

# BC Foster Parents Association

Annual General Meeting & Conference 2022

October 21-22, 2022

Inn at Laurel Point in Victoria, located on the traditional territories of the Lkwungen (Lekwungen) speaking peoples, also known as the Songhees and Esquimalt Nations.



Guest speakers, full-day workshops, and networking opportunities



Camps for Kids Fundraisers:  
50/50 Draw, Bucket Draw,  
and Toonie Auction



Call for Nominations:  
President and Secretary

October 21-22, 2022 | Inn at Laurel Point | 680 Montreal Street, Victoria, BC

# Call for Nominations

BCFPA will be hosting our Annual General Meeting on October 22, 2022, at the Inn at Laurel Point, Victoria, BC. Online voting for 2 Board of Directors officer positions will be available in advance and at the AGM.

This year, there are 2 positions for election on the BCFPA Board of Directors Executive Committee:

- President
- Secretary

Each position has a two-year term. Nominations for each position must be received by the BCFPA provincial office by **August 12, 2022**, for distribution to the membership for online voting process. Please note that we have transitioned to **100% online voting for AGM 2022**. We are pleased to offer 100% online voting through a third-party neutral platform, Simply Voting. Simply Voting will provide BCFPA with a secure, cost-effective, and environmentally friendly voting process. This should allow for those that couldn't make the trip to still take part in the AGM and cast their votes.

Eligibility to be nominated as a member of BCFPA's Board of Directors includes:

- a) A nominee must be a voting member in good standing (membership paid in full as of February 28, 2022); be qualified in accordance with Bylaw 7.2; and remain in good standing throughout the election process.
- b) Voting member may not nominate themselves and may not nominate more than one nominee for any given position.
- c) All nominations must be supported by a second voting member in good standing.
- d) All nominations must be made in writing, in a form established by the Society and must be signed by the member who is the nominee, by the member who makes the nomination, and by the supporting member.
- e) Nominations must be submitted in advance of an election, in accordance with such deadlines as may be established by the Board. Nominations will not be permitted from the floor at the Annual General Meeting; and
- f) All nominations must be vetted by the nominations committee to confirm eligibility and adherence to required process.

Additional policy-related nomination criteria include:

- Nominee must be present at the AGM unless excused by the President for extraordinary reasons.
- Eligible candidates and nominations for officer positions shall be vetted by the Nominating Committee and are confirmed for their knowledge and expertise in relation to the position.
- Any candidate for these positions must have held a BCFPA membership in good standing for at least three years immediately previous to running.
- Candidates must not hold any position on another provincial or regional agency Board of Directors at the time of nomination.
- Candidates for the president position must be available to the BCFPA administrative team most days of the week during business hours.
- Candidates running for these positions must have served for at least one year in the previous three years on a BCFPA branch or regional council, or on the BCFPA Provincial Board of Directors.
- If only one nominee's name is submitted for a posted position and they meet all eligibility criteria as stated in the Bylaws, the individual is considered to be elected by acclamation.
- Associate Members who have been elected to hold positions on the Association Board of Directors shall have full voting privileges during their term of office.

## PLEASE FORWARD NOMINATIONS TO THE BCFPA PROVINCIAL OFFICE:

BC Foster Parents Association  
208-20641 Logan Avenue  
Langley, BC V3A 7R3

Email: [jayne@bcfosterparents.ca](mailto:jayne@bcfosterparents.ca)

Fax: 604-544-2223

*\* Nominees may be asked to participate in an interview with Nominations Committee member(s) to discuss their nomination or application for the position prior to an election process or appointment.*

# BCFPA Provincial Board of Directors Nomination Form 2022

Name of Candidate \_\_\_\_\_ Membership Number \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

Postal Code \_\_\_\_\_ Phone Number \_\_\_\_\_ Email \_\_\_\_\_

Current Foster Contract Expiry Date \_\_\_\_\_ Contracted With \_\_\_\_\_

*Eligibility Criteria (in addition to general Director criteria required by BCFPA bylaws):*

- Must have established connections with other foster parents in their community and region
- Must not be a Board member or employee of another agency in the adoption/fostering sector at time of nomination
- Previous experience and knowledge of BCFPA's mandate and operations will be considered by the Nominations Committee prior to distribution of nominations for election process

Candidate Information (please use additional pages if necessary)

Fostering Experience Description

BCFPA Experience (length of membership, past positions held, Branch affiliation, volunteerism)

Related Volunteer, Board, Management or Employment Experience

Personal Views and Objectives to Offer this Position

Other Comments

Nominated by \_\_\_\_\_ Membership Number \_\_\_\_\_

Nominated by \_\_\_\_\_ Membership Number \_\_\_\_\_

Signature of Candidate \_\_\_\_\_ Date \_\_\_\_\_

*Please attach any supplemental relevant information to your nomination.*



## Special Resolutions 2022

Whereas: (state circumstance)

Therefore: (state proposed special resolution)

Moved By: \_\_\_\_\_  
(name)

Membership Number: \_\_\_\_\_

Seconded By: \_\_\_\_\_  
(name)

Membership Number: \_\_\_\_\_

Please submit your proposed Special Resolution by August 12, 2022..

Packages will be distributed by mail for ballot voting by August 26, 2022.

Proposed Special Resolutions will be accepted from members in good standing (current members as of January 31, 2022).

Please submit one form for each Special Resolution proposed.

### What are Special Resolutions?

Prior to the BCFPA Annual General Meeting, we receive proposals from members in good standing for special resolutions. A special resolution is a proposed change to our Bylaws. The proposed changes are presented to our membership as a whole and voted on. We require a majority vote for the special resolution to be passed. When a special resolution is adopted into BCFPA's Bylaws through a membership vote, the wording of the resolution is then submitted to the governmental authorities to become part of the Association's permanent documentation.

BCFPA Constitution and Bylaws are the formal documents that contain BCFPA's fundamental objectives and principles.

BC Foster Parents Association

Constitution and Bylaws

(Revision 2021)



## DATES TO REMEMBER

**August 5**

Deadline to apply for an AGM bursary

**August 12**

Nominations and Special Resolutions  
submission due

**August 26**

Online voting information will be mailed  
to members

**September 8**

Online voting opens

**September 9**

Hotel reservation deadline to receive BCFPA's rate

**September 22**

Official Notice of AGM will be emailed to BCFPA  
members and posted to our website

**September 30**

Deadline to register for the AGM

## SPECIAL ROOM RATE APPLICABLE UNTIL SEPTEMBER 9

Book your room through the Inn at Laurel Point's Reservations Department by calling 1-800-663-7667 or 250-386-8721. Book your hotel room by September 9, 2022 to receive our special rate of \$189 (Laurel Wing), based on single or double occupancy. This rate is exclusive of applicable taxes and service fees. A charge of \$25.00 applies to each additional guest over the age of 18. Please quote **BC Foster Parents Association** when making your booking.



## About our Speakers



**Alden E. Habacon (He/Him)**

**Founder & Principal at [Inclusive Excellence Strategy Solutions Inc.](#)**

Alden resides in Vancouver and is one of Canada's leading diversity and inclusion strategists and facilitators.

He is highly regarded for his over seventeen years of impact and his innovative work around inclusive leadership, unconscious bias, and intercultural training. He works with organizations and leadership from a wide range of sectors throughout Canada including social services, municipalities, the legal community, first responders, and the public sector.

Organizations that Alden has helped in developing diversity and inclusion strategies, and training include Vancity, First West Credit Union, UBCP ACTRA, Worksafe BC, and YVR.



**Krista Laboucane (She/Her)**

**Facilitator & Indigenous Awareness Consultant at [Inclusive Excellence Strategy Solutions Inc.](#)**

Krista is Métis from Fort McMurray and currently resides in Edmonton.

Over the past 20 years, Krista has been an Indigenous Relations and Employment Specialist working with Indigenous communities, industry, and multiple levels of governance. She helps organizations to advance Indigenous relations and incorporate Indigenous policy into human resources, business development, leadership, procurement, marketing, and sponsorship.

Krista's work experience includes Women Building Futures, Director of the Métis Settlement Strategic Training Society, and Civeo Corporation. Her volunteer work includes Calgary Urban Aboriginal Youth Advisory Committee with Heritage Canada, Fostering Connections, and Wicahitowin.

Her awards and recognition include the 1999 RBC General Managers Award for the foundational work on The Aboriginal Stay in School Program; and the 2007 Provincial Acknowledgement for 10 years of working with Children in Care.



**Patricia Morgan (She/Her)**

**Counsellor & Author | [Solutions for Resilience](#)**

With a master's degree in Clinical Psychology Patricia Morgan provides practical how-to's that decrease stress and miscommunication while increasing self-awareness, vitality, and satisfaction. Audiences describe Patricia and her message as meaningfully fun, surprisingly insightful, and delightfully uplifting.

She is the author of *Love Her as She Is: Lessons from a Daughter Stolen by Addictions*, *The Light Hearted Approach: 87 Ways to Be an Upbeat Parent*, *Gag Your Nagging* and other publications. With a background as an ECE college instructor, childcare director, English-As-A-Second-Language pre-school director, family resource centre director, family counsellor, and years as a parent educator she is equipped with a range of topics and experiences that can be used to educate, inspire, acknowledge, and empower.

Patricia is the mother of three grown children (two biological and one adopted) and grandmother to five. She is an advocate for her daughter and two grandsons who live with FASD.

# Applied Allyship for Foster Caregiving

*with Alden Habacon and Krista Laboucane*

## **Part 1: Celebrating the Intent of Being a Foster Caregiver (Intent vs. Impact)**

Holding space for acknowledging the intent of being a temporary place for children.

## **Part 2: How to be an Ally**

Foundational knowledge around what allies are, different kinds of allies, and doing the “inner work” and “outer work” of being an ally.

## **Part 3: Applied Allyship for Foster Caregivers**

As an application of “Do your research to learn more about the history of the struggle in which you are participating”, this section is focused on learning the history of Indigenous families, and acknowledging the forces that have contributed to the current situation for Indigenous children, such as the 60’s Scoop and the Millennial Scoop.

## **Part 4: How do we get the families whole again?**

A facilitated conversation around the day-to-day behaviours and language that will support the reunification of families, such as disrupting microaggressions, cultivating love for the biological parents, and using healing and inclusive language.

## **Part 5: What is the Role of Foster Caregivers in terms of Reconciliation?**

A sharing with foster caregivers on the changes in the Truth and Reconciliation Commission of Canada’s Call to Actions and related legislation, and the implications on foster caregivers of Indigenous children.

## **Part 6: Basic Skills for Being an Intercultural Parent**

This engaging and interactive module provides a frank conversation about the complex difficulties of parenting in a multicultural family environment, the intercultural afterthought, and how to manage profound cultural differences across family members.

## **Part 7: Applied Cultural Literacy**

As cultural literacy is a core aspect of intercultural fluency, this applied section will focus on essential cultural knowledge needed for Indigenous children to feel connected with their ancestral and cultural communities. This session will include learning about Tobacco Teachings (with a focus on healing), and Water Teachings (with a focus on connectedness).

## **Closing & Reflections: What? So What? Now What?**

The closing is a space for attendees to digest and self-reflect on what they have learned or discovered through the day, and what impact this might have on their aspirations as well-intentioned foster parents and caregivers. It will also provide additional space for honest dialogue and reflection on how authority can cause unintended meaning, and how foster caregivers can further develop the courage and commitment to most effectively be an ally to youth in government care.

# A Resilience-boosting Toolkit for Foster Caregivers: Thriving in the Face of Continuous Change

*with Patricia Morgan*

To foster children and youth, you are called upon to provide genuine empathy, heartfelt compassion, resilient flexibility, stable routines, clear communication skills, emotional safety, endless patience, and joyful humour. All of this is on top of ensuring the basics of food, shelter, clothing, guidance, and nurturing. No wonder foster caregivers need time away to regroup, to explore alternative strategies (not solutions), and celebrate the positive differences they make.

With an intention to share possibilities from an uplifting perspective, we will discuss:

## **Part 1: How Protective and Risk Factors Influence Children's Resilience**

Major life events, such as separation from parents, as well as daily stress and coping strategies affect children. Having a road map of both protective and risk factors will help guide our influence on children's long-term well-being.

## **Part 2: Ways to Minimize Caregiver Burnout**

Having basic stress management skills is essential when facing daily challenges. The longer we neglect distress, the more disruptive the symptoms become. Each person has different coping strategies. However, it is important that these coping strategies are helpful.

## **Part 3: Mapping our Autonomic Nervous System**

Building on stress management skills, understanding the role of the nervous system in conflict, anxiety, depression, and trauma can help guide your reactions and interactions. Based on the Polyvagal Theory, we will track the three major states of Centered, Charged, and Give-up. Doing so enables us to better take responsibility for our emotional reactions and support emotional regulation in children and youth.

## **Part 4: Strengthening Connection through Effective Communication**

We can shift poor communication patterns by avoiding trigger words, supporting emotions, attentively listening, and building trusting relationships.

## **Part 5: Building on Strengths and Virtues**

Building on strengths and virtues helps minimize conflict and strengthen resilience and connection. Strengths are talents or gifts of the individual, while virtues are guiding principles for family interactions.

## **Part 6: Adding a Dose of Happiness**

By creating and using a Joy-list, you will enhance your self-care and your home environment. Adding gratitude enriches all in the household.



# Event Itinerary

## October 20, 2022 (Thursday)

7:00 pm to 9:00 pm	Meet and Greet Networking Session <i>Terrace Ballroom</i>
5:00 pm to 8:00 pm	Retirement Reception for Annette Harding (Invitation only) <i>Rogers Suite</i>

## October 21, 2022 (Friday)

7:00 am to 8:30 am	Breakfast and Registration <i>Terrace Ballroom</i>
8:45 am to 9:30 am	Opening Remarks by Dr. Jennifer Charlesworth, BC's Representative for Children and Youth <i>Terrace Ballroom</i>
9:30 am to 4:30 pm	Conference sessions  Workshop A: Applied Allyship for Foster Caregiving with Alden Habacon and Krista Laboucane <i>Spirit Room</i>  Workshop B: A Resilience-boosting Toolkit for Foster Caregivers with Patricia Morgan <i>Merino Room</i>
5:30 am to 7:00 pm	Partnership Meeting (Invitation only) <i>Stone Room</i>

## October 22, 2022 (Saturday)

7:00 am to 8:30 am	Breakfast and Registration <i>Terrace Ballroom</i>
9:00 am to 12:00 pm	Annual General Meeting Guest Speaker: The Honourable Mitzi Dean, Minister of Children and Family Development <i>Spirit Room</i>
6:00 pm to 11:00 pm	Banquet Dinner and Fundraiser Solo piano entertainment by Sharon Rose Perrin <i>Terrace Ballroom and Spirit Room</i>

## Wondering how to spend your free Friday evening or Saturday afternoon? There's lots to do in Victoria!

### **Off the Eaten Track Culinary Walking Tours.**

Get to know Victoria's food scene through a walking tour. Experience some of the best hidden culinary gems in the city. All of the stops are small businesses that locals know and love.

**Ritual Nordic Spa.** Hit pause on your busy life and experience a modern take on the age-old Finnish tradition of sauna. You'll move between areas of hot, cold, and rest to offer temperature contrasts that boost immunity, improve mood, and jump-start circulation.

**Fisherman's Wharf.** Just around the corner from Victoria's Inner Harbour, Fisherman's Wharf is a colourful collection of floating homes, restaurants and businesses. Use it as your base for a paddle or whale watching excursion, hop aboard a Victoria Harbour Ferry, or simply enjoy a meal on the wharf.

**Victoria's Chinatown.** Unlock the secrets of Canada's oldest Chinatown. Witness the resilience of culture and traditions brought to Canada by Chinese immigrants more than 150 years ago.

**Canadian Craft Tours.** Join an adventure you'll never forget and explore the wineries, distilleries, breweries, and cider farms in Victoria.

**Hermann's Jazz Club.** In the mood for live music? Hermann's Jazz Club is a community spirited venue where many nationally and internationally acclaimed acts have graced the stage.

## Some great prizes up for grabs at our Camps for Kids Fundraiser!

**Explore British Columbia Package (valued at \$5,000).** Includes accommodations to various hotels and resorts in BC, gift cards to restaurants, and passes to activities.

**Escape to Vancouver Island Package (valued at \$4,000).** Includes BC Ferries travel passes, accommodations to various hotels and resorts on the island, gift cards to restaurants, and passes to activities.

**Vancouver Family Activity Package (valued at \$2,000).** Includes accommodations to downtown Vancouver hotels, tickets to shows and sports games, gift cards to restaurants, and passes to family activities.

**Sea to Sky Getaway (valued at \$1,500).** Enjoy a luxury lakeside retreat at Nita Lake Lodge in Whistler. Unwind in the outdoor hot tubs heated to perfection in the winter or in the year-round lakeside plunge pool. Enjoy a canoe, kayak, bike or paddleboard experience in the summer or snow shoe experience in the winter! This package also includes gift cards to restaurants and passes to activities.

**Downtown Vancouver Couple's Staycation Package (valued at 1,000).** Includes a one-night stay with parking and breakfast for two at The Metropolitan Hotel, a luxurious couple's massage at Chi Spa at Shangri-la Hotel, and a \$150 gift card to Joe Fortes.

**A special piece of jewelry from Pernilla Vancouver Goldsmith (valued at \$525)** — a sterling silver imprint of Pallas Athena's head, set with an emerald in 18k yellow gold, and with an 18k yellow gold bail and leaf.

## About the Fundraisers

**The 50/50 Draw** — At Friday's lunch break. Find the person with the longest arms and purchase an arms length of tickets for \$10!

**The Bucket Draw** — Happening on Saturday night, the Spirit Room will be populated with our famous yellow buckets placed in front of fun and valuable prizes. Purchase 8 tickets for \$20 and decide which prizes you want to take a chance on winning!

**The Loonie Auction** — Our Loonie Auction is making a comeback! Saturday's Banquet wouldn't be the same without our Camps for Kids Auction with Interior Community Services' (ICS) Kari Beppe as our auctioneer. Bring your loonies (we'll have some for sale as well) to bid on the packages that appeal to you.

## BCFPA AGM 2022 REGISTRATION FORM

Please submit one form per attendee. This form is also available online including a secure credit card payment system.

First Name		Last Name	
Address		City	Postal Code
Mobile Number		Email Address	
Are you a foster caregiver? MCFD/DAA staff? Support agency staff? Other? <input type="radio"/> Foster caregiver <input type="radio"/> MCFD/DAA <input type="radio"/> Agency Staff <input type="radio"/> Other: _____			BCFPA Membership #
Please note any special dietary considerations <input type="radio"/> Vegan <input type="radio"/> Vegetarian <input type="radio"/> Gluten-free <input type="radio"/> Dairy-free			
Please list any food allergies or sensitivities.			
Full conference registration (includes all event options, meals and conference materials) Thursday evening — Meet & Greet networking session Friday — Breakfast, networking coffee breaks, lunch, and full-day workshop Saturday — Breakfast, coffee break, AGM, and banquet dinner  Workshop selection: <input type="radio"/> Workshop A: Applied Allyship for Foster Caregivers <input type="radio"/> Workshop B: A Resilience-boosting Toolkit for Foster Caregivers			<input type="radio"/> \$350
All buffet meals for guests of registered attendees (includes the banquet dinner)			<input type="radio"/> \$130
Banquet dinner for guests of registered attendees			<input type="radio"/> \$80
Please check the payment method of your choice: <input type="radio"/> Cheque enclosed payable to BC Foster Parents Association <input type="radio"/> Visa/Mastercard			
Credit Card Number	Cardholder Name		Expiry date
CVV	Signature		

## SPECIAL NOTES

**REGISTRATIONS:** All registration forms must be received by the BCFPA Provincial Office by September 30, 2022.

**ACCOMMODATIONS:** Accommodation and parking are NOT included in the registration fee.

**CANCELLATION and REFUND POLICY:** Refunds (minus a \$20 cancellation fee) will only be made for cancellations received in writing to Saarah Sandhu at saarah@bcfosterparents.ca by September 30, 2022. You are welcome to name an alternate participant. There will be NO refunds for non-attendance.

**CHILDCARE:** Childcare is not provided for the AGM and Conference Event.

**Mail, email, or fax completed registration form:**

**BCFPA, 208-20641 Logan Avenue, Langley, BC V3A 7R3 | Email: [office@bcfosterparents.ca](mailto:office@bcfosterparents.ca) | Fax: 604-544-2223**