

FosterlineBC

BC Federation of Foster Parent Associations



Sector News
and Updates

From Foster to
Doctor: Meet
Soraya Bellou


foster
parents
British Columbia
Spring 2021 Volume 19, Issue 1

Talking to Kids
About Privilege

BCFFPA
Roadmap for the
Year 2021

BC FEDERATION OF FOSTER PARENT ASSOCIATIONS (BCFFPA)

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Langley, BC V3A 7R3

The BCFFPA Provincial Office is located on the traditional, ancestral and unceded territories of the Kwantlen, Katzie and Semiahmoo peoples.

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Submissions — Forward articles, personal stories or ideas to the BCFFPA provincial office. Materials may be edited for length and suitability. To be added to our Foster Community Resources list as a regional or agency contact, please email Michelle Relevante at michelle@bcfosterparents.ca.

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President's Report



I am proud to be the new President of the BCFFPA and I am pleased to be able to continue the amazing work of my predecessor, Marcy Perron. Our hybrid AGM was hosted in Richmond at the beginning of October to kick off Foster Family Month. We hosted 30 people attending in person and 25 online. The office did a great job gathering donated packages of hotel stays, restaurant certificates and gift baskets for our participants to win in the door prize draws. We had many happy winners! We hope to be able to host a regular AGM this year in Kamloops and will be making that decision based on Public Health Guidelines in the coming few weeks.

As soon as we got back to business after the AGM, we had to pause our projects with MCFD as we moved into a provincial election. We are pleased to continue working with a newly formed NDP government. We met with Minister Mitzi Dean soon after she was appointed to the position and we are grateful that she has confirmed that her team intends to continue working with the current agenda – which includes addressing fostering issues in our Province.

As the Social Sector Advisory team gets underway again, we will continue to be consulted about how the future of our broad service sector will look. One component of this work includes the eventual restructuring of the fostering level system and service payments for foster parents. Our understanding is that, this past year, there have been comparisons of how fostering works in other jurisdictions to see how other options might work for BC. We expect to be more involved further along in the work and will provide updates as soon as possible.

BC's foster parents are telling us how exhausted they feel as the pandemic drags on. We know that it's hard to find relief these days and that the endless hours of parenting and worry about health and wellbeing is wearing on everyone. Please don't hesitate to reach out to BCFFPA or any of your contracted service agency support staff if you need someone to talk to. We're all in this together and we must support each other.

Julie Holmlund, President

Reflections from the Office



While the provincial government was busy with election processes and re-forming their teams, BCFFPA was busy brainstorming enhanced services and submitting a proposal to MCFD. Our goal is to provide expanded supports to foster parents and to incorporate out-of-care families into some of our offerings. Foster parents receive calls for help from families who are raising relatives and children of community members so it makes sense to incorporate some of these supports in a more formalized way. Stay tuned for updates as we hear more.

My last report included news that our work with MCFD to amend policy wording in support of the foster parent rights had been completed and the recommended changes were making their way through the approval processes. It has been confirmed that our recommendations are at the last level of approval and should be moving ahead very soon. Once all changes are completed, we will develop a comprehensive communications plan so that all community members – MCFD staff, agency support workers and foster parents alike – are fully aware of how the wording changes are designed to ensure that foster parents are included, consulted and respected as vital members of every foster child and youth's care team.

Throughout the month of December, BCFFPA was in contact with MCFD provincial office to pass on foster parents' renewed concerns regarding visits with family members who were not practicing social distancing. Though **MCFD's COVID-19 Practice Bulletin #4** provides guidelines regarding in-person connection and allows for exceptions to be made when necessary, we were hearing that foster parent concerns for health and safety were met with threats of removal of children. Planning for visits during the COVID-19 pandemic should be a collaborative process as there are those in our community with significant health risks. Please continue to contact us with your concerns as we are documenting all situations for action as necessary.

We realize that this is an incredibly stressful time for all in our community as the pandemic continues. Our Board of Directors (who are all foster parents), our staff and Solutions Program team are here for you should you need to talk through the challenges you are encountering. Please stay safe and do your best to have patience as we are all encountering logistical situations that we've never had to address before. Bring any pandemic-related fostering challenges to our attention so that we can be better prepared in the future.

Wishing everyone warmth and comfort in these final weeks of a challenging winter.

Jayne Wilson, Executive Director

OUR MISSION

To represent and support all foster parents who provide quality in-home family care in BC.



OUR BELIEF

Supported and resilient caregivers raise empowered children and youth.



OUR VISION

Supporting children and youth to reach their full potential through exceptional care.



The BCFFPA is a provincial organization for foster parents, run by foster parents. We are a registered non-profit charity which aims to bring together foster parents, social workers and other stakeholders who are working to continuously improve the standard of care for children in our province.

We provide information to the general public about fostering and recruitment services to the Ministry of Children and Family Development and Delegated Aboriginal Agencies. We offer our community a support network through our local Branch affiliations and our Solutions Program, accessible fostering information and education, a hub to share news across our sector and insurance resources for foster caregivers. For over 50 years, we have consulted about the revision and development of policy and practice within BC's child welfare sector.

BCFFPA's structure facilitates contact with all foster parents in the province. We provide funding to our Branches and Regional Councils, and we maintain a Board of Directors that represents our diverse BC culture. BCFFPA's Board of Directors provincially, regionally and at a community level are all volunteers, elected by their foster parent membership community.

BCFFPA Roadmap for the Year 2021

The Year Ahead at BCFFPA

Early Years parenting resources for foster caregivers

Monitor the community's need throughout the COVID-19 pandemic and advocate for families as necessary

Foster Parent recruitment campaigns

Collaborate with MCFD to revise policy wording in support of foster parent rights

Provide increased emotional support for foster parents

Board development

Three BC Foster Basics Videos will be released this year



Work will be continuing on the multi-agency/Ministry partnership conducting a review of the system of care

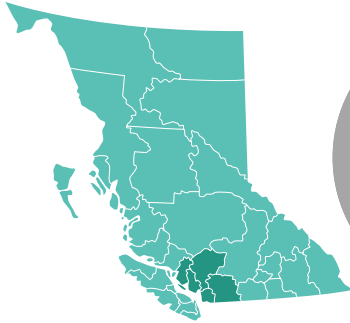
Branch development

Facilitate opportunities for training and networking within the fostering community through hosted events



Coast Fraser Delegate Report

by Jeanette Dyer



Not a lot has been happening in the Coast Fraser region. In terms of get-togethers, meetings, and workshops, Zoom seems to be the go-to format as well as YouTube. Here in the Mission/Abbotsford area, we have had the wonderful support of Archway Community Services. Their foster parent support group puts on monthly get-togethers that include some great learning experiences. This past month, they held a virtual session on what supports are available in the area. I would also like to give a shout out and acknowledge the dedication of the Fraser Valley Foster Parents Association and the Chilliwack Foster Parent Support group in providing much-needed support to foster families at this time.

Most foster parents I have connected with have expressed frustration at the lack of support for the children and youth in their care. It has been difficult to get a hold of social workers or get a timely response. Support services for children and youth have also been limited. Caregivers are on the brink of burnout—if not fully. We understand that everyone is struggling and exhausted at this time but it is our job to ‘show up’ for the children and youth entrusted in our care. There is definitely a need for stronger support for foster families especially children and youth during this time.

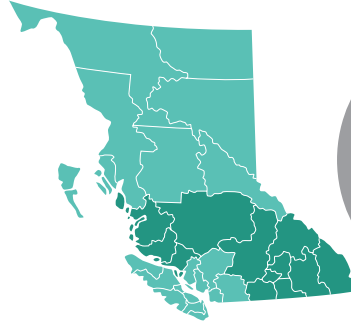
It has also been difficult to balance the message of “stay home and keep your bubble small” with in-person visits still happening. Foster parents feel that their health is put at risk when people who attend the visits refuse to follow COVID-19 safety protocols.

It has been a year since COVID-19 became a part of our reality. We have gone through immense challenges over the past year. With spring almost here and a vaccine in sight, we must stay focused. Bringing an end to this pandemic is solely reliant on us all working together and following the rules.

If you need support, do not hesitate to contact the BCFFPA provincial office at 1-800-663-9999. Reach out. You don't have to do it alone. There are supports available. The BCFFPA Board has been diligently working for you as well as the office staff. So hang in there everyone. The sun will come out tomorrow.

Interior Delegate Report

by Raquel Lesieur



Things have been mostly quiet in the Interior. Interior Community Services (ICS) has been busy with providing training and support for foster parents. Trainings were held with Dr. Vanessa LaPointe (*When the Worry Monsters Attack* and *Anger and Eruptions*), Andrea Chatwin (*Transitions*), Myles Himmelreich (*FASD*), Dr. Gordon Neufeld (*Making Sense of Aggression*), and the White Hatter (*Gaming and Addictions* and *Internet Safety for Parents & Caregivers*). There were pizza drive-thru and stocking events in Kelowna and Kamloops.

In the Interior region, we have been utilizing virtual tools such as Zoom to stay connected and get the support that we need. While Zoom will never replace the joy that in-person networking and connection gives us, we need to do our part and follow the Provincial Health Officer's orders.

Foster families have been sticking to our household bubbles and layering in as many safety measures as possible. However, some risky, in-person visits are still happening and foster parents feel that they're put in vulnerable situations. In some cases, there are no proactive and collaborative discussions with other members of the care team. These discussions are necessary so foster parents can provide input and share any concerns that they have.

It is still a time of stress and anxiety for many families. Foster parents are dangerously close to burnout with no relief in sight. Amidst the stress, exhaustion and uncertainty, the pandemic is offering us a powerful opportunity to model healthy coping. Children can pick up on the stress being felt by their caregivers.

Don't forget to take care of yourself. Self-care is a must especially while dealing with the pandemic. A good example of self-care is asking for help. Foster families need all the support that they can get. It truly takes a village. I encourage you to reach out to your local foster parent support agency, a BCFFPA Branch in your area or the BCFFPA Solutions Program. We may be apart but you're never alone. Don't foster in isolation.



We want to help!

Apply for BCFFPA Bursaries by May 31, 2021

***All application forms are available at
www.bcfosterparents.ca**

JCW Excellence in Writing Grant

Former president Russell Pohl and his husband Darrell Ewasiuk have generously provided funds to establish a bursary in the name of our Executive Director whose passion is the art of writing.

Application Criteria: Any youth (17-24) who has been in care of the Ministry who intends to further their education in the field of writing — whether it be journalism, screen or play writing, poetry, travel, creative, political, or non-fiction, can apply for this bursary to cover the cost of courses that will further their skills. Submission of a 500-word short story or essay about their future goals, accompanied by a description of their desired education program or receipt for the program they intend to pursue, should be submitted. One bursary of \$2,000 per year is available until funds are expended.

General Scholarship Fund

BCFFPA occasionally receives funds from donors that they request be put toward scholarships for children and youth who were formerly in care. The Board of Directors has outlined a General Scholarship Fund into which we can place donations from these generous donors. Unless directed to do otherwise, scholarships will be distributed under the name of the donor(s) until the funds are expended. One bursary will be distributed annually.

Application Criteria: Former foster children residing in BC, aged 19, who show an interest in continuing their education (whether to complete high school, attend a business/vocational school, college or university). High marks, although considered, will not be the only determining factor in awarding this bursary.

William Curtis Memorial Fund

The William Curtis Memorial Fund was established in January 1979 for foster children who have reached the age of majority and wish to continue with their education. It is awarded annually.

Application Criteria: Former foster children residing in BC, aged 19 who show an interest in continuing their education. High marks, although considered, will not be the only determining factor in awarding this bursary.

Natural Child Bursary

The Natural Child Bursary was founded in 1991 and is intended for children born or adopted into a family providing foster care in BC.

Application Criteria: The eligible youth must be the child by birth or adoption, as stated above, to a foster family who have been members of BCFFPA for three consecutive years since 1990. This can also apply to the child of an individual who is an Honorary Life Member. The youth must reside in BC, have graduated from high school and is interested in extending their education in any field of study. High grades, although considered, will not be the only determining factor in the allocation of bursary funds.

BCFFPA Camps for Kids Grant

BCFFPA's Camps for Kids Grants were established by BCFFPA to alleviate some of the costs foster parent members encounter when sending their foster, adopted or birth children aged 6-19 to camp. Bursary amounts are \$300 per "campership."

Application Criteria: BCFFPA foster parent members in good standing who require assistance can apply. Also accessible to non-members via limited lottery - up to 4 grants of \$150 each will be drawn from a pool of applications. Foster parent must provide proof of payment of the camp deposit along with any other relevant documentation prior to awarding the grant.

Merv Davis Bursary

The Merv Davis Bursary was established for foster children residing in the Fraser River corridor area who have reached the age of 19 and wish to continue their education.

Application Criteria: Any youth who has been in care of the Ministry, residing in Coquitlam, Maple Ridge, Port Coquitlam, Port Moody or Pitt Meadows, and reaching the age of 19, who intends to further their education, whether to finish high school, attend business or vocational school, college or university, and where other funds available are inadequate, is eligible to apply. High marks, although considered, will not be the only determining factor in the allocation of the bursary.

Sector News & Updates



First Nations reclaim authority over child welfare

Indigenous leaders from across Canada gathered on January 19 to talk about Indigenous child and family wellbeing, and the implementation of the Act respecting First Nations, Inuit and Métis children, youth and families, also known as Bill C-92. Passed in June 2019 and came into effect on January 1, 2020, the Federal Indigenous child welfare legislation (Bill C-92) sets out the legislative framework and the principles needed to guide work among First Nations, Inuit and Métis nations, provincial and territorial governments, and the federal government to achieve meaningful reform in child and family services. With Bill C-92, the Federal government has created its own child welfare law that applies to Indigenous peoples across the country. The legislation intends to address the overrepresentation of Indigenous children in the child welfare system. It affirms the rights and jurisdiction of Indigenous peoples in relation to child and family services and sets out principles applicable, on a national level, to the provision of child and family services in relation to Indigenous children, such as the best interests of the child, cultural continuity and substantive equality. These principles must be followed by every person providing services to Indigenous children.

"We are in a moment of change," says Mary Ellen Turpel-Lafond, who served as B.C.'s Representative for Children and Youth from 2006-2016. As of Dec. 23, 2020, Indigenous Services Canada (ISC) had "received requests and notices to exercise jurisdiction under the Act from 26 Indigenous governing bodies, representing 64 Indigenous groups and communities," according to an ISC spokesperson. **Source: Anna McKenzie, The Discourse**

Vulnerable youth facing CERB clawbacks

Many vulnerable youth are among "the 441,000 people who have received letters from the Canada Revenue Agency questioning their eligibility for the Canada Emergency Response Benefit (CERB), and warning they may owe back some of the payments. Groups that support them are warning repayment efforts could lead many to become homeless and are asking the government to grant amnesty for any of these youth who received the CERB."

Many advocates have raised concerns over repayments and how it would affect youth who were already struggling pre-pandemic and do not have families to turn to. "The fact that the government is asking them to repay something that they desperately needed to survive in the pandemic to me is atrocious. It's inhumane, to be honest," said Melanie Doucet, a McGill University researcher probing the effects on youth aging out of care during the pandemic. Prime Minister Justin Trudeau said that the government will be evaluating and looking at how it can help the vulnerable and will have more to say in the coming months. **Source: CBC**

AYA program emergency measures extended

The provincial government will maintain the emergency measures that allow easier access to life-skills supports and rehabilitation supports through the Agreements with Young Adults (AYA) program until September 30th, 2021. The AYA program provides financial support for eligible young adults between the ages of 19 and up until their 27th birthday who are attending an education, vocational, rehabilitation or life-skills program or participating in cultural learning.

Key information for young adults from care:

- Young adults can take life-skills programs online.
- Young adults can take life-skills programs for fewer hours per week (5 hours/week instead of 12).
- Life-skills providers no longer need to be approved by the Ministry of Children and Family Development.
- Young adults can learn life-skills in one learning domain instead of four.
- Young adults can do cultural learning as a life-skill program, like learning a family language or meeting with Elders.

Additional flexibility is also being added to the AYA program:

- Young adults will have more options for mental health support while on the AYA program, including access to cultural healing and wellness.
- Young adults will be able to attend mental health services for fewer hours per week (10 hours/week instead of 15).
- Young adults will be able to take part in more than one program at a time — for example, going to counselling while going to school part-time — to best meet the needs of each person.
- Young adults will have flexibility when they renew their AYA agreement to best meet their needs. They will have the option to renew at such times as at the end of the school year or at the end of a program, with approval from a social worker, rather than having to meet every six months.

Youth and young adults should speak with their social worker for more information. **Source: MCFD**

Supports for youth in care extended until March 31, 2022

“Youth and young adults in our care deserve to feel supported and safe — especially as we continue to navigate this pandemic,” said Mitzi Dean, Minister of Children and Family Development. To ensure that youth continue to have a safe place to stay and continue to have access to supports during the pandemic, youth and young adults set to transition from government care will be able to stay in their living arrangements until March 31, 2022. This means that youth who are currently living in foster care, contracted residential agencies or with relatives through an out-of-care arrangement, such as through the extended family program, will be able to stay in their placements, and youth on Independent Living Agreements and Youth Agreements will continue to receive financial and housing support. Eligible youth using the emergency housing support may receive up to \$350 per month through AYA, based on their unique needs and the length of their program. For youth who are ready to move on from their current placements, social workers will continue transition planning with them.

The extension of the government emergency measures, increased flexibility added to the AYA program and continuous access to mental health supports ensure that youth in care do not age out into homelessness and are not exposed to further trauma. “We appreciate government recognizing the risk of homelessness faced by youth leaving the care system during the pandemic and responding to community advocacy to extend these supports,” said Susan Russell-Csanyi, organizer of the Fostering Change campaign, hosted by First Call: BC Child and Youth Advocacy Coalition. **Source: MCFD**

Remembering Katherine McParland

We are profoundly saddened by the passing of Katherine McParland – our sector colleague and friend. Katherine was a fiercely determined and dedicated advocate for youth who experienced homelessness after transitioning out of foster care. She was the Founder and Executive Director of *A Way Home Kamloops*, a groundbreaking movement to end youth homelessness. At 19 years old, Katherine aged out of BC’s foster care system and had a tumultuous start to young adulthood. Losing access to government support, she found herself unpreparedly thrust into the adult world and experienced homelessness while living on the streets of Kamloops. Katherine turned her lived experience into purpose, becoming instrumental in bringing much-needed change and substantive supports to youth in British Columbia. Her passion has lit a fire beneath those of us who knew her to ensure that her advocacy work continues.



Message from BC's Representative for Children and Youth, Dr. Jennifer Charlesworth

Hello everyone,

I hope you are all holding up well under the pressures and strains of the pandemic. At my Office, we see how the pandemic is increasing longstanding inequities. We are highlighting these for government attention and identifying opportunities to improve services for young people in B.C.

Since I last wrote, we have been through an election, released several reports and introduced new ways for children and youth to contact us.

First, I am thrilled to announce that we have launched chat and text functions for youth. Youth can text us at 1-778-404-7161 to get help from an Advocate, or they can use the chat button on our website youth page. Find details here: <https://rcybc.ca/get-help-now/>.

The election call meant our report release schedule had to change, so, immediately after the new government was formed, we hit the ground running.

In November, we released a report by SFU's Child Health Policy Centre called COVID-19 and its Impacts on Children's Mental Health. This report provides clear evidence that government must invest in already under-funded child and youth mental health services to address major increases in child and youth mental health problems that will emerge as a result of the COVID-19 pandemic.

In December, we released three reports. The first was done by convening community partners who work with children and families with special needs. Left Out: Children and Youth with Special Needs in the Pandemic showed – sometimes starkly – how devastating the pandemic has been for families of children with special needs. We called on government to immediately re-engage with community partners to address the urgent needs of children and youth with special needs.

For the next report, Illuminating Service Experience, we worked in partnership with First Nations leadership to examine critical injuries and deaths of First Nations children and youth. It is our hope to continue working in relationship with First Nations to address top priority areas.

On December 15, we released A Parent's Duty: Government's Obligation to Youth Transitioning into Adulthood. The report pulls together decades of research findings to argue for urgently needed change for youth transitioning out of care to provide them with the same kind of sustained support that young people who aren't in care typically receive from their families.

And in January, we released Detained: Rights of children and youth under the Mental Health Act. This report explores the system for involuntary detention and centres the voices of youth who have experience with detention under the Act. The report contains 14 recommendations for government. All reports are available on our website: www.rcybc.ca.

We will release a number of reports this spring, including one examining gaps in services for children and youth with FASD, another looking at the importance of belonging through the life story of a First Nations youth and a third reviewing care planning for children and youth in government care.

Remember, you can keep up with my Office through social media. We're on Facebook (@rcybc or @rcybcyouth), Twitter (@rcybc or @rcybcyouth) and Instagram (@rcybcyouth).

Sincerely,



Jennifer Charlesworth
Representative of Children and Youth





If you are a youth...
You can now text our advocates!

**To get in touch, text 1-778-404-7161
 Mon. - Fri. 8:30 a.m. - 4:30 p.m.**



TELUS' Mobility for Good™ program is now available across Canada!

Youth from care can apply for a FREE cell phone and plan with TELUS to help them stay connected.



TELUS' Mobility for Good™ is a collaboration between TELUS and Children's Aid Foundation of Canada (CAFC) and select Centre de Jeunesse Foundations. Mobility for Good® helps youth aging out of care achieve independence by providing them with a free phone and a \$0 plan. This enables them to stay in touch with friends and vital support networks, search for somewhere to live, find education and job opportunities, and build credit. For more information on the TELUS Mobility and Internet for Good Program or to apply, please visit: <https://www.telus.com/en/about/youth/application>

ARE YOU A YOUTH IN OR FROM CARE IN BC BETWEEN THE AGES OF 14 AND 24?

CONNECT WITH US!

WHEN YOU CONNECT WITH THE FED, YOU CAN...

Get financial support with the **DREAM FUND** bursary program!

Get your stories, photography, opinions, art and more published in **POWER PAGES** magazine!

Get **SUPPORT** navigating education, finances, employment, and other life skills!

Connect with other youth in and from care, learn life skills, and have fun at **LOCALS** around BC and in our **FED CONNECTS** events!

Learn how you can **ADVOCATE** for yourself and for the youth in and from care community!

FIND OUT MORE ABOUT OUR PROGRAMS AND SERVICES!



BY COMING TOGETHER, WE'RE NOT ALONE

WEBSITE fbcyicn.ca | **EMAIL** info@fbcyicn.ca

TOLL-FREE 1.800.565.8055

f Federation of BC Youth in Care Networks

@ fbcyicn

@ FBCYICN

@ TheFBCYICN

BCFFPA Members have access to discounts through our partnership with Canada's leading perk program!



Step 1: Go to Perkopolis.com and click 'Register' in the top right corner.

Step 2: To access all perks, you must register by using a valid email address. Then, you will receive an email to activate your registration. – click the link within this email that says "Complete my profile".

Step 3: Enter your member ID code which is BCFFPA + your 5-digit membership number (e.g. BCFFPA12345). Once you are logged in, click on your name in the top right corner of the screen, then choose 'Profile'. Your BCFFPA Membership Number will appear as the first item under 'Your Information'. You can now navigate back to perkopolis.com.

Step 4: Enter the required information. Click the 'accept terms and conditions' box. Click 'Confirm'.

You're all set to start saving!

Use your BCFFPA membership to enjoy savings on North America's top travel, entertainment, health and wellness, and lifestyle brands!

Adidas	The Brick
Apple	Carter's
Cineplex	Cruises.ca
Cirque du Soleil	Columbia
Disney on Ice	Club Monaco
Disneyland	CityPASS
Dyson	Dell
Great Wolf Lodge	Ever New
Hunter	HP
Indigo	KitchenAid
La-Z-Boy Furniture	Kiehl's
Landmark Cinemas	LE CHÂTEAU
LEGOLAND	RW & CO
Lenovo	Matt & Nat
Petsecure	Panasonic
Reitmans	Sorel
Samsung	TurboTax
UGG	Walt Disney World
Universal Orlando	Vitamix
WestJet	Wyndham Hotels

Get your continuing education hours.

Download your certificate upon completion of the webinar and test. Enjoy access to 3 webinars until October 1, 2021.

Depression: Practical Intervention Strategies

The Ethics of Helping: Boundaries and Relationships

Vicarious Trauma: Strategies for Resilience

Fee: \$50 for BCFFPA members and \$75 for Non-members/Professionals

To register, please email office@bcfosterparents.ca or call 1-800-663-9999



How does a BCFFPA Membership Benefit YOU?

BCFFPA was formed 54 years ago by BC's foster parents and social workers. We continue to be BC's contracted advocate with a provincial mandate to represent foster parents, regardless of where they live or who they are fostering for — whether Ministry or an agency.

Why be a member?

- 85% of the membership fees paid to BCFFPA are sent to our community branches formed by our network of foster parents across the province. The funds you give to us for membership in turn provide support for your very own community's foster family activities, meetings and workshops.
- Members have access to our annual Camps for Kids bursary. We also support the youth in our community with education bursaries for former children in care and for your own children.
- Members have access to our new Medical Travel Grant. Foster parents should not be out of pocket for the work that you do, and we realize that you often incur extra costs that may not be reimbursed for those out of town trips for medical care.
- BCFFPA maintains a list of vendors where our members can receive substantial discounts on goods, services and hotels.
- As a member, you can participate in shaping the future of the foster care sector by proposing motions for action at our Annual General Meeting through working with committees or by joining the provincial BCFFPA Board of Directors.



Not covered by a group health plan? Concerned about health & dental expenses?

Find the coverage that's right for you and your family with a **Health Assist plan** from **Green Shield Canada (GSC for short)**.



You can choose a plan that offers prescription drug coverage, dental or a combination of both. Plus, all plans provide coverage towards vision care, extended health care (like registered massage therapists and chiropractors), and emergency medical travel protection. Your acceptance is guaranteed for many plans – no medical questions asked*. Best of all, Health Assist plans are easy to understand and easy to get.

It's all about you and what you need.
Want more info?

Contact

Candace Dodson-Willis

in strategic alliance with Group One
Candace_Dodson@icloud.com

Plans provided by **Green Shield Canada (GSC)**

*Acceptance is guaranteed for select plans as long as GSC receives the initial payment; other plans require completion of a health questionnaire and medical underwriting.

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From Foster to Doctor: Meet Soraya Bellou

"At the age of 10, I immigrated from Kuwait to Vancouver, Canada with my family, in search for safety and security. Without knowing a single person, my parents tried to create a life for their two children filled with opportunities they never had. However, it was riddled with complexities and barriers. Both my parents' education and credentials were devalued and unrecognized. They struggled to find work to cover our basic living expenses. At the age of 13, the Ministry of Children and Family Development got involved. Thereafter, my brother and I were separated for what would become almost 4 years.

I was the lucky one. I found a safe haven at school, and at 16-years old, began living alone under the Ministry's Youth Agreement program. I graduated from high school on the honour roll and got accepted into a world-renowned academic institution, the University of British Columbia. I worked tirelessly during my undergraduate to ensure this opportunity wasn't taken for granted. As soon as it was possible, I started looking after my younger brother so we wouldn't be separated any more. Together, we have been able to beat the odds; 45% of youth in government care drop out of high school and only 3% of youth in government care complete a post-secondary education.

My desire to become a medical doctor began when the child welfare system just began getting involved in my life. You can imagine after these traumatic events, it would be hard to feel safe and cared for, let alone amongst strangers. I felt a sense of security and care at the hospital that I longed for. It was how the doctor treated me, with dignity and compassion, that inspired me to pursue a career in medicine. I knew at that moment I wanted to bring this same sense of security and care in others that this doctor had brought in me.

Through the process of caring for my brother, working, attending school, writing the MCAT, and applying to medical schools, I have found that our systems fail to recognize the privileges foster kids lack that others are afforded: a family support system, access to mental health support, food security, housing security, and more. I have written the MCAT in both 2018 and 2019, and despite the considerable costs, on a very meager income, I have not been able to secure an interview at a Canadian institution. Then I learned about the incredible medical education system in Australia and how synonymous it is to the Canadian system. I applied to Griffith University and the University of Queensland in June 2020 and was accepted to both medical schools! I accepted my offer to Griffith University with a partial scholarship, the Academic Merit Scholarship, which brought my annual tuition fees from \$70,725 to \$56,580. Of course, I immediately applied to secure grants and student loans only to learn that I required a family member co-signer with a salary greater than \$100,000/annually. My joy at being accepted to medical school has been severely dampened by my enormous financial challenges and has been clouded with overwhelming worry. Thank you for reading my story and helping me find a way to medical school!"



Bio by Soraya Bellou

Interview by Michelle Relevante

When did you realize that you wanted to be a doctor?

I had to figure out the answer to this question before applying to medical school. It's a common interview question. I found it hard to answer because I had to make decision—Do I become honest and tell them that I don't remember because my memories were obscured and blockaded by trauma? OR Do I just make up one of those cliché stories? I decided to go with honesty. If they don't interpret it the way I wanted them to, then that's on them. But I'm going to tell my story.

During my childhood, I had traumatic, violent experiences that ended up in the hospital. I also got injured quite frequently because I was quite an 'adrenaline junkie' as a teenager. I was such a ball of energy. I always wanted to try new activities—I was falling off trampolines and slipping on ice skates and things like that. I always found myself at the doctor's office at least a handful of times a year. I think there is something mesmerizing about being at the emergency room or at the doctor's office. It's organized chaos. I also have an amazing family doctor for about seven years now. She's truly amazing because she's created a safe space for me to be in—to talk about how I'm feeling physically or mentally.

I've also had some negative experiences such as when ER doctors dismissed me or haven't given me the time to explain what's going on when I've had extremely traumatic experiences. It just fuels me to want to create a better space which I know is possible.

In January last year, I requested my files from care through the Freedom of Information Act. It's one of the hardest things someone from care will ever do because you're reading about your life from somebody else's words. There was one verbatim sentence from when I was 12 years old where I had told a social worker: *"Please. I don't want to go back. I don't want to die. I want to become a doctor and help people. Please help me."*

"It was powerful because I had no memory of saying that—to ask someone to save my life so that I can do something with it."

Where did you draw strength from as you were navigating the challenges that you encountered at such a young age?

It was very much fight or flight, just a life of trying to push through and survive with a belief that there is a light at the end of the tunnel. Surrounding myself with friends whose families saw somewhat of what was going on in my life as a child or just picked up signs and clues from my body language, from the malnourishment...and just looked after me. They would send their kids to school with an extra lunch or some extra money for lunch for me or they would invite me over for dinner after school. They would also include me in some of their family activities in the garden or the backyard. I think I really drew strength from the community of support—the people who saw me as a child who needed support. They saw potential in me, took care of me and provided for me in non-monetary ways such as affirmations, support and inclusion.

How did relationships with caring adults shape your childhood experiences?

I had a normal childhood until we immigrated here. Because of that normalcy, there were many years in which I had dreams fostered within me, received positive affirmations and have memories of enjoying fun activities. I remember what it was like to be loved and be supported by a parent, by a family. I consider it a privilege to have those positive memories. So many of my siblings from care did not get to experience that as they were taken to the system at such a young age. My brother is 6 years younger than me so he did not have the same start in life. When I started working with kids a few years ago, it really hit me what it meant for my brother to have gone through what he did as such a young age.

What myth about "foster kids" would you like to see dispelled?

That we are lazy and unmotivated...that we don't care. I think some people think that we choose to be rebellious whether it's choosing to be homeless, picking fights or having substance abuse problems. These are manifestations of trauma.

What are some of the privileges that children who do not have lived experience in care should never take for granted?

Feeling loved. Feeling supported. Having a safety net...if I make a wrong move in life such as a wrong investment or a wrong partnership. If I make the wrong decision, I'm not only putting myself at risk. I have my brother to take care of. We are leaning on a community and a family of others from care. And we really try so hard to be there for all each and every one of us but all of us are just floating by.

"I think that the biggest thing about not having family privilege is that it is very much life or death for us."

How important are relationships—including connections with culture and community—in the lives of young people in and from care?

We are not meant to go through life alone. I think that having support means a lot—a supportive family member or a friend. In terms of culture, I don't even know if I can speak to culture because I don't have any cultural ties to my Greek or Brazilian heritage. I have seen culture be everything to my peers. Culture has changed their life—to learn their language, to be involved in cultural activities and to find their people.

What message do you think foster parents need to hear?

I saw foster families that really tried their best but didn't fully understand what it meant to take in a traumatized child. Patience is important. When a traumatized child who is still learning how to regulate their emotions reacts a certain way, do not take it personally. You cannot have the same expectations of a foster child as you do with a child who has never been removed from their family home. Trauma-informed care should be a priority. Don't be afraid to ask for support when you're frustrated and about to give up.

"Foster parents need more support to care for vulnerable children and youth. Fostering is a full-time job that needs to be acknowledged and supported."

How can caring adults truly ‘show up’ for youth with lived experience in care?

Definitely connection—A United Way study found that one in ten children in British Columbia do not think that a single adult cares about them. Not a teacher...not a parent...not a relative. Connections and relationships are not always perfect but it's everything.

What are some of the life lessons from your lived experience that you'll carry for the rest of your life?

There are many things that I'm learning and unlearning. One of the most toxic lessons I was taught growing up (that I should not have absorbed) is that: You can't count on anybody but yourself.

“Lean on your chosen family.”

Do not be afraid of breaking the norms and being vulnerable. You're going to create ripple effects that will change it for others like you.

What would you tell your younger self?

Hang on a little longer because one day you're going to have full control of your own life. You're going to be happy and you're going to have healthy, amazing, incredible relationships filled with love and support. Although your feelings are valid, this is just a phase.

When you're standing on the stage as you graduate from medical school one day, what will you be thinking of?

Honestly, I hope it's like a reel of all the positive emotions from accomplishing things over the years. It will definitely bring a smile to my face and imagine my pre-teen version. I would be looking back with gratitude that I did not give up. I will look back on all the times when I thought of dropping out of school or I couldn't get out of bed because I was so depressed.

What changes would you like to see in the system so that youth in care can look forward to better and brighter futures?

I think the system, first and foremost, needs to be decolonized. Second, there should be universal and comprehensive supports for every youth that aged out of the system. Comprehensive supports mean that there is guaranteed and equitable access to financial assistance including start up costs for independent living, tuition waivers, and safe, dignified housing. Universal means automatic enrollment into supports for all youth in and from care regardless of time spent in care, or care status. I didn't realize the lack of support until I started working with the United Way and discovered through a report that 98% of young adults from the ages of 19 to 30 are supported by their families in some shape or form.

I think that the system also needs more accountability and it needs an actual proper independent review board—an independent review board that looks at situations from a trauma-informed lens.

“What I would really like to see change is how our peers are overrepresented in places we wish they weren't such as homelessness, the overdose crisis and suicide rates. We're not seeing our peers represented in medicine or law or art. Why do we only see youth with lived experience in care statistically represented in places of harm or loss or grief? There is ample research and voices from care, from people who have lived experience to create a change. Take our advice and work with us as equal partners. Let's do it together.”

If Soraya's story inspired you, Connections Community Services Society is hosting a Go-Fund-Me page to help her raise money for medical school and will match up to \$5000 in donations! You can also spread the word and share this [link](#).

Mental Health Supports during COVID-19

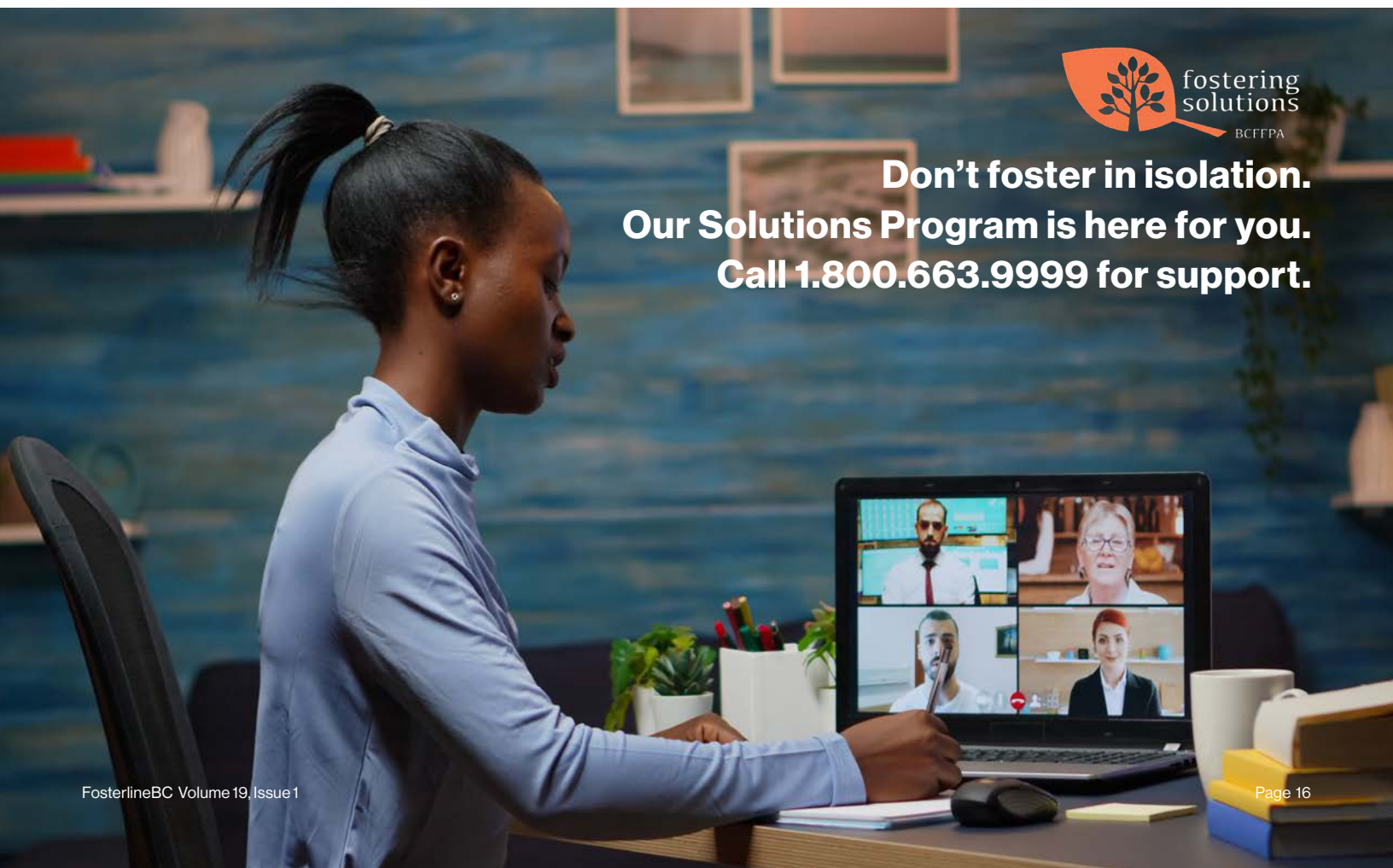
Supports for Young People

- **Foundry Virtual**
Call 1-833-308-6379 (between 1:15 to 9 pm Monday to Friday) for counselling, peer support, family support, groups and workshops via chat, voice or video calls for young people 12 to 24 and their caregivers. All services are free and confidential.
- **Kids Help Phone**
Get 24/7, immediate counselling, support, information and referrals. Youth can call 1 800 668-6868 or text TALK to 686868. Texting support for adults available by texting TALK to 741741.
- **Youth in BC**
Visit youthinbc.com to chat online with a crisis responder. It's available from noon to 1:00am every day.
- **Kelty Mental Health Resource Centre**
Call 1-800-665-1822 for free mental health and substance use information, resources, and peer support for BC parents, caregivers, and families of children and youth.

- **310 Mental Health Support**
Call 310-6789 for emotional support, information and resources specific to mental health
- **1-800-SUICIDE**
Call 1-800-784-2433 if you are experiencing feelings of distress or despair, including thoughts of suicide
- **KUU-US Crisis Response Service**
Call 1-800-588-8717 for culturally-aware crisis support for Indigenous peoples in B.C.
- **FamilySmart: Parent Peer Support and Mental Health Navigation**
Call 1-855-887-8004 to access programs to help B.C. families and caregivers who are parenting children and youth facing mental health challenges

Supports for Victims of Family or Sexual Violence

- **VictimLink BC**
Call 1-800-563-0808 for immediate 24 hours, 7 days a week, crisis support or victims of family or sexual violence



**Don't foster in isolation.
Our Solutions Program is here for you.
Call 1.800.663.9999 for support.**

Talking to Kids about Privilege

by Michelle Relevante



We are living in a time where discussions about privilege are no longer avoidable. Privilege takes many shapes and forms. Generally defined as a special advantage (often unearned) granted or available to a particular person or group exclusively, privilege can be based on race, ability, gender identity, sexual orientation, class, language, nationality, and more.

Talking to kids about privilege feels like an uncomfortable, daunting task but the risk to avoid this discussion with children seems too great. While there is no one-size-fits-all approach, the science is clear: the earlier, the better. Several studies have established that children absorb biases and prejudices from the adults around them as well as the media, their peers and society in general. Children mimic the behaviours they see. Your biases and prejudices do not only shape our own perspectives and behaviour but also the young minds who look up to you as role models.

Educate yourself.

Before you can have conversations about privilege with kids, it is important that you reflect on the systems and structures that continue to allow injustices to flourish and benefit the most privileged. This could mean taking a step back and reflecting on your position in life. Privilege tends to be invisible to those who benefit from it while being ever-present to those who do not possess it. Being humble enough to confront your own privilege

and being willing to engage in dialogue with others especially people with lived experience is necessary. This means taking opportunities to grow and learn from individuals and groups with lived experience of being marginalized. Here are some helpful questions to ask in our self-reflection:

- Whose voice is being heard or not being heard?
- Am I aware of my own privilege? Is my voice too loud?
- Who has a seat at the table?
- What is the history of this group's struggle for equality?
- Where am I on my journey to living as an ally?
- How can I take action?

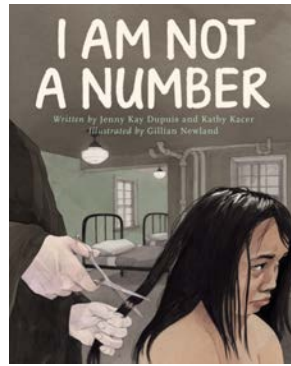
Educating yourself will prepare you to respond to kids' questions. There are also many resources available such as books, films, documentaries, journals and podcasts.

Discuss the media together and embrace their world, even if you don't understand it. Find diverse and inclusive role models.

While caring adults remain the primary influence in their lives, kids consider the internet and social media as their main sources of information. Show interest in what they are watching and reading. Pay attention to the conversations they are having online, the topics they are interested in and who their media role models are. Help them find age-appropriate content that feature diverse role models who impart lessons such as kindness and empathy.

Use storytelling.

Whether fiction or not, children learn better with stories. Research age-appropriate books and films that you can use for story-telling. Consider stories that feature groups that are underrepresented. Look for authors or characters with lived experience, if available.



Model good behaviour specifically kindness and empathy.

Behaviour allows communication 'beyond words'. Children are always watching what you do—even when you think they are not paying attention. They watch how you treat other people. Kids also pick up on the tone of your voice and the words you use when you talk about people and situations.

No one is perfect and there will be times where things don't go as planned. Don't beat yourself up—use these moments to talk to them about kindness and empathy. This will also teach them to be kind to themselves when things go wrong. Think about what you want the kids in your home to learn from you and try to model that behaviour.

Use examples from their own experiences to openly discuss what privilege looks like. Explain issues within the context of fairness.

Kids may not understand the concept of privilege but they understand the concept of fairness and unfairness. Describe what unfair treatment might look like in their environment and in their age group. Perhaps make use of examples where they were treated differently or were not given opportunities in school or in sports. Encourage them to express how they felt in those situations. You can also use examples from history that they may have already learned in school or seen on TV. Focus on the lessons and explain how people fought for equality and change. This creates awareness that some people are treated differently because of bias.

Have ongoing conversations and allow them to lead the conversation.

Having honest and open conversations builds trust and attachment. Conversations about privilege should not be a one-time event. Creating an environment where children feel safe to ask questions encourages them to come to you for support and guidance. Children who are taught to be curious at an early age are better equipped to understand the world around them. It also helps them grow into kind, compassionate and empathetic adults.

Resources

It's OK not to have all the answers. There are many resources available. This is by no means an exhaustive list but a good place to start.

BOOKS FOR CHILDREN AND YOUNG ADULTS

- Birdsong by Julie Flett (Ages 5+)
- Can I Touch Your Hair? by Irene Latham and Charles Waters (Ages 8+)
- Fire Song by Adam Garnet Jones (Ages 13+)
- Harriet Tubman: Freedom Fighter by Nadia Hohn (Ages 4+)
- Jacob's Eye Patch by Beth Kobliner Shaw and Jacob Shaw (Ages 4+)
- Kings, Queens and In-Betweens by Tanya Boteju (Ages 12+)
- Like a Love Story by Abdi Nazemian (Ages 13+)
- Surviving the City by Tasha Spillett (Ages 12+)
- Speaking Our Truth by Monique Gray Smith (Ages 9+)
- Where Are You From? by Yamile Saied Méndez (Ages 5+)
- The Case of the Missing Auntie by Michael Hutchinson (Ages 9+)
- The Invisible Boy by Trudy Ludwig (Ages 6+)
- The Orange Shirt Story by Phyllis Webstad (Ages 4+)
- Viola Desmond Won't Be Budged! by Jody Nyasha Warner (Ages 5+)
- Uniquely Wired: A Book About Autism and its Gifts by Julia Cook (Ages 5+)

BOOKS FOR ADULTS

- Angry Queer Somali Boy by Mohamed Abdulkarim Ali
- Belated Bris of the Brainsick by Lucas Crawford
- How to Be an Anti-Racist by Ibram X. Kendi
- Laughing at My Nightmare by Shane Burcaw
- Look Me In The Eye: My Life with Aspergers by John Elder Robison
- So You Want to Talk About Race by Ijeoma Oluo
- The Girl from Aleppo by Nujeen Mustafa, with Christina Lamb
- The Listener by Irene Oore
- The Skin We're In by Desmond Cole
- We Have Always Been Here by Samra Habib
- With the Fire on High by Elizabeth Acevedo
- Why Are All the Black Kids Sitting Together in the Cafeteria? And Other Conversations About Race by Beverly Daniel Tatum

FILMS AND DOCUMENTARIES

- 13th (2016)
- 19 and Homeless (2019)
- Club Native (2008)
- Moonlight (2016)
- Our People Will Be Healed (2017)
- Walk. Ride. Rodeo. (2019)
- We Were Children (2012)
- Wonder (2017)

PODCASTS

- Activist, You! (Ages 6+)
- Molly of Denali (Ages 7+)
- Goodnight Stories for Rebel Girls (Ages 10+)
- Unreserved by Falen Johnson
- Born and Raised by Alisha Sawhney and Al Donato
- They & Us by Wil Fundal
- The Secret Life of Canada by Leah Simone-Bowen and Falen Johnson
- Colour Code by Denise Balkissoon and Hannah Sung

SOCIAL MEDIA RESOURCES

- @parentsfordiversity
- @doinggoodtogether
- @theconsciouskid



Goal

We are a collective partnership of youth, service providers and allies working to challenge the stigma faced by children and youth in care by celebrating and honouring their awesomeness. We hope all British Columbians will join the celebration and gain the knowledge and tools to acknowledge and support our incredible young people in care every other week of the year too.

History

A group of youth in and from care advocated for this week so their siblings in care could grow up feeling celebrated for their diverse talents and accomplishments, surrounded by a supportive community who stands with them. They also wanted to raise awareness about the barriers they face and fight the stigma that comes with being a “foster kid.”

First proclaimed by the province of British Columbia in 2011, BC Child and Youth in Care Week (BCCYICW) is a time for everyone in communities across the province to stand in support and celebration of our province’s incredible, diverse young people in government care. Youth envisioned a week that acknowledges and celebrates the unique strength of young people in care, and that’s how BC Child and Youth in Care Week was created.

Celebrate BC Child and Youth in Care Week!

Visit <https://www.bcchildandouthincareweek.com/> to find out how you can honour the amazing children and youth in and from care in your community, through Youth Recognition Awards, holding celebrations, or helping to raise awareness.

2021 BC Child & Youth in Care Week Partners



and Youth and Alumni of Care!

Social Media Policy for Foster Parents FAQ

Foster parents are required to comply with this policy in accordance with the Family Care Home Agreement, Child, Family and Community Service Act, and Freedom of Information and Protection of Privacy Act.

Can foster parents use social media? What information is OK to share online?

While foster parents may have personal Social Media accounts they should never use these accounts to communicate confidential, sensitive or personal information about a Child-in-Care. Disclosing confidential, sensitive or personal information could put the Child at risk of harm.

It is important that the Child-in-Care feels they are part of the family and foster parents are encouraged to take photos and document family events such as barbecues, special occasion celebrations, vacations, etc. These photos and documents are special memories that will form part of the Child's Lifebook but foster parents must be thoughtful about how and what information is shared on Social Media. Social Media lacks the level of security necessary to ensure ongoing protection of information even with the strictest of security settings on user profiles.

Can a foster parent post photos on social media?

A foster parent may post photos and material on Social Media but a foster parent must:

- Respect the wishes of the Child if they indicate they do not want certain photos or videos of themselves to be shared on Social Media.
- Not post any material that would reveal the Child's status (current or past) as a Child-in-care.
- Only use a Child's first name.
- Not tag a Child in photos or materials including those posted by others.
- Not post pictures or other material that would reveal a location where a Child is regularly present (e.g. school name/location, foster home address etc.)
- Not use Social Media to communicate with a Child's parents or birth family.

Are children and youth in care obligated to add their foster parents on their social media accounts?

A Child-in-Care is not obligated to add (e.g. Facebook friend) foster parents on their Social Media accounts. If a Child chooses to add a foster parent to their Social Media account(s) then the foster parent must ensure the Child's privacy is protected as it relates to their status as a Child-in-Care.

Are children and youth in care obligated to provide their foster parents with their usernames and passwords for their social media accounts?

A Child-in-Care is not obligated to provide foster parents with their usernames or passwords for social media accounts; however, if they choose to share this information then it is important to keep this information confidential and secure.

Is use of social media recommended for children and youth in care?

Use of Social Media is not recommended for a Child under 13 years of age. In knowing the possible risks of using social media, it is tempting to forbid use of these platforms. Access to the internet, computers and mobile devices has become so easily accessible that preventing use of Social Media is not only unrealistic but can be perceived as detrimental to children in building social relationships with their peers. Social Media can be an important outlet for expressing and shaping identity for children but it is important that children are provided with guidance and boundaries about safe use of Social Media.

It is important to educate a Child-in-Care about digital safety, engaging with them on what they are doing online, and empowering them to be safe. A Child should be familiar with:

- How to set security and privacy on their accounts.
- Confidentiality: the implications of posting photos and videos on Social Media.
- Remember the internet never forgets!
- Safety: never add/talk/meet with unknown people on Social Media.
- Anonymity: people aren't always who they say they are.
- Risks: cyberbullying, predatory behaviour, not posting personal information

Foster parents must ensure that computers accessed by a Child are placed in a central location, such as the kitchen or living room, and they monitor computer use including the amount of time spent on the computer. A Child-in-Care is entitled to reasonable privacy so it is important to balance monitoring of the computer, or mobile device use with the Child's right to privacy. The Child's age, capacity, and living arrangements may be factors to consider in determining what is reasonable monitoring or time spent on computer or mobile devices. If you are unsure or have any questions, please discuss this with the Child's social worker.

If you have any questions regarding this policy, please contact: MCF.PrivacyImpactAssessment@gov.bc.ca



Did you know?

Each year, approximately
42% of all adoptions
in BC are **foster parents**
adopting the children in
their care.

Adopting your foster child? We're here for you!

AFABC is here to help foster parents with the transition to adoption!

Connect with a Family Support Worker. Family Support Workers provide free, one-on-one support to adoptive, waiting, and prospective adoptive parents.

Visit www.bcadoption.com/familysupport to meet the Family Support Worker for your region.

Join one of our 10 Facebook groups and find a community for every stage of your adoption journey.

Find us on Facebook @bcadopt.

Visit www.bcadoption.com or call us at 1-877-ADOPT-07 to learn more.

Safe Babies online workshop

Learn about infant development, substance exposure, sleep issues, household and infant safety, support services, self-care, and more in this three-part online webinar workshop! **Contact** education@bcadoption.com for more information or visit bcadoption.com/online-workshops to see upcoming workshop dates and registration details.

Foster Community Resources

Provincial Resources

BC Federation of Foster Parent Associations www.bcfosterparents.ca	1-800-663-9999
After Hours Foster Parent Support Line	1-888-495-4440
Indigenous Perspectives Society www.ipsociety.ca/foster-caregiving	1-844-391-0007 ext. 229
Federation of BC Youth in Care Networks www.fbcyicn.ca	1-800-565-8055
Adoptive Families Association of BC www.bcadoption.com	1-877-236-7807
Pacific Post Partum Support Society www.postpartum.org	604-255-7999
Parent Help Line	1-888-603-9100
Parents Together	604-325-0511
Parent Support Services of BC www.parentsupportbc.ca	1-800-345-9777
Representative for Children & Youth www.rcybc.ca	1-800-476-3933
FAE/S Support Network	604-507-6675

Interior

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

Okanagan Foster Parent Association www.okfosterparents.ca	
Central Okanagan	250-870-8991
North Okanagan	250-558-0939
South Okanagan	250-462-6907
Shuswap	250-515-1522
Okanagan Metis Children & Family Services	250-868-0351
Interior Community Services www.interiorcommunityservices.bc.ca www.icsfp.info	1-877-376-3660
East Kootenay	250-426-6013
West Kootenay	778-460-5174
Cariboo	250-609-2017
Kamloops and area	236-421-0031

Island

For contact information for local foster parent groups or support in your area, please call 1-800-663-9999.	
Foster Parent Support Services Society (FPSSS) www.fpsss.com	1-888-922-8437
FPSSS (South Vancouver Island)	778-430-5460
FPSSS (Central Island)	250-618-8327
FPSSS (Comox/Courtney)	250-898-4488
FPSSS (Cowichan Valley)	250-818-3293
FPSSS (Upper Island)	250-204-1566
FPSSS (Port Alberni)	250-735-1124
FPSSS (North Island)	250-949-7419

North

For contact information for local foster parent groups or support in your area, please call 1-800-663-9999.	
AXIS Family Resources www.axis.bc.ca	1-877-392-1003 Press 205
Community Bridge (Fort St. John) www.communitybridge.ca	250-785-6021 ext. 235

Coastal Fraser

For contact information for local foster parent groups or support in your area, please call 1-800-663-9999.	
Hollyburn Family Services www.hollyburn.ca	604-987-8211
Vancouver Aboriginal Child & Family Services Society www.vacfss.com	778-331-4500
Foster Hub www.fosterhub.ca	1-877-926-1185
Archway Community Services www.archway.ca	778-880-8555
Fraser Valley Foster Parent Association www.fraservalleyfosterparents.org	1-877-797 7701
South Vancouver Youth Centre www.milieu.ca	604-325-2004
Pacific Community Resources Society www.pcrs.ca	604-587-8100
The Children's Foundation https://www.childrens-foundation.org	604-434-9101

IT PAYS TO BE A MEMBER!

Please complete and return to BCFFPA: 208-20641 Logan Avenue, Langley, BC V3A 7R3 or join or renew via our website at www.bcfosterparents.ca

Name(s): _____ Date: _____

Address: _____ City: _____ Postal Code: _____

Phone: _____ E-Mail: _____ Region: _____

Local Association (BCFFPA Branch): _____

Level of Foster Home: (select 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 office for administration of the program and development of services to foster parents. The balance of the fee will be returned to your regional board or local association.

I/we contract with ____ MCFD ____ Delegated Aboriginal Agency Other: _____

OR my affiliation with the BCFFPA is (i.e. staff, MCFD, non-foster parent): _____

As members of the BC Federation of Foster Parent Associations, I/we agree to abide by the Bylaws, Policy and Procedures, and Code of Ethics of the Federation. _____

[signature(s)]

Please bill my VISA or MC # _____ Expires ____ / ____

[signature for approval]

Get social with us!



@fosterparentsbc



Youtube.com/BCFFPA



@BCFFPA



@fosterparentsbc