

# The Island Connection

Serving Vancouver Island Foster Caregivers with Peer Support, Education, Networking & Ongoing Training

*Happy  
New Year*

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

CPC PUB #40780167



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The opinions expressed herein are those of the writers and not necessarily those of the Caring Families Society or the Ministry of Children and Family Development.

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

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

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

Visit our website at  
[www.fpsss.com](http://www.fpsss.com)

## Do You Need Help or Information?

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

### EMERGENCY "Centralized Screening" Duty Worker (MCFD) Contact Number: 1-800-663-9122

- Foster Caregivers are encouraged to call this number in the event of an EMERGENCY or CRISIS concerning a child in their care, occurring after regular office hours.

### FOSTER PARENT SUPPORT LINE (MCFD) Call Toll Free: 1-888-495-4440

**Weekdays: 4:00pm to 12:45am**

**Statutory Holidays and Weekends: 8:00am to 12:45am**

If you have an immediate concern relating to a child in your care we are here to help you and will provide:

- Fast response for urgent issues outside regular office hours.
- Professional support, information and consultation.

### INVESTIGATION AND RESOLUTION SUPPORT TEAM (Caring Families Society)

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

The Regional Caring Families 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.

### CARING FAMILIES SOCIETY COORDINATORS 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**

Caring Families Coordinators are available five days a week to assist you.

- There are Caring Families Society offices in Victoria (778-430-5460) and Nanaimo (250-618-8327); and Local Coordinators in Cowichan Valley (250-618-8327), Parksville (1-888-922-8437), Comox Valley (250-986-7929), Campbell River (250-204-1566)
- Our 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 THE CARING FAMILIES SOCIETY ANYTIME ANYWHERE

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

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

You can...find us on  
[FACEBOOK](#)

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
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 caregivers 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, 2025

Restricted (for a child aged 0 to 11 yrs)	\$61.64
Restricted (for a child aged 12 to 19 yrs)	\$67.54
Regular (for a child aged 0 to 11 yrs)	\$61.64
Regular (for a child aged 12 to 19 yrs)	\$67.54
Level 1 (all ages)	\$87.27
Level 2 (all ages)	\$106.67
Level 3 (all ages)	\$135.80

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

# HAPPY NEW YEAR.

*Never wait until darkness falls to wish on the stars. The truth is, we are surrounded by starlight at every moment. Sometimes we just have to look a little harder to see them.*

Why do we wait until a new year to choose a different path, let go of old burdens, or make a new promise? The year is made up of 365 days, each one of them an opportunity to start anew. If that's not enough, each year offers us a whopping 525,600 minutes to say, "this is not how the story ends. Time for a change."

So on January 1<sup>st</sup>, go ahead. Savour the moment, make those resolutions, commit to being a better you. But if it doesn't work out quite the way you expected, remember there are thousands of moments to follow and a million stars to wish upon.

Caring Families 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, 2025

Basic Foster Care Costs (per month)*	Ages 0-11 years	Ages 12-19 years
Food	\$260.23	\$347.85
Housing	\$288.95	\$347.23
Transportation	\$129.98	\$145.83
Personal Needs	\$27.72	\$33.91
Recreation	\$64.94	\$67.47
Clothing	\$157.81	\$179.36
<b>Sub-total</b>	<b>\$929.63</b>	<b>\$1,121.20</b>
Additional Family Care Costs	Ages 0-11 years	Ages 12-19 years
Education	\$49.54	\$60.68
Babysitting	\$167.31	\$107.95
Transportation	\$117.69	\$114.90
Personal Spending	\$80.51	\$102.72
Gifts/ Activities	\$117.71	\$115.63
Equipment/ Recreation	\$86.81	\$102.80
<b>Sub-total</b>	<b>\$619.57</b>	<b>\$604.68</b>
<b>Total Maintenance (per month)</b>	<b>\$1,549.20</b>	<b>\$1,726.33</b>

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

## Caring Families Society 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: 236-562-7921

Toll free: 1-888-922-8437

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

### **Foster Caregiver/MCFD Resource Partnership**

The Foster Caregiver/MCFD Partnership meetings are evolving to meet your needs. Watch your email for details.

### **Safe Babies Support Group**

The local Safe Babies Support Group meets monthly to discuss topics relevant to the care of vulnerable infants.

### **Ongoing Training,**

The *Stronger Together* workshop was well attended provincially. The second session will be held in January.

*Financial Wellness* with the PGT (Public Guardian and Trustee of British Columbia), included information on several topics.

### **SIFPA and Caring Families Society Events**

The Christmas Caregiver Coffee Morning offered prizes for the best ugly (not really) sweater and/or holiday bling. The Children's Christmas Shoppe was an amazing event with numerous families attending. Families gathered for hot chocolate, cookies, and photos with Santa at the Annual Foster Family Light Up. Thanks to Karyn and Leo for hosting another fantastic event.

Thank you SIFPA for the wonderful events!

### **Caring Families Society**

CFS hosted the Annual Holiday Tea. We had a wonderful time connecting with friends and colleagues. Good food, great conversations, and lots of laughs. Our office cat made an appearance, adding a little extra holiday charm to the holiday party.

### **Investigation and Resolution Support**

Experienced foster caregivers are trained to assist and support a foster caregiver going through an investigation, quality of care review, or dispute with the Ministry. Contact 1-888-922-8437 for information.

### **Appreciation**

Caring Families Society would like to acknowledge the inspiring, strong, and dedicated caregivers who support the children in their home with respect, love, and kindness, and meet the ever-shifting demands of caregiving.

Watch your emails or check out the South Island calendar on [Home - Caring Families Society](#) for upcoming events.

### **Ongoing Training**

We continue to offer PSACLN training with many On-Demand replays available. If you know of a topic or training that might be beneficial, contact Dianne at [sicoord@fpsss.com](mailto:sicoord@fpsss.com) or 778-430-5460.

### **South Island Facebook**

Join our private South Island Caregivers' Facebook group for updates on events, workshops, training, and other information sharing at <https://www.facebook.com/groups/561291688076447/>.

### **E-mail Distribution List and Calendar**

To receive email notifications of workshops, meetings, and news of interest, contact 778-430-5460 or [sicoord@fpsss.com](mailto:sicoord@fpsss.com). View events on our website at <http://fpsss.com/calendars/southisland-events/>.

## **CENTRAL ISLAND Area Update**

### **Email Distribution List**

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

### **PORT ALBERNI Area Update**

Toll free: 1-888-922-8437

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

Alberni Valley caregivers needing support are encouraged to contact the Regional Office. We can help you find resources, locate standards, or just offer a listening ear.

### **COWICHAN VALLEY Area Update**

Prepared by Sandra Beagley

T: 250-618-8327

Toll free: 1-888-922-8437

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



### **Foster Caregiver Mornings**

Cowichan Valley Foster Parents Local and Caring Families Society host these great opportunities to share challenges and strategies, ask questions, recharge, and connect with other amazing foster caregivers. Hosts provided coffee, tea, snacks, and door prizes. CVFP Local also provided free, gently-used child and youth clothing available to caregivers. **Thank you to Kinderbeez Boutique for their ongoing clothing donations!**

### **Foster Family Swim**

Cowichan Valley and Central Island foster families joined for a fun swim event! Foster families had the pool to themselves for this event. Caring Families Society provided post-swim snacks to enjoy in the lobby area or on the journey home.

### **Cowichan Valley MCFD Festive Partnership Meeting**

MCFD Resources offered in-person and virtual participation options for December's festive partnership meeting and potluck event. Foster caregivers and social workers enjoyed sharing treats, supportive company, festive fun, and laughter.

### **Festive Foster Family Event**

The Cowichan Valley Foster Parents Local held a wonderful festive event for foster families. Registrants received treats and fun activities for the whole family plus a gift for each registered child and youth. CVFP Local and CFS offered coffee, tea, special baked goods along with a variety of festive-themed crafts.

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

The CVFP Local continued to offer free gently-used children and youth clothing to foster caregivers. Please text CVFP Local clothing coordinator Lisa at 250-818-3293 to arrange a date and time to access the free clothing.

**NANAIMO Area Update**  
**Prepared by Sandra Beagley**  
**T: 250-618-8327**  
**E: [cicoord@fpsss.com](mailto:cicoord@fpsss.com)**

#### **Foster Caregivers Support Mornings**

These gatherings are opportunities for foster caregivers to connect, share, support and inspire each other. Participants enjoyed great company, conversations, snacks, prizes, and optional crafts. There was no meeting on Remembrance Day November 11<sup>th</sup>. The festive December meeting included special treats, fun festive crafts, door prizes, and more!

#### **Foster Family Swim**

Central Island and Cowichan Valley foster families came together for a fun swim event at the Ladysmith pool! Foster families had the whole pool to themselves for this event. Caring Families Society provided post-swim snacks.

#### **Bridge to Belonging Playgroup**

The playgroup focused on supporting foster families with children aged 0 – 5 by providing a nurturing and inclusive environment for connection and shared experiences led by MCFD Resource staff with child development experience and supported by Caring Families Society. Unfortunately, MCFD had to cancel the November session due to staffing issues. There was no playgroup scheduled for December.

#### **Ladysmith-Nanaimo MCFD Partnership Meeting**

These bi-monthly meetings resumed in September. November's meeting focussed on the *Hot Topic* of Relief. Caregivers shared experiences of challenges in finding and keeping relief services. The importance of Relief in foster caregiver retention cannot be overstated. There was brainstorming and discussion of ideas for short and long term Relief.

#### **Financial Wellness**

Public Guardian and Trustee of BC Financial Wellness Facilitator Patricia Hanley provided two (Nanaimo and Parksville) in-person *Financial Wellness* workshops for youth and those who support them in the Central Island. Participants appreciated the wealth of information and resources she shared.

#### **Ladysmith-Nanaimo MCFD Festive Event**

MCFD held a festive event for children, youth, and caregivers with amazing decorations that filled hallways and rooms, special treats and food, themed games, lots of cheer and laughter, and photos with Santa. Caring Families Society hosted and

supplied a variety of festive crafts for all ages at this well-attended event.

**PARKSVILLE Area Update**  
**Bonnie Cook**  
**T: 250-986-9092**  
**Toll free: 1-888-922-8437**  
**E: [npcoord@fpsss.com](mailto:npcoord@fpsss.com)**

See Nanaimo area.

### **UPPER ISLAND Area Updates**

#### **Upper Island Email Distribution List**

Upper Island caregivers can contact their Local Area Coordinator to be added to the local distribution list. Remember to update your contact information with Caring Families Society as it changes.

**COMOX VALLEY Area Update**  
**Prepared by Jessica Humphries**  
**T: 250-986-7929**  
**Toll free: 1-888-922-8437**  
**E: [cvcoord@fpsss.com](mailto:cvcoord@fpsss.com)**

#### **Comox Valley Safe Babies Group**

This fall we joined the Safe Babies Knowledge Exchange, creating space for Comox Valley Caregivers to connect with education and discussion from the Regional Safe Babies Coordinator and caregivers from other communities. Caregivers joined in person at the Foundry or online from their homes, offering flexibility to learning. Thank you to all the caregivers who join us.

#### **Education Workshop: Boundaries & Burnout**

In November, our Education Committee welcomed local counsellor, Liz Radermacher to facilitate a workshop on *Boundaries and Burnout*. We had caregivers from both Comox Valley and Campbell River and were able to share breakfast at Whitespot. The workshop offered tangible takeaways and resources for caregivers to be able to assess personal boundaries and create sustainable boundaries in caregiving. Stay tuned for our spring education offering.

**CAMPBELL RIVER Area Update**  
**Prepared by Judy Hollywood Bonnett**  
**T: 250-204-1566**  
**Toll free: 1-888-922-8437**  
**E: [uicoord@fpsss.com](mailto:uicoord@fpsss.com)**

#### **Caregiver Lunch and Learn**

November's topic was Toxic Drug Awareness (substance misuse, harm reduction/naloxone training) presented by Sheena Campbell from Island Health Regional Harm Reduction Coordinator. This was an exceptional learning event on a pressing social issue.

#### **Safe Babies Network**

Safe Babies caregivers met monthly and accessed the online November (*Newborn and Infant Care*) and December (*Transitions*) Knowledge Exchanges presented by Mary Catherine Williams, Regional Safe Babies Coordinator. All SB caregivers are encouraged to join in the fun and learning when we meet again.

#### **Campbell River Foster Parent Association**

CRFPA arranged monthly coffee meetings and December's caregiver potluck and foster family holiday events. Thank you to our foster caregivers who participated in these great networking opportunities.

#### **Campbell River Youth in Care Network**

The Youth in Care Network and Foundry Campbell River partnered to host the Annual Youth Christmas party featuring a turkey dinner, treats, crafts, gifts, and a fun chill space.

### **NORTH ISLAND Area Update**

**PORT HARDY Area Update**  
**Toll free: 1-888-922-8437**  
**E: [nicoordinator@fpsss.com](mailto:nicoordinator@fpsss.com)**

#### **December Foster Family Fun**

Holiday fun and goodie bags were organized for North Island families. Thank you to Heather and Cheryl who took on the planning in partnership with CFS.

#### **Ongoing Caregiver Education**

North Island foster caregivers are recognized for their commitment to personal, professional, and community development. Thank you for joining the online workshops hosted by Caring Families Society and on the Caregiver Learning Network partners.

#### **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? Contact Cheryl Jorgenson at [c.jorgenson@nicommunityservices.ca](mailto:c.jorgenson@nicommunityservices.ca) or Judy [uicoord@fpsss.com](mailto:uicoord@fpsss.com). An ideal way to stay in the loop.

#### **North Island Network**

Thank you to everyone who participates in network events and a special shout out to the caregivers who organize them.

*Somewhere along the way, I became a person who answers, "yes" to the question, "can I put my dirty tissue in your pocket?"*

Claire Behrmann

## COLLABORATIVE ISLAND-WIDE TRAINING AND EVENTS

### Business Side of fostering

Tuesday, January 13<sup>th</sup> and 20<sup>th</sup>, 6:30pm to 8:30pm

Facilitated by Interior Community Services

Virtual. Open to Foster Caregivers and Social Workers

**IMPORTANT note:** You must attend BOTH sessions to receive a certificate.

Do you want to understand your role, responsibilities, and rights (from a business perspective)? Then this 4-hour course is for you! Please This training is for discussion purposes only and not to be considered legal or financial advice. We will cover: 1.The ins and outs of your contract 2.The care home investigation (protocol) and quality of care review process 3.What (and why) to document and report, 4.Insurance / WCB for Foster Parents 5.Resources. **Register at** [Business Side](#).

### Stronger Together Session Two: Administrative Fairness<sup>CLN</sup>

Tuesday, January 20<sup>th</sup>, 9:30am to 10:15am

Facilitated by LeeAnn and Portia; Ombudsman Office

Virtual. This second session will be an overview of Administrative Fairness.

It is a chance to share more information about the Ombudsperson office, the services they provide, their complaint process, and to explore how their resources might be helpful for caregivers.

If you have already registered for the first session you are automatically registered for the second. If you have not registered and would like to attend the Administrative Fairness session, **register at** <https://learn.fpsss.com/training/overview-of-the-bc-ombudspersons-office-and-overview-of-administrative-fairness-2/>.

If you have any questions please contact Dianne Thompson the South Island Coordinator at 778-430-5459 or [sicoord@fpsss.com](mailto:sicoord@fpsss.com).

### Understanding and Responding to Self-Harming Behaviours<sup>CLN</sup>

Friday, January 16<sup>th</sup>, 10:00am to 12:00 noon

Presented by AXIS Foster Parent Support and Training Facilitator Stephanie Carr

Virtual. Please join Stephanie in exploring why children and youth may engage self harming behaviours. It is important to understand the needs that are being communicated through the child's or youth's behaviour, while also acknowledging the strain, nuances, and impact of self harming behaviours on the whole family/team. Stephanie hopes that caregivers leave this training feeling empowered, seen, and equipped with strategies to move forward to be able to respond to a child or youth's self harming behaviors while supporting connection and safety.

Stephanie has personal and professional experiences with fostering. Her parents are foster caregivers, she ongoingly provides relief services, and she has worked as a Foster Parent Support and Training Facilitator for almost 10 years. She has witnessed and worked with many varied complex behaviours exhibited by children and youth who are struggling to grow and heal. **Register at** [Understanding and Responding](#)

### Navigating Emotions: How to Remain Centered when Emotions Feel Overwhelming<sup>CLN</sup>

Tuesday, January 20<sup>th</sup>, 11:00am to 1:00pm

Facilitated by Bonnie Cook

Virtual. Open to foster caregivers.

Emotions are a normal and healthy part of our lives. In this recorded session, the focus is emotional awareness and practices that can support us to respond more skillfully to challenging situations. CFS coordinator Bonnie will host the viewing and discussion for this Crisis Centre of BC's presentation. She will pause the viewing at relevant spots for attendees to have time to practice and discuss the material. Post workshop, participants will receive ongoing access the recording and resources materials. **Watch your email for registration link.**

### Skillfully Responding to Distress<sup>CLN</sup>

Tuesday, February 3<sup>rd</sup>, 9:30am to 1:30pm

Presented by the Crisis Centre of BC

Virtual. Open to foster caregivers.

This half-day workshop teaches participants how to respond to and de-escalate emotional distress for a person in crisis. The workshop includes an overview of the stress response, applying a crisis intervention model, facilitating the development of a short-term coping plan for a person in crisis, boundary setting, and self-care.

Participants who completed the session reported enhanced skills and confidence in helping to de-escalate a person in emotional distress. This is

## COLLABORATIVE ISLAND-WIDE TRAINING AND EVENTS

in addition to setting boundaries, managing personal emotions, and maintaining self-care.

The small group exercises in this training will reflect scenarios in relation to fostering.

Register at <https://learn.fpsss.com/training/srtd/>

### Leading with Empathy

Moving beyond Trauma-informed Practice to Two-Eyed Seeing and Dignity-Informed Practice

Wednesday, February 4<sup>th</sup>, 9:00am to 12:30pm

Facilitated by Len Pierre

This workshop aims at expanding our social perceptions on the missing context not usually covered in other 'trauma-informed' workshops. It centers Indigenous perspectives on the change required to go beyond being "trauma-informed" to leading with empathy and understanding what "dignity-informed" really means. Register at [Len Pierre – Leading with Empathy](#):

### Safe Babies Caregiver Training Curriculum

Wednesdays, February 4<sup>th</sup> to March 18<sup>th</sup>,

Facilitator Mary Catherine Williams

Virtual. Open to Vancouver Island new Safe Babies Caregivers (approved by MCFD), current Safe Babies Caregivers, Indigenous agency caregivers and staff, Kinship Caregivers (referred by MCFD), and community partners.

Contact Mary Catherine Williams [safebabies@fpsss.com](mailto:safebabies@fpsss.com) for more information or to register.

### Overcoming and Preventing Compassion Fatigue: The Compassion Paradox<sup>CLN</sup>

Thursday, February 26<sup>th</sup>, 11:00am to 1:00pm

Facilitated by Sandra Beagley

Virtual. Open to foster caregivers.

This recorded session shares tools and techniques that help build our ability to be empathetic, and compassionate while taking care of our own emotional wellbeing. CFS coordinator Sandra will host the viewing and discussion for this Crisis Centre of BC's recording. She will pause the viewing at relevant spots for attendees to have time to practice and discuss the material. Post workshop, participants will receive ongoing access to the recording and resources materials. **Watch your email for registration link.**



## Mentor Coordinator Wanted

Caring Families Society is looking for a Regional Mentor Coordinator to connect new foster caregivers with an experienced caregiver who can provide a reassuring voice, some words of wisdom, and practical advice. Help a new caregiver start their fostering journey supported and connected.

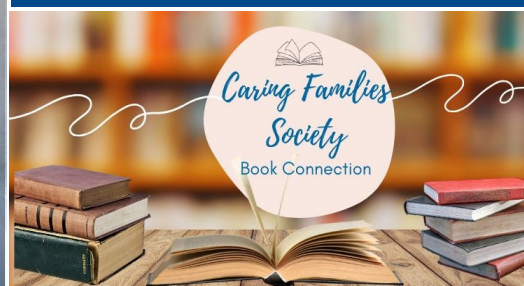
Are you an experienced caregiver?  
Are you ready to be part of a team that supports caregivers?  
Can you help new caregivers connect with experienced caregivers?

Contact  
[admin@fpsss.com](mailto:admin@fpsss.com)  
1-888-922-8437

## Resource Work Policies Update

The latest revision of MCFD's Resource Worker Policies is now available. It is dated December 8<sup>th</sup> 2025. Please ensure you have the current version when referring to this document.

[Resource Work Policies](#)



See a book you think would help you provide better care to a child in your home? Let us know and we will have it shipped to your door.

[admin@fpsss.com](mailto:admin@fpsss.com) 1-888-922-8437

# South Island News and Events



**DIANNE THOMPSON SOUTH ISLAND COORDINATOR**  
236-562-7921 or [sicoord@fpsss.com](mailto:sicoord@fpsss.com)

*Maybe that's what it all comes down to. Love, not as a surge of passion, but as a choice to commit to something, someone, no matter what obstacles or temptations stand in the way. And maybe making that choice, again and again, day in and day out, year after year, says more about love than never having a choice to make at all.*

Emily Griffin

## **Foster Caregiver-Ministry Partnership Meeting** **Thursday, January 13<sup>th</sup>, 9:30am to 10:30am**

This meeting is hosted by the Ministry via MS Teams. Foster Caregivers meet with Resource Social Workers, get updates on Ministry staffing and policy changes, and ask questions. You will receive a link for a confidential survey to complete prior to the meeting. Please take the time and fill this out. Watch your email for the MS Teams link to join.

## **Caregiver Coffee Mornings In-Person**

**Tuesday, January 20<sup>th</sup>, 9:00am to 12:00 noon**

**Tuesday, February 24<sup>th</sup>, 9:00am to 12:00 noon**

Start up the new year 2026 with In-Person Coffee Morning! A welcoming space for everyone. It's a place to connect with caregivers and friends, share stories, tips, and laughter. Kids will enjoy some treats and playtime. Goodies for grown-ups too!

Please R.S.V.P. to Sandy at [slcase@shaw.ca](mailto:slcase@shaw.ca).

## **Stronger Together – Session Two-Administrative Fairness** **Tuesday, January 20<sup>th</sup>, 9:30am to 10:15am**

Virtual. LeeAnn and Portia from the Ombudsman office will facilitate the second session, an overview of Administrative Fairness. It is a chance to share information about the Ombudsperson office, the services they provide, their complaint process, and to explore how their resources might be helpful for caregivers.

If you have already registered for the first session you are automatically registered for the second. If you have not registered and would like to attend the Administrative Fairness session you may register at <https://learn.fpsss.com/training/overview-of-the-bc-ombudspersons-office-and-overview-of-administrative-fairness-2/>.

If you have any questions please contact Dianne Thompson the South Island Coordinator at 778-430-5459 or [sicoord@fpsss.com](mailto:sicoord@fpsss.com).

## **Safe Babies Caregiver Meeting**

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

**Thursday, February 26<sup>th</sup>, 11:00am to 1:00pm**

Safe Babies caregivers meet with Angela Hatch to connect, support one another, and discuss information pertaining to the issues and care of vulnerable infants. They discuss a variety of topics relevant to the medically fragile infants and toddlers that they care for. Most of their infants have had pre natal substance exposure, often with complications. They cover new protocols for homes and updated information. Guest speakers are often invited.

*The experts: Children will model the behaviour they see.*

*Me: False, they have seen me sleep. They do not sleep.*

Claire Behrmann

## **Basic First-Aid with CPR Level "C" Training**

**January 22<sup>nd</sup>, 5:30pm to 9:30pm**

**Alert First Aid, A-920 Johnson Street**

Join Alert First Aid for this 4-hour Basic First Aid course, including CPR for infants. This fast-paced hands-on introduction teaches emergency scene management, spinal injury management, adult, child and infant CPR, obstructed airway procedures, and treatment for bleeding, broken bones, and seizures.

Caring Families Society will reimburse \$35.00 to each foster parent who successfully completes the course. A certificate will be issued from First Alert.

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

If you have any questions please contact Dianne Thompson the South Island Coordinator at 778-430-5459 or [sicoord@fpsss.com](mailto:sicoord@fpsss.com).

**Limited spots available. Register early to avoid disappointment!**

## **South Island Private Facebook Group**

Join this group of South Island Foster Caregivers for information on workshops, training, and upcoming events. We share Ministry updates, community events, relevant news, and other fun stuff. This group is for you. You can share, ask questions, trade children's clothing, sell items, or request Relief. If you are not a member, join now at,

[Foster Parent South Island Connection Group | Facebook](#).

## **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**



Become a

**FOSTER  
CAREGIVER**

**In South Island**

If you know a friend, co-worker, neighbour, or family member interested in becoming a foster caregiver, have them contact **Caring Families Society 778-430-5459** to learn more or register for a Foster Hope Information Session



# South Island News and Events

## Resource Work Policy

### Policy 8.7: Caregiver Continuing Learning and Education



#### Policy Statement

Caregivers continue to access learning and attend training sessions to improve their caregiving knowledge and skills. Caregivers attend mandatory training sessions within the required time frame, and while they have a Family Care Home Agreement in place.

#### Outcomes

- Learning plans are developed in collaboration with caregivers and outline how learning needs and mandatory training will be addressed.
- Caregivers are supported at the time of approval and during reviews to meet their learning needs and mandatory training requirements. Learning plans are continually reviewed and updated in collaboration with the caregiver, as the caregiver's learning needs evolve.
- Caregivers have more knowledge and skills and are able to provide a higher quality of care.

#### Standards 8.7.(1)

Develop and follow up on a learning plan with the caregiver to provide them with information and/or education on relevant topics of interest for the caregiver. Review the caregiver's learning and development needs and training activities and plans at each annual review.

#### Continuing Learning

- On an ongoing basis, identify and discuss with the caregiver their short and long-term learning and development needs, based on the unique characteristics of each child placed in the home and each child's Care Plan.
- To assist and support the caregiver to develop additional skills as a caregiver, provide or identify sources of relevant information, including books, articles, and learning opportunities such as Webinars offered by MCFD or other ministries.
- Consult with a child's Indigenous community and Indigenous authority (if applicable) to determine if culturally relevant training may be available.
- Continue to advise the caregiver about, and encourage their participation in, learning opportunities to enhance their caregiving knowledge and skills.
- Encourage the caregiver to participate in ongoing learning opportunities to support the care of the child.
- Support the caregiver to learn about children's Indigenous or cultural heritage, and religious or spiritual background in order to provide children with:
  - guidance, encouragement and support to learn about and practice their Indigenous traditions, customs and languages, and;
  - opportunities to belong to their Indigenous and other cultural communities.

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

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## Investigation and Resolution Support Program

Are you going through a  
Quality Care Review?  
Family Care Home Investigation?  
Serious dispute with the ministry?

Investigation and Resolution Support Workers can help you

- ✓ Understand what will happen
- ✓ Present the facts and your situation
- ✓ Support you without judgement
- ✓ Understand your choices and rights

### Investigation and Resolution Support Workers

- Are experienced caregivers
- Have received specialized training
- Are sworn to confidentiality
- Are familiar with foster care policies

The Investigation and Resolution Support Program supports foster caregivers engaged in the Investigation Process or a serious disagreement with Ministry staff.

[caring-families.ca](http://caring-families.ca)

1-888-922-8437

# PSACLN



PROVINCIAL SUPPORT AGENCY  
CAREGIVER LEARNING NETWORK

The Provincial Support Agency Caregiver Learning Network collaborates with all Caregiver Support Agencies across the province as well as BCFPA, IPS, Federation of Community Social Services of BC, Parent Support Services Society and others.

PSACLN develops accessible virtual learning opportunities to BC Foster Caregivers, Kinship Care Providers and Contracted Agency Caregivers. PSACLN enhances caregiver knowledge, skills and abilities, and helps to foster a healthy caregiving network.

**Together We Thrive:**  
**Empowering Caregivers through Collaborative Learning**

For a list of workshops coming up in the New Year, see Page 18 or go to [Provincial Support Agency Caregiver Learning Network](http://Provincial Support Agency Caregiver Learning Network)

# Central Island News and Events

## COWICHAN VALLEY AREA

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

Become a  
**FOSTER  
CAREGIVER**  
In Cowichan Valley



If you know a friend, co-worker, neighbour, or family member interested in becoming a foster caregiver, have them contact **Duncan Resource Team 250-715-2737** to learn more or register for a Foster Hope Information Session

### **Understanding and Responding to Self-Harming Behaviours<sup>CLN</sup>**

**Friday, January 16<sup>th</sup>, 10:00am to 12:00noon**  
**Presented by AXIS Foster Parent Support and Training**  
**Facilitator Stephanie Carr**

Please join Stephanie in exploring why children and youth may engage self harming behaviours. It is important to understand the needs that are being communicated through the child's or youth's behaviour, while also acknowledging the strain, nuances, and impact of self harming behaviors on the whole family/team. Stephanie hopes that caregivers leave this training feeling empowered, seen, and equipped with strategies to move forward to be able to respond to a child or youth's self harming behaviours while supporting connection and safety.

Stephanie has personal and professional experiences with fostering. Her parents are foster caregivers, she ongoingly provides relief services, and she has worked as a Foster Parent Support and Training Facilitator for almost 10 years. She has witnessed and worked with many varied complex behaviours exhibited by children and youth who are struggling to grow and heal. Register at [Understanding and Responding](#)

### **Foster Caregivers' Mornings**

**Wednesday, January 21<sup>st</sup>, 9:30am to 11:30am**

**Wednesday, February 18<sup>th</sup>, 9:30am to 11:30am**

**Cowichan Community Center, 2687 James Street, Duncan**

These gatherings are great to connect with other foster caregivers who understand the unique challenges and rewards of fostering. Drop by to meet members of your Cowichan Valley Foster Parents Local and other wonderful foster caregivers! Watch your emails for information.

### **Cowichan Valley MCFD Partnership Meeting**

**Wednesday, February 4<sup>th</sup>, 9:00/9:30am to 11:00am**

**MCFD Office, 161- 4<sup>th</sup> Street, Duncan**

The office doors open at 9:00am and foster caregivers are welcome to come in to catch up with one another and resource workers. The meeting will start at 9:30am. Please come for all or as much of the time as possible! Participation can be in-person or virtually via Teams.

Send agenda items to [mylisa.evans@gov.bc.ca](mailto:mylisa.evans@gov.bc.ca). Please look for an email from the MCFD Resource Team closer to the meeting that includes the link for those wishing to participate virtually.

### **Overcoming and Preventing Compassion Fatigue: The Compassion Paradox<sup>CLN</sup>**

**Thursday, February 26<sup>th</sup>, 11:00am to 1:00pm**

Virtual. Open to foster caregivers.

This recorded session shares tools and techniques that help build our ability to be empathetic, and compassionate while taking care of our own emotional wellbeing. CFS coordinator Sandra will host the viewing and discussion for this Crisis Centre of BC's recording. She will pause the viewing at relevant spots for attendees to have time to practice and discuss the material. Post workshop, participants will receive ongoing access the recording and resources materials. Watch your email for registration link.

### **Free Clothing for Foster Families**

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

## NANAIMO AREA

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

 **BONNIE COOK NANAIMO-PARKSVILLE COORDINATOR**  
250-986-9092 OR [npcoord@fpsss.com](mailto:npcoord@fpsss.com)

### **Foster Caregivers Support Mornings**

**Tuesday, January 13<sup>th</sup>, 10:00am to 11:30am**

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

**CFS Office, #102-6421 Applecross Road**

These mornings are great way to connect with other caregivers to share the unique experiences and challenges fostering can have, ask questions, share success, recharge, and learn about resources. There will be opportunities for caregivers to work on Lifebook pages if desired and CFS will provide support, supplies and tools. Foster caregivers, please check your emails for more details closer to the morning dates!

## **FREE CLOTHING FOR FOSTER FAMILIES**

Cowichan Valley Foster Parents Local offers free, clean, gently-used kids clothing for Foster Caregivers. Text Clothing Coordinator Lisa to access the clothing and choose what you need.



**Lisa 250-818-3293 (Text Only)**

Our heartfelt thanks go out to **Kinderbeez** for their ongoing clothing donations.

# Central Island News and Events



## Become a **FOSTER CAREGIVER** In the Nanaimo Area

If you know a friend, co-worker, neighbour, or family member interested in becoming a foster caregiver, have them contact

Rachel Wallace (MCFD)  
250-739-8603

to learn more or register for a Foster Hope Information Session

### Ladysmith-Nanaimo MCFD Partnership Meeting Tuesday, January 27<sup>th</sup>, 11:00am to 12:00noon

MCFD Office, #102 – 488 Albert Street or virtual via Teams

Please note there has been a time shift from the afternoon to the morning for these meetings. These gatherings are opportunities for foster caregivers and resource social workers to connect, identify common issues, review policy updates, ask questions and have input for future education. Participants can attend in-person at the MCFD Resource Office board room or virtually via Teams. Please watch your emails for the meeting invite with more details and the link from your Team Resource Team. If you have a question or item you would like to see on the agenda, please send it to your resource social worker, or to CFS Coordinators Bonnie ([npcoord@fpsss.com](mailto:npcoord@fpsss.com)) or Sandra ([cicord@fpsss.com](mailto:cicord@fpsss.com)).

### Navigating Emotions: How to Remain Centered when Emotions Feel Overwhelming<sup>CLN</sup>

Tuesday, January 20<sup>th</sup>, 11:00am to 1:00pm

Virtual. Open to foster caregivers.

Emotions are a normal and healthy part of our lives. In this recorded session, the focus is emotional awareness and practices that can support us to respond more skillfully to challenging situations. CFS coordinator Bonnie will host the viewing and discussion for this Crisis Centre of BC's presentation. She will pause the viewing at relevant spots for attendees to have time to practice and discuss the material. Post workshop, participants will receive ongoing access the recording and resources materials. **Watch your email for registration link.**

### Caring Families Society

#### 2025-2026 Foster Caregiver Appreciation Calendar

If you have not received a copy of the 2025-2026 Foster Caregiver Appreciation Calendar, please let us know. You may have received it from your local MCFD office, your local CFS Coordinator, or in the mail. Give us a call if yours hasn't arrived, and we will send you this great calendar, filled with information.

1-888-922-8437



### Skillfully Responding to Distress<sup>CLN</sup> Tuesday, February 3<sup>rd</sup>, 9:30am to 1:30pm Presented by the Crisis Centre of BC

Virtual. Open to foster caregivers.

This half-day workshop teaches participants how to respond to and de-escalate emotional distress for a person in crisis. The workshop includes an overview of the stress response, applying a crisis intervention model, facilitating the development of a short-term coping plan for a person in crisis, boundary setting, and self-care. Participants who completed previous sessions reported enhanced skills and confidence in helping to de-escalate a person in emotional distress. This is in addition to setting boundaries, managing personal emotions, and maintaining self-care.

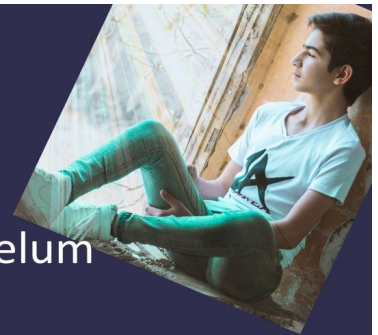
The small group exercises in this training will reflect scenarios in relation to fostering.

Foster caregivers register at <https://learn.fpsss.com/training/srtd/>.

*Children are really amazing creatures. Who else can talk so much. So early. Without caffeine.*

Claire Behrmann

## Become a **FOSTER 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  
Vivian Paul 250-591-0933



## Become a **FOSTER CAREGIVER** In Parksville Qualicum

If you know a friend, co-worker, neighbour, or family member interested in becoming a foster caregiver, have them contact

Noel Marchett (MCFD)  
250-947-2666

to learn more or register for a Foster Hope Information Session

# Central Island News and Events

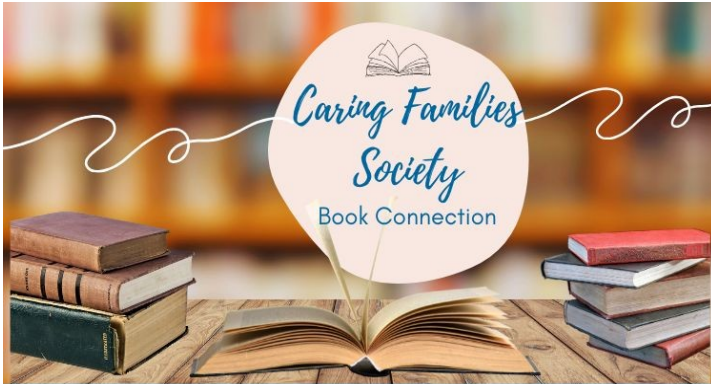
## PORT ALBERNI AREA

### REGIONAL OFFICE

1-888-822-8437 OR [admin@fpsss.com](mailto:admin@fpsss.com)

### Foster Caregiver Support

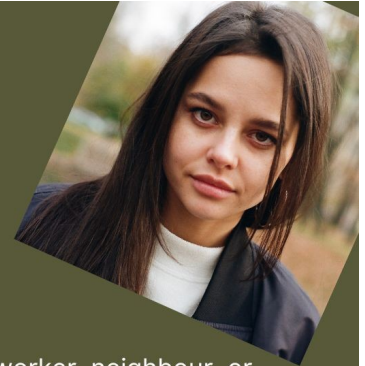
Foster caregivers living in the Alberni Valley needing support, resources, or information are encouraged to contact the Caring Families Regional Office. We will connect you with someone who can help you through a difficult time. If there is a book you think might provide the strategies or guidance you need, let us know and we will have it shipped to your door.



See a book you think would help you provide better care to a child in your home? Let us know and we will have it shipped to your door.

[admin@fpsss.com](mailto:admin@fpsss.com) 1-888-922-8437

## Become 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

**Kiana Kobus (MCFD)**  
**250-720-2650**

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

## Become a FOSTER CAREGIVER With Usma



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.

### To do list

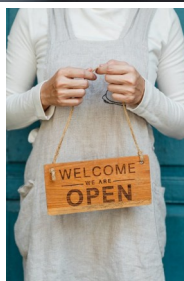
- ✓ Breathe in and out
- ✓ Be present in your life
- ✓ Believe in something

*You yourself, as much as anybody in the entire universe, deserve your love and affection.*

Sharon Salzberg

*One day when my children are all grown, I hope they still come through the front door without knocking. I hope they head to the kitchen for a snack and slump on the sofa to watch tv. I hope they feel the weight of adulthood leave them for they are home. For my children, my door will forever be open.*

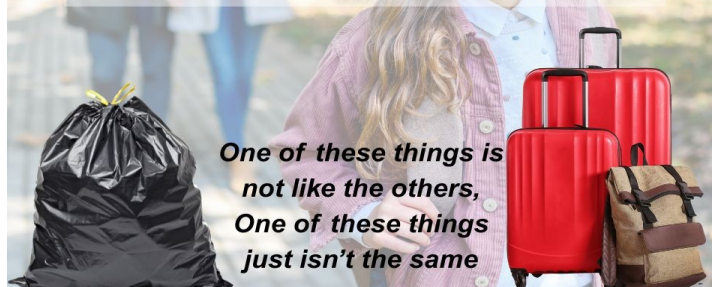
Unknown?



When a child or youth leaves your home, make sure their belongings are moved in a respectful, secure manner. A garbage bag is not an appropriate substitute for a suitcase, tote, or duffel bag.

Whether they are going to another foster home, into the community to start a new life, or back to a family that loves them, send them off with their clothes and treasures clean, organized, and safe.

**One of these things is not like the others, One of these things just isn't the same**



# Upper Island News and Events

## REGIONAL SAFE BABIES COORDINATOR

### Virtual Monthly Safe Babies Program Knowledge Exchange

This is an opportunity for caregivers to receive updated information and connect with each other about the complex role of Safe Babies Caregivers.

Sessions will be live on the 3<sup>rd</sup> Thursday of the month from 10:30am to 11:30am. A recording of each session will be available on the Caregiver Learning Network for review for those who can't attend the live training.

<https://caring-families.ca/series/safe-babies-program-knowledge-exchange-2/>



**MARY CATHERINE WILLIAMS REGIONAL SAFE BABIES COORDINATOR**  
250-703-6135 OR [safebabies@fpsss.com](mailto:safebabies@fpsss.com)

Mary Catherine Williams is the Caring Families Society Regional Safe Babies Coordinator. Her role includes providing Safe Babies training (certification and ongoing) for caregivers and others, acting as a resource/knowledge keeper for Safe Babies Program information, and supporting curriculum updates.

Mary Catherine facilitates virtual monthly Safe Babies Program Knowledge Exchange. For more information or for Safe Babies caregiver support, contact Mary Catherine at [safebabies@fpsss.com](mailto:safebabies@fpsss.com). All Safe Babies caregivers welcome.

#### Safe Babies Caregiver Meeting and Knowledge Exchange

Thursday, January 15<sup>th</sup>, 10:30am to 11:30am

Topic: *Home Safety and Safe Sleep*

Thursday, February 19<sup>th</sup>, 10:30am to 11:30am

Topic: *Infant and Toddler Nutrition*

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

(Third Thursday of the month)

Safe Babies Caregivers from across Vancouver Island are welcome to attend these monthly online learning and discussion sessions. The Zoom link is available on the Caregiving Learning Network or by emailing [safebabies@fpsss.com](mailto:safebabies@fpsss.com). Please join us!

## COMOX VALLEY

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

#### Comox Valley Safe Babies Group

Thursday, January 15<sup>th</sup>, 10:30-11:30am

Thursday, February 19<sup>th</sup>, 10:30-11:30am

In-person at The Foundry Multipurpose Room 575 10<sup>th</sup> Street, Courtenay

**Please note the changes for this year's gatherings.** This year we will be meeting at the foundry and spending the first half connecting with the Safe Babies Island Wide Knowledge exchange. These gatherings feature discussions to keep your caregiving skills current and an

opportunity to "check in" with fellow caregivers! Experienced caregivers and a MCFD Resource Worker are always in attendance. Please arrive a few minutes early as we will get started right on time. Cannot make the meeting in person? reach out to Jessica for the zoom link at [cvcoord@fpsss.com](mailto:cvcoord@fpsss.com).

#### Comox Valley Social Committee

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. We will be meeting early May to plan the year. Please contact Jessica Humphries if you are interested in being involved.

## CAMPBELL RIVER

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

#### Foster Caregiver/MCFD Partnership Meeting

Tuesday, January 13<sup>th</sup>, 9:30am to 10:30am

MCFD Boardroom, 1334 Island Hwy

(Second Tuesday of every second month)

All foster caregivers, MCFD social workers, Children and Youth Mental Health staff and foster support staff invited. Caregivers are encouraged to take this hour and attend the partnership meeting to share your fostering concerns, learn about MCFD updates, and discuss local fostering trends. Contact co-chairs, Tom Robinson at [sunrisestart@hotmail.com](mailto:sunrisestart@hotmail.com) or Ashley at [AshleyVisser@gov.bc.ca](mailto:AshleyVisser@gov.bc.ca) for more information or to suggest a discussion topic.

#### Caregiver Lunch and Learn

Thursday, January 8<sup>th</sup>, 11:30am to 1:30pm

Topic: *Exploring Child/Youth Mental Health*

Presenter: Victoria Morton, TL CYMH

Thursday, February 12<sup>th</sup>, 11:30am to 1:30pm

Topic: *2SLGBTQAI+ Community Presentation*

Presenter: Christina Armstrong - AVI Health and Community Services  
CR Family Services, Conference room. 487 – 10th Avenue

(Second Thursday of the month)

Caregiver Lunch and Learn is your space to connect with peers, build



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

**Janna McKenzie (MCFD)**  
250-897-5728

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

## Upper Island News and Events

community, and engage with practical learnings. February's 2SLGBTQAI+ session welcomes everyone in our fostering community. If you have an interest in this topic, whether or not currently caring for youth, please join us. Bring your lunch or join us for the light refreshments supplied. Contact Lindsay or Judy for more information.

### Safe Babies Caregiver Meeting and Knowledge Exchange

**Thursday, January 15<sup>th</sup>, 10:15am to 11:30am**

*Topic: Home Safety and Safe Sleep*

**Thursday, February 19<sup>th</sup>, 10:15am to 11:30am**

*Topic: Infant and Toddler Nutrition*

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

(Third Thursday of the month)

This is a hybrid event. Join in person at CRFS or online via the Zoom link found in on Caregiver Learning Network. Sign in using this link and following the prompts: <https://learn.fpsss.com/courses/vi-sb-monthly/> For more information about our meetings or your copy of the Knowledge Exchange PowerPoint slides, contact Judy at [uicoord@fpsss.com](mailto:uicoord@fpsss.com).

**Creative Support Group for Foster Caregivers Monday, January 19<sup>th</sup>, 9:00am to 10:30am**

February, date to be announced.

**Art Room at CR Family Services, 487 10<sup>th</sup> Avenue**

(Third Monday of the month)

The Resource Enhancement Counsellor team hope this will become a monthly space for caregivers to connect and relax through hands-on art making. All foster caregivers are welcomed, no art experience required. Art materials are supplied, no need to bring your own. More details? Contact Catherine at [catherine.mccauley@crfs.ca](mailto:catherine.mccauley@crfs.ca).

*The Build a Rocket show said, "Don't try this at home."  
So I'm coming over to your house to try it.*

**Foster Caregiver In-person Coffee Meeting**  
**Tuesday, January 27<sup>th</sup>, 10:00am to 11:30am**  
**Tuesday, February 24<sup>th</sup>, 10:00am to 11:30am**  
**Host Tom Robinson**

(Fourth 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 Tom's address, please watch your inbox, or contact Judy at (text/call) 250-204-1566 or [uicoord@fpsss.com](mailto:uicoord@fpsss.com).



Become 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, have them contact **250-286-7542 (MCFD)** to learn how, and to find out about up-coming Foster Hope Information Sessions.

## Join Our CFS Team

Caring Families Society is looking for Coordinators in the Port Alberni and North Island areas. These positions are casual with flexible hours.

Can you offer support, information, and referrals to local foster caregivers and assist them in obtaining current and accurate information?

Can you work independently and as part of a team consisting of caregivers, Ministry staff, Indigenous Agency staff, Locals, and community professionals?

Can you assist in the planning and implementation of training opportunities and family events that build relationships in your fostering community?



**Caring Families**  
SOCIETY

If you are interested in either of these positions, learn more at

<https://caring-families.ca/about-us/employment/>

or email [admin@fpsss.com](mailto:admin@fpsss.com)  
(Attention Executive Director))

# North Island News and Events

 1-888-922-8437

## PORT HARDY

**Safe Babies Caregiver Knowledge Exchange (**  
**Thursday, January 15<sup>th</sup>, 10:30am to 11:30am**  
**Thursday, February 19<sup>th</sup>, 10:30am to 11:30am**  
 Knowledge Exchange Topics to be announced.  
 (Third Thursday of the month)

Calling all North Island Safe Babies Caregivers! Join us online via the Zoom link found on Caregiver Learning Network. Sign in using this link and following the prompts <https://learn.fpss.com/courses/vi-sb-monthly/>.

Mary Catherine Williams, Regional Safe Babies Coordinator, facilitates online Knowledge Exchange sessions providing a monthly opportunity for Safe Babies caregivers to refresh their skills and connect with their Vancouver Island peers. For more information about the Knowledge Exchange or for Safe Babies caregiver support, contact Mary Catherine at [safebabies@fpss.com](mailto:safebabies@fpss.com). For more information or to be added to our list for email reminders, contact Judy at [uicoord@fpss.com](mailto:uicoord@fpss.com).

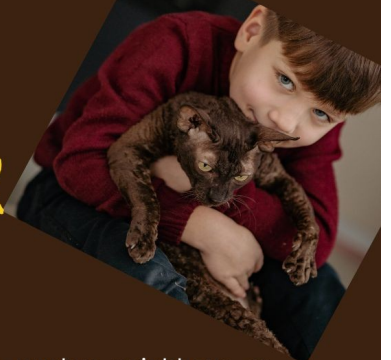
### Foster Placement Support

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

### Ongoing Training

Are you looking for Caregiver Continuing Learning and Education options accessible from the comfort of your home? Have you developed a learning plan with your resource worker? We are here to help you meet your learning plan goals! We offer a variety of learning opportunities developed specifically for BC's caregivers. Check out the many On Demand videos featuring a variety of topics. Register for an online workshop via the Provincial Support Agency Caregiver Learning Network. Connect with the CFS Society to borrow a book or DVD. Contact Judy [uicoord@fpss.com](mailto:uicoord@fpss.com) or [community@fpss.com](mailto:community@fpss.com) for details.

## Become 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 Rhonda Wall (MCFD) at 250-949-8011 We are currently seeking Relief, Respite, and Emergency homes.

## Cheryl Jorgenson

North Island Foster Parent Support Coordinator

*Friendly, non-judgmental, 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.*



250-340-3841

[fosterfamily@nicommunityservices.ca](mailto:fosterfamily@nicommunityservices.ca)

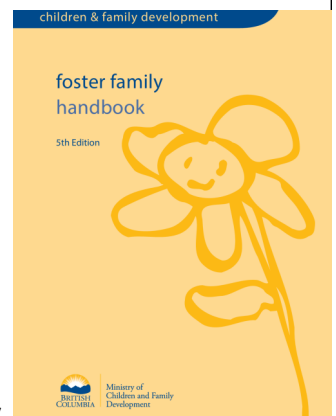
## Foster Family Handbook

*The CFCSA names "a director" as the official responsible for the programs services. The director is appointed by the minister and has overall responsibility for administering the CFCSA and the child welfare system. In practice, however, other staff may be delegated (assigned) to provide service on a day-to-day basis. The people you will have closest contact with are:*

**The child's social worker.** *Social workers are the main contact with children and families and make most of the key decisions for children in care. They are generally responsible for planning the child's care and for any funding issues directly related to the child. They share with you background information about the child and are available to answer your questions. If a child has special problems, their social worker helps you either personally or by referral to appropriate agencies or resources. They also work with the child's birth family. Usually, when you see the word "director" it means the child's social worker.*

**Your resource social worker.** *Just as every child in care has an assigned social worker, foster families have a resource social worker assigned to them. Resource social workers assist with your administrative and funding concerns, help resolve disputes or misunderstandings, give feedback on fostering methods and skills, help identify and secure needed training, answer questions about policy and philosophy, and generally support you and your family.*

Foster Family Handbook, page 6.  
[foster family handbook.pdf](https://www2.gov.bc.ca/gov2/childfamilydevelopment/childrenandfamilydevelopment/childrenandfamilydevelopment/fosterfamilyhandbook.pdf)



*Maybe you've never thought about fostering*

*Maybe you've thought about it for a long time*

*Maybe now is the time*

# "Family"

Such a small word for such a big feeling. If we are lucky, we are surrounded by a family that loves us, protects us, lifts us up, and gives us a place to belong. Some families struggle. There are children and youth in your community who are temporarily unable to live with their families. They need a safe place to be while they and their families heal and become strong again.

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? Can you set one more place at the family table?

Come to a Foster Hope Information Session to learn more about fostering in BC.

**FOSTER HOMES**  
NEEDED IN YOUR COMMUNITY

Their stories begin before they come to you, and their stories will continue after they leave your home. In the space between, you can make a difference.

Go to [fosterhope.ca](http://fosterhope.ca) to learn more or register for an information session

*fosterhope*  
Together, we can make a difference.

**Caring Families SOCIETY**

*fosterhope*  
Together, we can make a difference.

**Foster Homes Needed in Your Community**

Maybe you've never thought about fostering

Maybe you've thought about it for a long time

Maybe now is the time

Go to [fosterhope.ca](http://fosterhope.ca) to learn more or register for an information session

Wednesday, January 14<sup>th</sup>  
 Wednesday, January 28<sup>th</sup>  
 Wednesday, February 11<sup>th</sup>  
 Wednesday, February 25<sup>th</sup>  
 Wednesday, March 11<sup>th</sup>  
 Wednesday, March 25<sup>th</sup>

6:30pm to 7:30pm  
 12:00 noon to 1:00pm  
 6:30pm to 7:30pm  
 12:00 noon to 1:00pm  
 6:30pm to 7:30pm  
 12:00 noon to 1:00pm

<https://bit.ly/48pGwhO>  
<https://bit.ly/4oKl8IS>  
<https://bit.ly/4a0j8IV>  
<https://bit.ly/4rKVpCZ>  
<https://bit.ly/4oMGqFH>  
<https://bit.ly/3Mv9xit>

## RESPITE AND RELIEF

### Definitions

Relief: in-home and out-of-home alternative care giving arrangements for a child in care provided for a caregiver.

Respite: out-of-home care provided by the director for a child's parents, with whom there is a supportive services agreement.

### Relief Payments

#### Child and Family Development Service Standards

Caregiver Support Services Standards

Appendix C: Agreements and Payment Rates. Page 92

Respite/Relief Care Rates. Page 96.

Sample Letter: Caregiver's Obligations as an Employers. Page 103.

#### Foster Family Handbook

Supports and Entitlements of Foster Parents. Page 43.

Relief for Foster Parents. Page 50.

#### Resource Work Policies

Policy 8.16 Relief, Respite, and Childcare. Page 56.

Appendix C. Agreements and Payment Rates. Page 117.

Relief/Respite Care and Rates. Page 120.

#### Standards for Foster Homes

Payments for the provision of Relief Services. 58.

Payment for supplementary relief. Page 58.

Rates. Page 59.

Initiating Payment. Page 59.

### Relief Care Provider Assessment

#### Child and Family Development Service Standards

Caregiver Support Services Standards

Standard 2: Screening, Assessment, and Approval. Page 12.

Standard 16: Relief, Respite, and Child Care. Page 55.

Appendix E. Screening, Assessment and Approval Roles and Responsibilities for All Non-Primary Caregiver Situations for Children and Youth in Care. Page 110.

Appendix F: Relief Care Provider Assessment Guide and Checklist. Page 112.

#### Foster Family Handbook

Screening, Assessment and Approval Roles and Responsibilities for all Non-Primary Caregiver Situations for Children and Youth in Care. Page 71.

Relief Care Provider Assessment Guide and Checklist. Page 72.

Foster Caregiver's Guide for Assessing Relief Care Providers. Page 75.

#### Resource Work Policies

Policy 8.16 Relief, Respite, and Child Care. Page 56.

Selecting Relief Caregivers. Page 57.

Appendix B. Section 1. Foster, Out-of-Care (OOC), Adoptions and Relief Providers Check. Page 102.

Appendix E. Non-Primary Caregiver Situations for Children in Care. Page 134.

Appendix F. Foster Caregiver's Guide for Assessing Relief Care Providers. Page 136.

#### Standards for Foster Homes

F.1. Foster Home Administration. Page 46.

F.1.6., F.1.7. Caregiver Practices. Page 47.

### Links

Child and Family Development Service Standards; [https://docs.openinfo.gov.bc.ca/Response\\_Package\\_CFD-2016-62925.pdf](https://docs.openinfo.gov.bc.ca/Response_Package_CFD-2016-62925.pdf)

Foster Family Handbook [https://www2.gov.bc.ca/assets/gov/family-and-social-supports/foster-parenting/foster\\_family\\_handbook.pdf](https://www2.gov.bc.ca/assets/gov/family-and-social-supports/foster-parenting/foster_family_handbook.pdf)

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

Safe Home Study <https://www.safehomestudy.org/>

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

	AGES 11 & UNDER	AGES 12 TO 19
Regular & Restricted Homes	\$61.64	\$67.54
Level 1 Homes	\$87.27	\$87.27
Level 2 Homes	\$106.67	\$106.67
Level 3 Homes	\$135.80	\$135.80

RESTRICTED, REGULAR, AND LEVEL 1 RATE INCLUDES EXTRA \$10.00/PER DIEM





PROVINCIAL SUPPORT AGENCY  
CAREGIVER LEARNING NETWORK

## PROVINCIAL SUPPORT AGENCY CAREGIVER LEARNING NETWORK

Administered by:  
Caring Families Society, Okanagan Foster Parents Association,  
and Interior Community Services

PSACLN develops accessible, virtual learning opportunities to Foster Caregivers, Kinship Care Providers, and Contracted Agency Caregivers. PSACLN enhances caregiver knowledge, skills and abilities, and helps to foster a healthy caregiving network. The Caregiver Learning Management System (CLMS) is an online system available to all caregivers in BC. Caregivers can view their past CLMS workshop documents (including certificates) and register for new and upcoming workshops.

Workshop	Date, Time	Facilitator	Registration Link
Business Side of Fostering	Tuesday, January 13 <sup>th</sup> and January 20 <sup>th</sup> 6:30pm to 8:30pm	Interior Community Services	<a href="#">Business Side</a>
Understanding and Responding to Self-Harming Behaviours	Friday, January 16 <sup>th</sup> 10:00am to 12:00 noon	Stephanie Carr	<a href="#">Understanding and Responding</a>
Navigating Emotions: How to Remain Centred when Emotions Feel Overwhelming	Tuesday, January 20 <sup>th</sup> 11:00am to 1:00pm	Bonnie Cook	Watch your email or <a href="http://www.psacln.ca">www.psacln.ca</a> for registration links
Skillfully Responding to Distress	Tuesday, February 3 <sup>rd</sup> 9:30am to 1:30pm	Crisis Centre of BC	<a href="#">Events for December 2025</a>
Leading with Empathy	February 4 <sup>th</sup> 9:30am to 12:30pm	Len Pierre	<a href="#">Len Pierre – Leading with Empathy</a>
Overcoming and Preventing Compassion Fatigue	Thursday, February 26 <sup>th</sup> 11:00am to 1:00pm	Sandra Beagley	Watch your email or <a href="http://www.psacln.ca">www.psacln.ca</a> for registration links

***Together We Thrive:***

***Empowering Caregivers through Collaborative Learning***

Go to [www.psacln.ca](http://www.psacln.ca) to learn more or to [support@psacln.ca](mailto:support@psacln.ca) if you require assistance



## Caring Families Society Contact Information

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### MISSION STATEMENT:

The Caring Families 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:** Caring Families Society is a Registered Society that is funded through contracts with the BC Ministry of Children and Family Development to provide support services, networking, communication and on-going training opportunities for foster caregivers of the Vancouver Island Region.

### Regional Office Location:

145-735 Goldstream Avenue,  
Victoria, V9B 2X4

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

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

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

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

### Hours of Operation:

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

### ISLAND CONNECTION MAGAZINE:

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

### ISLAND CONNECTION INFORMATION

Eva Vowles

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

[fosterhope@fpsss.com](mailto:fosterhope@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.

### CARING FAMILIES SOCIETY OFFICES

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We invite any letters or comments.

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

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

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



*Foster Caregivers are  
Making a Difference!*



*For all you do,  
we Thank You!*



**Caring Families Society**

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