCFD office doors open at 9:00am and foster caregivers are welcome to come catch up with one another and resource workers before the start of the 9:30am meeting. Sandra will email area foster caregivers with more information including virtual participation link closer to event date.

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!

Festive Foster Family Event

Wednesday, December 13th, 9:30am to 11:00am

Kidz Co. Daycare, 2731 James Street, Duncan

Cowichan Valley Foster Parents Local invites area foster caregivers to register their families for this special event! Registrants will receive treats and fun for the whole family and a gift for each registered child and youth! Caregivers are encouraged to stay and visit! Coffee, tea, and snacks will be available. **Registration is required and spaces are limited.** Registration closes Wednesday, December 6th or when spaces are filled - whichever occurs first. Cost is \$20.00 per family. Payment is due by December 6th and can be made prior to event by e-transfer to the Cowichan Valley Foster Parents Local at cvfplocal@gmail.com or at the event by cash or cheque (Made out to CVFP Local) delivered to Kidz Co Daycare.

Register at <https://conta.cc/46utonN>



Journey of Truth

The Aboriginal Policy and Practise Framework

Wednesday, November 8th, 9:00am to 3:00pm Doors open 8:30 am

Best Western Cowichan Valley Inn, 6457 Norcross Road, Duncan

Cowichan Valley Foster Caregivers are invited to join in an exploration of the *Aboriginal Policy and Practice Framework* (APPF) through a caregiver lens, supported by Indigenous agencies, as well as ministry representatives who work with the APPF. This experiential workshop will offer participants an opportunity to understand how the APPF Values, Foundations, and the Circle as a Restorative Process can be utilized to strengthen their relationships with Indigenous children, youth, families and communities, and all of the professional support workers, creating a strong circle of support.

Caregivers are vital to improving outcomes for Indigenous children, youth, and families. The APPF is an overarching framework that provides an inclusive, collaborative decision-making model and approach to relationship building that supports and centers Indigenous Peoples' diverse systems of caring, nurturing children, and resiliency. The APPF uses the Circle as a Restorative Process, as a methodology for engagement to support and identify restorative policies and practices that can be infused with Indigenous-specific cultural knowledge and practices guiding the engagement.

Lunch is provided and registration is required. Please note any allergies or dietary restrictions in your registration.

Open to Cowichan Valley Foster Caregivers only

Register at <https://bit.ly/48urYeC>

APPF document link [abframework.pdf \(gov.bc.ca\)](https://abframework.pdf(gov.bc.ca))



Ministry of
Children and Family
Development

Central Island News and Events



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.

Therapeutic Books for Foster Caregivers

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

NANAIMO AREA

 **SANDRA BEAGLEY CENTRAL ISLAND COORDINATOR**
250-618-8327 OR cicoord@fpss.com

Nanaimo Foster Caregivers/MCFD Nanaimo Resource Partnership Meeting

Tuesday, November 28th, 1:00pm to 2:00pm

MCFD Board Room #102, 488 Albert Street, Nanaimo

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



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**



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.

Understanding ADHD

Tuesday, November 14th to Tuesday, November 28th

Online

Presented by Lori Nichols

See page 6

Safer Sex

Wednesday, November 29th, 6:30pm to 8:00pm

Online

Presented by Certified Sexual Health Educator Kerri Isham

See page 6

PORT ALBERNI AREA

 **JUANITA CURRIE PORT ALBERNI LOCAL COORDINATOR**
250-735-1124 or pacoord@fpss.com

Caregivers who have questions or concerns, or need support can call the Regional Office at 1-888-922-8437. We will find answers and connect you with support. Don't forget to check-in with your fellow foster caregivers to ask for and offer support during this hectic time of year.

Ombudsperson British Columbia

What we do

As BC's independent voice for fairness and accountability, we work to make sure public sector organizations are treating people fairly and following the rules. We listen to and investigate complaints about local and provincial public sector organizations as well as investigate reports of serious wrongdoing in the provincial government. Our work improves public services for all British Columbians. Our services are free, confidential and available in multiple languages

Our Indigenous Services

The BC Ombudsperson is advancing a decolonial approach in our work with Indigenous Peoples. We are committed to building and sustaining ongoing relationships rooted in respect, reciprocity and responsibility.

BC Ombudsperson

2nd floor – 947 Fort Street

Victoria, BC

Toll-free 1-800-567-3247

[Office of the Ombudsperson - \(bcombudsperson.ca\)](http://Office of the Ombudsperson - (bcombudsperson.ca))



Central Island News and Events

Becoming an USMA Caregiver in Port Alberni

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

Call Julia Hunter
250-724 3232

to learn more, or to ask about
Information Sessions.

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.

Fun Christmas Trivia

1. Which popular Christmas beverage is also called "milk punch"?
2. What type of story is Dicken's *A Christmas Carol* (hint: it's the subtitle)?
3. How many ghost show up in *A Christmas Carol*?
4. Which one of Santa's reindeer has the same name as another holiday mascot?
5. How many gifts in total were given in *The Twelve Days of Christmas* song?
6. Which fairy tale was the first gingerbread house inspired by?
7. What is the name of George Bailey's guardian angel in *It's a Wonderful Life*?
8. In Spain, a tradition in the first seconds of the New Year is to quickly eat 12 uvas for good luck. In English, what fruit are uvas?
9. *Vaccinium macrocarpon* is the scientific name of what Thanksgiving staple?
10. What was the original name of *The Night Before Christmas* by Clement Clarke Moore?



1. Egg nog
2. A Holiday Ghost Story
3. Four
4. Cupid
5. 364
6. Hansel and Grete
7. Clarence Oddbody
8. Grapes
9. Cranberry
10. A Visit from St. Nicholas
11. While you might think the shortened version of "Christmas" is a modern creation, it actually harkens back all the way to the mid-1500s and the Greek letter X, which is the first letter in (you guessed it) the Greek word for Christ: Χριστός.

Answers



Adoption and Permanency Awareness Month

What is Adoption and Permanency Awareness Month?

Adoption and Permanency Awareness Month takes place every November in BC to draw attention to the children and teens who are waiting for permanent homes through adoption, guardianship, kinship placement, or another form of permanency.

Successful adoption and permanency matches are based on the best fit for the child. That means that some families will be matched quickly, while others will wait longer. The greatest need is for prospective parents who are:

Indigenous;

Open to adopting siblings;

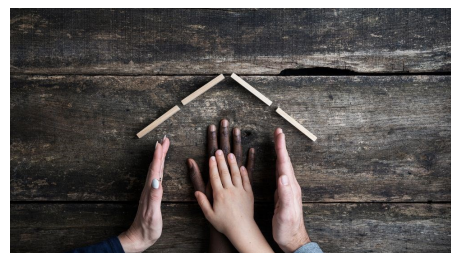
Open to adopting a teenager; and/or

Open to adopting children with special needs (such as early abuse or neglect, behavioural challenges, learning disabilities, Autism Spectrum Disorder, or Fetal Alcohol Spectrum Disorder)

Permanency means family, belonging, and lifelong connection. There are many ways to create permanency including adoption, guardianship, kinship care, and Indigenous customary care.

Permanency has four dimensions: legal, physical, cultural, and relational permanency.

[Adoption and Permanency Awareness Month | Adoptive Families Association of BC \(bcadoption.com\)](https://www.bcadoption.com/)



Upper Island News and Events

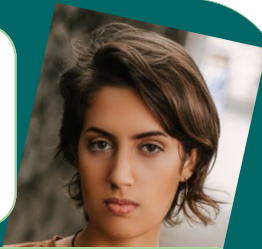
COMOX VALLEY



JESSICA HUMPHRIES COMOX VALLEY COORDINATOR
250-986-7929 OR cvcoord@fpsss.com.

Comox Valley Foster Caregiver/MCFD Partnership Meeting (Hybrid)
Tuesday, January 16th, 10:15am to 11:15am
The Foundry Boardroom 575 10th Street or virtually via Zoom
Our Partnership meetings happen monthly. All Foster Caregivers are welcome! Please zoom in or phone in and be part of our discussions and networking. Zoom link will be emailed out one week before our meetings. For more information or to add to the agenda, please contact Jessica Humphries at cvcoord@fpsss.com.

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.

Comox

Valley Education Committee

Interested in helping organize educational opportunities for foster caregivers in the Comox Valley? Our education committee is seeking new members please 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

Friday, November 24th, 10:00am to 11:00am
CVFSA 1415 Cliffe Avenue, Courtenay.

Please note that the Safe Babies Group is normally the 4th 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. Little ones are welcome to attend with caregivers. An email will go out the week before with our discussion topic if there is a guest speaker.

Understanding ADHD

Tuesday, November 14th to Tuesday, November 28th

Online

Presented by Lori Nichols

See page 6

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@cvfesa.org.



Safer Sex

Wednesday, November 29th, 6:30pm to 8:00pm

Online

Presented by Certified Sexual Health Educator Kerri Isham

See page 6

CAMPBELL RIVER

JUDY HOLLYWOOD BONNETT UPPER ISLAND COORDINATOR

250-204-1566 OR uicoord@fpsss.com.

Campbell River MCFD office has relocated

New address is

2nd Floor - 1334 Island Highway
Campbell River BC V9W 8C9

In the Discovery Harbour Shopping Centre above the Harbour Grill Restaurant

Both the 929 Ironwood and 1180 Ironwood office will be moving.

Telephone and Fax numbers remain the same

929 Ironwood Office Phone 250-286-7542; Fax 250-286-7557

1180 Ironwood Office Phone 250-830-6500; Fax 250-286-7601

Services at the new location include
Resources, Intake and Investigations, Family Services, Family and Cultural Connections, Child and Youth with Support Needs, Youth Services, Youth Protection, Child and Youth Mental Health, and Adoptions.



Upper Island News and Events

Foster Parent/MCFD Partnership Meeting

Tuesday, November 14th, 9:30am to 10:30am

Location to be confirmed: **MCFD meeting room, upstairs at Discovery Harbour Mall, 1334 Island Highway**
2nd 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 for more information or to suggest a discussion topic.

Foster Caregivers Peer Events and Workshops

Events and workshops to be announced, watch your inbox. All foster caregivers are invited to join us at November and December's foster community events. For details contact Catherine Catherine.mccauley@crfs.ca or Judy uicoord@fpss.com or text/call 250-204-1566.

Foster Caregivers In-person Coffee Meeting

Tuesday, November 28th, 10:00am to 11:30am

4th Tuesday of the month

Host TBA

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 or text/call 250-204-1566.

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 MCFD and ask to speak with a Resource Worker. Contact MCFD Campbell River office at 250-286-7542.

HOLIDAY HINT

Once you lick the frosting off a **cupcake** it becomes a **muffin...**
and muffins are healthy.

(You're welcome.)



Daylight Savings Ends November 5th

Remember that hour you lost in March? It's baaaaack...

What can you do with one extra hour?

Write a letter and mail it...old school
 Read to a kid
 Sleep
 Be silent
 Play
 Bake something yummy
 Practise being invisible
 Plant something

Try to remember how to adjust the time on all your time-keeping devices that are not smart enough to adjust themselves.



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

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.

I always knew that looking back on tears would make me laugh, but I never knew that looking back on the laughs would make me cry.

Yusuf Islam (Cat Stevens)

5 4 5 + 5 = 550

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 or 1-888-922-8437 (Toll Free).



Are you new to fostering?

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

North Island News and Events



PORT HARDY LOCAL COORDINATOR
1-888-922-8437

North Island Foster Parent/MCFD Partnership Meetings

Planning is 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.

Foster Placement Support

We invite North Island foster caregivers to check in with your local Foster Caregiver Support Resource worker at North Island Community Services to discuss fostering resources, suggest a workshop topic, or just say hello. Contact 250-230-3484 or fosterfamily@nicommunityservices.ca. **(PLEASE NOTE NEW EMAIL)**

Training Resources

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

Becoming a Foster Parent in North Island

If you have a friend, co-worker, neighbour, or childcare provider interested in becoming a foster parent in North Vancouver Island please have them contact MCFD at 250-949-8011. We are currently seeking Relief, Respite, and Emergency homes.

Nothing of real worth can ever be bought. Love, friendship, honour, valour, respect. All these things have to be earned.
David Gemmell

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 250-230-3484 or through her email at fosterfamily@nicommunityservices.ca. **(Please note new email)**



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.

National Indigenous Veterans' Day November 8th Remembrance Day November 11th

November 11th, Remembrance Day, is the day Canadians remember the brave men and women who have served, and continue to serve our country during times of war, conflict and peace; specifically, the First and Second World Wars, the Korean War, and all conflicts since then in which members of the Canadian Forces have participated to give us, and others, freedom.

I have not sacrificed anything for my freedom. It was given to me, by those who came before me and sacrificed so much. So now, it is my responsibility to never forget the service and the sacrifices of more than one and a half million Canadian soldiers, sailors, aircrew and merchant seaman.

They died so I could have the freedom to stand here, and give this speech. So I can get an education. Get a job. Live a freelif. I am forever in their debt.

I will remember the sacrifices of everyone;

The doctors and nurses who tended to the wounded;

The parents who watched their children fight things that they couldn't protect them from;

The children who were too young to understand why their moms and dads wouldn't be home for Christmas;

The teen boys, who were shipped off to fight before they even got a chance at adulthood;

Or the kids who had to grow up too soon so they could take care of their families in the middle of the war.

Because they lost so much...and because they gave everything, I thank them. I will always remember.

Ladies and gentlemen, as we stand here in peace and safety, we pay our respects to all of the fallen, all of the wounded and all who served in conflicts over the last 100 years. Today, as we should every day, we remember those who volunteered, sacrificed, served, fought, and died, for our freedom. We thank you, and we salute you as we salute those who made the ultimate sacrifice for our freedom. We will never forget. We will remember you

[A moving speech at the city's Remembrance Day Service | St. Peter School \(stpeterbrantford.ca\)](http://stpeterbrantford.ca)

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, November 1 st	6:30pm to 7:30pm	https://conta.cc/45m1b24
Wednesday, November 15 th	12:00 noon to 1:00pm	https://conta.cc/3DZtQhg
Wednesday, December 6 th	6:30pm to 7:30pm	https://conta.cc/3QBH0ZJ
Wednesday, December 13 th	12:00 noon to 1:00pm	https://conta.cc/3QLiPfH

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



Thanks to those who entered our recent colouring contest. Your artwork was amazing!

fosterhope
 Together, we can make a difference.

Do you have what it takes to be a foster caregiver?

What qualities do we [MCFD] look for in foster caregivers?

Nurturing You are warm and accepting of children, youth and families; you create a sense of belonging in your home and family while also nurturing the connections the child or youth has to their family and other important people in their lives

Openness You provide a sense of safety and belonging; nurturing a child or youth’s sense of self, including cultural, racial, religious, gender, sexual identity

Flexibility You provide care according to a child or youth’s needs

Curiosity You are open to learning opportunities that enhance and support your role as a caregiver; you are excited to learn about diverse cultures, needs and families



Inclusivity You embrace a team approach to caregiving and partnership where parents, kin, caregivers and MCFD/ICFS Agency social workers support each other in the care of a child or youth

Trauma Informed You understand or are willing to learn about how trauma impacts families and how trauma heals within safe relationships

Bravery You are willing to ask for and accept support

[Foster Caregiving - Province of British Columbia \(gov.bc.ca\)](http://gov.bc.ca)



CHILD, FAMILY AND COMMUNITY SERVICE ACT

[RSBC 1996] CHAPTER 46

This Act is current to October 18, 2023

Rights of children in care

70(1) Children in care have the following rights:

- a) to be fed, clothed and nurtured according to community standards and to be given the same quality of care as other children in the placement;
- b) to be informed about their plans of care;
- c) to be consulted and to express their views, according to their abilities, about significant decisions affecting them;
- d) to reasonable privacy and to possession of their personal belongings;
- e) to be free from corporal punishment;
- f) to be informed of the standard of behaviour expected by their caregivers or prospective adoptive parents and of the consequences of not meeting the expectations of their caregivers or prospective adoptive parents, as applicable;
- g) to receive medical and dental care when required;
- h) to participate in social and recreational activities if available and appropriate and according to their abilities and interests;
- i) to receive the religious instruction and to participate in the religious activities of their choice;
- j) to receive guidance and encouragement to maintain their cultural heritage;
- k) to be provided with an interpreter if language or disability is a barrier to consulting with them on decisions affecting their custody or care;
- l) to privacy during discussions with members of their families, subject to subsection (2);
- m) to privacy during discussions with a lawyer, the representative or a person employed or retained by the representative under the Representative for Children and Youth Act, the Ombudsperson, a member of the Legislative Assembly or a member of Parliament;
- n) to be informed about and to be assisted in contacting the representative under the Representative for Children and Youth Act, or the Ombudsperson;
- o) to be informed of their rights, and the procedures available for enforcing their rights, under
 - i. this Act, or
 - ii. the Freedom of Information and Protection of Privacy Act.

(1.1) In addition to the rights set out in subsection (1), Indigenous children have the right to

- a) receive guidance, encouragement and support to learn about and practise their Indigenous traditions, customs and languages, and
- b) belong to their Indigenous communities.

(2) A child who is removed under Part 3 is entitled to exercise the right in subsection (1) (l), subject to any court order made after the court has had an opportunity to consider the question of access to the child.

(3) This section, except with respect to the Representative for Children and Youth as set out in subsection (1) (m) and (n), does not apply to a child who is in a place of confinement.

Can't get into your family doctor? Walk-in Clinics at Capacity? There may be an alternative

Emergency – CALL 911 or go to nearest Emergency Room.

Health Link BC - 811 is a free-of-charge provincial health information and advice phone line available in British Columbia. The 811 phone line is operated by HealthLink BC, which is part of the Ministry of Health. By calling 811, you can speak to a health service navigator, who can help you find health information and services; or connect you directly with a registered nurse, a registered dietitian, a qualified exercise professional, or a pharmacist...healthcare professionals will help you get the information you need to manage your health concerns, or those of your family.

First Nation Virtual Doctor of the Day. The First Nations Virtual Doctor of the Day program enables First Nations people in BC with limited or no access to their own doctors to make virtual appointments. If you do not have access to a doctor, or have lost access because of the COVID-19 pandemic, call 1-855-344-3800 to book an appointment with the Virtual Doctor of the Day in your region. All First Nations people who live in BC are eligible for this service. <https://www.fnha.ca/what-we-do/ehealth/virtual-doctor-of-the-day>

Pharmacist – Expanded pharmacy services - Province of British Columbia (gov.bc.ca) [Expanded pharmacy services - Province of British Columbia \(gov.bc.ca\)](https://bookapharmacist.gov.bc.ca/s/) You can get assessed by a pharmacist for 21 minor ailments. These services are free of charge to British Columbians when provided in person, in a pharmacy. <https://bookapharmacist.gov.bc.ca/s/>

Allergies, Cold sores, Fungal infections (ring worm), Heartburn (acid reflux), Hemorrhoids, Headaches, Impetigo, Indigestion, Itching, including from bug bites, Menstrual pain, Mild acne, Nicotine dependence, Oral fungal infections (thrush), Oral ulcers (canker sores), Pink eye (conjunctivitis), Shingles, Sprains and strains, Skin rash (dermatitis), Threadworms or pinworms, Uncomplicated urinary tract infection, Vaginal candidiasis (yeast infection) AND Contraception. <https://bookapharmacist.gov.bc.ca/s/>

Telus Health - TELUS Health Virtual Care is a service that provides virtual consultations with Canadian-licensed physicians, mental health counsellors, and dietitians. It also offers in-person public clinics, advanced digital health tools, and access to a variety of health and wellbeing services. [TELUS Health MyCare | TELUS](https://www.telushealth.ca/MyCare)

Pathways Medical Care Directory - Pathways Medical Care Directory - PathwaysMedicalCare.ca If you have no doctor you can use this directory by entering your city and a list of medical clinics in that city will come up. You can also register for a Primary Care Provider on the website, you can also register your family members or a person in your care. [Pathways Medical Care Directory - PathwaysMedicalCare.ca](https://www.pathwaysmedicalcare.ca/)

Medi Map - Medimap is a digital healthcare website that helps Canadians find and book healthcare appointments. Medimap: Find Doctors near me and Book Appointment Online [Medimap: Find Doctors near me and Book Appointment Online](https://www.medimap.ca/)

Additional Emergency Services

Poison Control - If you are concerned about a possible poisoning or exposure to a toxic substance, call Poison Control immediately at 1-800-567-8911 toll-free in B.C. Visit [British Columbia Drug and Poison Information Centre](https://www.bccdc.ca/healthlinkbc/poison-control) for additional information and prevention tips. [Poisoning | HealthLink BC](https://www.bccdc.ca/healthlinkbc/poison-control)

Victim Link Crisis Line - -VictimLinkBC is a toll-free, confidential, multilingual service available across B.C. and the Yukon 24 hours a day, 7 days a week and can be accessed by calling or texting 1-800-563-0808 or sending an email to VictimLinkBC@bc211.ca. It provides information and referral services to all victims of crime and immediate crisis support to victims of family and sexual violence, including victims of human trafficking exploited for labour or sexual services. 1-800-563-0808

Crisis intervention and Suicide Prevention (BC crisis lines) - Confidential, non-judgmental, free emotional support 24 hours a day, seven days a week for people experiencing feelings of distress or despair, including feelings which may lead to suicide.

Toll-free: Call 1-800-SUICIDE (1-800-784-2433) if you are considering suicide or are concerned about someone who may be.

Mental health support: Call 310-6789 (no need to dial area code) for emotional support, information and resources specific to mental health. crisiscentre.bc.ca

Honouring First Responders

When some people hear alarms, cries for help, or other signs of danger, they run *away*...others run *towards*. The Board and Staff of FPSS Society thank all those who run towards, answer the phones, come to our aid when things go wrong, calm us when we are frightened, risk their own lives not because it's their job, but because it's who they are. Not all of us can offer grand, glittery, celebrity-endorsed displays of gratitude, but there are small things we can do to make the work of first responders a little easier.

Smoke detectors: Buy one. Install it. Check the batteries every time you change your clocks

Fire Extinguishers: Buy one. Learn how to use it to put out small fires and clear evacuation routes

911: Teach your children how and when to call 911

Emergency Plan: Have one. Practise it. Make sure your children know it.

Poisons: Keep poisons out of children's reach. Never put something poisonous in an empty water/energy drink. Never call medicine "candy" to get children to take it.

Crisis Intervention: If you need help, call them. No, seriously, CALL THEM. No shame, no blame, Do it for yourself. Do it for your family.

Emergency or Inconvenience: Learn the difference. No breathing and uncontrolled bleeding are emergencies. Having to wait in line is not. (So stow the grumbling and shuffling)

FPSSS Contact Information

FPSS BOARD OF DIRECTORS	NAME	TEL	FAX	E-MAIL
Chairperson	Diane Daigle	250-218-2119		dianelyndaigle@gmail.com
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CI Safe Babies Coordinator		1-888-922-8437	778-430-5963	cisbcoord@fpsss.com
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Recruitment Coordinator	Eva Vowles	778-430-5459	778-430-5463	fosterhope@fpsss.com
Mentor Coordinator	Janet Christie	1-888-922-8437	778-430-5463	mentor@fpsss.com
INVESTIGATION AND RESOLUTION SUPPORT TEAM (FORMERLY PROTOCOL SUPPORT)				
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Upper Island	Dianne Thompson	1-888-922-8437	778-430-5463	sicoord@fpsss.com
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Secretary Treasurer	Sam Taylor	250-686-3353		s.taylor44@shaw.ca
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Contact	Judy Hollywood Bonnett	250-204-1566		uicoord@fpsss.com
COMOX VALLEY LOCAL				
Contact	Jessica Humphries	250-986-7929		cvcoord@fpsss.com



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,

www.fosterhope.ca

Hours of Operation:

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

Friday: 9:00am to 1:00pm

ISLAND CONNECTION NEWSLETTER:

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

NEWSLETTER INFORMATION

Eva Vowles

Tel: 778-430-5459 Fax: 778-430-5463

fosterhope@fpsss.com

SOUTH FPSSS OFFICE	CENTRAL FPSSS OFFICE	UPPER FPSSS CONTACT
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We invite any letters or comments.

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

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

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

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

or email us at admin@fpsss.com

ADVERTISING?

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

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

Some restrictions apply.

*Foster Caregivers are
Making a Difference!*



*For all you do,
we Thank You!*



FPSS Foster Parent Support Services Society



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

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