

The Island Connection

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

Time to
Celebrate!
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.

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
caring-families.ca

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 interviews with you, and give you information about the investigation process.

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 (250-986-9092); 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; provide support services for caregivers; and arrange 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.



Mission Statement
Empowering foster and kinship caregivers with education, connection and support to provide stable, nurturing homes for children and youth.



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.

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 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, 2026

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)	\$62.08
Restricted (for a child aged 12 to 19 yrs)	\$67.92
Regular (for a child aged 0 to 11 yrs)	\$62.08
Regular (for a child aged 12 to 19 yrs)	\$67.92
Level 1 (all ages)	\$87.65
Level 2 (all ages)	\$107.04
Level 3 (all ages)	\$136.18

Resource Work Policies (Page 118)

WHAT IS TIME?

Science has been debating the question of what time is for a very long time. Despite using the word "time" in numerous equations, science doesn't have a really good answer as to what time is. Science dodges the question by talking about "spacetime".

Einstein said, "Time is relative." That means time does not move at a constant rate across the universe. Einstein was a trouble maker.

Most of us don't understand the relativity of time on a cosmic scale but we do understand it on a personal level. We know the difference between "at a meeting time" and "the kids are down for a nap time." (Everyone who is wondering how it is already September, please raise their hand.)

Maybe it's more important to be aware of what we *do* know about time.

Time is not what is measured by a watch or smart phone. Never was or will be. Our time is limited (at least in this spacetime), and once we spend it, we don't get it back. That's important when you are deciding to spend the afternoon doing laundry or attending a tea party with a little person and a stuffed aardvark. If you really want to go deep, remember the little person's time is limited too.

Things can get messy and complicated when you are caring for a child or youth who has experienced trauma. When you don't know what to do, how to offer comfort, consider the question of time. Ask yourself, "In this moment, how can I make *this moment* matter to *this child*?" The answer will probably be very clear and simple. Be there.

"It is the time you have wasted for your rose that makes your rose so important."

Antoine de Saint-Exupéry, The Little Prince

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, 2026

Basic Foster Care Costs (per month)*	Ages 0-11 years	Ages 12-19 years
Food	\$262.47	\$350.11
Housing	\$291.43	\$349.49
Transportation	\$131.10	\$146.78
Personal Needs	\$27.96	\$34.13
Recreation	\$65.50	\$67.91
Clothing	\$159.17	\$180.53
Sub-total	\$937.62	\$1,128.49
Additional Family Care Costs	Ages 0-11 years	Ages 12-19 years
Education	\$49.97	\$61.10
Babysitting	\$168.74	\$108.64
Transportation	\$118.71	\$115.65
Personal Spending	\$81.20	\$103.39
Gifts/ Activities	\$118.72	\$116.38
Equipment/ Recreation	\$87.56	\$103.47
Sub-total	\$624.90	\$608.61
Total Maintenance (per month)	\$1,562.53	\$1,737.58

*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.



Vision

All Vancouver foster and kinship caregivers are educated, connected, supported and valued.



IMPORTANT MCFD UPDATE

Changes to Foster Caregiver Mandatory Training Requirements

On July 30th, 2026, the Ministry of Children and Family Development (MCFD) advised that Governor State University (GSU) had unexpectedly announced it would be terminating the PRIDE (Parent Resources for Information, Development, and Education) Pre-Service, In-Service, and Kinship Training programs. As a result, access to PRIDE training would end on August 25th, 2026.

MCFD advised that caregivers (and caregiver applicants) who were currently enrolled in PRIDE training must complete all required training by August 25th, 2026. Caregivers who do not complete their training by that date will lose their existing progress and will need to complete any outstanding requirements through a new training program. This will include the Pre-Service and In-Service programs.

MCFD anticipates launching LINK (Learn, Include, Nurture, Know), a new caregiver training program on September 8th, 2026. LINK will replace PRIDE and is intended to provide trauma-informed, culturally safe caregiver training that includes information specific to British Columbia.

IMPORTANT POINTS:

- [PRIDE] Training progress that is not completed by August 25th, 2026, will not transfer to the new system.
- Resource Workers will be able to register caregivers with outstanding training requirements in LINK following the transition.
- New caregiver referrals received over the coming weeks are expected to have training registrations processed after LINK launches in September.

MCFD recognizes this is a significant change being implemented on a short timeline and is working to support caregivers through the transition.

Should caregivers have questions about their specific training status or requirements, MCFD encourages them to connect directly with their Resource Social Worker for guidance.

The Caring Families Society realizes this may be a stressful time for foster caregivers. Our Local Area Coordinators and Regional Office staff are committed to ensuring caregivers have updated information as it becomes available. If you are not on our email distribution list, call your Local Area Coordinator or the Regional Office ask to be added.

If you have questions or need support contact any of the following:

Your Resource Worker

Your Local Area Coordinator

South Island	Dianne Thompson	778-430-5459
Cowichan Valley	Sandra Beagle	250-618-8327
Central Island	Sandra Beagley	250-618-8327
Nanaimo	Bonnie Cook	250-986-9092
Comox Valley	Nicole Emerson	250-986-7929
Upper Island	Judy Hollywood Bonnett	250-204-1566

The Caring Families Society Regional Office
778-430-5459 (South Island) or 1-888-922-8437 (Toll free)



October is *Foster Family Month*



Shelter

Foster caregivers provide a safe place for children and youth to rest while they and their families heal and become strong again



Inspire

Foster families inspire us with their endless compassion, support, and encouragement



Family

Such a small word for such a big feeling



Belonging

Foster families give children and youth a place to belong even when their time together is short



Fostering

What a gift
What a challenge
What a privilege



Gratitude

Join Caring Families Society as we celebrate and honour foster families

SOUTH ISLAND Area Updates
South Island Area Coordinator Dianne Thompson

Caregiver Coffee Morning
SIFPA and Caring Families host these in-person gatherings where caregivers can connect and create community. It is a welcoming space, a chance to meet fellow caregivers and friends, share stories, exchange tips, and laugh together. Children enjoy treats and playtime, while the grown-ups enjoy a few goodies of their own. Thank you, Sandy Case, for continuing to host these great mornings!

Spring and Summer Events
SIFPA and Caring Families hosted June’s BC Child and Youth in Care Week event. Foster families and Ministry staff members (189 people in total!) celebrated together. Children and youth ran wild (in the best way) with the playground, face painter, glitter tattoo artist, balloon artist, and an inflatable obstacle course! Guests were energized by pizza, snack bags, and treats. Every child and youth chose a new toy to take home. We ended the day with the ice cream truck. We hosted two park days in July and two in August. We varied the venue among Centennial, Beckwith, and Glenlake splash parks. Guests shared watermelon, snacks, hot dogs, and lively conversations, between sounds of laughter from children.

Caring Families Society Open House
Caring Families Regional Office hosted an *Everyone Welcome!* open house BBQ to meet our neighbours. We shared information on our services and introduced our new Executive Director. There were hot dogs, face painting, balloon artist, and refreshments and lots of great conversations. Guests included city council, the mayor, our MLA, and local families. A familiar caliby cat was seen wandering through the crowd.

Trauma-Informed Transition Training®
CLN hosted the Fast Track virtual training consisting of eight sessions over two weeks. Eighteen participants received information and resources on transitions and The Act. Go to <https://psacln.ca/#home> to register with PSACLN and gain access to a wealth of training opportunities.

Investigation and Resolution Support Worker Program
Investigation and Resolution Support (IRS) Workers ensure that foster caregivers do not go through an 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 10.

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

Ongoing Training with PSACLN
We continue to offer virtual training with On Demand replays. We encourage foster caregivers to share their ideas on training. If you know of a topic or training that might benefit 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 upcoming events, workshops, meetings, and news of interest, contact 778-430-5460 or sicoord@fpsss.com. View local events at https://caring-families.ca/events/month/?tribe_eventcategory%5B0%5D=12.

SOUTH ISLAND Upcoming Events

DIANNE THOMPSON SOUTH ISLAND COORDINATOR
236-562-7921 or sicoord@fpsss.com
T: 778-430-5460 Toll free: 1-888-922-8437

Fostering 101
Thursday, September 24th, 6:30pm to 8:30pm
Topic: Grief and Loss
CFS Society Office, 145-735 Goldstream Avenue
This is an in-person event.
For this first session, we will explore Grief and Loss through our own

lived experience and group discussion. Grief and loss are experiences that touch us all, whether personally or in our work as caregivers. Throughout the year, we’ll be exploring Ministry standards in greater depth through discussions, lived experience, and possibly a few guest speakers.
If you think you’ll be attending, please email Dianne at sicoord@fpsss.com so we can plan snacks accordingly. If you’re not sure yet, no worries, drop-ins are always welcome. Come for the snacks, stay for the facts!

You are not broken. You are not a problem to be fixed. You are a human being with a mind that has learned, often for good reasons, how to survive.

Ronen Dancziger

Supporting the Holistic Well-Being of Individuals with FASD^{CLN}
Wednesday, September 9th, 9:30am to 12:30pm
Facilitated by Fatima Natascha Lawrence

Many myths and misconceptions about FASD persist despite growing research. Stigma can be harmful to individuals and families affected by FASD, and those impacted deserve understanding, support, and access to appropriate services.

Please join facilitator Fatima Natascha Lawrence with almost 20 years of experience across multiple modalities, for this presentation. Fatima specializes in neurodiversity, particularly with FASD.

Register at <https://learn.fpsss.com/courses/sthwboiwf/>



Many myths and misconceptions about FASD persist despite growing research. Join facilitator Fatima Natascha Lawrence for this presentation

Wednesday,
September 9th
9:30am to 12:30pm

Facilitated by
Fatima Natascha
Lawrence

**September 9th
FASD
Awareness Day**

*Supporting the
Holistic Well-
Being of
Individuals with
FASD*



Caregiver In-Person Coffee Mornings**Tuesday, September 15th, 9:00am to 12:00 noon (Park Day?)****Tuesday, September 29th, 9:00am to 12:00 noon****Tuesday, October 13th, 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. September 15th will be at a park, weather permitting. Watch your emails or check the SI Facebook group for which park. Please R.S.V.P. to slcase@shaw.ca.

Wellness Night for Caregivers**Thursday, October 8th, 6:00pm to 9:00pm*****Crafting a Keepsake*****CFS Office, 145-735 Goldstream Avenue**

This is an in-person event.

SIFPA and CFS are happy to be hosting a wellness night for our wonderful caregivers. This session we will be crafting a keepsake to honour our children and youth.

More information to follow, keep a look out in your email box or our SI Facebook group.

**Investigation and Resolution Support Worker Program
Training and Refresher (Virtual)**
Facilitated by Ros Pringle**Monday, October 19th, 9:30am to 1:30pm****Wednesday, October 21st, 9:30am to 1:30pm**

Open to Vancouver Island Caregivers.

Caring Families Society is currently looking for volunteers to join our Investigation and Resolution Support team. Investigation and Resolution Support Workers provide support to foster caregivers who are involved in a Quality-of-Care Review, Family Care Home Investigation, or engaged in a serious dispute with Ministry staff. This is a great refresher course too.

You must attend both training sessions to complete the training.

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

Registration email to be out shortly.

**October is Foster Family Month!
Foster Family Appreciation Basket**

Caring Families Society would like to extend our heartfelt thanks to all caregivers for the incredible dedication, compassion, and support you provide to the children and youth in your care. As a small token of our appreciation, we will once again be holding a basket draw this October. Thank you for all that you do!

Basic Level 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 do require Infant CPR. To assist with this, CFS organizes group First Aid training sessions two to three times annually. In the absence of these group trainings, CFS Society offers a financial contribution of \$60 towards the cost of individual First Aid certification for foster caregivers. Please contact our regional office at 1-888-922-8437 or sicoord@fpss.com to discuss/arrange/request a subsidy **prior to attending** the course. If First Aid certification is a requirement of a care plan, please speak with your guardianship or resources worker about funding.

South Island Private Facebook Group

(Private group for South Island Foster Caregivers only)

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 <https://www.facebook.com/groups/561291688076447>.

Get Connected!

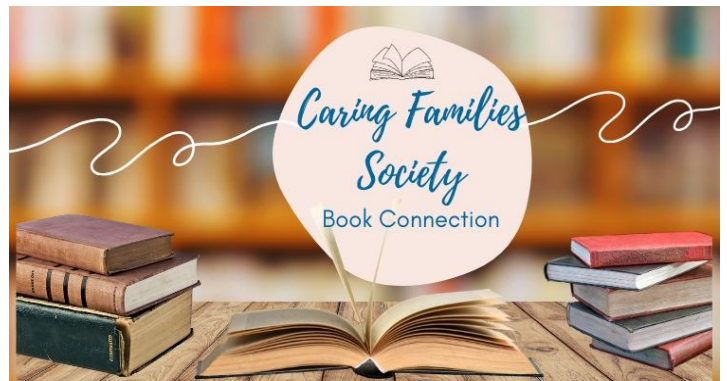
Not on our email distribution list? Call the Regional Office today and add your name. Through our email distribution list, you will receive important updates and hear about our virtual support opportunities.


**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/>



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

admin@fpss.com 1-888-922-8437

CENTRAL ISLAND Area Updates

Central Island Area Coordinator Sandra Beagley
Nanaimo Area Coordinator Bonnie Cook

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.

Cowichan Valley Updates

Foster Caregiver Mornings

Cowichan Valley Foster Parents Local and Caring Families Society host these great opportunities to share, ask questions, recharge, and connect with other amazing foster caregivers. Coffee, tea, snacks, and door prizes provided along with an abundance of free gently-used child and youth clothing.

Cowichan Valley MCFD Partnership Meeting

At recent hybrid meetings, MCFD provided updates of upcoming changes. The next meeting is October 6th; MCFD will email more information.

Suicide Awareness Workshop^{CLN}

Given the sensitive nature of this topic, the Crisis Centre of BC had a person present specifically to support foster caregivers as needed. Participants shared positive feedback about this valuable workshop.

Foster Family Summer Fun!

Joint Cowichan Valley and Nanaimo Event
Foster families came together to play games,

make crafts, connect, laugh, and have fun at Transfer Beach. CFS provided snacks and every child, youth, and family went home with prizes.

FREE Clothing Event

Cowichan Valley Foster Parents Local welcomed foster caregivers to look through an abundance of free, clean, gently-used children and youth clothing. The Local and CFS provided coffee, tea, snacks, and social seating to encourage caregivers to take a moment to recharge and connect with peers.

CVFP Free Children's Clothing (Ongoing)

Text CVFP Local clothing coordinator Lisa at 250-818-3293 to arrange an appointment to access the free clothing.

Nanaimo Area Updates

Foster Caregivers Support Mornings

Foster caregivers connect, share, support, and inspire one another. Participants enjoyed great company, conversation, snacks, and prizes. Nanaimo Area Coordinator Bonnie hosted the mornings, and invited caregivers to work on Life Book pages with support, supplies, and tools provided by CFS.

Ladysmith-Nanaimo MCFD Partnership Meeting

MCFD has paused partnership meetings until further notice.

Navigating Emotions Workshop

CFS Coordinator Bonnie Cook hosted this CLN workshop, streaming and supporting discussion of the Crisis Centre of BC's recorded presentation with foster caregivers. Participants appreciated exploring ways to stay centered when emotions feel

overwhelming. CFS also provided registrants with information and a link to set up unlimited access to the recording and materials through the Crisis Centre of BC.

Creative Connections for Foster Caregivers

Foster caregivers connected and chatted while creating unique, colourful gemstone and copper wire trees in a session guided by Jen from The Lost Arts Club. CFS postponed June's *Exploring Acrylics* session as foster caregivers were busy with end-of-school events and graduations.

CYIC Week

Parksville MCFD CYIC

Children, youth, and caregivers enjoyed a creative MCFD-hosted event with a BBQ, build your own sundae, summer visit from Santa, games, treats, and gifts. CFS Coordinator Sandra offered a selection of crafts for all ages and ability levels.

Nanaimo MCFD CYIC

Children, youth, and caregivers enjoyed sports activities, a photobooth, face painting, a BBQ, and more! CFS Coordinators provided materials and supported children and youth in creating a variety of fun, colourful arts and crafts projects.

Foster Family Summer Fun Event

Foster families from Cowichan Valley and Nanaimo enjoyed laughing, playing games, making crafts, and connecting with one another at this event. CFS reserved a park pavilion near the playground, water park, and washrooms, all with an ocean view. CFS provided snacks and children, youth, and families took home prizes.

CENTRAL ISLAND Upcoming Events

COWICHAN VALLEY AREA

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

Foster Caregivers Mornings

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

Wednesday, October 21st, 9:30am to 11:30am

Cowichan Community Center, Nitinat Room, 2687 James Street

Foster Caregivers Mornings resume in September after the summer break and are open to all foster caregivers. Join others who understand the unique challenges and rewards of fostering, meet members of the Cowichan Valley Foster Parents Local, and connect with other wonderful caregivers. Watch your email for more details.

I believe that imagination is stronger than knowledge. That myth is more potent than history. That dreams are more powerful than facts. That hope always triumphs over experience. That laughter is the only cure for grief. And I believe that love is stronger than death.

Robert Fulghum

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.

Cowichan Valley Foster Parents Local AGM

Tuesday, September 29th
6:30pm to 8:30pm
Location TBA

The Cowichan Valley fostering community is here to uplift, inspire, and support one another.

Celebrate incredible local foster caregivers. Help build a strong, connected, resourceful community.

CVFP Local invites all new and seasoned area foster caregivers to attend this event!

Whether you are new to fostering or have years of experience, your input is valuable. Fostering is better when we do it together. Hope to see you there!

Foster caregivers will receive an email invitation with a registration link in early September.

Cowichan Valley MCFD Partnership Meeting
Wednesday, October 7th, 9:00/9:30am to 11:00am
MCFD Office, 161- 4th Street, Duncan

The office doors open at 9:00am for foster caregivers to connect with one another and resource workers before the meeting begins at 9:30am. Please attend as much of the meeting as you can, either in person or virtually on Teams. Send agenda items to mylisa.evans@gov.bc.ca. The MCFD Resource Team will email the virtual meeting link closer to the date.

NANAIMO AREA

SANDRA BEAGLEY CENTRAL ISLAND AREA COORDINATOR
250-618-8327 OR dacoord@fpsss.com
BONNIE COOK NANAIMO COORDINATOR
250-986-9092 OR npcoord@fpsss.com

Foster Caregivers Support Mornings
Tuesday, September 8th, 10:00am to 11:30am
Tuesday, October 13th, 10:00am to 11:30am
CFS Office, #102-6421 Applecross Road, Nanaimo
These mornings are great ways to connect with other caregivers about the unique experiences and challenges fostering can have, ask questions, share success, recharge, and learn about resources. There will also be opportunities for caregivers to work on Life Book pages. CFS will provide support, supplies, and tools. Check your emails for more details closer to the morning dates.



[Read our new Mission Statement on Page 2](#)

Safe Babies Monthly Knowledge Exchange

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

Topic: FASD – Working with Parents with Cognitive Challenges

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

Topic: Sleep – Why it Matters and How to Get Some!

Safe Babies caregivers from across Vancouver Island are welcome to attend these monthly online learning and discussion sessions.

The zoom link is available by emailing safebabies@fpsss.com.

We hope you can join us!

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

Tuesday, September 22nd to Tuesday, October 6th

On Demand CLN

This recorded workshop is open to foster and kinship caregivers, social workers, and others connected to fostering. Originally offered in April 2025, the workshop recording will be available for limited time viewing. Grief and loss are part of the fostering experience, and caregivers may support multiple placements with complex needs, making these challenges especially difficult. Presenter Ashleigh Martinflatt explores how caregivers can provide care during times of grief and loss, with a focus on deaths related to overdose and suicide. Ashleigh is a registered social worker, clinical counsellor, and post-secondary instructor who teaches trauma, child abuse, and neglect in Social Work and Child and Youth Care degree programs. Registrants can access the recording anytime during the two-week period.

Therapeutic Books

If you know of a book you believe would support your fostering role, please contact CFS Coordinators Sandra at 250-618-8327 / cicoord@fpsss.com or Bonnie at 250-986-9092 npcoord@fpsss.com. We can have the book delivered directly to you.

Crafting Care for You **With CFS Coordinator Bonnie Cook**

Tuesday, September 22nd, 10:00am to 12:00noon
CFS Office, #102-6421 Applecross Road, Nanaimo

Topic: Paint Party - Tree

Register at: [CREATIVE CONNECTIONS: Paint Party TREE](#)

Tuesday, October 27th, 10:00am to 12:00noon
CFS Office, #102-6421 Applecross Road, Nanaimo

Topic: Crafting Care for You

Open to foster caregivers only.

Connect with other foster caregivers while getting creative!

No art experience necessary. We supply the pre-printed canvas, paints, palette, brushes, disposable apron, and instruction sheet. Bonnie will offer painting tips, ideas, and support. Participants will take home their masterpieces, along with the paints, brushes, and palette they used during the event. Please watch your emails for more information.

PORT ALBERNI AREA

REGIONAL OFFICE

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



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

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/>



Standards for Foster Homes D. Caring For Children



Caregiver Practices

- D.5.4 The caregiver encourages assists and supports the child to achieve educational performance that matches their abilities
- D.5.5 The caregiver ensures the child has the necessary materials and an appropriate setting for study and homework.
- D.5.6 Within the context of the child's care plan, the caregiver takes an interest in the child's education, including:
- providing the child with help with homework when necessary; and
 - participating in the child's school events and meetings.
- D.5.7 The caregiver helps the child to understand, as appropriate, how residential schools may have impacted their elders as it relates to school participation.

[Standards for Foster Homes](#)



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



caring-families.ca

Welcomes you!

Visit the Caring Families Society's website (caring-families.ca) where you will find access to *The Island Connection* Magazine, Calendar of Events, Links to a range of Resources, Contact Information for Caring Families Society Staff, Social Media Platforms (Facebook, Twitter, Instagram), Foster Hope Information Session schedule and Registration links

Open *The Island Connection* Magazine and discover Invitations to Events and Training (including registration links), MCFD News and Updates, Sources of Support, Information Relevant to Fostering, Contact Information, and warm fuzzies that make you smile or remind you how much we appreciate all you do.



A survey team from CARF International* will be visiting our Regional Office November 5th and 6th, 2026

CARF surveyors will evaluate how well Caring Families Society meets international standards for quality. The survey will tell us what we are doing well and ways we might improve. This allows us to provide caregivers with the best training and communication possible. If you have any concerns about the services we offer, you are welcome to contact CARF directly to share your thoughts.

As part of the survey, the surveyors will interview people who receive services, their families, our staff, and others. Some questions the survey team members might ask people are:

- Do we provide a clean and safe setting?
- Do you receive the services you need and want?
- Are you treated with respect?
- Do you take part in planning your services?
- Are you told what you need to know about your services?
- Are your questions answered in a way you understand?
- Do you know where to go with questions or concerns?

If you would like to talk with one of the survey team members or want to learn more about CARF International, please let one of our staff members know. You may also contact CARF Canada directly.



CARF Canada:
501-10154 104th Street NW
Edmonton AB T5J 1A7
Toll free: 1-888-281-6531
Fax: 1-780-436-7274
TTY: 1 520-495-7077



Ask about our CARF Accreditation

Website: <http://www.carf.org/CARFCanada/>

*CARF stands for Commission on Accreditation of Rehabilitation Facilities.
 CARF International is an independent, not-for-profit family of organizations
 (including CARF, CARF Canada, and CARF-CCAC)
 that provides accreditation in the field of human services.

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



Mentor Coordinator Wanted

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

Help a new caregiver start their fostering journey supported and connected.

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

Contact
 admin@fpsss.com
 1-888-922-8437



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
Supporting the Holistic Well-Being of Individuals with FASD ^{CLN}	Wednesday, September 9 th 9:30am to 12:30pm	Fatima Natascha Lawrence	https://learn.fpsss.com/courses/sthwboiwf/
Virtual Safe Babies ^{CLN}	Mondays and Wednesdays 9:00am to 12:00 noon September 16 th to October 7 th	Interior Community Services	Virtual Safe Babies Training September 2026
Agedout.com Information Session	Monday, September 28 th 7:00pm	Belonging Network	Events for August 2026
Circle of Security Parenting Program Foster Caregivers	Tuesdays, 12:30pm to 2:00pm October 13 th to December 1 st	Amy Ris Fostering Early Development	Circle of Security Parenting Program™ For Foster Caregivers Fall 2026
Trauma Informed Transitional Training	Tuesdays and Thursdays Tuesday, October 13 th to Thursday, November 15 th	Jessica Humphries	Watch your email
Business Side of Fostering (Monday mornings)	Mondays, 9:30am t 11:30am October 19 th , October 26 th	Interior Community Services	Events for October 2026
Business Side of Fostering (Thursday mornings)	Thursdays, 9:30am to 11:30am October 22 nd , October 29 th	Interior Community Services	Events for October 2026
On Demand	View the list of On Demand courses currently being offered by logging in to your CLN account		On-Demand Video Courses

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

Supporting the Holistic Well-Being of Individuals with FASD^{CLN}

Wednesday, September 9th, 9:30am to 12:30pm
Facilitated by Fatima Natascha Lawrence

Individuals with FASD face challenges and barriers in accessing mental health services that provide whole-body diagnosis-focussed support. Organizations such as CANFASD have argued that mental health is an essential consideration for people with FASD.

Agedout.com Information Session^{CLN}

Monday, September 28th, 7:00pm
Facilitated by Belonging Network

How to set up an account, navigate the site's information, complete the interactive learning modules (*Quests*) and access Real World Perks earned through site engagement.

Circle of Security Parenting Program Foster Caregivers^{CLN}

Tuesdays, 12:30pm to 2:00pm
October 13th to December 1st
Facilitated by Amy Ris
Fostering Early Development

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 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.

Trauma-Informed Transitional Training^{CLN}

Tuesdays and Thursdays, 6:00pm to 9:00pm
October 13th to November 15th
Facilitated by Jessica Humphries

Every child in care experiences a minimum of two transitions: entering care and moving out of care. Caregivers trained in creating trauma-informed transitions can improve the outcomes for children and youth. In this training module, you will connect with your peers in a dedicated online community as you explore strategies for successful transitions.

Business Side of Fostering^{CLN}

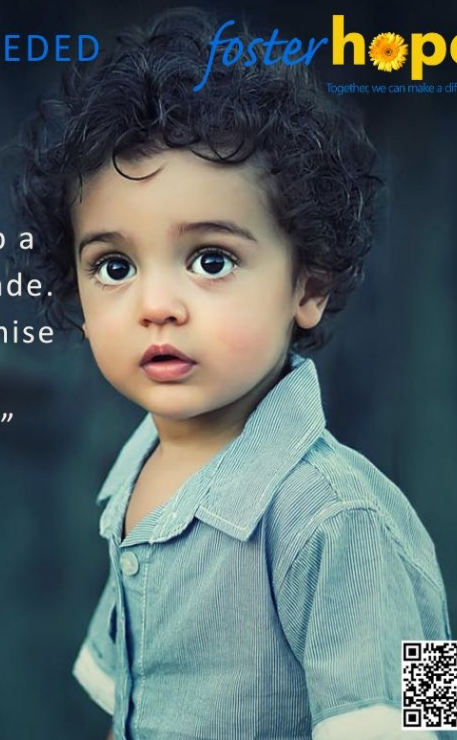
Mondays, 9:30am to 11:30am
October 19th and October 26th
or
Thursdays, 9:30am to 11:30am
October 22nd and October 29th

Do you want to understand your role, responsibilities, and right (from a business perspective)? Then this 4-hour course is for you!

FOSTER HOMES NEEDED
In your community

Sometimes you keep a promise you never made.
Sometimes the promise is simply
“You are not alone.”

Go to
fosterhope.ca
to learn more or register for an information session.





fosterhope

Together, we can make a difference.

You don't have to be perfect to be a foster caregiver.

A perfectly ordinary person can be the perfect caregiver for one child or youth. And you can both become extraordinary because of it.

Don't ask yourself if you can be perfect.
Ask yourself if you can be *there*.

There's a child or youth in your community hoping your answer is, "Yes".

FOSTER HOPE INFORMATION SESSIONS			
Wednesday	September 9 th	6:30pm to 7:30pm	https://tinyurl.com/ydjpiha7
Wednesday	September 16 th	12:00 noon to 1:00pm	https://tinyurl.com/3x6vjnnx
Wednesday	September 23 rd	6:30pm to 7:30pm	https://tinyurl.com/3wxuyhwn
Wednesday	September 30 th	12:00 noon to 1:00pm	https://tinyurl.com/4x7nkcnx
Wednesday	October 7 th	6:30pm to 7:30pm	https://tinyurl.com/4j99ce58
Wednesday	October 14 th	12:00 noon to 1:00pm	https://tinyurl.com/acfanke7
Wednesday	October 21 st	6:30pm to 7:30pm	https://tinyurl.com/yjsrjuc2
Wednesday	October 28 th	12:00 noon to 1:00pm	https://tinyurl.com/dfe8uurb

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



MCFD NORTH ISLAND

250-949-8011

RHONDA WALL

MCFD CAMPBELL RIVER

250-286-7542

RESOURCE TEAM

USMA PORT ALBERNI

250-724-3232

JULIA HUNTER

MCFD COMOX VALLEY

250-897-5728

JANNA MCKENZIE

FOSTER CAREGIVER

On Vancouver Island

If you or someone you know is interested in becoming a foster caregiver on Vancouver Island, go to fosterhope.ca to register for a Foster Hope Information Session to learn about fostering in BC or contact their local MCFD or ICFSA office.

MCFD NANAIMO

250-789-8603

RACHEL WALLACE

MCFD PARKSVILLE QUALICUM

250-947-2666

NOEL MARCHETT

MCFD PORT ALBERNI

250-720-2650

KIANA KOBUS



CARING FAMILIES SOCIETY

SOUTH ISLAND

778-430-5459

MCFD COWICHAN VALLEY

250-715-2737

DUNCAN RESOURCES

KW'UT LELUM NANAIMO

250-591-0933

VIVIAN PAUL

UPPER ISLAND Area Updates

Campbell River/Upper Island Coordinator
Judy Hollywood Bonnett

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.

Campbell River Area Update

Foster Caregiver-MCFD Partnership Meeting

Caregivers and Ministry workers met to learn about MCFD updates (specifically the Regional Resource Team Reorganization) and discuss other local fostering trends.

Child and Youth in Care Week

The Campbell River community celebrated with *Neon Vibes*. Over one hundred people attended the family event sponsored by Sasamans Society, Foundry, and various businesses and service groups including CFS. Members of the public, caregivers, and current and former children or youth in care enjoyed free BBQ, games, prizes, and opportunities to visit with local service agency staff.

Caregiver Lunch and Learn

June's Lunch and Learn; a potluck and an engaging quiz on Emergency Preparation for Foster Homes. Lindsay kept us thinking and laughing as we tested our knowledge on emergency preparedness best practices.

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 *Caring for the Caregiver*, and *Infectious Diseases of Infancy*. All Campbell River Safe Babies caregivers are welcomed at our monthly support and learning group.

Campbell River Foster Parent Association

CRFPA arranged May's coffee meeting and August's annual foster community picnic at Hagel Park. Thank you to our foster caregivers who organized the picnic and, of course, to everyone who joined in the fun day!

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

Safe Babies Monthly Knowledge Exchange

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

Topic: *FASD – Working with Parents with Cognitive Challenges*

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

Topic: *Sleep – Why it Matters and How to Get Some!*

Safe Babies caregivers from across Vancouver Island are welcome to attend these monthly online learning and discussion sessions.

The zoom link is available by emailing safebabies@fpss.com.

We hope you can join us!

COMOX VALLEY

NICOLE EMERSON COMOX VALLEY COORDINATOR
250-986-7929 OR cvcoord@fpss.com

Caring Families Society has a new Comox Valley Coordinator!



Comox Valley Safe Babies Group

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

Topic: *FASD – Working with Parents with Cognitive Challenges*

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

Topic: *Sleep – Why it Matters and How to Get Some!*

The Foundry Multipurpose Room, 575 10th Street, Courtenay

Please note the changes for this year's gatherings. This year we will be meeting in person 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 Nicole for the zoom link at cvcoord@fpss.com.

AI Workshop

Thursday, October 8th, Morning

In-person at Whitespot, 2299 Cliffe Avenue, Courtenay

The education committee is bringing researchers from Royal Roads University to talk to caregivers about how children and youth are using AI. They will share research, implications with school, how AI is being used for health and counselling information and how caregivers can support children and youth with safe technology usage. You won't want to miss this! Registration will be open to Comox Valley and Campbell River Caregivers soon.

Foster Family Pumpkin Fest

Friday, October 23rd (Tentative)

Coastal Black Farm, 2186 Endall Road, Black Creek

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

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 need caregiver support with planning these events. Please contact Nicole Emerson if you interested in being involved.

Goodbye Jessica

Join Caring Families Society as we say goodbye and good luck to Jessica Humphries. We thank Jessica for bringing her fierce compassion, steadfast dedication, and extensive knowledge to Comox Valley caregivers. You will be missed as the Comox Valley Coordinator but we are so grateful you will remain with CFS as a facilitator!

Meet Nicole Emerson

My name is Nicole Emerson I am excited to join the team at Caring Families Society in this role as Local Coordinator for Comox Valley!

I live in the beautiful Comox Valley with my husband, our son and two cats. I enjoy spending time with my family outdoors and my favorite memories are camping, skiing, or on the lake paddle boarding or wake surfing.

I have a background in Child and Youth Care and have worked in a few different capacities in this area. Some of these include supporting families who are connected with the Ministry of Children and Family Development, co-facilitating groups for children, youth, and parents, and working in the schools as a Child and Youth Care Worker. This work has been fulfilling and rewarding to me – I love what I do!

I am looking forward to meeting and supporting the foster caregivers in the Comox Valley. They have opened their hearts and homes to the children and youth in our area and I am grateful for this opportunity to be there to help support them.

Nicole Emerson



CAMPBELL RIVER

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

FASD Awareness Community Event **Wednesday, September 9th** **Details to be announced**

Sheila Catherwood, our local FASD Keyworker, and her partners are hosting a public event on September 9th. This year's theme is *Everyone Plays a Part: It Takes a Community* inviting everyone to be part of improving FASD awareness across Canada. Watch your emails for details.

Caregiver Lunch and Learn

Thursday, September 10th, 11:30am to 1:00pm

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

Presenters and 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. Bring your lunch or join us for the light refreshments supplied. Contact Lindsay or Judy for more information.

Foster Caregiver/MCFD Partnership Meeting

Tuesday, September 15th, 9:30am to 10:30am (To be confirmed)

MCFD Boardroom, 1334 Island Hwy

(Second Tuesday of every second month)

Partnership invites all foster caregivers, MCFD social workers, C&Y Mental Health staff and foster support staff. 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 AshleyVisser@gov.bc.ca for more information or to suggest a discussion topic.

Safe Babies Knowledge Exchange

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

Topic: FASD – Working with Parents with Cognitive Challenges

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

Topic: Sleep – Why it Matters and How to Get Some!

CR Family Services Boardroom, 487-10th Avenue

(Third Thursday of the month)

This is a hybrid event. Join in person at CRFS or online via the Zoom link found on Caregiver Learning Network site.

Safe Babies caregivers from across Vancouver Island are welcome to attend these monthly online learning and discussion sessions.

The zoom link is available by emailing safebabies@fpss.com.

We hope you can join us!

Mary Catherine Williams, Regional Safe Babies Coordinator, facilitates online Safe Babies Knowledge Exchange sessions providing a monthly opportunity for Safe Babies caregivers to refresh their skills and connect with their Vancouver Island peers. For more information about the Knowledge Exchange or for Safe Babies caregiver support, contact Mary Catherine at safebabies@fpss.com. For more information about our meetings or your copy of the Knowledge Exchange PowerPoint slides, contact Judy at uicoord@fpss.com.

Foster Caregiver In-person Coffee Meeting

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

Tuesday, October 28th, 10:00am to 11:30am

Host to be announced by email.

(Fourth Tuesday of the month)

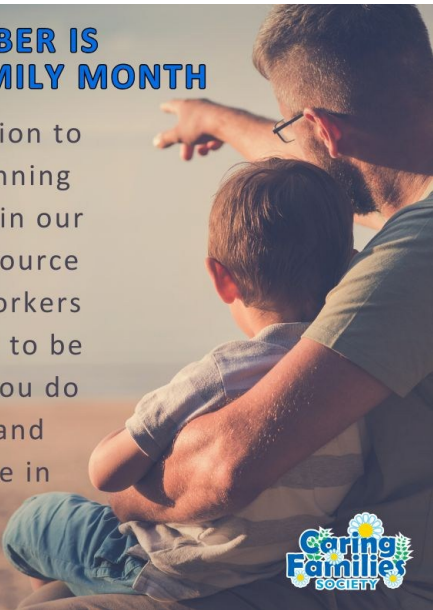
Your CR Foster Parent Association welcomes all foster parents to attend their casual *round the kitchen table* gatherings which they host in members' homes. The group offers confidential discussion and practical tips from experienced caregivers to help you support the child or teen in your care. For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

But the truth of it is that the amount of love you feel for someone and the impact they have on you as a person, is in no way relative to the amount of time you have known them.

Ranata Suzuki

OCTOBER IS FOSTER FAMILY MONTH

Watch for information to be released as planning advances. Please join our Campbell River Resource 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.



Back to School List

You’ve got the list. You know the one. It lists all the things your student needs for the exciting year ahead. In addition to pencils, notebooks, and rulers, there are the Important Things you won’t find on the list. Thankfully, foster caregivers provide most of the Important Things every day. Before you send your young person out to face the world, make sure they have the Important Things:

- A good night’s sleep:** None of us is at our best without it. And coffee is not an option!
- Something in the tummy:** Empty tummies are a distraction to learning, growing, and playing.
- The right shoes:** Big adventures require sturdy footwear.
- Courage:** Classrooms are filled with new people, new rules, and new ideas.
- Backup:** In addition to the voices in their head echoing their feelings of fear and uncertainty, make sure there is another voice in their head reminding them that they are enough that they are loved, and that they are not alone.
- Someone to come home to:** Whether it was the best day ever, or filled with dragons and disappointment, having someone to welcome you home makes it better. And yes, the dog counts.

What about a good-luck hug?
Suzanne Collins

Pro-D Day Foster Family Fun event Friday, October 23rd, Save the Day!

Details to be determined.
We are planning a foster family fun event on the October Pro-D Day. All members of Campbell River foster families are encouraged to join us. Watch for more details as planning continues, or contact Judy at 205-204-1566.

Become a Foster Parent in Campbell River
There is a specific need in our area for caregivers who can accept teens, large sibling groups, short-term, and flexible placement homes who can team with biological families. See page 15 for contact

*Memories, even bittersweet ones,
are better than nothing.*

Jennifer L. Armentrout



LIFE BOOKS

FOR CHILDREN AND
YOUTH IN CARE



Every child and youth who is likely to be in care for longer than six months needs a Life Book. This becomes a permanent record of their time in care. If you would like help beginning or adding to a Life Book for a child in your care, contact your local coordinator or the Regional Office. Supplies provided.



CONTACT US ▶ +1-888-922-8437 admin@fpsss.com

Safe Babies Knowledge Exchange

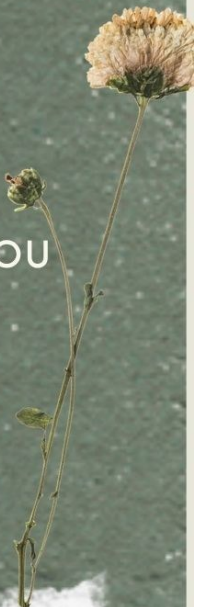
<https://caring-families.ca/series/safe-babies-program-knowledge-exchange-2/>

Safe Babies Knowledge Exchange is an opportunity for those caring for infants and toddlers who have experienced trauma to come together to share and build on the wisdom they hold. Receive updates on current best care practices and strategies. Learn more about current research and understandings.



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

Some areas combine viewing of the live session with in-person discussion and support. Contact your local CFS coordinator for details of how you can be part of this essential training.



NORTH ISLAND Area Updates
Toll free: 1-888-922-8437

Child and Youth in Care Week
MCFD and NICCS arranged two family events: a Skate and Pizza Party at the Port Hardy Skate Park on June 3rd and a Swim and Pizza Party at the Port McNeill Pool on June 5th. Unfortunately, the Skate Park Party was rained out, and family attendance was low at the pool party. Thank you to those intrepid participants who joined.

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

Thank You to All Caregivers
Caring Families Society thanks North Island foster caregivers for the commitment they dedicate to their professional and community development. Thank you for joining the online workshops facilitated by Caring Families Society and our partners on the Caregiver Learning Network.

NORTH ISLAND Foster Community Upcoming Events
Toll free: 1-888-922-8437

ASD Awareness Community Event^{CLN}
Wednesday, September 9th
Details of CLN session to be announced. This year's theme is *Everyone Plays a Part: It Takes a Community* inviting everyone to be part of improving FASD awareness across Canada. Watch your emails for details.

Safe Babies Monthly Meeting and Knowledge Exchange
Thursday, September 17th, 10:30am to 11:30am
Topic: FASD – Working with Parents with Cognitive Challenges
Thursday, October 15th, 10:30am to 11:30am
Topic: Sleep – Why it Matters and How to Get Some!
CR Family Services Boardroom, 487-10th Avenue
(Third Thursday of the month)
This is a hybrid event. Join in person at CRFS or online via the Zoom link found in on Caregiver Learning Network. 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. For more information about our meetings or your copy of the Knowledge Exchange PowerPoint slides, contact Judy at uicoord@fpsss.com.

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.

Foster Placement Support
North Island foster caregivers are encouraged to check in with Cheryl, our local Foster Caregiver Support/Resource worker at North Island Community Services. Cheryl offers approachable, trauma-informed, and confidential support to local caregivers who are addressing the complex care needs of foster children or youth. Whether you need an impartial sounding board or assistance while working through a challenging situation, contact Cheryl at 250-230-3484 or c.jorgenson@nicommunityservices.ca.

Ongoing Training
Are you looking for skill development and training options accessible from the comfort of your home? Connect with the Caring Families Society. We offer a variety of learning opportunities just for Vancouver Island caregivers. Register for an online workshop (live or replayed recording) or borrow a book or DVD. Contact Judy uicoord@fpsss.com or admin@fpsss.com for details.

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



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



fosterhope

Together, we can make a difference.

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

SEPTEMBER 30TH, 2026

NATIONAL DAY OF TRUTH AND RECONCILIATION



Each year, September 30th marks the National Day for Truth and Reconciliation. It is a day to honour and remember the children taken from their families, those who never returned home, and the individuals, families and communities still living with the lasting impacts and trauma caused by the residential school system in Canada. Public commemoration of the tragic and painful history and ongoing impacts of residential schools is a vital component of the reconciliation process.



Orange Shirt Day 2026

The orange shirt has become a symbol of hope, reconciliation, and commitment to a better future. By wearing an orange shirt on September 30th, you make a statement to support truth & reconciliation and commit to the enduring truth that
“EVERY CHILD MATTERS”

<https://orangeshirtday.org/>



[HTTPS://WWW.CANADA.CA/EN/CANADIAN-HERITAGE/CAMPAIGNS/NATIONAL-DAY-TRUTH-RECONCILIATION.HTML](https://www.canada.ca/en/canadian-heritage/campaigns/national-day-truth-reconciliation.html)

Let us not simply look back with regret, but look forward with hope and a renewed commitment to ensure every child in every community grows up knowing they are safe, treasured, and loved. Let not our fear of doing the wrong thing prevent us from doing anything.

Caring Families 2026 Satisfaction Survey Summary

Do you feel the support services offered by Caring Families Society meet your needs?

Yes: 86% No: 14%

Do you feel the education/training services offered by Caring Families Society meet your needs?

Yes: 84% No: 17%

Do you feel the communication with Caring Families Society (email updates, newsletters, return of messages etc.) meets your needs?

Yes: 100% No: 0%

In your role as a foster caregiver, is there a Support Service that you feel you need that is not currently offered?

Workshops and training: 21% Social Activities: 14% In-Person Training: 14% Networking/Support Meetings: 14%

In your role as foster caregiver, is there an issue or area of concern you would like to see addressed at the Provincial level?

Yes: 45% No: 47%

Have you attended any fostering-related workshops or events during the last year?

Social Activities: 63% In-Person Workshops or Collaborative Meetings: 57% Caring Families Society Local or Regional (Vancouver Island) Training: 41% Networking/Support Meetings: 27% Provincial Support Agencies Caregiver Learning Network (PSACLN): 24%

Please Select from the List Below Which Workshops You Would Like to See

Social Media and Internet Safety: 35% Managing Difficult Behaviour: 33% Self Care; Vicarious Trauma: 30% Cultural agility and diversity (The Act), Jordan’s Principle, Aboriginal Policies and Practices Framework): 28% Suicide Awareness and Prevention: 27% Mental Health and Neurodiversity (FASD, ADHA, ASD, Sensory Integration): 27%

What times would be most convenient for you to attend training and events?

Weekdays, daytime: 70% Weekdays, evenings: 31% Weekends, daytime: 17% Weekends, evenings: 12%

In training and workshops (in-person or online) are you comfortable asking question or speaking openly and honestly when Social Workers are present?

Yes: 69% No: 14% Sometimes: 20%

What is the main barrier preventing you from attending workshops, on-going training, or other events?

Busy Schedule 67% Availability of Child Care 33% Cost of Child Care 14% Training is Only Offered Online 18%

Do you experience barriers in any of the following areas when accessing Caring Families Society Services?

Attitudinal (Stigma of Fostering, Not Respected/Valued by Ministry, Input/Concerns Dismissed): 12% Financial (Workshop/Travel/Childcare): 8%

Have you experienced barriers in participating in online or virtual (Including PSACLN) training?

No: 63%

Yes: Busy schedule 29% Preference for In-Person Training: 16% Lack of Required Technology (Computer, Smart Phone, High-Speed Internet) 12% Comfort with Required technology: 10% Registering for/Accessing PSACLN Workshops: 6%

Which features of Caring Families Society’s website (caring-families.ca, fosterhope.ca) have you used in the past year?

The Island Connection Magazine 75% Calendar of Events: 67% Links or Resources: 35% Contact information for Caring Families Society 27% Social Media Platforms (Facebook, Twitter, Instagram): 25% Foster Hope Information Session Registration: 14%

How do you use The Island Connection Magazine?

Learn about Events and Training: 70% Learn about News MCFD Updates, and Information Relevant to Fostering 53% I Read the Hard Copy 29% Links to Register for Events and Training 27% Contact information: 24%

How important is peer support and networking with other foster caregivers?

Extremely: 63% Somewhat: 27% Not at all: 7%

How long have you been fostering?

0 to 5 years: 14% 6 to 10 years: 16% 11 to 15 years: 12% 16 to 20 years: 16% 20+ years: 37%

Thank you to all those who took time out of their busy schedules to complete and return this survey. Your input helps us understand what you need, what we do well, and what we need to improve.

Caring Families Society Contact Information



MISSION STATEMENT:

Empowering foster and kinship caregivers with education, connection, and support to provide table, nurturing homes for children and youth.

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 and kinship caregivers of the Vancouver Island Region.

Regional Office Location:

145-735 Goldstream Avenue,
Langford, V9B 2X4

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

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fosterhope@fpsss.com

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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



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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