

The Island Connection

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



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

CPC PUB #40780167



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FPSS Society has a new name! CARING FAMILIES SOCIETY	



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.

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 (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

The Caring Families Coordinators are available 5 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), 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 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

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, 2024

Restricted (for a child aged 0 to 11 yrs)	\$61.06
Restricted (for a child aged 12 to 19 yrs)	\$67.05
Regular (for a child aged 0 to 11 yrs)	\$61.06
Regular (for a child aged 12 to 19 yrs)	\$67.05
Level 1 (all ages)	\$86.78
Level 2 (all ages)	\$106.17
Level 3 (all ages)	\$135.31

https://www2.gov.bc.ca/assets/gov/family-and-social-supports/foster-parenting/resource_work_policies.pdf

IN FROM THE COLD

Are you a Chionophile? Do you love snow and cold weather? If so, the first week in February was an unexpected delight. Sunlight sparkling on snow, the familiar crunch under your feet, nose hairs frozen together... But the true chionophile knows that the best part of the snow and cold is coming in from the cold.

Walking up the driveway, seeing the lights shining inside. Opening the door to the smell of dinner cooking or on a plate over a pot of hot water on the stove, kept warm for you. Or a plate in the fridge with your name saying, “You weren’t here and we missed you. We saved you dinner.”

How many meals have you shared with your family? How many laughs, how many tears, how many arguments, how many secrets were accidentally blurted, how many insignificant moments that became cherished memories? Humans having been sharing meals since the beginning. It’s wired into our cultures, our relationships, and our DNA. Sharing meals strengthens our bonds, builds trust, and nourishes our bodies.

Can you image your life without having shared a single meal with family? Some children and youth coming into care don’t have to imagine. Can you offer a child or youth a place at the family dinner table? Coming in from the cold is a quiet voice in your heart saying, “For today, this is the place I belong”. That’s what foster caregivers offer children and youth in care. A place to come in from the cold, even when it’s +30° C outside.

What a challenge. What a gift. What a privilege.

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, 2024

Basic Foster Care Costs (per month)*	Ages 0-11 years	Ages 12-19 years
Food	\$257.27	\$344.24
Housing	\$285.69	\$344.24
Transportation	\$128.51	\$144.52
Personal Needs	\$27.41	\$33.62
Recreation	\$64.21	\$66.89
Clothing	\$156.03	\$177.81
Sub-total	\$919.12	\$1,111.32
Additional Family Care Costs	Ages 0-11 years	Ages 12-19 years
Education	\$48.98	\$60.08
Babysitting	\$165.42	\$107.92
Transportation	\$116.38	\$113.81
Personal Spending	\$79.59	\$101.83
Gifts/ Activities	\$116.38	\$114.63
Equipment/ Recreation	\$85.83	\$101.91
Sub-total	\$612.58	\$600.18
Total Maintenance (per month)	\$1,531.70	\$1,711.50

*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

Appreciation

Caring Families Society would like to acknowledge our inspirational, strong, and dedicated caregivers for supporting the children in their home with respect, love, and kindness, and meeting the ever-shifting demands of caregiving.

Foster Caregiver/MCFD Resource Partnership Meetings

Caring Families Society encourages foster caregivers to attend the virtual MCFD-chaired meetings to ask questions, address concerns, and receive information on Ministry updates, staffing and policy changes

Safe Babies Support Group

The local Safe Babies Support Group meets monthly to discuss information pertaining to current issues and the care of vulnerable infants. January's discussion focussed on the reasons that testing babies to determine substances used is rarely done now.

Life Book Sessions

Life Books are an important way of preserving memories for children and youth in care. Caring Families Society provides the supplies and can make a digital copy for the child's file.

Health and Safety

Caring Families Society coordinates Basic Level First Aid with infant CPR through Alert First Aid. We had a full house in the last training with positive feedback on how good the facilitator was. Watch for the fall session.

Ongoing Virtual Training (PSACLN)

The Provincial Support Agency Caregiver Learning Network (PSACLN) offers caregivers a variety of training opportunities. Take a look at their website and become a member to register for workshops. <https://psacln.ca/#home>.

Trauma-Informed Transition Training[®]

The Provincial Support Agency Caregiver Learning Network (PSACLN) hosts this regular virtual seven-week program on the CLN network. It contains information and resources on transitions and The Act. Go to the PSACLN website to register and become a member. <https://psacln.ca/#home>.

Other Ongoing Training

Caring Families Society hosted the Ministry's seven-session *Giving and Receiving Healing* daytime and evening sessions. We encourage foster parents to share their ideas on training. If you know of a topic or training that might be beneficial, contact Dianne at sicoord@fpsss.com or 778-430-5460.

Foster Parent Events

Watch your emails or check out the South Island calendar on <https://caringfamiliesociety.com/> for upcoming events. You can also check our South Island private Facebook group here, <https://www.facebook.com/groups/561291688076447/>. If you're not a member, please join.

SIFPA

Please watch your emails or check out the South Island calendar on <https://CaringFamiliesSociety.com/calendars/south/> for upcoming events. SIFPA and Caring Families Society are planning a Spring event. SIFPA thanks our wonderful caregivers and appreciate the work they do with our children and youth.

Investigation and Resolution Support Worker Program

Specially trained and experienced foster caregivers volunteer to assist and support a foster caregiver who is going through an investigation, quality of care review, or dispute with the Ministry. They provide information, answer questions, attend interviews, take notes, and ensure that foster caregivers do not go through the process alone. Call 1-888-922-8437 for information. We are looking for more volunteers to join our IRS team. Check out our IRS page on our website at, <https://CaringFamiliesSociety.com/services-programs/protocol-support/>.

South Island Facebook

Join our private South Island Caregivers'



Facebook group for updates on events, workshops, trainings, and other information sharing at <https://www.facebook.com/groups/561291688076447/>.

E-mail Distribution List and Calendar

If you would like to receive email notifications of workshops, meetings, and news of interest, contact 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 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

Alberni Valley caregivers needing support are encouraged to contact the Regional Office.

COWICHAN VALLEY Area Update

Prepared by Sandra Beagley

T: 250-618-8327

Toll free: 1-888-922-8437

E: dacoord@fpsss.com

Foster Caregiver Mornings

New Year – New Location! This January we had our first gathering in our new Cowichan Community Centre location! Participants shared successes, challenges, and encouragement along with access to free gently used kids clothing. February's Morning, included a special guest from the Aboriginal Policy and Practise Team to support discussion about how the APP Framework affects caregivers. Your Cowichan Valley Foster

Parents Local and Caring Families Society warmly invite all foster caregivers to attend these mornings. Together we build a stronger fostering community.

MCFD Partnership Meeting

Foster Caregivers can attend in person or virtually. This is an opportunity to review policies, get updates, ask questions, and identify common issues.

Circle as a Restorative Process

Aboriginal Policy and Practice Program Analyst Katelyn Beekhuizen guided group discussion at the February Foster Caregiver Morning. Foster caregivers were able to discuss, ask questions, and share examples of how APPF affects them and the children and youth in their homes.

Cowichan Valley Foster Parent Local Free Children's Clothing

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

NANAIMO Area Update

Prepared by Sandra Beagley

T: 250-618-8327

Toll free: 1-888-922-8437

E: cicoord@fpsss.com

Foster Caregivers Support Mornings

These gatherings are opportunities for foster caregivers to connect, share, support, and inspire each other. January's theme was the *New Year – New Beginnings*. February's theme was *The Power of Love*. There was great discussion, useful handouts, and an optional craft to engage our creativity.

Ladysmith-Nanaimo MCFD Resource Partnership Meeting

MCFD hosts these bimonthly meetings with in person and virtual participation options. The next meeting will be April 29th.

Talking about Sexting (CLN)

Caring Families Society covered the registration cost for foster and kinship caregivers who attended this workshop. Certified Sexual Health Educator Kerri explored the emotional and relational aspects of sexting plus its risks and legalities. This was the fourth workshop in a series of seven. Foster and kinship caregivers can register for one, several, or all remaining workshops.

Bridge to Belonging Playgroup

This new monthly playgroup started in February at Oliver Woods Community Center to support foster families by providing a nurturing and inclusive environment for connection and shared experiences. The Playgroup focuses on children aged 0-5 and is led by MCFD Resource staff with child development experience and is supported by Caring Families Society. For more information, please contact Shailu Miguez at Shailu.miguez@gov.bc.ca or 250-740-3080.

Talking About Pornography (CLN)

Caring Families Society covered the cost for foster and kinship caregivers who attended this workshop. Certified Sexual Health Educator Kerri discussed the reality that it is not a matter of *if* your child/children will view pornography, it is a matter of *when*. She spoke about the long-term impacts of pornography viewing, and tips for how to talk to your kids. This was the fifth workshop in a series of seven.

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 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

Comox Valley Safe Babies

Thank you to everyone who attended our meeting this month. We had great conversations around the impacts of the rising costs on Safe Babies homes and how to prepare for ongoing difficulties by finding the right formulas and specialized bottles. As a group we are working on drafting a realistic outline of start up costs for Safe Babies so we can advocate for supports for caregivers.

Comox Valley/MCFD Partnership Lunch and Learn

At January's meeting, we tried something new to engage caregivers. Over mushroom soup, pastries, and coffee/tea, we dove into ongoing questions around placements. It was great to see a collaborative conversation between resources, caregivers and caregiver support. Our goal with these *Lunch and Learns* is to continue to cultivate a mutual understanding of policy and practice.

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

These meetings offered updates on local trends in foster care. Review the minutes circulated through our distribution list.

Network Happenings

Campbell River Foster Parent Association

The local association hosted a caregiver-only coffee meeting in January and February.

Caregiver Lunch and Learn

The NI Metis Association facilitated January's session "Who Are the Metis?". Our monthly Lunch and Learn events are well-attended and we encourage all caregivers to drop in.

Safe Babies

Our Safe Babies caregivers joined the monthly Vancouver Island Knowledge Exchange sessions hosted by Mary Catherine Williams.

The Resources Team hosted February's Meet -and-Greet gathering for our foster community. We have many new foster caregivers and workers, and this was chance to say hello and welcome them all!

NORTH ISLAND Area Updates

PORT HARDY Area Updates

Toll free: 1-888-922-8437

E: nicoordinator@fpsss.com

Enhanced Communication

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

North Island Network

Thank you to everyone who participated in the network events and a special shout out to the caregivers who organized the treat bags for the Foster Family Holiday movie.

Ongoing Caregiver Education

Caring Families Society thanks North Island foster caregivers for their commitment to professional and community development. Thank you for joining the online workshops facilitated by Caring Families (FPSS) Society.

COLLABORATIVE ISLAND-WIDE TRAINING AND EVENTS

Shutdown, Stonewalled and Alone: Strategies for Kids Who are Shut Down^{CLN} (Virtual)

Tuesday, March 4th, 9:30am to 12:00 noon

Facilitated by Robyn Gobbel

Children who are shut-down may seem easier to parent than children who are explosive, but the truth is, they are the hardest to reach. This workshop decodes these frustrating and elusive behaviours using the latest research on the science of safety.

Some shutdown kids are watchdogs, acting like volcanos, keeping it all inside. Some shutdown kids are possums. This webinar will help you distinguish between the two. You will learn practical strategies you can immediately implement.

Unable to make the date and time? Register and receive the Replay information.

Register at <https://learn.fpss.com/training/robyn-gobbel-mar-2025/>

Voices From The Nest^{CLN} (Virtual)

Enhancing the Fostering Experience for

Biological Children of Parents Who Foster

Wednesday, March 12th, 9:30am to 12:00 noon

Presented by Vicki Bridge, RMFT

Open to foster caregivers.

Do you and your biological or adopted children share the family nest with foster children?

Are you curious or concerned what impact being part of a foster family will have on your children?

In this learning opportunity, Vicki will provide a bird's eye view of three adaptive family structures foster caregivers have used as a guide for balancing the complex and often competing needs of all foster family members.

In addition, we will discuss some practical tips on ways to enhance your child's foster caregiving experience and ensure their voices are heard.

Vicki Bridge is a Registered Marriage and Family Therapist, (RMFT), a member of the B.C. Branch of the Canadian Association for Couple and Family Therapy, (CACFT), and a Clinical Fellow of the American Association of Marriage and Family Therapy, (AAMFT). As a life long foster parent Vicki has deep roots in the Victoria area foster caregiving community. Vicki provided community based Residential Services for children and teens for 22 years then provided Caregiver Support to South Island Caregivers for MCFD. Contact Janet at janet@fpss.com or 778-430-5459 for more information or to ask questions.

Register at <https://learn.fpss.com/training/voices-from-the-nest/>

How to Care Give During Times of Grief and Loss^{CLN} (Virtual)

Tuesday, April 1st, 9:30am to 12:30pm

Presented by Ashleigh Martinflatt

Open to Foster Caregivers, Kinship/OOCO Caregivers, Social Workers, and others connected to fostering.

Grief and loss are interwoven through the foster experience. Foster caregivers may be serving multiple placements with complex needs that can make dealing with the impacts of various grief and loss issues particularly challenging. Presenter Ashleigh Martinflatt will focus on how caregivers can care give during times of grief and loss with particular focus on death through overdoses and suicide completions. This workshop will include a 2 ½ hour presentation and a ½ hour Question-and-Answer segment.

Ashleigh Martinflatt is a registered social worker, clinical counsellor, and a post-secondary instructor. She teaches courses on trauma, child abuse, and neglect in both Social Work and Child and Youth Care degree programs. Her areas of passion include child protection, adoption, at risk youth, family support, and community prevention programs. She is experienced with working with children, youth, and caregivers.

Register at <https://learn.fpss.com/training/htcgdtog/>

DBT Skills Workshop^{CLN} (Virtual)

Thursdays, April 3rd to April 24th, 10:30am to 12:00 noon

(Four Two-Hour Sessions)

Facilitated by Laurel Collins

TRITA (Two Rivers Intercultural Trauma Awareness)

Open to Foster Caregivers, Out of Care/Kinship Caregivers, Contracted Agency Caregivers, and Community Professionals.

These workshops will be participatory based with many skills that caregivers can take home and utilize immediately. They will learn the basics of the four pillars of DBT: Mindfulness (April 3rd), Emotional Regulation (April 10th), Distress Tolerance (April 17th), and Interpersonal Effectiveness (April 24th). The skills learned will help them model more confidently, and effectively to the children and youth they are working with. The participants will learn more about themselves and how to regulate their own behaviour, develop clearer communication skills, and understand the importance of self-care. They will also gain a greater understanding of the children and youth's behaviour as there will be small introductory piece on the survival/trauma brain during the first workshop, Mindfulness. Participants will receive worksheets, questionnaires, and the PowerPoint itself for the own self-reflective work.

Register at <https://learn.fpss.com/training/dbt-skills/2025-04-03/>

COLLABORATIVE ISLAND-WIDE TRAINING AND EVENTS

Hope for the Journey TBRI® Conference-Morning^{CLN} (Virtual)

Four-Part Training Series

Tuesday Mornings, April 15th, 22nd, April 29th, and May 6th, 9:30am to 12:30pm

Facilitated and hosted by Dianne Thompson and Judy Hollywood Bonnett

Show Hope's *Hope for the Journey Conference* (formerly the Empowered to Connect Conference) seeks to encourage and better equip parents and caregivers meeting the everyday needs of children impacted by foster care and/or adoption. The *Hope for the Journey Conference* series includes four high-level learning modules based on the foundational principles of Trust-Based Relational Intervention® (TBRI®). Embedded within each learning module will be a "Going Deeper" teaching video on a select topic, and a practical, encouraging "Practical Perspectives" video featuring the voices of adult adoptees as well as adoptive and foster youth.

Each week the group will gather to watch a video. Facilitators will review video highlights, then participants will review the discussion and reflection questions. We will come together to debrief and share comments and insights.

Week 1 - Introduction to TBRI

Week 2 - Connecting Principles

Week 3 - Empowering Principles

Week 4 - Correcting While Connecting Principles

All sessions combine evidenced-based theory with every day, practical strategies that caregivers can readily apply in their homes.

Contact UI Coordinator, Judy Hollywood Bonnett, uicoord@fpss.com or SI Coordinator, Dianne Thompson, sicoord@fpss.com or call 1-888-922-8437.

Register at <https://learn.fpss.com/training/hftj2025/2025-04-15/>

Becoming a Behavioural Detective^{CLN} (Virtual)

Wednesday, April 16th, 9:00am to 4:30pm

Facilitated by Kim Barthel, OTR

This workshop is open to Foster caregivers, Out of Care /Kinship caregivers, and Social Workers province wide.

In this virtual event Kim will teach about understanding and supporting complex behaviour, neuro-diverse affirming practice, developmental disabilities (FASD and ASD), and holistic, strength-based, culturally respectful interventions that are attuned to individual situations as well as self-care in a professional context. Kim will provide a deeper understanding of why people do what they do. The focus will be on complex and challenging behaviour and using clinical reasoning to look well beyond the surface actions we observe.

Contact Janet Christie, janet@fpss.com or Caring Families Society at 778-430-5459.

Watch for registration information.

Gender and Sexual Orientation^{CLN} (Virtual)

Wednesday, April 23rd, 6:30pm to 8:00pm

Presented by Kerri Isham

Open to Foster Caregivers and Kinship/OOC Caregivers.

Let's Celebrate diversity! In this workshop you will learn about...

1. What gender is and is not.
2. Identity
3. Gender Expression
4. Biological Sex
5. Sexual Orientation
6. The Gender Unicorn

Kerri Isham is knowledgeable, experienced, and passionate. She is author, and presenter with over 25 years' experience. She is committed to the empowerment of people of all ages. Caring Families Society will cover the registration cost for foster caregivers and kinship/OOC caregivers who attend this virtual workshop. Youth 12+ can attend as a free guest when accompanied by their caregiver.

Register at <https://learn.fpss.com/training/7-part-sexual-health-training-series-part-6/>

Investigation and Resolution Support Worker Training (Virtual)

Monday, April 28th and Wednesday, April 30th, 9:30am to 12:30pm

Facilitated by Ros Pringle

Open to Vancouver Island Caregivers.

Caring Families Society is currently looking for volunteers to join our Investigation and Resolution Support team. The purpose of the Investigation and Resolution Support Worker Program is to provide support to foster caregivers who are involved in a Quality of Care Review, Family Care Home Investigation, or engaged in a serious dispute with Ministry staff.

Contact Dianne for more information at sicoord@fpss.com, 778-430-5459, or cell 236-562-7921.

Watch for registration information.

South Island News and Events



DIANNE THOMPSON SOUTH ISLAND COORDINATOR
236-562-7921 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
778-430-5459
to learn how, and to find out about
up-coming Information Sessions.**

Foster Parent and MCFD Partnership Virtual Meeting TBA, 9:30am to 11:30am

This Teams meeting is hosted by the Ministry. Foster Caregivers meet with Resource Social Workers, get information on Ministry updates, learn about staffing and policy changes, and ask questions. Watch your email for the link to join.

Shutdown, Stonewalled and Alone: Strategies for Kids Who are Shut Down

In person Viewing, CFS Regional Office
Tuesday, March 4th, 9:30am to 12:00 noon
Facilitated by: Robyn Gobbel
145-735 Goldstream Avenue

Children who are shut-down may seem easier to parent than children who are explosive, but the truth is, they are the hardest to reach. This workshop decodes these frustrating and elusive behaviours using the latest research on the science of safety.

Some shutdown kids are watchdogs, acting like volcanos, keeping it all inside. Some shutdown kids are possums. This webinar will help you distinguish between the two. You will learn practical strategies you can immediately implement.

Please RSVP to Dianne at 778-430-5459 or sicoord@fpsss.com if you plan to attend in person.

Safe Babies Program Knowledge Exchange (Virtual)

Thursday, March 20th, 10:30am to 11:30am

Topic: Period of PURPLE Crying for Caregivers

Thursday, April 17th, 10:30am to 11:30am

Topic: A.C.E.S. – what do we know about toxic stress

To register for these events [please use this link](#).

Safe Babies Meetings

Thursday, March 27th, 11:00am to 1:00pm

Thursday, April 24th, 11:00am to 1:00pm

Safe Babies caregivers meet with Angela Hatch monthly, in-person to connect, support, and discuss information pertaining to the issues and care of vulnerable infants. They cover new protocols for homes and updated information. Guest speakers are sometimes invited.

First Aid

Caring Families Society believes in providing opportunities for caregivers to acquire the knowledge and skills essential for best practices in fostering. While First Aid certification is not mandatory for most foster homes, Safe Baby homes require Infant CPR. To assist with this, CFS organizes group First Aid training sessions 2-3 times annually. In the absence of these group trainings, CFS offers a financial contribution of \$60 towards the cost of individual First Aid certification for foster caregivers. Please contact our Regional Office at 1-888-922-8437 or sicoord@fpsss.com to discuss/arrange/request a subsidy prior to attending the course. If First Aid certification is a requirement of a care plan, please speak with your guardianship or resources worker about funding.

South Island Facebook

(Private group for South Island Foster Caregivers only)

For information on workshops, training, or upcoming events, check out our South Island Facebook group. 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.

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

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.

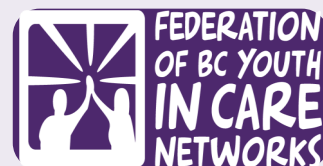
We want to hear from you! Please send us an email, connect on social media or give any of our staff members a call.

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.



South Island News and Events

New to Fostering? Need Extra Support?

The **Caring Families Mentoring Program** welcomes caregivers to our mentor program! Whether you're just starting out or you have been fostering for a while and need extra support, a mentor can be an invaluable resource.

The **CFS Mentoring Program** supports new and experienced Vancouver Island foster caregivers, including Restricted caregivers. To be eligible, you must hold a Family Care Home Agreement with:

- ✓The Ministry of Children and Family Development (MCFD) or
- ✓An Indigenous Child and Family Service Agency

Why Work with a Mentor?

Our mentors are specially trained and bring a wealth of first-hand experience from the foster care system. They represent a diverse cross-section of the fostering community and various levels of care.

Our Mentors have **over 100 years of combined fostering experience**. If your mentor doesn't have the answer, we'll connect you with someone who does!

A Mentor Can Provide:

- ✓**Guidance**—help you build skills and confidence faster
- ✓**Support when you need it most**—weekends, evenings, and holidays
- ✓**A confidential, safe place to talk**—your lifeline on a stormy day
- ✓**Knowledge on navigating the system**—accessing the right resources for the children in your home

Words from a CFS Mentor:

"This work can be extremely difficult and hard on the heart. There is a lot to know and a lot to learn; it is vital that all new foster parents have someone to walk them through and be there to listen!"

Connect with a mentor today!

Contact mentor@fpsss.com or **1-888-922-8437** to connect with Janet, our CFS Regional Mentor Coordinator. Janet will arrange a personal intake and match you with the best mentor for your needs. Whether you are in South, Central, or Upper Island, having a mentor who understands the rewards and challenges that come with fostering and knows your local resources can be a huge asset.



Caring Families Society Peer Mentoring Program

The Caring Families Society 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.

"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

Tech got you down?

Need help registering for the CLMS?

Flummoxed by Facebook? Tormented by Teams? Got a workshop link that won't play nice? Take a breath and give us a call.

There will be someone here who can walk you through to a solution. Don't wait until 10 minutes before an evening workshop, as our office closes at 4:00pm Monday to Thursday and at 1:00pm on Friday.

Contact the Regional Office at
1-888-922-8436 or
admin@fpsss.com.

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



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
Stsi'elh stuhw tu Smun'eem

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.

Thank you FOR YOUR SUPPORT!



The Cowichan Valley Foster Parent Local would like to thank the following members of our community for their donations to our Festive Winter Celebration.

Your generosity has given children and youth moments to treasure and let them know they matter. Thank you for helping to make our community more inclusive, more compassionate, and more connected.

- A&W
- DAIRY QUEEN
- WENDY'S
- COWICHAN AQUATIC CENTER
- COAST CAPITAL SAVINGS
- HONDA
- CYCLE THERAPY
- TSEWULHTUN DENTAL CENTRE

Foster Caregivers Mornings

Wednesday, March 19th, 9:30am to 11:30am

Wednesday, April 16th, 9:30am to 11:30am

Cowichan Community Center Nitnat Room, 2687 James Street

These gatherings are a great way to connect with other foster caregivers who understand the unique challenges and rewards of fostering. As the March Morning is during spring break, children and youth are welcome to come along with their caregivers and there will be crafts and activities for foster families. The April Morning will include a Toy Exchange. Please watch your emails for more information.

MCFD Partnership Meeting

Wednesday, April 2nd, 9:30am to 11:00am

MCFD Office, 15 Craig Street

Participation can be in-person or via Teams. These gatherings are opportunities for foster caregivers and social workers to network, share information, ask questions, and identify common issues. MCFD office doors open at 9:00am and foster caregivers are welcome to come catch up with one another and resource workers before the start of the 9:30am meeting. Please look for an email from MCFD with more information and the optional virtual participation link closer to event date.

FREE CLOTHING FOR FOSTER FAMILIES

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



Lisa 250-818-3293

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

From the Cowichan Foster Parent Local

The Cowichan Foster Parent Local would like to thank Kinderbeez for its long-time, on-going support of our foster caregivers and children and youth in care. Kinderbeez has supported us through the donation of gently-used clothing used by caregiver to support the children in their homes. Your kindness has not gone unnoticed!



Thank You to Kinderbeez for Your Support

2763 Beverly Street, Duncan,
250-748-2345 --
info@kinderbeez.ca

Central Island News and Events

Pouring Magic Foster Family Paint Event Thursday, March 27th, 1:00pm to 3:00PM Arbutus Ridge Seaside Community, Cobble Hill

Open to All Cowichan Valley Foster Families!

Fluid artist Catherine O'Reilly Dennis (aka "Resinista") has graciously offered to host a foster family painting event in her studio! She will guide participants in creating two magical artwork pieces. Each participant can make one poured art 8X8 canvas and one smaller dipped art canvas or tile.


All materials provided! **Spaces are limited!** Registrants will receive a confirmation of registration email including complete address and directions.

Notes: This workshop has a suggested minimum developmental age of 8 and there are flights of stairs to access the studio.

Register at: <https://bit.ly/4hhDvlq>.

NANAIMO AREA

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

 **BONNIE COOK NANAIMO-LADYSMITH COORDINATOR**
1-888-922-8437 OR admin@fpsss.com

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.

Foster Caregivers Support Mornings
Tuesday, March 11th, 10:00am to 11:30am
Tuesday, April 8th, 10:00am to 11:30am
#102-6421 Applecross Road, Nanaimo

Come connect with other foster caregivers who understand the unique challenges and joys fostering can have. These Mornings include coffee/tea, snacks, door prizes and optional crafts or activities. Foster caregivers, please check your emails for more details closer to each event date.



There are a lot of people on the road who need to spend a little more time reading the Driver's Manual and a little less time playing Mario Kart.

BRIDGE TO BELONGING

Kids' Playgroup

The Fourth Friday of every Month
12:15pm to 1:30pm

Oliver Woods Community Centre
Tree Frog Room
6000 Oliver Road, Nanaimo



Welcome caregivers and their 0 to 5 year-olds. The program is guided by a Resource Worker and Social Worker Assistant, trained and experienced in child development, social work, and foster care.

Come, play, and connect!

RSVP if possible
Drop-ins welcome

Contact Shailu Miguez
Shailu.Miguez@gov.bc.ca
250-740-3080

Bridge to Belonging Playgroup

Friday, March 28th, 12:15pm to 1:30pm

Friday, April 25th, 12:15pm to 1:30pm

Tree Frog Room - Oliver Woods Community Center
6000 Oliver Road, Nanaimo

Open to all Central Island Foster Families.

This playgroup is on the fourth Friday of the month. Geared toward children aged 0-5, these sessions will include play-based activities, a small sharing snack, and a structured language arts circle. Facilitated by Ladysmith- Nanaimo MCFD Resource staff who have training and experience in child development and supported by Caring Families Society, this initiative aims to create a valuable resource for foster families, fostering connections and positive impacts for foster caregivers and children. Drop-ins are welcome. RSVP if possible. Please contact Shailu Miguez at Shailu.miguez@gov.bc.ca or 250-740-3080 with any questions and to RSVP.

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

*No Brains at all some of them.
Just grey fluff that's blown into their heads by mistake.*

Eeyore

Central Island News and Events

Foster Family Fun Recreation Event

Saturday, March 29th, 2:00pm to 4:00pm

Frank Jameson Community Centre, 810 6 Avenue, Ladysmith

Join other foster families in playing ping-pong, air hockey, or fooseball! There will also be a Creation Station for crafts. **Registration is required** due to Ladysmith Parks and Rec room capacity limits. Note that the downstairs Youth Rec Room is only accessible via stairs and washrooms/water are on the main floor. Register at <https://bit.ly/3PGVYMs>

Ladysmith-Nanaimo Foster Caregivers/MCFD Resource Partnership Meeting

Tuesday, April 29th, 1:00pm to 2:00pm

#102, 488 Albert Street Nanaimo and Virtually via Teams

These meetings occur in the MCFD Board Room. They are great opportunities to connect with the Resource Team and other caregivers, ask questions, and learn about changes in MCFD policies and practices. MCFD will send out an email reminder to foster caregivers closer to the meeting date along with the virtual link for those not able to attend in-person.

PORT ALBERNI AREA

REGIONAL OFFICE

1-888-822-8437 OR 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.

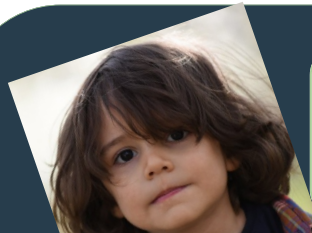
Carob is a brown powder made from the pulverized fruit of a Mediterranean evergreen. Some consider carob an adequate substitute for chocolate because it has some similar nutrients (calcium, phosphorous) and because it can, when combined with vegetable fat and sugar, be made to approximate the colour and consistency of chocolate. Of course, the same arguments can be as persuasively made in favour of dirt.

Becoming a Foster Caregiver in Parksville-Qualicum



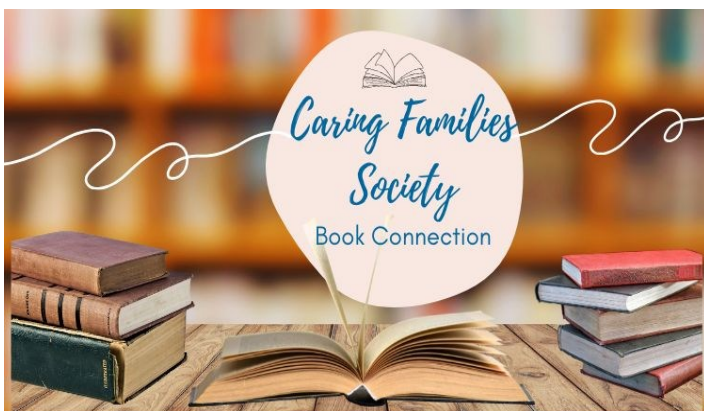
If you have a friend, co-worker, neighbour, or childcare provider interested in becoming a foster caregiver in Parksville-Qualicum please have them contact **Noel Marchett (MCFD)** 250-947-2666 to learn how, and to find out about up-coming Information Sessions.

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 Nuuchah-nulth communities, is seeking Caregiver homes.

Call **Julia Hunter** 250-724 3232 to learn more, or to ask about Information Sessions.



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 1-888-922-8437

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

Kiana Kobus (MCFD) 250-720-2650

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

Upper Island News and Events

REGIONAL SAFE BABIES COORDINATOR



MARY CATHERINE WILLIAMS REGIONAL SAFE BABIES COORDINATOR
250-703-6135 OR safebabies@fpsss.com

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 3rd 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.

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 sessions and welcomes all Safe Babies caregivers

Safe Babies Program Knowledge Exchange (Virtual)
Thursday, March, 20th, 10:30am to 11:30am
Topic: Period of PURPLE Crying for Caregivers
Thursday, April 17th, 10:30am to 11:30am
Topic: A.C.E.S. – what do we know about toxic stress
To register for these events [please use this link](#).

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



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

Comox Valley Foster Caregiver/MCFD Partnership Meeting Lunch and Learn
Monday, April 14th, 12:00 noon to 1:00pm
Topic: Levels Assessment Process
In person, The Foundry Boardroom 575 10th Street
Join us for lunch and learning. Our April partnership lunch and learn topic will be the Levels Assessment process with Resources Team Lead Shawna Stevenson. Please send questions ahead of time to cvcoord@fpsss.com.

Comox Valley Safe Babies Group
No meeting due to March Break
Friday, April 25th, 10:00am to 11:00am
In-person, Comox Valley Family Services Association, 1415 Cliffe Avenue, Courtenay
(4th Thursday of the month)
These gatherings feature discussions to keep your caregiving skills current and an opportunity to “check in” with fellow caregivers! Experienced caregivers and MCFD Resource Worker are always in attendance. Little ones are welcome to attend with caregivers. An email will go out the week before with our discussion topic if there is a guest speaker.

Comox Valley Spring Fling
Friday, April 11th, 4:00pm to 6:00pm
Comox Valley Playhouse, #9 3080 Kilpatrick Avenue, Courtenay

With the success of last years event our social committee would like you to save the date for this year’s Spring Fling! We have rented the whole CV playhouse for this social gathering of Children and Youth in Care, Foster families, and social workers. There will be a small craft/activity for older kiddos, wifi available and dinner provided. We hope to see you there!

Strength

People think I am strong. I am not strong. There is a difference between a strong person and a stubborn person who just won't put her sword down. I am the latter. Again and again and again...pick up the sword, pick up the sword, pick up the sword...

C. Joybell C.

Upper Island News and Events

CAMPBELL RIVER

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

CRFPA Office Appreciation

BC Social Work week is celebrated from March 9th to March 15th. Caregivers are organizing a coffee break to show our appreciation to MCFD team members. Contact Heather Murphy for details.

Lunch and Learn

Dates and topics to be confirmed, 11:30am to 1:00pm (to be confirmed)

CR Family Services, 487-10th Avenue

One Thursday per month

All foster caregivers are welcomed. We host our gathering over the noon-hour in hope that more caregivers are available to drop in. This is your space to connect with peers, build community, and share 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 Lindsay at lindsay.creedon@crfs.ca or 250-202-6036 for details or drop in.

Foster Caregiver/MCFD Partnership Meeting

Tuesday, April 8th, 9:30am to 10:30am

MCFD Boardroom, 1334 Island Hwy

(2nd Tuesday every second month)

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 Ashley Visser at ashley.visser@gov.bc.ca for more information or to suggest a discussion topic.

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.

Foster Caregivers' In-person Coffee Meeting

March, No meeting (Spring Break)

Tuesday, April 22nd, 10:00am to 11:30am

Host: Tom Robinson

(4th Tuesday of the month)

Your CR Foster Parent Association welcomes all foster caregivers 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@fpss.com.

The Story of Ping

A long time ago in China there was a boy named Ping who loved flowers. Anything he planted burst into bloom. Up came flowers, bushes, and even big fruit trees, as if by magic!

Everyone in the kingdom loved flowers, too. They planted them everywhere, and the air smelled like perfume.

The Emperor loved birds and animals, but flowers most of all, and he tended his own garden every day.

But the Emperor was very old. He needed to choose a successor to the throne. All the children in the land were to come to the palace.

There they would be given special flower seeds by the Emperor.

"Whoever can show me their best flowers in a year's time will succeed me to the throne," said the emperor.

This news created great excitement throughout the land! Children swarmed to the palace to get their flower seeds.

When Ping received his seed from the Emperor, he was the happiest child of all. He was sure he could grow the most beautiful flower.

Ping filled a flowerpot with rich soil. He planted the seed in it very carefully. He watered it every day. He couldn't wait to see it sprout, grow, and blossom into a beautiful flower!

Day after day passed, but nothing grew in his pot. Ping was very worried. He put new soil into a bigger pot. Then he transferred the seed into the rich black soil.

Another two months he waited. Still nothing happened. By and by, the whole year passed.

Spring came, and all the children put on their best clothes to greet the Emperor. They rushed to the palace with their beautiful flowers, eagerly hoping to be chosen.

Ping was ashamed of his empty pot. He thought the other children would laugh at him because for once he couldn't get a flower to grow. His clever friend ran by, holding a great big plant.

"Ping!" he said, "You're not really going to the emperor with an empty pot, are you? Couldn't you grow a great big flower like mine?"

"I've grown lots of flowers better than yours," Ping said. "It's just this seed that won't grow." Ping's father overheard this and said, "You did your best, and your best is good enough to present to the Emperor."

North Island News and Events

 1-888-922-8437

PORT HARDY

Second Annual March Spring Break Foster Family Event!

Stay tuned for notices as planning proceeds. Plan to join us for a free fun family event during spring break.
Cheryl at 250-230-3484 or c.jorgenson@nicommunityservices.ca.

Ongoing Training

Are you looking for skill development and training options accessible from the comfort of your home?
Connect with the Caring Families 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@fpsss.com](mailto:Judy_uicoord@fpsss.com) or execassist@fpsss.com for details. If you need assistance with navigating the Caregiver Learning Management System, consider joining one of our 45-minute *How-To* sessions.

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 250-286-7542. We are currently seeking Relief, Respite, and Emergency homes.

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 who are addressing the complex care needs of foster children or youth. Whether you need an impartial sounding board or assistance while working through a challenging situation, contact Cheryl at 250-230-3484 or c.jorgenson@nicommunityservices.ca.

Caregiver Learning Network

Have you developed a learning plan with your resource worker? The Caregiver Learning Network is here to help you meet your learning plan goals! We offer a variety of learning opportunities developed specifically for BC's caregivers. Register for an online workshop via the Provincial Support Agency Caregiver Learning Network. Connect with the Caring Families Society to borrow a book or DVD. Contact Judy uicoord@fpsss.com or Krista execassist@fpsss.com.

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



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.

1 X 9 = 9
2 X 9 = 18
3 X 9 = 27
4 X 9 = 36
5 X 9 = 45
6 X 9 = 54
7 X 9 = 63
8 X 9 = 72
9 X 9 = 81
10 X 9 = 90

Nine Times Table Trick

This is a great way to remember your nine times table!

Holding the empty pot in his hands, Ping went straight away to the palace. The Emperor was looking at the flowers slowly, one by one. How beautiful all the flowers were!

But the Emperor was frowning and did not say a word. Finally he came to Ping. The Emperor asked him, "Why did you bring an empty pot?" Ping started to cry and replied, "I planted the seed you gave me and I watered it every day, but it didn't sprout. I put it in a better pot with better soil, but still it didn't sprout! I tended it all year long, but nothing grew. So today I had to bring an empty pot without a flower. It was the best I could do."

When the Emperor heard these words, a smile slowly spread over his face. Then he exclaimed to one and all, "I have found the one person worthy of being Emperor!" He turned to the other children. "I do not know where you got your seeds from," he said. "The seeds I gave you had all been cooked. So it was impossible for any of them to grow. I admire Ping's great courage to appear before me with the empty truth, and now I reward him and make him Emperor of all the land!"

The moral of the story is, it really pays to tell the truth, As long as you've done your best, you've done enough.



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 in your community who are temporarily unable to live with their family. Are you ready to set one more place at the family dinner table?

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 hear the "I'm scared," hiding behind the, "I hate you!"? Can you show them their story isn't over and help them create a new chapter? 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. Click on one of the registration links below to register. After you register, you will be sent a link to the meeting.
Registration is required.

Fostering...
What a challenge. What a gift. What a privilege.

Wednesday, March 5 th	6:30pm to 7:30pm	https://tinyurl.com/4sv92v6m
Wednesday, March 19 th	12:00 noon to 1:00pm	https://tinyurl.com/3x4by3kp
Wednesday, April 2 nd	6:30pm to 7:30pm	https://tinyurl.com/2mj7bc68
Wednesday, April 16 th	12:00 noon to 1:00pm	https://tinyurl.com/4kpmcij2

FOSTER HOMES Needed

Go to **fosterhope.ca** to learn more

SPRING FORWARD

IT'S THAT TIME AGAIN

March 9th is the Time to change the time

Caring Families Society
 Book Connection

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 1-888-922-8437

Why should you become an Investigation and Resolution (IRS) Support Program volunteer?

Your fellow caregivers need your help. There is a shortage of trained IRS Support Volunteers to support caregivers going through an Investigation or Dispute with MCFD. You will be trained and supported, and you *will* make a difference. Why do we need you?

You have the experience and knowledge to make the investigation process less traumatic for a peer.

You have strengths, skills, and wisdom to share.

You have been through an Investigation and you know how much it means to have the support of someone who has been there.

The training you receive to be an Investigation and Resolution Support Worker will strengthen your own caregiving skills.

You are able to remain calm in emotional situations. You are a good listener.

You know it's easier to be brave when there're two of you.

Supporting caregivers supports children/youth in care. You care. If you didn't, you wouldn't be a caregiver in the first place.

Share your knowledge

FPSS Society Investigation and Resolution Support Program

VOLUNTEERS NEEDED

Help your peers

IRS Support Volunteers are experienced foster caregivers who support caregivers going through the investigation process



Join the team now!

SICOORD@FPSSS.COM

Attend the training

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

Social Worker Week March 9th to March 15th

Social Workers Make a Difference Everywhere

It's much easier to not know things sometimes.
Stephen Chbosky

Social workers know things they would sometimes like to not know. They know the world isn't perfect. They know that despite our best efforts, there are times when we can't be the people we want to be. But they also know they can make a difference.

The staff and Board members of CFS thank social workers for helping foster caregivers make a difference in the lives of children and youth who know things they shouldn't have to know.

Take a moment this week to reach out to a social worker and let them know they matter, that you appreciate the support, resources, and encouragement they provide.





PROVINCIAL SUPPORT AGENCY
CAREGIVER LEARNING NETWORK

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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.

How to Care Give During Times of Grief and Loss Workshop	Date, Time	Facilitator	Registration Link
Shutdown, Stonewalled, and Alone	Tuesday, March 4 th , 9:30am to 12:00 noon	Robyn Gobbel	https://learn.fpsss.com/training/robyn-gobbel-mar-2025/
Voices from the Nest	Wednesday, March 12 th , 9:30am to 12:00 noon	Vickie Bridge	https://learn.fpsss.com/training/voices-from-the-nest/
How to Care Give During Times of Grief and Loss	Tuesday, April 1 st , 9:30am to 12:30pm	Ashleigh Martinflatt	https://learn.fpsss.com/training/htcgdtogl/
DBT Skills Workshop	Thursdays, April 3 rd to April 24 th , 10:30am to 12:00 noon	Laurel Collins	https://learn.fpsss.com/training/dbt-skills/2025-04-03/
Business Side of Fostering	Thursday, April 3 rd and April 10 th	Interior Community Services Staff	https://learn.fpsss.com/training/bsfapr2025/2025-04-03/
Hope for the Journey	Tuesdays, April 15 th to May 6 th , 9:30am to 12:00 noon	Dianne Thompson, Judy Hollywood Bonnett	https://learn.fpsss.com/training/hftj2025/2025-04-15/
Becoming a Behavioural Detective	Wednesday, April 16 th , 9:00am to 4:30pm	Kim Barthel	
Gender and Sexual Wednesday April 23	Wednesday, April 23 rd , 6:30pm to 8:00pm	Kerri Isham	https://learn.fpsss.com/training/7-part-sexual-health-training-series-part-6/

Go to www.psacln.ca to learn more or to support@psacln.ca if you require assistance



Together We Thrive:
Empowering Caregivers through Collaborative Learning

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:

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Websites: www.fpsss.com,
www.fosterhope.ca

Hours of Operation:

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

ISLAND CONNECTION NEWSLETTER:

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

NEWSLETTER INFORMATION

Eva Vowles

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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.

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We invite any letters or comments.

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

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

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

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

or email us at admin@fpsss.com



*Foster Caregivers are
Making a Difference!*



*For all you do,
we Thank You!*



Caring Families Society

Foster Caregivers Foster Hope | You're there for the Kids; We're here for You

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