

FosterlineBC

BC Foster Parents Association



Happy
Foster Family
Month

2023 BCFPA
Education
Bursary Winners



Fall 2023 Volume 21, Issue 3

Recommended
Resources

Self-care
for the
Family

BC FOSTER PARENTS ASSOCIATION (BCFPA)

208 - 20641 Logan Avenue
Langley, BC V3A 7R3

We are located on the traditional, ancestral and unceded territories of the Kwantlen, Katzie, Matsqui and Semiahmoo First Nations.

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Submissions — Forward articles, personal stories or ideas to the BCFPA provincial office. Materials may be edited for length and suitability. To be added to our Foster Community Resources list, please email communications@bcfosterparents.ca.

IN THIS ISSUE

- 2** President's Report
- 4** Notes from the Office
- 5** Regional Delegate Reports
- 7** A Message from the Honourable Mitzi Dean, Minister of Children and Family Development.
- 8** Meet BCFPA's Northern Delegate: Rocky Hindmarch
- 10** Apply for the Camps for Kids Grants Fall/Winter Cycle
- 11** Sector News & Updates
- 13** An Essay from 2023 Natural Child Bursary Winner
- 14** Hear from this Year's BCFPA Education Bursary Recipients
- 15** Recommended Resources
- 16** Self Care for the Whole Family: Understanding the Five S's
- 17** Donor Thank-You
- 18** Community Resources

President's Report



Greetings to all my fellow foster parents!

My family, our board, and staff members all extend our best wishes for a wonderful Foster Family Month. We see the work you do, we appreciate your dedication, and we thank you for your commitment to raising BC's vulnerable children and youth.

Our thoughts are with all those who have been impacted by the summer's wildfires across the province. My own family evacuated our home for a number of days, so I have personal experience of how upsetting it is to gather your family and belongings for a speedy exit. We hope everyone was safe and we regret the gut-wrenching losses that so many families experienced.

We're hopeful that the increases to maintenance and service payments have provided you with some relief from financial pressures – and enough breathing room to enjoy time with your families this summer. Our Board of Directors are also hopeful that the enhanced foster care payments lead to retention of foster parents who might have been considering closing their homes. BC needs all the experienced foster parents we have!

I'm happy to declare our Board of Directors full! It's been some years since we've had full seats representing all areas of our province. We've also split the lower mainland Coast and Fraser regions into two seats as we have representatives for each area. We're excited to move forward with new voices and fresh perspectives.

The news from the Ministry of Children and Family Development is that they are still woefully short of social workers. They are going to need some grace, flexibility, and patience as we all struggle through these staff shortages. All sector employers are having to redesign effective recruitment and retention strategies.

BCFPA continues to engage with government and agencies alike to continue our strong, positive partnerships. We are looking forward to reconnecting this Fall.

For those who weren't at our AGM in Surrey this year, we announced that next year's Conference and Annual General Meeting will be hosted at the Penticton Lakeside Resort October 4-5, 2024. Our AGM Bursaries will be available once again, so please apply for the bursary when you see the invitation to apply in Spring 2024.

Once again, we wish you a safe and fun Foster Family Month with your families and friends!

Julie Holmlund
President

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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.



BC Foster Parents Association (BCFPA) 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 and youth 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.

BCFPA'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 the diversity of our province. BCFPA's Board of Directors provincially, regionally and at a community level are all volunteers, elected by their foster parent membership community.

Notes from the Office



Happy Foster Family Month! We hope those of you who were able to join us at the September AGM Conference in Surrey enjoyed yourselves! We were able to provide 39 bursaries to assist even more foster parents to attend the event and we know in advance that we'll be able to provide bursaries again next year.

Between October and the end of March 2024, we'll be hosting four more workshops for foster parents. Reimbursements will be available for those who need to arrange for childcare as well as covering mileage expenses. Keep an eye on your email and social media for announcements regarding dates and workshop locations. This year, the workshops will be hosted in Prince George, Kelowna, Burnaby, and Nanaimo.

A group from BCFPA will be travelling to Prince George next Spring to host a partnership and community building event during Foster Family Month. We're very excited to be meeting with Indigenous Child and Family Service Agencies, foster parents support agencies and Ministry teams to create this collaborative event.

Soon, we will be embarking on a new way to connect with BCFPA members across the province. Our board members will be hosting regional calls every few months so that our members can join discussions about hot topics, concerns, and provincial fostering news. You don't have to be involved in a BCFPA branch to participate. Watch your email and social media for announcements about a call scheduled for your region.

BCFPA's Board of Directors team has grown! Victoria foster parent, Sarah Scorey, is our new Vancouver Island Region Delegate, and Shimsher Pannun, from Vancouver, is now our Coast Region Delegate. Catherine Clutchey, who has been with us for quite a while, will represent the Fraser Region, now that Shimsher is on board. Our staff team has grown as well! New in the office are Devika Naidu, who joins us for a few months in our administration area, and we're happy to welcome April Reeve to our Solutions Program team as the Solutions Support Liaison. We're very excited to see our teams grow and our programs expand as a result.

We hope that your families are safe and healthy this season and we look forward to meeting many of you at our upcoming workshops!

Jayne Wilson
Executive Director

Take our free Early Years mobile microlearning course on Ed App!

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STEP 3
Enter your **invite code (BCFPA)**. Select **next** once you're ready.

STEP 4
Enter your details and agree to any terms before selecting **Register My Account**.

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Interior Delegate Report by Raquel Lesieur

Happy Foster Family Month to all of our wonderful foster parents and their families. It is so lovely to see the work you do in our community and we hold up our hands to you and what you do each day.

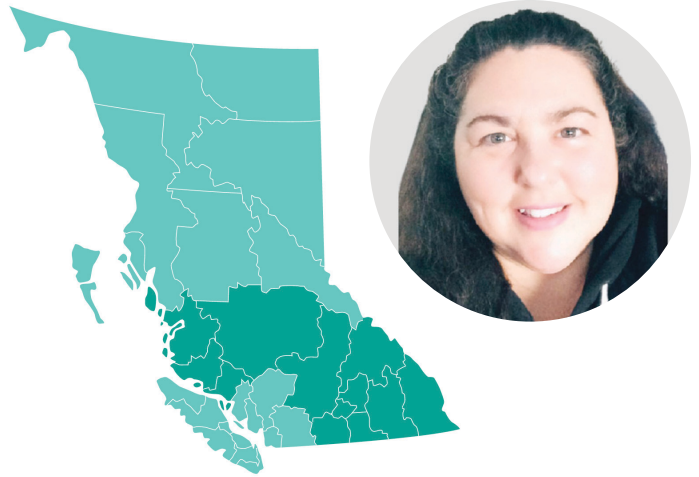
Summer was another quiet few months regarding news in the fostering community here in the Interior region. We continue to work on advocating for caregivers in the area as we navigate the continuation of difficulties with high social worker turnover, and recruitment and retention of foster caregiver across the province.

Wildfires in the area have made for a short summer here, and forced many families to evacuate from their homes. I would like to remind families to make a plan together in the case of future natural disasters. Having a plan in place helps to keep those affected safe and organized. If you are required to evacuate to a safe location, please don't forget to call MCFD's Provincial Centralized Screening at 1-800-6639122 to inform MCFD that you and the children in your care have been evacuated or to ask for support.

Northern Delegate Report by Rocky Hindmarch

Happy Foster Family Month to all the Northern foster parents. Thank you for taking on such a tough job! It is so heartwarming to see more new faces in the community taking on the role of being a foster parent. Hoping to see all of our new foster parents get involved with our community by attending events and getting to know each other.

We have great news from Prince George! We now have a local BCFPA branch. Local branches allow for more advocacy, support, and community building events such as the foster parent social that we had here in August. The event was in partnership with Carrier Sekani Family Services and Axis Family Resources, and it went incredibly well. It was well attended with both new and familiar faces, and we all had a lot of fun together. So great to see so many of our local foster parents. We do have some more events coming up this month to celebrate Foster Family Month.



A reminder that as caregivers we do not need to foster in isolation. If you are in need of support I encourage you to reach out to a local foster parent support agency, a local BCFPA branch, or the BCFPA Solutions Program. Give the BCFPA provincial office a call at 1-800-663-9999 to get connected with a support system near you.

It was another great AGM this year! Thank you to everyone who made it out to attend for 2023. It's always great to connect with so many of you, and hear your voices.



A huge thanks to all of you who attended this year's AGM and Conference in Surrey. This year was a little bit different with the return of the wellness room event, the introduction of several half day workshops, and a new workshop-only registration option. We hope you enjoyed it as much as we did. Being able to provide such a variety of topics to attendees was incredible to see. We hope to see the same faces, alongside many more at BCFPA's AGM in 2024!

Fraser Delegate Report by Catherine Clutchey

Hello and happy Foster Family Month from your Fraser Delegate. I'm so happy to have Shimsher Pannun joining me to help represent foster parents in the Coast Fraser area.

Over the past month or so, I have reached out to many of you to check in and to let you know that we are planning on starting regional calls in the Fall. This will provide the opportunity for us, as the board and staff of BCFPA, to hear directly from foster parents to ensure we are providing the support you need and amplifying the voice of foster parents in BC. I am so excited about this opportunity and I look forward to many of you joining us as well.

This summer has been relatively quiet with lots of vacations for both foster families and social workers. Although sometimes quiet is welcome, I want to encourage all foster families to feel free to reach out to your team leader or duty workers for support when your social workers are absent. You are not on your



own when they are taking a much needed break. Duty workers are available at all times and are often aware of situations that might need support.

Thank you to everyone who joined us in Surrey this year for the AGM of the BCFPA. The AGM is always a great opportunity to learn from our wonderful speakers, connect with other foster parents and lend your voice to your association. My husband and I always use the AGM as a chance to take a little time away to recharge. Plus it is a lot of fun!

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A Message from the Honourable Mitzi Dean, Minister of Children and Family Development

This October marks the 33rd anniversary of Foster Family Month - a time to acknowledge the great work of organizations like BC Foster Parents Association and you, the members who make up the foundation of this organization. Although we celebrate your work during October, my appreciation of the difference you make in the lives of some of our province's most vulnerable young people extends to all 365 days of the year. The commitment you've made takes time and patience and of course, a genuine desire to make a big difference in a child's life.



Foster caregivers play a vitally important role in our communities by providing children and youth with the safety, stability and care they need to thrive. My ministry is committed to making lives better for children, youth and families in B.C. and that means improving the supports and services you count on. That is why we have increased caregiver rates twice in the past four years. In 2019 we boosted support payments - the first increase in more than a decade for foster caregivers. Since then, we know the challenges of the pandemic and global inflation have impacted all B.C. families. I was pleased to announce an increase of up to 47% to maintenance rates in April. We have heard from families that this increase will allow them to provide such things as more fresh fruit and vegetables at every meal, be able to sign-up for community programs such as swimming, martial arts and ballet, and to hire tutors and therapists. In addition to maintenance rates, service rates and daily respite rates have also increased.

The rollout of expanded supports for youth transitioning to adulthood is also well underway. The Strengthening Abilities and Journeys of Empowerment (SAJE) program, recently named by youth with care experience, offers rent supplements, a no-limit earnings exemption and transition workers to help youth navigate supports. This fall we look forward to further expanding SAJE to include enhanced funding for life skills training and counselling.

We want caregivers, and those who are considering becoming caregivers, to know that we are committed to providing support so that children and youth in care can thrive and reach their goals. We need to grow our network of caregivers so we can provide much-needed additional homes for children and youth. You are our best ambassadors through your networks and word-of-mouth and we know the best way to attract new caregivers is through you and others like you who know firsthand how rewarding it can be to bring a child or youth in need into your home. We are doing our part as well to streamline the application and assessment process for new caregivers.

I thank you again for all you do to care for children and youth in our province, for your dedication to these young British Columbians who need you. You are making a big difference in their lives and I raise my hands to you.

Sincerely,

Mitzi Dean
Minister of Children and Family Development

Meet BCFPA's Northern Delegate

Over the course of the last year, BC Foster Parents Association has had the privilege of welcoming a few additions to our Board of Directors. In order to give the community a chance to begin getting to know them the way that our staff has been able to, we reached out with some fun and quick questions to be shared here in our Newsletter.

In this season's issue, meet Rocky Hindmarch of Prince George, our Northern Delegate.



Rocky Hindmarch (He/Him) | Northern Delegate

How long have you been fostering?

I started fostering at age 22, and have been fostering now for over half my life.

What is your favourite part of being a Foster Parent?

Seeing the transition in some of the children/youth when they come into your home.

What inspired you to be a part of the BC Foster Parents Association's Board of Directors?

I wasn't originally planning on returning to the Board, but was strongly recruited at last year's AGM & Conference in Victoria.

What excites you the most about being part of the BCFPA Board?

I think we're in a new time when it comes to fostering. I love that the foster parents at the last AGM asked for support surrounding LGBTQ2S+ and BIPOC folks, and neurodiversity. Fostering has changed. I liked hearing and seeing that.

What is the best part of living in Prince George?

The people.

What is your favourite way to de-stress?

Exercise.

What is your go-to low effort dinner?

An English muffin with peanut butter and jelly.

What is your favourite board game?

I have several. Yahtzee, Phase 10, Scattergories, Monopoly, etc.

What is your favourite thing to do in Autumn?

Book a trip to a holiday destination.

What is something that makes you laugh?

Friends with a good sense of humour.

The way to your heart is...?

Kindness, humour, and easy communication.

Fun Fact:

Rocky works in the fitness industry

Fun Fact:

Rocky is a single caregiver.

Fun Fact:

Rocky's favourite drink is Diet Coke.

BCFPA 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 BCFPA + your 5-digit membership number (e.g. BCFPA12345). Once you are logged in, click on your name in the top right corner of the screen, then choose 'Profile'. Your BCFPA 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!

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**Don't foster in isolation!
Our Solutions Program Team is here for you. We can all do so much more together than we ever can alone.**

Call 1-800-663-9999 for support and advocacy.





Apply for a Camps for Kids Grant during the 2023 Fall/Winter cycle!

The Camps for Kids Grants were established to alleviate some of the costs BCFPA foster parent members encounter when sending their foster, adopted, or birth children to winter camps.

Application Dates

Applications are accepted from August 1 - October 31. Awards will be made in November.

Amount of Grants and Grant Cycle

The Fall/Winter grant cycle provides grants of \$300 per eligible family of BCFPA members.

How to Apply

Complete the application form outlining the name, type of camp, and proposed dates of attendance for each participant in the family being applied for, and the full cost for each child/youth to attend. Depending on funds available, grants will be awarded to eligible applicants chosen at random who have applied with all relevant documentation.

SECTOR NEWS & UPDATES



Newly named SAJE program to support youth and young adults as they transition to adulthood

As announced in Budget 2022, the Ministry of Children and Family Development is creating a comprehensive suite of services and benefits to support youth and young adults from care. This program is now newly named Strengthening Abilities and Journeys of Empowerment (SAJE) program. Youth and young adults who have been in government care in British Columbia helped develop the program's new name for the supports and services available to them as they transition from care. The name was chosen by the ministry's Youth Advisory Council after online engagement. The Youth Advisory Council is a group of young adults who use their lived experience with the government's care system to improve the quality of care for BC's children and youth.

Services and supports through the SAJE program have been available to youth and young adults 19 and older since 2022 and will be continuing through 2024. Further amendments coming into effect in 2024 will make emergency pandemic housing supports permanent. This will allow young adults from care up to the age 27 to receive supports, something it didn't previously have the mandate and legal authority to do. When fully implemented, the new supports will be available to up to 10,000 eligible youth and young adults.

Recent enhancements include:

SAJE navigators and guides: New workers will support youth in care starting at age 14 and guide them in accessing services until age 25.

Duration extension for SAJE supports: Eligible youth from care can now access supports and services

offered through SAJE for 84 months or up until their 27th birthday (formerly 48 months).

Additional housing flexibility

- Housing supports are more flexible to allow young adults on a temporary housing agreement (THA) access to a temporary support agreement (TSA)
- Temporary support agreements on their 19th birthday, regardless of their living arrangement
- The ability to move from a THA to a TSA at any time between their 19th and 21st birthday

Dental/Optical Limit Increase: MCFD has increased dental coverage by \$300 to \$1000 annually and expanded optical benefits to cover eye exams for young adults participating in SAJE programming.

Enhanced funding to support young people to access life-skills and skills training programs, cultural connection and learning opportunities

Addition of counselling to extended health benefits

Additional transition workers to help youth and young adults navigate their transition from care successfully

In 2024:

MCFD will seek legislative changes to expand program eligibility.

Introduction of an unconditional monthly income supplement of \$1,250 up to age 20.

The monthly income supplement of up to \$1,250 until the young adult's 27th birthday will be maintained for those participating in eligible programming.

Source: MCFD

RCY Report: An Urgent Call to Recognize, Respect and Nurture Two Spirit, Trans, Non-Binary and other Gender Diverse Children and Youth (2STNBGD)

Everyone who works with British Columbia's children and youth – from those in child welfare, to those in education, healthcare and justice – has a responsibility to ensure the safety of young people. RCY's report shows that Two Spirit, trans, non-binary and other gender diverse (2STNBGD) children and youth receiving services from child-serving systems experience serious challenges and obstacles, including that their rights are often overlooked, and that their voices are not heard in key decisions that are being made about their lives.

RCY is alarmed at the higher percentage of injury reports associated with suicidality and self-harm received for 2STNBGD children and youth compared to their cis-male and cis-female peers. The report shows that many 2STNBGD children and youth are not receiving the gender-affirming care and support they need, even though this care is a fundamental right as reflected in a number of provincial, national and international documents and is supported in the Canadian Charter of Rights and Freedoms.

Source: Office of the Representative for Children and Youth

Enhanced Out-of-Care Support Agreements now available

The Ministry for Children and Family Development has launched Enhanced Out-of-Care Support Agreements for children needing enhanced supports who are on Extended Family Program Agreements, interim or temporary Custody orders to a person other than a parent, or permanent transfers of custody. A child/youth's need for enhanced supports is determined by a social worker, in collaboration with other members of the child/youth's circle. The agreement will provide comprehensive, wrap around supports for children and youth living in out-of-care arrangements. The program is limited to those who meet the eligibility requirements related to the child/youth's needs and are in an arrangement under the Child, Family, and Community Services Act through The Ministry of Child and Family Development (MCFD) or an Indigenous Child and Family Service Agency (ICFSA).

To help determine help determine eligibility for EEOC funding, call 1-877-387-7027 for a pre-screening assessment before connecting with staff. Kinship care providers can also e-mail: MCF.Info@gov.bc.ca (include EEOC in the subject line).

Source: MCFD

Emergency Information for Foster Caregivers Impacted by the Wildfires

If your community is impacted by wildfires, you may be required to evacuate to a safe location. To support foster caregivers during emergency events, MCFD has designated a contact number that is available and staffed around the clock, seven days a week. Please call **Provincial Centralized Screening at 1-800-663-9122** as soon as it is safe to do so, if you have been evacuated as a result of a flood or a wildfire or if you have been evacuated or are in the process of evacuating and require support to seek alternative accommodation.

Additionally, to prepare in advance of the upcoming flood and wildfire season, we ask that all care providers ensure MCFD has their latest contact information, including mobile phone numbers. If you need to update your information, please call Provincial Centralized Screening. MCFD social workers will ensure updates are reflected in their records so that contact with the care providers for children in care can continue despite care provider location.

All MCFD offices in the new area are available to provide support to caregivers. For additional information about flooding or wildfires please refer to emergencyinfo.bc.gov.bc.ca or call 1-888-663-5555.

Growing Up in a Foster Family: An Essay from 2023's Natural Child Bursary Winner

Being a part of a foster family has provided me with a once-in-a-lifetime experience and has shaped me to be a compassionate and empathetic person. At the end of grade six, my family opened our home to foster Indigenous children. Through fostering, I have been able to appreciate the Indigenous culture. It is a truly unique experience that allows me to attend powwows, potlucks, and the various activities we are invited to through the families we support. Something that I take pride in is how my family is keen on ensuring the children we have in care are connected with their families and experience their culture. For example, this year my baby brother's family invited us to a craft market where they sell their handmade jewelry. Without these opportunities, I would have not been exposed to the beauty of the various Indigenous practices. By prioritizing this, I see the impact this makes and the importance of building a relationship with your loved ones. Getting to know each child's story and meeting their families has allowed me to have a broad understanding and perspective of their unique situations. This has shaped me to be a more empathetic person by relating, and trying my best to support each child. I have also learned a variety of coping mechanisms and strategies that are applicable to different situations. Since my dad is often away at work, it allows me to have a significant role as a big sister in my siblings' lives. Each sibling I have had through fostering has been a tremendous part of my life. It can be hard to write exactly how much these relationships have meant to me. A few of my favourite moments in my day are helping my little sister pick out an outfit or doing her hair for daycare. These pockets of joy throughout my day make life rewarding and give me a purpose.

“Each sibling I have had through fostering has been a tremendous part of my life. It can be hard to write exactly how much these relationships have meant to me.”

Family is foundational in my life by providing continuous support and unconditional love. Because of this support, I believe it is important to reciprocate this to my loved ones. The fostering community has been a welcoming environment and provided opportunities that expand into life skills. One skill includes establishing connections within this community which have assisted me in networking for future opportunities to set me up for success in my post-secondary goals. My dream career is to become a pediatric speech-language pathologist. With my continuous passion for working with children and through my first foster sibling, I was introduced to this career. This summer, I hope to do a practicum at my foster sibling's Indigenous Daycare to gain experience and utilize the skills I have gained through fostering.

My friends claim it is second nature for me to lend a helping hand, and think of others before myself. I have become accustomed to approaching situations in a gentle manner and always offering a lending hand. These qualities stem from being a part of a foster family and make me the person who I am today.

By Kiera Holroyd,
This year's recipient of BCFPA's Natural Child Bursary

Hearing from BCFPA's Education Bursary Recipients

We reached out to the recipients of this year's educational bursaries with the question: How will this bursary help you to achieve your career plan and future goals?

"Receiving the Ames Family Foundation Bursary this year has greatly helped me create a solid plan to complete bachelor of business. With this extra support in place I will be able to put more time into my education without worrying about working more than I am able to. I feel prepared to face the unexpected, and confident I will finish another year successfully.

These kinds of supports are essential, especially for former youth in care. Big thank you to the BC Foster Parents Association for providing this opportunity!"

- Anonymous, Recipient of The Ames Family Foundation Bursary

"This bursary helped me with maintaining financial efficacy. I used this money to pay off a couple credit cards that I had to use last year in order to pay for food, which in turn, helps me pay off any outstanding debt that could impact me from obtaining my full license. Furthermore, in doing so, I had more money more available for me to spend on things such as food and clothing. I hadn't bought clothing in probably 5 years because sometimes, I cannot afford to.

Thank you from the bottom of my heart, as this funding helped immensely this year."

- Shanna Barker, Recipient of General Scholarship Bursary

"This bursary will help me achieve my career plan and future goals by helping me purchase my tools for my job. A tool box is very expensive but necessary to do my job.

My plans are to continue onto Heavy Duty Mechanics which would be my dream job. Eventually I would like to own my own shop. Thanks to this bursary it is helping my dreams come true.

I am extremely grateful for this bursary. Thank you."

- Dylan Kong, Recipient of Merv Davis Bursary

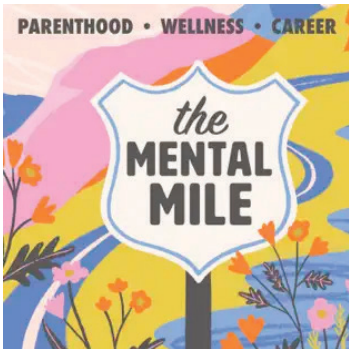
"The bursary has helped me focus on my social work career by allowing me to achieve my professional goals without worrying about the finances of my personal life. From my experience, living in today's economy is greatly stressful for students, especially when emergencies arise. For example, when my car broke down recently, I had the opportunity to use the bursary to help pay for the repair cost. Without it, I would have been without my primary means of transportation and I would have been scrambling to acquire the funds, which would have distracted me from the work I am passionate about. Being a social worker has been my purpose since I was in middle school, so living out my dream without being held back by monetary strings is life-changing, which is why I am incredibly grateful to the BC Foster Parents Association for awarding me this bursary. Thank you for investing in my dream to be a good social worker."

- Elanis McArdle, Recipient of William Curtis Memorial Fund

Recommended Resources: Books & Podcasts



Podcasts

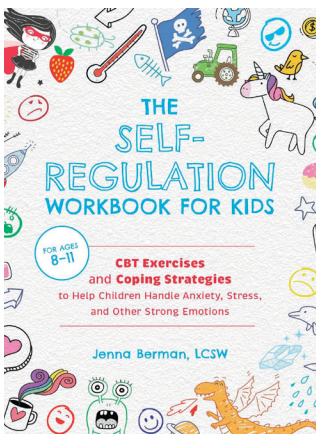


The Mental Mile with Kristi Yeh & Kjersti Nelson

Mothers and therapists, Kristi and Kjersti, discuss parenthood, wellness, and careers. Using a healthy mix of humour, honesty, and sometimes feature guests the two podcasters touch on topics such as *Spending Time in Nature*, *The Self-Care Investment*, *Community Care*, and *A Parent's Guide to Video Games*.

This podcast is available on all platforms and releases episodes bi-weekly. The show is in its third season currently, with many episodes ready for binge-listening.

Books



The Self-Regulation Workbook for Kids by Jenna Berman

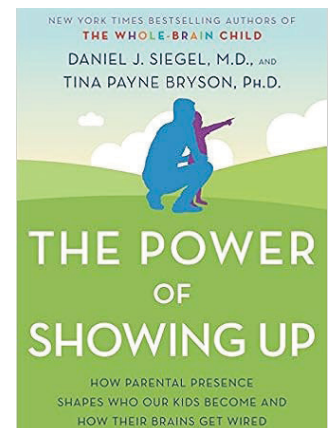
Through storytelling and hands-on activities this workbook helps children aged 8-11 to identify, understand, and take ownership of their feelings. *The Self-Regulation Workbook for Kids* uses a cognitive behavioral therapy approach to allow children to openly and safely explore their feelings. Written by a licensed clinical social worker with a wide range of experience and a passion for working with children and youth, this book is a great learning resource.

This book is great for reading along with kids, with asides and notes that are applicable to parents, caregivers, and mentors.

The Power of Showing Up by Daniel J. Siegel & Tina Payne Bryson

Honouring what Siegel and Bryson refer to as “the Four S’s” - safe, seen, soothed, and secure - *The Power of Showing Up* takes a deeper look at how being present as a parent or caregiver affects development. This book also explains that being present and showing up for the children and youth in your life can be done in small and manageable ways that end up meaning more than one might think.

Explore and develop a further understanding of attachment styles through stories, strategies, illustrations, and more. All while learning how to take consideration of the growing brain, along with “the Four S’s”, when interacting with children.





Self-Care for the Whole Family Using the Five S's

It is so true that you must fill your cup before you make an attempt to pour from it. This can be difficult as a parent or caregiver. With busy schedules, mouths to feed, and so much to keep up with it can be hard to find the time or the right approach for self-care. This Foster Family Month take the time to prioritize self-care as a family using the five S's of self-care, and giving some of these self-care ideas a try.

Understanding Self-Care: The Five S's

Taking a closer look at some core components to impactful self-care is a great start to taking good care of your wellbeing. There are five big points to hit when it comes to taking better care of ourselves. If you don't have the time to take on a larger self-care activity, try approaching one of the five S's in a small way.

Self-Compassion

Making mistakes is a huge part of learning and growing as a person in any stage of life - whether it be growing up and learning who you are, or navigating being a caregiver. The way that you approach yourself when you make a mistake matters more than that mistake. Practicing patience, understanding, kindness, and forgiveness with ourselves allows us to feel safe and secure while moving forward in an impactful way.

Five minute approach: Recite some helpful affirmations that follow the theme of self-compassion.

Snuggles

Physical touch is a key component in lowering overall stress and promoting a sense of security. In fact, physical touch - hugging specifically - is one of the ways to close the stress cycle (<https://psychcentral.com/stress/the-stress-response-cycle>).

Five minute approach: Wrap yourself in a tight embrace, close your eyes, and practise taking deep breaths.

Sunlight

The sun is a powerful remedy for both mind and body. Natural light exposure triggers the brain's release of serotonin, also referred to as the "happy hormone", and stepping into the outdoors has a grounding effect. Both of these results can lead to feeling refreshed, reset, and ready to take on the rest of the day.

Five minute approach: Take a moment to step outside with your face turned towards the sky. Use this time to take some refreshing breaths and reset.

Snooze

Rest is an incredibly important aspect when it comes to both mental and physical well-being. But as parents and caregivers, a restful eight hours each night isn't always an option. Prioritizing physical rest and relaxation when possible can be an amazing way to practise self-care.

Five minute approach: No time for a nap? Try laying down with your legs elevated for a few minutes.

Self-Advocacy

This may be the most important piece to self-care. Knowing and communicating your boundaries, and reaching out for support when you need it protects your well-being in many ways.

Five minute approach: Communicate your needs and/or feelings in a moment of overwhelm. Or simply practise advocacy by saying “no” to something you don’t have the time or space for.

Ideas to Practise Self-Care as a Family

Here are some ideas for activities, boundaries, and new routines that can be approached as a family to promote and practise self-care in the home.

Introduce positive affirmations into your daily routine.

With pen and paper, sit down as a household and make some affirmation cards to use daily. Or try sourcing free printable affirmation cards like these: <https://www.gatheringbeauty.com/blog/printable-affirmation-cards>

Create a low stimulation space.

Opt for soft lighting, gentle ambient noise, and disconnect from stimulating activities and devices for 15 minutes to an hour, or maybe an entire evening.

Practise gratitude.

Take turns sharing one thing that each person is grateful for today. Share out loud, write it down on slips of paper, or keep individual gratitude journals.

Take time and space to hear about one another’s day.

Make a habit of devoting attention to hearing all about the important events of the day and their impact.

Establish “safe spaces”.

Have each member of the household (including yourself) declare a safe space in the home. Whether a bedroom, a corner of the living room, a specific chair make this a space where interruptions and expectations are not welcome. This space is for regulation, decompressing, processing, and resting.

Create “cool down” routines.

Establishing short transition routines for after work, school, errands, chores, or even play time can make a huge impact on the day. Maybe this looks like changing into a new outfit

For more ideas, information, and resources visit our source for this article: Parent Self Care blog (<https://parentselfcare.com/blog>)

Thank You to Our Donors

BC Foster Parents Association expresses our gratitude for the generous donations from our corporate sponsors. Contributions like these help us to continue to offer the best quality of services that we can provide, as well as allowing us to expand the services that BCFPA is able to offer the community.

Thank you to the Victoria Foundation for their generous contribution to the Belonging Matters video project in the amount of \$3,000.



VICTORIA FOUNDATION

FOSTER COMMUNITY RESOURCES

Provincial Resources

BC Foster Parents Association bcfosterparents.ca	1-800-663-9999
After Hours Foster Parent Support Line	1-888-495-4440
Indigenous Perspectives Society fostercaregiversbc.ca	1-844-391-0007
Federation of BC Youth in Care Networks fbcyicn.ca	1-800-565-8055
Adoptive Families Association of BC bcadoption.com	1-877-236-7807
BC Council for Families	604-678-8884
Pacific Post Partum Support Society postpartum.org	604-255-7999
Parent Help Line	1-888-603-9100
Parents Together	604-325-0511
Parent Support Services of BC parentsupportbc.ca	1-800-345-9777
Representative for Children & Youth rcybc.ca	1-800-476-3933
FAE/S Support Network	604-507-6675
Kelty Mental Health Resource Centre	1-800-665-1822

Interior

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

Okanagan Foster Parent Association okfosterparents.ca Central Okanagan North Okanagan South Okanagan Shuswap	250-870-8991 250-558-0939 250-462-6907 250-515-1522
Okanagan Metis Children & Family Services	250-868-0351
Interior Community Services interiorcommunityservices.bc.ca icsfp.info East Kootenay West Kootenay Cariboo Kamloops and area	1-877-376-3660 250-426-6013 778-460-5174 250-609-201 236-421-0031

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) 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 axis.bc.ca	1-877-392-1003
Community Bridge (Fort St. John) communitybridge.ca	250-793-2261

Coast Fraser

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

Hollyburn Family Services hollyburn.ca	604-987-8211
Vancouver Aboriginal Child & Family Services Society vacfss.com	778-331-4500
Foster Hub fosterhub.ca	1-877-926-1185
Archway Community Services archway.ca	778-880-8555
Fraser Valley Foster Parent Association fraservalleyfosterparents.org	1-877-797-7701
South Vancouver Youth Centre milieu.ca	604-325-2004
Pacific Community Resources Society pcrs.ca	604-587-8100
The Children's Foundation childrens-foundation.org	604-434-9101

IT PAYS TO BE A MEMBER!

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

Name(s): _____

Date: _____

Address: _____ City: _____ Postal Code: _____

Phone: _____ E-Mail: _____ Region: _____

Local Association (BCFPA 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 BCFPA branch.

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

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

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

_____ [signature(s)]

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

_____ [signature for approval]

Get social with us!



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Youtube.com/@BCFPA



@bcfosterparents