

The Island Connection

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

Fostering...

What a Gift

What a Challenge

What a Privilege

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.

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 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)
- 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

Why do we cry?

What kind of cryer are you? The stoic, silent cryer, who dabs discretely at a few well-behaved tears? The gulping, gasping cryer with tears bursting and a flash-flood of...well, 'nasal discharge'? Do you hold back tears as long as you can or do you cry over the tire commercial because the man who bought new tires could drive home to see his Mom?

We cry because we are sad, happy, remorseful, laughing, relieved, frustrated, in pain, in love...An electron microscope reveals that tears from grief and joy contain vastly different chemicals.

We cry because...

Someone we care about is hurting and we can't fix it
We can't fix it, but we can't walk away, so we have to watch

There's too much happy to fit in our hearts

Tears can say what words can't

The dog wasn't just a dog

Sometimes, the world feels so big and we feel so small

The world around us is filled with tiny miracles

Someone wise once said that you can tell a lot about a person by what makes them sad. What makes you sad? If you can answer that question, you will know what matters in your life.

There is a sacredness in tears. They are not the mark of weakness, but of power. They speak more eloquently than ten thousand tongues. They are the messengers of overwhelming grief, of deep contrition, and of unspeakable love.

Washington Irving

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.

Safe Babies Support Group

The local Safe Babies Support Group meets monthly to discuss information pertaining to current issues and care of vulnerable infants.

Provincial Support Agency Caregiver Learning Network (PSACLN)

Go to <https://psacln.ca/#home> to access a variety of workshops.

Other Ongoing Training

We encourage foster caregivers to share their ideas on training. If you know of a topic or training that might be beneficial to caregivers, contact Dianne at sicoord@fpsss.com or 778-430-5460.

Foster Caregiver Events

Watch your emails or check out the South Island calendar on <https://caringfamiliesociety.com/> for upcoming events.

SIFPA

Please watch your emails or check out the South Island calendar on <https://CaringFamiliesSociety.com/calendars/south/> for upcoming events. SIFPA thanks our wonderful caregivers and appreciates the work they do with our children and youth every day.

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 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

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

CFS is currently seeking a Local Coordinator for this area. See page 12 for details.

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

These gatherings occur on the third Wednesday morning of each month September through June and are open to all foster caregivers. March's Morning was during Spring Break and became a Foster Family Morning with crafts, colouring, snacks, prizes, and treats along with access to free gently used kids clothing. April's Morning included a wonderful Toy Exchange where foster caregivers could find treasures to take home for the children they care for.

Cowichan Valley MCFD Partnership Meeting

MCFD Resources hosted April's Meeting and offered in-person and virtual participation options. The discussion included a review of various ministry forms, review and use of maintenance funds, upcoming education opportunities, various resources and apps, changes to the RISE grant, community programs and more! MCFD Resources emailed area foster caregivers a summary of the meeting with attachments of the forms and resources explored in the meeting.



Pouring Magic

Foster families let their creativity flow and made amazing art at this fun-filled, inspiring art event under the supportive guidance of Cowichan Valley Artist Catherine Dennis O'Rielly. A big **THANK YOU** to Catherine for inviting foster families into her studio and sharing her artistic expertise and passion!

Cowichan Valley Foster Parent Local Free Children's Clothing

CVFP Local continues to offer free gently-used children's clothing for foster caregivers. 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. Participants enjoyed great company, conversations, snacks, prizes, and optional crafts.

Foster Family Fun Recreation Event

Caring Families Society rented the Youth Rec Room at the Frank Jameson Community Centre for this fun active event! Foster families played ping-pong, air hockey, and foosball as well as making crafts at the creation station.

Ladysmith-Nanaimo MCFD Resource Partnership Meeting

MCFD hosts bimonthly meetings with in-person and virtual participation options. This is an opportunity for foster caregivers and social workers to build rapport, identify common issues, review updates, and ask questions.

Gender and Sexual Orientation (CLN).

Caring Families Society covered the registration cost for foster and kinship caregivers to attend this Kerri Isham workshop. Participants learned about diversity, gender expression, identity, biological sex, sexual orientation, and more.

ASIST

CFS was excited to offer the LivingWorks ASIST (*Applied Suicide Intervention Skills Training*) workshop to caregivers! This two-day, in-person workshop featured powerful audiovisuals, discussions, and simulation. Upon completion of the training, participants reported an increased willingness, confidence, and capacity to respond to the needs of a person with thoughts of suicide and provide suicide first aid with focus on safety rather than risks.

Bridge to Belonging Playgroup

These gatherings focused on supporting foster families with children aged 0 – 5 by providing a nurturing and inclusive environment for connection and shared experiences. For more information, please contact Shailu Miguez at Shailu.miguez@gov.bc.ca or 250-740-3080.

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 Foster Caregiver/MCFD Partnership Meeting Lunch and Learn

In April, we hosted Resources TL Shawna Stevenson to discuss the Levels Assessment process. Thank you to the caregivers who engaged with this event either by attending in person or sending in your questions ahead of time. We had a fruitful conversation and received clarity in the process. Thank you to resources for participating and to Nancy and the Comox valley foundry for lunch and hosting in your space. Stay tuned for upcoming opportunities.

Comox Valley Safe Babies Group

Our group took a 'Spring Break' in March. Resuming in April, we discussed the realities of safe babies needs when coming into care and explored the breakdown of caregiving needs for emergency placements.

Comox Valley Spring Fling

Our second annual Spring Fling was attended by several foster families. We rented the whole CV playhouse and indoor play gym allowing families an opportunity to socialize, share food and burn off some energy. We look forward to offering this event again next year.

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

April's partnership meeting provided updates on local trends in foster care. Please view the minutes circulated through our distribution list to stay in the loop!

Campbell River Foster Parent Association

Caregivers organized a March Coffee Break at the MCFD office to show our appreciation to the ministry staff and team members during BC Social Work week. On March 25th, CRFPA hosted a well-attended Spring Break Family Party and Gym Event at the CR Community Centre. The local association held an April caregiver-only coffee meeting. Thank you to the caregivers who support and participate in these network events.

Caregiver Lunch and Learn

March's Lunch and Learn was an opportunity to gain a greater understanding of how to support our peers during challenging transitions. April's meeting was a check-in. Our monthly Lunch and Learn events are well attended and we encourage all caregivers to join in the fun and learning.

Safe Babies

Our Safe Babies caregivers viewed the monthly Vancouver Island Knowledge Exchange sessions hosted by Mary Catherine Williams. This is a welcomed opportunity for Safe Babies caregivers to connect with their Vancouver Island peers. PacificCARE Family Enrichment Society welcomed our Safe Babies caregivers to participate in their First Aid-Infant CPR training for Early Years Workers.

NORTH ISLAND Area Update

PORT HARDY Area Update

Toll free: 1-888-922-8437

E: nicoordinator@fpsss.com

Ongoing Caregiver Education

CFS thanks North Island foster caregivers for their commitment to their professional and community development. Thank you for joining the online workshops facilitated by CFS Society.

Safe Babies Infant CPR training

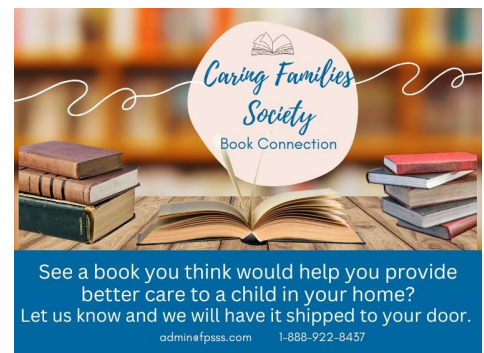
North Island Community Services offered training spaces to our Safe Babies caregivers to update their First Aid certification in April.

Enhanced Communication

North Island Foster Family Facebook group shares 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 participates in network events and a special shout out to the caregivers who organize them.



CARING FAMILIES SOCIETY MENTORING PROGRAM

Mentors are experienced foster caregivers with specialized training in mentoring other caregivers. CFS has mentors available for new (and other) caregivers. Contact Janet to ask about having or becoming a mentor.

JANET 1-888-922-8437



*You see a mousetrap;
I see free cheese and a challenge!*

*"Ohana" means family. "Family" means nobody
gets left behind or forgotten
Lilo and stitch*

COLLABORATIVE ISLAND-WIDE TRAINING AND EVENTS

Safe Babies Spring Certificate Training (Virtual)

Thursdays, May 1st, 8th, 15th, 22nd, and 29th, 9:00am to 1:00pm

Facilitated by Mary Catherine Williams

Open to Safe Babies Foster Caregivers on Vancouver Island

CFS has committed ourselves to the Safe Babies Program to ensure infants in Ministry care with prenatal exposure to drugs, alcohol, or communicable diseases, or those experiencing prematurity or low birth weight are nurtured in a safe environment that supports optimal development and maximizes potential.

Exceptional care and caring are what these little ones receive from the skilled caregivers trained specifically in the Safe Babies Program. We know this training is the first step and that infants and toddlers do better when their dedicated caregivers access on-going information and assistance. Supporting you is what we stay committed to.

Caregivers interested in registering for the upcoming Safe Babies Certification must discuss this with their Resource Social Worker and have them recommend you for the training. Once approved, you may register for the training. Existing Safe Babies Caregivers are always welcome to attend these training events.

For more information about training please contact Mary Catherine at safebabies@fpsss.com.



Sex Trafficking Workshop^{CLN} (Virtual)

Wednesday, May 21st, 6:30pm to 8:00pm

Presented by Kerri Isham

Open to Foster Caregivers and Kinship Caregivers

Let's shine some light on a dark topic. In this workshop, you will learn about:

1. The definition of sex trafficking
2. Who is trafficking who
3. Luring tactics used
4. Recruitment
5. Barriers to exiting
6. Resources

Certified sexual health educator Kerri Isham is knowledgeable, experienced, and committed to the empowerment of people of all ages. Caring Families Society will cover the registration cost for foster caregivers and kinship caregivers who attend. Youth 12+ are welcome to accompany their caregiver as a free guest. **Register at** [Sexual Health Education series for Teens – Part 7: Sex Trafficking](#).

The Business Side of Fostering^{CLN} (Virtual)

Thursday, May 22nd and Thursday, May 29th, 6:30pm to 8:30pm

Facilitated by Interior Community Services

Do you want to understand your role, responsibilities and rights from a business perspective?

If so, this two-part, four-hour course is for you!

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 Caregivers
5. Resources.

And more!

This training is open to Foster Caregivers and Social Workers with MCFD and ICFSA.

For more information, contact Marna Forsyth at 250-698-2017 or

mforsyth@interiorcommunityservices.bc.ca

Register at [Events for May 2025](#)



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

COLLABORATIVE ISLAND-WIDE TRAINING AND EVENTS

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. Contact Dianne sicoord@fpss.ca.

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@FPSS.COM

Attend the training



Child and Youth in Care Week

June 2nd to June 8th

Join Caring Families Society as we celebrate the amazing strength, talents, and hearts of children and youth in care.

Day after day, you inspire us with your resilience, your compassion, and your courage.

Know that you are **seen**, you are **heard**, and you **do** belong. Whether you are with us for a short time or a long time, you become part of our family and we are changed. We see your enormous potential and know you are capable of great things. Never forget that you are enough, just as you are. There is nothing you need to say or do to prove your worth. Your story is not over. It's just beginning.

When I was a boy, my mother would tell me that one of the best things in life is the knowledge that our story isn't over yet.

Renee Ahdieh

South Island News and Events



DIANNE THOMPSON SOUTH ISLAND COORDINATOR

236-562-7921 or sicoord@fpsss.com

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



Foster Parent and MCFD Partnership Virtual Meeting Monday, May 12th, 9:30am to 11:00am

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

Safe Babies Meetings

Thursday, May 20th, 11:00am to 1:00pm

Thursday, June 26th, 11:00am to 1:00pm

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

Thursday, August 28th, 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 often invited.

A History of BC Children and Youth in Care Week

A group of youth in and from care advocated for this week so their siblings in care could grow up feeling celebrated for their diverse talents and accomplishments, surrounded by a supportive community who stands with them. They also wanted to raise awareness about the barriers they face and fight the stigma that comes with being a "foster kid."

Proclaimed by the province of British Columbia in 2011, BC Child and Youth in Care Week (BCCYICW) is a time for everyone in communities across the province to support and celebrate our province's incredible, diverse young people in government care. Youth envisioned a week that acknowledges and celebrates the unique strength of young people in care, and that's how BC Child and Youth in Care Week was created.

[BC CHILD & YOUTH IN CARE WEEK - About](#)

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](#).



Moose Hide Campaign Day May 15th

The Moose Hide Campaign began as a BC-born Indigenous-led grassroots movement to engage men and boys in ending violence towards women and children. It has since grown into a nationwide movement of Indigenous and non-Indigenous Canadians from local communities, First Nations, governments, schools, colleges/universities, police forces and many other organizations – all committed to taking action to end this violence.

The campaign is grounded in Indigenous ceremony and traditional ways of learning and healing. A cornerstone of the Moose Hide Campaign is the moose hide pin. Wearing the pin signifies your commitment to honour, respect, and protect the women and children in your life and speak out against gender-based and domestic violence. To date, over five million moose hide pins have been distributed free of charge to communities, schools, and workplaces across Canada.

At the heart of the Moose Hide Campaign lies a simple but powerful medicine: a small square of moose hide. These pins spark conversations, carry stories, and represent a personal commitment to ending violence against women, children, and all those along the gender...

Learn more at

[Moose Hide Campaign Education](#) | [An Indigenous led grassroots movement to end gender-based violence](#)

South Island Foster Parent Association and Caring Families Society Proudly Present BC Children and Youth in Care Week Celebration

Thursday, June 5th
3:00pm to 6:00pm

Free Event!

Picnic Shelter Lower Fields at
Westshore Parks and
Recreation Centre



Pizza + Outdoor Games + Balloon Artist
+ Face Painting + Toys to use and take
home + Ice Cream Truck

To register RSVP Sandy Case at slcase@shaw.ca



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@fpss.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.

During a conversation, listening is as powerful as loving.

Amit Kalantri

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



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@fpss.com or 1-888-922-8437 (Toll Free).



Are you new to fostering?

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

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@fpss.com.

SUMMER PARK DAYS

Wednesdays, July 9th, July 23rd,
August 6th, and August 20th
10:00am to 12:00 noon

Connect with friends and
enjoy the sun.
++
Conversation, treats, and fun
for the kids and the grownups

Watch your email and the South Island Facebook page for details

Central Island News and Events

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.

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

COWICHAN VALLEY AREA

! **SANDRA BEAGLEY COWICHAN VALLEY LOCAL COORDINATOR**
250-618-8327 OR dacoord@fpss.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



Cowichan Valley Foster Parents Local AGM and Pizza Dinner

Wednesday, May 21st, 6:00pm to 7:30pm
Kidz Co, 2731 James Street, Duncan

THIS IS A PEANUT AND TREE NUT FREE EVENT.

The Cowichan Valley Foster Parents Local is hosting a Pizza Dinner and AGM event that is open to ALL foster caregivers! Fun! Food! Door Prizes! The Local consists of foster caregivers who volunteer their time, energy, and passion to enrich our fostering experiences here in the Valley. Please come celebrate and give thanks to our CVFP Local. All positions will be open for nominations. Please consider how you can help your Local to continue to thrive. Want to learn more about the CVFP Local or how you can help? Please email cvfplocal@gmail.com.

Register at [Cowichan Valley Foster Parents Local Dinner and AGM](#)

BC Child and Youth in Care Week June 2nd to June 8th

Date, Time, and Location TBA

MCFD and ICPSA Offices are busy planning celebration events. Please watch your emails for more information!

Cowichan Valley MCFD Partnership Meeting

Wednesday, June 4th, 9:00am to 11:00am

MCFD Office, 15 Craig Street, Duncan

These gatherings are a chance for foster caregivers and social workers to network, share information, ask questions, and identify common issues. This will be a youth-focused meeting of special interest to caregivers caring for youth. All foster caregivers are welcome to attend and drop-in anytime during the meeting. MCFD will email details and the optional virtual participation link closer to event date.

Cowichan Valley Foster Caregivers Mornings

Wednesday, June 18th, 9:30am to 11:30am

Cowichan Community Centre, Nitnat Room, 2687 James Street

These gatherings are great ways to connect with other foster caregivers who understand the unique challenges and rewards of fostering. This will be the last gathering before summer holiday break. Watch your emails for more information.

NANAIMO AREA

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

! **BONNIE COOK NANAIMO-LADYSMITH COORDINATOR**
250-986-9092 OR admin@fpss.com

Nanaimo Foster Caregivers Support Mornings

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

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

CFS Office, #102-6421 Applecross Road

Stop by to connect with other foster caregivers who understand the unique challenges and joys fostering can have. Nanaimo Coordinator Bonnie will host these Mornings which include coffee/tea, snacks, door prizes and optional crafts or activities. Watch your emails for details!

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



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

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



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@fpss.com 1-888-922-8437

Cowichan Valley and Central Island Joint Events

Foster Family Summer FUN!

Tuesday, July 8th, 10:00am to 12:30pm

Transfer Beach Park, Captain Tristan de Konnick Way,
Ladysmith

Calling all Cowichan Valley and Central Island foster families to join Caring Families Society Coordinators Sandra and Bonnie for this fun filled event! Food, Fun, Games, and Crafts for your whole family. CFS has rented the Sportsman Shelter near the waterpark and playground. Please register to help us plan for the food and supplies needed.

Register your family at [Foster Family Summer Fun!](#)

Free Clothing Event

Sunday, August 17th, 12:00noon to 3:00pm

Location between Chemainus and Ladysmith
Open to all foster caregivers

Join the Cowichan Valley Foster Parents Local and Caring Families Society's Area Coordinators Sandra and Bonnie at this fun event! Foster caregivers enjoy a cuppa, visit with other foster caregivers, and look through an abundance of FREE gently-used clothing to take home for the children in their families! Please register to receive the event address in the confirmation of registration e-mail. Register at [FREE Clothing Event for Foster Caregivers](#)

Slip on a shirt, **slop** on sunscreen, and **slap** on a hat.

Central Island News and Events

Bridge to Belonging Playgroup Friday, May 23rd, 12:15pm to 2:30pm Oliver Woods Community Centre Tree Frog Room 6000 Oliver Road

These sessions will include play-based activities, a small sharing snack, and a structured language arts circle. 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.

PORT ALBERNI AREA

REGIONAL OFFICE

1-888-822-8437 OR admin@fpss.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 at no cost to you.

Join the
Caring Families Society Team



The Caring Families Society is looking for a part-time Port Alberni Local Coordinator.

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 foster caregiver social and appreciation activities such as Foster Family Appreciation, Child and Youth in Care week, Family Holiday events?

This position is for 6-8 hours per week.

If you are interested in this position, contact Krista Shelkey at execassist@fpss.com

We need to do a better job at placing ourselves higher on our to-do list.

Michelle Obama

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



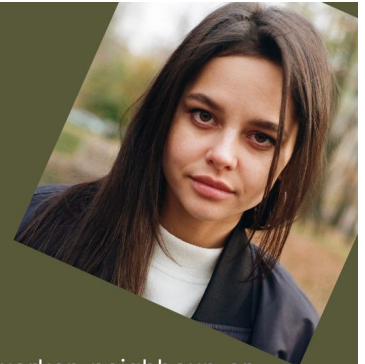
Welcome caregivers and their 0 to 5 year-olds. The program is guided by a Resource Worker and Social Worker Assistant, trained and experienced in child development, social work, and foster care.

Come, play, and connect!

RSVP if possible
Drop-ins welcome

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

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 Nuuchaltn communities, is seeking Caregiver homes.

Call Julia Hunter
250-724 3232

to learn more, or to ask about 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

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.



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.

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

Safe Babies Knowledge Exchange

Thursday, May 15th, 10:30am to 11:30am

Topic: Attachment: Building Healthy Brains

Thursday, June 19th, 10:30am to 11:30am

Topic: Caring for the Caregiver

Watch CFS's weekly newsletters for information on the Knowledge Exchange.

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

COMOX VALLEY



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

Comox Valley Foster Caregiver/MCFD Partnership Meeting Lunch and Learn

June, Date and Time TBD

In person, The Foundry Boardroom 575 10th Street

Join us for lunch and learning. Our June partnership Lunch and Learn is still in the planning stages, check your emails for updates. Please send topic ideas to cvcoord@fpsss.com.

Comox Valley Safe Babies Group

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

In-person at 1415 Cliffe Avenue, Courtenay.
(4th Friday of the month)

These gatherings feature discussions to keep your caregiving skills current and provide 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 and let you know if there is a guest speaker attending.



Become a FOSTER CAREGIVER In 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

Janna McKenzie (MCFD)
250-897-5728

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

Comox Valley Education Committee

Interested in helping organize educational opportunities for foster caregivers in the Comox Valley? Our education committee is seeking new members! Please contact Jessica Humphries if you interested in being involved.

Comox Valley Party Planners

Are you an event planning wizard? Do you have a knack for spectacular socials? We are seeking new team members to help us get creative in building connections and sparking joy for kids in care and their foster caregivers. Bring your ideas, energy, and glitter! We will be meeting early May to plan the year's events. Please contact Jessica Humphries if you interested in being involved.

CAMPBELL RIVER



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

Lunch and Learn

Thursday, May 8th, 11:30am to 1:00pm

Topic: Mental Health

National Child & Youth Mental Health Day with Victoria Morton, CYMH

CR Family Services conference room, 487-10th Avenue

(Thursdays, once/month) No June or summer sessions.

All foster caregivers are welcomed. This is your space for connecting with peers, building community, and sharing practical learnings for coping with the stresses of being a public parent. May's gathering will feature a talk led by Victoria Morton, CYMH Team Leader, about the mental health 'industry' - where we started, where we are at, what is going well. Bring your lunch or join us for the light refreshments supplied. Watch your emails for updates about discussion topics. Contact Lindsay or Judy for more information.

Upper Island News and Events

Safe Babies Caregiver Meeting and Knowledge Exchange

Thursday, May 15th, 10:30am to 11:30am

Topic: *Attachment: Building Healthy Brains*

Thursday, June 19th, 10:30am to 11:30am

Topic: *Caring for the Caregiver*

No summer sessions.

Zoom session link dropping into your inbox.

Join Mary Catherine Williams online for Safe Babies Knowledge Exchange (10:30 -11:30am). These sessions provide a monthly opportunity for SB caregivers to refresh their skills and connect with their Vancouver Island peers. (Resource workers are welcomed.) Recordings of the presentations will be available shortly. Details to come. For more information about the Knowledge Exchange, contact Mary Catherine safebabies@fpsss.com. For more information about our meetings, contact Judy at uicoord@fpsss.com.

Foster Caregiver In-person Coffee Meeting

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

Host: Tom Robinson

(4th Tuesday of the month)

No June or summer meetings

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@fpsss.com.

Child and Youth in Care Week Celebration

June 3rd to 9th

Wednesday, June 4th, 3:00pm to 6:00pm
CR Community Centre gym, 401 11th Avenue

This year's theme is ENCHANTED FOREST! Bring your family and friends and join in the celebration of the abilities, gifts, and aspirations the children and youth placed in government care. Contact Judy at uicoord@fpsss.com for updates or to join the planning group.



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.

Foster Parent/MCFD Partnership Meeting

Tuesday, June 10th, 9:30am to 10:30am (to be confirmed)

MCFD Boardroom 1334 Island Hwy

This is our last partnership meeting until autumn. 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 at AshleyVisser@gov.bc.ca for more information or to suggest a discussion topic.

Foster Family Wrap-up at Splash Park (Weather Permitting)

Thursday, June 12th, meet around 3:00pm

Sportsplex 1800 South Alder Street, near Penfield Road

Everyone welcome!

Open to ALL foster caregivers. Please bring the kiddos (or come on your own), hats and towels, lawn chairs, and snacks, and join us at the Willow Point Splash Park (weather permitting). Hosts will be on site with light refreshments. There is no charge to access the park. Washroom, change rooms and playpark nearby. This is a drop in event, no RSVP needed.

Foster Family and Community Picnic

August picnic details to be announced.

Hagel Park, 3021 Jody Lynne Way

Your CR Foster Parent Association welcomes all Campbell River and Area foster families, MCFD social workers and staff, and foster network support workers for an afternoon of socializing. Lots of fun and terrific prizes! Your whole family is welcomed. Please join us even if you have no children currently placed. Hagel Park is located approximately 10 km south of Campbell River, off York Road. Parking is available at the end of Jody Lynne Way. Contact for details, Heather at Heathermur48@icloud.com or cell/text 250-203-7116.



North Island News and Events



1-888-922-8437

PORT HARDY

Safe Babies Caregiver Knowledge Exchange

Thursday May 15th, 10:15am to 11:30am

Thursday June 19th, 10:15am to 11:30am

(3rd Thursday of the month)

Zoom session link available on the Caregiver Learning Network page.

Join Mary Catherine Williams online for Safe Babies Knowledge Exchange. These sessions provide a monthly opportunity for SB caregivers to refresh their skills and connect with their Vancouver Island peers. Recordings of the past presentations will be available shortly. Details to come.

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

For more information about the Knowledge Exchange or SB support, contact Mary Catherine safebabies@fpss.com.

Becoming a Foster Parent in North Island

If you have a friend, co-worker, neighbour, or childcare provider interested in becoming a foster parent in North Vancouver Island please have them contact MCFD at 250-286-7542. We are currently seeking Relief, Respite, and Emergency homes.

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@fpss.com](mailto:Judy.uicoord@fpss.com) or execassist@fpss.com for details. If you need assistance with navigating the Caregiver Learning Management System, consider joining one of our 45-minute *How-To* sessions.

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@fpss.com or Krista execassist@fpss.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

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.

CARING /FAMILIES SOCIETY
Wishes Everyone

Happy BC Day!
June 4th

Join Caring Families Society in celebrating the land, people, and creatures we live with, learn from, and call family.

Happy Canada Day
July 1st

It isn't until you feel safe that you realize how difficult it was before, when you were constantly afraid, as though you have been hearing a noise in the background for so long that you cannot pick it out until someone turns it off. And when you hear the sound of silence, it's sweeter than you knew anything could be.

Barbara Bourland



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.**

Wednesday, May 7 th	6:30pm to 7:30pm	https://tinyurl.com/yn8a8a57
Wednesday, May 21 st	12:00 noon to 1:00pm	https://tinyurl.com/yk8xf42h
Wednesday, June 4 th	6:30pm to 7:30pm	https://tinyurl.com/5n8n5bns
Wednesday, June 18 th	12:00 noon to 1:00pm	https://tinyurl.com/48f5bwja
Wednesday, July 9 th	6:30pm to 7:30pm	https://tinyurl.com/5n8xtku9
Wednesday, July 23 rd	12:00 noon to 1:00pm	https://tinyurl.com/yvpfsmmm
Wednesday, August 6 th	6:30pm to 7:30pm	https://tinyurl.com/46jkw5pu
Wednesday, August 20 th	12:00 noon to 1:00pm	https://tinyurl.com/3uh5px2h

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

FOSTER HOMES
 Needed in Your Community

What if you couldn't be with your family right now?
 What if you needed a safe place to be while you and your family heal and become strong again?
 What if there was nowhere?

You can make a difference in the life of a child or youth.

Go to fosterhope.ca to learn more or register for an Information Session




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

We all need to belong. There is a lot of talk now about the importance of creating a sense of belonging for children and youth in care. But let's not forget that grown-ups need to belong too, including moms and dads.

It might be hard for kids (and some grown-ups) to remember that our moms and dads were once kids. In another time, they might have been our best friends, our annoying younger siblings, or our fiercest rivals.

As we celebrate the moms and dads in our lives, remember that somewhere behind their eyes is a little boy or girl who still needs to know they belong and they matter. While we take comfort in the grace of their wisdom, remind them they will always have a special place in our hearts, in our families, and in our community. Assure them they belong. So bring on the corny cards, ugly ties, macaroni art, and squashed flowers.

Thanks for everything Mom and Dad.

CARING FAMILIES CELEBRATES

Mother's Day May 11th Father's Day June 15th



**THANK YOU TO ALL THE PARENTS IN OUR LIVES, BE THEY
BIOLOGICAL, FOSTER, ADOPTIVE, OR GRAND,
BY BLOOD, BY LAW, OR BY CHOICE.**

Belonging

What are we talking about?

The importance of belonging – a child's sense of connection to people, community, culture, place and a positive sense of identity – has been understood, explored, encouraged, researched and celebrated by many families, communities, organizations and Nations over time. RCY is pleased to collaborate with and learn from others who share a commitment to creating belonging and connection with and for young people in B.C. We are delighted on this page to offer a curated collection of resources developed by our RCY team and others that we hope will be instructive and helpful.



REPRESENTATIVE FOR
CHILDREN AND YOUTH



Hello
Welcome

YOU BELONG HERE

Why does it matter?

Every child needs to have deep connections and to feel a sense of belonging to culture, community, family and place in order to thrive and develop a positive sense of self. Children and youth who are in government care, in particular, need to feel these connections as they have typically experienced trauma during their young lives. Without these connections, they may experience what Dr. Martin Brokenleg has referred to as "unbelonging". And as a consequence, they may experience pain, sadness, distress, risk and poorer life outcomes.

[Skye's Legacy | Office of the Representative for Children and Youth - RCYBC](#)



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
<i>Circle of Security Parenting for Foster Caregivers</i>	Thursdays, May 1 st to June 19 th , 12:30pm to 2:00pm	Developmental Disabilities Association	Events for May 2025
<i>Safe Babies Caregiver Training (Virtual)</i>	Mondays and Thursdays May 5 th , 8 th , 12 th , 15 th , 19 th , 22 nd , 26 th , 29 th , June 2 nd , and 5 th 9:30am to 11:30am	Interior Community Services	Events for May 2025
<i>Toileting 101</i>	Tuesday, May 20 th , 10:00am to 12:00 noon	Axis Family Resources, Katie Rinauld	Events for April 2025
<i>Business Side of Fostering</i>	Thursday May 22 nd and May 29 th , 6:30pm to 8:30pm	Interior Community Services	Events for May 2025
<i>Poop Teaching 101</i>	Tuesday, May 27 th , 10:00am to 12:00 noon	Axis Family Resources, Katie Rinauld	Events for April 2025

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

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



Caring Families Society Contact Information

		TEL	FAX	E-MAIL
CARING FAMILIES BOARD OF DIRECTORS				
Chairperson	Sandy Case		778-430-5463	slcase@shaw.ca
Vice Chairperson	Karyn Cooper	250-216-7003	778-430-5463	karyn-leocooper@shaw.ca
CARING FAMILIES SOCIETY PERSONNEL				
Executive Director	Dan Malone	778-430-5459	778-430-5463	execdirect@fpsss.com
Executive Assistant	Krista Shelkey	778-430-5459	778-430-5463	execassist@fpsss.com
SVI Coordinator	Dianne Thompson	236-562-7921	778-430-5463	sicoord@fpsss.com
Community Connection Coordinator	Zoe Gray	778-430-5459	778-430-5463	community@fpsss.com
Cowichan Valley Coordinator	Sandra Beagley	250-618-8327	778-430-5463	dacoord@fpsss.com
Central Island Coordinator	Sandra Beagley	250-618-8327	778-430-5463	cicoord@fpsss.com
Nanaimo-Ladysmith Coordinator	Bonnie Cook	250-986-9092	778-430-5463	npcoord@fpsss.com
Port Alberni Coordinator		1-888-922-8437	778-430-5463	pacoord@fpsss.com
Courtenay/Comox Coordinator	Jessica Humphries	250-986-7929	778-430-5463	cvcoord@fpsss.com
Upper Island Coordinator	Judy Hollywood Bonnett	250-204-1566	778-430-5463	uicoord@fpsss.com
Port Hardy Local Coordinator		1-888-922-8437	778-430-5463	admin@fpsss.com
SI Safe Babies Coordinator	Janet Christie	778-430-5460	778-430-5463	sicoord@fpsss.com
Regional Safe Babies Coordinator	Mary Catherine Williams	250-703-6135	778-430-5963	safebabies@fpsss.com
Mentor Coordinator	Janet Christie	1-888-922-8437	778-430-5463	mentor@fpsss.com
Recruitment Coordinator	Eva Vowles	778-430-5459	778-430-5463	fosterhope@fpsss.com
INVESTIGATION AND RESOLUTION SUPPORT TEAM (FORMERLY PROTOCOL SUPPORT)				
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CARING FAMILIES SOCIETY OFFICES

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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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or email us at admin@fpsss.com



*Foster Caregivers are
Making a Difference!*



*For all you do,
we Thank You!*



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