

Northern Fostering News

Spring 2019

Spring is Finally Here!!

Spring seems to have come early this year! After a long and busy winter, we are quickly on our way to summer – and we couldn't be more excited! The FFC-NWT will be attending the Yellowknife Chamber of Commerce Spring Tradeshow. We'll have plenty of new goodies and giveaways so keep an eye out for our booth! Camp connections is starting preparations. Read on to find out about an important new staffing change! We have also finally launched our new recruitment ad. Check it out on our social media pages. Please read on to find out more of the exciting things we have in store!

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Executive Director Report



**Tammy
Roberts**

Happy Spring!

The winter has flown by, and summer is very quickly approaching! It's almost time for our Camp Connections staff to arrive. This is what we have been up to over the past year.

The beginning of April we were busy prepping for Camp by interviewing and hiring staff for the summer.

May brought the Spring Tradeshow, which we participate in every year. We got to talk to a lot of people about fostering, adoption and Camp Connections.

In June I took part in the CFFA conference in Saskatoon. As always, there was good representation from the Northwest Territories at the conference. I am continuing with my position as secretary. Chris DeWolf continues with her position of Chair. We have continued to work hard as a team with monthly conference calls.

Camp staff started on June 18th and completed a full week of training in the office, and a week of prepping the programming and camp itself. The first session of Camp started the beginning of July and went until the middle of August. We had some returning artists come back to camp, at the request of Campers, as well as some new faces.

The end of August also brought us a new member of staff in the office. Meagan started with us as our new Executive Assistant. It's great to have another person to help out around the office!

October was National Foster Family Appreciation Month, where we send out packages to all the foster parents across the territory, and spend some time focusing on awareness and recruitment. We set up a weekly booth at the airport to help get the word out about fostering and adoption.

November was Adoption Awareness month. We continued to set up our booth at the airport to help encourage people to adopt or foster. We got a lot of people coming up to us and telling stories about either children that they adopted or fostered, or about someone they knew. It was nice to be able to connect with the community!

February brought us another new member of staff! Korry Gravey joined us the beginning of February, for her practicum placement. She has been an incredible asset to us at the FFC office. She has taken on a number of projects, such as helping us launch our We Need You ad campaign, as well as applying for new funding for an FASD Resource Centre. We don't know what we would have done without her!

March was a busy month for us at the FFC. We were working hard on getting our new We Need You ad campaign ready to go. It launched on March 14, with posts all over social media, posters sent out to all the regions, and Minister Glen Abernathy announced the launch while the house was in session. We are so grateful that we were able to partner with the Minister to kick off this ad campaign. Check out our website to watch the ad!

During March we also had our yearly Board Development Training. This year, it took place at Blachford Lake Lodge, and we all had an incredible time! We were joined by Kevin Harris the president of the CFFA, who helped us work on our Strategic Plan, and our 'Why' statement. We were also incredibly lucky to have Beverly Bagnall join us from Shakes the Dust Hope Consulting. She provided the cultural piece to our training. It was an incredible opportunity to meet face to face with our board members and work on making the FFC better and better!

The beginning of April our brand new Camp Director started. Jack Duffy has taken over for Nicole. We were sad to see Nicole leave, but are so excited to welcome Jack into the FFC office! He has really jumped into his new position head first, and is already getting everything prepared for this years Camp Connections.

We have also added three new board members to our FFC Board. A big welcome to Brittany, Eleanor, and Mary! If you are interested in becoming a board member please see the last page of the newsletter for the application!

Registration is now open for Camp Connection. The registration forms are already starting to come in, so if you have someone that wants to attend camp, please make sure you get the registration form in as soon as possible. This year we are pleased to have a mix of new and old staff. It should be a great summer!

It's been a crazy and hectic year, and I'm looking forward to seeing what the summer will bring!

Tammy Roberts
Executive Director
FFC-NWT



President Report

Happy Spring everyone!

We have had such a long and busy winter, but Spring seems to have finally sprung! We are ready for the snow melt and to see the return of sunshine and warmth.

The FFC Annual General Meeting will be held on May 6th. There are still board positions open, if you are on the fence about running, I highly recommend that you give it a try. Positions are on a two year term and involve a commitment of a monthly teleconference board meeting, being a positive role model, and an advocate for foster and Adoption in your region.

This March we had our Board Development Training at Blachford. What an incredible experience! The CFFA President Kevin Harris came and helped our board make a strategic plan. We also had Beverley Hope from Shakes the Dust Hope Consulting come and present a piece about Indigenous culture. It was nice to be able to reconnect with all the board members face to face and find new ways to help move the board forward.

Camp Connections is now open for registrations! Read on to learn more about the upcoming Camp Sessions and get the scoop on our new Camp Director!

Yours in Fostering,
Dawn Pottinger
President

Stay in School Awards

The FFCNWT has \$14,500 to give away so we are now accepting applications! The next deadline is April 30th!

The Stay in School Program came about through a financial donation by the Scotia Capital Fund to the Children's Aid Foundation in Toronto. It was designed to support at risk, disadvantaged children and youth to achieve academic success and help to recognize their current efforts and achievements. The program provides financial rewards to at risk children and youth from Kindergarten to Grade 12.

Health and Wellbeing Fund

The FFC, in Partnership with the Children's Aid Foundation, is proud to offer a Health and Well-Being Fund. This fund is to assist and aid families with the financial costs of various health needs of children and youth that are involved with social services.

The fund's purpose is to fill the financial gaps of health needs not covered by Healthcare, and it is to be used solely for the child(ren) or youth's health expenses.

Come visit our website at <https://www.ffcnwt.com/youth-financial-support> to find out more information and to fill out an application.

8 Feel Good Tips to Boost Your Mood

Everyone has good days and bad days. If you're in need of a pick-me-up after a bad day, here are a few things you can do to beat the blues.

Take your mind off it. Make plans with friends or family. Laughing and spending time with loved ones can be a good distraction from a bad day.

Let it out. Cry, yell, sob. It's okay to express yourself in whatever way feels right for you.

Breathe. Focus on your breathing. Take a few deep breaths, relax your body and mind and concentrate on feeling better.

Focus on you. What makes you happy? Take some alone time doing something just for you, such as listening to your favorite music or watching your favorite TV show.

Give back. If you're having a bad day, helping to brighten someone else's day may make you feel better. Do something nice for a friend or volunteer with a local charity.

Get artistic. Draw, paint, or write about how you're feeling to turn your bad day into something creative.

Talk about it. Sometimes all it takes to feel better is talking about a problem. You can speak to a friend, parent/caregiver, or teacher about what's on your mind. You can also call a Kids Help Phone

Counselor at 1-800-668-6868

Exercise. Go for a walk, dance to music or do some other physical activity you enjoy. This can help boost your mood and make you feel better (mentally and physically).

Remember: You are not alone.

Almost everyone has bad days from time to time – lots of people feel the same way you're feeling right now, but it will get better.

Source: www.kidshelpphone.ca

You are
not
alone

Welcome to Our New Camp Director!



We are pleased to announce we have a new addition to the FFC family! Jack Duffy is our new Camp Director. He is taking over from Nicole, who has stepped down to pursue other job opportunities. We are so sad to see Nicole leave, after so many years with us at the FFC, but we are excited to have a new member of the team!

Jack joins us from Manchester England. He moved to the NWT in 2017. He's worked on the Arctic Winter Games, as well as the Special Olympics NWT, before becoming Camp Director. When he's not working he coaches, and plays soccer and Frisbee.



Registration for Camp Connections is Open!!

We are happy to announce that Camp Connections is now open to registrations! Please visit our website to register at

<https://www.ffcnnwt.com/campconnections>

We are all looking forward to another amazing year at Camp Connections. We hope to see you there!



Session	Ages	Date
Session 1	7-11 Coed	June 28 - July 4
Session 2	12-14 Coed	July 9 - July 15
Session 3	7-11 Coed	July 20 – July 26
Session 4	12 -18 Coed	July 31 – August 6
Session 5	7-11 Coed	August 11 - August 17



SPRING TRADE SHOW

The Foster Family Coalition of the NWT will be at the Spring Trade Show this Mother's Day Weekend, May 11-12th. The booth will be set up in the "Community Arena" aka the DND Gym at the Multiplex Centre.

The FFC-NWT has many new and exciting giveaways and information to be sharing so please make sure you stop by our booth! Don't forget to bring the kids for some coloring!

Trade Show Dates and times:

May 11th 10-5 pm

May 12th 10-4 pm

We look forward to seeing you there!

New Directive from the Department

The Department of Health and Social Services has released a new directive: Providing contact information of Foster Caregivers to the Foster Family Coalition of the NWT. This is to help the Foster Family Coalition provide better support to Foster Caregivers in the NWT.

Foster Care Workers will be responsible to provide the names, phone numbers, and addresses of all foster caregivers on an on going basis to their supervisors. The supervisors will then provide a monthly report of this to the Deputy Director Practice, who then ensure that the FFC will receive a monthly report of all foster caregivers.

This is something that we have been pushing for at the FFC for many years. Knowing who our foster parents are, will help us to provide better support. We hope to start doing outreach again in the near future, which we are very excited about.

Check out our website for more
information!
www.ffcnwt.com

How to Praise a Child With a Negative Self-Image

By Terry Levy
Evergreen Psychotherapy Center
August 24, 2017

Praise is one of the most basic methods parents use to encourage good behavior and positive self-esteem. However, praise must be used cautiously.

Children will accept positive comments only if they're consistent with their self-image. Unconditional praise and approval ("You're such a great kid.") is only constructive when a child has positive self-image. This type of general praise backfires with wounded children who have negative core beliefs. Unconditional messages of praise contradict this child's view of himself or herself, and two negative reactions may result: You lose your credibility ("You are stupid; you don't know the real me."); your child's acting out increases ("I'll show you how wrong you are.") Try these tips for praising a child with a negative self-image:

Praise the behavior, not the child. Give your child praise and approval for specific actions, attitudes and tasks completed. For example, say "I like the way you cleaned the kitchen table – thanks for pitching in." rather than something less specific and defined, such as, "You're such a great kid."

Make sure your praise is genuine. Never praise your child if you don't mean it. He or she can tell when you are faking it. Do not praise for the sake of praising because this dilutes the significance

of truly deserved praise. Make sure your tone and body language match your words.

Find some behavior to praise. It is easy to be pessimistic and critical with challenging children, but it is best to focus on the positive. Noticing and validating little successes eventually lead to bigger successes. Catch your child doing something right and well!

A quick example: Eight-year-old Tim struck out at bat in the baseball game. Dad tried unconditional praise: "That was a great try." Tim didn't think it was a great try and became angry. It is better to use empathy. ("You must be really disappointed.") followed by praise of a specific behavior ("I like the way you put a lot of energy into your swing.") and encouragement ("I bet you'll get it one of these times.")



2019 CFFA Report

In June 2018, the CFFA Conference was hosted by the Saskatchewan Foster Families Association (SFFA) in Saskatoon, SK.

We have a new face on our board. Welcome to Wendi James Poirer, the new replacement for the CFFA board representing PEI.

We have also opened our board meeting to include the Delegates, Board Advisors and Executive Directors. We came together in solidarity and like-mindedness around a fresh and reinvigorated purpose of the CFFA. The outcome of this session was transformation for the CFFA. We rediscovered the purpose of the CFFA, the philosophical heartbeat of the organization.

Our What: We empower Foster Families in Canada.

Our How: We empower foster parents by connecting with each other to motivate, share ideas and to inspire. We empower foster parents by educating and informing others about the work of foster families.

Our Why: We do this because every child in Canada has the right to a safe and loving family.

What this means going forward is that our Why will permeate all that the CFFA does. It unites all foster parents across Canada and defines the relationship with ALL Territorial and Provincial Organizations.

The CFFA is now collaborating with Child Welfare League of Canada and will be facilitating a workshop on Reconciliation and Child Welfare Legislation changes at the National Working Group in Ontario.

In April, our Chair and Fundraising Chair, Chris DeWolf teamed up with CFFA member Russell Pohl to organize a fundraiser at the Galbraith Manor in New Westminster, BC. We held an all-you-can-eat pasta dinner, with a 50/50 draw and silent auction. We raised \$2651.50!!

The next CFFA Conference will be hosted by the League of Ontario Foster Families (LOFF) at Nottawasage Inn in Alliston Ontario. The CFFA AGM is scheduled for 7:00pm on May 30 and the National Working Group, May 31.



We exist to strengthen communities so that kids can be safe, loved, and heard.

Reach out to us at:

Office – 867.766.3326
Toll Free – 1.866.233.0136
Email – info@ffcnwt.com

We hope you have a fantastic Spring!

FFC-NWT Board Member Nomination Form

You must be a Foster Parent to apply.

I, _____ would like to apply for a position on the Board of Directors with the Foster Family Coalition of the NWT.

I am from the community of: _____

Signature of Applicant: _____

Please answer the following questions. This will be on the voters ballot that will be mailed to foster par-ents in your region in late February.

1. How long have you been a foster parent and what do you like most about it?

2. What can you do for the FFC-NWT?

3. What do you feel is important for foster parents in the NWT?

Please provide us with two fostering related references below:

Name: _____

Phone Number: _____

Name: _____

Phone Number: _____