

# FosterlineBC

BC Foster Parents Association



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Nominations**

**BCFPA AGM  
Information**



**Sector News  
and Updates**

**Benefits of Nature  
for Child  
Development**



## 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 peoples.

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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](mailto:communications@bcfosterparents.ca).

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# President's Report



Hello Foster Parents and Friends:

British Columbia's Budget 2023 brought good news to our community with the increase in monthly service payments for all levels of foster caregivers as well as the maintenance rates for foster, kinship and out of care caregivers. The increased supports recognize the important role that foster families play in supporting BC's children, youth, and families. The investment ensures that we can continue to recruit and retain caregivers who can provide the quality and continuity of care that children and youth in government care deserve.

BCFPA has been co-hosting information circles on the Changes to the Adoption Act and Child, Family and Community Service Act (CFCSA) together with MCFD's Provincial Practice Branch. We have been learning about the history and context of the amendments, and their role in upholding Indigenous jurisdiction over child and family services. We know that Indigenous children and youth are overrepresented in BC's child and family services system. Indigenous families and communities have had systems caring for their children and youth based on their cultural practices, laws, and traditions. As caregivers, it is our responsibility to support Indigenous children and youth to be meaningfully connected to their families, communities, and cultures.

As BCFPA's president, I am hoping that many of you have been able to join or renew your BCFPA membership by January 31 to be considered a member in good standing. This year, the Vice President and Treasurer positions are up for election. If you are interested in running for either of these positions and you are eligible, page 13 will provide all the details. 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. You can vote from your phone, laptop or tablet. Voting members should watch for information about our online voting process.

BCFPA is excited to send as many kids to summer camps as possible this year. We will also be awarding a few low-barrier education bursaries to youth from government care. A big thank you to all our generous donors whose contributions pave the way for opportunities and success for children and youth.

This year, the BCFPA board and staff will be hosting our Annual General Meeting and Conference in Surrey. It will be held at the Sheraton Vancouver Guildford Hotel on September 22-23, 2023. Save up to \$600 and book your rooms by August 20, 2023 to receive our discount of \$185 for traditional rooms and \$205 for deluxe rooms. If you're a voting member and you are unable to attend in person, we will be making the AGM portion accessible via Zoom. It will be another unique conference experience where we can learn together, network, and raise funds for BCFPA's Camps for Kids Grants. We have many valuable auction prizes for our attendees to bid on so prepare to be amazed!

The Ministry of Children and Family Development is supporting this year's BCFPA AGM and Conference. I highly encourage you to [apply for an AGM bursary](#) by July 2, 2023. Bursaries will be given to three foster parents in each service delivery area which will cover the cost of the AGM registration fee (\$350 value). Winners will also receive a cheque to assist with expenses such as mileage, hotel accommodation, parking, meals, and childcare. The cheque will be available to bursary winners at the AGM. The amounts will vary as we are implementing a fair and equitable process where foster parents who live further from the event location will receive more financial support.

Julie Holmlund  
President

## OUR MISSION

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



## OUR BELIEF

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Supported and resilient caregivers raise empowered children and youth.



## OUR VISION

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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



I recently returned from a meeting with the executive directors of five other Canadian provinces and territories. We meet annually to compare and discuss fostering trends in each province as well as rates, goals, community environment, agency governance, board development, government relations, education programs, practice, and policy. It's a couple of days packed with very useful conversation and we walk away with new insights and stronger partnerships. All provinces and territories share some similarities in how the fostering programs are managed, but there are some significant differences as well. The trends this year appear to be challenges with recruitment of social workers to work in child welfare leading to short-staffed ministry offices, foster parents leaving after only a year or two, children and youth needing more support resources, and seeking ways to ensure that foster parents feel appreciated. We've shared useful ideas for how to address some of these concerns.

Prince George, Quesnel, and Abbotsford all have BCFPA branches up and running now. It's exciting to see renewed interest in creating stronger fostering networks in areas where there has been less activity over the past few years. BCFPA is committed to travelling to Prince George in Fall 2023 to meet with ministry and agency staff members to renew our partnership after so many staff changes. We hope to host a one-day event that will bring our foster parents, workers and other community members together to build more familiarity with each other and build stronger partnerships. Keep an eye out for more information about this opportunity in the next few months.

BCFPA's staff team continues to expand! Our Solutions and communications teams are growing and our core administrative team is a strong foundation for all our operations. We are very excited to be certified by the Living Wage for Families BC campaign as a Living Wage Employer! Our board of directors realizes that our people are our strength and that retention of skilled staff is vital to our continuous success. BCFPA has made providing a living wage one of our highest priorities, ensuring that our people aren't just surviving, but thriving!

We have recently uploaded four more BC Foster Basics videos on the BCFPA YouTube learning channel. Topics include: policy change in support of Foster Parent Rights; fostering children in care under a Voluntary Care Agreement; Rider Insurance and Under-Deductible Losses program details; and a short video explaining why foster parents are now being called "foster caregivers". Subscribe to channel and be the first to know when the new batch of BC Foster Basics videos are uploaded. With over 50 videos, our channel is an accessible location that provides foster parents and the general public with information, resources and insight into BC's fostering system. We hope that you take the time to [visit our channel](#) and share our videos with other community members.

In the coming few weeks, BCFPA's board of directors will be contacting our members to introduce themselves. We will be offering opportunities for all our members to join us on periodic regional calls to share information about what's happening in the world of fostering in their area. As well as gathering information, we'll be giving updates from our provincial office so foster parents across the province are aware of what we're working on as committee members, as advocates, and how our programs are expanding to best serve your needs.

We look forward to seeing as many of you as possible at the our AGM Conference in September this year! In the meantime, have a great summer with your families and friends.

Jayne Wilson  
Executive Director



## Interior Delegate Report by Raquel Lesieur

Things have been quiet in the region. High social worker turnover rates remains a consistent issues. There have been several changes in resource teams which makes relationship-building with teams harder.

Recruitment and retention of foster caregivers continue to be difficult in the Interior region. We are hoping that the increased financial supports for foster families will change the trajectory of recruitment and retention challenges in British Columbia.

With the approaching wildfire season, I encourage foster parents to make an emergency plan for how you and your household will respond to disasters, including wildfires. Knowing what to do will reduce anxiety and help keep you focused and safe. If you are required to evacuate to a safe location, please don't forget to call MCFD's Provincial Centralized Screening at 1-800-663-9122 to inform MCFD that you and the children in your care have been evacuated or to ask for support to seek alternate accommodation.

## Coast Fraser Delegate Report by Catherine Clutchey

Happy summer from your Coast Fraser delegate! As always, it's been a challenging and busy time in the fostering community. However, there has been some encouragement offered to our foster families through the increase in the foster care rates that were announced in March through BC's Budget 2023. Many foster parents are commenting on the decreased stress that this increase brings in this tough economy.

In-person gatherings have picked up with lots of trainings, social events and workshops happening in the Coast Fraser region. The Surrey/Langley area has brought back in person (and in house) Safe Babies training with 17 people in attendance to learn how to care for our tiniest kiddos.

There continues to be a shortage of foster family homes in the Coast Fraser region with many of our homes at or beyond capacity. Heading into summer, this remains a concern so recruitment efforts are underway for new foster homes to care for children and youth of all ages.



Foster families need all the support that they can get. I encourage you to reach out to your local foster parent support agency, a BCFPA branch in your area or the BCFPA Solutions Program. Don't foster in isolation. If you need support, do not hesitate to contact the BCFPA provincial office at 1-800-663-9999.

Wishing you all a great summer and I hope to see many of you at the Annual General Meeting in Surrey!



Foster families in the lower mainland are thrilled to know that the BCFPA's Annual General Meeting will be happening right in our backyard at the Sheraton Vancouver Guildford Hotel in Surrey. We are hopeful to see many attendees from the Coast Fraser region, as well as partner agency representatives, and social workers. Stay tuned for more information which we will be releasing very soon. Hoping for a restful summer for all our foster families. Please reach out if there is anything I can do to support you.

## Northern Delegate Report by Rocky Hindmarch

I have been reaching out to the foster parents in my region as well as meeting with social workers to discuss what we can do together to support foster families. Partnership meetings are happening in our region. I will continue to try to connect with communities further north and out west to look for foster parents who can keep me updated about events and issues in their communities.

I'm proud to report that we have two new BCFPA branches in the North. BCFPA supports a number of branches across the province. Our branches are smaller community-level gatherings of foster parents who form a group that meets regularly. I've seen first-hand how having a support system through the BCFPA branches help foster parents stay engaged and supported. When foster parents come together in a branch, they are able to communicate to BCFPA's provincial office the successes and issues experienced by their fostering community. It's fun to be part of a branch! For example, the Prince George branch just had a family BBQ event with many fun activities.



Summer is a time for family road trips, outdoor fun in the sun and hopefully lots of great weather. I know many of you are planning as many activities as possible. I hope that many of you applied for the Camps for Kids grants this year. The Camps for Kids grants are available to all BCFPA foster parent members. It is just one of the many perks you receive as a member.

I hope to see many foster parents and community members at the Annual General Meeting in September. The BCFPA office has been busy planning for an unforgettable conference experience. You don't want to miss it!

## 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](mailto: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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# Message from BC's Representative for Children and Youth, Dr. Jennifer Charlesworth

Hello everyone,

Before I begin updating you on RCY's work this past year, I want to take a moment to highlight B.C. Child and Youth in Care Week. As you may know, my Office is dedicated to advocating for the rights of children, youth, young adults and their families. Children and youth in care are some of the most talented, resilient, thoughtful and caring individuals I know. And yet they face a myriad of barriers on their journey to adulthood.

One major barrier for children and youth in care is missing a sense of belonging. The feeling of belonging to family, culture, friends, place and community is so vital to every human being, and is particularly important in a young person's formative years. The "unbelonging" that often happens for children and youth in care is particularly acute for those who are Indigenous due to the enduring impacts of colonization and the intergenerational impacts of residential schools and forced assimilation. My Office has made it a priority to ensure that those who care for and about children and youth - caregivers, ministry and community agency staff, health and social care workers, educators and families have resources available to them so that they can better help to foster that sense of belonging.

Since I last wrote, a highlight of RCY's work has been the launch of the Skye's Legacy microsite, a site dedicated to resources about belonging. In January, RCY officially launched the microsite dedicated to Skye, a 17-year-old Dene girl who died as a result of the toxic drug crisis. We first shared her story in our investigative report, *Skye's Legacy: A Focus on Belonging*. The new microsite holds resources and materials focused on the importance of belonging. On it, you will find materials such as reports, articles, videos, podcasts and more. These curated materials are available for you to view or share in workshops and presentations. Visit the microsite [here](#).

We also released two reports last fall. The first was a short, graphic-based report on FASD – a follow-up to our *Excluded* report. [Hands, not Hurdles](#) is a

condensed and easily digestible version of a more in-depth report on FASD that we released in 2021. The shorter report provides tips and other suggested resources

for community practitioners including teachers, counsellors, recreational workers and clinicians.

The second was a collaborative report with the Child Health Policy Centre (CHPC) at Simon Fraser University examining prevalence of mental health disorders and effective treatments for young people in care.

[A Parent's Responsibility](#) showed that young people in government care have dramatically higher rates of mental health disorders than the general population. Subsequently, I made six recommendations to government to take action on these findings. This was the first in a series of RCY reports concerning mental health and well being.

In February, RCY released another collaborative report prepared by Dr. Pat Mirenda on [Key Components of Effective Service Delivery for Children and Youth with Support Needs and their Families](#) to provide valuable information to the Ministry of Children and Family Development (MCFD) as it moves forward with re-imagining the new framework for children and youth with support needs.

This April, my Office released the second report in the mental health series, alongside CHPC. In this commissioned report, [Toward Inclusion: The need to improve access to mental health services for children and youth with neurodevelopmental conditions](#), I advocate for improved mental health services for children and youth with disabilities.

My Office also released two reports in April. [Advocating for Change](#) is a short report focusing on government's





response to recommendations I have made during the past five years. The report takes a deep dive into how RCY measures progress, how effective government has been at implementing our recommendations, and identifies barriers and enablers to action. The [Missing](#) report presents findings by RCY on children and youth who are missing or lost – either “fleeing from,” or “hiding from” – the care system. It also examines how the child welfare system and other child-serving systems have created conditions that lead to children being lost in care.

We also recently launched a multi-stage social media campaign, informed by RCY’s youth advisors, the Chief Coroner’s Office and others, concerning the devastating impact of the toxic drug crisis on children and youth. This is another way of getting the word out to a broader audience and raising awareness that this public health emergency is not just an adult problem. Please check it out on RCY’s social media and share widely!

Finally, we recently welcomed our new Executive Director of Reviews and Investigations, John Yakielashek, to RCY. John brings over 30 years of experience in social work, working with different organizations across B.C. as well as with MCFD. We are delighted to have him join our team.

Again, please take a moment during B.C. Child and Youth in Care Week to show your appreciation for children and youth in care and celebrate their accomplishments. RCY will be posting on our social media feeds to mark the week, so feel free to support us by liking, sharing or commenting on our posts. Find us on Facebook (@rcybc or @rcybcyouth), Twitter (@rcybc or @rcybcyouth) and Instagram (@rcybcyouth).

As always, families and youth looking to connect with an RCY Advocate, or anybody with general questions or comments, can contact us by email ([rcy@rcybc.ca](mailto:rcy@rcybc.ca)), phone (1-800-476-3933), [chat](#), text (1-778-404-7161) or by using the secure and confidential form on our website <https://rcybc.ca/get-help-now/contact-us/>.

Sincerely,



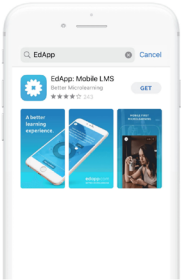
Dr. Jennifer Charlesworth  
Representative for Children and Youth

## Take our free Early Years mobile microlearning course!

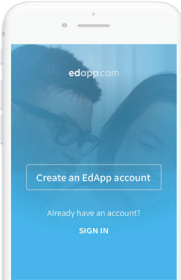
Our Early Years mobile microlearning course is available on Ed App. Simply follow the login guide and gain access to five modules with many interactive tools such as animated videos, narrated content, and game-based knowledge tests.

You can ownload your certificate upon successful completion of the course.

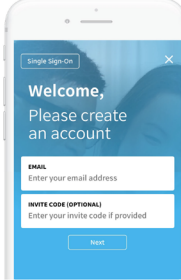
### Login Steps



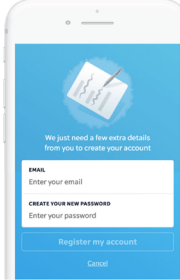
**STEP 1**  
Search for **EdApp** in the App Store or Play store on your device, then install the app.






**STEP 2**  
Open EdApp and swipe through the instructions. On the last screen, select **Create an EdApp Account**.



**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**



**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'.

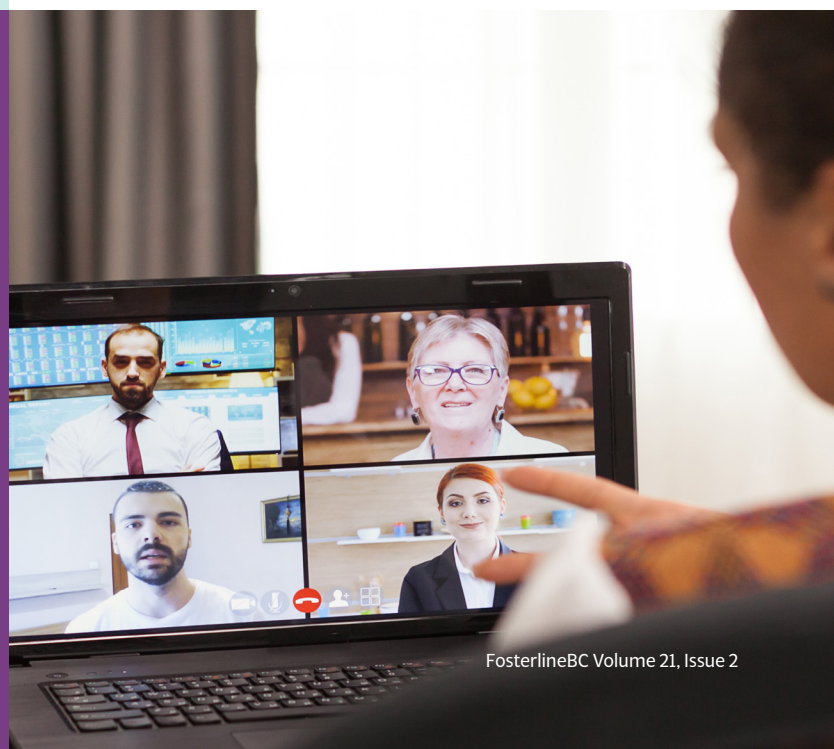
**You're all set to start saving!**

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

- |                    |                  |
|--------------------|------------------|
| Adidas             | The Brick        |
| Apple              | Carter's         |
| Champs             | Cineplex         |
| Cirque du Soleil   | Club Monaco      |
| Columbia           | Cruises.ca       |
| CityPASS           | Disney on Ice    |
| Disneyland         | Dell             |
| Dyson              | Ever New         |
| Fairmont Hotels    | Foot Locker      |
| Frank and Oak      | Great Wolf Lodge |
| HP                 | Hunter           |
| Indigo             | Kiehl's          |
| KitchenAid         | Landmark Cinemas |
| La-Z-Boy Furniture | LEGOLAND         |
| Lenovo             | Matt & Nat       |
| Panasonic          | Reitmans         |
| RW & CO            | Samsung          |
| Sennheiser         | Sorel            |
| Sonos              | Telus            |
| TurboTax           | UGG              |
| Universal Studios  | Vitamix          |
| WeightWatchers     | WestJet          |

**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.**



## How does a BCFPA Membership Benefit YOU?

- 85% of the membership fees paid to BCFPA 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.
- As a member, you can participate in shaping the future of the sector by proposing motions for action at our Annual General Meeting, through working with committees or by joining the provincial BCFPA Board of Directors.
- Members have access to our Camps for Kids Grants. We also support youth in and from care with education bursaries as well as our members' biological and adopted 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 covered for out-of-town trips for medical care.
- Through our Perks Program, BCFPA members receive substantial discounts on various brands and products.

Our membership classifications are as follows:

- **Foster Parent Members (Voting):** Foster parents pay a small fee to join as a member, make motions and vote at meetings, participate in directing BCFPA's programs and services, and benefit from grants and discount offerings. Your membership fees still support the family-focused and networking activities of our community branches.
- **Associate (Foster Parent/Non-Voting):** This membership classification is for foster parents who want to join at no cost, receive all of our general information, be eligible for some bursaries and ensure that your name is in our database for additional group offerings.
- **Community (Stakeholders/Donors/Non-Voting):** This classification is available at no cost for our partners and donors who wish to be in our database to receive sector news and updates.

BCFPA was formed in 1967 by foster parents and social workers. We work directly with the Ministry of Children and Family Development to advocate for all foster parents regardless of whether they foster for MCFD or a Delegated Aboriginal Agency. Together, BCFPA and MCFD have brought about an abundance of positive change in fostering practice over the past 56 years.





# SECTOR NEWS & UPDATES



## **Splatsin First Nation, Canada and British Columbia sign historic coordination agreement for First Nations children and families**

At a ceremony in Enderby, British Columbia, Kukpi7 (Chief) Doug Thomas of Splatsin; the Honourable Patty Hajdu, Federal Minister of Indigenous Services; and the Honourable Mitzi Dean, BC's Minister of Children and Family Development; celebrated the signing of the first coordination agreement in British Columbia. This agreement supports the ongoing exercise of Splatsin's jurisdiction of their Child, Family and Community Services under Spallumcheen Indian Band Bylaw #3-1980 and Secwepemc law. The coordination agreement is a historic milestone as it is the first coordination agreement in British Columbia and the fifth agreement in Canada. The coordination agreement addresses the coordination of services, the delivery of emergency services, mechanisms for First Nations children to exercise their rights, and fiscal agreements that are needs-based, sustainable and consistent with the principle of substantive equality. The coordination agreement also establishes funding from the federal and provincial governments to ensure that the necessary financial resources are in place. Over the next 10 years, the agreement will transfer \$136.2 million to Splatsin to support their ongoing delivery of child and family services. — [Source: MCFD](#)

## **RCY Report: Why are children disappearing from B.C.'s child welfare system?**

Over a nine-month period that ended the 2022 calendar year, the Office of the Representative for Children and Youth received over 500 reports regarding children and youth in provincial government care who were lost, missing or away from their placements and who experienced a critical injury or

were considered at risk of harm during the same time. During the same period, the Ministry of Children and Family Development received over 12,000 calls about other children and youth who were also missing or absent from their placements but for whom there were no identified safety concerns. This prompted RCY to explore the role of the child welfare system in creating the conditions that lead to so many children and youth becoming lost, going missing or disappearing from care. The report calls for action to address cracks in the care system which include inadequate and ineffective services unable to meet the needs of children, youth and families, as well as policy and structural barriers to upholding the rights of children and youth. — [Source: RCY](#)

## **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](mailto:MCF.Info@gov.bc.ca) (include EEOC in the subject line). — [Source: MCFD](#)

## 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. 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 British Columbia'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

As of May 2023, more than 1,100 young adults from care have received monthly rent supplements. The next application period will open in Fall 2023. [Source: MCFD](#)

## Emergency Information for Foster Caregivers Impacted by the Wildfires

With the approaching flood and wildfire season, there is a potential that your community may be impacted and 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.ca](https://emergencyinfo.bc.ca) or call 1-888-663-5555.

# Call for Nominations

BCFPA will be hosting our Annual General Meeting from September 22 - 23, 2023 at the Sheraton Vancouver Guildford Hotel. If you are a voting member who is unable to attend the AGM in person this year, don't worry, you can join us virtually via Zoom.

This year, there are two (2) positions for election on the BC Foster Parents Association Board of Directors Executive Committee.

- Vice President
- Treasurer

Each position has a two-year term. Nominations for each position must be received by the BCFPA provincial office by **July 14, 2023** for distribution to the membership for online voting process. Please note that we have transitioned to **100% online voting** through a third-party neutral platform, Simply Voting. It will provide BCFPA with a secure, cost-effective, and environmentally friendly voting process.

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 January 31, 2023); be qualified in accordance with Bylaw 7.2; and remain in good standing throughout the election process.
- b) Voting members 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 the 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.
- Candidates must not hold any position on another provincial or regional agency Board of Directors at the time of nomination.
- Candidates running for these positions must have served for at least one year in the previous three years on a BCFPA branch, or on the BCFFPA 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 2023

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 and send forms to [jayne@fosterparents.ca](mailto:jayne@fosterparents.ca).

## Special Resolutions 2023

Whereas: (state circumstance)

Therefore: (state proposed special resolution)

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

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

Please submit your proposed Special Resolution by July 14, 2023.

Packages will be distributed by mail for ballot voting by July 28, 2023.

Proposed Special Resolutions will be accepted from members in good standing (current members as of January 31, 2023).

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

### **June 23, 2023**

Deadline for distribution of Call for Nominations and Special Resolutions

### **July 14, 2023**

Nominations and Special Resolutions submissions 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 BCFPA's discounted rate

### **August 23, 2023**

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

### **September 13, 2023**

Online voting closes



## BOOK AT DISCOUNTED ROOM RATE BEFORE AUGUST 20

Book your stay at the Sheraton Vancouver Guildford Hotel for BCFPA's AGM & Conference 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 **+1 604-582-9288** and quote **BC Foster Parents Association** or use the link below.

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





# BCFPA's 2023 Live Trainings Project

We asked all the foster caregivers who attended our live full-day trainings in Surrey, Victoria, Kamloops and Prince George : What was your biggest takeaway from the experience?

"Absolutely amazing workshop. So nice to see familiar faces and be part of an organization again and come together as a team to achieve one common goal. Our children"

"Great presenter, kept everyone engaged, felt comfortable and easy to speak up"

"This was a great learning experience"

"It was excellent, well presented respectful, incredible amount of resources."

"Venue was comfortable, speaker was engaging, presentation was full of new and reminded knowledge. Thanks so much"

"Very engaging and raw. Great information that is useful in my day to day life with my foster youth."

"Great training, I love it."

"More workshops like this!"

"It was spot on, and I don't how you found a facilitator who could smile, keep her tone lively and speak well for a full day - talent!"

"So great to have a workshop run by another foster parent, rather than the presenters who know little about fostering but believe their knowledge on parenting is fully relevant to us. I learned a lot about neurodiversity."



# How Forest and Outdoor Learning Experiences Benefit Child Development

It's no secret that spending time in the great outdoors has a myriad of benefits; improved mental health, better sleep, more energy, creative inspiration, more mental clarity, and countless other positive results. These improvements to our daily lives are available to us just beyond our doors. If we, as adults, can experience such immense impacts from nature what benefits could be seen in our children's lives as they continually grow, learn, and develop?

## The Benefits of Nature for Children

In the United Kingdom, a recent Government survey found that 96% of children reported watching TV for an average time of 15 hours each week. By replacing just a portion of this time with hands-on outdoor play, exploration, and interactive learning experiences we can greatly benefit a child's development and overall wellbeing. Such as, but not limited to, the following examples.

### Confidence

Giving children the freedom and trust to explore the world around them allows them to take control of their own play and learning. By taking control they learn how to take ownership of their actions and discover how to navigate the world around them, inspiring confidence in themselves and their decisions.

### Creativity

In an unstructured and open environment children have the opportunity to use their imagination to create

new ways to play. A restaurant, an obstacle course, a battle from a far off fantasy land, a trek to discover dinosaurs. Anything is possible and play becomes endless.

### Responsibility

Teaching children about the environment around them and introducing them to a world of living organisms is a great way to approach responsibility and empathy. By learning to respect and care for nature they learn these vital life skills in an applicable and interactive way. At home, give children a plant or garden to care for on a regular basis to help them with learning responsibility and approach teaching them how to follow through on tasks in a fun and exciting way.

### Exercise

Exploring the outdoors is a fun and effective way to get active on a regular basis. In addition, the act of navigating a natural landscape helps children develop motor skills and learn how to take safe approaches to new obstacles.

## Stimulation

With so many, ever-changing, sights, sounds, and sensations nature is a wonderful stimulator for both the mind and body. By introducing outdoor sensory play, taking the time to observe surroundings, and providing opportunities to do self-lead exploration children can experience a rich and grounding experience just beyond your door.

To learn more, please visit this [link](#). — [Source: Forest Holidays](#)

## Outdoor Activities to Try and How They Can Aid Child Development

Here are some fun and easy ways to get your little ones out into nature, along with some insight on how these activities can benefit child development, to get you started. Don't be afraid to get your hands dirty together, and give one (or a few) of these ideas a try this week!

### Get your hands dirty with some good old-fashioned mud pie making.

**Benefit:** This tactile activity is an awesome sensory option for younger ages, while also being an amazing grounding activity for children, youth, and adults alike. There's also the added benefit of getting creative with all your mud pie "recipes" and letting your imagination loose.

### Grab a notebook and start a nature journal.

**Benefit:** Taking the time to be out in nature on a daily or weekly basis boosts mental health and overall happiness. The added benefit of this particular activity is that logging their observations with words and/or pictures helps children develop observational, organizational, and fine motor skills.

### Learn to press wildflowers.

With a few large books and some parchment paper kids can easily learn the art of preserving flowers or leaves.

1. Go outside and find some flowers to preserve.
2. Open a large, heavy book and line the inside with parchment paper.

3. Carefully place findings flat on the parchment.
4. Close the book, placing more heavy books on top.
5. Wait 3 to 4 weeks.

**Benefit:** This activity teaches children care and patience while helping them learn to value and appreciate nature's beauty, all while learning a fun new skill/hobby.

### Go on a hike or nature walk through a local park.

**Benefit:** Alongside teaching children the value of movement, a walk is the perfect opportunity to stretch their inquisitive brains to learn about local plants and animals. A hike can also teach the skill of preparedness by showing them how to dress for a safe and comfortable excursion, remember to bring water, and even pack a snack or picnic lunch.

### Build a bug hotel.

There are a ton of easy-to-follow tutorials for building a bug hotel on Youtube, Pinterest, and various blogs. All you'll need is some scrap pieces of wood, a few nails and some organic matter such as logs, branches, pinecones, grass, etc.

**Benefit:** This project helps to teach kids about taking responsibility and caring for the environment around them. At the same time kids can learn safety, dexterity, planning, problem-solving, and communication skills as they work with you to build their insect empire.





### Have a colour scavenger hunt.

With a quick trip to the home improvement store, or the use of a home printer have kids pick out a selection of colours to take outside with them. Equipped with their references, ask them to find organic matches as they hunt through the backyard, park, or forest.

**Benefit:** A fun way to combine the benefits of fresh air and sunshine, with colour comprehension and even colour theory. The scavenger hunt will also help children with observational skills and communicating their findings.

### Explore an ecosystem.

A trip to the beach, lake, or a pond is an excellent way to teach children about ecosystems. Have them point out the different animals, insects, and plants that they see in or around the body of water and teach them what this organisms place is or may be in that environment. Don't know the answer? Even better! Make an educated guess together before researching the answer at home on a smartphone or computer.

**Benefit:** A great way to learn about the environment, this exercise helps with observational skills, learning to ask questions, creating theories, and using research skills.

### Plant something.

**Benefit:** Whether a garden, wildflowers, or an indoor plant, gardening is an amazing way to learn about the life cycle of nature while exercising patience and responsibility.

### Sit outside and quietly observe the sights and sounds around you.

**Benefit:** This quick and easy exercise teaches children wonderful grounding and self-soothing techniques as they learn to observe and identify sights and sounds around them. Taking time to prioritize peace and be at home in your body also has an amazing effects on physical health.

## JOIN A BRANCH, START A BRANCH

Community is important for foster parents. Gathering together on a regular basis gives foster parents the much needed sense of community that is essential when they're working within the complex child welfare structure. Nothing beats a group of like-minded people who share similar experiences. 85% of the membership fees paid to BCFPA are redistributed to our Branches across the province. The funds you give to us for membership in turn provide for your very own community's activities, meetings and workshops.

When foster parents come together in a Branch, they are able to communicate to BCFPA's provincial office the successes and issues experienced by their fostering community. This better informs us so that we are then able to represent the interests and activities of your community in our discussions with the Ministry.

For more information about joining or starting a branch in your community, please call 1-800-663-9999.



# 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.

## Loyal Protestant Association



For contribution to the Fine Arts for Kids Fund in the amount of \$10k

For contribution to general programming in the amount of \$2.5k



## Ames Family Foundation

For contribution to general programming in the amount of \$3k

For funding the Ames Family Foundation Bursary in the amount of \$10k

BC Foster Parents Association also thanks the Grade 7 Students of AD Rundle Middle School in Chilliwack for their generous and kind-hearted donation.



Donation from Grade 7 Students of AD Rundle Middle School in Chilliwack

Quote by Michele Bugden, Grade 6/7 Teacher

“The idea to donate to BC Foster Parents Association came from one of our grade 7 students. During our career education unit, each of our students had to create a small business. They came up with a product to sell, and engaged in marketing and advertising to sell their product. As a class we discussed the importance of businesses donating a portion of their profits to charity. One of the students in the class is a child in care and suggested BC Foster Parents Association. Students set up booths with their homemade product in our gym and parents and students came to shop. The funds donated by AD Rundle came from the students who chose BCFPA as their charity of choice. One of the students who chose to donate to the BCFPA said she wanted her money to go toward helping families. ”

# FOSTER COMMUNITY RESOURCES

## Provincial Resources

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

## Interior

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

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

<b>Foster Parent Support Services Society (FPSSS)</b> 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.

<b>AXIS Family Resources</b> axis.bc.ca	1-877-392-1003
<b>Community Bridge (Fort St. John)</b> 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.

<b>Hollyburn Family Services</b> hollyburn.ca	604-987-8211
<b>Vancouver Aboriginal Child &amp; Family Services Society</b> vacfss.com	778-331-4500
<b>Foster Hub</b> fosterhub.ca	1-877-926-1185
<b>Archway Community Services</b> archway.ca	778-880-8555
<b>Fraser Valley Foster Parent Association</b> fraservalleyfosterparents.org	1-877-797-7701
<b>South Vancouver Youth Centre</b> milieu.ca	604-325-2004
<b>Pacific Community Resources Society</b> pcrs.ca	604-587-8100
<b>The Children's Foundation</b> 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](http://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!



@bcfosterparentsassociation



@bcfosterparents



Youtube.com/@BCFPA



@bcfosterparents