

BC Foster Parents Association

Annual General Meeting & Conference 2023

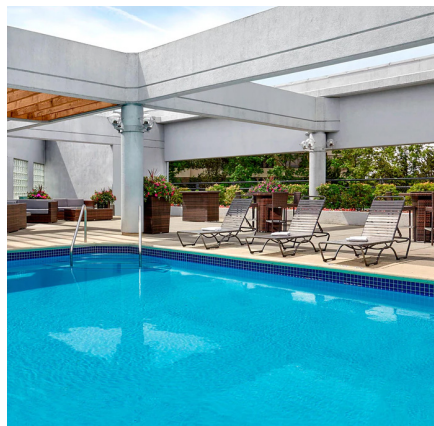
September 22-23, 2023



Sheraton Vancouver Guildford Hotel, located on the shared traditional territory of the Stó:lō, Kwikwetlem, Tsawwassen, Katzie, Semiahmoo, Kwantlen, and other Coast Salish Peoples



Camps for Kids Fundraisers:
50/50 Draw
Bucket Draw



Guest Speakers, Multiple
Half-day Workshops,
and Networking Opportunities



A Wellness Evening for
Foster Parents: Free
Massage Treatments

September 22-23, 2023 | Sheraton Vancouver Guildford Hotel | 15269 104 Ave, Surrey, BC

MEET OUR WORKSHOP SPEAKERS

Michael Robach (He/Him/His) **Director of Development at [Qmunity](#).**

Michael Robach is the Director of Development for QMUNITY, a 2SLGBTQIA+ Resource Centre that delivers queer, trans, and Two-Spirit programs & Services across BC. With a focus on education and capacity-building, Michael has dedicated his career to serving marginalized communities within the charitable sector. His past work spans a range of critical issues, including child protection, rare diseases, and reconciliation.

Education has always been at the heart of his work. Through learning and awareness, Michael seeks to empower individuals to become allies, advocates, and agents of change. Michael is a dedicated advocate for seeing and educating others about intersectionality, through the lens of diversity, equity, and inclusion. By fostering empathy and encouraging transformative action, they inspire a commitment to creating inclusive environments where equity and justice thrive.

Ruth Unaegbu, MA RCC-ACS (She/Her/Hers) **Founder at [Ruth Unaegbu Counselling & Coaching](#)**

Ruth Unaegbu is a Registered Clinical Counsellor and Approved Clinical Supervisor with the BC Association of Clinical Counsellors (BCACC #12132).

As a first-generation Nigerian Canadian, she has been a foster sibling since 1999 and a foster parent since 2019. Her work is centred on anti-oppression principles, social justice, intersectionality, and cultural affirmation. She partners with individuals, groups, and organizations to empower them to address colonial and oppressive systems and promote equity and justice for all.

Michele Shilvock, M.Ed BCBA (She/Her/Hers) **Founder at [Michele Shilvock Consulting](#)**

Michele has a masters in special education and is a board certified behaviour analyst that has been practicing now for over 24 years and splits her time between her private practice supporting neurodivergent children, their families, and education teams.

As an associate in collaborative paediatric practice in South Surrey, her focus is largely to support children with complex behaviours. As a clinician, she works closely with children, their families, and school-based teams, building out neurodiverse-affirming goals and strategies.

Natascha Lawrence, MA RCC BCRPT (She/Her/Hers) **Founder at [FASD Institute](#)**

(Fatima) Natascha Lawrence is a Registered Clinical Counsellor, BC Registered Play Therapist, Certified Synergetic Play Therapy Supervisor, and EMDR practitioner. She is a BIPOC first-generation Canadian settler of mixed Asian ancestry, an ADHDer Queer, and has a mobility disability due to a chronic pain neurological condition.

With almost 20 years of experience, Natascha specializes in neurodiversity, particularly with FASD. Natascha has experience working with clients across different modalities and systems, including schools, hospitals, community mental health, and private practice, and has worked with individuals from birth to adulthood, couples and families.

Most importantly, Natascha is the parent of two incredible neurodivergent children, one who has FASD.

MORNING WORKSHOP OPTIONS

Foundations of 2SLGBTQIA+ and Inclusivity

with Michael Robach

Number of seats available: 30

Length: 4 hours from 9:30 AM to 12:30 PM

Room: Green Timber 2 Room

This workshop covers 2SLGBTQIA+ terminology, how said terminology evolves, pronouns, how to mess up, understanding and unpacking gender, what we mean by intersectionality, what allyship and advocacy look like, what it looks like to participants in their workplace, then Q&A. Our All-in-One Workshop asks participants to apply their knowledge through group activities, recognizing and correcting implicit bias, touching on applications for being an active bystander and catching ourselves to create a “call-in” culture, and deconstructing what society teaches us about gender.

Please note: Prior to the in-person workshop, it is recommended to participate in a free, self-paced online module which will be provided to attendees upon registration for *Foundations of 2SLGBTQIA+ and Inclusivity*. We will provide the log in details after we receive your registration form. Access is valid for the rest of the year.



A Caregiver’s Guide to Supporting the Mental Health of Children & Youth with Fetal Alcohol Spectrum Disorder (FASD)

with Natascha Lawrence

Number of seats available: 75

Length: 4 hours from 9:30 AM to 12:30 PM

Room: Guildford C

In this workshop, participants will learn how to support the mental wellbeing of children and youth through the lens of Fetal Alcohol Spectrum Disorder or FASD which is a whole body diagnoses that is associated with numerous physical and mental health concerns.

Participants will also explore and learn applicable support strategies such as co-regulation, anxiety relief, identity formation, and crisis management. Participants will learn more about Fetal Alcohol Spectrum Disorder (FASD) and its impact on the development and wellbeing of children and youth.



Fostering Inclusion: Providing Support for Children & Youth of the Global Majority in Foster Care

with Ruth Unaegbu

Number of seats available: 75

Length: 4 hours from 9:30 AM to 12:30 PM

Room: Barnston Room

This workshop will focus on the emotional well-being and support of children and youth from marginalized backgrounds in foster care.

The main objective of this workshop is to equip foster parents with the essential knowledge and tools to support children and youth of the global majority in foster care, with a particular focus on the challenges that Black, Indigenous, and other racialized children (and their families) may face based on the realities of our community, the system, and society. The workshop aims to increase foster parents' awareness and understanding, empowering them to become allies and advocates for these children and youth.



Objectives:

- To increase awareness and understanding of the realities of children and youth of the global majority in care
- To increase awareness and understanding of the challenges of Families of the Global Majority involved in the foster care system
- To provide participants with strategies and tools to support the needs of these children, youth and families
- To foster a sense of community among participants, who can share their experiences and learn and grow with one another

WARNING: The workshop may elicit various emotions due to the topic and content covered. In light of this, it is strongly suggested that participants take care when scheduling activities immediately following the workshop, as they may need time to process the emotional content.

Enjoy a fun and creative cardmaking workshop on Saturday!

Join BCFPA President, Julie Holmlund, and BCFPA Interior Delegate, Raquel Lesieur for a fun and creative workshop on Saturday, September 23rd. The workshop will be from 2:00 to 4:00 PM following the Annual General Meeting.

In this workshop, you will have the opportunity to create a total of twelve (12) cards. All supplies needed will be provided at no extra cost. Additional card making kits will be available for purchase.



AFTERNOON WORKSHOP OPTIONS

Parenting Neurodiverse Children & Youth: Bridging Understanding with Science-driven Effective Strategies

with Michele Shilvock

Number of seats available: 75

Length: 4 hours from 1:30 PM to 5:30 PM

Room: Barnston Room

This workshop is geared towards building parent and caregiver understanding of the traits of a neurodivergent child and how to support them in ways that show an understanding of who they are. Historically, more traditional parenting strategies are not always as effective when navigating the nuances of a neurodivergent child. Therefore, developing a deeper understanding helps bridge the knowledge of supportive and effective science-driven strategies.

Topics covered: Bridging Understanding with Science-driven Effective Strategies will include understanding neurodiversity; neurodiverse affirming care; evidence-based strategies for support; emotional regulation for neurodivergent children; and building a collaborative toolbox.



Trauma-informed Strategies to Support Children & Youth Through Grief & Loss

with Natascha Lawrence (She/Her/Hers)

Number of seats available: 75

Length: 4 hours from 1:30 PM to 5:30 PM

Room: Guildford C

In this workshop, participants will learn about supporting foster children through difficult life transitions, trauma, grief, and loss. Providing supports through these transitions is an important component in fostering children and youth.

Participants in Trauma-informed Strategies to Support Children and Youth Through Grief and Loss: Through a Neurodiversity Affirming Lens will explore how to effectively support big feelings, difficult decisions, and grieving rituals through a neurodiversity empowering and trauma-informed lens.



Event Itinerary

September 21, 2023 (Thursday)

5:30 PM to 7:00 PM	Partnership Meeting (Invitation only) Green Timber 2
6:00 PM to 10:30 PM	Meet and Greet Networking Session Tynehead Patio and Tynehead 2
6:30 PM to 10:30 PM	Wellness Evening for Foster Parents Tynehead 3

September 22, 2023 (Friday)

7:00 AM to 8:30 AM	Breakfast and Registration Guildford A and B
8:30 AM to 9:00 AM	Territorial Welcome and Opening Prayer Guildford A and B
9:30 AM to 12:30 PM <i>*coffee break at 10:45 AM</i>	Workshops (Morning Sessions) Foundations of 2SLGBTQIA+ and Inclusivity with Michael Robach Green Timber 2 A Caregiver's Guide to Supporting the Mental Health of Children & Youth with FASD with Natascha Lawrence Guildford C Fostering Inclusion: Providing Support for Children & Youth of the Global Majority in Foster Care with Ruth Unaegbu Barnston Room
12:30 PM to 1:30 PM	Lunch Guildford A and B
1:30 PM to 5:30 PM <i>*coffee break at 2:45 PM</i>	Trauma Informed Strategies to Support Children & Youth Through Grief & Loss with Natascha Lawrence Guildford C Parenting Neurodiverse Children & Youth: Bridging Understanding with Science-driven Effective Strategies with Michele Shilvock Barnston Room

Event Itinerary

September 23, 2023 (Saturday)

7:00 AM to 8:30 AM	Breakfast and Registration Guildford A and B
8:30 AM to 9:00 AM	Territorial Welcome and Opening Prayer Fraser Room
9:00 AM to 11:30 AM	Annual General Meeting Guest Speaker: The Honourable Mitzi Dean, Minister of Children and Family Development Fraser Room
11:30 AM to 12:30 PM	Lunch Fraser Room
2:00 PM to 4:00 PM	Card Making Workshop with Julie Holmlund and Raquel Lesieur Fraser Room
6:00 PM to 11:00 PM	Banquet Dinner, Dance and Fundraiser 50/50 Draw, Bucket Draws and Live Entertainment by Stacey of Pop Jukebox Tynehead Ballroom

Wellness Evening for Foster Parents

On Thursday evening, you can enjoy a 30-Minute Chair Massage, Hand Treatment with Paraffin Wax, or Foot Treatment with Paraffin Wax.

While these services are complimentary, we warmly encourage tipping the wonderful staff of Signature Mobile Spa. Tipping jars will be available to receive cash. Interac e-Transfer information will also be available at each booth.

Please note: The wellness room will only be available to foster parents. Limited spots available on a first come, first served basis. Those who register will receive a booking link via email from the BCFPA office to choose a time slot and treatment.

OUR WELLNESS ROOM SPONSORS



Live Entertainment

DJ Stacey believes that music has the power to change lives, cement moments in your memory, be a faithful companion, and bring you through both the hardest days in your life and the too-good-to-be-true ones.



Raised on a diet of classic rock on vinyl, Stacey knew the words to 'American Pie' before she was in elementary school. Growing up in the era of Spice Girls, boy bands and one Mariah Carey chart-topper after another, it was inevitable that her love for music would morph into an outright obsession with pop music.

Stacey believes that joy is found on the dance floor when you're surrounded by people you love, and you can expect a curated mix of uplifting, funky, nostalgic and sing-along-able hits when she's behind the decks.

She's currently in the process of becoming qualified as a music therapist, further cementing her belief in the power of music to change lives. Stacey is continually dazzled that she gets to spend her days playing music for people during the most memorable moments of their lives.

You can find Stacey at PopJukebox.Ca or PopJukeboxDJ on Instagram. You can also email her at stacey@popjukebox.ca

About the Fundraisers

The 50/50 Draw — At the Meet & Greet, find the person with the longest arms and purchase an arms length of tickets for \$10! The draw will be at 9:00 PM.

The Bucket Draw — Happening on Saturday night, the Tynehead Ballroom will be populated with our famous yellow buckets placed in front of many luxurious prizes. Purchase 8 tickets for \$20 and decide which prizes you want to take a chance on winning! We will be selling tickets throughout the conference.

About the Prizes

We have 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.

A Family Camping Package (valued at \$3,000) — Includes family camping essentials such as tents, a portable grill, sleeping bags, camping chairs, a cooler, a first aid kit, cooking utensils, LED camping lanterns, and many other must-haves!

Vancouver Family Activity Package (valued at \$2,500) — Includes accommodations to Metro Vancouver hotels, tickets to shows and sports games, gift cards to restaurants, and passes to family activities.

Downtown Vancouver Couple's Staycation Package (valued at 1,200) — Includes a one-night stay with parking and breakfast for two at The Metropolitan Hotel, a luxurious spa package at Sabai Thai Spa and a \$150 gift card to Joe Fortes.

A Weekend of Family Boating Fun in Kamloops (valued at \$1,500) — Includes a hotel stay at the Coast Kamloops Hotel, gift cards to restaurants and activities, and a day of boating fun on Kamloops Lake. It's perfect for a family day of wakeboarding, towing kids on the tube or just cruising and laying in the sun!

A Weekend Getaway to the Penticton Lakeside Resort (valued at 1,000) — Two-night stay in a king lakeview guest room with complimentary parking plus gift cards to restaurants and activities.

A special piece of jewelry from Pernilla Vancouver Goldsmith (valued at \$600) — A pair of 18k white gold earrings with teal blue Montana sapphires and two diamonds.

And many other prizes!!!

DATES TO REMEMBER

June 23, 2023

Call for Nominations and Special Resolutions mailed to members

July 14, 2023

Nominations and Special Resolutions submission due

August 11, 2023

AGM Voting and Registration Packages mailed to members

August 14, 2023

Online voting opens

August 20, 2023

Hotel reservation deadline to receive BC FPA's rate

August 23, 2023

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

September 13, 2023

Online voting closes

SPECIAL ROOM RATE AVAILABLE UNTIL AUGUST 20

Book your stay at the Sheraton Vancouver Guildford Hotel before August 20, 2023 to receive BC Foster Parents Association's discounted room rate of \$185 for a traditional room and \$205 for a deluxe room.

To book call 604-582-9288 and quote BC Foster Parents Association or use the link below.

[Book now at the Sheraton Vancouver Guildford Hotel.](#)



BCFPA AGM 2023 REGISTRATION FORM - **Workshop Only**

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

First Name	Last Name	Pronouns
Phone Number	Email Address	BCFPA Membership #
Street Address	City	Postal Code
Please note any dietary needs or preferences. Please select all that apply <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.		
Workshop day participation (Includes two half-day workshops, buffet meals and a giveaway bag) Workshop selection: <input type="radio"/> Morning Workshop <input type="radio"/> Providing Support for Children/Youth of the Global Majority <input type="radio"/> Foundations of 2SLGBTQIA+ and Inclusivity <input type="radio"/> A Caregiver's Guide to Supporting the Mental Health of Children & Youth with FASD Afternoon Workshop <input type="radio"/> Parenting Neurodiverse Children & Youth <input type="radio"/> Trauma Informed Strategies to Support Children & Youth Through Grief & Loss		<input type="radio"/> \$175
Please check the payment method of your choice. <input type="radio"/> Visa/Mastercard <input type="radio"/> Cheque enclosed payable to BC Foster Parents Association		
Credit Card Number	Cardholder Name	CVV
Expiry Date	Signature	

SPECIAL NOTES

REGISTRATIONS: All registration forms must be received by the BCFPA Provincial Office by **August 25, 2023**.

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 Taiyah Repstock at office@bcfosterparents.ca by September 1, 2023. 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 | Fax: 604-544-2223

BCFPA AGM 2023 REGISTRATION FORM - **Guest Attendance**

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

First Name	Last Name	Pronouns
Phone Number	Email Address	BCFPA Membership #
Street Address	City	Postal Code
Please note any dietary needs or preferences. Please select all that apply		
<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.		
All meals for guest of registered attendees (Includes banquet dinner)		<input type="radio"/> \$130
Banquet dinner for guest of registered attendees.		<input type="radio"/> \$80
Please check the payment method of your choice		
<input type="radio"/> Visa/Mastercard <input type="radio"/> Cheque enclosed payable to BC Foster Parents Association		
Credit Card Number	Cardholder Name	CVV
Expiry Date	Signature	

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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 | Fax: 604-544-2223