



# Fostering Our Foster Families

Make the most of your summer Don't let kids miss out on fun community activities, ensure you make time to enjoy beautiful northern B.C. Soon we will back into our school/work schedule. We will be having regular meetings in Fort Nelson, Fort St John and Dawson Creek starting in September while offering training that is specific to being Caregivers to our most valuable asset—Our Children. Call me with questions, comments or complaints. I may not have the answer to them all but I will listen and do my best to help caregivers through the sometimes overwhelming job of Fostering.

Kathy



## Foster Parent Recruitment, Retention and Support Program

We are dedicated to providing support for foster parents. We are here to listen, help answer questions, and find appropriate community agency supports. We are committed to providing relevant and ongoing training opportunities and facilitating local peer support networks. We

wish to promote the incredible rewards of being a foster parent and enlist new families into the fostering community.

**Contact**  
**Kathleen Hume**  
**Phone:** 250-785-6021 ext 235  
**Cell:** 250-793-2267  
**Fax:** 250-785-4659  
**Email:**  
[Foster@communitybridge.ca](mailto:Foster@communitybridge.ca)

### Foster Parent Recruitment, Retention, and Support

July 26th, 2014

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#### Service and Support meetings starting in September

Fort St John : Mondays 9-12 @ Community Bridge

Dawson Creek: 1st and 3rd Tuesday lunch group 11-1pm @ MCFD

Fort Nelson: 1st Thursday every month 1-4pm @ MCFD

#### Suggested Topics for Caregiver meetings

- Reducing family stress
- Attachment
- Self harm
- Education Advocacy
- Sleep problems
- Fire setting
- Parenting traumatized children

In an effort to link our far flung communities a website for northeast foster families has been created. A local web design company from Dawson Creek was chosen to create the website and you can check out the result. Links to other foster parent service organizations and other informational links, upcoming training opportunities and events, electronic copies of the newsletter, information on steps to becoming a foster parent and FAQs

**NEW!!**

[www.northeastfosterfamilies.ca](http://www.northeastfosterfamilies.ca).

**5 TOP REASONS TO FOSTER A TEEN**

- 1** We all need someone to share our life dreams, achievements and holidays with.
- 2** Teenagers can help teach you to be more patient, understanding, kind and empathetic.
- 3** No formula, diapers, bottles or burp rags required!
- 4** Teenagers can help you program your cell phones & VCRs and teach you to work your computer.
- 5** Teens can keep you up to date with the latest fashions and trends.

FOSTER HOPE IN A YOUNG ADULT. FOSTER HOPE FOR THE FUTURE.  
FOSTER A TEEN.

Being a foster parent is a challenging, but very rewarding endeavor that can not only benefits the family and the child, but also the community. We are currently working on recruiting more foster parents in Northeastern BC. But are in desperate need of more families living in Fort Nelson. Our goal is to make sure that not only the child's needs are being met, but the foster family's as well.

Please Contact Fort Nelson MCFD office @ 250-774-6185 or Kathleen @ 250-785-6021 ext 235

## Facts

These are how many Regular-Level 3 Foster homes in

Fort St John 25

Fort Nelson 7

Dawson Creek 13

Chetwynd & Tumbler Ridge 2

There are 73 Children in care in our area most are in Family or Restricted Care

There are 10 Specialized Homes in the Area

Not all homes accept all age placements



## Training/Courses/Education

### STRENGTHENING PARENT-CHILD ATTACHMENT RELATIONSHIPS TO GIVE CHILDREN THE BEST START IN LIFE

**WHEN:** Wednesday September 3<sup>rd</sup>, 2014

**WHERE:** Quality Inn - Northern Grand 9830 100<sup>th</sup> Avenue Fort St. John

Workshop: \$75.00

Workshop Time: 9:30am - 3:30pm

**Please make cheques payable to:** Fort St. John Child Development Centre

Please mail your completed registration form and payment to:

Penny Gagnon, Executive Director

10417 106<sup>th</sup> Avenue

Fort St. John, BC V1J 2M8

Registrations forms can also be faxed to (250) 785-3202 or emailed to [peny.gagnon@cdcfsj.ca](mailto:peny.gagnon@cdcfsj.ca)

**DEADLINE FOR REGISTRATION: August 27<sup>th</sup>, 2014**

Wondering about the 53 hour training all caregivers in BC must take?  
Contact Kathleen to find out how you can meet your requirement

BC Federation of Foster Parent Associations is thrilled to announce the launch of our

#### **BC Foster Basics video series!**

Beginning in June, tune into **BCFFPA's YouTube channel** for Informative instructional videos for professional caregivers covering fostering topics including:

- Understanding Your Contract
- Questions to Ask Before Placement
- Reports and Documentation
- Relief and Babysitting
- Self-care for Caregivers
- Care Plans
- ... and much more!

Follow us on YouTube! Whether you are a new or seasoned foster parent or provide support to caregivers, there's something here for you!

View the promo on our YouTube channel here [https://www.youtube.com/channel/UCwhXCxALUBpji\\_1KxqHQXVg](https://www.youtube.com/channel/UCwhXCxALUBpji_1KxqHQXVg) or here [https://www.youtube.com/watch?v=\\_88Z7IZ\\_8Ws](https://www.youtube.com/watch?v=_88Z7IZ_8Ws)

## Community Bridge

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I would like to introduce myself as your new Regional Coordinator; My name Kathleen Hume I am a Parent, Adoptive Parent, Foster Parent and Aunt to many, many children. I have worked out of home as a Family Support Worker and Parent Educator for many years in Fort St John as well as Blueberry and Doig River First Nations communities.. In all that I have done, my focus has been providing children and families hope that they can build a life together in spite of challenges faced. Please feel free to call to ask questions, to request support or for training ideas.



## Messages From your local MCFD Offices

Dawson Creek: We are one of the pilot communities in BC chosen to begin a new model of care called Caregiver Support Networks. We have been trying to manage the job of preparing the community as well as prepare to hire our new Support home. For more information contact Kathleen or go on the BCFFPA website.

Fort St John -Working on home studies for new homes, staff are taking vacations with their families,

Fort Nelson- We are happy to welcome 2 new child protection SW's to the office. Meredith and Danielle. Planning is underway for Foster Parent Orientation this fall. Thank you to our hard working Caregivers.

Safety needs to be a paramount concern when we are caring for children.

Injuries are predictable and preventable

- Falls
- Burns
- Choking
- Poisoning
- Drowning

Teach children about safety and monitor young children carefully

