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The Island Connection Magazine



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Caring Families SOCIETY

CARF
Ask about our CARF Accreditation

EMERGENCY CONTACTS MISSION STATEMENT

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The opinions expressed herein are those of the writers and are 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 on Vancouver Island.

Call us Toll Free at

1-888-922-8537

caring-families.ca

When You Need Support or Information

The following numbers are provided for your convenience. Call these numbers when you need assistance.

EMERGENCY "Centralized Screening" Duty Worker (MCFD)
Call Toll Free: 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
Statuatory 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 to help you and will provide:

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

INVESTIGATION AND RESOLUTION SUPPORT TEAM (Caring Families Society)
Call 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, take notes for you, and give you information about the Investigation process.

CARING FAMILIES SOCIETY COORDINATORS
Call Toll Free: 1-888-922-8437
Monday to Thursday 9:00am to 4:00pm, Friday 9:00am to 1:00pm
Closed Weekends and Statuatory Holidays

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

There are Caring Families Society offices in Langford (778-430-5459) and Nanaimo (250-986-9092); and Local Coordinators in Cowichan Valley (250-618-8327), Parksville (250-618-8327), Comox Valley (250-986-7929), and Campbell River (250-204-1566)

Our coordinators are available to assist foster caregivers in obtaining current information, provide support services, and arrange ongoing training, development opportunities, peer support, and mentoring.

BC FOSTER PARENT ASSOCIATIONS (BCFPA)
Call Toll Free: 1800-663-9999
Monday to 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.

Caring Families SOCIETY

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 purposed only. Foster caregivers must make their own arrangements **with the prior knowledge and approval of their Resource Worker.**

South Island Relief Caregiver List

CAREGIVER		PHONE	TYPE OF HOME
Case	Sandy & Rob	250-478-2782	Level 2/0-5 yrs
Cooper	Karyn & Leo	250-216-7003	Level 3
Guerra /Onwuka	Marqie/Favour	604-787-1423	Level 1/0-3 yrs
Thompson	Dianne	250-216-6380	Level 3/2-12 yrs

Central & Upper Island Relief Caregiver List

Please Note:

Central and Upper Island areas: Foster Caregivers are encouraged to contact their Resource Worker, or the Child's Worker when seeking relief care from Ministry-approved Relief Care providers.

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 0-11 yrs)	$62.08
Regular (For a child 0-11 yrs)	$62.08
Regular (For a child 12-19 yrs)	$67.92
Level 1 (All ages)	$87.65
Level 2 (All ages)	$107.04
Level 3 (All ages)	$136.18

Caring Families SOCIETY

Vision

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



It's the Most Wonderful Time of the Year

Okay, so there's the crowds, the work and school and family obligations, the shopping and wrapping and tagging, the cooking, baking, and cleaning, the relatives, putting up the lights (which requires finding and untangling the lights), putting up the tree, the rain or snow or slush, the incessant holiday tunes, and all the other pieces of the holiday season that we dread, and pretend to dread.

But that's the stuff grownups see. The little ones see people in the streets who talk to each other like friends. They look forward to school events when everyone gathers to sing, and laugh, eat cookies, and learn about how other people celebrate. They see trees with sparkling lights, shining tinsel, and keepsakes older than they are. They walk down streets filled with strings of lights and garland and painted windows. They are surrounded by music and laughter and prayers. They light candles and hear stories of long ago. They get to stay up late and watch movies about a snowman who comes to life, a reindeer who is different, and a green monster who tries to steal joy only to learn its true meaning.

Foster caregivers and the children and youth they care for know that the holiday season can be complicated. It is a mixture of joy and grief, hope and disappointment, and togetherness and separation. Embrace the good stuff, have patience with the hard stuff. Expect happy tears and sad tears. Both can bring healing.

Here's the thing...Caregivers can create holiday moments that last a lifetime. Look at the list of things the little ones see. None of them are particularly difficult to create, none of them cost a lot of money. They just require time. The icing on the gingerbread man is that the best way to create these precious memories is to begin with the grownups looking at the world through the eyes of a child. When they do, the things that the grownups see take on a whole different meaning.

Happy Holidays

Caring Families provides support and training for foster and kinship caregivers across Vancouver Island, the traditional lands of the 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 the days past, the present, and the days yet to be.

GUIDELINE TO THE MONTHLY FAMILY CARE RATE As of JULY 1ST, 2026		
Basic Foster Care Costs	Ages 0-11 years	Ages 12-19 years
Food	$262.47	$350.11
Housing	$291.43	$349.49
Transportation	$131.10	$146.78
Personal Neeeds	$27.96	$34.13
Recreation	$65.60	$67.91
Clothing	$159.17	$180.53
Sub-Total	$937.64	$1,128.49
Additional 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/Activites	$118.72	$116.38
Equipment/Recreation	$87.56	$103.47
Sub-Total	$624.90	$608.61
Total Maintenance	$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.

SOUTH ISLAND UPDATES AND UPCOMINGS

SOUTH ISLAND Update
Dianne Thompson, South Vancouver Island Local Coordinator

FASD Training
Caring Families Society hosted *Supporting the Holistic Well-Being of Individuals with FASD,* facilitated by Fatima Natascha Lawrence from the FASD Institute.
Natascha spoke on the myths and misconceptions about FASD and how harmful stigma is to individuals and families affected by FASD. She offered strategies for caregivers caring for children and youth with FASD.

Fostering 101
For this in-person session, we explored Grief and Loss through our lived experience and group discussion. Grief and loss are experiences that touch us all, whether personally or in our work as caregivers. We had an incredible amount of engagement from the group. Thank you to those who shared their tender and personal stories. Thank you to Karyn and Leo who shared their homemade treats with everyone. They were amazing.

Caregiver Coffee Morning
SIFPA and Caring Families host these in-person gatherings that bring caregivers together for connection, conversation and community. It is a welcoming space for everyone, a chance to meet fellow caregivers and friends, share stories, exchange tips, and enjoy plenty of laughter. Children and grown-ups enjoyed treats. Thank you, Sandy Case, for hosting these great coffee mornings!

Wellness Night for Caregivers
At this SIFPA hosted event, caregivers crafted a keepsake to honour the children and youth in their care. A big thank you to Karyn, Leo and Ariana who brought in their crafts and. delicious snacks and treats!.

Foster Family Appreciation Month
Caring Families Society extend our heartfelt appreciation to the remarkable caregivers who open their homes and hearts to children. Your strength, compassion, and unwavering commitment shine through in the way you nurture, guide, and adapt to the ever changing needs of caregiving. We are deeply grateful for the care you provide each day. Caring Families celebrated Foster Families month with a small token of appreciation. We held a basket draw in October. Check our SI Facebook group to see who won! Thank you for all that you do!

Upcoming Events
Watch your emails or check out the South Island calendar on Caring Families Society, ttps://caringfamilies.ca/ for upcoming events.

Ongoing Training with PSACLN
PSACLN offers On Demand replays of popular workshops. 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 Upcoming Events

Dianne Thompson, South Vancouver Island Local Coordinator
T: 778-430-5460 Cell: 236-562-7921 Toll free: 1-888-922-8437
E: sicoord@fpsss.com

Basic First-Aid with CPR Level "C" Training
Tuesday, November 10th, 5:30pm to 9:30pm
Alert First Aid New Space – Unit 51-3170 Tillicum Road, Tillicum Mall
Join Alert First Aid for this 4-hour Basic First Aid course (including infant CPR) . This fast-paced, hands-on introduction teaches emergency scene management, spinal injury management, adult, child and infant CPR, obstructed airway procedures, and treatment for bleeding, broken bones, and seizures. Caring Families Society will reimburse $35.00 to foster caregivers who successfully complete the course. Alert First Aid will issue certificates.
Limited spots available. Register early to avoid disappointment.
Register at: https://tinyurl.com/FirstAid735.
If you have questions, please contact Dianne Thompson, South Island Coordinator at 778-430-5459 or sicoord@fpsss.com

Safer Spaces
Tuesday, November 17th, 9:30am to 11:30am
Caring Families Office, 145-735 Goldstream Avenue
Facilitated by Victoria Sexual Assault Centre
We are excited to offer an in-person workshop where caregivers will learn about the Victoria Sexual Assault Centre's *Safer Spaces*.
The workshop will consist of discussions, interactive activities and multimedia resources. Join us for conversation, strategy, and snacks!
Register at: https://tinyurl.com/SafeSpace735

Fostering 101
Thursday, November 19th, 6:30pm to 8:30pm
Caring Families Office, 145-735 Goldstream Avenue
This session will offer open discussion.
Throughout the year we'll explore Ministry standards in depth through discussions, lived experience, and possibly a few guest speakers.
If you think you'll attend, please email Sandy at slcase@shaw.ca or Dianne at sicoord@fpsss.com so we can plan snacks accordingly. If you're not sure yet, no worries, drop-ins are always welcome.

Caregiver In-Person Coffee Mornings
Tuesday, November 24th, 9:00am to 12:00 noon
Tuesday, December 8th, 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.
For December's coffee morning I'd like to see you in your best Ugly Sweater for a prize!
Please R.S.V.P. to slcase@shaw.ca.

South Island Facebook (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 please request to be a member. We 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.
South Island Facebook page Foster Parent South Island Connection Group | Facebook

Ongoing First Aid Training
Caring Families Society believes in providing opportunities for caregivers to acquire the knowledge and skills essential for best practices in fostering. While First Aid certification is not mandatory for most foster homes, Safe Baby homes require Infant CPR. To assist with this, Caring Families Society organises group First Aid training sessions 2-3 times annually. In the absence of these group training, 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 (778-430-5459/1-888-922-8437 or sicoord@fpsss.com to discuss/arrange/request a subsidy prior to attending the course. If First Aid certification is a requirement of a care plan, please speak with your guardianship or resources worker about funding.



For those who face a tough question this holiday season...

Dear Lucy,

Thank you for your letter. You asked a very good question: "Are you Santa?"

I know you've wanted the answer to this question for a long time, and I've had to give it careful thought to know just what to say.

The answer is no. I am not Santa. There is no one Santa.

I am the person who fills your stockings with presents, though. I also choose and wrap the presents under the tree, the same way my mom did for me, and the same way her mom did for her. (And yes, Daddy helps, too.)

I imagine you will someday do this for your children, and I know you will love seeing them run down the stairs on Christmas morning. You will love seeing them sit under the tree, their small faces lit with Christmas lights.

This won't make you Santa, though.

Santa is bigger than any person, and his work has gone on longer than any of us have lived. What he does is simple, but it is powerful. He teaches children how to have belief in something they can't see or touch.

It's a big job, and it's an important one. Throughout your life, you will need this capacity to believe: in yourself, in your friends, in your talents and in your family. You'll also need to believe in things you can't measure or even hold in your hand. Here, I am talking about love, that great power that will light your life from the inside out, even during its darkest, coldest moments.

Santa is a teacher, and I have been his student, and now you know the secret of how he gets down all those chimneys on Christmas Eve: He has help from all the people whose hearts he's filled with joy.

With full hearts, people like Daddy and me take our turns helping Santa do a job that would otherwise be impossible.

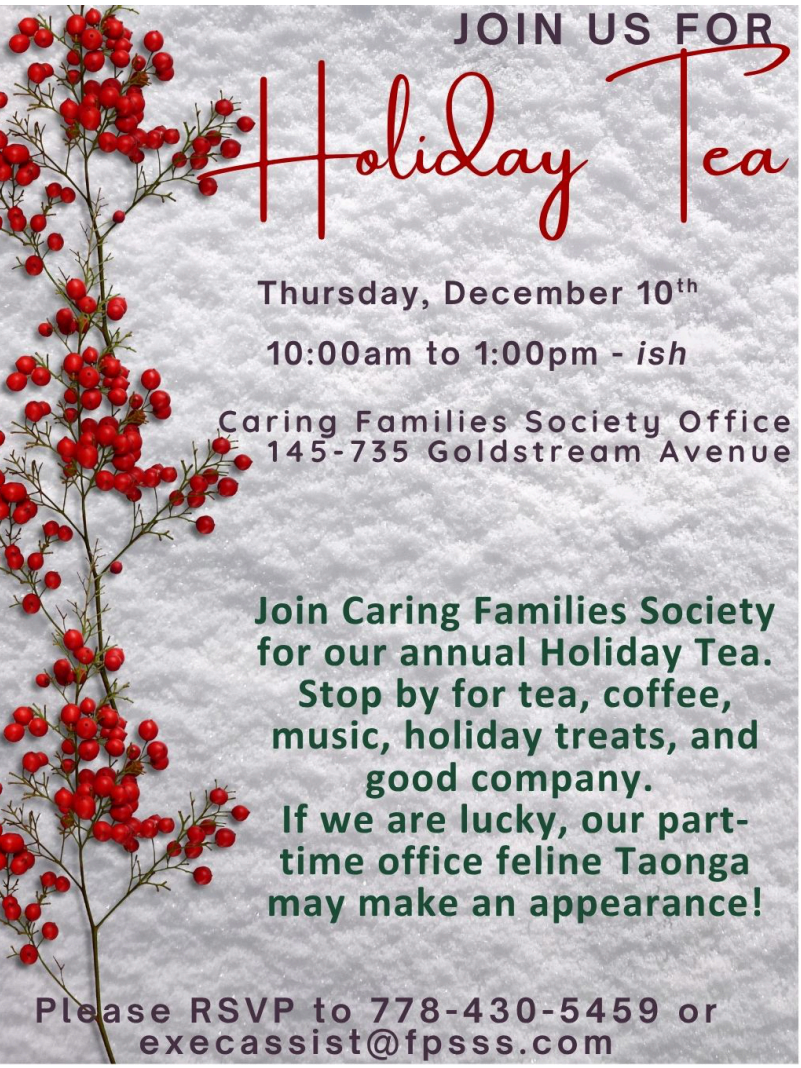
So, no. I am not Santa. Santa is love and magic and hope and happiness. I'm on his team, and now you are, too.

I love you and I always will.

Mama

https://archive.nytimes.com/parenting.blogs.nytimes.com/2009/12/16/no-longer-believing-in-santa/








Be sure to visit our tree!
Victoria Festival of Trees
November 18th to December 31st, 2026
The Bay Centre, Victoria
Caring Families Society is pleased to be participating in the 2026 Festival of Trees at The Bay Centre.
The Festival of Trees is a beloved holiday tradition brings together non profits, community groups and businesses to decorate trees inside The Bay Centre. Visitors "vote" for their favourites by making a donation to BC Children's Hospital Foundation.
Caring Families SOCIETY

CENTRAL ISLAND UPDATES AND UPCOMINGS

CENTRAL ISLAND Updates

Cowichan Valley
Sandra Beagley Cowichan Valley Local Coordinator

Nanaimo
Bonnie Cook, Nanaimo Local Coordinator

Cowichan Valley

Foster Caregiver Mornings
Foster caregivers enjoyed connecting with other amazing caregivers to ask questions, recharge, and share community resources at September's morning. October was Foster Caregiver Appreciation Month, so October's special morning had extra treats and prizes to celebrate foster caregivers' hard and heart work!

CVFP Local
The Local held their Dinner and AGM event and is excited to announce their 2026/2027 Board!

Cowichan Valley MCFD Partnership Meeting
MCFD's October Partnership meeting provided MCFD updates and supported discussion of assorted topics relevant to fostering. CFS shared information for upcoming training and social events.

Cowichan Valley Foster Parent Local Free Children's Clothing
CVFP Local continued to offer free gently used children and youth clothing to foster caregivers by appointment. Please text CVFP Local clothing coordinator Lisa at 250-818-3293 to arrange a date and time to access the free clothing.

Nanaimo

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

Creative Connections for Foster Caregivers
Foster caregivers connected while getting creative at these monthly crafting sessions. Each month focuses on diverse artistic creations!

How to Care Give During Times of Grief and Loss (Replay)
Registrants could access the recording to view at their own pace anytime during the two-week period. Grief and Loss are components of the fostering experience. Presenter Ashliegh Martinflatt explored how caregivers can provide care during these challenges.

Foster Caregiver Appreciation
To express appreciation and acknowledge the heart work caregivers do, Caring Families Society created and mailed out an inspirational and supportive calendar to caregivers.

Nanaimo MCFD held a Foster Parent Appreciation Open House on the morning of October 20th. CFS contributed towards snacks and made individual little gift bags for caregivers to take home.

Parksville MCFD resource workers arranged to hand deliver locally crafted chocolates to each of their foster and kinship caregivers. CFS arranged with MCFD to have CFS Caregiver's Tool Kit bags accompany the MCFD Chocolate deliveries.

CENTRAL ISLAND Upcoming Events

Cowichan Valley

Sandra Beagley Cowichan Valley Local Coordinator
250-618-8327 or dacoord@fpsss.com

Foster Caregivers Mornings
Wednesday, November 18th, 9:30am to 11:30am
Cowichan Community Centre, 2687 James Street, Duncan
Open to Foster Caregivers Only
Calling all Foster Caregivers! Connect with caregivers who understand the unique rewards and challenges fostering can have. Coffee, Teas, Snacks, and Prizes! Your Cowichan Valley Foster Parents Local and Caring Families Society's Area Coordinator Sandra host these mornings on the third Wednesday morning of the month. Please note that there is no gathering in December as there will be a special festive event that month instead! The Nitinat Room is on the second floor at the end of the hall. Watch your email for more details!

Cowichan Valley MCFD Partnership Meeting
Wednesday, December 2nd, 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 Stay for the whole meeting or as long as you can, 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 meeting date.

Free Clothing for Foster Families
Cowichan Valley Foster Parents Local offers free clean gently used kids clothing to foster caregivers. Foster caregivers can **text** CVFP Local Clothing Coordinator Lisa at 250-818-3293 to arrange access to the clothing.

Cowichan Valley Foster Family Festive Winter Celebration

Date, Time, and Location to be announced

The Cowichan Valley Foster Parents Local will be hosting their annual Foster Family Festive Winter Celebration again this year! Register your whole foster family for this fun and wonderful event. Each registered family will receive a Winter Celebration box filled with festive items PLUS a gift for each child or youth! More information with the registration link coming soon to foster caregivers' inboxes!



Nanaimo

Sandra Beagley Central Island Local Coordinator
250-618-8327 or cicoord@fpsss.com

Bonnie Cook, Nanaimo Local Coordinator
250-986-9092 or npcoord@fpsss.com

Foster Caregivers Mornings
Tuesday, November 10th, 10:00am to 11:30am
Tuesday, December 8th, 10:00am to 11:30am
#102-6421 Applecross Road, Nanaimo
These mornings are a great way 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 if desired and CFS will provide support, supplies, and tools. Foster caregivers, please check your emails for more details closer to the morning dates!



Part 1 Understanding Trauma[CLN]
Wednesday, November 4th, 9:00am to 12:00noon
Presented by Kerri Isham, Power Up Education

Open to all CLN Members!
Join other caregivers to learn more about the immediate and long-term effects of trauma. In this virtual workshop, you will learn about:

1. What is trauma?
2. Responses to trauma (freeze/flight/fight/appease)
3. Attachment styles
4. Long-term trauma response
5. Empathy and vulnerability
6. Children and Trauma
7. Trauma Support
8. Adverse Childhood Experiences (ACEs)
9. Resiliency



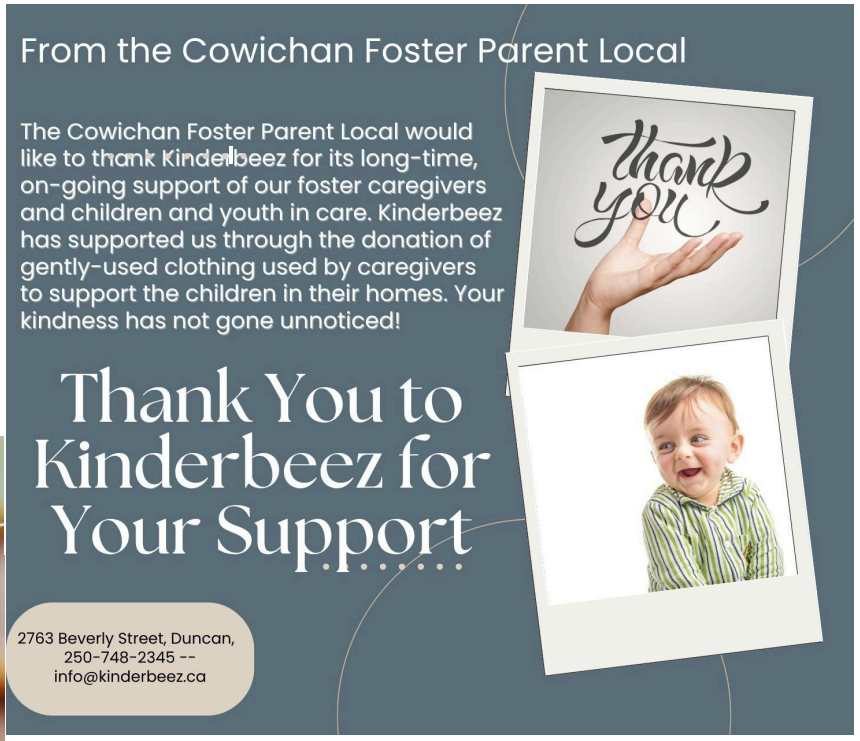
Kerri is a collaborative and inclusive educator, author, and award-winning presenter with 25 years' experience. She is the founder and lead educator of *Power Up Education*, dedicating her professional career to the safety of our children and responding to the needs of communities.
Register at: https://learn.fpsss.com/courses/KI13UT/

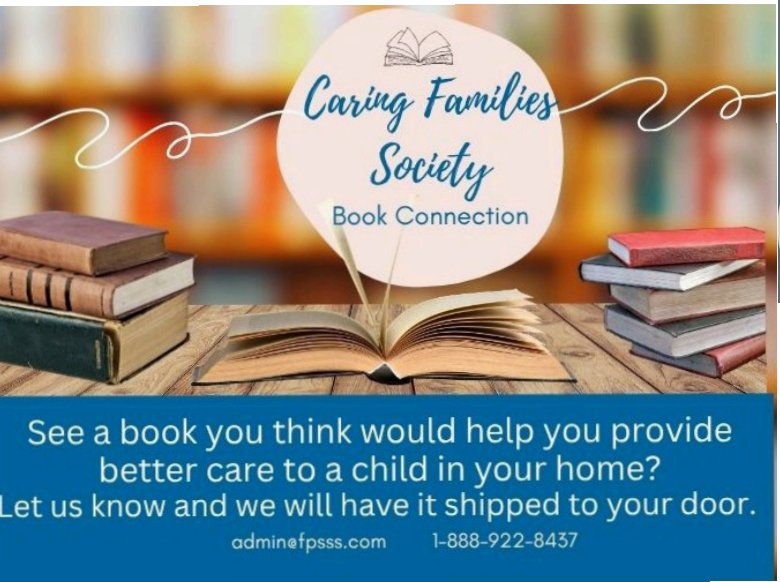


Big News in Port Alberni!

Something Big happened in Port Alberni this summer! Between June 10th and August 28th, the town was taken over by reality show Home Town Takeover Canada. Port Alberni was chosen from over 250 cities to receive a makeover. ***Check out the link below to see the transformation!***

https://citytvplus.ca/show/Home_Town_Takeover_Canada_531162





Therapeutic Books

Caring Families Society can arrange free home delivery of therapeutic books for foster caregivers. If you would like to request a book to 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.

HAVE YOUR SAY!

THE ISLAND CONNECTION MAGAZINE

Take a moment to share your thoughts about *The Island Connection* Magazine (Newsletter) with us.
Scan the QR Code and complete the survey online, or give us a call and talk to someone in person.



WE VALUE YOUR INPUT!

1. What do you most enjoy about *The Island Connection?*
2. What would you change about our magazine?
3. What would you like to see included in *The Island Connection*?
4. What would you like to be removed?
5. Would you prefer to receive *The Island Connectio*n only digitally?
6. Would you like to still receive a hard copy?
7. Are you familiar with QR codes and would you use them?

Caring Families SOCIETY

admin@fpsss.com

Phone 1-888-922-8437

PROVINCIAL SUPPORT AGENCY
CAREGIVER LEARNING NETWORK

Workshop	Date, Time	Facilitator	Registration Link
Part 1 Understanding Trauma	Wednesday, November 4th 9:00am to 12:00 Noon	Kerri Isham Power Up Education	**https://learn.fpsss.com/courses/KI13UT/**
Virtual Safe Babies	Mondays and Thursdays November 9th to November 26th 9:00am to 12:00 Noon	Interior Community Services	https://learn.fpsss.com/training/vsbnov2026/2026-11-09/
Trauma-Informed Transition Training for Kinship Caregivers	Monday, November 9 9:30am to 12:30pm	Jessica Humphries Caring Families Society	https://learn.fpsss.com/courses/tttk-nov2026/
Care Beyond Care - Supports for Youth Leaving Government Care	Tuesday, November 10th 10:00am to 11:30am	Bailey Ingram-Johnson Federation of BC Youth in Care Networks	https://teams.microsoft.com/meet/263347926374230?p=uMsi73iPWLidUSOP6y
On Demand	View the list of On Demand courses currently available by logging in to your CLN account		**https://learn.fpsss.com/on-demand-video-courses/**

Part 1: Understanding Trauma

Wednesday, November 4th, 9:00am to 12:00 Noon
Presented by Kerri Isham, Power Up Education

This workshop is open to Foster Caregivers, Out of Care / Kinship Caregivers and Contracted Agency Caregivers and is Part 1 of a three-part workshop. Kerri Isham is a knowledgeable, collaborative, and inclusive education with over 25 years of experience. She is the founder and lead educator of Power Up Education
In this workshop, you will learn
What Trauma is; Responses to trauma (freeze/flight/fight/appease); Attachment Styles; Long-term trauma response; Empathy and Vulnerability; Children and Trauma; Trauma Support; Adverse Childhood Experiences (ACEs); and Resiliency
Register at https://learn.fpsss.com/courses/KI13UT/

Virtual Safe Babies

Mondays and Thursdays, November 9th to November 26th, 9:00am to 12:00 Noon
Facilitated by Interior Community Services – Support to Family Care Network Team

This workshop is open to Foster Caregivers, MCFD staff, ICFSA staff and community partners .
The Safe Babies Foster Caregiver training was developed by Caring Family Society for Foster Caregivers caring for children under the age of three who have been exposed prenatally to drugs and/or alcohol.
Register at https://learn.fpsss.com/courses/vsbNov2026/
Please Note: You must attend all six sessions to receive your Safe Babies certificate. CPR-C (Infant CPR) is also required.

KINSHIP Trauma-informed Transition Training

Monday, November 9th 9:30am to12:30pm
Facilitated by Jessica Humphries

Kinship Caregivers will learn transition strategies, connect with peers in a dedicated online community, and share information that contributes to successful transitions. Caregivers trained in creating trauma-informed transitions can improve the outcomes for the children and youth transitioning in Kinship Care.
Register at https://learn.fpsss.com/courses/tttk-nov2026/

Care Beyond Care

Tuesday, November 10th, 10:00am to 11:30am
Facilitated by: Bailey Ingram-Johnson
The Federation of BC Youth in Care Networks

Open to Everyone in BC!
Youth leaving any type of government care have dreams and goals and can successfully launch into the adult world with the right post-majority connections and assistance. Bailey facilitates this engaging presentation which highlights the many supports and resources available to youth leaving government care.
Register at https://learn.fpsss.com/courses/cbc/

Indigenous Veterans Day November 8th

Remembrance Day November 11th

Canada is a multicultural society. We celebrate and embrace holidays and days of significance from a range of cultures, along with secular events that cross all cultures (Pink Shirt Day, Orange Shirt Day, Mothers' and Fathers' Day). Some are festive and fun, most include food and family, and all can bring us together and bridge the assumptions and misconceptions that divide us.

But sometimes, *celebrate* isn't quite the right word. We don't celebrate Indigenous Veterans Day and Remembrance Day so much as honour them and those who stood up for what they believed in. We remember. We remember so the lives lost were not in vain. This year, the importance of remembering those who serve resonates more deeply than it has in the past few years. We were reminded of the cost of service. We were reminded that not all battles are fought on the battlefield and that not all lives that are lost are lost in far away places with names that are unfamiliar to us. Sometimes the loss takes place in our own backyard.

The Board and Staff of Caring Families Society stand as one to honour those who serve Canada around the world and at home. We wish peace and comfort for the mothers and fathers; partners and children, friends and comrades of those who have passed. We are grateful to those who give so much and ask so little in return.

The Poppy is a powerful symbol of Remembrance. From October 24 through to Remembrance Day, millions of Canadians wear a Poppy as a visual pledge to never forget those who served and sacrificed. The red flower also is the symbol of the Legion's Poppy Campaign, raising funds to support Veterans and their families in need. We invite everyone across the country to show their recognition by proudly wearing this symbol of Remembrance.



How to wear your Poppy: The Legion's lapel Poppy is a sacred symbol of Remembrance and should not be affixed with a pin that obstructs the Poppy. The Poppy should be worn on the left side, over the heart.

When to wear your Poppy: The lapel Poppy should be worn during the Remembrance period, from October 24 until November 11. The Legion encourages the wearing of Poppies at funerals of Veterans, and for any commemorative event such as a memorial service, or the anniversary of the Battle of Vimy Ridge.

https://www.legion.ca/remembrance/the-poppy

Daylight Savings Safety

About Pacific time (PCT)
B.C. has adopted permanent year-round daylight saving time, or Pacific time (PCT), to improve people's overall health, reduce disruptions for families, simplify scheduling and provide an extra hour of evening light during the winter months…
People and businesses need to prepare for November 1, 2026, when clocks would usually be turned back, but now will remain the same. At that point, the transition
Evidence suggests there are many benefits to ending the seasonal time change, including:
More consistency and fewer disruptions to sleep patterns, school schedules, and daily routines
More usable light in the evenings in winter, allowing more leisure time, participation in outdoor activities and consumer activity
https://www2.gov.bc.ca/gov/content/governments/celebrating-british-columbia/daylight-saving-time

Cautions...
British Columbia's move to permanent daylight saving time is being welcomed by many residents, but experts warn the change could come at a cost to children's sleep, road safety and workplace productivity.
Dr. Patrick Baylis, an associate professor of economics at the University of British Columbia, co-authored a study published in the Canadian Medical Association Journal that argues permanent standard time would be the healthier choice.
"We see that when people are exposed to light later in the day, when their sunrises are later, they just sleep less," he said.

Darker mornings raise safety concerns
One of the most immediate concerns is what the change could mean for children travelling to school during the darkest months of the year.
With daylight arriving later, students could be walking, cycling or waiting for buses in darkness while commuters are also on the roads.
School districts in Greater Victoria are preparing families for the change, with safety messaging aimed at making children more visible to drivers.
Paul Block, superintendent of the Sooke School District, says families and school staff will need to be mindful of the new morning conditions.
"We really need to think about the safety of our kids, of our families and of our staff," Block said.
On Nov. 6, the Victoria, Saanich and Sooke school districts will take part in an initiative called "Let's Get Visible," raising awareness about darker winter mornings and encouraging safer travel habits across the capital region.
Block says planning ahead and making visibility a priority will be essential.
"The key message right now is really about planning your trip so that you know where you're going, what routes that you're going to be taking, and the other piece of that is being visible," he said.
Reflectors will be distributed to students in the participating school districts to help them stand out in low light.
Drivers are also being urged to adjust their habits, particularly around schools and other areas where children are likely to be crossing roads.
Block says motorists should slow down, pay closer attention to their braking and remain alert in high impact areas.

https://www.ctvnews.ca/vancouver/vancouver-island/article/permanent-daylight-saving-time-in-bc-could-affect-kids-productivity-and-winter-mornings/

Be Seen Be Safe Be Savvy

FOSTER HOPE UPCOMING SESSIONS AND CONTACTS



FOSTER HOPE INFORMATION SESSIONS			
Wednesday	November 4th	6:30pm to 7:30pm	https://tinyurl.com/3khfm2bj
Wednesday	November 18th	12:00 noon to 1:00pm	https://tinyurl.com/rs6jmkws
Wednesday	November 25th	6:30pm to 7:30pm	https://tinyurl.com/8uwywy24
Wednesday	December 2nd	12:00 noon to 1:00pm	https://tinyurl.com/4nn94vkh
Wednesday	December 9th	6:30pm to 7:30pm	https://tinyurl.com/3ccnktey
Wednesday	December 16th	12:00 noon to 1:00pm	https://tinyurl.com/4zvvxcut


MCFD NORTH ISLAND
250-949-8011
RHONDA WALL
fosterhope
Together, we can make a difference.
MCFD CAMPBELL RIVER
250-286-7542
RESOURCE TEAM
Become a
FOSTER CAREGIVER
On Vancouver Island
USMA PORT ALBERNI
250-724-3232
JULIA HUNTER
MCFD COMOX VALLEY
250-897-5728
JANNA MCKENZIE
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 UPDATES AND UPCOMINGS

UPPER ISLAND Updates

Comox Valley
Nicole Emerson Comox Valley Local Coordinator

Campbell River
Judy Hollywood Bonnett, Upper Island Local Coordinator

Comox Valley

AI Workshop
The AI Presentation a was a big success! Presenters came from Royal Roads University and delivered a presentation on AI and how children and youth are using it. Breakfast was served while we sat and listened. Thank you to all of you who attended!

Comox Valley Safe Babies Group
September and October's meetings covered *FASD Working With Parents with Cognitive Challenges* and *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!

Caregiver Lunch and Learn
October's Lunch and Learn was a wonderful opportunity to get together over a potluck lunch and get to know one another better. This was especially nice for the new foster caregivers in attendance.

Fall Pumpkin Festival
Foster families gathered to celebrate Fall at Coastal Black Farm.

Campbell River

Campbell River Foster Parent Association September's and October's coffee meetings were open to all Campbell River foster caregivers.

Partnership Meeting
Caregivers, MCFD staff, and our FCH support team met to welcome Shawna Steveson, the new Team Leader and discuss local fostering questions about the CIC Daycare subsidy application and foster home recruitment.
Caregiver Lunch and Learn
The group checked in on recent care home happenings and identified topics for future sessions.

Safe Babies Network
Mary Catherine Williams, Regional Safe Babies Coordinator, led online Knowledge Exchanges presentations for Safe Babies caregivers. We welcome all Campbell River Safe Babies caregivers at our monthly support and learning group either in person or online.

Foster Family Appreciation Month
Our Resources Team and MCFD Workers and Staff celebrated our caregivers and all they do for the children and youth in their care by delivering appreciation gifts to caregivers' homes.
CFS hosted our Comox Valley and Campbell River foster families' Pro-D Day to Pumpkin Fest at Coastal Black Estates. As always, the turn out was great! Thank you to everyone who attended.

UPPER ISLAND Upcoming Events

Comox Valley
Nicole Emerson Comox Valley Local Coordinator
250-986-7929 or cvcoord@fpsss.com

Safe Babies Caregiver Meeting and Knowledge Exchange
Thursday, November 19th, 10:00am to 11:30am
The Foundry, 575 10th Street, Courtenay
Topic Part 1: Working with complex parents: How do we assess risk and vulnerability through a lens of relationship and attachment?
Thursday, December 10th, 10:00am to 11:30am
The Foundry, 575 10th Street, Courtenay
Topic Part 2: Working with complex parents: What do we do when we are concerned about risk and vulnerability?
Safe Babies Caregivers meet in person at The Foundry for the monthly virtual *Safe Babies Knowledge Exchange*. These gatherings include discussion to keep your caregiver skills current and an opportunity to connect with other caregivers.Experienced caregivers and an MCFD Resource worker are present to offer support and information. If you cannot attend in person, call Nicole for the Zoom link and join virtually. cvcoord@fpsss.com.

Winter Event
Stay tuned! A fun winter get together will be planned. The date and time will be announced at a later date.

Foster Caregiver/MCFD Partnership Meeting
The next meeting date and time will be announced soon. We look forward to seeing you there!

Campbell River

Judy Hollywood Bonnett, Upper Island Local Coordinator
250-204-1566 or uicoord@fpsss.com

Please carefully note the CR Family Service room locations of in-person events.

Caregiver Lunch and Learn
Thursday, November 12th, 11:30am to 1:00pm
Presenter Victoria Morton – Mental Health Topic
CR Family Services, ART ROOM, 487-10th Avenue
Thursday, December 17th, 11:30am to 1:00pm
Caregiver Festive Potluck - everyone welcomed.
CR Family Services, Boardroom, 487-10th Avenue
Caregiver Lunch and Learn is your space to connect with peers, build community, and engage with practical learning. Bring your lunch or join us for the light refreshments supplied. Details about December's festive potluck to come. Contact Lindsy, Heidi, or Judy for more information.

Foster Caregiver/MCFD Partnership Meeting
Tuesday, November 17th, 9:30am to 10:30am
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 care home support team. We encourage caregivers to take this hour to share your fostering concerns and learn about local fostering trends and MCFD updates. Contact co-chairs, Tom Robinson at sunrisestart@hotmail.com or Shawna at shawna.stevenson@gov.bc.ca for more information or to suggest a discussion topic.

Safe Babies Caregiver Meeting and Knowledge Exchange
Thursday, November 19th, 10:00am to 11:30am
Topic Part 1: Working with complex parents: How do we assess risk and vulnerability through a lens of relationship and attachment?
CR Family Services, ART ROOM 487-10th Avenue
Thursday, December 10th, 10:00am to 11:30am
Topic Part 2: Working with complex parents: What do we do when we are concerned about risk and vulnerability?
CR Family Services BOARDROOM, 487-10th Avenue
(Third Thursday of the month, except December)
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.

Foster Caregiver In-person Coffee Meeting
Tuesday, November 24th, 10:00am to 11:30am
CRFPA to announce host by email.
No December coffee group – Join us at December's caregiver Potluck.
(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@fpsss.com.

December Foster Family Holiday Party
Your CRFPA is coordinating with Santa to finalise plans for our family event. Please watch for updates or contact Judy at uicoord@fpsss.com or call/text 250-204-1566. Your Campbell River Foster Parent Association and the CFS Society are pleased to arrange this Foster Family event.

Becoming a Foster Parent in Campbell River
If you have a friend, co-worker, neighbour, or childcare provider interested in becoming a foster parent in the Campbell River area, please have them contact MCFD at 250-286-7542 and ask to speak with a Resource Worker. MCFD is recruiting caregivers to provide teen placements, placements for large sibling groups, and short-term and flexible placement homes who can team with biological families. See Pages 12-13.

Safe Babies Caregiver Meeting and Knowledge Exchange





Thursday, November 17th, 10:30am to 11:30am
Topic: Part 1: Working with complex parents: How do we assess risk and vulnerability through a lens of relationship and attachment?
Based on a presentation at the Perinatal Mental Health and Substance Use Conference, we will explore the reactions and responses. "Perinatal substance use is often approached through a lens of risk; risk to the fetus, risk to the newborn, and risk to self. While risk assessment plays an important role in care planning, an overemphasis on risk can unintentionally reinforce stigma, erode trust, and create barriers to engagement for perinatal clients". We will explore some strategies to think deeply about this and explore how we can collaborate to ensure safety and empowerment.

Thursday, December 10th, 10:30am to 11:30am
Topic: Part 2: Working with complex parents: What do we do when we are concerned about risk and vulnerability?
Following the topic presented in November, we will have further discussion about how to respond when we have concerns about a child or parent's safety and well-being.
How do we assess? Who do we tell? What else should we do?

To access the Safe Babies Knowledge Exchange, contact your Caring Family Society Coordinator or register on the Caregiver Learning Network (through the Caring-Families calendar. https://learn.fpsss.com/courses/vi-sb-monthly/

For what it's worth: it's never too late or, in my case, too early to be whoever you want to be. There's no time limit, stop whenever you want. You can change or stay the same, there are no rules to this thing. We can make the best or the worst of it. I hope you make the best of it. And I hope you see things that startle you. I hope you feel things you never felt before. I hope you meet people with a different point of view. I hope you live a life you're proud of. If you find that you're not, I hope you have the courage to start all over again.

Eric Roth

The Island Connection is Changing

You may have noticed that the last few editions of *The Island Connection* have looked a little different. We are making changes to our newsletter, now called a magazine. Check out Page 9 for information on our *The Island Connection* survey and how to have your input on how things will look moving forward.

For this edition of *The Island Connection* in particular, we ask for a little of your grace. This is the first edition created on a new platform. We have used Microsoft's Publisher program for our magazine for many years and this program is no longer available. Our publishing crew have spent many hours working with the new program and there are still some bugs and challenges to work out. The next edition will be better and will hopefully include some of the feedback you provide. In the meantime, thank you for your patience and understanding.



SAFE BABIES

KNOWLEDGE EXCHANGE



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/

NORTH ISLAND Updates

Foster Family Appreciation Month
MCFD Resources Team Workers and Staff celebrated our caregivers and all they do for the children and youth in their care with appreciation gifts for each caregiving home.

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? It's an ideal way to stay in the loop.
Send your membership requests to Cheryl Jorgenson at c.jorgenson@nicommunityservices.ca or Judy uicoord@fpsss.com.

Safe Babies Network
Mary Catherine Williams, Regional Safe Babies Coordinator, led online Knowledge Exchanges presentations for Safe Babies caregivers. September's topic was *Supporting Parents with FASD* and October's topic was *Sleep - Why it Matters and How to Get Some!*
We welcome all North Island Safe Babies caregivers at our monthly online learning group.

Appreciation
We thank the North Island foster caregivers for their commitment 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 Upcoming

Safe Babies Caregiver Meeting and Knowledge Exchange
Thursday, November 19th, 10:30am to 11:30am
Topic Part 1: Working with complex parents: How do we assess risk and vulnerability through a lens of relationship and attachment?
Thursday, December 10th, 10:30am to 11:30am
Topic Part 2: Working with complex parents: What do we do when we are concerned about risk and vulnerability?
This is a hybrid event. Join online via the Zoom link found in on Caregiver Learning Network https://learn.fpsss.com.
Mary Catherine Williams, Regional Safe Babies Coordinator, facilitates online Knowledge Exchange sessions providing a monthly opportunity for Safe Babies caregivers to refresh their skills and connect with their Vancouver Island peers. For more information about the Knowledge Exchange or for Safe Babies caregiver support, contact Mary Catherine at safebabies@fpsss.com. For more information about our meetings or your copy of the Knowledge Exchange PowerPoint slides, contact Judy at uicoord@fpsss.com.

CLN Virtual 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 at uicoord@fpsss.com or admin@fpsss.com for details.

Becoming a Foster Parent 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.





Best Wishes to Ros Pringle

Caregivers and ministry staff from across Vancouver will know the name Ros Pringle. Ros has worked with caregivers across Vancouver Island in a variety of supportive roles. Ros brings unconstrained energy to everything she does. Whether it is as a caregiver support resource, a BCFCE facilitator, an Investigation and Resolution, or Mentor facilitator, or a Zumba instructor, Ros leaves a lasting memory. We will miss her knowledge, her wisdom, her humour, her compassion, and her...*Ros-ness*.



Ros, we hope you find a sunny spot and a tropical drink on a warm beach somewhere to rest in between the exciting adventures that await. We have no doubt you will not sit for long before you are up and dancing in the sand.

Thank you for sharing your time and your heart.

Foster Parent Rights

BRITISH COLUMBIA
Ministry of Children and Family Development

To help ensure that children and youth in care receive the best possible care, foster parents have the following rights:

1. The right to continuing professional development opportunities with respect to caring for children, and to participation in professional foster parent associations.
2. The right to be consulted and be able to have meaningful input into decisions affecting the foster parents home, family and other placements in the home.
3. The right to be involved in the development of the child's Plan of Care and informed of changes to the plan.
4. The right to limit access to private spaces within their own home, to special possessions, and to private or personal conversations, in the same way their own children are limited.
5. The right to refuse a placement if they feel they cannot meet the child's needs regardless of the home level.
6. The right to be able to continue to participate in cultural, social and religious activities of their choosing, while honouring rights, values and beliefs of the foster child.
7. The right to be considered as a permanent family for a child, along with all other suitable homes if the Director determines that a permanent plan is in the child's best interest.
8. If requested and permitted by legislation, the right to be provided with notification of the serious illness, injury, or death of a former long-term placement, when this information is known.
9. The right to receive available information for the care of the child, including, but not limited to, any history of violence or illegal activity, as well as medical, educational, behavioural, personal care and relevant family information in addition to guardianship, custody and access arrangements. In the case of an emergency placement, information is received as soon as possible.
10. The right to be provided as soon as possible with reasons when a child is removed from a foster parent's home.
11. The right to be informed of standards expected by ministry staff and consequences of not meeting the standards.
12. The right to access information contained in any and all documents related to themselves which are held in the Director's custody, subject to all relevant legislation.
13. The right to access support of their choosing, and the right to be assisted in contacting the British Columbia Federation of Foster Parent Associations, the Federation of Aboriginal Foster Parents, or any other support provider or agency on any issues concerning, but not limited to, Child in Care Standards and Conflict Resolution.
14. The right to be provided with reasons an agreement is terminated or suspended and the right to appeal the decision.
15. The right to be treated with consideration, trust, honesty, respect, acceptance, and fairness in all circumstances by ministry staff and community service providers and the right to request the ministry's assistance when situations arise that involve verbal or physical abuse of the foster parent by a child or youth in care or their family members.
16. The right to be informed of their Rights and the regional process or protocol for resolving differences or disagreements between the ministry and foster parents.
17. The right to receive services to support and stabilize a placement.
18. The right to be provided with access to support services when placements are terminated to minimize the foster parents' feelings of disruption and grief.



The Foster Family Handbook, pages 58-59

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

Caring Families Society Contact Information			
Fax 778-430-5463		Phone	Email
Caring Families Society Board of Directors			
Chairperson	Karyn Cooper	1-888-922-8437	admin@fpsss.com
Vice Chairperson	Jo Axe	1-888-922-8437	admin@fpsss.com
Caring Families Society Personnel			
Executive Director	Mandy Paisley	778-430-5459	execdirect@caring-families.ca
Executive Assistant	Krista Shelkey	778-430-5459	execassist@fpsss.com
SVI Coordinator	Dianne Thompson	236-562-7921	sicoord@fpsss.com
Communication Coordinator	Zoe Gray	778-430-5459	community@fpsss.com
Cowichan Valley/Central Island Coordinator	Sandra Beagley	250-618-8327	dacoord@fpsss.com cicoord@fpsss.com
Nanaimo Coordinator	Bonnie Cook	250-986-9092	npcoord@fpsss.com
Comox Valley Coordinator	Nicole Emerson	250-986-7929	cvcoord@fpsss.com
Upper Island Coordinator	Judy Hollywood Bonnett	250-204-1566	uicoord@fpsss.com
Regional Safe Babies Coordinator	Mary Catherine Williams	250-703-6135	safebabies@fpsss.com
Regional Mentor Coordinator		1-888-922-8437	admin@fpsss.com
Recruitment Coordinator	Eva Vowles	778-430-5459	fosterhope@fpsss.com
Investigation and Resolution Support Team			
Regional Team Coordinator	Dianne Thompson	1-888-922-8437 778-439-5459	sicoord@fpsss.com
South Island Local			
President	Sandy Case	250-478-2782	slcase@shaw.ca
Secretary Treasuer	Sam Taylor	250-686-3353	s.taylor44@shaw.ca
Nanaimo Area Local			
Contact	Bonnie Cook	250-986-9092	npcoord@fpsss.com
Parksville Area Local			
Contact	Sandra Beagley	250-618-8327	dacoord@fpsss.com cicoord@fpsss.com
Cowichan Local			
President	Arin Reim		cvfplocal@gmail.com
Vice President	Patricia Kiteke		cvfplocal@gmail.com
Campbell River Local			
Contact	Tom Robinson	250-204-9050	sunrisestart@gmail.com
Contact	Judy Hollywood Bonnett	250-204-1566	uicoord@fpsss.com

Mission Statement

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



Funding: Caring Families Society is a Registered Society that is funded through contracts with the 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
145-735 Goldstream Avenue
Langford BC V9B 2X4
Phone: 1-778-430-5459
Fax: 778-430-5463
Toll Free: 1-888-922-8437

Websites
caring-families.ca
fosterhope.ca

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

The Island Connection Magazine
Published five times per year and mailed free of charge to foster families and MCFD offices in the Vancouver Island Region

The Island Connection information
Eva Vowles
778-430-5459
fosterhope.ca

We welcome letters or comments

How are we doing? Do you have comments? Suggestions? Queries?

Contact us anytime Toll-Free at 1-888-922-8437
778-430-5459 (Victoria)
250-618-8327 (Central Island)
admin@fpsss.com

Caring Families Society Offices

Regional Office
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Nanaimo Office
102-6421 Applecross Road
Nanaimo BC V9V 1N1
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Foster and Kinship Caregivers Make a Difference

For all you do...we thank you



Caring Families Society

Become a Foster Caregiver ✿ **Provide Relief** ✿ **Spread the Word**

Foster Caregivers Foster Hope
You're there for the kids; We're Here for You
Serving the Vancouver Island Region
Toll-Free at 1-888-922-8437
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