

fosterlineBC

BC Federation of Foster Parent Associations

Celebrating BC's 25th Foster Family Month



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The BCFFPA is a provincial organization for foster parents, run by foster parents. We are a registered Society aiming to bring foster parents, social workers and others together in order to continuously improve the standard of care for BC's children in care. BCFFPA provides education, training and professional development as well as advocacy, support and assistance for the foster parents of BC.

**FosterlineBC** is a quarterly publication.

**Submissions**—Forward articles, personal stories or ideas to the BCFFPA office. Materials may be edited for length and suitability.

**Advertising**—Please contact the BCFFPA office for advertising opportunities, sizes and rates.

## President's Report

Hello everyone,

Well here we are one year out from our 2016 AGM in Nanaimo—a change from our expected location due to an unsatisfactory site inspection. Where does the time go?

We've confirmed that BC will be celebrating our 50th year in 2017 by hosting the Canadian Foster Family Association conference in conjunction with our own AGM. I know its along time away but we wanted to give you plenty of time to save your pennies. We have secured the Fairmont in Whistler for the event. We are so pleased to get such a great rate! You may want to make it a mini getaway by adding a couple days to just enjoy the surroundings. Either way you may not see rates like this in Whistler again so take some time for your self-care.

I had the opportunity to tag along on the recent Vancouver Island Rider Insurance workshop series. What a hoot! Got to meet some amazing foster parents, some social workers and some Team Leads. We talked a lot about insurance and a little about some issues with fostering. A huge thank you to Dan Malone, the Board and regional coordinators of FPSSS and MCFD for setting this up!

Provincially we have been working on many initiatives! The new caregiver education and Resource Worker training projects have started and we are excited to be involved. Our advocacy program has taken us to the north region and I am so pleased that the Ministry came to the table to resolve the issues at hand. It's been a while since a simple meeting has initiated such dialogue resulting in some significant changes in a community.

We have a new Local in the Smithers/Houston. Congrats to all members there and we look forward to some great things from this very hard-working body.

Russell Pohl  
President

### Our Mission

The BCFFPA represents and supports all Foster Parents to provide quality in-home foster care in British Columbia

### Our Vision

Supporting children and youth to reach their full potential through excellence in foster care

### Our Belief

Resilient Foster Parents = Empowered Children and Youth



## Notes from the Office

Happy Foster Family Month to all of our foster caregivers in BC!

The Ministry has invited BCFFPA's president and myself to attend the Provincial legislature event in October in order to honor foster parents who have been providing care to children for over 45 years. It's a surprisingly large number and we are thrilled to be present at the occasion.

The caregiver education and resource worker training projects are now underway and the working groups will be commencing on the necessary topic development and revision very soon. Our vision is to have a comprehensive new education program for caregivers within the next year.

I was delighted to meet once again with the National Executive Directors team prior to the CFFA conference. The EDs of each provincial organization gather to compare programs, discuss challenges, collaborate on initiatives and strategize. Many of the provinces have common child welfare issues whereas some of them have solved systemic problems with joint training of caregivers and all social workers. Foster parent remuneration varies across the country as does the funding provided to the provincial agency. It's always disheartening to hear that BCFFPA's funding is very low in comparison to our counterparts. Other provincial agencies have created comprehensive programs that benefit the caregivers to such an extend that these satisfied caregivers continue to recruit new caregivers.

It's membership renewal time again! If you haven't renewed or taken out a new membership at BCFFPA, do so before November 30th and you will be entered to win an AGM 2016 registration and 2 night's accommodation in Nanaimo at the event. That a value of over \$700!

Wishing you all a very celebratory time with your families and community members this month. I appreciate all that you do for our kids and I'm happy to be supporting you in any way I can.

Jayne Wilson  
Executive Director



**FosterlineBC**  
**1-800-663-9999**  
**...for information, support  
and referral**



## **MESSAGE FROM THE HONOURABLE STEPHANIE CADIEUX**

### **MINISTER OF CHILDREN AND FAMILY DEVELOPMENT**

October 2015 marks the 25<sup>th</sup> anniversary of Foster Family Month in British Columbia. In recognition of this important milestone, I want to express my sincere appreciation to the more than 3,000 foster families throughout our Province who embrace the challenging yet crucial role of caring for children and teens when they need it most.

Through their kind words, thoughtful actions and supportive presence, foster parents help give children and youth the building blocks to prepare them for a better future. It is not an easy job and it is not for everyone – fostering takes time, effort and patience. Most of all, it takes a real desire to make a difference in a child's life.

To all of British Columbia's caring and dedicated foster parents: thank you so much for opening your hearts and your homes to the young people who need your support.



Sincerely,

Stephanie Cadieux  
Minister



THE GOVERNOR GENERAL · LE GOUVERNEUR GÉNÉRAL

There is no one definition of family. One thing is certain: all children deserve to be surrounded by people who love them and take good care of them. In this sense, foster families play a vital role in our society. Right across this vast nation, they are doing an extraordinary job in giving young people a place to call home, where they are able to thrive as individuals and citizens.

As we celebrate National Foster Family Week, I would like to offer my sincere thanks to everyone who generously opens their home to children and youth in need. Your dedication and openness of spirit are truly remarkable. I would also like to congratulate associations such as the Canadian Foster Family Association for their commitment to the cause and their important contribution to our country.

I wish you a wonderful celebration!

David Johnston

October 2015

1 SUSSEX DRIVE · 1, PROMENADE SUSSEX  
OTTAWA · CANADA · K1A 0A1 · [WWW.GG.CA](http://WWW.GG.CA)

***The Canadian Foster Family Association  
would like to recognize foster families in  
British Columbia during Foster Family Month.***

***It is a time for foster families to be thanked  
for all the work they do throughout the year,  
for children and youth.***

***We hope that you have the opportunity  
to attend one of the special events being planned  
in your area during the month of October.***

***Thank you for all you do!!!!***



### **Canadian Foster Family Association AGM and Conference**

by BC's representative to CFFA Board of Directors, Russell Pohl

The Vice President and I had the opportunity to attend the CFFA conference in Ontario in late September. We spoke to many foster parents from across Canada. The other provinces share some of our challenges and successes and it's always great to confirm that BC's Ministry does go the extra mile with some of the programs available to caregivers, such as Liability and Rider insurance. There was much dialogue about mileage, relief/respite care, monthly rates and foster parent rights.

I would encourage you to become a member of CFFA so that foster parents have a bigger voice throughout Canada.

The Board of Directors election at the CFFA conference brought Tammy Roberts to the position of Secretary. Tammy is a foster parent and the Executive Director of the fostering support agency in the Northwest Territories.

Next year, CFFA's AGM and conference will be held in New Brunswick. They are fantastic hosts and they will show us a great time in their beautiful province. We hope some of you are able to join us at the event!

*I am not  
afraid  
to grieve.  
I am afraid of  
what would  
happen  
to these  
children  
if no one  
took the risk  
to love them.*

## Message for BC's Foster Parents from the Representative for Children and Youth, Mary Ellen Turpel Lafond

Hi everyone,

I don't know about you, but fall always feels to me like the start of a new year – with the kids back to school and summer behind us. And I can tell you, it's going to be a busy fall at my Office. There's a lot to do. Let me bring you up to date on what's been going on for the past few months and what lies ahead.

In May, we were in Williams Lake completing our "Plan Your Path" tour in which we met with more than 200 Aboriginal youth. Plan Your Path was sparked by our concern that youth who are forced to leave care at the age of 19 are often not ready and are being left without the resources or knowledge they need to live on their own. In my report *On their Own: Examining the Needs of B.C. Youth As They Leave Government Care*, released in April 2014, I described the tremendous risks and challenges faced by these youth.

On this tour, RCY Advocacy staff, together with staff from the Public Guardian and Trustee (PGT) and the Federation of BC Youth in Care Networks, travelled to more than 20 communities throughout the province and held workshops with youth. We wanted to make sure youth know what their rights are, how to recognize when those rights are not respected and how to speak up for themselves. Youth also learned about finances and how to manage them – a critical topic for all of us. We also wanted to hear from youth directly about their fears, worries, hopes and aspirations, and they had a lot to say. They loved the workshops and their feedback was very positive:

*"I learned to budget my money and set life goals for the future."*

*"Today actually really helped and will start me on my successful journey."*

*"It was a really safe-feeling place and I was able to talk and express myself."*

We're very pleased with the results and thank everyone who contributed to the tour, especially the youth.

In other news, we celebrated in July when we learned Kwantlen Polytechnic University is the latest to accept my tuition waiver challenge. That makes 11 post-secondary institutions that have now agreed to waive tuition fees for former youth in care. We continue to encourage the remaining post-secondary institutions to get on board.

This summer saw a high-profile court decision involving the Ministry of Children and Family Development (MCFD) dominate the headlines. The heartbreaking story is complex and involved a case of physical and sexual abuse of children by their father. The B.C. Supreme Court found that government had abused its authority in the case and had acted negligently and recklessly. Government has announced it is appealing the decision, and, in addition, is

conducting its own review that is not associated with my Office. Because, however, the case involved the sexual abuse of a young child who was involved with MCFD, I will continue to monitor this file and will in due course make a determination concerning an independent investigation and report by my Office. In the meantime, my primary role as Representative is to continue the work we have been doing and that is to support and advocate for this mother and her children.

On other fronts, my staff and I are looking forward to releasing two more reports in the coming months. The first will document our review of MCFD staffing practices and how the work of child protection social workers is affected. For the second, we partnered with the Office of the Information and Privacy Commissioner to examine the difficult topic of cyberbullying in all its complexity.

You can stay up to date on my latest reports and statements through our website, [www.rcybc.ca](http://www.rcybc.ca). And don't forget to follow us on Twitter (@rcybc) and Facebook ([www.facebook.com/RCYBC](http://www.facebook.com/RCYBC)) for news, discussion, or just to let us know what you think.

Sincerely,



Mary Ellen Turpel-Lafond  
Representative for Children and Youth

For more tips on helping youth prepare themselves for independence, refer to page 11...

### The Representative for Children and Youth and her team are a Voice for Kids in BC

The Representative for Children and Youth supports children, youth and families who need help in dealing with the child-serving system.



*"When the need is great,  
so is the opportunity to serve."*

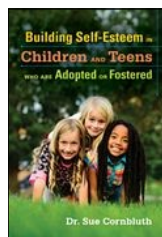
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## Excellent Resources for Foster Parents

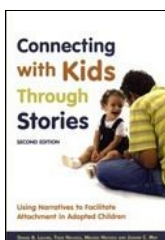
### Building Self Esteem in Children who are Adopted or Fostered—by Sue Cornbluth

How do you give your adopted or fostered child the best opportunities to grow up to be happy, healthy and successful? In this book, psychologist and trauma expert Dr. Sue Cornbluth offers simple advice to those supporting children aged 7+. She explains why adopted or fostered children can often experience self-esteem issues, the impact it can have on their lives, and offers everyday strategies to help the child to move beyond their trauma and develop healthy self-esteem.



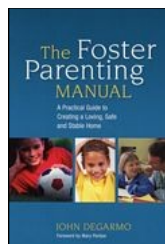
### Connecting with Kids through Stories: Using Narratives to Facilitate Attachment in Adopted Children—Denise Lacher, Todd Nichols & Joanne May

Children whose early development has been damaged by abuse or neglect are notoriously difficult to reach. This is an accessible guide for the parents of adopted or fostered children and for professionals who work with them, showing parents how to create their own therapeutic stories to promote increased attachment and improved behavior in their child.



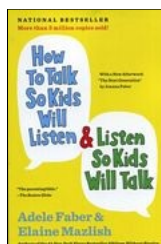
### The Foster Parenting Manual: a Practical Guide to Creating a Loving, Safe and Stable Home—John Degarmo

The book is a comprehensive guide offering proven, friendly advice for parents of all skill levels. Tackling topics from making children feel safe, managing contact with birth family and access to the internet and social media, this guide provides solid advice from Degarmo and many other foster parents.



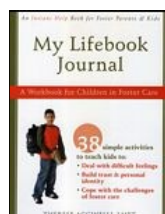
### How to Talk So Kids Will Listen & Listen So Kids Will Talk—Adele Faber & Elaine Mazlish

This down-to-earth, respectful approach makes relationships with children of all ages less stressful and more rewarding. The authors share their latest insights and suggestions based on feedback they've received over the years. Their methods of communication offer innovative ways to solve common problems.



### My Lifebook Journal: a Workbook That Helps Kids Adjust to Foster Care—Therese Accinelli

Foster children face many difficult changes over which they have no control. They must learn to quickly adjust to a different family, a new set of rules and possibly a new school and community, sometimes over and over again. The simple activities in *My Lifebook Journal* offer children the tools they need to adjust to their new situations in a healthy way.



## Early Renewal & New Membership Draw

This year's winning entry will receive an AGM 2016 registration plus 2 paid nights at the host hotel in Nanaimo on September 30th and October 1st, 2016.

Renew or take out a new foster parent membership at BCFFPA between October 1st and November 30th. The winning entry will be drawn on December 4th, 2015.

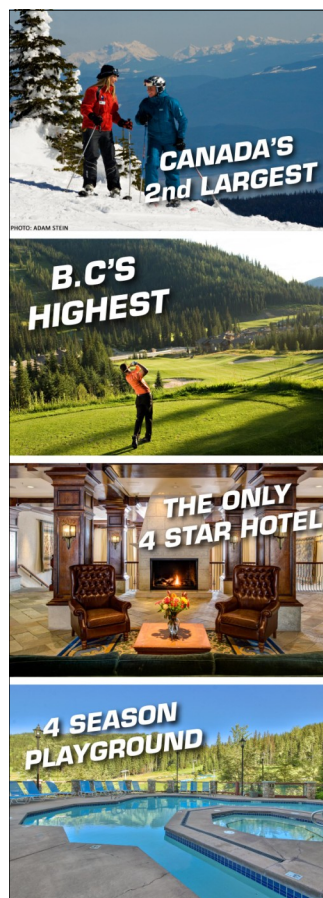
Good Luck!

### Become a Canadian Foster Family Member!

The CFFA is a registered charity that was established with a mandate to speak as a collective voice for foster families throughout the country. The primary goal is to enhance the quality of care provided to children and youth in care across Canada. CFFA has representation from the Provinces and Territories and links with the Provincial/Territorial organizations.

Join and lend your expertise to the Board of Directors to guide the future direction of the organization. Membership is very affordable and the Annual General Meetings and Conferences host a variety of informative speakers.

<http://www.canadianfosterfamilyassociation.ca/>  
Foster parent memberships cost \$20/year or \$100/6 years



  
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## Regional Delegate Reports

### Coast Fraser Report

Happy Foster Family Month to all our foster parents! We hear that plans for celebrations in the region are low key this year. We hope you are all able to get out and spend some time with your network this month to celebrate!

BCFFPA's support cases in the region have increased slightly and are currently standing at 19.

Once again there have been reports that some Level one foster parents are not being paid for relief care, which goes against policy. We will be addressing this with MCFD at upcoming meetings.

The Lower Mainland Locals have started their Fall meetings again. We are very excited to hear that there will be some training happening through the Tricities Local.

### North Regional Report—Amanda Lindquist

I hope the school year is off to a less chaotic start than ours has been! Kindergarten gradual entry is a very long 8 day process! Who knew?

October is Foster Family Month. As always we send out our biggest thank-yous and most heartfelt appreciation for all that you do for our future generations that are in your care.

This is my last letter as Northern delegate. I have big family obligations that require all of me to be available at all times. I wish all the best to all of you foster families that put your hearts and homes out everyday to make a difference in the lives of children.

I look forward to seeing many of you at future events. Take care of yourselves, you're very important to a lot of lives!

### Interior Report—Heather Bayes (Interior Board)

Once again we are entering Foster Family month. As the Interior Delegate I would like to thank all of you for everything you do to help all of the children and youth in care. I know it doesn't end when they move on to family, adoption or another home.

The ministry is always talking about permanency but we live it. No matter the length of time they are with you there is an impact. In the last few weeks I have had contact with just about every youth placed in our home in the past 4 years, so I know that these youth got something positive from their time with us.

As foster parents we often work against impossible odds. The money doesn't go as far anymore, the expectations are higher, working with the youth's family, and coordinating all those needs for each child. And let's not forget the time for your own family

and friends and yourself. Oh and did I mention the meetings? Foster parents are amazing for all they do and their faith that they make a difference. Thank yourself for the difference you make every day to the children and youth in your care.

The Interior Region is getting back up to speed after a busy summer. Our many Locals are meeting and are reporting that things are busy. There are still homes in over capacity but not as many.

Williams Lake has reported that there is a new position created, a social worker will work specifically with in care as VCA or TCO to free up the protection workers. This will help get the care plans completed but also help with all the medicals etc. that happen when a child first comes into care.

I wish you all a fabulous Foster Family Month and I hope you can get out to celebrate with others in your community.

### Vancouver Island Report

Our President and Community Network Manager, along with our contact from Megson Fitzpatrick Insurance, travelled up the Island in September to present Rider insurance workshops.



We delivered workshops to over 80 participants from Victoria to Port Hardy—including representatives from the Ministry, DAAs, agencies, foster parents and youth justice workers. We were so excited to see many new faces and to answer questions from individuals who had not heard about the Rider Insurance program before.

We were happy to receive new memberships and some returning members as a result of our travels up the Island.

A huge thank you to Dan and his crew from Foster Parent Support Services Society as well as MCFD, for coordinating the workshops.

### Tickets to Events for BC Foster Parents

BC foster parents can receive tickets to events through *Kids Up Front Foundation*. To be placed on the mailing list e-mail the Provincial office at [office@bcfosterparents.ca](mailto:office@bcfosterparents.ca) or Debbie Drewitz at [debbiedrewitz@gmail.com](mailto:debbiedrewitz@gmail.com)



## Do You Have a Fostering Story to Share?

If you have a story about your experience to share with our readers, please send it in! We accept stories/articles about:

- Fostering tips and tricks
- Personal stories and reflections about being a foster parent
- Long term connection with past foster children
- Challenges you've experienced and creative solutions
- How your extended family or children have responded to your fostering lifestyle
- Great resources for foster parents that you'd like to share
- Foster-related book reviews
- Foster-related movie reviews
- Foster placements resulting in a family growing through adoption

Please submit your articles to [jayne@bcfosterparents.ca](mailto:jayne@bcfosterparents.ca). You will be contacted prior to using your submission.

## Seeking Additional Donations—Fine Arts for Kids

Are you skilled with Fine Arts or do you know someone who has these skills? In order to support our **Fine Arts for Kids Fund**, we're seeking individuals who would be able to donate some time to provide lessons to foster children. Whether it's music lessons, sewing, painting or pottery—knitting, fabric arts, drum making or stained glass, please let us know if you or someone you know would be available to assist BC's children and youth in care to develop these valuable skills.

BCFFPA is seeking additional donations from art and music supply stores so that we can further support the program. Please forward any information for contacts you may have to [ronda@bcfosterparents.ca](mailto:ronda@bcfosterparents.ca). Thank you!

## Coming to BC in Foster Family Month 2017

**BCFFPA** returns to Whistler  
for our 50th Anniversary Celebrations  
where we will host the  
**Canadian Foster Family Association**  
AGM and Conference

Join us for this exciting 4 day event!



## BCFFPA is Seeking Regional Delegates

**North Region (1)**  
**Vancouver Island Region (1)**  
**Coast Fraser Region (1)**

Hello to our valued members!

We are seeking current BCFFPA members who are interested in filling the above vacancies on our Board of Directors. As our program grows, so does our need for strong representation throughout the province. Regional delegates play a key role on our Board by keeping a finger on the pulse of the fostering communities in their regions and reporting monthly about trends, issues, concerns, initiatives and events.

Our Board of Directors are volunteers who are required to make a commitment of approximately 6-10 hours per month. The ability to network and develop relationships within your fostering community is essential. Board members are required to travel to meetings twice each year. (Cost of essential travel is covered by the BCFFPA along with a daily allowance for childcare expense.)

If you are interested in any of the above positions, please send a cover letter and resume detailing your experience and background to Jayne Wilson, Executive Director at [jayne@bcfosterparents.ca](mailto:jayne@bcfosterparents.ca).

We look forward to hearing from you!

## AGM 2016 Date and Location

Special Resolutions that were passed at the AGM will bring about one significant change for our members. **The date of our AGM will change to the first weekend of October beginning in 2016.**

**Join us to kick off Foster Family Month next year on September 30 and October 1, 2016 in Nanaimo at the Coast Bastion Hotel!**

Watch upcoming newsletters for more information about AGM 2016. We hope to see you there!



## Supporting Youth Transitioning Out of Care

As foster parents you are in a unique position to help youth in your care prepare for a successful future. You can support the development of the youth's transition plan, and you can aid in important skill-building activities that will improve the youth's ability to carry out his or her plan. In addition, you can encourage a young adult's growing independence and guide safe exploration of new experiences, while providing a cushion of support.

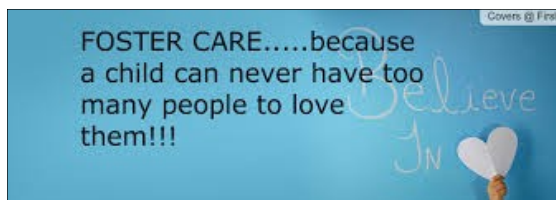
As a foster parent of a youth preparing to transition, you have a few vital roles:

- Coach—listen, advise and provide the youth with many opportunities to learn and practice new skills.
- Advocate—learn about and fight for the youth's rights as they relate to advanced education, health and mental health care.
- Networker—help to cultivate connections and supports for the youth such as contacting the Federation of BC Youth In Care Networks, community groups and community members who may have developed a supportive relationship with the youth. AGEDOUT.COM (see page 13) is an excellent skill building resource for youth.

Some key skills and knowledge that all youth need to learn prior to being on their own are:

- Managing money and paying bills
- Establishing a bank account
- Paying taxes
- Finding and maintaining employment
- Securing housing
- How to maintain a residence
- Maintaining health and wellness
- Accessing health and dental care
- Nutrition and meal planning/preparation
- Arranging transportation
- Pursuing education and vocational training
- Planning for future goals
- Time management

Start early! Preparation for adulthood does not take place overnight so don't wait until a new month before the youth ages out. Make a plan well in advance and start working on skills and connections as early as possible.



## The Dubious History of Halloween

Halloween is not exactly a typical holiday. Other holidays, like Christmas and Shavuot, celebrate an event. Halloween celebrates a lot of things, including the lives of people who aren't with us anymore.

The history of Halloween is not entirely a clear one. But here's how the history books think it started:

Many hundreds of years ago, a people called the Celts lived in Europe and on the British Isles. The Celts believed that the souls of the dead visited Earth on the last day of October. They had a festival in honor of these souls of the deceased, and they called it Samhain.



In time, the Roman Empire conquered the Celts and took over some of their beliefs as well. This included Samhain. The Romans combined it with their own festivals. And since the Roman Empire spread across a great part of the world, the idea that the souls of the dead visited Earth on the last day of October spread far and wide.

Many ideas from the Roman days still survive in North America and in other Western countries. Halloween is one of them. But how did we get the name Halloween?

In the 8th Century, the Catholic Church declared November 1 to be All Saints' Day. The church calendar had a number of days honoring saints already. November 1 was picked to be the day to honor all saints who didn't already have a day named in their honor.

And the mass that the Catholic Church celebrated on November 1 was called *Allhallowmas*. This meant "mass of all the hallowed" (ie. saintly people). It was commonly called "All Hallows' Day". And somewhere along the line, the night before became known as *Allhallowe'en*, which was short for "evening before All Hallows' Day." It was then shortened to what we now call it, Halloween.

Another question: *Why do people dress up as ghosts, goblins, vampires, and other scary creatures?*

The people who started all this Halloween business many years ago believed that if they appeared scary, they would scare away the spirits of the dead who were roaming the earth on All Hallows' Eve. These people also carried food to the edge of town and left it there, hoping the spirits would eat that food and not come raid the village.

Another activity that came out of the middle ages was what's now known as Trick or Treating. Children and poor adults wearing costumes like those described above would go around door to door during *Allhallowe'en* begging for food or money in exchange for songs and prayers, often said on behalf of the dead. This was called "souling" and the children were called "soulers".





## Is This a Cold or Allergies?

This is the season where sniffles and coughs come on all of a sudden. It's also the season when leaves fall from the trees, releasing the pollens that have not been washed away by rain waiting the entire summer to wreak havoc on our unsuspecting mucous membranes.

Seasonal allergies and the common cold can be so much alike that it's sometimes hard to tell the two apart. But look closely and you can find clues about what's going on.

Ask yourself these questions to help figure out if your child could have allergies or a cold:

**Have the seasons changed?** If yes, it could be allergies.

Seasonal allergies come at the same time every year and around the same set of conditions (for example, when leaves start to fall in autumn or plants start to flower in spring). Allergy symptoms like sneezing, congestion, or a runny nose are the body's response to breathing in airborne allergens (like plant pollen or mold spores). Colds, on the other hand, are caused by viruses that can turn up in any environment, at any time of year, but are most common in winter months.

### 1. Did symptoms come on suddenly?

If yes, it could be allergies. Another sign that you might be dealing with seasonal allergies is if symptoms come on suddenly and last a long time. Cold symptoms tend to come on more gradually and usually go away within 7 to 10 days, but allergies last as long as someone is exposed to an allergen, which can be for weeks or months. Allergy symptoms may be severe or low grade and drag on without changing.

### 2. Does your child have itchy, watery eyes?

If yes, it could be allergies. Many kids with allergies get this symptom when an allergen causes an inflammation of the conjunctiva (a clear membrane that covers the inner eyelids and eyeball).

### 3. Is there a fever?

If yes, it could be a cold. Allergy symptoms are not accompanied by a fever, while colds sometimes are.

### 4. Is there yellow/greenish nasal discharge?

If yes, it could be a cold. With an allergy, your child's runny nose would have a thin, clear discharge rather than the thick yellow or greenish discharge that can come with a cold.

If you think that your child has an allergy, talk to your family doctor. Exposure to animals, smoke, pollen, dust, foods, soaps, and mold are just a few of the things that can cause allergies. Try to note anything new that he or she has been exposed to. Identifying and removing the cause can help prevent allergy symptoms.

Often the only way to know exactly what someone is allergic to is with an allergy test. This procedure would be recommended by your physician and would be done in an pediatric allergist's office. The testing can be done on the skin (where an allergen is placed under the skin to check the body's response) or through a blood test.

If your child does have allergies, the doctor will recommend reducing exposure to the allergen(s) and, perhaps, using an over-the-counter or prescription allergy medicine to relieve symptoms.

And if it looks like you're dealing with a cold, check with the doctor before giving any cold medicines or pain relief medications. In addition, the doctor may recommend running a cool-mist humidifier or vaporizer at night to help moisten the air. Also, using saline (saltwater) nose spray or drops can help loosen mucus for both allergies and colds.



## Autumn Themed Activities for Kids

### The Leaf Maze

Kids will develop problem-solving and critical-thinking skills as they encounter road-blocks and dead-ends. Staying between the lines helps them develop spacial sense, and they'll learn to look and think ahead, and plan their steps as they navigate the maze from start to finish.



### The Curiosity Table

Autumn walks bring about unique finds! Collect the curiosities that have smooth, rough and prickly textures; pungent, sweet and earthy scents. Invite everyone to participate! Exposing children to nature and the products of our environment calms stress and creates a much needed break from overstimulation.

### Leaping Into Leaves

Get some help in the yard and have the kids rake leaves into a pile. It's great exercise! See how high they can pile the leaves. Remember how much fun it was to jump in the leaf piles? Share the experience with your kids!





Adoptive Families Association of BC and the Ministry of Children and Families are delighted to announce the launch of a new innovative and interactive website **AGEDOUT.com**, which provides youth in and from care information about services and supports along with valuable life lessons.

- ➡ Designed for youth!
- ➡ Gives youth and young adults the tools they need for aging out of care.
- ➡ Developed with input from former youth in care in BC.

### How AGEDOUT.com can help your work with young people!

- Use it as a practice tool to connect young people with the information and services they need to thrive.
- Sit down with a youth and show them the site and help them set up a profile.
- Work through a QUEST with a youth or young adult – this will generate great planning conversations.
- Make sure all of the youth and young adults that you work with have an **AGEDOUT.com** business card and know about the site.
- Make a notation in a youth's care plan that they have completed Quest's specific to Health, Education or Personal Life.
- Provides life skills information in a variety of ways that meet a variety of learning needs for the young people that you are working with
- Through this site you will be able to assist former youth in care, to achieve self-efficacy and interdependence and feel empowered to contribute to society.
- It is a single point of contact for youth in and from care to find resources in their communities that meet their needs, and to help them connect with online and in-person support.
- Most young people have smart phones or easy access to the internet – Make sure they have the information that they need – make sure that they know about AGEDOUT.com

# Foster Community Resources

## Provincial Resources

|                                                                                                        |                |
|--------------------------------------------------------------------------------------------------------|----------------|
| <b>BC Federation of Foster Parent Associations</b><br>www.bcfosterparents.ca                           | 1-800-663-9999 |
| <b>After Hours Foster Parent Support Line</b>                                                          | 1-888-495-4440 |
| <b>Federation of Aboriginal Foster Parents</b><br>www.fafp.ca                                          | 1-866-291-7091 |
| <b>Federation of BC Youth in Care Networks</b><br>www.fbcyicn.ca                                       | 1-800-565-8055 |
| <b>Adoptive Families Association</b><br>www.bcadoption.com                                             | 1-877-236-7807 |
| <b>Pacific Post Partum Support Society</b><br>www.postpartum.org (also supporting adoption placements) | 604-255-7999   |
| <b>Parent Help Line</b>                                                                                | 1-888-603-9100 |
| <b>Parents Together</b>                                                                                | 604-325-0511   |
| <b>Parent Support Services of BC</b><br>www.parentsupport.bc.ca                                        | 1-800-665-6880 |
| <b>Representative for Children &amp; Youth</b><br>www.rcybc.ca                                         | 1-800-476-3933 |
| <b>FAE/S Support Network</b>                                                                           | 604-507-6675   |

## Coastal Fraser

*For contact information for local foster parent groups or support in your area, please call 1-800-663-9999.*

|                                                                                                        |              |
|--------------------------------------------------------------------------------------------------------|--------------|
| <b>Hollyburn Family Services</b><br>www.hollyburn.ca                                                   | 604-987-8211 |
| <b>Vancouver Aboriginal Child &amp; Family Services Society</b><br>www.vacfss.com                      | 778-331-4500 |
| <b>Family Services of Greater Vancouver</b><br>www.fosterhub.ca                                        | 604-279-7100 |
| <b>Fraser Valley Foster Parent Association</b>                                                         | 604-533-1924 |
| <b>Abbotsford Community Services Foster Parent Caregiver Support</b>                                   | 604-859-2165 |
| <b>South Vancouver Youth Centre</b><br>www.svyc.ca<br>(Ask about their foster parent support workers!) | 604-325-2004 |

## Island

*For contact information for local foster parent groups or support in your area, please call 1-800-663-9999.*

|                                                                    |                |
|--------------------------------------------------------------------|----------------|
| <b>Foster Parent Support Services Society</b>                      | 1-888-922-8437 |
| FPSSS (Victoria)                                                   | 778-430-5459   |
| FPSSS (Nanaimo)                                                    | 250-390-9686   |
| FPSSS (Campbell River)                                             | 250-286-0555   |
| <b>Federation of Aboriginal Foster Parents</b><br>(Nanaimo office) | 250-591-0069   |

## Interior

*For contact information for local foster parent groups or support in your area, please call 1-800-663-9999.*

|                                                                           |                |
|---------------------------------------------------------------------------|----------------|
| <b>Okanagan Foster Parent Association</b><br>www.okfosterparents.ca       |                |
| Central Okanagan                                                          | 250-870-8991   |
| North Okanagan                                                            | 250-558-0939   |
| South Okanagan                                                            | 250-488-0561   |
| Shuswap                                                                   | 250-253-4499   |
| <b>Okanagan Metis Children &amp; Family Services</b>                      | 250-868-0351   |
| <b>Interior Community Services</b><br>www.interiorcommunityservices.bc.ca | 1-877-376-3660 |

## North

*For contact information for local foster parent groups or support in your area, please call 1-800-663-9999.*

|                                                                                                      |                             |
|------------------------------------------------------------------------------------------------------|-----------------------------|
| <b>AXIS Family Resources</b><br>(24/7 support)<br>www.axis.bc.ca (satellite office locations online) | 1-877-392-1003<br>Press 205 |
| <b>Community Bridge</b><br>Fort St. John                                                             | 250-785-6021<br>(ext. 235)  |

*We are in the process of developing our Community Resources page. Please submit your relevant contacts to [jayne@bcfosterparents.ca](mailto:jayne@bcfosterparents.ca).*



## Advertise Here! (1/2 page size)

### Readership, Exposure & Frequency

- **FosterlineBC** reaches over 3400 foster parents, agencies, community service locations, businesses and other individuals 4 times each year.
- Increase exposure for your business by advertising in **FosterlineBC**

### Cost

- 1/2 page ~ 4 issues per year ~ \$925
- 1/2 page ~ single issue ~ \$250
- 1/4 page ~ 4 issues per year ~ \$650
- 1/4 page ~ single issue ~ \$175
- Business card ~ 4 issues per year ~ \$475
- Business card ~ single issue ~ \$125

For information on advertising in FosterlineBC, contact a staff member at BCFFPA! **1-800-663-9999**

**1/4 Page Size**

**Business Card Size**

### **'IT PAYS TO BE A MEMBER'**

Please complete & return to: **BCFFPA - 131 Eighth Street, New Westminster, BC V3M 3P6**

Name(s): \_\_\_\_\_ Date: \_\_\_\_\_

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

Phone: \_\_\_\_\_ E-Mail: \_\_\_\_\_ Region: \_\_\_\_\_

Local Association \_\_\_\_\_

Level of Foster Home: (tick one) Restricted \_\_\_\_ Regular \_\_\_\_ Level I \_\_\_\_ Level II \_\_\_\_ Level III \_\_\_\_ Contractor \_\_\_\_ Other \_\_\_\_

This is a: **New Membership** \_\_\_\_ (OR) a **Renewal** \_\_\_\_ .

**1 year:** individual \$30.00 \_\_\_\_ OR couple \$35.00 \_\_\_\_

**2 year:** individual \$50.00 \_\_\_\_ OR couple \$60.00 \_\_\_\_

\*\$10.00 of this membership fee will be used by the provincial body for administration of the program and development of services to foster parents. The balance of the fee will be returned to your region or local association.

I/we contract with (i.e. delegated agency regional agency MCFD etc.) Name: \_\_\_\_\_ OR my affiliation with the BCFFPA is (i.e. staff, MCFD, non-foster parent): \_\_\_\_\_. As members of the B.C. Federation of Foster Parent Associations, I/we agree to abide by the By-laws, Policy and Procedures, and Code of Ethics of the Federation. \_\_\_\_\_

[signature(s)]

Please bill my VISA \_\_\_\_ M/C \_\_\_\_ # \_\_\_\_\_ Expires \_\_\_\_ / \_\_\_\_

### **BC Federation of Foster Parent Associations**

131 Eighth Street

New Westminster, BC V3M

