

# BC FEDERATION OF FOSTER PARENT ASSOCIATIONS

**Annual General Meeting 2021**

**September 25, 2021**

**Coast Kamloops Hotel & Conference Centre**

**1250 Rogers Way, Kamloops, BC**



# ON-DEMAND WEBINARS

in partnership with the Crisis and Trauma Resource Institute

At BCFFPA, our priority is to support the growth and professional development of foster parents and others who work with children and youth in and from the foster care system. We have partnered with the Crisis and Trauma Resource Institute to give you access to three webinars for an entire year from September 24, 2021–September 23, 2022. **Access is FREE for all foster and adoptive parents.** Download your certificate upon completion of each webinar and post-test.

## Webinar 1: Anxiety in Children and Youth - Practical Intervention Strategies

Childhood and adolescence are critical times for emotional and psychological development. During these stages, anxiety patterns can begin that continue into adulthood. Having caregivers who are equipped to support and teach children and youth skills for managing and interrupting their anxiety patterns is crucial for early intervention. This webinar will provide a structure for understanding how anxiety works in the nervous system. Participants will also learn a range of strategies that can be taught and practiced with children and youth to decrease anxiety and expand the capacity for managing emotions and anxious thought patterns.

### Learning Objectives

Upon completion, participants should be able to:

- Define the role of anxiety
- Explain how anxiety manifests in the brain and the body
- Describe signs of regulation in the body and the mind
- List strategies for increasing regulation and reducing anxiety

### About the Trainer: Sheri Coburn, MSW, RSW

Sheri is a Registered Social Worker who holds a Master of Social Work degree and a Bachelor's degree in Criminology. Sheri is also a counsellor and provides individual and family counselling in the areas of mental health, addiction, recovering after relationship breakdown, and trauma. Sheri believes humor, self-acceptance, and social connection is the best framework for successful healing and meaningful learning.



## Webinar 2: Gender and Sexual Diversity in Youth

Gender and sexuality are central features of identity development in adolescence. Participants of this webinar will develop an awareness and understanding of what this experience can be like, enabling them to create more accessible and welcoming environments for lesbian, gay, bisexual, transgender, two-spirit, queer, and all individuals expressing the diversity of sexuality and gender.

### Learning Objectives

Upon completion, participants should be able to:

- Distinguish between gender identity and sexual orientation
- Identify typical areas of vulnerability and concern for LGBT2SQ+ youth
- List key strategies for incorporating an Affirmative Approach into one's setting

### About the Trainer: Vicki Enns, MMFT, RMFT

Vicki Enns is the Clinical Director of the Crisis and Trauma Resource Institute. Vicki also has a private practice where she specializes in the area of trauma recovery for individuals, couples, and families. She is also an instructor in the graduate program for Marriage and Family Therapy at the University of Winnipeg. Vicki believes that it is essential for helpers to continue learning and developing their self-awareness alongside evolving clinical skills.



## Webinar 3: Wellness Strategies - Stress, Compassion Fatigue, and Resilience

In many organizations it is common to find employees suffering from the adverse effects of stress, which can lead to loss of focus, productivity, and well-being. In the helping field, there are additional factors related to the nature of supporting people that can contribute to compassion fatigue or secondary trauma symptoms. This webinar will help participants identify personal stress factors and introduce them to practical strategies for managing stress and increasing resilience.

### Learning Objectives

Upon completion, participants should be able to:

- Identify the causes and signs of stress, burnout, compassion fatigue, and compassion satisfaction
- List areas of strength and vulnerability in one's own work wellness
- Describe skills to reduce stress and increase resilience

### About the Trainer: Vicki Enns, MMFT, RMFT

Vicki Enns is the Clinical Director of the Crisis and Trauma Resource Institute. Vicki also has a private practice where she specializes in the area of trauma recovery for individuals, couples, and families. She is also an instructor in the graduate program for Marriage and Family Therapy at the University of Winnipeg. Vicki believes that it is essential for helpers to continue learning and developing their self-awareness alongside evolving clinical skills.



## WEBINAR REGISTRATION FORM

**\*Webinar access is FREE for foster/adoptive parents and \$75 for MCFD/DAA/Agency Staff.**

**\*This form is for webinar registration only. To register for the AGM, please go to page 3.**

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Email address: \_\_\_\_\_ Phone/cell: \_\_\_\_\_

I'm a  Foster Parent  Adoptive Parent  Support Agency Staff  MCFD/DAA Staff

BCFFPA Member #: \_\_\_\_\_

### PAYMENT

My cheque is enclosed payable to BC Federation of Foster Parent Associations

I authorize BCFFPA to charge my credit card the amount of \$75

VISA/MC \_\_\_\_\_ EXPIRY DATE \_\_\_\_\_

Cardholder's Signature \_\_\_\_\_

Mail, email or fax completed registration form to the BCFFPA Provincial Office by September 3, 2021 to have full-year access.  
BCFFPA, 208-20641 Logan Avenue, Langley, BC V3A 7R3 | Email: [ronda@bcfosterparents.ca](mailto:ronda@bcfosterparents.ca) | Fax: 604-544-2223

Your receipt will be mailed/emailed within 5 days of receipt of your registration in the BCFFPA office. You will have access to three on-demand webinars for one year beginning September 24, 2021. For questions, please call 1-800-663-9999 or email [office@bcfosterparents.ca](mailto:office@bcfosterparents.ca) if you have any questions.



# BCFFPA AGM 2021 REGISTRATION FORM

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Email address: \_\_\_\_\_ Phone/cell: \_\_\_\_\_

I'm a  Foster Parent  Support Agency Staff  MCFD/DAA Staff  Other \_\_\_\_\_

BCFFPA Member #: \_\_\_\_\_ I'm attending the AGM  In person  Virtually

*If you are attending the AGM in person, there is no fee for meals. Breakfast and lunch will be provided.*

Please note any special dietary considerations:  Gluten free  Vegetarian  Vegan

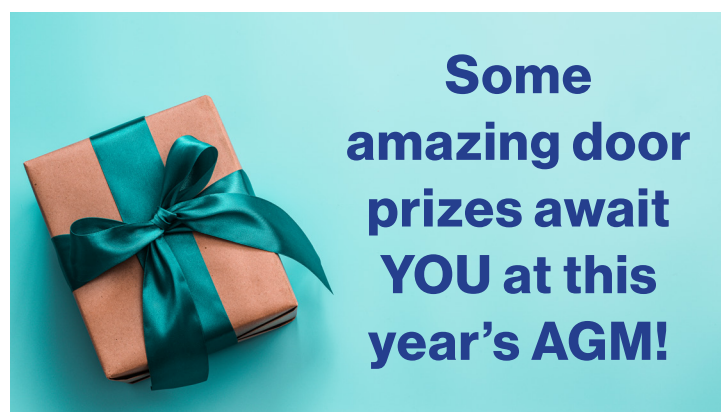
Food allergies: \_\_\_\_\_

## AGM Schedule | September 25, 2021

7:30am to 8:30am Breakfast & Registration  
Ballroom B

9:00am to 12:00pm Annual General Meeting  
Ballroom A

12:00pm to 1:00pm Lunch  
Ballroom B



## IMPORTANT NOTES

**ACCOMMODATIONS:** Accommodation is NOT included. If you need to book a hotel room, there is a special rate of \$150 for a Comfort Room (1 or 2 queen bed/s). Please make your reservations by August 20, 2021. Please call the Coast Kamloops Hotel & Conference Centre at 1-250-828-6660 and quote “Event - BC Federation of Foster Parent Associations”.

**REGISTRATIONS (IN PERSON AND VIRTUAL AGM ATTENDANCE):** All registration forms must be received by the BCFFPA Provincial Office by September 3, 2021. To register for the webinars, please go to page 2.

**IN-PERSON ATTENDANCE LIMIT:** As of release of this registration package, the AGM will be limited to a maximum of 50 people. Please register as soon as possible. We will be complying with the Public Health Officer's recommendations.

**VIRTUAL ATTENDANCE:** Details will be emailed to members by September 20, 2021. Unfortunately, only voting members (current active) will be given the Virtual Attendance Package. We will be using the Zoom platform. Interested sector stakeholders are welcome to watch via YouTube Live.

**CHILDCARE:** Childcare is not provided for the AGM.

Mail, email or fax completed registration form to the BCFFPA Provincial Office by September 3, 2021.  
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