

# The Island Connection

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

October is  
Foster Family  
Month

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](mailto:admin@fpsss.com)

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

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

## Do You Need Help or Information?

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

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

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

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

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

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

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

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

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

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

The Regional Caring Families office can arrange for a support person to help you through an Investigation or Review.

- The support person can answer your questions, attend any interviews with you, and give you information about the investigation.

### **CARING FAMILIES SOCIETY COORDINATORS** **TOLL FREE 1-888-922-8437**

**Monday through Thursday 9:00am to 4:00pm, Friday 9:00am to 1:00pm**

**Closed Weekends and Statutory Holidays**

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

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

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

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

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

## **CONNECT WITH THE CARING FAMILIES SOCIETY ANYTIME ANYWHERE**

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

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

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

You can...download a Calendar of Events  
directly to your Outlook or smartphone!

You can...call and talk to us in person!

**1-888-922-8437**





The following is a listing of Ministry approved homes willing to provide Relief Care for foster caregivers. This list is for information purposes only. Foster caregivers must make their own arrangements **with the prior knowledge and approval of their Resource Worker.**

### SOUTH Island Relief Care Listing

CAREGIVER	PHONE	TYPE OF HOME
Hughes Elaine	250-590-1298	Level 1 / 3+ yrs
Case Sandy & Rob	250-478-2782	Level 2 / 0-5 yrs
Radley Cheryl & Alan	250-744-8354	Level 2 / 3-12 yrs
Cooper Karyn & Leo	250-216-7003	Level 3
Smith Natalie & Evan	250-544-0041	Level 3 / 2-6 yrs; boys
Thompson Dianne	250-216-6380	Level 3 / 2-8 yrs
Bergeron Michelle	250-474-4735	Level 3 / 7-19 yrs
Clifford Shandra	250-727-6542	Level 3 / 5-12 yrs
Dewar Maria & Bob	250-478-6503	Level 3 / 5-19 yrs; boys
Dorsey James	778-350-5527	Level 3 / 10-18 yrs; boys

### CENTRAL and UPPER Island Relief Care

**Please Note:**

**Central Island Area and Campbell River area:** Foster Caregivers are encouraged to contact their Resource Social Worker, or the Child's Social Worker when seeking relief care from Ministry approved caregivers.

As you are responsible for ensuring the suitability of any person entrusted with the care of the child in your home, usually you will use an approved foster caregiver. Ideally you would identify proposed relief care providers (e.g. relatives, family, friends) when your home study assessment is in process so that future relief care providers can be screened/assessed/approved at the same time.

**Relief**—a break from caregiving—is important for both the child-in-care and the foster caregivers in most family care homes. Relief means overnight care, typically lasting 1-3 days that takes place either in the foster caregiver's home or in the home of the relief care provider.

**Respite** is not the same as relief. Respite is out-of-home care provided or funded as a service to a child's parents with whom there is a Support Service Agreement. The child need not be in care.

Foster Family Handbook (Page 50)

### Relief Foster Care Rates AS OF JULY 1st, 2025

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

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

## WHEN I GROW-UP

Remember when you were six and you couldn't wait to grow up because when you did, you could do anything you wanted? Well, you are all grown-up now and you can do anything you want...right after you drive three kids to three different places, cook dinner, wash the dishes, do the laundry, stop for groceries, vacuum, and help with the last minute science project.

Remember when you were six and you couldn't wait to grow up because when you did, you could go to bed anytime you wanted? Well, you are all grown up now and it turns out that time is about 8:30pm. But you can't actually go to bed then because you have too many things to do first (see above).

Remember when you were six, and you had a long list of icky, boring things you were never going to do when you grew up? Well, you are all grown up now and some of the icky, boring things are your favourite things.

Holding hands, sticky kisses, reading the same bedtime story for the 213<sup>th</sup> time, bubble baths, naps, quiet time, shopping for shoes, and taking out the garbage (some days it's the only alone time you get).

Remember when you were six and it was the beginning of the new school year? Remember when you couldn't wait to grow-up because you wouldn't have to go to school, do homework, or wait your turn? Well, you are all grown-up now and...let's just say there were a lot of things that weren't in the *When I Grow Up* brochure.

As you send your kids back to school, take a moment to reflect on all the things you thought would be best about being a grown-up that turned out not to matter, and all the things that came with being a grown-up that matter more than you could ever have imagined. And remember how it felt to be six.

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

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

Basic Foster Care Costs (per month)*	Ages 0-11 years	Ages 12-19 years
Food	\$260.23	\$347.85
Housing	\$288.95	\$347.23
Transportation	\$129.98	\$145.83
Personal Needs	\$27.72	\$33.91
Recreation	\$64.94	\$67.47
Clothing	\$157.81	\$179.36
<b>Sub-total</b>	\$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
<b>Sub-total</b>	\$619.57	\$604.68
<b>Total Maintenance (per month)</b>	<b>\$1,549.20</b>	<b>\$1,726.33</b>

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

## Caring Families Society Coordinator **UPDATES**

### Email Distribution Lists

Staying connected has never been so important. Reach out to your Local Area Coordinator or the Regional Office to confirm we have your correct email address and share your questions or concerns. You will receive important updates and hear about training and support opportunities.

**WE'RE HERE FOR YOU!**

### **SOUTH ISLAND Area Update**

**Prepared by Dianne Thompson**

**T: 236-562-7921**

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

**E: [sicoord@fpss.com](mailto:sicoord@fpss.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.

### SIFPA

Please watch your emails or check out the South Island calendar on [Home - Caring Families Society](#) 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, training, 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@fpss.com](mailto:sicoord@fpss.com). View events on our website at <http://fpss.com/calendars/southisland-events/>.

### Foster Parent/MCFD Resource Partnership Meeting

Foster Caregiver-Ministry Partnership Update: Evolving to Meet Your Needs. Watch your email for details.

### Safe Babies Support Group

The local Safe Babies Support Group meets monthly to discuss information pertaining to current issues.

### Ongoing Training

We hosted *Hope for the Journey*. Caring Families Society hosted the Ministry's Giving &

Receiving Healing. We continue to offer PSACLN training.

If you know of a topic or training that might be beneficial, contact Dianne at [sicoord@fpss.com](mailto:sicoord@fpss.com) or 778-430-5460.

### SIFPA

SIFPS and Caring Families hosted the well-attended BC Child and Youth in Care Week Celebration. Together we also hosted four Park Days at various playgrounds with Spray Parks around Victoria and Langford in July and August.

### **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@fpss.com](mailto:pacoord@fpss.com)**

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

CFS is seeking a Local Coordinator for the Port Alberni area. Call the Regional office at 1-888-922-8437 for details.

### **COWICHAN VALLEY Area Update**

**Prepared by Sandra Beagley**

**T: 250-618-8327**

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

**E: [dacoord@fpss.com](mailto:dacoord@fpss.com)**

### Foster Caregiver Mornings

Instead of the usual third Wednesday morning of the month gathering, the Cowichan Valley Foster Parents Local held a special Pizza Dinner and AGM for foster caregivers. Thank you to all who attended this event! A warm welcome to 2025-2026 CVFP Local Board members President Arin Reim, Vice President Patricia Kiteke, Treasurer/Clothing Coordinator Lisa Haley, Secretary Greg Greene, Special Events Coordinator Amber Gilbertson, Special Events Assistant Lisa Haley, Fundraising Coordinator Claudia McIntyre, Fundraising Assistant Patricia Kiteke.

Want to learn more about CVFP Local or how you can help? Email [cvfplocal@gamil.com](mailto:cvfplocal@gamil.com).

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

MCFD Resources hosted the June 4<sup>th</sup> meeting with in-person and virtual participation



options. The discussion included mileage, upcoming training opportunities, process for CIC dental coverage, written caregiver education plans, summer camp approvals, and more! MCFD Resources emailed their foster caregivers a summary of the meeting with attachments of the forms and resources explored in the meeting.

### Child Passenger Safety

Hailey Bergstrom-Parker (she/her) from the BCAA Child Passenger Safety Program Community Impact program presented on laws and safety suggestions about transporting infants and children including what to consider when choosing a car seat and how to use it correctly.

Post presentation, she was available to look at car seats in vehicles to answer specific questions and review installations.

### Child and Youth in Care Week Event

Cowichan Valley MCFD hosted a foster family event in collaboration with Caring Families and Cowichan Valley Foster Parents Local. There were fun games, art, face painting, sports, and snacks. A highlight of the event was the CVFP Local's fishpond with prizes for all ages!

### Foster Family Summer FUN!

This Cowichan Valley and Central Island joint event was at Transfer Beach in Ladysmith. Foster families joined Caring Families Society Coordinators Sandra and Bonnie for food, fun, games, and crafts!

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

CVFP Local and CFS Coordinators Sandra and Bonnie invited foster caregivers to come enjoy a cuppa, have some treats, visit with other foster caregivers, and look through and abundance of free gently used clothing donated by Kinderbees Boutique! Foster caregivers can text CVFP Local clothing



coordinator Lisa at 250-818-3293 to arrange access to the clothing.  
Thank you to Kinderbeez Boutique for their ongoing donations!

#### **NANAIMO Area Update** **Prepared by Sandra Beagley**

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

T: 250-618-8327

Bonnie Cook

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

T: 250-986-9092

Toll free: 1-888-922-8437

#### **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. Monthly meetings will resume in September.

#### **Sex Trafficking Workshop**

Caring Families Society covered the registration fee for foster caregivers and kinship caregivers who attended this virtual workshop presented by certified sexual health educator Kerri Isham. The workshop explored the definition of sex trafficking, who is trafficking whom, luring and recruitment tactics, barriers to exiting, and resources.

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

This ongoing playgroup focuses on supporting foster families with children aged 0 – 5 by providing a nurturing and inclusive environment for connection and shared experiences. This playgroup will resume in September. For more information, please contact Shailu Miguez at [Shailu.miguez@gov.bc.ca](mailto:Shailu.miguez@gov.bc.ca) or 250-740-3080.

#### **Child and Youth in Care Celebration Events**

**Parksville** MCFD held two events in early June, one for the younger kids and one for youth. There were games, treats, prizes, food, and activities! CFS hosted craft tables where participants could make sensory glitter bottles and colourful stress balls.

#### **Ladysmith-Nanaimo**

Even poor weather could not dampen the fun at this event! Games, photo booth, a BBQ, and more. Glitter bottles.

#### **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](mailto:cvcoord@fpsss.com)

#### **Comox Valley Social Committee**

May's meeting was a successful brainstorm and planning session that produced creative and thoughtful ideas for social events for the year ahead. We look forward to continuing to build connections for foster families.

#### **Comox Valley Education Committee**

The committee met to plan for fall in-person workshop offerings. A key focus was on how caregivers are currently feeling (exhausted) and how we can support them. As a committee we are looking into community facilitators who offer training on burnout and boundary setting. We hope to offer a short 2-hour *Lunch and Learn* style workshop. Stay tuned for details.

#### **Peer Mentor Program**

Comox Valley has an informal Peer Mentorship in place. We continue collaborating with Resources to engage and encourage caregivers to attend social and educational offerings with peers. Summer is usually a time for informal connections and reconnecting to the homebase. We hope everyone had a restful summer and was able to connect.

#### **Comox Valley Prospective Caregivers**

MCFD Resources Recruitment Liaison, JHSNI Behavioral Consultant and Caregiver Support continue to gather with prospective caregivers in the Comox Valley. These caregivers are currently in their home study process and are curious to make connections ahead of official placements. In May we gathered for lunch and discussed the Pride training, current questions, and connected. We will be continuing this work in the Fall.

#### **Comox Valley Safe babies**

Thank you to everyone who attended our meetings to contribute to fruitful conversations around advocacy, startup costs, the realities of being a safe babies caregiver and finding balance in this work. We look forward to continuing build a strong, connected, and supported safe babies' network.

*We will go through the gate. If the gate is closed, we will go over the fence. If the fence is too high, we will pole vault in. If that doesn't work, we will parachute in.*

Nancy Pelosi

#### **CAMPBELL RIVER Area Update**

**Prepared by Judy Hollywood Bonnett**

T: 250-204-1566

Toll free: 1-888-922-8437

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

#### **Child and Youth in Care Week**

The Campbell River community celebrated Children and Youth in Care week with a trip to the Enchanted Forest. Approximately 145 people attended the family event sponsored by MCFD, Sasamans Society, Foundry, and Caring Families. Members of the public, caregivers and current and past children or youth in care enjoyed free pizza, games, prizes and opportunities to visit with local service agency staff.

#### **Foster Parent/MCFD Partnership Meeting**

June's partnership met in the MCFD meeting room and provided updates on trends in local foster care. Review the minutes circulated to stay in the loop!

#### **Facts and Snacks: Intro to the Caregiver Onboarding Binder**

The Resources Team hosted an introductory session of MCFD's Caregiver Onboarding Binder. The June session focussed on key *need-to-know* sections with caregivers' questions and insights welcomed.

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

Thank you to the foster caregivers who organized May's Coffee Meeting and August's picnic and, of course, to everyone who joined in the fun day!

#### **NORTH ISLAND Area Update**

#### **PORT HARDY Area Update**

Toll free: 1-888-922-8437

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

#### **Enhanced Communication**

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

#### **Ongoing Caregiver Education**

CFS thanks North Island foster caregivers for their commitment to professional and community development.

#### **North Island Network**

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

## COLLABORATIVE ISLAND-WIDE TRAINING AND EVENTS

### Circle of Security Parenting Program™ for Foster Caregivers<sup>CLN</sup>

Mondays, September 15<sup>th</sup> to November 3<sup>rd</sup>, 12:00pm to 1:30pm

Facilitated by Fostering Early Development

Open to Foster Caregivers only.

At times, all caregivers feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. *The Circle of Security Parenting™* program is based on decades of research about how secure parent-child relationships can be supported and strengthened. Understand your child's emotional world by learning to read the emotional needs. Support your child's ability to successfully manage emotions. Enhance the development of your child's self esteem. Honor your innate wisdom and desire for your child to be secure.

Register at [Events for September 2025](#)

### How to Care Give During Times of Grief and Loss<sup>CLN</sup> (Replay)

Tuesday, September 16<sup>th</sup> to Tuesday, October 28<sup>th</sup>

Presented by Ashleigh Martinflatt

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

Access to the recording of the April 1<sup>st</sup>, 2025 workshop will be available for a limited time. Grief and Loss are interwoven throughout the foster experience. Caregivers may be serving multiple placements with complex needs that can make dealing with the impacts of various grief and loss issues particularly challenging. Presenter Ashleigh Martinflatt focused on how caregivers can care give during times of grief and loss with particular focus on death through overdoses and suicide completions.

Ashleigh Martinflatt is a registered social worker, clinical counsellor, and a post-secondary instructor. She teaches courses on trauma, child abuse, and neglect in both Social Work and Child and Youth Care degree programs. Her areas of passion include child protection, adoption, at risk youth, family support, and community prevention programs. Registrants can access the recording at any time throughout the 6-week period. Register at [Events for August 2025](#)

### The Business Side of Fostering<sup>CLN</sup>

Thursday, September 18<sup>th</sup> and September 25<sup>th</sup>, 9:30am to 11:30am

Facilitated by Interior Community Services

Open to Foster Caregivers and Social Workers

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

For more information, contact Marna Forsyth at 250-698-2017 or [mforsyth@interiorcommunityservices.bc.ca](mailto:mforsyth@interiorcommunityservices.bc.ca)

Register at [Events for September 2025](#)

### Coping with Grief and Loss for Caregivers

Mondays, September 22<sup>nd</sup> and September 29<sup>th</sup>, 6:30pm to 8:30pm

Facilitated by Sarah Day

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

**Please note that this workshop will be geared towards caregivers.**

This presentation is geared towards caregivers and the grief and loss they experience. Sarah will touch on topics such as: children transitioning to new homes or returning to family (both when it is a good transition and when it is not what the caregiver was hoping for) how to support a child/youth in your care who loses a parent to the drug crisis, how to support yourself and your family through the loss of a child/youth (in your care) through an overdose or through suicide. Sarah will finish by giving caregivers practical skills they can use to help manage the grief and loss.

Register at [Grief and Loss for Caregivers](#)

### 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**





## COLLABORATIVE ISLAND-WIDE TRAINING AND EVENTS

### Parenting in a Fishbowl<sup>CLN</sup>

Tuesday, September 23<sup>rd</sup> and Thursday, September 25<sup>th</sup> (You must attend both sessions [at your chosen time])  
9:30am to 11:30am or 6:30pm to 8:30pm

Facilitated by Okanagan Foster Parent Association

Open to Foster Caregivers and Contracted Agency Caregivers

Most foster families do not anticipate having an allegation of abuse made against them. However, it can and does happen, even to the most experienced caregivers. The *Parenting in a Fishbowl* program is designed to equip foster caregivers with the knowledge and skills necessary to navigate the challenges of having their lives constantly on public display. The information provided in this training could significantly impact your caregiving journey. This training is an opportunity you do not want to miss!

Register at [Events for September 2025](#)

### Eight Scientifically Proven Ways to Enhance Your Overall Health and Wellbeing<sup>CLN</sup>

Friday, September 26<sup>th</sup>, 10:30am to 12:30pm

Open to foster caregivers.

This virtual session shares eight research-based practices that have shown to permanently strengthen neural functioning in specific parts of the brain that are involved with lowering anxiety and depression and enhancing social awareness and empathy. CFS coordinator Bonnie will host the viewing of this Crisis Centre of BC's recording. She will pause the viewing at relevant spots for attendees to have time to practice and discuss the material. Post workshop, participants will receive ongoing access to the recording and resources materials. Register at <https://learn.fpss.com/training/espwtveyohawdd/>

### Peer to Peer Sexual Harm<sup>CLN</sup>

Monday, October 6<sup>th</sup>, 9:00am to 12:00 noon

Presented by Kerri Isham

Vancouver Island Caregivers only.

Certified Sexual Health Educator Kerri will explore the prevalence of peer to peer sexual harm, why language matters, developmentally appropriate sex play, concerning sexual behaviour, primary causes of peer to peer sexual harm, and more! Kerri Isham is a knowledgeable, collaborative and inclusive educator with over 25 years of experience. She is the founder and lead educator of Power Up Education.

Caring Families Society will cover the registration costs for a limited number of caregivers. If registration is full and you would like to be put on a waitlist, please contact Sandra at [cicoord@fpss.com](mailto:cicoord@fpss.com) or 250-618-8327. Register at <https://learn.fpss.com/courses/ki-ptph/>

### Permanency Options for Children When Parent Reunification Cannot Take Place<sup>CLN</sup>

Tuesday, October 7<sup>th</sup>, 11:00am to 12:30pm

Open to Foster and Kinship Caregivers

Please join Parent Support Services Society advisors Christina and Cassandra to explore and discuss Kinship Care versus Foster Care, Key considerations for permanency, Legal arrangement considerations, Permanency legislation CFCSA, *An Act Respecting First Nations, Inuit, Metis Children, Youth and Families*, *The Adoptions Act* and *The Family Law Act* and Government supports for caregivers.

After a short presentation, the advisors will respond to questions, comments, and deeper discussion.

The presenters have a wealth of knowledge and experience. To ensure caregivers' needs for information and support are met when considering Kinship and/or Foster Care, participants can submit questions to CFS Coordinator Sandra at [cicoord@fpss.com](mailto:cicoord@fpss.com) prior to the workshop or ask them at the workshop as time allows. Register at [Permanency Options For Children When Parent Reunification Cannot Take Place](#)

### Caregivers and the Court Process: Preparation, Testifying, and Documentation

Wednesday, October 22<sup>nd</sup>, 6:30pm to 8:30pm

Facilitated by MCFD Lawyers

Join us for this interactive workshop on how caregivers can prepare for attending court and testifying. If requested to support the legal process for children and youth in care. Additionally, learn how to properly document so you can be prepared if you need to go to court. In this session, caregivers will be provided with up-to-date legal information and be able to ask questions of two MCFD lawyers about how to best prepare for the court process. Register at [Events for August 2025](#)

Go to [fosterhope.ca](https://fosterhope.ca) to learn more about fostering  
or register for a Foster Hope Information Session  
1-888-922-8437

# South Island News and Events



**DIANNE THOMPSON SOUTH ISLAND COORDINATOR**

**236-562-7921 or [sicoord@fpss.com](mailto:sicoord@fpss.com)**

**Foster Parent and MCFD Partnership Virtual Meeting**

## 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](#).

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 Caregiver-Ministry Partnership

Update: Evolving to Meet Your Needs.

The Partnership meeting has been updated to reflect the changing times, and busy schedules of foster caregivers. The Partnership team are discussing a few different formats, possibly a podcast-listen while you drive, plugs for upcoming events, or a one-page document. Please watch your emails and the SI Facebook group for details.

## Caregiver Coffee Mornings

**Tuesday, September 23<sup>rd</sup>, 9:00am to 12:00 noon**

**In-Person!**

We are going old school and want you there! Connect with caregivers and friends, share stories, tips, and laughter. Kids will enjoy some treats and playtime. You can hear what everyone else did during the summer. Goodies for grown-ups too!

Whether you're coming for the conversation or the coffee, it's going to be great to see each other again and catch up.

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

## Safe Babies Meetings

**Thursday, September 25<sup>th</sup>, 11:00am to 1:00pm**

**Thursday, October 23<sup>rd</sup>, 11:00am to 1:00pm**

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

## Hope for the Journey

**Thursday, October 2<sup>nd</sup>, 9<sup>th</sup>, and 16<sup>th</sup>, and 23<sup>rd</sup>**

**6:00pm to 8:00pm**

**TBRI® Conference In-Person-Evenings**

**Facilitated by SI Coordinator Dianne Thompson**

South Island Foster and Out-of Care Caregivers Only

Four-Part Training Series

Show Hope's *Hope for the Journey* Conference (formerly the Empowered to Connect Conference) seeks to encourage and better equip parents and caregivers meeting the everyday needs of children impacted by foster care and/or adoption. With the busy parent and caregiver in mind, the *Hope for the Journey* Conference is accessible with information being practical, succinct, and consumable in its delivery.

The *Hope for the Journey* Conference series includes four high-level learning modules based on the foundational principles of Trust-Based Relational Intervention® (TBRI®). Embedded within each learning module will be a "Going Deeper" teaching video, and an encouraging "Practical Perspectives" video. Both videos include the voices of adult adoptees as well as adoptive and foster caregivers.

Each week the group will gather to watch a video then review video highlights with our facilitator. There will discussion and reflection questions, share comments, insights and debrief.

Week 1 - Introduction to TBRI

Week 2 - Connecting Principles

Week 3 - Empowering Principles

Week 4 - Correcting While Connecting Principles

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

Contact: SI Coordinator, Dianne Thompson, 778-430-5459.

To register for the four Thursday Evening In-Person sessions visit:

<https://bit.ly/HopeJourneyEvening2025>

## SIFPA Wellness Night

**Date and time TBA (October)**

It's baaaack. We will host a Wellness Night, don't miss out.

Please watch your emails for the date and time. You can also spot it on our South Island Caregiver Facebook group. More information to come.

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

## First Aid

CFS believes in providing opportunities for caregivers to acquire the knowledge and skills essential for best practices in fostering. While First Aid certification is not mandatory for most foster homes, Safe Baby homes require Infant CPR. CFS offers a financial contribution towards the cost of individual First Aid certification for foster caregivers. Please contact our Regional Office at 778-430-5459 or [admin@fpss.com](mailto:admin@fpss.com) to discuss/arrange/request a subsidy **prior to** attending the course. If First Aid certification is a requirement of a care plan, speak with your guardianship or resources worker about funding.



You're never too old, too wacky, too wild, to pick up a book and read to a child.

Anita Merina



## South Island News and Events

### South Island Facebook Group

(Private group for South Island Foster Caregivers only)

For information on workshops, training, or things going on check out our South Island Facebook group and request to be a member. We also post Ministry updates, other updates, and some fun stuff. This group is for you, you can share, have your questions answered, trade children's clothing, sell items, or request Relief. Please join if you haven't already. South Island Facebook page [Foster Parent South Island Connection Group | Facebook](#).

*Becoming fearless isn't the point.*

*That's impossible.*

*It's learning how to control your fear,  
and how to be free from it.*

Veronica Roth



### Investigation and Resolution Support Program

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

#### Investigation and Resolution Support Workers can help you

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

#### Investigation and Resolution Support Workers

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

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

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

1-888-922-8437

## ORANGE SHIRT DAY

Orange Shirt Day September 30th



The Orange Shirt Society was formed in Williams Lake by the founders of Orange Shirt Day to encourage and support communities to recognize Orange Shirt Day and to support reconciliation events and activities. Our goal is to create awareness of the individual, family and community inter-generational impacts of Indian Residential Schools through Orange Shirt Day activities, and to promote the concept of **Every Child Matters**.

To contact Orange Shirt Society in Williams Lake, BC email:  
[info@orangeshirtday.org](mailto:info@orangeshirtday.org)

*On this day of September 30<sup>th</sup>, we call upon humanity to listen with open ears to the stories of survivors and their families, and to remember those that didn't make it.*

[Orange Shirt Day - Orange Shirt Society](#)

# Central Island News and Events

## COWICHAN VALLEY AREA

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

### Foster Caregivers Mornings

Wednesday, September 17<sup>th</sup>, 9:30am to 11:30am

Wednesday, October 15<sup>th</sup>, 9:30am to 11:30am

Cowichan Community Center – Nitinat 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 Nitinat Room is on the second floor of the Cowichan Community Center. As September is FASD Awareness month, printed relevant resources material and book prizes will be available at the gathering. October is Foster Caregiver Appreciation month so for this month's gathering, your Cowichan Valley Foster Parents Local is collaborating with CFS Coordinator Sandra to cook up something special! Please watch your emails for more information about these meetings!

### Cowichan Valley MCFD Partnership Meeting

Wednesday, October 1<sup>st</sup>, 9:00am/9:30am to 11:00am

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

These gatherings are opportunities for foster caregivers and social workers to network, share information, ask questions, and identify common concerns. MCFD office doors open at 9:00am and foster caregivers are welcome to come in to catch up with one another and resource workers – the meeting will start at 9:30am. Please bring your drink and something to share if you please. Send any agenda items to [mylisa.evans@gov.bc.ca](mailto:mylisa.evans@gov.bc.ca). The Resource Team is looking forward to reconnecting with you either online or in person and hearing about your summer adventures. Watch for an email from the MCFD Resource Team closer to the meeting that includes the link for those wishing to participate virtually.

*Becoming a better grownup is not about achieving more. Part of being a better grownup is letting people know they are enough—including yourself. It's realizing that every single day is another layer of fresh colour on the masterpiece of a life you're painting. It's handing out trophies to let people know they've wowed you by simply being the best at who they are. Maybe it's even creating a trophy for yourself, holding it, and owning it.*

Brad Montague

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



## 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.

## Permanency Options for Children When Parent Reunification Cannot Take Place



Tuesday, October 7<sup>th</sup>, 11:00am to 12:30pm

Open to Foster and Kinship Caregivers

Parent Support Services Society advisors Christina and Cassandra welcome you to gather to explore and discuss: Kinship Care versus Foster Care, Key considerations for permanency, Legal arrangement considerations, Permanency legislation, CFCSA, *An Act Respecting First Nations, Inuit, Metis Children, Youth and Families*, *The Adoptions Act*, *The Family Law Act*, and Government supports for caregivers. After a short presentation, the advisors will respond to questions, comments, and deeper discussion.

The presenters have a wealth of knowledge and experience. To ensure they meet caregivers' needs for information and support when considering Kinship and/or Foster Care, questions can be submitted to CFS Coordinator Sandra at [cicoord@fpsss.com](mailto:cicoord@fpsss.com) prior to the workshop or asked at the workshop as time allows. Register at [Permanency Options For Children When Parent Reunification Cannot Take Place](#)

## NANAIMO AREA

 **SANDRA BEAGLEY CENTRAL ISLAND COORDINATOR**  
250-618-8327 OR [cicoord@fpsss.com](mailto:cicoord@fpsss.com)  
 **BONNIE COOK NANAIMO-PARKSVILLE COORDINATOR**  
250-986-9092 OR [npcoord@fpsss.com](mailto:npcoord@fpsss.com)

### How to Care Give During Times of Grief and Loss (Replay)

Tuesday, September 16<sup>th</sup> to Tuesday, October 28<sup>th</sup>

Presented by Ashleigh Martinflatt

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

Access to the recording of the April 1<sup>st</sup>, 2025 workshop will be available for a limited time. Grief and loss are interwoven through the foster experience.

Ashleigh teaches courses on trauma, child abuse, and neglect in both Social Work and Child and Youth Care degree programs. Her areas of passion include child protection, adoption, at risk youth, family support, and community prevention programs. Registrants can access the recording at any time throughout the 6-week period. Watch for email with registration link.



# Central Island News and Events

## Foster Caregivers Support Mornings

Tuesday, September 9<sup>th</sup>, 10:00am to 11:30am

Tuesday, October 14<sup>th</sup>, 10:00am to 11:30am

CFS Office, #102-6421 Applecross Road, Nanaimo

Drop in to connect with other foster caregivers who understand the unique challenges and joys fostering gifts us with. Nanaimo Coordinator Bonnie will host these mornings which include coffee/tea, snacks, door prizes and optional crafts or activities. Watch your emails for more details closer to each event date!

## Bridge to Belonging Playgroup

Monday, September 22<sup>nd</sup>, 10:00am to 11:45am

Monday, October 27<sup>th</sup>, 10:00am to 11:45am

Monarch Room, Oliver Woods Community Centre

Open to all Central Island Foster Families.

This playgroup is resuming in September with a change from the 4<sup>th</sup> Friday afternoon to the 4<sup>th</sup> Monday morning of the month. Geared toward children aged 0-5, these sessions will include play-based activities, a small sharing snack, and a structured language arts circle. Drop-ins are welcome. RSVP if possible. Please contact Shailu Miguez at [Shailu.miguez@gov.bc.ca](mailto:Shailu.miguez@gov.bc.ca) or 250-740-3080 with any questions and to RSVP.

## BRIDGE TO BELONGING Playgroup

The Fourth Monday of every Month  
10:00am to 11:45am

Oliver Woods Community Centre  
Monarch Room  
6000 Oliver Road, Nanaimo



Welcome Central Island caregivers and their 0 to 5 year-olds. The program is facilitated by MCFD Resource staff who have training and experience in child development and supported by Caring Families Society. A valuable resource for foster families, fostering connections and positive impacts for foster caregivers and children.

*Come, play, and connect!*

RSVP if possible  
Drop-ins welcome

Contact Shailu Miguez  
[Shailu.Miguez@gov.bc.ca](mailto:Shailu.Miguez@gov.bc.ca)  
250-740-3080

## Ladysmith-Nanaimo MCFD Partnership Meeting

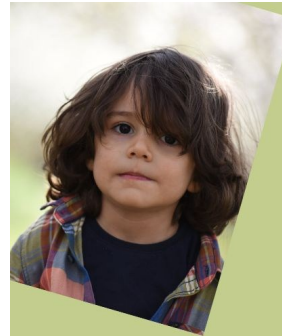
Tuesday, September 23<sup>rd</sup>, 1:00pm to 2:00pm

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

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

As Dr. Seuss so eloquently put it, *"Today you are You, that is truer than true. There is no one alive who is Youer than You."* We teach this message to children, so why aren't we reinforcing it within ourselves?

Cara Alwill Leyba



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

# Central Island News and Events

## Eight Scientifically Proven Ways to Enhance Your Overall Health and Wellbeing<sup>CLN</sup>

Friday, September 26<sup>th</sup>, 10:30am to 12:30pm

Open to foster caregivers.

This virtual session shares eight research-based practices that have shown to permanently strengthen neural functioning in specific parts of the brain that are involved with lowering anxiety and depression, enhancing social awareness and empathy. CFS coordinator Bonnie will host the viewing of this Crisis Centre of BC's recording. She will pause the viewing at relevant spots for attendees to have time to practice and discuss the material. Post workshop, participants will receive ongoing access the recording and resources materials. **Register at** <https://learn.fpss.com/training/espwteyohawdd/>

## Peer to Peer Sexual Harm<sup>CLN</sup>

Monday, October 6<sup>th</sup>, 9:00am to 12:00noon

Presented by Kerri Isham

Certified Sexual Health Educator Kerri will explore the prevalence of peer to peer sexual harm, why language matters, developmentally appropriate sex play, concerning sexual behaviour, primary causes of peer to peer sexual harm...and more! Kerri Isham is a knowledgeable, collaborative and inclusive educator with over 25 years of experience. She is the founder and lead educator of Power Up Education. Caring Families Society has reserved limited spaces for Foster and Kinship Caregivers to attend Kerri's workshop. If registration is full and you would like to be put on a waitlist, please contact Sandra at [ciccoord@fpss.com](mailto:ciccoord@fpss.com) or 250-618-8327. **Register at** <https://learn.fpss.com/courses/ki-ptpsh/>

### PORT ALBERNI AREA

#### REGIONAL OFFICE

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

*Life is simpler when you're nonchalant.  
As soon as you start chalaning, it all goes sideways.*

## Get Connected!

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

**Call toll free 1-888-922-8437**



Become a  
**FOSTER CAREGIVER**  
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.

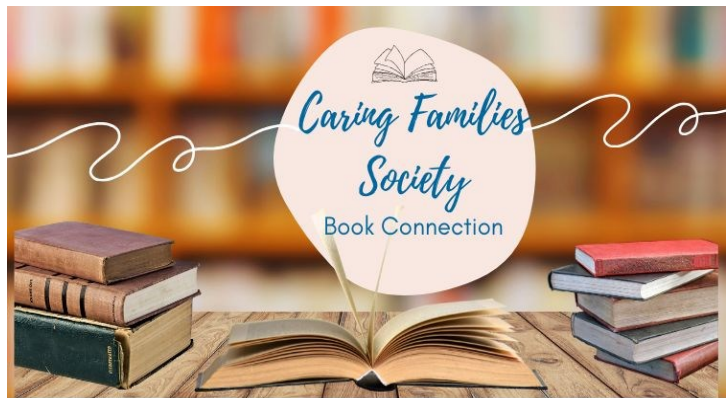
Become a  
**FOSTER CAREGIVER**  
In Port Alberni



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.



**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@fpss.com](mailto:admin@fpss.com) 1-888-922-8437



# Upper Island News and Events

## REGIONAL SAFE BABIES COORDINATOR



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

## COMOX VALLEY



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

### Virtual Monthly Safe Babies Program Knowledge Exchange

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

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



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

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

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

### Orange Shirt Day, Stories and Gathering Friday, September 19<sup>th</sup>, 3:00pm to 5:00pm Courtenay Library, 300 6<sup>th</sup> Street, Courtenay

In honour of Orange Shirt Day, we will be gathering to share food, stories, and learning. We welcome families in this afterschool learning to take part in an orange shirt day story walk, make an orange shirt pin, share food, and learn about this important day together. This event will have options for all ages and provide an opportunity for families to sign up for library cards. Stay tuned for final details and poster.

### Comox Valley Safe Babies Group

Thursday, September 18<sup>th</sup>, 10:30 to 11:30am

Thursday, October 16<sup>th</sup>, 10:30 to 11:30am

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

Please note the changes for this year's gatherings. We will meet at the foundry and spend 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 MCFD Resource Worker are always in attendance. Please arrive a few minutes early as we will get started right on time.

### Comox Valley Foster Caregiver/MCFD Partnership Meetings

Date and Time TBD

Hybrid Meeting, Zoom and The Foundry Boardroom 575 10<sup>th</sup> Street

We look forward to welcoming more foster caregivers to our October meeting. Zoom link will be emailed out one week before our meetings. For more information or add to the agenda, please contact Jessica Humphries at [cvcoord@fpsss.com](mailto:cvcoord@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.

I used to just crastinate  
but I got so good,  
I went pro.



**Foster Family Pumpkin Fest**

**Friday, October 24th (to be confirmed)**

**Coastal Black Farm, 2186 Endall Road, Black Creek**

Save the date! Comox Valley and Campbell River caregivers, children and youth are invited to join our Pumpkin Fest rain or shine. Pick from hay wagon rides, barnyard animals, corn mazes, and more. Final event details will be available early

October.



# Upper Island News and Events

## CAMPBELL RIVER



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

### Lunch and Learn

**Thursday, September 11<sup>th</sup>, 11:30am to 1:00pm**

**Thursday, October 9<sup>th</sup>, 11:30am to 1:00pm**

**CR Family Services, Conference room, 487-10<sup>th</sup> Avenue**  
(2<sup>nd</sup> Thursday of the month)

All foster caregivers are welcome. This is your space for connecting with peers, building community, and sharing practical learnings for coping with the stresses of being a public parent. Bring your lunch or join us for the light refreshments supplied. Watch your emails for updates about discussion topics. Contact Lindsay or Judy for more information.

### Safe Babies Caregiver Meeting and Knowledge Exchange

**Thursday, September 18<sup>th</sup>, 10:15am to 11:30am**

*Topic FASD*

**Thursday, October 16<sup>th</sup>, 10:15am to 11:30am**

*Topic Infectious diseases/conditions*

**CR Family Services Board room, 487-10<sup>th</sup> Avenue – note new room!**  
(3<sup>rd</sup> Thursday of the month)

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

### Foster Caregiver In-person Coffee Meeting

**Tuesday, September 23<sup>rd</sup>, 10:00am to 11:30am**

**Tuesday, October 28<sup>th</sup>, 10:00am to 11:30am**

**Host Tom Robinson**

(4<sup>th</sup> Tuesday of the month)

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

### Foster Caregiver/MCFD Partnership Meeting

**Date to be announced, 9:30am to 10:30am (to be confirmed)**

**MCFD Boardroom, 1334 Island Hwy**

(2<sup>nd</sup> Tues of every second month)

All foster parents, MCFD social workers, C&Y Mental Health staff and foster support staff invited. Share your fostering concerns, learn about MCFD updates, and discuss local fostering trends. Contact co-chair, Tom Robinson at [sunrisestart@hotmail.com](mailto:sunrisestart@hotmail.com) or Ashley at [AshleyVisser@gov.bc.ca](mailto:AshleyVisser@gov.bc.ca) for more information or to suggest a discussion topic.

### October is Foster Family Appreciation Month

Watch for information to be released as planning advances. Please join our Campbell River Resources Team and MCFD Workers and Staff. Plan now to be celebrated for all you do for the children and youth in your care in October.

### Pro-D Day Foster Family Fun event

**To Be Confirmed**

**Friday, October 24<sup>th</sup>, Save the Day!**

We are planning a foster family fun event on the October Pro-D Day. All Campbell River foster families, the children and youth in their homes, are invited. Planning continues. Watch for more details as we confirm or contact Judy at 205-204-1566.

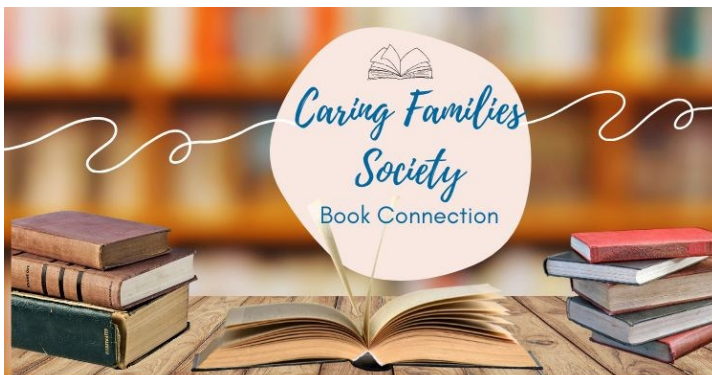
### MCFD Annual Halloween Extravaganza

**To be confirmed: Friday, October 31<sup>st</sup>, drop-in is usually between 9:00am to 12:00 noon and 1:00pm to 4:00pm**

Watch for location and other details from the MCFD organizers of this annual event.

### Becoming a Foster Caregiver in Campbell River

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



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

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



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.



# North Island News and Events



1-888-922-8437

## PORT HARDY

**Safe Babies Caregiver Knowledge Exchange**  
Thursday, September 18<sup>th</sup>, 10:30am to 11:30am

Topic FASD

Thursday, October 16<sup>th</sup>, 10:30am to 11:30am

Topic Infectious diseases/conditions

(3<sup>rd</sup> Thursday of the month)

This is a regional online event. Join at <https://learn.fpss.com/courses/vi-sb-monthly/> and follow the prompts to the Zoom link. See page 13 for more details.

## October is Caregiver Appreciation Month

Watch for information to be released as planning advances. Plan to join caregivers of the North Island out-of-care and foster community in a celebration of all you do for the children and youth in your 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](mailto:execassist@fpss.com) for details. If you need assistance with navigating the Caregiver Learning Management System, call the Regional Office at 1-888-922-8437 for one-on-one assistance.

## 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 at [www.psacln.ca](http://www.psacln.ca). Connect with the Caring Families Society to borrow a book or DVD. Contact Judy [uicoord@fpss.com](mailto:uicoord@fpss.com) or Krista [execassist@fpss.com](mailto:execassist@fpss.com).



## Become a FOSTER CAREGIVER In North Island

If you have a friend, co-worker, neighbour, or childcare provider interested in becoming a foster caregiver in North Vancouver Island please have them contact  
Rhonda Wall (MCFD) at 250-949-8011  
We are currently seeking Relief, Respite, and Emergency homes.



## Cheryl Jorgenson

North Island Foster Parent Support Coordinator

*Friendly, non-judgmental, confidential support services to North Island caregivers. Cheryl invites foster caregivers to self-refer and contact her to learn about the variety of services she can provide.*

250-340-3841  
[fosterfamily@nicommunityservices.ca](mailto:fosterfamily@nicommunityservices.ca)

*Love and kindness are never wasted. They always make a difference.*

*Helen James*

# National Day for Truth and Reconciliation

September 30, 2025

National Day for Truth and Reconciliation - Canada.ca

**Look back with reflection.  
Look forward with hope.**



HAPPY  
*Thanksgiving*

IF YOU ARE REALLY THANKFUL,  
WHAT DO YOU DO?  
YOU SHARE."

W. CLEMENT STONE



## ***"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. There are children and youth in your community who are temporarily unable to live with their families. They need a safe place to be while they and their families heal and become strong again.

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

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

Time. It may be the one thing children in care need more than anything. Time to rest, time to heal, time to trust, time to hope.

Can you accept a child or youth on their best days and on their worst days? Can you show them their story isn't over and help them create a new chapter? You can make a difference in a child's life.

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 receive a link to the meeting. Registration is required.




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Wednesday, September 3 <sup>rd</sup>	6:30pm to 7:30pm	<a href="http://bit.ly/4IPb40B">http://bit.ly/4IPb40B</a>
Wednesday September 24 <sup>th</sup>	12:00 noon to 1:00pm	<a href="https://bit.ly/4oaqfmx">https://bit.ly/4oaqfmx</a>
Wednesday, October 8 <sup>th</sup>	6:30pm to 7:30pm	<a href="https://bit.ly/4l1peKW">https://bit.ly/4l1peKW</a>
Wednesday, October 22 <sup>nd</sup>	12:00 noon to 1:00pm	<a href="https://bit.ly/4kYcUuQ">https://bit.ly/4kYcUuQ</a>
Wednesday, November 5 <sup>th</sup>	6:30pm to 7:30pm	<a href="https://bit.ly/46wYEWq">https://bit.ly/46wYEWq</a>
Wednesday, November 19 <sup>th</sup>	12:00 noon to 1:00pm	<a href="https://bit.ly/3U4fS69">https://bit.ly/3U4fS69</a>
Wednesday, December 3 <sup>rd</sup>	6:30pm to 7:30pm	<a href="https://bit.ly/4fbRI3m">https://bit.ly/4fbRI3m</a>
Wednesday, December 17 <sup>th</sup>	12:00 noon to 1:00pm	<a href="https://bit.ly/474cklF">https://bit.ly/474cklF</a>

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Fostering...  
What a Challenge  
What a Gift  
What a Privilege

*foster***hope**  
Together, we can make a difference.

Go to [fosterhope.ca](https://fosterhope.ca) for more information

## FOSTER FAMILY MONTH

October is Foster Family month and once again, we face the Sisyphean struggle of trying to find words to express what our hearts and minds know without words. Why is “Foster Family,” so hard to define? We know what “foster” means; we know what “family” means. But put the words together and take them out into the real world and it becomes clear that the whole really is more than the sum of the parts. One plus one doesn’t equal two. Sometimes it equals three, or ten, or a thousand. A thousand hugs offered, a thousand promises kept, a thousand reassuring words, a thousand second chances, and a thousand ways to say, “You are safe here, you are seen, you *matter*.” Caring Families Society thanks all members of our Foster Families who make room for one more. The foster sister who plays catch, the foster brother who hugs, the foster mom who remembers to cut the crusts off, the foster dad who tells corny jokes, the foster dog who leans, the foster cat who purrs.

**From the Board and Staff of Caring Families Society...**  
***Thank you for what you do and who you are.***



Never let the phrase *thank you* stand naked and alone.  
*Thank you* for being such a good customer.  
*Thank you* for being so loving.

Leil Lowndes

### Celebrate Self-Care Because You Matter Too

Fostering is hard. That is not a news flash, not a viral phenomenon. Saying “fostering is hard,” is like saying, “Canada is big.” We’ve seen the maps, we’ve done the math, but it’s not until we drive or fly from one salty shore to the other that we understand. “Oh, Canada is...**BIG**.” So, as previously mentioned, “fostering is **Hard**.”

Foster caregivers are good at hard. They are good at challenges, good at protecting, good at healing hurts, good at patience, tolerance, and acceptance. Most of all, foster caregivers are good at taking care of everyone...else. They are not always as good at taking care of themselves. If you are a caregiver, the chance is good that your To-Do List of priorities looks something like this:

- \* The child in your home who is currently hurting the most
- \* The other members of your family who need your help, attention, and patience
- \* Dinner, laundry, and chauffer services
- \* The Resource Worker who hasn’t replied to your last three emails
- \* Bathing (children, the dog, and yourself)
- \* The dog who needs to be walked
- \* You...If there is time left over

***In the interest of Self-Care, and in celebration of Foster Family Month, do something daring...*** Just for a little while, turn your list of priorities upside down. Make sure everyone is safe, then call in your backup crew. Let them take over, even for an hour. There is pretty good chance no one will starve to death, the house will not burn to the ground, and the cat will survive being dressed up one more time.

Put being a grown-up on hold. Go outside and breathe in and out a few times. Eat the chocolate hidden behind the cleaning supplies. Go to a movie, eat an entire bucket of popcorn and fall asleep before the movie is over. Hug something furry (that wants to be hugged). It’ll make you a better you so you can make them better them.

#### *How to get started*

*Here are some [simple] ways to practice self-care: get a good night’s rest; eat balanced meals; take a bath; snuggle with pets, spend time in nature, e.g., go walking, hiking or paddling, do some gardening, or just sit outside, do some physical activity, e.g., a workout, stretching or yoga, paddling, or team sports, meditate/practice mindfulness, get creative: make or build something, spend time with people who lift you up, get professional mental and physical therapy when you need it.*

[Self-care simplified: Why it's essential and how to make it happen - CMHA National](#)







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
Circle of Security Parenting Program™ for Foster Caregivers	Mondays, September 15 <sup>th</sup> to November 3 <sup>rd</sup> 12:00 noon to 1:30pm	Fostering Early Development	<a href="#">Events for September 2025</a>
How to Care Give During Times of Grief and Loss (Replay)	Tuesday, September 16 <sup>th</sup> to Tuesday, October 28 <sup>th</sup>	Ashleigh Martinflatt	Watch for link
The Business Side of Fostering	Thursday, September 18 <sup>th</sup> and September 25 <sup>th</sup> 9:30am to 11:30am	Interior Community Services	<a href="#">Events for September 2025</a>
Coping with Grief and Loss for Caregivers	Mondays, September 22 <sup>nd</sup> and September 29 <sup>th</sup> 6:30pm to 8:30pm	Sarah Day	<a href="#">Grief and Loss for Caregivers</a>
Parenting in a Fishbowl	Tuesday, September 23 <sup>rd</sup> and Thursday, September 25 <sup>th</sup> 9:30am to 11:30am or 6:30pm to 8:30pm	Okanagan Foster Parent Association	<a href="#">Events for September 2025</a>
Eight Scientifically Proven Ways to Enhance Your Overall Health and Wellbeing	Friday, September 26 <sup>th</sup> 10:30am to 12:30pm	Bonnie Cook	<a href="https://learn.fpsss.com/training/espwteyohawdd/">https://learn.fpsss.com/training/espwteyohawdd/</a>
Peer to Peer Sexual Harm	Monday, October 6 <sup>th</sup> 9:00am to 12:00 noon	Kerri Isham	<a href="https://learn.fpsss.com/courses/ki-ptpsh/">https://learn.fpsss.com/courses/ki-ptpsh/</a>
Permanency Options for Children When Parent Reunification Cannot Take Place	Tuesday, October 7 <sup>th</sup> 11:00am to 12:30pm	Parent Support Services Society	<a href="#">Permanency Options For Children When Parent Reunification Cannot Take Place</a>
Caregivers and the Court Process: Preparation, Testifying, and Documentation	Wednesday, October 22 <sup>nd</sup> 6:30 pm to 8:30 pm	MCFD Lawyers	<a href="#">Events for August 2025</a>



**Together We Thrive:**

**Empowering Caregivers through Collaborative Learning**

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



## Caring Families Society Contact Information

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<b>CARING FAMILIES BOARD OF DIRECTORS</b>				
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<b>CARING FAMILIES SOCIETY PERSONNEL</b>				
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<b>INVESTIGATION AND RESOLUTION SUPPORT TEAM (FORMERLY PROTOCOL SUPPORT)</b>				
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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:

145-735 Goldstream Avenue,  
Victoria, V9B 2X4

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

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

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

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

#### Hours of Operation:

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

#### ISLAND CONNECTION 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

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 Dan Malone at 778-430-5459 or Toll Free at 1-888-922-8437 for information about our extremely affordable pricing.

Some restrictions apply.

We invite any letters or comments.

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

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

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

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

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



*Foster Caregivers are  
Making a Difference!*



*For all you do,  
we Thank You!*



Please think about the  
environment before printing



**Caring Families Society**

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

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