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FPSS Foster Parent Support Services Society

The Island

Connection

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

Happy New Year!

START

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

In this new year, may you have a deep understanding of your true value and worth, an absolute faith in your unlimited potential, peace of mind in the midst of uncertainty, the confidence to let go when you need to, acceptance to replace your resistance, gratitude to open your heart, the strength to meet your challenges, great love to replace your fear, forgiveness and compassion for those who offend you, clear sight to see your best and true path, hope to dispel obscurity, the conviction to make your dreams come true, meaningful and rewarding synchronicities, dear friends who truly know and love you, a childlike trust in the benevolence of the universe, the humility to remain teachable, the wisdom to fully embrace your life exactly as it is, the understanding that every soul has its own course to follow, the discernment to recognize your own unique inner voice of truth, and the courage to learn to be still.

Janet Rebhan

The Board and Staff of FPSS wish everyone a New Year filled with love and laughter.

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!

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 the Regional Office at admin@fpsss.com or 778-430-5459..

SOUTH ISLAND Area Update

Prepared by Regional Office

T: 778-430-5460

Toll free: 1-888-922-8437

E: sicoord@fpsss.com

Holiday Events

The busy SIFPA elves worked overtime to offer foster families two holiday events. The *Annual Children's Christmas Shoppe* gave children an opportunity purchase holiday gifts for family and friends. The *Annual Family Christmas Party* was a delightful walking tour through twinkling lights and inflatable friends. The Region Office hosted a *Holiday Tea* for caregivers, ministry staff, and those interested in fostering.

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.

Peer Support

Caregivers continue to offer one another support on challenging days.

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, support, and share with fostering peers. Coffee, tea, and snacks were available at these gathering. November and December meetings had festive elements and optional fun crafts!

MCFD Partnership Meeting

MCFD Resources offered in-person and virtual participation options for December's meeting. There was a full agenda of topics discussed. Partnership Meetings are opportunities to build relationships, receive updates, find out about resources, and ask questions.

Journey of Truth

This engaging full day event offered foster caregivers an opportunity to understand how the Aboriginal Policy and Practice Framework (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.

Festive Foster Family Event

CVFP Local held a festive event for foster families. Every registered family received a box



or bag filled with treats and fun for the whole family and a gift for each registered child and youth!

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!

NANAIMO Area Update

Sandra Beagley

T: 250-618-8327

Toll free: 1-888-922-8437

E: cicoord@fpsss.com

Foster Caregivers Social Mornings

Foster caregiver social mornings are opportunities to spend time with others who understand the uniqueness and challenges that fostering can have. With the festive season upon us, November's meeting included a festive card making activity and December's meeting offered mini gingerbread house kits.

Nanaimo Foster Parent/MCFD Resource Partnership Meeting

These hybrid meetings are important opportunities to connect and communicate about updates, changes, identify area needs, and other discuss other information relevant to fostering. Next meeting is January 30th 1:00pm to 2:00pm.

REPLAY Understanding ADHD

Registrants received a link to access the video of this recorded workshop to view at their own pace for a two-week period. Each registrant also received resource information and reference sheets provided by the presenter. Registrants gave tremendous positive feedback for this replay.

Safer Sex

Learning about safer sex practices makes it more meaningful and comfortable for everyone. FPSS arranged for foster caregivers and youth attending with them to participate in this virtual workshop presented by Certified Sexual Health Educator Kerri Isham.

Winter Festive Celebration

Nanaimo MCFD hosted a fun-filled event with music, treats, and crafts. Foster caregivers participated with the children and youth in their care. FPSS Society supported festive crafts. The making of candy cane reindeer was a particularly popular craft with all ages!

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: 250-986-7929

E: cvcoord@fpsss.com

Comox Valley Party Planners

Thank to everyone who joined us for our holiday celebration at Woodland Gardens. It was so lovely to see everyone sharing in the festive spirit. Please contact Jessica Humphries if you interested in being involved in planning our Easter event.

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

November's partnership met in the MCFD meeting room. This meetings offered updates on local trends in foster care. Please view the minutes circulated through our distribution list to stay in the loop!

Network Happenings

The Campbell River Foster Parent Association hosted November's in-person "foster-caregiver-only" coffee meeting. An enthusiastic team of elves met on November 30th to assemble this year's Holiday Goodie Bags for younger child in living in local foster homes.

Farewell and welcome

Catherine McCauley has moved on to fulltime work as a CRFS counsellor. Welcome Lindsay Creedon to the Resource Enhancement Counsellor position. Lindsay comes to us with experience from Ontario's Children's Aid Society and teaching at a First Nation's high school. She is available Monday to Thursday until at (778) 346-9327 Ext: 333 or Lindsay.creedon@crfs.ca

NORTH ISLAND Area Updates

PORT HARDY Area Updates

Toll free: 1-888-922-8437

E: nicoordinator@fpsss.com

Anniversary

November 16th marked the one-year mark anniversary of North Island's caregiver files being transferred to the Campbell River resources team. An afterschool drop-in for caregivers to visit with their resource workers and foster parent support Cheryl Jorgenson was arranged!

Ongoing Caregiver Education

North Island foster caregivers are thanked for their commitment to their professional and community development. Thank you for attending the local drop-in events which strengthen

Enhanced Communication

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

FPSS SOCIETY MISSION STATEMENT

The FPSS Society is a CARF Accredited Grass Roots organization committed to providing meaningful and accessible support, education and networking services which will continually enhance the skills and abilities of foster caregivers to deliver the best care possible to the children in their homes.



Get Connected!

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

Call toll free 1-888-922-8437



COLLABORATIVE ISLAND-WIDE TRAINING AND EVENTS

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

Trauma-informed Transition Training

Mondays, January 15th to March 4th, 9:30am to 12:30pm

Thursdays, January 25th to March 7th, 6:30pm to 9:30pm

Facilitated by Ros Pringle

Open to foster caregivers. Caregivers must attend all seven sessions. (No class February 19th Family Day)

Every child in care experiences a minimum of two transitions: coming into and moving out of care. In this training module, we will focus on reunification of children and youth (from foster home to biological family), where it is essential that the transitions be trauma-informed and culturally sensitive.

Foster Caregivers will learn transition strategies, connect with peers in a dedicated online community, and share information that contributes to successful transitions. Caregivers trained in creating trauma-informed transitions can improve the outcomes for the children and youth transitioning out of foster care. **Limited seats available.**

For the first step in the registration process for this training visit

<https://bit.ly/TTTDayJan2024> (Daytime) or <https://bit.ly/TTTEveJan2024> (Evening)

Sexual Health Training Series

Presented by Keri Isham (Certified Sexual Health Educator)

Foster Caregivers are welcome to sign up for any or all these *virtual* sessions presented by Kerri Isham! 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. Please contact Central Island Coordinator Sandra Beagley at cicord@fpss.com or 250-618-8327 with any questions.

FPSS Society will cover the cost for foster caregivers who attend these virtual workshops. Youth 12+ can attend as a free guest when accompanied by their foster caregiver. Please click on the links below each workshop for more information and registration.

Not a foster parent? Social Workers, Out of Care/Kinship Caregivers, and Others can visit [Power Up Education](#) to purchase workshop tickets from Kerri Isham. **Registration is required.**

Consent

Tuesday, January 16th, 10:00am to 11:00am

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

For more information and registration: <https://conta.cc/3Gcq99l>

Talking about Relationships

Tuesday, January 23rd, 10:00am to 11:00am

This workshop focuses on healthy and unhealthy qualities in relationships, whether it be a friendship or a romantic relationship.

For more information and registration <https://conta.cc/3uC7kKQ>

Safer Sex

Tuesday, January 30th, 10:00am to 11:00am

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

For more information and registration <https://conta.cc/47l7LqK>

Talking About Sexting

Wednesday, January 31st, 6:30pm to 8:00 pm

Sexting refers to the sending of sexual messages, photos or videos using a mobile device.

In this workshop, you will learn about...

1. Why would someone ask someone to send them a nude?
2. Why would someone send a nude?
3. What are the risks to sending nudes?
4. What are the legalities for taking, sharing or storing nudes?
5. How to reduce risk.

For more information and registration <https://conta.cc/47oCHqe>

NEW FOSTER CAREGIVER REVIEW POLICY

"This policy is for Quality Assurance staff who undertake Foster Caregiver Reviews and is a reference that can be used to communicate with foster caregivers about the review process."

Foster Caregiver Reviews occur at the request of a foster caregiver (foster parent) after the Ministry of Children and Family Development (ministry), or Indigenous Child and Family Services (ICFS) Agency completes a Family Care Home Investigation (FCHI) or Quality of Care Review (QOCR) that results in a serious sanction (loss of level or closure of the family care home) to their family care home."

Go to: [Policy Template \(gov.bc.ca\)](https://gov.bc.ca/policy-template)

WATCH FOR MORE INFORMATION!



COLLABORATIVE ISLAND-WIDE TRAINING AND EVENTS

Talking About Sexting

Tuesday, February 6th, 10:00am to 11:00am

This workshop will explore why someone would ask for nudes, why someone would send nudes, what the risks and legalities of sexting are, and more! For more information and registration <https://conta.cc/3sKQpV9>

Talking About Pornography

Tuesday, February 13th, 10:00am to 11:00am

It is not about if your child/children will view pornography, it is about *when*. For more information and registration: <https://conta.cc/3MWNNdA>

Gender and Sexual Orientation

Tuesday, February 20th, 10:00am to 11:00am

Let's celebrate diversity! In this workshop, you will learn about what gender is and is not, identity, gender expression, biological sex, sexual orientation, and more. For more information and registration: <https://conta.cc/3GaAmmP>

Sex Trafficking

Tuesday, February 27th, 10:00am to 11:00am

Let's shine some light on a dark subject. For more information and registration: <https://conta.cc/3QO29ON>



Talking About Pornography

Wednesday, February 28th, 6:30pm to 8:00 pm

It is not about if your child/children will view pornography, it is about *when*. Schools and families must intentionally filter out inappropriate sexual images so that they are not viewed by children. Nearly 50% of children who see pornography by accident say they can't forget that first image. The largest group of viewers of internet pornography is children 12-17. Want to learn more about the long-term impacts of pornography viewing? Want to learn how to talk to your kids? Then this workshop is for you! 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. For more information and registration <https://conta.cc/3Gb33zS>

Reruns Replays

Did you miss your favourite workshop? Would you like a second chance to rewind the tape and see what you missed?

FPSS has worked with some of our facilitators to find a way to offer their training to caregivers who are not able to attend the live sessions. REPLAYs of some workshops are made available for a limited time in which you can watch the recorded session as many times as you like, on your own time, at your own pace, and stop and start over if you are interrupted (what are the odds of *that*?). This allows caregivers whose schedules limit their availability to attend in real time.

You can attend in your pyjamas and favourite fuzzy slippers. You don't even have to shower! Watch *The Island Connection* and your email for notice of these opportunities.



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.

Go to fosterhope.ca

to learn more about fostering

or register for a Foster Hope Information Session

1-888-922-8437

Foster Parent and MCFD Partnership Virtual Meeting

Monday, January 15th, 9:30am to 11:30am

Hosted by the Ministry via MS Teams. Foster Caregivers meet with Resource Social Workers, get information on Ministry updates, learn about staffing and policy changes, and ask questions. The Ministry invites guest speakers to address certain topics when available. Watch your email for the invitation link.

Basic First Aid with CPR Level "C" Training

Tuesday, February 6th, 5:30pm to 9:30pm

Alert First Aid, 920 Johnson Street

This fun and interactive 4-hour course trains people how to react and improvise when dealing with time priority, life threatening emergencies. This course includes initial assessment, disease prevention, secondary survey, airway obstruction, adult and child, and infant CPR (Level C). This is an in-person event. Cost is \$60.00 per participant. \$35.00 will be reimbursed to Foster Caregivers via PayPal upon successful completion of the course. Watch for Registration details.



Fostering 101

Watch your emails and Facebook pages for information on the return of these informative and fun nights. Spend time with peers while learning something new, offering and receiving support from those who know the successes and challenges that come with fostering.

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 an Indigenous Child and Family Service Agency.

For more information, contact mentor@fpsss.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.

Thank You Victoria Foundation

The Board and Staff of FPSS Society would like to acknowledge and thank the Victoria Foundation for the grants it has so generously provided to our organization. These funds have been used to conduct research, design curriculum, and deliver unique training to foster caregivers across Vancouver Island. The organization has also been able to expand our Learning Management System which allows caregivers to access training related resources. You have helped us help foster caregivers help children and youth in their care. You are part of the web of help and hope that allow children and youth and their families heal and become strong again.

The Victoria Foundation continues to demonstrate its commitment to working with individuals and organizations to build stronger, healthier, and more inclusive communities. Like Caregivers across the island, they make a difference in the lives of others in big and small ways.

The Victoria Foundation
200-703 Broughton Street
Victoria BC V8W 1E2
250-381-5532

[Our Vision - Victoria Foundation](http://www.victoriapfoundation.org)

Thank You



VICTORIA FOUNDATION

South Island News and Events

The Starfish Story

A man was walking along the seashore after a huge storm. The wind and surf had moved hundreds of starfish about the tide line.

He thought, "Look at all these starfish; there're so many. Who can help them?" And he kept walking.

He soon noticed a woman moving slowly up and down the beach. After watching her for a while, he asked, "What are you doing?"

She replied, "I'm putting the starfish back in the ocean,"

The man said, "Wow. That is a huge job. Do you really think it will make a difference?"

To which the woman replied, "It will to this one," and she gently returned it to the water.



It's just that in the Deep South, women learn at a young age that when the world is falling apart around you, it's time to take down the drapes and make a new dress.

Karen Moning

Support for Youth Transitioning to Adulthood in BC

Our Vision

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

What We Heard

Through the voices of over 2,500 British Columbians, nine key domains of need were identified to support young adults transitioning into adulthood to reach their full potential.

Eligibility; Housing; Financial support; Education and Employment; Navigation and transition planning; Relationship, identity, and Culture; Life-skills and training; Mental health and wellness; Information technology

Current Programs

A no-limit earnings exemptions so that benefits to young adults are not reduced or impacted based on employment.

A new rent supplement program to help eligible young adults with their rent.

Access life-skills programs from across BC and online. No longer limited to the ministry-approved program list.

To Learn More Visit

www.gov.bc.ca/youthtransitions

Packaging label? Or nametag for introverts forced to socialize?

HANDLE WITH CARE

FRAGILE

THANK YOU

FEDERATION OF BC YOUTH IN CARE NETWORKS

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

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

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

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

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

Toll Free: 1-866-872-0113

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

In the event of an emergency, DIAL 911.



Central Island News and Events

COWICHAN VALLEY AREA



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



BECOME A CAREGIVER WITH LALUMPULUT SMUNPEEM

Children are our future

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

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



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.

Foster Caregiver Support Mornings

Wednesday, January 17th, 9:30am to 11:00am

Wednesday, February 21st, 9:30am to 11:00am

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

These gatherings are a great way to connect with other foster caregivers who understand the unique challenges and rewards of fostering. Please contact Sandra at 250-618-8327 or dacoord@fpsss.com. Please watch your emails for more information.

Talking About Sexting

Wednesday, January 31st, 6:30pm to 8:00 pm

Tuesday, February 6th, 10:00am to 11:00am

Presented by Certified Sexual Health Educator Kerri Isham

Sexting refers to the sending of sexual messages, photos or videos using a mobile device.

In this workshop, you will examine the questions

1. Why would someone ask someone to send them a nude?
2. Why would someone send a nude?
3. What are the risks to sending nudes?
4. What are the legalities for taking, sharing or storing nudes?
5. How to reduce risk.

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 Society will cover the cost for foster caregivers to attend this virtual workshop. Youth 12+ can attend as a free guest when accompanied by their foster caregiver. **Foster Caregivers register at <https://conta.cc/47oCHqe>**. See page 6-7.

MCFD Partnership Meeting

Wednesday, February 7th, 9:30am to 11:00am

15 Craig Street, Duncan, or virtually via Teams

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

Talking About Pornography

Wednesday, February 28th, 6:30pm to 8:00 pm

Presented by Certified Sexual Health Educator Kerri Isham

It is not about if your child/children will view pornography, it is about *when*.

Schools and families must intentionally filter out inappropriate sexual images so that they are not viewed by children. Nearly 50% of children who see pornography by accident say they can't forget that first image. The largest group of viewers of internet pornography is children 12-17 years. Want to learn more about the long-term impacts of pornography viewing? Want to learn how to talk to your kids? Then this workshop is for you!

FPSS Society will cover the cost for foster caregivers who attend Kerri Isham's virtual workshop. Youth 12+ can attend as a guest when accompanied by their foster caregiver. **Foster Caregivers register at <https://conta.cc/47oCHqe>**. See page 6-7.

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. Thank you to Lisa for keeping this project alive. A big thank you to Kinderbeez for their ongoing clothing donations!

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@fpsss.com with your book requests.

Thank You KINDERBEEZ

Thank you for your continued support.
Your Generosity is so appreciated.!

THANK YOU

Central Island News and Events

NANAIMO AREA



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



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**

Foster Caregivers Social Morning

Tuesday, January 9th, 10:00am to 11:30am

Tuesday, February 13th, 10:00am to 11:30am

#102-6421 Applecross Road, Nanaimo

Share challenges and successes, ideas, and resources with other foster caregivers who understand. Please contact Sandra with questions at 250-618-8327 or cicoord@fpsss.com. Watch your emails for more information!

Nanaimo Foster Caregivers/MCFD Resource Partnership Meeting

Tuesday, January 30th, 1:00pm to 2:00pm

MCFD Board Room #102, 488 Albert Street Nanaimo

Choose to participate in-person or virtually in this hybrid opportunity for foster 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@fpsss.com. Nanaimo foster caregivers, please watch your emails for more information closer to the meeting date.

Consent

Tuesday, January 16th, 10:00am to 11:00am

Presented by Certified Sexual Health Educator Kerri Isham

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

For more information and registration: <https://conta.cc/3Gcq99l>.

Talking about Relationships

Tuesday, January 23rd, 10:00am to 11:00am

Presented by Certified Sexual Health Educator Kerri Isham

This workshop focuses on healthy and unhealthy qualities in relationships, whether it is a friendship or a romantic relationship. For more information and registration: <https://conta.cc/3uC7kk0>

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.**

Safer Sex

Tuesday, January 30th, 10:00am to 11:00am

Learning about safer sex practices makes it more meaningful and comfortable for everyone. For more information and registration:

<https://conta.cc/47l7LqK>.

Gender and Sexual Orientation

Tuesday, February 20th, 10:00am to 11:00am

Let's celebrate diversity! In this workshop, you will learn about what gender is and is not, identity, gender expression, biological sex, sexual orientation, and more. For more information and registration: <https://conta.cc/3GaAmmP>.

Sex Trafficking

Tuesday, February 27th, 10:00am to 11:00am

Let's shine some light on a dark subject. For more information and registration: <https://conta.cc/3QO29ON>.

Nanaimo MCFD Aging Out Information Session TBA

Open to Nanaimo foster caregivers

Nanaimo MCFD is hosting an informative webinar exploring the various programs, resources and supports for youth including Agreements with Young Adults (AYA), Temporary Housing Agreement (THA), Temporary Support Agreement (TSA), and SAJE (Strengthening Abilities and Journeys of Empowerment). Nanaimo foster caregivers – please watch your inbox for more information.

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.



Central Island News and Events

PORT ALBERNI AREA



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

Becoming a Foster Caregiver in Port Alberni



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

Glynn Sutton (MCFD)

250-720-2650

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

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.

Foster Caregiver Support

Caregivers in the Alberni can contact the Regional Office at 1-888-922-8437 or admin@fpss.com for support or resources. We are here to help!

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	January 10 th	6:30pm to 7:30pm	https://bit.ly/FHJan10
Wednesday	January 24 th	12:00 noon to 1:00pm	https://bit.ly/FHJan24
Wednesday	February 7 th	6:30pm to 7:30pm	https://bit.ly/FHFeb7
Wednesday	February 21 st	12:00 noon to 1:00pm	https://bit.ly/FHFeb21
Wednesday	March 6 th	6:30pm to 7:30pm	https://bit.ly/FHMar6
Wednesday	March 20 th	12:00 noon to 1:00pm	https://bit.ly/FHMar20



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.

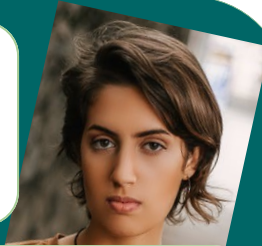
Upper Island News and Events

COMOX VALLEY



JESSICA HUMPHRIES COMOX VALLEY COORDINATOR
250-986-7929 OR 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 Foster Caregiver/MCFD Partnership Meetings

Tuesday, January 16th, 10:15am to 11:15am

Hybrid Meeting, Zoom and The Foundry Boardroom 575 10th Street

Our October partnership meeting had a lot of information and attendance for MCFD staff throughout the office. We are looking forward to welcoming more foster parents for January. Zoom link will be emailed out one week before our meetings. For more information or add to the agenda, please contact Jessica Humphries at cvcoord@fpsss.com.

Thriving Thursdays

Thursday, January 11th, 6:00pm to 7:30pm

Thursday, February 8th, 6:00pm to 7:30pm

The Foundry Boardroom and Multipurpose Room 575 10th Street

We held our first two sessions in October and November. In November we focused on learning some basic ASL as a group, had a yummy meal, and celebrated the birthday of a child in care. This new program is in partnership with Nancy Gardiner Jones, Behavioural Consultant to Caregivers Program. We will start the evening with a family style meal, please bring something to share if you are able. After dinner trained staff from the foundry will be set up in different rooms on the main floor with age-appropriate activities for children and youth, so foster parents can meet upstairs in an "adult space" for both social and education. This space is for foster caregivers, kids 0-12 and youth 12-24. Please note that there is no elevator, so do let us know if there are accessibility challenges and we will reorganize for future events. Any questions can be sent to Jessica at cvcoord@fpsss.com or Nancy at nancy.gardinerjones@jshni@bc.ca

***Good judgment comes from experience, and
experience comes from bad judgment.***

Rita Mae Brown

Brunch and Learn: Lifebooks in Person!

Thursday, January 18th, 9:00am to 11:00am

White Spot Restaurant Meeting Room, 2299 Cliffe Avenue

We will offer a drop-in style session to make intentional time to be creative in documenting children and youth's life experiences. Think scrapbook, photos, achievements and more! The first 30 mins will be a tutorial on using *Chatbooks* app for creating digital printable photobooks, tips on scrapbooking and a roundtable conversation on Lifebooks. The rest of the time will be for creating, connecting, and snacking. Children and Youth are welcome to attend and participate in creating pages. All supplies will be provided by the Education Committee.

Comox Valley Safe Babies Group

Friday, January 26th, 10:00am to 11:00am

Friday, February 23rd, 10:00am to 11:00am

In-person at 1415 Cliffe Avenue, Courtenay

(Usually the 4th Friday of each month)

In November, we welcomed Chelsey Newton from Infant Development to talk about their program offerings and answer any questions our Safe Babies caregiver had. Thank you, Chelsey, for sharing your knowledge. 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.

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@cvfsa.org.



We can't be afraid of change. You may feel very secure in the pond that you are in, but if you never venture out of it, you will never know that there is such a thing as an ocean, a sea. Holding onto something that is good for you now, may be the very reason why you don't have something better.

C. JoyBell C.

Upper Island News and Events

CAMPBELL RIVER



JUDY HOLLYWOOD BONNETT UPPER ISLAND COORDINATOR
250-204-1566 OR uicoord@fpsss.com.

Foster Parent/MCFD Partnership Meeting Tuesday January 9th, 9:30am to 10:30am

MCFD Boardroom 1334 Island Hwy

All foster parents, MCFD social workers, C&Y Mental Health Staff and Foster Support staff invited. Share your fostering concerns, learn about MCFD updates, and discuss local fostering trends. Contact co-chairs, Tom Robinson at sunrisestart@hotmail.com or Marianne Currie at Marianne.Currie@gov.bc.ca for more information or to suggest a discussion topic.

Safe Babies Caregiver Meeting

Hosts Judy and Lindsay

Thursday, January 11th, 10:00am to 11:00am

Thursday, February 8th, 10:00am to 11:00am
(2nd Thursday of the month)

CR Family Services, conference room, 487-10th Avenue

Each monthly meeting features a check-in or discussion topic to keep your caregiving skills current! For more information or to suggest a topic, contact Judy at uicoord@fpsss.com.

Foster Parents' In-person Coffee Meeting

Tuesday, January 23rd, 10:00am to 11:30am

Host: Clemence Lecours

Tuesday, February 27th, 10:00am to 11:30am

Host: Heather Murphy

(4th Tuesday of the month)

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

Mâdawapôwin

Lunch and Learn (Thursday once/month)

Thursday, January 25th, 11:30am to 1:00pm

Thursday, February 22nd, 11:30am to 1:00pm

Host Taryn Corrie, MCFD CYMH Clinician

CR Family Services conference room, 487-10th Avenue

All foster caregivers are welcomed We have arranged our gathering over the noon hour in hopes that all our caregivers can drop in. Starting in January, Taryn is hosting monthly Mâdawapôwin [ma/ma/wa/po/win] which translates to 'meeting together' in Northern Michif. This is your space for connecting with peers, building community, and sharing practical learnings for coping with the stresses of being a public parent. Bring your lunch or join us for the light refreshments supplied. Watch your emails for updates about discussion topics. Contact Taryn for more information at Taryn.Corrie@gov.bc.ca.



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.



Life Books

A Life Book is an informal record of the people and events in the young person's life while they are in care. Life Books give children a sense of personal history and continuity. Most of us take for granted that there will be a record of our past. We grow up surrounded by witnesses to our lives, those who take our photos, preserve our mementos, and tell our stories (even the ones we wish they would forget) over and over. For children and youth in care, crucial elements of their history and identity are often lost in the shuffle as they move in and out of care and from home to home. As a caregiver, you can ensure that they remember that there was also good during their time in care..

As a foster caregiver, you have been chosen to be a witness in the life of a child in care. It is a great honour, and a great responsibility. What you witness, remember, and preserve may be the only record an adult has of their life as a child or youth in care. Life Books are a way to create memories that a child or youth in care can look back on long after your paths have separated. Update their Life Book regularly, involve them in its creation. Imagine them sharing it with their children.

These are some items that might be included in a child or youth's Life Book:

Photographs of family, including dates and names
Names, addresses and pictures of foster family
Certificates of achievement
Mementos from trips, concerts, sporting events

Souvenirs
Awards
School products or projects
Quotes from child or youth

Report cards
Letters from friends and family
Memories of favourite pets
Stories of special moments

North Island News and Events



Foster Placement Support

North Island foster caregivers are encouraged to check in with Cheryl, our local Foster Caregiver Support/Resource worker at North Island Community Services. Cheryl offers approachable, trauma-informed, and confidential support to local caregivers while addressing the complex care needs of foster children or youth. Whether you need a neutral sounding board from someone who understands or someone to assist you working through a challenging situation, contact Cheryl at 250-230-3484 or c.jorgenson@nicommunityservices.ca.

Online Training

Are you looking for skill development and training options accessible from the comfort of your home? Connect with the FPSS Society. We offer a variety of learning opportunities just for Vancouver Island caregivers. Register for an online workshop (live or replayed recording) or borrow a book or DVD. Contact Judy uicoord@fpss.com or admin@fpss.com for details. See pages 6-7 for virtual Island-Wide workshops.

Procrastinator's Christmas Open House January (Details to be announced)



Join Cheryl at her Port Hardy office for snacks, conversation, and a spin past the gift table. This event is in the planning stage. Watch for details in early 2024 or contact Cheryl at 250-230-3484 or c.jorgenson@nicommunityservices.ca.

Becoming a Foster Caregiver in North Island



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

MCFD at 250-949-8011

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

North Island Foster Parent Support Coordinator

Cheryl Jorgenson

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

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

You can contact Cheryl by calling North Island Community Services Society at 250-230-3484 or through her email at fosterfamily@nicommunityservices.ca. (Please note new email)

FPSS SOCIETY EMPLOYMENT OPPORTUNITIES

North Island Local Coordinator

FPSS Society is seeking a North Island Local Coordinator for North Vancouver Island communities including: Port Hardy, Port McNeill, Sointula, Woss, and Alert Bay.

Are you ready to build positive relationships with foster caregivers and ministry staff? Are you familiar with local resources? Do you have ideas for foster family events, training, and collaborations? Do you have a few hours a week to devote to creating a connected, trained, and cohesive foster community?

Join our FPSS Society Team!

The schedule is flexible and casual and includes working from home and within the local community.

The successful applicant will collaborate with foster caregivers, volunteers, Ministry staff, and community partners in the delivery of support, education, networking, and on-going training services to Vancouver Island Foster Caregivers.

Interested applicants should send their resume and cover letter to:

Attention: Executive Director
145-735 Goldstream Avenue,
Victoria, BC V9B 2X4
admin@fpss.com Fax: 778-430-5463
We look forward to hearing from you!

Regional Safe Babies Coordinator

FPSS Society is seeking a Regional Safe Babies Coordinator.

Safe Babies caregivers care for the most vulnerable infants, infants who have been prenatally exposed to alcohol and other drugs. It is imperative that these caregivers are connected, educated, and supported.

The Safe Babies Coordinator works with Safe Babies homes to plan training and peer support opportunities that ensure caregivers have the most current information, strategies, and practices. This may take different forms in different communities.

Join our FPSS Society Team!

The schedule is flexible and casual and includes working from home and within the local community.

The successful applicant will collaborate with foster caregivers, Ministry staff, and community partners as needed.

Interested applicants should send their resume and cover letter to:

Attention: Executive Director
145-735 Goldstream Avenue,
Victoria, BC V9B 2X4
admin@fpss.com Fax: 778-430-5463
We look forward to hearing from you!

Satisfaction Survey Comments Trends and Clarifications

Thank you to the 146 people who completed the 2023 Satisfaction Survey and shared their experiences, perspectives, and ideas. FPSS Society uses this information to plan training and other services. We greatly appreciate hearing about what challenges you face, what training you need, and how we can improve the things we do to make them work better for you. There were some comments that appeared more than once and we would like to share some responses.

I'm not exactly sure what FPSS is all about.

Great question! FPSS is a non-profit, grassroots organization contracted by the Ministry of Child and Family Development to provide Support, Networking, and Training to Foster Caregivers on Vancouver Island. If you are a foster caregiver, we are here for you. We have two websites with information, resources, and calendars of events. fpss.com and fosterhope.ca. You can view or download the calendars to your mobile device. You can contact the Regional Office in Victoria with questions or concerns, or contact your local coordinator. You should be receiving *The Island Connection* newsletter five times a year either electronically or through surface mail. If you aren't, give us a call at the Regional Office.

Request for evening training

Many caregivers work during the day and can only attend training in the evenings. Other caregivers can only attend training when their kids are in school. Many of our workshops are now recorded and Replays are offered at a later date. The Replays are available for a limited time (usually two weeks to a month) so that caregivers can watch them any time. See page 7.

Challenge finding respite and relief.

Relief is one foster caregiver providing childcare for another foster caregiver. Respite is childcare provided to biological families; Respite can prevent children and youth from coming into care by giving parents some time to rest and recharge. *The Island Connection* has a list of relief care providers in the South Island. In other areas, MCFD manages the list. Contact your Resource Worker if you need more information.

In-Person Events

While many caregivers report appreciation for the ability to access training online, others would like to see a return to in-person event. We try to offer both as well as hybrid events where foster caregivers can choose how they participate.

Too many emails

There were comments regarding the number of emails sent to caregivers. We are trying new ways to reduce the number of email by sending a weekly email that includes several events or updates. We do want to ensure foster caregivers are kept up-to-date on news and events.

Mentors

New caregivers expressed a desire to be connected with another foster caregivers who can guide them through the first year to share all the little things that are not written in official documents. FPSS has a team of experienced, trained volunteers available to support you. Contact your local coordinator to ask about this.

Role confusion

Comments indicate that there is confusion around some the Care Team members and their roles. Social workers, Local Area Coordinators, MCFD, ICPSA, FPSS Society, BCFPA...Who's who and what do they do? See the notes below.

MEET THE CARE TEAM



MCFD MINISTRY OF CHILDREN AND FAMILY DEVELOPMENT

Serves Provincially. Your Resource Worker and your child or youth's Guardianship Worker work here. They study and approve foster homes, develop policy and practice, make placement decisions, engage in child protection, and provide Maintenance and Service Payments. Child and Youth with Special Needs, Child and Youth Mental Health.

ICPSA INDIGENOUS CHILD AND FAMILY SERVICES AGENCIES

Serve Provincially. Formerly known as Delegated Aboriginal Agencies. Wide range of authorities and responsibilities. *"We work to ensure that the best interests of Indigenous children are being met. We advocate for systemic changes to policy, practice, legislation and funding. We address issues that have a province-wide impact, with a view to providing a collective, First Nations voice."*



BCFPA BRITISH COLUMBIA FOSTER PARENT ASSOCIATIONS

Serve Provincially. They will help you with the Foster Caregiver Insurance. *"Our mission is to represent and support all foster caregivers who provide quality in-home family care in British Columbia."* Some of you went to their AGM in Vancouver.

FPSS FOSTER PARENT SUPPORT SERVICES SOCIETY

Serves Regionally (Vancouver Island). Your local area Coordinator works here. Some of the services we offer include *The Island Connection*, Investigation and Resolution Support Program, Mentor Program, ongoing training workshops (including Safe Babies Caregiver Training), peer support opportunities (including social events). Contact us for support or resources.



Satisfaction Survey 2023 Summary

Do you feel the support services offered by FPSS Society meet your needs?

Yes: 93% No: 8%

Do you feel the education/training services offered by FPSS Society meet your needs?

Yes: 92% No: 8%

Do you feel the communication with FPSS Society (email updates, newsletters, return of messages etc.) meets your needs?

Yes: 97% No: 3%

In your role as a foster caregiver, is there a Support Service that you feel you need that is not currently offered?

Social Activities: 18% In-Person Training: 18% Workshops and ongoing training: 11% Other: 10% Networking/Support Meetings: 8% Information/Resources: 7% Technical Support or Equipment (or online Training): 7% Mentoring: 5% Investigation and Resolution Support: 3%

Have you attended any fostering-related workshops or events during the last year?

Virtual Workshops/On-going Training: 58% Social Activities: 42% Community Training: 25% In-Person Workshops and On-Going Training: 21% None: 16% Networking/Support Meetings: 14% Safe Babies Caregiver Training: 14% PRIDE In-Service: 13% PRIDE Pre-Service: 12% Investigation and Resolution Training: 6% Mentor Training: 4% Other: 1%

Which Workshops Would You Like to See?

Neurodiversity: 49% Managing Difficult Behaviour: 46% Building Positive Relationships with Biological Families: 29% Creating a Sense of Belonging for Children and Youth in Care: 29% Gender Identity and/or Mental Health in Children: 29% Trauma Informed Care: 26% Separation, Grief, Loss: 26% Transitions, Aging Out of Care: 25% MCFD Policies and Standards Training: 25% Medications commonly prescribed to children and youth in care: 24% Self Care; Vicarious Trauma: 23% Health Issues: 22% Plans (Care Plans, Safety Plans, Behavioural Plans, Support Plans): 21% Sexual Orientation: 20% Cultural Agility: 20% Suicide Awareness and Prevention: 15% Insurance Rider: 14% Substance Use and Misuse: 13% Life Books: 10% Recording and Reporting: 10% Other: 5%

What times would be most convenient for you to attend training and events?

Weekdays, daytime: 46% Weekdays, evening: 29% Weekends, evening: 15% Weekends, daytime: 10%

In training and workshops (in-person or online) are you comfortable asking question or speaking openly and honestly when Social Workers are present?

Yes: 86%..No: 2% Sometimes: 26%

What is the main barrier preventing you from attending workshops, on-going training, or other events?

Busy Schedule: 82% Arranging Child Care: 36% Cost of Childcare: 17% Interest/Motivation: 6% Transportation: 5% Other: 5%

Do you experience challenges in any of the following area when accessing FPSS Society Services?

Other: 14% Financial: 12% Attitudinal: 7% Technology: 7% Environmental: 3% Communication: 1% Transportation: 1% Architectural: 0%

Did you experience any barriers in attending online or virtual training?

No: 38% Busy Schedule: 28% Preference for In-Person training: 8% Comfort with Required Technology: 3% Other: 3% Lack of Reliable High-Speed Internet: 3% Comfort in Speaking or Asking Questions in Virtual Format: 2% Lack of Required Technology: 1%

Would you be more likely to participate in ongoing training if it was available in an online format?

Yes (At my own pace/schedule): 50% Yes (At scheduled dates and times): 43% No: 4%

Would you attend in-person training if it followed PHO orders and had appropriate health and safety practices in place?

Yes: 73% No: 21%

Which features of the FPSS Society's website (fpsss.com) have you used in the past year?

The Island Connection newsletter: 62% Calendar of events (view): 40% Links or resources: 39% Social Media platforms (Facebook, Twitter): 32% Calendar of events (download): 28% Contact information for FPSS Society: 23% News: 16% Other: 1%

How important is peer support and networking with other foster parents?

Extremely Important: 41% Somewhat important: 51% Not at all important: 7%

What type/level of care do you provide?

Regular: 4% Level 1: 10% Level 2: 27% Level 3: 47% Safe Babies: 5% Restricted: 5% Out-of-care or Kinship: 3%

How long have you been fostering?

0 to 5 years: 25% 6 to 10 years: 15% 11 to 15 years: 14% 16 to 20 years: 14% 20+ years: 32%

As a caregiver, are you willing or have you in the past encouraged someone you know to consider becoming a foster caregiver by suggesting they attend a Foster Hope Information Session or contact FPSS Regional Office?

I have encouraged someone I know to consider fostering: 68% I am willing to encourage someone I know to become a foster caregiver: 18% I would not encourage people I know to consider becoming a foster caregiver at this time: 10%

For the full report (including comments), go to

<https://fpsss.com/wp-content/uploads/2023/12/Satisfaction-Survey-Report-2023-1.pdf>



BELONGING VERSUS PERMANENCY: REPRESENTATIVE FOR CHILDREN AND YOUTH RECOMMENDS

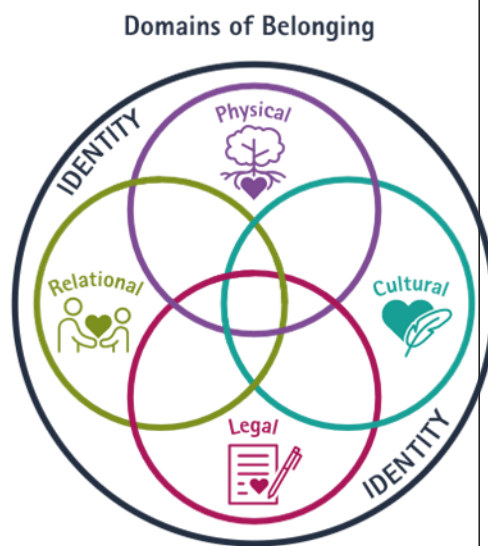
In June 2021, the Representative for Children and Youth (RCY) released an investigative report entitled *Skye's Legacy: A Focus on Belonging*. Earlier this year, the FPSS Society was invited to participate in RCY presentations and discussions stemming from the report. We felt this information was thought-provoking and important to distribute to our caregiving community.

Who was Skye?

Skye was an Indigenous child who came into government care as a five-year-old and lived most of her life on Vancouver Island. As well as being separated from her family and land, Skye experienced adoption breakdowns, and significant care home and community moves throughout her life. She died at the age of 17 from an accidental drug overdose. Skye's story, although tragic was not unique. The RCY report highlighted what may happen when children and youth are denied opportunities to belong – to feel connection to their people, place, culture and a positive sense of self.

Domains of Belonging

Physical	Comes through a child's connection to their physical environment, including home, school, lands and community.
Cultural	Comes through a child's constant connection to ancestry, traditional customs and language, and support from their community.
Identity	Refers to the sum of a child's formative experiences associated with belonging to people, place and culture and their consequent sense of themselves as having a distinct and positive identity and future.
Relational	Comes through a child's strong, stable relationships with family, extended family, friends, community, service providers, etc.
Legal	Refers to a child's legal permanency status (e.g., adopted, in continuing care, in an extended family placement, etc.)



Skye's Legacy: A Focus on Belonging.

RCY authored the report called *Skye's Legacy: A Focus on Belonging*. (Read *Skye's Legacy*.) By telling Skye's story, the RCY recognized four domains of belonging - the building blocks of identity. Skye's story persuaded the RCY that belonging should be the lens through which child-welfare decisions are made and taken when planning and caring for children. The report's three recommendations to MCFD called for a see-change in practice to implement an integrated and balanced approach to planning that considers all dimensions of belonging rather than solely prioritising the establishment of legal permanency (i.e., adoption/transfer of guardianship).

Refers to a child's legal permanency status (e.g., adopted, in continuing care, in an extended family placement, etc.)

In coming months, the FPSS Society will announce spaces we are hosting for further investigation and discussion of this topic. Visit the RCY's *Skye's Legacy: A Focus of Belonging* microsite to watch, listen and read additional resources. [Skye's Legacy: A focus on belonging | Office of the Representative for Children and Youth - RCYBC](#).

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



Not written about fostering, but...

I have been finding treasures in places I did not want to search. I have been hearing wisdom from tongues I did not want to listen. I have been finding beauty where I did not want to look. And I have learned so much from journeys I did not want to take. Forgive me, O Gracious One; for I have been closing my ears and eyes for too long. I have learned that miracles are only called miracles because they are often witnessed by only those who can see through all of life's illusions. I am ready to see what really exists on other side, what exists behind the blinds, and taste all the ugly fruit instead of all that looks right, plump and ripe.

Suzy Kassem

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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:

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www.fosterhope.ca

Hours of Operation:

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

Friday: 9:00am to 1:00pm

ISLAND CONNECTION NEWSLETTER:

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

NEWSLETTER INFORMATION

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

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or email us at admin@fpsss.com

*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
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