

The Island Connection

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

♡♡♡ Welcome ♡♡♡
Our New ED

Mandy Paisley

See Page 21 for an IMPORTANT message from MCFD Resources

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

CPC PUB #40780167



INSIDE THIS ISSUE:	PAGE
Foster Parent Support Line	2
Investigation and Resolution Support Contact Information	2, 19
Family Care Rate	3
Meet Our New Executive Director	4
BC Child and Youth in Care Week	5
Caring Families Society Coordinator Updates	6-7
Island-Wide/Province-Wide Training Events	8
On-Demand Training (CLN)	9
Safe Babies Knowledge Exchange	9
South Island News and Events	10
IRS Support Program	11
Central Island News and Events	12-13
Foster Homes in Central Island	14
Upper Island News and Events	15-16
North Island News and Events	17
Foster Hope	18
Moose Hide Campaign Day	18
Mothers' Day Fathers' Day	19
Caregiver Practices D.8.6	20
Happy BC Day and Canada	20
MCFD RESOURCES TEAM MESSAGE	21
PSACLN Workshops	22
Contacts	23

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

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

ADVERTISING INFORMATION:
Tel: 778-430-5459 / admin@fpsss.com

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

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

- There are Caring Families Society offices in Victoria (778-430-5460) and Nanaimo (250-618-8327); and Local Coordinators in Cowichan Valley (250-618-8327), Parksville (1-888-922-8437), Comox Valley (250-986-7929), Campbell River (250-204-1566)
- Our coordinators are available to assist foster caregivers in obtaining current information; support services for caregivers; ongoing training and development opportunities; peer support and mentoring.

BC FOSTER PARENT ASSOCIATIONS (BCFPA) TOLL FREE 1-800-663-9999

Monday through Friday 8:30am to 4:00pm

- Support and information for Foster Caregivers.
- If calling outside hours leave a message and a staff member will return your call.

CONNECT WITH THE CARING FAMILIES SOCIETY ANYTIME ANYWHERE

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

You can...go to our interactive website
www.fpsss.com

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 and Upper Island areas: 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)

[MCFD] Relief Foster Care Rates AS OF JULY 1st, 2025

Some foster homes provide relief or respite care for the ministry. Relief/respite rates for restricted, regular, and Level 1 caregivers are \$10.00 more than the regular daily rates.

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

https://www2.gov.bc.ca/assets/gov/family-and-social-supports/foster-parenting/resource_work_policies.pdf (Page 120)

Have a great summer!

What is your favourite summer memory?

Is it a once-in-a-lifetime, photo worthy adventure far from your own front door? A star-filled, impossibly big sky that made you feel impossibly small but somehow connected to the past, the present, the future, and everything in between. (Yes, you can use “between” for three or more items. I checked.) Maybe it’s a collage, snippets of a thousand everyday moments that you didn’t know you were going to remember when you were old. (And “old” was anything over thirty.)

A day at the beach, the day you rode your bike halfway around the world and back again before lunch. Jumping in puddles and over sprinklers. Planting vegetable seeds, caring for them, watching them grow, eating the things you grew, even though you would never eat them if they came from a store.

Beans? No thank you! These beans are different. These are *my* beans.

The bad news is that for many children and youth in care, these summer adventures can be few and far between. The good news is that you can fill in the missing pieces.

What does it cost? Not much. A package of seeds and some dirt. A towel to dry puddle water. A bucket to hold beach treasures. And Time. Just time. Time might be the best gift you can give a child or youth in care. How many of your favourite summer memories include a Someone? Someone who thought you were important enough to spend time with? Take away the starlight, the seeds, the sand, and the sprinklers, and the summer can still be memorable if it includes a Someone.

This summer, be somebody’s Someone. Make memories, not just for the children in your life, but for yourself as well. It’s never too late to add another favourite memory.

Caring Families Society provides support and training for foster caregivers across Vancouver Island, the traditional lands of the Coast Salish, Nuu-chah-nulth, and Kwakwaka’wakw ancestors. We acknowledge it is a privilege to live, learn, and grow on these lands and honour the Chiefs, Hereditary Chiefs, Knowledge Keepers, and People who have cared for the lands, waters and creatures for all the days past, present, and days yet to be.

GUIDELINE TO THE FAMILY CARE RATE AS OF JULY 1ST, 2025

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

*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.

Welcome our new Executive Director Mandy Paisley

Please join the Board and staff in welcoming Mandy Paisley as the new Executive Director of Caring Families Society. You will find, as we have, that Mandy brings with her an inspiring combination of experience, heart, and intelligence. In the short time we have known her, she has proven to be a compassionate listener, an eager learner, and a strong supporter of the work Caring Families has done since its

Leaders are not, as we are often led to think, people who go along with huge crowds following them.

Leaders are people who go their own way without caring, or even looking to see, whether anyone is following them. "Leadership qualities" are not the qualities that enable people to attract followers, but those that enable them to do without them. They include, at the very least, courage, endurance, patience, humor, flexibility, resourcefulness, stubbornness, a keen sense of reality, and the ability to keep a cool and clear head, even when things are going badly.

True leaders, in short, do not make people into followers, but into other leaders.

John Holt

Our New Executive Director's message

I would like to sincerely thank everyone for the warm and open welcome I've received at Caring Families Society. My name is Mandy Paisley, and I feel truly honoured to step into the role of Executive Director, building on the important work and legacy Dan has left behind.

I'd love to share a little about myself, so you know the heart and experience I bring. I was raised in Scotland and moved to Canada 17 years ago with my family. I have three wonderful grown children, my eldest daughter married last year, my son lives in Abbotsford, and my youngest is here in Victoria studying at UVIC. My partner Les and I are building a home in the Kootenays, and he'll be joining me on the island once that's complete. Since moving here from the Lower Mainland, I often find myself thinking I should have made the move sooner—the island truly feeds my soul.

My career has always been grounded in the nonprofit world and a passion for supporting children and families. I trained in Scotland in early years and child development, and went on to support childcare providers through legislation, investigations, training, and registration. I had the privilege of developing and delivering workshops and Higher National Standard courses on topics such as child development, child protection, trauma-informed practice, curriculum development, play-based learning, and the fundamentals of running a childcare business.

Since coming to Canada, I've been fortunate to work alongside some incredible organizations—leading Strong Start programs, managing child and middle years services with the YMCA, and serving as Executive Director for organizations focused on childcare inclusion and food security.

I also bring experience in human resources across nonprofit, for-profit, and unionized environments, along with a solid understanding of BC labour standards. In my most recent role as Executive Director, I worked closely with MCFD partners while supporting programs for children, youth, and families.

While I bring experience and knowledge, I come into this role with a genuine desire to listen and learn. Over the coming months, my focus is on building relationships, getting to know the team, the caregivers, and the community, and understanding what matters most to you. I'm really looking forward to connecting, learning, and celebrating the incredible work you do.

Thank you to the board for trusting me with this opportunity, and to all of you for your kindness and openness during this time of transition. I'm grateful to be here. Please don't hesitate to reach out—my door is always open.



BC CHILD AND YOUTH IN CARE WEEK

✦ JUNE 1ST TO JUNE 7TH ✦

Children and Youth in care are some of the strongest, most courageous people you will ever meet. They are resilient, determined, inspiring, and fiercely protective of those they love. Join Caring Families Society as we assure them that their stories are not over, that some of the best days of their lives are waiting for them just down the road. Shelter them, give them a safe place to dream big dreams, and the support and encouragement to turn those dreams into reality. Let them know we see them, hear them, and believe in them.



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."

We encourage you to honour this incredible community of young people every week of the year!

<http://www.bcchildandyouthincareweek.com>



Every child deserves a champion – an adult who will never give up on them, who understands the power of connection, and insists that they become the best that they can possibly be.

Rita Pierson



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

Foster Caregiver/MCFD Resource Partnership Meeting

We have a new video format as of March. CFS and MCFD have worked together to create video presentations as a way to share information with our caregivers.

Caregiver Coffee Morning

SIFPA and Caring Families host these well-attended in-person gatherings. They bring caregivers together for connection and conversation. It is a welcoming space for everyone, a chance to meet fellow caregivers and friends, share stories, exchange tips, and enjoy plenty of laughter. Children were happy with treats and playtime, while the grown-ups enjoyed a few goodies of their own.

Thank you Sandy Case for continuing to host these great coffee mornings!

Spring Events

SIFPA hosted a *Hopping into Spring Family Fun Day* event. Children and youth ran wild (in the best way) with games and activities in the gym, and the bouncy castle. Guests enjoyed pizza, snack bags, and treats to keep the energy going. Every family received a special Spring Break activity gift (movie gift card) to kick off the break with something fun.

Ongoing Training,

The Public Guardian and Trustee (PGT) of BC works for British Columbians to protect the legal and shared resources of children under the age of 19 years, protect the legal, financial, personal and health care interests of adults who need help with decision making, and administer estates of deceased and missing persons.

Safe Babies Support Group

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

Social Work Week

Caring Families Society created gift baskets full of treats for social workers. Lots of smiles and chats when gift baskets were dropped off to the offices.

Upcoming Events

Watch your emails or check out the South Island calendar on Caring Families Society, <https://caring-families.ca/> for upcoming events.

Investigation and Resolution Support Worker Program

IRS Workers ensure that foster caregivers do not go through the investigation process alone. Contact 1-888-922 8437 for information. We are currently looking for more volunteers to join our IRS team. Check out our IRS page at <https://caring-families.ca/investigation-and-resolution-support-program/> or see page 11.

Appreciation

Caring Families Society and SIFPA extend our heartfelt appreciation to the remarkable caregivers who open their homes and hearts to children. Your strength, compassion, and unwavering commitment shine through in the way you nurture, guide, and adapt to the ever-changing needs of caregiving. We are deeply grateful for the care you provide each day.

Ongoing Training

We continue to offer PSACLN training with On-Demand replays. If you know of a topic or training that might be beneficial, to caregivers, contact Dianne at sicoord@fpsss.com or 778-430-5459.

South Island Facebook

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

E-mail Distribution List and Calendar

To receive email notifications of workshops, meetings, and news of interest, contact 778-430-5460 or sicoord@fpsss.com. 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 for support or ask 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

Port Alberni Caregivers in need of support, resources, or a listening ear can contact the Regional. We are here to care for you so you can care for the children and youth in your home.

COWICHAN VALLEY Area Update

Prepared by Sandra Beagley

T: 250-618-8327

Toll free: 1-888-922-8437

E: dacoord@fpsss.com

Foster Family BINGO

The joint Cowichan Valley and Nanaimo area foster family event provided fun, laughter, snacks, and prizes at this well-attended CFS hosted event!

Foster Caregiver Mornings

Cowichan Valley Foster Parents Local and Caring Families Society host these opportunities to share, ask questions, recharge, and connect with other amazing foster caregivers. Hosts provided coffee, tea, snacks, and door prizes. As March's meeting occurred during Spring Break, it was a special gathering with treats, games, crafts, and prizes for the whole family! CVFP Local also provided an abundance of free gently-used child and youth clothing available for caregivers to take home. *Thank you to Kinderbeez Boutique for their ongoing clothing donations!*

Cowichan Valley MCFD Partnership Meeting

These bi-weekly meetings occur on the first Wednesday. Watch you emails for news from MCFD for more news.

Overview of the Public Guardian and Trustee of BC Workshop

This virtual workshop was open to all CLN members. Public Guardian and Trustee Financial Wellness Facilitator Patricia Hanley provided an overview of the various PGT services available to children and youth. She also answered participants' questions and shared resource information.

Cowichan Valley Foster Parent Local Free Children's Clothing

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

NANAIMO Area Update

Prepared by Sandra Beagley

T: 250-618-8327

E: cicoord@fpsss.com

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, and prizes. Nanaimo Area Coordinator Bonnie hosted the Mornings. CFS provided support, supplies, and tools for foster caregivers who wanted to work on Life Book pages.

First Aid Training

Alert First Aid facilitated this hands-on training for foster and kinship caregivers. This included initial assessment, adult, child and infant CPR. Alert First Aid provided certificates upon course completion.

Foster Family BINGO

Foster families from Cowichan Valley and Nanaimo gathered in Ladysmith to have fun, treats, laughter, and receive a variety of prizes. There was a play and art area for anyone needing a break from BINGO. Participants shared very positive feedback about the event.

Ladysmith-Nanaimo MCFD Partnership Meeting

MCFD has paused Partnership Meetings until further notice.

Creative Connections – Dot Art Moon Vision

Foster caregivers connected while getting creative with Jen from Lost Arts Club. Jen provided instruction and support to create unique dot art paintings. Participants chose from five templates to help get their creative juices flowing.

UPPER ISLAND Area Updates

Upper Island Email Distribution List

Upper Island caregivers can contact their Local Area Coordinator for support or 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 Social Committee

Our April meeting was a successful brainstorm and planning session. We look forward to continuing to build connections for foster families throughout the next year.

Comox Valley Education Committee

As a committee, we are already planning for fall. We are excited about the facilitators we will be bringing in. Thank you to the Comox Valley and Campbell River caregivers who have been attending sessions.

Comox Valley Prospective Caregivers

In partnership with MCFD Resources Recruitment Liaison, JHSNi Behavioral Consultant and Caregiver Support, we have been continuing to gather with prospective caregivers in the Comox Valley. These caregivers are brand new or are currently in their home study process and are curious to make connections ahead of official placements. We had a great lunch in April.

CAMPBELL RIVER Area Update

Prepared by Judy Hollywood Bonnett

T: 250-204-1566

Toll free: 1-888-922-8437

E: uicoord@fpsss.com

Foster Caregiver-MCFD Partnership Meeting

Caregivers and Ministry workers met in March to share fostering concerns, learn about MCFD updates, and discuss local fostering trends.

Caregiver Lunch and Learn

March's Sexual Abuse Awareness was presented by Myra Kohler, Program Coordinator, Sexual Abuse Intervention program (SAIP). Kerri Reihl, Program Coordinator, Community-Based Victim Services presented *Intimate Partner Violence* in April. Both sessions were excellent learning events focused on significant social problems.

Safe Babies Network

Safe Babies caregivers met monthly and accessed the online Knowledge Exchanges presented by Mary Catherine Williams, Regional Safe Babies Coordinator. Topics included *Substance Use: Updates and Trends*, and *Screen time Guidelines and Considerations*. All Campbell River Safe Babies caregivers are welcomed to join in the support and learning when we meet again.

Campbell River Foster Parent Association

CRFPA arranged April's coffee meetings hosted in caregiver's homes which offered peer conversation in a relaxing environment. CRFPA arranged the annual MCFD Office Appreciation "All-Day-Coffee-Break" in March as part of BC Social Work week. Thank you to the foster caregivers who participated in these great networking opportunities.

NORTH ISLAND Area Update

PORT HARDY Area Update

Toll free: 1-888-922-8437

E: nicoordinator@fpsss.com

Spring Break "Coffee was on!"


Cheryl hosted a drop-in coffee and kids' play time in March for the North Island caregiving families.

Foster Caregiver-MCFD Partnership Meeting

After a hiatus, North Island Partnership meetings are back! Caregivers and Ministry workers met in April in person and online to discuss local fostering trends and strengthen our community relationships.

Enhanced Communication

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



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

COLLABORATIVE ISLAND-WIDE TRAINING AND EVENTS

Parenting a Child with a History of Sexual Trauma^{CLN}

Wednesday, May 6th, 9:30am to 11:30am
Facilitated by Archway Community Services

Open to Foster Caregivers and Out-of-Care/Kinship Caregivers.

This will be a sensitive workshop on how to care for a child who has experienced sexual trauma through exploring curriculum information developed by the National Training and Development Curriculum for Foster and Adoptive Parents.

Children who have experienced sexual trauma, require safe and nurturing environments that support their healing process. It is important to note that many children may not disclose experiences of sexual abuse for various reasons. In this workshop, we will discuss possible concerns, risk factors and indicators of sexual trauma, how to create an emotionally safe environment, and strategies to prevent further abuse.

Register at [Parenting a Child with a History of Sexual Trauma PSACLN POSTER](#)

Navigating Emotions: How to Remain Centered When Emotions Feel Overwhelming^{CLN}

Thursday, May 14th, 11:00am to 1:00pm
Crisis Centre of BC Presentation
Facilitated by Bonnie Cook

Open to Foster Caregivers and Out-of-Care/Kinship Caregivers.

Emotions are a normal and healthy part of our lives. In this session, the focus is on emotional awareness and practices that can support us to respond more skillfully to challenging situations. Caring Families Society's coordinator, Bonnie Cook, will host a review and discussion of the Crisis Center of BC's *Navigating Emotions: How to Remain Centered when Emotions Feel Overwhelming* (recorded workshop). Participants will be able to share comments, insight, and resources to deepen the learning experience. Following the workshop, participants will receive a link and code that will allow them to create an account with Crisis Center of BC for ongoing access to the recording to rewatch or view the training with children and youth in their home.

Register at [Navigating Emotions: How to Remain Centered when Emotions Feel Overwhelming](#)

Suicide Awareness Workshop^{CLN}

Thursday, June 11th, 1:00pm to 2:30pm
Crisis Centre of BC Presentation
Facilitated by Sandra Beagley

Open to Foster Caregivers.

Facilitated by the Crisis Centre of BC, this Suicide Awareness 90-minute session will focus on reducing stigma, increasing awareness, and motivating personal and collective action for suicide prevention. The session opens a dialogue about suicide, a stigmatized and challenging topic for many. It helps participants understand the nature of suicide in communities, the needs of people who have thoughts of suicide, and the resources available within the agency or community.

Register at [Suicide Prevention](#)

Get Connected!
admin@fpsss.com

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

Call toll free
1-888-922-8437

COLLABORATIVE ISLAND-WIDE TRAINING AND EVENTS

Looking to catch up on some training over the long, hot days of summer? Consider taking advantage of our extensive collection of On-Demand workshops. If you missed the original delivery, you can still take part in these virtual offerings.

Len Pierre Leading with Empathy	How to Calm Your Child’s Stress Response and Emotions Complex Trauma Resources	Fostering Early Development Understanding ADHD Amy Ris
Poop Teaching 101 Katie Rinauld	Coping with Grief and Loss for Caregivers Sarah Day	Understanding ADHD Lori Nichols RN. MS.
Toileting 101 Katie Rinauld	Spirit Bear’s Guide to Reconciliation Dr. Cindy Blackstock	Mental Health Medications: An Overview Lori Nichols RN. MS.
Tips and Tools for Successful Conflict Resolution Interior Community Services	Dialectical Behavioural Therapy Skills Axis Family Resources	Why Children are Addicted to Gaming and Social Media Dr. Chuck Geddes
Shutdown, Stonewalled and Alone: Strategies for Kids Who are Shut Down Robyn Gobbel	Helping Kids Find their Voice: Strategies for Manipulation and Aggression Robyn Gobbel	

Register for On Demand Workshops at [On-Demand Video Courses](#)



Safe Babies Knowledge Exchange

Open to all caregivers on Vancouver Island

Thursday, May 21st

Caring for the Caregiver



Join us as we discuss realistic ways of caring for yourself in order to maintain the health and wellness needed for your important work as a caregiver!

Safe Babies

Knowledge Exchange

See page 17 for Registration link

Thursday, June 18th

10:30 to 11:30 am

Infectious Diseases of Infancy

We will discuss current information and useful resources related to infectious diseases of infancy.

The smile that flickers on a baby’s lips when he sleeps- does anyone know where it was born? Yes, there is a rumor that a young pale beam of a crescent moon touched the edge of a vanishing autumn cloud, and there the smile was first born in the dream of a dew-washed morning.
 Rabindranath Tagore

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 the Regional Office to ask about having or becoming a mentor.
1-888-922-8437



South Island News and Events



DIANNE THOMPSON SOUTH ISLAND COORDINATOR
236-562-7921 or

South Island Private Facebook Group

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

Foster Caregiver-Ministry Partnership Meeting

CFS works with MCFD to provide updates and current information in a video format to share via emails and our private Facebook group. Foster Caregivers can reply to the emails, make comments on the Facebook group, ask questions, or get further information from their Resource Social Workers.

Watch your emails or our SI Facebook group for updates and information.

Caregiver In-Person Coffee Mornings

Tuesday, May 26th, 9:00am to 12:00 noon

Tuesday, June 23rd, 9:00am to 12:00 noon

Hang out in a warm, welcoming space made for everyone.

It's the perfect spot to connect with caregivers and friends, swap stories, share tips, and enjoy a few laughs. Kids can dive into treats and playtime, and yes – there are goodies for grown-ups too!

Grab a cup, settle in, and enjoy a cozy morning with good company.

Please R.S.V.P. to Sandy at slcase@shaw.ca.

Safe Babies Caregiver Meeting

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

May's meeting will include an Infant CPR training update from First Alert First Aid. Upcoming topics will include Nature vs Nurture, important for our population of infants and children in care. Angela will also present a video, *Three Identical Strangers*. Angela will present research showing that even though we cannot change heredity, we can influence the lives of our children.

Coffee Morning/Summer Park Day!

Tuesday, July 7th, 9:30am to 12:30pm

Tuesday, July 21st, 9:30am to 12:30pm

Tuesday, August 11th, 9:30am to 12:30pm

Tuesday, August 25th, 9:30am to 12:30pm

Join us to connect with friends and enjoy the sun throughout the summer. Conversation, treats, fun for the kids and the grownups too! Explore one of our great water parks around the Langford and Victoria area. If you've found one, we haven't tried in the past, please let Dianne (slcooord@fpss.com) or Sandy (slcase@shaw.ca) know. Watch your emails or our South Island Facebook Group for the reminder posters.

South Island Foster Parent Association and Caring Families Society Proudly Present

BC Children and Youth in Care Week Celebration

Thursday, June 4th
3:00pm to 6:00pm **Free Event!**

Picnic Shelter Lower Fields at Westshore Parks and Recreation Centre

Food + Outdoor Games + Balloon Artist + Face Painting + Glitter Tattoo Artist, Toys to use and take home + **Ice Cream Truck!**

To register RSVP Sandy Case at slcase@shaw.ca

SUMMER PARK DAYS

Tuesdays, July 7th, July 21st, August 11th, and August 25th
9:30am to 12:30pm

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

Check our CLN website for our ON-DEMAND training throughout the summer. Available for you, when it works for you.

<https://learn.fpss.com/>

Happy Summer Break!

We hope you and your family enjoy a bright, busy, and joy filled Summer!

South Island News and Events

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

Hey Langford Caregivers! We Need your help!



To our Langford Caregivers...

“Canada Post is now formally recognizing Langford in mailing addresses, instead of Victoria. They have updated their address database and Langford mailing addresses will be active with Canada Post on June 19, 2023.

*You may wish to notify your mailers of your new mailing address so that they may update their records. However, you do not need to take any action. Please be assured that mail and parcels bearing your old municipal mailing address will be automatically redirected. Further, **there will be no change to your postal code** or street address as a result of this change... If you have any questions, please call Canada Post’s Customer Service team at 1-866-607-6301.*

Those receiving mail with “Victoria” as the city, will still be successfully delivered as Victoria will now be listed as a secondary city in the Canada Post database.”

[Mail - City of Langford](#)

If you live in “Langford” in the real world, but having been using “Victoria” in your mailing address, this is a great time to update. Send us an email, give us a call, or drop by the Regional Office in person to let us know. Canada Post assures us all that Langford mailed labelled “Victoria” will still go through. We don’t know how long this will last and we want to be ahead of the crowd. Our wizards of the data base had hoped this would be as easy as “Find” and “Replace” by postal code, but alas, it’s not quite that easy. If you live in Langford, we would greatly appreciate your assistance in updating our data base to reflect this.



Investigation and Resolution Support Program

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

Investigation and Resolution Support Workers can help you

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

Investigation and Resolution Support Workers

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

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

caring-families.ca 1-888-922-8437

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/>

Central Island News and Events

COWICHAN VALLEY AREA



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

Cowichan Valley MCFD Partnership Meeting
Wednesday, May 6th, 9:00/9:30am to 11:00am
MCFD Office, 161- 4th Street, Duncan

The office doors open at 9:00am and foster caregivers are welcome to come in to catch up with one another and resource workers – the meeting will start at 9:30am. Stay for as much of the time as possible! Participation can be in-person or virtual via Teams. Please send any agenda items to mylisa.evans@gov.bc.ca. Watch for an email from the MCFD Resource Team closer to the meeting that includes the link for those wishing to participate virtually.

Foster Caregivers Mornings

Wednesday, May 20th, 9:30am to 11:30am
Wednesday, June 17th, 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. The Nitnat Room is at the end of the hall on the second floor of the Cowichan Community Center. Come and meet members of your Cowichan Valley Foster Parents Local and other wonderful foster caregivers! During May's meeting, a special guest from the Disability Alliance BC will join us to share information and answer questions about the Disability Tax Credit, the Registered Disability Savings Plan, and the Canada Disability Benefit. Watch your emails for more information!

Suicide Awareness Workshop^{CLN}
Thursday, June 11th, 1:00pm to 2:30pm
Facilitated by the Crisis Centre of BC

Online via CLN

Open to Foster Caregivers

Facilitated by the Crisis Centre of BC, this Suicide Awareness 90-minute session will focus on reducing stigma, increasing awareness, and motivating personal and collective action for suicide prevention. The session opens a dialogue about suicide, a stigmatized and challenging topic for many. It helps participants understand the nature of suicide in communities, the needs of people who have thoughts of suicide, and the resources available within the agency or community.

Register at [Suicide Prevention](#)

Foster Family Summer Fun!

Joint Cowichan Valley and Nanaimo Area Event
Tuesday, July 28th, 10:00am to 12:30pm

Open to all Foster Families!

Transfer Beach Park, Captain Tristan de Konnick Way, Ladysmith

Come join us at Transfer Beach Park in Ladysmith for some summer fun! Fun, Food, Games, and Crafts for the whole family! CFS has reserved the Sportsman Shelter, a fantastic location near the washrooms, water park, and playground. Families are welcome to come anytime during this event. Please bring your own chairs or blankets for sitting plus swim gear and towels for those who want to get wet at the waterpark or in the ocean! **BONUS:** Hailey from the BCAA Child Passenger Safety Program will be available to answer any child passenger safety questions and check your car seats.

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

FREE Clothing Event for Foster Caregivers

Wednesday, August 19th, 12:00 noon to 3:00pm

Open to all Foster Caregivers!

Join the Cowichan Valley Foster Parents Local and Caring Families Society's Coordinators for this fun event! Foster caregivers can enjoy a coffee/tea, visit with other foster caregivers, and look through an abundance of FREE gently-used clothing to take home for all the children in their families! Stop by anytime between 12:00 noon and 3:00pm! Event is located between Chemainus and Ladysmith (address is in the confirmation of registration email). This is an outdoor event and weather dependent.

Foster caregivers register at: [FREE Clothing Event for Foster Caregivers](#)

NANAIMO AREA



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



NANAIMO COORDINATOR BONNIE COOK
250-986-9092 OR npcoord@fpsss.com

Foster Caregivers Support Mornings

Tuesday, May 12th, 10:00am to 11:30am
Tuesday, June 9th, 10:00am to 11:30am

CFS Office, #102-6421 Applecross Road, Nanaimo

These morning meetings are a safe space to connect with other caregivers who understand the unique experiences and challenges fostering brings. Ask questions, share success, recharge, laugh, cry, learn about resources, and lift each other up. There will be opportunities for caregivers to work on Life Book pages if desired and CFS will provide support, supplies, and tools. Foster caregivers, please check your emails for more details closer to the morning dates!

Navigating Emotions:

How to Remain Centered when Emotions Feel Overwhelming^{CLN}
Thursday, May 14th, 11:00am to 1:00pm

Open to Foster and Kinship Caregivers

Emotions are a normal and healthy part of our lives. In this session, the focus is emotional awareness and practices that can support us to respond more skillfully to challenging situations. CFS Coordinator Bonnie Cook will host a review and discussion of the Crisis Center of BC's *Navigating Emotions: How to Remain Centered when Emotions Feel Overwhelming* recorded workshop. Participants can share comments, insights, and resources to deepen the learning experience. Following the workshop, participants will receive a link and code that will allow them to create an account with Crisis Center of BC for ongoing access to the recording to rewatch or view the training with children and youth in their home.

Register at [Navigating Emotions: How to Remain Centered when Emotions Feel Overwhelming](#)

Safe Babies Caregiver Meeting and Knowledge Exchange

Thursday, May 21st, 10:00am to 11:30am

Topic: *Caring for the Caregiver*

Thursday, June 18th, 10:00am to 11:30am

Topics: *Infectious Disease of Infancy*

(Third Thursday of the month)

Join us online via the Zoom link found in on Caregiver Learning Network. Sign in using this link and following the prompts: <https://learn.fpsss.com/courses/vi-sb-monthly/>

Central Island News and Events



**FOSTER FAMILY
SUMMER FUN!**

**Joint Cowichan Valley and
Nanaimo Area Event**
 Tuesday, July 28th, 10:00am to 12:30pm
 Open to all Foster Families!
 Transfer Beach Park,
 Captain Tristan de Konnick Way, Ladysmith

Register at Foster Family Summer Fun!

Foster Family Summer Fun!
 Joint Cowichan Valley and Nanaimo Area Event
 Tuesday, July 28th, 10:00am to 12:30pm
 Open to all Foster Families!
 Transfer Beach Park, Captain Tristan de Konnick Way, Ladysmith
 See details under Cowichan Valley Area, or register your family at
[Foster Family Summer Fun!](#)

PORT ALBERNI AREA

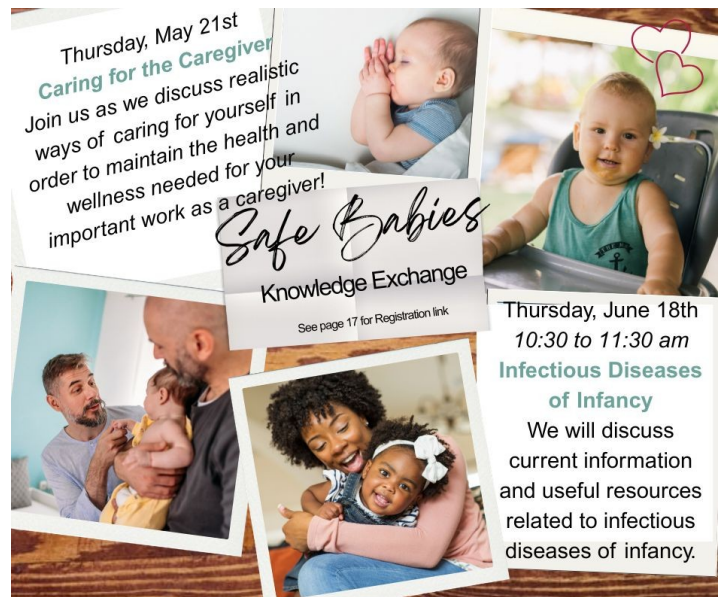
REGIONAL OFFICE
 1-888-822-8437 OR admin@fpsss.com

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 or cheer your successes.

If we all threw our problems in a pile and saw everyone else's, we'd grab ours back.

Regina Brett

CREATIVE CONNECTIONS for Foster Caregivers CFS Office, #102-6421 Applecross Road, Nanaimo	
<p style="text-align: center;">Gemstone and Copper Tree or Teardrop Plant Tuesday, May 26th 10:00am to 12:00 noon</p>	<p style="text-align: center;">Exploring Acrylics Tuesday, June 23rd 10:00am to 12:00 noon</p>
<p>Connect with other foster caregivers while getting creative! Artist Jen from Lost Arts Club will guide us in creating a beaded treasure. Choose from either a Tree on Driftwood or a Teardrop Plant. All material included! No previous art skills needed! CFS is asking foster caregivers to contribute \$5 towards costs; Caring Families Society will pay the rest. Limited spaces available. Register at CREATIVE CONNECTIONS: Gemstone and Copper Tree or Teardrop Plant</p>	<p>Join CFS Coordinators Bonnie and Sandra in exploring various easy painting techniques including squeegees, stencils, and balloons to create masterpieces! Pick your favorite or try them all! CFS will provide all materials. No previous art skills needed! CFS is asking foster caregivers to contribute \$5 towards costs; Caring Families Society will pay the rest. Limited spaces available. Register at CREATIVE CONNECTIONS: Acrylic Painting</p>



Safe Babies Knowledge Exchange

Thursday, May 21st
Caring for the Caregiver
 Join us as we discuss realistic ways of caring for yourself in order to maintain the health and wellness needed for your important work as a caregiver!

Thursday, June 18th
 10:30 to 11:30 am
Infectious Diseases of Infancy
 We will discuss current information and useful resources related to infectious diseases of infancy.

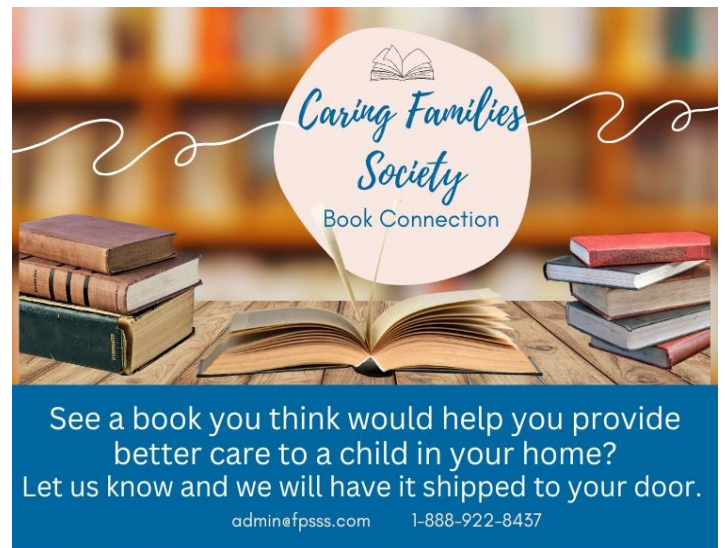
See page 17 for Registration link



Education...

Think of Life as a school for your soul; you are here to learn in perfect well-being. Here's a tip for Life's pop quizzes: instead of asking why something happened, ask instead, "What can I learn?" For extra credit, ask..."and how may I serve?"

Jackson Kiddard



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

Foster Homes Needed in Central Island

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



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

With Kw'umut Lelum

Kw'umut Lelum is looking for loving caregivers willing and able to provide a compassionate, stable, and nurturing home for a child in care in the Nanaimo, Malahat, and Qualicum areas. For information contact **Vivian Paul 250-591-0933**



Become a

FOSTER CAREGIVER

With Usma

Are you passionate about caring for children and youth? Can you provide a safe and healthy home? Usma, the Indigenous delegated agency for Nuu chah nulth communities, is seeking Caregiver homes. **Call Julia Hunter 250-724 3232** to learn more, or to ask about Information Sessions.



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

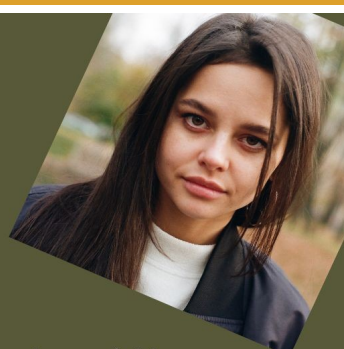


Become a

FOSTER CAREGIVER

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.




Register for a Foster Hope Information Session at fosterhope.ca

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, Regional Safe Babies Coordinator, facilitates online Knowledge Exchange sessions providing a monthly opportunity for Safe Babies caregivers to refresh their skills and connect with their Vancouver Island peers. For more information about the Knowledge Exchange or for Safe Babies caregiver support, contact Mary Catherine at safebabies@fpsss.com.



**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

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

Comox Valley Education Event Through Their Eyes:

Supporting and Understanding Indigenous Youth in Care
Friday, May 8th, 10:00am to 1:00pm

In-person at The Old House Hotel, 1730 Riverside Lane, Courtenay
Join MSW-ITR Candidates Adam Gauthier and Tarra Tipton for this participatory course. This session supports caregivers in seeing Indigenous youth in care with a trauma-informed, culturally rooted perspective that honours behaviour, mental health, substance use, and development across ages and stages. Participants will gain practical tools to strengthen connection, access supports, and advocate with youth in ways that uphold safety, belonging, and resilience.

Comox Valley Safe Babies Group
Thursday, May 21st, 10:30-11:30am
Topic: *Caring for the Caregiver*
Thursday, June 18th, 10:30-11:30am
Topic: *Infectious Diseases*

In-person at The Foundry Multipurpose Room, 575 10th Street
We will be meeting at the foundry and spending the first half connecting with the Safe Babies Island-Wide Knowledge exchange. These gatherings feature discussions to keep your caregiving skills current and an opportunity to “check in” with fellow caregivers! Experienced caregivers and a MCFD Resource Worker are always in attendance. Please arrive a few minutes early as we will get started right on time. Cannot make the meeting in person? reach out to Jessica for the zoom link at cvcoord@fpsss.com

Annual Comox Valley Spring Fling
Our social committee is working on finalizing dates for this event. Please stay tuned!

Comox Valley Social Committee
Are you an event planning wizard? Do you have a knack for spectacular socials? We are seeking new team members to help us get creative in building connections and sparking joy for kids in care and their foster caregivers. We will be meeting early May to plan the year. Please contact Jessica Humphries if you interested in being involved.

CAMPBELL RIVER

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

Foster Caregiver/MCFD Partnership Meeting
Tuesday, May 12th, 9:30am to 10:30am
MCFD Boardroom, 1334 Island Hwy
(Second Tuesday of every second month)
All foster caregivers, MCFD social workers, C&Y Mental Health staff and foster support staff are invited. Caregivers are encouraged to take this hour and 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 Ashley.Visser@gov.bc.ca for more information or to suggest a discussion topic.

Alice: “How long is forever?”

White Rabbit: “Sometimes, just one second.”

Lewis Carroll



Comox Valley Education Event

**Through Their Eyes:
Supporting and Understanding
Indigenous Youth in Care**

Friday, May 8th, 10:00am to 1:00pm
The Old House Hotel
1730 Riverside Lane, Courtenay

This session supports caregivers in seeing Indigenous youth in care with a trauma-informed, culturally rooted perspective that honours behaviour, mental health, substance use, and development across ages and stages.

Upper Island News and Events

Caregiver Lunch and Learn

Thursday, May 14th, 11:30am to 1:00pm

Thursday, June 11th, 11:30am to 1:00pm

Topics to be announced.

CR Family Services, Conference room, 487-10th Avenue
(Second Thursday of the month)

Caregiver Lunch and Learn is your space to connect with peers, build community, and engage with practical learnings. We always have an interesting topic and invite all caregivers to join us. Bring your lunch or enjoy the light refreshments supplied. Contact Lindsay or Judy for more information.

Safe Babies Caregiver Meeting and Knowledge Exchange

Thursday, May 21st, 10:00am to 11:30am

Topic: *Caring for the Caregiver*

Thursday, June 18th, 10:00am to 11:30am

Topics: *Infectious Disease of Infancy*

CR Family Services Boardroom, 487-10th Avenue

(Third Thursday of the month)

This is a hybrid event. Join us in person or online via the Zoom link found in on Caregiver Learning Network. Sign in using this link and following the prompts: <https://learn.fpsss.com/courses/vi-sb-monthly/>

Foster Caregiver In-person Coffee Meeting

Tuesday, May 26th, 10:00am to 11:30am

No group in June.

Host to be announced by email.

(Fourth Tuesday of the month)

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

Child and Youth in Care week June 1st to 7th

Local event: Wednesday, June 3rd, 3:00pm to 6:00pm

CR Community Centre Gym, 401 11th Avenue

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. Watch for details to come.

Foster Family and Community Picnic


August picnic details to be confirmed and 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. Your whole family is welcomed at this fun annual event. 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. Watch for details to come.

Becoming a Foster Parent in Campbell River

If you have a friend, co-worker, neighbour, or childcare provider interested in becoming a foster parent in the Campbell River area, please have them contact MCFD at 250-286-7542 and ask to speak with a Resource Worker. MCFD is recruiting caregivers to provide teen placements, placements for large sibling groups, and short-term and flexible placement homes who can team with biological families.



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.

Foundary Campbell River Presents
**BC Children and Youth in
Care Week Celebration**


NEON VIBES

Wednesday, June 3rd, 3:00pm to 6:00pm
Campbell River Community Centre Gym
401 11th Avenue

Prizes + Food + Crafts + Music + Balloon
Animals + Resource Tables + Colourful
Costume Contest + and MORE +++!

Contact Monica at Sasamans Society
250-202-7229 MonicaW@Sasamans.ca





**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

North Island News and Events



REGIONAL OFFICE
1-888-922-8437 OR admin@fpsss.com

PORT HARDY

Foster Placement Support

North Island foster caregivers are encouraged to check in with our local Foster Caregiver Support/Resource worker at North Island Community Services to discuss fostering resources, suggest a workshop topic, or just say hello. Contact 250-230-3484 or c.jorgenson@nicommunityservices.ca.

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

Provincial Support Agency Caregiver Learning Network (PSACLN)

Are you looking for Caregiver Continuing Learning and Education options accessible from the comfort of your home? Have you developed a learning plan with your resource worker? We are here to help you meet your learning plan goals! PSALN offers a variety of learning opportunities developed specifically for BC's caregivers. Check out the many On Demand videos featuring a variety of topics. Register for an online workshop via the PSACLN. You can connect with the Caring Families Society to borrow a book or DVD. Contact Judy uicoord@fpsss.com or community@fpsss.com for details.

Safe Babies Caregiver Meeting and Knowledge Exchange

Thursday, May 21st, 10:00am to 11:30am

Topic: *Caring for the Caregiver*

Thursday, June 18th, 10:00am to 11:30am

Topics: *Infectious Disease of Infancy*

(Third Thursday of the month)

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

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

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/>

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.

Serendipity

Look for something, find something else, and realize that what you've found is more suited to your needs than what you thought you were looking for.

Lawrence Block

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

Moose Hide Campaign Day

Join Us for a Day of Ceremony

Moose Hide Campaign Day is a day of ceremony where all Canadians are called to join together to take a stand against violence towards women and children and to take practical steps for our collective journey of reconciliation.

1. **Livestream:** The livestream will feature a keynote address.
2. **Virtual Workshops:** Learning and sharing together.
3. **Walks to End Violence:** Join a group in your area.
4. **Fast to End Violence:** Fasting is a symbol of commitment and a way to deepen your intention.
5. **Sunrise Ceremony:** Watch the ceremony when the sun rises.
6. **Fast-Breaking Ceremony:** A fast-breaking ceremony where witnesses share their experiences.

[2026 Moose Hide Campaign Day](#)



FOSTER HOMES
Needed in Your Community

Maybe you've never thought about fostering.
Maybe you've thought about it for a long time.
Maybe now is the time.

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



fosterhope
Together we can make a difference.

Wednesday, May 6 th	6:30pm to 7:30pm	https://bit.ly/3KAKScU
Wednesday, May 20 th	12:00 noon to 1:00pm	https://bit.ly/44ebsiz
Wednesday, June 3 rd	6:30pm to 7:30pm	https://bit.ly/4oKosDQ
Wednesday, June 17 th	12:00 noon to 1:00pm	https://bit.ly/4rJkUEy
Wednesday, July 8 th	6:30pm to 7:30pm	https://bit.ly/4cBSRQD
Wednesday, July 22 nd	12:00 noon to 1:00pm	https://bit.ly/4cX0brx
Wednesday, August 5 th	6:30pm to 7:30pm	https://bit.ly/4mSw40z
Wednesday, August 19 th	12:00 noon to 1:00pm	https://bit.ly/4tZ9VHx



MOOSE HIDE CAMPAIGN DAY
IN CEREMONY ◆ **MAY 14, 2026**

REGISTER AT:
MOOSEHIDECAMPAIGN.CA



Caring Families Society Annual Satisfaction Survey 2026

Caring Families Society needs your input to plan the support, communication, and training that meet your needs for the next year.

What's in it for you?
 A chance to have your say and let us know what is working for you and what we can do better. You can also have your name entered into the prize draw for one of three \$100 Amazon Gift Certificates.

What's in it for us?
 Through the survey, we will gather your input, and use it to provide training and support that is efficient and effective.

If you have not received the survey through your email, let us know and we will get a copy to you. If you would prefer a hard copy you can fill in by hand and mail back to us, let us know. If you would like to talk to one of our charming Regional Staff members and do the survey over the phone, our toll free number is 1-888-922-8437.

You are more than welcome to remain anonymous, but if you would like to be entered in the prize draw, we will need your contact information.

Remember! You are **always** welcome to contact us with questions, concerns, comments and suggestions.

Mother's Day May 10th

A mother's love is the purest form of magic; a selfless masterpiece that knows no boundaries, defies all odds, and endures all obstacles and challenges; it's a love painted with sacrifice, unrivalled dedication and unmatched devotion. Motherhood is indeed an act of unwavering faith and limitless optimism in the future wellbeing of a child.



Aloo Denish Obiero



The Board and Staff of Caring Families Society celebrate the biological parents, foster caregivers, chosen parents, pet parents, and grandparents that surround us. We honour the parents we have today, the parents we have lost, the parents we have found, and the parents we hope to be ourselves. Thank you for the shelter, the patience, the acceptance, the encouragement, and the unconditional love.



The best fathers have the softest, sweetest hearts. In other words, great dads are real marshmallows."

Richelle E. Goodrich

Father's Day June 21st



Standards for Foster Homes Caregiver Practices D.8.6

MCFD has updated the Standards for Foster Homes document to include appropriate bathing temperature for children in care.

The caregiver ensures the child has the personal items necessary for their personal care, hygiene and grooming. The caregiver also ensures that water sources, including, but not limited to baths, showers, pools, hot tubs, and alternate bathing set-ups such as sinks or wash basins are safe, comfortable, and a age/developmentally appropriate temperature for children/youth.

The appropriate bathing temperature for child is 98 -100 degrees F, or 37-38 degrees C. Do not exceed 107 degrees F or 42 degrees C. Children's skin is more sensitive - when in doubt, err on side of cooler water and check water temperature regularly.

UPDATED April 2026

[Standards for Foster Homes](#)

Page 37

STANDARDS FOR FOSTER HOMES

The appropriate bathing temperature for child is 98 -100 degrees F, or 37-38 degrees C.
Do not exceed 107 degrees F or 42 degrees C.

CAREGIVER PRACTICES D.8.6



BE SUN SAFE

SLIP on a shirt

SLOP on some sunscreen

SLAP on a hat

It's Not Just for Kids!



CARING FAMILIES SOCIETY
Wishes Everyone

Happy Canada Day July 1st

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

May our bonds be strong and our futures be united.

I am a Canadian, free to speak without fear, free to worship in my own way, free to stand for what I think right, free to oppose what I believe wrong, or free to choose those who shall govern my country. This heritage of freedom I pledge to uphold for myself and all mankind.

John G. Diefenbaker

Happy BC Day! August 3rd



Caregivers Across Vancouver Island

Sent on Behalf of MCFD Vancouver Island Resources Team

We are writing to share information about changes underway in **Resource Services on Vancouver Island** and what these changes mean for you and the important role you play in caring for children and youth.

These changes are focused on strengthening support to caregivers, improving placement stability for children and youth, and ensuring Resource Services are better positioned to respond to increasing complexity and expectations.

Why Resource Services Are Changing

Across Vancouver Island, Resource Services are experiencing significant pressure, including:

- Increased complexity of children and youth coming into care
- Growing accountability and oversight requirements for family care homes, staffed homes, and kinship arrangements
- New policies, systems, audits, and compliance expectations
- Urgent need for recruitment and retention
- A greater need for therapeutic, stabilized, and culturally responsive placements
- The current structure has made it challenging for Resource staff to specialize and provide consistent, timely support across all placement types.

What Is Changing

Resource Services will be transitioning to **two distinct service streams**:

- SHSS (Staffed Homes Support Services)
- Family Care Homes / Kinship Care

This change is intended to ensure staff working with foster parents and kinship caregivers can focus more fully on:

- Supporting caregivers effectively
- Strengthening placement stability
- Improving communication and responsiveness
- Enhancing support, training, and oversight

What This Means for Foster Parents

For foster parents and caregivers, these changes are intended to result in:

- More specialized and consistent Resource worker support
- Improved placement matching and planning
- Clearer communication and expectations
- Stronger support when challenges arise
- Increased focus on caregiver sustainability and retention

You will not experience disruptions to your current placements as a result of this change. Some foster parents will experience a change in Resource workers.

What to Expect Over the Coming Months

- Continued support from your current Resource worker during the transition
- Ongoing communication as roles and processes are finalized
- Opportunities to ask questions and provide feedback
- A gradual shift toward the new structure, with the goal of full implementation by early summer

We recognize the essential role foster parents and caregivers play in the lives of children and youth. Your commitment, experience, and care are foundational to this work, and these changes are aimed at strengthening the support around you.

Thank you for your continued dedication and partnership as we move through this transition together.

With appreciation,

Huy ch q'u, GilaKas'la, Kleco Kleco, Maarsii
 Kristie-Lynn Campbell
 Director of Operations – Vancouver Island Kinship Care and Resources





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
Parenting a Child with a History of Sexual Trauma	Wednesday, May 6 th 9:30am to 11:30am	Archway Community Services	Parenting a Child with a History of Sexual Trauma PSACLN POSTER
Navigating Emotions: How to Remain Centered When Emotions Feel Overwhelming	Thursday, May 14 th 11:00am to 1:00pm	Crisis Centre of BC Bonnie Cook	Navigating Emotions: How to Remain Centered when Emotions Feel Overwhelming
Suicide Prevention	Thursday, June 11 th 1:00pm to 2:30pm	Crisis Centre of BC Sandra Beagley	Events for April 2026

***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

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We invite any letters or comments.

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

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



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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Phone: 1-778-430-5459

Fax: 1-778-430-5463

Toll Free: 1-888-922-8437

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

Hours of Operation:

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

ISLAND CONNECTION MAGAZINE:

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

ISLAND CONNECTION INFORMATION

Eva Vowles

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

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

Contact Caring Families Society at 778-430-5459 or Toll Free at 1-888-922-8437 for information about our extremely affordable pricing.

Some restrictions apply.



*Foster Caregivers are
Making a Difference!*



*For all you do,
we Thank You!*



Caring Families Society

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

Serving the Vancouver Island Region | Call Toll Free 1-888-922-8437

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