

# POWER PAGES



FEDERATION  
OF BC YOUTH  
**IN CARE**  
NETWORKS

A FREE MAGAZINE FOR  
YOUTH IN & FROM CARE  
AND THEIR ALLIES

EDITION #57



**ORGANIZE  
YOUR TIME  
WITH THE FED FAM**

THE FED'S GUIDE TO  
**SURVIVING  
THE HOLIDAYS**

**YOUTH IN ACTION!**

PLUS ART, PHOTOGRAPHY,  
POETRY AND STORIES FROM  
YOUTH IN AND FROM CARE!



## FEDERATION OF BC YOUTH IN CARE NETWORKS

FBCYICN is a youth-driven, peer-based, provincial, non-profit organization dedicated to improving the lives of young people in and from care in BC between the ages of 14 and 24!

Charity #: 85751 6702 RR0001

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 Federation of BC Youth in Care Networks

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## CONGRATS TO OUR NEW ALUMNI!

**Shania S**  
**Jamie W**  
**Sierra KB**  
**Ashley S**

**Corinna K**  
**Hayley C**  
**Diego C**

# POWER PAGES

## EDITION #57 BROUGHT TO YOU BY:

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*Huge thank you to everyone who sent in photos!*

VIEW OR DOWNLOAD PAST & CURRENT EDITIONS AT [FBCYICN.CA](http://FBCYICN.CA)





## THE BOARD IN ACTION

The Board has been busy over the last few months! They celebrated BC Child and Youth in Care Week, started planning our Annual General Meeting, conducted Lorena's (our Executive Director) performance review, and worked to recruit new Board members! They also joined us for the Fed Family Summer Celebration in August!



**ON THE COVER:**  
Youth Profiles on pages 16–18!

- 2 Fed 101
- 4 What We've Been Up To
- 6 #communitycares  
My Dream was to Drive & Be Independent
- 7 Dream Fund
- 8 Youth in Action
- 9 Become a Member  
Congratulations!  
Get Published in *Power Pages*
- 10 Volunteering at the Fed
- 11 Truth and Reconciliation Day  
Orange Shirt Day
- 12 Local Highlight: Campbell River  
BC Child & Youth in Care Week
- 13 Fed Locals Update
- 14 SCM Memories
- 16 Youth Profile: Fatima H
- 17 Youth Profile: Landon P
- 18 Alumni Profile: Michelle CG
- 19 Fed Family Summer Celebration
- 23 The Fed's Guide to Surviving The Holidays
- 24 Life Story by ZM  
Photos by Tristan C
- 25 World Refugee Day by Fatima H
- 26 Organize Your Time with the Fed Family
- 27 Making a Will
- 28 Art by Theresa T





# WHO WE ARE

The Federation of BC Youth in Care Networks (FBCYICN, or the Fed) is a youth-driven, peer-based provincial, non-profit organization dedicated to improving the lives of young people in and from care\* in BC between the ages of 14 and 24. We were created by a group of young people in care who saw the need for more supports for their peers. That was in 1993, and today we still stay true to their vision.

## WHAT'S YOUTH-DRIVEN?

Youth in and from care are at the core of our work. Your ideas, needs and issues drive what we do. We encourage you to get involved in a way that meets your needs and works for you. We're excited to connect with you, wherever you're at!



Although not all youth in care in BC are directly connected to our organization, their experiences inform our work and help us to advocate for a better care system

Youth who participate in our programs are engaged with us in ways that work for them and support us to ensure the work we do aligns with their needs

Youth Members play important roles in decision making at the Fed and their engagement with the organization directly drives the decisions we make and the work we do

Volunteers at the Fed take on several roles that support the organization and help them build capacity in important skills and abilities

Youth also play an important role as part of our staff team and being part of the work of our Board of Directors

*\*At the Fed, government care includes foster homes, group homes, residential mental health and addiction facilities, custody centres, youth agreements, independent living, extended family placements, whether through the Ministry of Children and Family Development or a Delegated Aboriginal Agency, or homelessness.*

*"Personally I have found another place to call home at the FBCYICN. It is the one place I can turn to and be completely understood without question. They have given me the strength to say, yeah I'm a former youth in care and I'm freaking awesome. I can't speak for all foster kids, but from personal experience, not all of us are gifted with a family, and many of us struggle to build a chosen family and a support network, but the FBCYICN has made this so much easier for not just myself, but countless others."*

LOUISE B, ALUMNI MEMBER AND VOLUNTEER





## WHAT WE DO

Together as youth, alumni, allies, staff and board members, we provide programs and services that:



### ADVOCATE

Learn about your rights. Unite your voices and actions to create positive change in the system.



### CONNECT

Come together in a safe, fun environment to make friends and meet supportive peers and adults.



### EMPOWER

Explore and develop your skills, passions and talents. Get support to achieve your goals.

## PROGRAMS & SERVICES

*Our programs and services are open to youth in and from care in BC between the ages 14 and 24. We are here to support you and help you overcome any barriers you might face in finding the resources you need to achieve success. Find out more about our programs and services throughout the magazine!*

### FINANCIAL SUPPORT

#### DREAM FUND BURSARY PROGRAM

With the **Reach for Success Bursary**, you can get up to \$500 to use for workshops, courses, passion projects, skill-building activities, such as Food Safe, fork lift certification, and sports and recreation fees, or other expenses that are keeping you from achieving your goals.

With the **Education Achievement Bursary**, you can get up to \$1,500 to put towards post-secondary school. It can be used for all accredited schools, not just the designated post-secondary schools.

### ADVOCACY & SUPPORT

Over the years our youth, alumni, staff, board and allies have created a big, supportive community and movement. Wherever you are in BC, you can connect with our compassionate and knowledgeable staff in person, online and by phone. We can support you to identify goals, advocate for yourself and create plans that support your well-being.

#### BC CHILD AND YOUTH IN CARE WEEK

Fed youth members were a driving force behind the launch of BC Child and Youth in Care Week in 2011. Every year since, the Fed has worked as a partner with youth, adult allies and agencies to organize the week and celebrate BC's amazing children and youth in care.

## COMMUNITY CONNECTIONS

### LOCALS (YOUTH GROUPS)

Fed Locals are groups in communities around BC where you can have fun, learn skills and build supportive connections. Locals are supported by the Fed and run by youth and adult allies.

### FED CONNECTS

Fed Connects is a virtual space that offers youth in and from government care a place to come together, build skills, and access information. Fed Connects hosts a variety of events, programs, and resources like Fed Family Chat, skill-building workshops, consultations, cultural teachings, talent shows and more using a variety of online platforms.

### YOUTH RETREATS (SCMs)

At our SCMs (Steering Committee Meetings, also known as Youth Retreats) you'll meet youth from all across the province, learn life skills, have fun, build lasting friendships, and influence the work of the organization. *Please note that Youth Retreats are on hold during COVID-19.*

## YOUTH VOICE & LEADERSHIP

### POWER PAGES

We produce a magazine twice a year called *Power Pages*, and it's a place for you to share your voice. We publish the stories, art, poetry, photography, articles and opinions of youth in and from care.

### VOLUNTEERING

When you give your time as a volunteer, you make a real difference. You help us do important work and stay youth-driven. You also help grow your community of peers and adult allies.

ADVOCATE, CONNECT, EMPOWER ICONS DESIGNED BY ALUMNI MEMBER JT



# WHAT WE'VE BEEN UP TO!



138

volunteer hours were contributed by youth!



26

youth won Dream Fund Bursaries!



29

new youth became Fed Members!

 FEDCONNECTS

47

workshops, events, hang outs and cultural teachings were offered in Fed Connects!



119

events were held by Local Networks around BC!



439

children and youth received Awards for BC Child and Youth in Care Week!



by Khatira



Daisy by Seiria B



Dark Waters by Natalia B

36

pieces of youth  
work were  
published in  
Power Pages!

## COMING UP!

- ✓ We're giving out **HOLIDAY CARE KITS** again this year! Stay tuned for details!
- ✓ The deadline for the next round of **DREAM FUND** is February 4, 2022!







## #COMMUNITYCARES

Huge thank you to the South Surrey Women's Giving Group for their fundraising efforts for the Reach for Success Bursary! They raised \$8,150!

"Everyone needs a circle of support; we are especially proud to be part of yours! We are so impressed with your plans and your dreams and look forward to hearing about great things in your future. Wishing you love on your journey." — The South Surrey Women's Giving Group

To acknowledge our donors, we commissioned Fed alumni member Liana Kelly to create a piece of art (above) with the theme "Community Cares." Liana's beautiful, thoughtful piece is featured on a special thank you card for donors.

"I did the background with nail polish instead of paint to be a symbol for the resourcefulness seen in so many youth in the system. And the flowers in Crayola felt marker to symbolize growth and prosperity of our younger generations, the hands, to symbolize community giving and care taking." — Liana Kelly

# MY DREAM WAS TO DRIVE & BE INDEPENDENT

by Hayley Crittenden

*TRIGGER WARNING: This piece talks about abuse and substance use.*

Hey there fellow youth, my name is Hayley. I was on a youth agreement from 16–19.

When I turned 19, I decided to move out of my hometown and in with my boyfriend into the Vancouver area. I started working full-time with plans to go to school later. I got my L at 19 but I found myself depressed, drinking, and struggling to save any money. I wanted to get my license badly, but I could not afford driving lessons and I had no one to help me learn to drive.

I ended up moving from the Vancouver area to the Okanagan in 2018 when I was 21 (with help from family and friends of course). My boyfriend moved with me, but our relationship became toxic and different forms of abuse began. I was paying for everything and struggling more than ever, and I thought I had no way out. I just wanted to be independent, but I felt with no license and no money (from paying for everything), I was going nowhere and that I needed to stay in the relationship.

My stepfather who lived in my new town with my mom wanted to teach me to learn to drive, but unfortunately his busy schedule as a truck driver got in the way. He passed away at the end of 2019 when I had just turned 23. After his passing I found the strength to leave my relationship.

Shortly after I found out about the Dream Fund Bursary and applied early 2020. I applied for the Dream Fund in hopes of getting help with driving lessons so I could reach my goals. I wanted to be more independent so I wouldn't fall into another abusive relationship and if I did, I wouldn't feel helpless and I could escape. I was accepted and I bawled my eyes out. I was so happy and could not wait to start this new journey of reaching my goals.



One of my goals was going back to school at the college two towns away once I got my license. I registered with a driving school and began lessons right away. Now fast forward to the present (my lessons got delayed a lot because of COVID), I began in 2020 and finished in 2021. I'm happy to announce that I passed my N test this year 2021.

The Dream Fund has been a light in my life at a very dark time for me. After receiving

the Dream Fund Bursary, I found out I was pregnant. My son is 7 months old and I'm in a healthy relationship now. My son is another reason why the Dream Fund has been so important to me, because I'm now able to get my son and I around to places and begin school in fall of 2022. Because of the Dream Fund I was able

**I hope this may inspire other youth to break free of the struggles they may be facing and take a chance and apply for the Dream Fund because things do get better!**

to reach an important goal and it will open many more doors. My struggles are the same struggles other youth in care may face, and the Dream Fund is truly an amazing program that we have access to, and I am grateful to have gotten to take advantage of an amazing opportunity that has truly changed my life.

I hope this may inspire other youth to break free of the struggles they may be facing and take a chance and apply for the Dream Fund because things do get better! And if you need help you can reach out to Shannon Dolton (Team Lead and Program Coordinator at the Fed) and she will help you every step of the way!





# DREAM FUND

*The South Surrey Women's Giving Group donated \$8,150 to the Reach for Success Bursary!*

Our Dream Fund supports young people in and from care to pursue their careers and achieve their goals through education and skill building. The Dream Fund includes two different bursaries that are distributed three times a year.

## Education Achievement Bursary

Want to go back to school but wondering if you can afford tuition on top of everything else? The Education Achievement Bursary can provide you with up to \$1,500 for tuition at a post-secondary school. You can use this bursary for all accredited schools, not just the usual designated post-secondary schools.

The Fed distributes \$5,000 among successful Education Achievement applicants per round of Dream Fund (three rounds a year).

*"This news made my week! I want to thank you and the Dream Fund Selection Committee for choosing me as one of the recipients of the bursary. This will certainly help me with my educational goals." — Youth Recipient, Education Achievement Bursary*

## Reach for Success Bursary

Are you working towards a goal but there's an expense getting in your way? The Reach for Success Bursary can provide you with up to \$500 to overcome barriers you might face in achieving your goals. Reach for Success Bursary recipients have used the money to pay for photography lessons, driving lessons, yoga memberships, sports team fees, Canadian citizenship applications, BCIDs, certifications like FoodSafe and Serving it Right, and even dental work. If you need money for anything you don't see listed here, get in touch with us and we'll do what we can to help!

The Fed distributes \$1,500 among successful Reach for Success applicants per round of Dream Fund (three rounds a year).

*"The help I have received from you guys is a huge part of my successful road test — I passed!!!" — Youth Recipient, Reach for Success Bursary — Driving Lessons*

## Dream Fund Eligibility

- You are currently in care or a former youth in care either under a continuing custody order (CCO) or temporary custody order (TCO, Voluntary Care Agreement or Special Care Agreement) or Youth Agreement in BC under the Child, Family and Community Services Act
- You are between the ages of 14 to 24 years old
- Must have a cumulative total of one year in government care
- (Education Achievement only) You are currently enrolled or planning to enroll in a secondary, post-secondary academic, technical or vocational program, a recognized public post-secondary institution, or a registered private post-secondary institution.

## WINNERS! MARCH 2021

### Education Achievement

Amanda T	Alicia S
Shyla M	Brittany W

### Reach for Success

Hannah W	Chris M
Sarah P	Chloe B
Travis I	

### Reach for Success — Driving Lessons

Adawn B	Duncan G
Jenni J	Andrew C
Sophia A	Nicholas S
Levi G	Joseph M
Yuri B	Anthony C
Asia N	Anna S
Paige L	

## JULY 2021

### Education Achievement

Dylan K	Victoria B
Delilah T	

### Reach for Success

Dennise B	Alexandra O
Antonio C	Kennedy A

### Reach for Success — Driving Lessons

Sienna Q	Tatyanna O
Herlande A	

**The deadline for the next round of Dream Fund is February 4, 2022.**  
Apply at [fbcyicn.ca/what-we-offer/programs/dream-fund](https://fbcyicn.ca/what-we-offer/programs/dream-fund)

# YOUTH IN ACTION



## FED SUMMER INTERN

I'm Krystianna Angelika Hebert and I'm a VIU student studying psychology and addictions. I had the privilege of being an Intern with the Fed this past summer! I built, facilitated, and hosted the Stepping Stones Summer Session Workshop on self-esteem for some youth in the Burnaby School District. It was so rewarding to create these workshops and get to know the young people enrolled in the program.

I also moderated the Fed Connects Facebook page on most Mondays,

Wednesdays, and Fridays where I got to post about topics that I am passionate about, cat memes/pictures and share some jokes. Helping plan the Fed Family Summer Celebration was so fun and the event itself was a blast! I also helped plan the Fed Connects events for October.

Lastly, I would like to thank the Fed for letting me be a part of their wonderful team, and I would like to thank all of you for such a lovely time together. I wish you all the best and hope to see you again!

## CELEBRATING TWO-YEAR MEMBERS AND VOLUNTEERS

Fed youth members and volunteers are very special members of the Fed Fam. The amazing volunteers who give their time, skills, leadership and voices make our work possible. The Fed literally could not exist as an organization without youth members. Members are involved in important work like our Annual General Meetings where we make key decisions like voting in new Board members and making changes to our bylaws.

We were very excited to honour our two-year members and volunteers over the past year with special thank-you packages. Two-year members received a Fed hoodie and volunteers received a package with special Fed swag items and a thank-you card.

Read more about volunteering at the Fed on page 10!





# BECOME A MEMBER!

Do you see yourself as part of a passionate community of young people who care about each other and work to create positive change in BC? Then Fed membership is for you! It's free to join, and membership means that you are eligible to vote on important decisions about how we operate.

You can sign up to be a member on our website [www.fbcyicn.ca](http://www.fbcyicn.ca) under Get Involved. If paper copies are more your speed, email [info@fbcyicn.ca](mailto:info@fbcyicn.ca) and we can send you a hard copy of our membership form, or call us at 1-800-565-8055!

## WHY JOIN US?

- By uniting our voices, we are part of a movement and we're able to impact decisions affecting the needs, issues, and ideas of youth in and from care.
- The Fed is youth-driven, so you'll be a part of the organization's decision-making.
- Be part of a chosen family that celebrates you, your accomplishments and your milestones.
- You get first dibs on cool opportunities, like representing the Fed, travelling to conferences, and accessing our programs and bursaries.
- Membership is free!

BY COMING TOGETHER.  
WE ARE NOT ALONE.

Join the FBCYICN today by filling out a membership form!  
[fbcyicn.ca/become-member-form](http://fbcyicn.ca/become-member-form)

## GET PUBLISHED IN POWER PAGES

### WHAT'S POWER PAGES?

*Power Pages* is a provincial magazine connecting youth in and from care, service providers and caregivers across BC. *Power Pages* is a platform for young people aged 14–24 to share their talents, their voices, and connect with a provincial network of youth in and from care and their allies.

### WHAT DOES POWER PAGES PUBLISH?

Each issue has updates from the Fed and information and resources from community partners, but the heart of *Power Pages* is the voices and talents shared by young people. If you're a youth in or from care, you can send us your:

- Art
- Photography
- Stories
- Opinions
- Letters to government
- Poetry
- Reflections
- Lyrics
- And lots more!

If you're not sure if your work is right for *Power Pages*, contact us and a staff member will help you.

### HOW DO I GET MY WORK INTO POWER PAGES?

To make sure *Power Pages* keeps representing the diverse voices and interests of youth in and from care, we need to hear from you! There are lots of ways you send us your work:

- Fill in our online submission form
- Send us your work via:
  - Email: [info@fbcyicn.ca](mailto:info@fbcyicn.ca)
  - Fax: 604-527-7764
  - Mail:  
500-625 Agnes Street  
New Westminster, BC V3M 5Y4

For more information about how to submit work, our Editorial Policy, and upcoming deadlines, visit our website at [fbcyicn.ca/what-we-offer/programs/power-pages](http://fbcyicn.ca/what-we-offer/programs/power-pages)

## CONGRATULATIONS

Roger and I would like to introduce Ross Gregory Spahan-Charlie, born July 22, 2021 at 7:29 AM weighing 7 lbs 1 oz. He is a bright eyed, curious little boy who enjoys his swing and loves to be in his bath. — Kayla J





# VOLUNTEERING AT THE FED

## VOLUNTEERS

Thank you so much to our amazing volunteers who continued to help run Locals in their communities, helped us raise awareness through the Outreach Group, sat on the Dream Fund Selection Committee, and the BC Child and Youth in Care Week Advisory Committees and Working Groups. Thank you to those who created content for workshops, led icebreaker activities, did welcomes and land acknowledgements and created graphics and drawings for different programs.

Congratulations to all the volunteers who were honoured at the Fed Family Summer Celebration in August!

Interested in getting involved? By giving back you are getting back! You can discover new interests, build on skills, make new friends and guide the Fed as we move forward in our work.

We offer volunteer opportunities for youth in and from care aged 14 to 24 who live in BC. Through our volunteer program, we can match you with opportunities based on your interests and skills to make your volunteer experience fun and meaningful. Get in touch!

### YOUTH

Athena N	Kerri R	Rebeckah B
Brian M	Kiwisk S	Sami N
Courtney N	Lian L	Sky G
Elaine G	Mateo O	Soraya B
Fatima H	Muhadesa Q	Victoria J
Jade V	Raylee L	Von W

### ALUMNI

Ashley P	Jai T	Michelle CG
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**OUR VOLUNTEER HONORARIUMS HAVE CHANGED! EARN \$25 FOR EVERY 5 HOURS OF VOLUNTEERING — AND YOU CAN GET YOUR HONORARIUM IN A CHEQUE OR E-GIFT CARD!**

**“Just wanted to write this email to express the level of gratitude I have for allowing me to participate in the Dream Fund Selection Committee. It was eye-opening, rewarding, and most of all, inspiring to see not only such a great variety of applications, but the initiative and leadership skills seen from everyone on the Committee.”**

— Youth Volunteer, Dream Fund Selection Committee, July 2021



# TRUTH & RECONCILIATION DAY ORANGE SHIRT DAY

I don't believe that I would be able to fully support the young people I have the privilege of working with, without always committing to learning about and understanding the legacy of the residential school system in Canada.

Therefore, I am committed to taking action on the following:

- Continually educating myself on the history and impacts of residential schools.
- Listening to the words and stories of Elders, Knowledge Keepers and our young people.
- Taking this knowledge and using it in my work of advocating for, supporting and empowering young people in and from care.

— **Preeti Prasad**, *Administrative Coordinator*

As a settler on Turtle Island, I am committing to reconciliation by acknowledging that I am a guest on these lands I call home. I will continue to recognize the privilege I have and will work to further decolonize how I do my work. I look forward to continuing to learn how to be in good relations with Indigenous lands, Elders, and Knowledge Keepers. I commit to ensuring that Indigenous voices, stories, experiences, and needs be prioritized in the spaces that I am in. I will lean into being uncomfortable and will remain open to feedback and criticism as I navigate the process of unlearning colonialism.

— **Shannon Dolton**, *Team Lead & Program Coordinator*

I am committed to continual learning about residential schools and their ongoing impacts, to sharing what I know with others, to encouraging others to educate themselves, and to voting for parties and leaders who prioritize reconciliation.

— **Stephanie Thompson**, *Program & Communications Coordinator*

Today I remember and honour the thousands of Indigenous children who were forcibly taken from their families to attend residential schools, many of whom never came home. I believe that Truth and Reconciliation is an ongoing process and commitment that we demonstrate in our words, actions and decisions, and it is a responsibility that we all share. This year, I commit to:

- Talking about the history of residential schools with my children
- Reading, watching, listening to and celebrating more Indigenous art, media, and culture
- Enrolling in an Indigenous history course

— **Shanti MacFronton**, *Research and Development Specialist*

In my commitment to reconciliation, I will continue to relearn our history, engage with others in an honest dialogue about the impacts of colonialism and the residential school systems, and honor the land and the First Nation(s) it belongs too.

— **Lorena Bishop**, *Executive Director*



Hosted by the Sasamans Society, the Campbell River Local has been doing some awesome stuff over the past few months! Youth Local Members share their ideas for events and activities and Local Leaders do their best to make it happen. Young people can always speak up and share their thoughts!

A great example is the Plant Care 101 Workshop they started in the spring. They did a one-month pilot and a few youth really enjoyed it so they kept it going. Youth come together on Facebook to chat about their plants and ask questions, and Local Leaders support by delivering plants, potting soil and pots and helping out with plant-care tips and advice.

The Campbell River Local also organized an incredible BC Child and Youth in Care Week celebration in their community! With support from MCFD and other community organizations, they gave out over 170 gift bags and planned activities like fitness bingo and a photo scavenger hunt. Elders from Sasamans created video messages filled with love for every day of the week. Campbell River Local BCCYICW celebrations were even featured in the *Campbell River Mirror*!

Thank you so much to the Campbell River Local Youth Members, Leaders and the Sasamans Society for creating such an awesome space for youth in and from care!

**"The Campbell River Local improves the lives of the youth in care. It allows them to have a space to feel heard, valued, connected and cared for."**

— Taylor Shuttleworth, Local Leader



Monica and Taylor are the Campbell River Local Leaders!



## BC CHILD & YOUTH IN CARE WEEK



Shannon hard at work building Recognition Award packages!



Designed by Raylee Lane

BC Child and Youth in Care Week 2021 was in June and it was amazing! Despite the ongoing public health restrictions, children and youth in and from care across BC were celebrated and honoured.

Together with the BCCYICW 2021 partners, we provided Community Celebration Grants

to 15 event organizers in all four regions of BC.

The Recognition Awards continued to grow from last year. We sent 439 children and youth Recognition Awards, up from 223 in 2020!

The Promo and Awareness working group organized a #YouthInCareAreAwesome social media campaign with content contributed from youth in and from care around BC! Check

it out at [bcchildandouthincareweek.com](https://bcchildandouthincareweek.com). Several of our Locals held BCCYICW events to celebrate and honour the young people in and from care in their communities. Check out what the Campbell River Local got up to above!





FEDERATION  
OF BC YOUTH  
IN CARE  
NETWORKS

Locals support youth in and from care aged 14–24 to come together for support in their communities so they don't feel alone in their experiences. Locals give young people an opportunity to meet new people, do fun activities, develop skills, and unite their voices to create change in the systems that affect them.

Local youth leaders are supported by host agencies and Fed staff. Each local is unique to the community of youth that builds it. Youth have the opportunity to shape the local to best meet their needs.

Find a local near you!

## KAMLOOPS

**Host Agency:** Interior Community Services  
765 Tranquille Road, Kamloops, BC V2B 3J3  
**Contact:** Renata Saat  
[RSaat@interiorcommunityservices.bc.ca](mailto:RSaat@interiorcommunityservices.bc.ca)  
Krista Sherwood  
[KSherwood@interiorcommunityservices.bc.ca](mailto:KSherwood@interiorcommunityservices.bc.ca)

## KELOWNA

**Host Agency:** The Bridge Youth & Family Services  
#8-2604 Enterprise Way  
Kelowna, BC V1X 7Y5  
**Contact:** Danielle Venne  
[Danielle.Venne@thebridgeservices.ca](mailto:Danielle.Venne@thebridgeservices.ca)

## ABBOTSFORD

**Host Agency:** Archway Community Services, Foundry Abbotsford  
2420 Montrose Avenue  
Abbotsford, BC V2S 3S9  
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604-217-1428  
[Nicole.Clarke@foundryabbotsford.ca](mailto:Nicole.Clarke@foundryabbotsford.ca)

## CASTLEGAR

**Host Agency:** ARC Programs Ltd.  
625 Columbia Avenue  
Castlegar, BC V1N 1G9  
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[JWesko@arcprograms.com](mailto:JWesko@arcprograms.com)  
Emma Cuell  
[ECuell@arcprograms.com](mailto:ECuell@arcprograms.com)

## MAPLE RIDGE

**Host Agency:** PLEA Ridge Meadows Youth Services  
#200-22420 Dewdney Trunk Road  
Maple Ridge, BC V2X 3J5  
**Contact:** Rolfe Hilger  
236-688-4983  
[rhilger@plea.bc.ca](mailto:rhilger@plea.bc.ca)

## SURREY

**Host Agency:** Options Community Services  
9815 140 Street  
Surrey, BC V3T 4M4  
**Contact:** Ashley Lee  
[ashley.lee@options.bc.ca](mailto:ashley.lee@options.bc.ca)  
Stacey Sterne  
[stacey.sterne@options.bc.ca](mailto:stacey.sterne@options.bc.ca)

## PRINCE GEORGE

**Host Agency:** Prince George Native Friendship Centre  
**Contact:** Vanessa Lindstrom  
[vlindstrom@pgnfc.com](mailto:vlindstrom@pgnfc.com)

## PEMBERTON

**Host Agency:** Sea to Sky Community Services  
1357 Aster Street, Box 656  
Pemberton, BC V0N 2L0  
**Contact:** Crystal Tonkin  
604-894-6101  
[crystal.tonkin@sscs.ca](mailto:crystal.tonkin@sscs.ca)

## SQUAMISH

**Host Agency:** Sea to Sky Community Services  
38024 4th Avenue  
Squamish, BC V8B 0A7  
**Contact:** Kyle Horvath  
604-815-3179  
[kyle.horvath@sscs.ca](mailto:kyle.horvath@sscs.ca)

## CAMPBELL RIVER

**Host Agency:** Sasamans Society  
680 Head Start Crescent  
Campbell River, BC V9H 1P9  
**Contact:** Monica Glendale  
250-202-7229  
[monicaw@sasamans.ca](mailto:monicaw@sasamans.ca)

## COURTENAY

**Host Agency:** Comox Valley Family Services Association  
1415 Cliffe Avenue  
Courtenay, BC V9N 2K6  
**Contact:** Renee Theoret  
250-218-9726  
[renee.t@cvfsa.org](mailto:renee.t@cvfsa.org)

## PORT ALBERNI

**Host Agency:** ADAPS Youth and Family Services  
4260 10th Avenue  
Port Alberni, BC V9Y 4X3  
**Contact:** Stacy Neary  
778-419-4445  
[stacy@adaps.org](mailto:stacy@adaps.org)

## PARKSVILLE

**Host Agency:** Sources Community Resource Centre  
PO Box 965, 198 Morrison Avenue  
Parksville, BC V9P 2H1  
**Contact:** Charlotte White  
250-954-7835  
[cwhite@sourcesbc.ca](mailto:cwhite@sourcesbc.ca)



# SCM MEMORIES

Hello Fed Fam!

We still haven't been able to host an SCM and see each other in person, but we hope some of these older memories will remind you of awesome fun times together. We can't wait to make more SCM memories when it's safe again!

Don't forget that we're here for you! You can reach out to staff any time to find out how you can get connected. See the inside cover for contact info. And check out our Fed Connects program for opportunities to connect with your Fed Fam virtually.

[fbcyicn.ca/what-we-offer/programs/fed-connects](https://fbcyicn.ca/what-we-offer/programs/fed-connects)











## YOUTH PROFILE

# FATIMA H

### **Tell us a bit about yourself.**

My name is Fatima Haidari. I'm originally from Afghanistan and I belong to the Hazara ethnic group in Afghanistan. My pronouns are she and her. I came to Canada as an unaccompanied minor when I was 17, and my ethnicity played a huge role in my refugee journey. I'm at SFU studying Criminology and Women's Studies. When I'm free I usually try to look for volunteering opportunities or work that fills my heart and soul.

### **How did you get involved in the Fed and what has being involved with the Fed meant to you?**

I think it was through my social worker. I had some leisure time and I was trying to fill it with something important that also taught me something. Being connected to the Fed has been such a sense of community. I really like the work. They choose to do that work, and it shows how important the work is and the impact it has on community. I feel like they understand what youth in care go through in their experiences. Because of the broken child welfare system, often they're there to fill the gaps and find resources for youth. It has been great and I've learned a lot. I've had the chance to sit on the Selection Committee for the Dream Fund a few times and meet different people. I also participate in programs just sometimes for fun or to chat. It's been a good experience for me.

### **What's a recent accomplishment of yours and how did you get there?**

Recently I got a job in Victoria with a non-profit organization that supports new arrival refugees. I will be working with the refugee community, something that's really close to my heart on a personal level and a community level.

Most of the time I feel like I'm lucky in some ways, because when I try to accomplish something, when I aim for it, I've usually achieved it. Mainly I try to explore different things and if I see something that draws my attention, I try to go for it. When you hesitate to do something but you still try it, usually later on you get the outcome you wanted and then you're glad that you tried it.

I problem solve if it takes me time to figure something out. Also I'm not hesitant to reach out to people if I'm kind of stuck. If I think this is right way but I'm not 100% sure, I usually get in touch with people that I know who support me or who can guide me through.

### **What are some of your goals for the future?**

Since I came to Canada my goal has been to reunite with my family, and I'm working towards that since I'll be finished my degree soon. I'm still trying to get to know more about my identity and roots. That plays a huge role in why I had to come here at this age; the displacements that continue to happen to my home community. Also giving back to the community and working with refugees, and getting to know more about Indigenous communities, histories and perspectives instead of what is portrayed in media and newspapers. I'm really big into lived experiences. I think that's the best way to learn about a culture or community.

### **What are some of the biggest life lessons and wisdom you have learned that you'd like to share?**

I don't like advice, especially if I'm not asking for it. You should do what seems right to you, because at the end of the day, even if you've done the right thing, people are going to find flaws or they'll make comments, like 'oh you could have done it this way.' My strategy has been, if I see something one way based on my understanding, if it makes sense in my head, I try to do it that way and I don't look for lots of opinions. Even if I do look for opinions, at the end of the day, I make my



own decisions. That has been such a good strategy, because there can be so much pressure from all sides to do it this way or the other way. The way that works for you is the best way to do things. If it makes you happy, that's the right way to do it.

### **What changes would you like to see happen for children and youth in and from care in BC and around the world?**

When you go through that experience in care, you become an adult way sooner than you're supposed to. I hope that there's going to be a better system that serves youth instead of leaving them on their own to figure everything out. They have to try so much harder than someone who grew up with a family. I would prefer a better system that finds ways to work within the family and to keep them together. Of course there are exceptions, sometimes that situation is not an option, but ideally they could live somewhere that's culturally aware and sensitive, who knows what they experience, what they go through. Basically more resources that are culturally sensitive.

We need people who can serve them better instead of creating barriers for them and who use the excuse that, 'we're working towards it.' We need people who take into account what youth in care have to say. They have the experience and they know what program is going to be better or what changes need to be made. Instead, people who have never experienced any of that stuff have higher positions, higher salaries, and they think they know what's best for youth, but it doesn't reflect youths' lived experiences. The privilege that they have isn't helping them to understand the experiences of youth in and from care.

For children around the world I hope for more equal opportunities and resources so they can go to school.

### **Is there anything else you'd like to share?**

I belong to the Hazara ethnic group. If people are interested in learning more, there are resources I could connect them to. Most people don't talk about it enough, or because it's from a different country it feels far away. I would appreciate it if people would find out what the Hazara community is and the persecution they face. Hazara International is a good Facebook page and website to learn more about Hazara people.



## **YOUTH PROFILE** **LANDON P**

### **Tell us a bit about yourself.**

My name is Landon, I am 24 years old, and I am a youth from care. I live in Trail, BC. I like volunteering and helping people. I love my new construction job. I love Star Wars; it is my life. I like cosplay, costume making, leather work, sewing and crafting. I am a medieval re-enactor and an armored fighter. I am a son and a brother. I like my friends, and my family is cool too.

### **How did you get involved in the Fed and what has being involved with the Fed meant to you?**

That is a good question. A couple of years ago, my aunt who works at ARC Programs in Castlegar told me about the Fed. I had seen Power Pages magazine around and my aunt told me the Fed does a lot of cool things and I should check it out. I was planning to go to a Youth Retreat (SCM) a couple of years ago, and then a medieval re-enactment event came up and I decided that I wanted to go to that instead. Then COVID happened a year after that, and a lot of things changed.

COVID gave me the opportunity to meet a lot of people connected to the Fed online. I was also able to participate in a lot of different virtual programming. Honestly, being involved with the Fed has meant a lot to me. It has given me friends. I have found people I can be myself around, and these people understand me because of the things I have been through and the things they have been through, and we get a long really well because of that.

### **What's a recent accomplishment of yours and how did you get there?**

My new construction job. I was struggling to find work and it was feeling like nobody wanted to hire me. I asked my friend if I could work with him doing construction and he hired me. I started working with these guys three months ago, and I love it, it is great. I am learning a lot every day. Every day at work I do new things. It's a fun environment, and they are really accepting of me.

### **What are some of your goals for the future?**

I would like to buy my own house by the time I am 30, which is why I have this job. I want to save up enough money so that I can do that. I would like to find a partner and get married one day, have kids. Start a family, whatever way that goes. I think I would like to become a foster parent. I would like to help kids through what I have gone through. I would also like to get off PWD (Person with Disability) so that I can transition to full-time work.

### **What are some of the biggest life lessons and wisdom you have learned that you'd like to share?**

Biggest life lessons? Being in care can be rough. It can be rough. It is hard when you're younger and you don't really know very much about the care system or your rights. You may not really understand what is happening to you. It's important to look at those around you and connect with others, especially the older youth in and from care. Talking with them and understanding what they have gone through can help. I would say listen to them, go to them for advice and find someone to look up to.

### **What changes would you like to see happen for children and youth in and from care in BC and around the world?**

That is a big question. I would like to see the Ministry as it currently is completely removed and then rebuilt from the ground up. I would like to see a care system that is created by asking youth in and from care and their supports, what is best for you all? What do you need? What would you like to see in a ministry that is there to support you? I would like to see something completely new and different in MCFD's place.

We are in the 21st century, it is 2021, it needs to change, and it needs to change now. People are hurting, and I have been hurt. If there was something completely new, I believe it could be a lot better. I also believe that they should do a 6-month or yearly review where they connect with every youth in care and every youth who has aged out to see how they are doing and what they need.



## ALUMNI PROFILE

# MICHELLE CG

### Tell us a bit about yourself.

My name is Michelle. I am 28 and a Fed alumni. I grew up in foster care on and off until I aged out at 19. I am a proud mother to a 3-month-old boy and have a husband and dog.

### How did you get involved in the Fed and what has being involved with the Fed meant to you?

When I was 18 I was invited to the Fed's holiday party where they were giving out kits to help youth transitioning from foster homes to living on their own. It was a really cool experience, and I used the blanket they gave me for many years. Being involved with the Fed is amazing as it brings such a sense of community and family. You get to know your peers and the staff on a more personal level and it creates a safety net.

### What's a recent accomplishment of yours and how did you get there?

A recent accomplishment I am very proud of is having my son and learning to raise him.

### What are some of your goals for the future?

One of my dreams is a mentorship program for children and youth in care where former foster children and maybe older youth mentor the younger children. It is truly a unique experience to be a foster child and one that cannot truly be related to unless you were one.

*I want to raise my son to be a good citizen and help him achieve his goals.*

### What are some of the biggest life lessons and wisdom you have learned that you'd like to share?

*Believe in yourself and try your hardest at everything you do in life. The person you can always depend on is yourself.*

### What changes would you like to see happen for children and youth in and from care in BC and around the world?

The mentorship program I mentioned above is something I would love to see implemented in BC, Canada and even around the world with technology where it is today. I would love to see more help for youth aging out of care to adjust to living on their own. I'd like to see programs like AYA and YEAF be accessible to more youth around Canada, and the world where it is possible. More support groups for youth in care and alumni would really benefit the community.

## Opportunity for 18-to 20-year-olds to take part in a youth-led survey about transitioning out of care

### To fill out the survey online:

For 18-to 20-year-olds *currently* in government care or an alternative to care:

<https://form.simplesurvey.com/f/I/YouthTransitionTIME1>

For 19 and 20-year-olds *previously* in government care or an alternative to care:

<https://form.simplesurvey.com/f/I/YouthTransitionTIME2>



### WHAT'S THE STUDY ABOUT?

McCreary Centre Society's Youth Research Academy\* is doing a study on BC youth's experiences before, during, and after the transition out of care, including COVID-19's effect on this. Our goal is to understand youth's experiences better.

### WHY PARTICIPATE?

Information you share will help to improve services for current and former youth in care.

You can fill out a survey every 6 months until age 24.

Surveys take 15-20 minutes and you will get a \$20 gift card for completing a valid survey. Survey can be filled out online or contact us for a paper copy.

**Questions?** Contact Karen:  
karen@mcs.bc.ca  
604-291-1996 ext. 230.



McCreary  
Centre Society



Youth  
Research  
Academy

\*The Youth Research Academy is a group of youth aged 16 to 24 with experience of the government care system who are trained to conduct research projects of interest to youth in and from government care and the agencies that serve them. To learn more about the Youth Research Academy, please visit [www.mcs.bc.ca](http://www.mcs.bc.ca)



# FED FAMILY SUMMER CELEBRATION

We had such a great time at the Fed Family Summer Celebration in August! We haven't been able to come together in person since the pandemic started, but spending time together on Zoom was so heart-filling.

Aunty Maria welcomed us and shared some wisdom to start the festivities in a good way. We honoured our two-year members, volunteers and Local Networks, and split into groups and did mad libs. It was amazing to see all your faces and we will come together in person when it's safe again.

Check out some of the mad libs we came up with!



## FED FAM MAD LIBS

### OUR MISSION

The Federation of BC Youth in Care Networks is a Fed-driven, provincial, quick organization dedicated to improving the lives of sparkly socks in and from care inside the shoe between the ages of 47 and 5.

### POWER PAGES

Power Pages is a provincial magazine connecting waterguns in and from the Moon, pencil-crayon providers and caregivers across the Fed website. It's a platform for sticky waterguns to express their concerns and experiences, share their voices and smile with a provincial network of waterguns in and from the Moon and their allies.

### BECOME A MEMBER

Are you a crunchy rhinoceros in or from government care aged 7-32? Can you see yourself as part of a furry community of crunchy dogs who care about each other and making positive changes in Italy? Fed membership is for you! It is free to join, and membership means that you are eligible to vote on massive decisions about how we leap.

### DREAM FUND

Our Dream Fund supports slinky mountains in and from care to pursue their careers and achieve their goals through education and dungeon drawing.

Want to go back to a garbage dumper in Switzerland but are wondering if you can afford tuition on top of everything else? The Education Achievement Bursary can provide you with up to \$3 for hornets at a garbage dumper in Switzerland.

Are you working towards a goal but there's an air conditioner getting in your way? The Reach for Success Bursary can provide you with up to \$911 to overcome spatulas you might face in achieving your goals. Reach for Success Bursary winners have used the money to heckle for a variety of activities. Get in touch with us to find out more!

*Please note that these are Mad Libs and don't provide accurate information. Find the real info about our programs and services on pages 2, 3 and 8!*

# šxʷʔáləqʷaʔ (“Extended Family”)

Spirit of the Children Youth Hub

Located in Port Coquitlam

The Youth Hub offers programming for youth aged 7-18.

EVERYONE IS  
WELCOME



PROGRAMS  
ARE FREE

## WELCOMING YOUTH FROM ALL LOCATIONS

The Youth Hub offers regularly scheduled programs after school, evenings and during school breaks.

All programs are intertwined with Indigenous perspectives yet are available to all youth.

CONTACT US TODAY

604-554-0686

RECEPTION@SOTCS.CA







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Here to  
Help!**

Talk to an  
Advocate  
at the Rep's  
Office



**TEXT!**

1-778-404-7161  
Monday to Friday  
8:30am to 4:30pm

**CHAT!**

On Our Website:  
[www.RCYBC.ca](http://www.RCYBC.ca)



**CALL!**

1-800-476-3933  
It's free from  
anywhere in B.C.!

**EMAIL!**

[RCY@RCYBC.CA](mailto:RCY@RCYBC.CA)



**We can help you:**

- \* Know your rights and what to do if they're ignored
- \* Speak up
- \* Connect with programs and services
  - \* Transition out of care
  - \* Make your voice heard



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skills and get  
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**Personal  
Life**

**For youth in and from  
government care**





# THE FED'S GUIDE TO SURVIVING THE HOLIDAYS

The holidays are coming up, and despite messages to the contrary, holiday times (like Christmas, Hanukkah, Thanksgiving, or Valentine's Day) can be pretty tough. Many of us are alone, or have really complicated, challenging family or friend dynamics to face. Then, on top of that, there's so much pressure to have fun, buy gifts for everyone, make delicious home cooked meals, have the best family ever and time off to relax.

If you're not having the best time ever, you're not alone. In fact, most people feel this way to some degree, we just don't talk about it much. Movies can be bad for painting a picture of what holidays are supposed to be, but real life is nothing like that for most of us, especially those of us in and from care.

## IT'S TOTALLY NORMAL TO FEEL...

- like the holidays are annoying
- like the holidays are awesome!
- like you wish you had people to celebrate with
- like you wish your holiday was like everyone else's you know
- like there's so much pressure to have fun or make things really fun for others
- like you can't afford to do what you want
- like, "these holidays are rooted in painful histories and that we might not want to celebrate them"
- like, "how can people celebrate when there's so much pain in the world?"
- like, "why do people care so much about material possessions?"
- like, "I didn't get presents. What am I gonna say when everyone asks what I got?"
- like you wish you could visit with all the people you love but you can't
- like you should be able to buy people presents, but can't
- like you wish you could be with your bio family

- like you wish you didn't feel left out and awkward around your foster family
- like whenever you are around your family, they treat you like a kid and it's frustrating
- like your family is super messed up
- bad about yourself because you can't provide your family with the holiday you'd like (psst, they mostly just want to be with you and that's what they'll remember)
- left out of everything because you celebrate Hanukkah, Kwanzaa, another holiday, or celebrate nothing during this time and wonder why everyone assumes you celebrate Christmas
- like, "can't it just be over already?"
- stressed
- angry
- depressed
- lonely

## WHAT DO I DO ABOUT IT?

Sometimes, it's helpful enough just to remember these things, and that whatever we're experiencing, it's normal and okay and pretty common. Sometimes, though, it's not enough, then it becomes really important to reach out to our communities for support during this time; we all deserve to be part of a supportive community.

## HERE ARE SOME HELPFUL TIPS FOR GETTING THROUGH THE HOLIDAYS:

1. Get sleep if possible. This can really affect our mood, more than we would think.
2. Joyful movement sends a bunch of happy-making chemicals through our bodies.
3. Journal. Get your feelings out in the open and have a good cry, maybe while listening to angry/sad music.
4. Remember that it's going to be over soon, and the new year is a fresh new year.

5. Remember that so many people are feeling just like you, so re-read this list or reach out to some people you know who are in the same position.
6. Keep in mind that the older you get, the better holidays get because you can choose your own traditions.
7. If you have loved ones nearby, reach out to them. The family we choose is often more important to us than our bio families.
8. If you can, look into supports in your community that are open over the holidays such as youth drop-in centres, Friendship Centres and...
9. Don't forget the 24/7 crisis lines. There are really nice volunteers waiting to talk to you. You can call to talk anytime you're feeling down.
  - 1-800-SUICIDE Available 24/7 1-800-784-2433
  - BC Mental Health Support Line Available 24/7 310-6789 (no need to dial an area code)
  - Kids Help Phone Available 24/7. No age limit. 1-800-668-6868
  - Live Chat Available from noon to 1:00 AM [youthinbc.com](http://youthinbc.com)

The bottom line is do whatever feels right for you. Everyone deserves to part of a supportive community, so reach out if you feel like you can.



Your Fed Family

# LIFE STORY

By ZM

*TRIGGER WARNING: This piece talks about abuse, overdose and death.*

My name is ZM. When I was less than a year old, I was taken from my 20-year-old mom and placed in a continuous fostering system going from home to home. By the time I was 4, I was adopted by my grandmother and 6 years later I moved from Ontario to BC. I hadn't seen my mom since birth and when I saw her again at 10 years old, it was such a thrill.

Through the 6 years I had lived with my grandmother I experienced a lot of pushing, shoving, swearing and aggression. Within a few days of moving to BC, I was pulled out of school (grade 4) and was placed in a foster home along with my brother and sister. My grandmother was placed on a supervision order by Ministry of Children and Family Development.

When I was 11, just under a year later my biological mother, whom I had spent a lot of time reconnecting with through that year, passed away due to a drug overdose. I was feeling lost and scorned until I learned to cope with the loss and just be grateful that I got to see her again.

Fast forward 2 years, I had enough living with my grandmother and wanted more happiness in my life. My grandmother hadn't let me do anything I wanted and had been abusive and she forbid me from doing things other kids my age would do. I ran away when I was 13 and then a year later, I moved into foster care and I still talk to my grandmother daily.

I'm eternally grateful for the Fed Family because they are so sweet, and they have staff with the warmest souls.

## PHOTOGRAPHY BY TRISTAN C





# WORLD REFUGEE DAY

By Fatima H

*TRIGGER WARNING: This poem talks about death, systemic discrimination and sexual assault.*

Refugee Day reminds me of countless family separations  
Of borders that were valued more than human lives  
It reminds me of numerous tragedies, losses, and displacements  
Uncertainty, denial, supremacy of one nation over another  
Privilege, the children and women that were drowned on their way to a safer country  
It reminds me of my people who sold out their belongings to make it to safe countries  
Not many of them made it to their final destinations as they pictured in their minds  
Some lost their lives, some were deported, and maybe a few lucky ones reached their so-called final destinations  
Whenever I hear the word refugee, I recall the stories of people who were trapped in refugee camps with limited services  
A young mother who had to leave her husband and children miles away  
A family member who is yearning for reunion with their loved ones  
The laws and rules that politicians came up with for a specific religion and race  
The cherry-picking systems  
The ongoing disasters  
The detention centres  
The surplus amount of money put towards deportation  
I remember 6-year-old innocent Sytaish; Nida, 5 years; Bahara Karimi, 3; Afghanistani refugees who were raped in Iran  
The people who have been in refugee camps for years without any clear decision  
The people who felt like they were refugees in their own homelands

Because they look different, speak a different language, and practice different religion

On the other hand, Refugee Day reminds me of resiliency, strength, perseverance, hard work, patience  
Of people who spoke up on behalf of other refugees to question the favouritism in the system  
Of refugees who made history in sports, science, and parliament despite the limited services  
Of refugees who willingly shared their stories to empower and enrich other people's lives  
The people and communities coming together to make the world a better place  
Looking forward for a day where discriminatory policies are removed from the system  
No one is forced to flee their countries for the better future  
No one is compelled to leave their families and loved ones behind in the hope of a brighter future

*This poem is dedicated for all refugees and Hazara Refugees who escaped Hazara Genocide from Afghanistan and Pakistan. They have been trapped in refugee camps for years with no to very limited human rights because they are not seen as vulnerable enough to be resettled.*

*"In Afghanistan, Hazaras have been the victim of historical oppression, systematic discrimination, violence and genocidal campaigns. Despite the presence of international military forces in Afghanistan for the past 20 years, Hazaras continue to be victims of extremist violence and systematic discrimination by the Afghan state. In the past six years, Hazaras have been regularly targeted and murdered in the capital city, Kabul, and across Afghanistan."*

— Hazara International, June 2021  
hazarainternational.com

# ORGANIZE YOUR TIME WITH THE FED FAM

Organizing your time can help you in pretty much every part of your life! Everyone forgets things sometimes, but it can be stressful when you're late for work or you forget to hand in an assignment. Sometimes you can miss out on opportunities or supports if you forget an appointment or an application deadline.

It can be overwhelming to think about keeping a schedule, or maybe the idea of updating your calendar feels like just another thing you have to keep track of. It does take a bit of time and effort to stay on top of it, but it can help you feel less stressed and overwhelmed by everything that's going on in your life.

There's no one right way to organize your time, but we've shared a few tips from the Fed Fam and some general strategies. Find a way that works for you!

## USE A TOOL TO HELP YOU!

It's okay if you don't remember everything you're supposed to do. Most people can't. Luckily, there are lots of different tools out there to help. You can use a notebook, a calendar with cats on it, an app on your phone, post-its, whatever you want, to keep track of appointments, plans with friends, assignments, self-care time, shifts at work, meetings, important birthdays, and pretty much anything else you have going on in your life. You might have to try out a few tools to see what works best for you.

## KEEP AN EYE OUT FOR CONFLICTS IN YOUR CALENDAR

Having everything laid out in a tool where you can see it will help you spot conflicts in your schedule, where you're supposed to be doing more than one thing at once. Maybe you have a doctor's appointment on a day you have work or class. If you spot the conflict ahead of time, you can make sure you can get the time off work, let your teacher know you'll miss class that day, or reschedule your appointment. Try checking for conflicts in your calendar two weeks ahead of time.

## ASK FOR WHAT YOU NEED

Sometimes you'll have appointments or other commitments that you can't keep. Maybe you're sick or you need a day for your mental wellness or you aren't able to take on a project you've committed to. Maybe there's a conflict in your calendar that you just didn't notice until the day before. Everyone has to cancel or bail sometimes and it's okay!

If you need to cancel, it's better to ask for what you need than to ghost or not show up. It can be scary to call or email someone to tell them you can't do something you've committed to. You might worry that they'll be disappointed or angry with you. Most of the time, people will understand, and they'll appreciate that you let them know and were honest.

## SCENARIO:

You have an appointment with a housing support worker tomorrow, but you just double checked your cat calendar and you have to work. You're worried because you really need to find a new place, but you can't afford to give up your shift. You call the worker and tell them you won't be able to make the appointment. Because you called, the worker knows that you still need housing and they're able to re-book your appointment. And, since you let them know ahead of time, they can help someone else with the time they had set aside for your original appointment. You and your cat calendar helped another person find a home!

## SCENARIO:

Your friend is making a video this weekend and they asked you to help them with hair and makeup. You were excited about it, but you've been struggling this week. You feel bad but you don't feel like you have the energy to help them anymore. You text your friend to let them know. They're a bit disappointed, but they appreciate that you told them and now they can find someone else to help them. And now you have the time and space you need to take care of yourself.



# ORGANIZATION TIPS FROM THE FED FAM

## Vi H

*Youth Participant*

I use the Notes and Alarm apps on my phone! It's simple but I would write down what I need to do for the week. For school I would write down the course name and underneath I would put what I need to do before the end of the week. When I have to do something the next day and I am scared of forgetting, I set alarms and label them. These tips have helped me a lot over the years!

## Shannon Dolton

*Team Lead and Program Coordinator*

- Use a tool that makes you happy to use and make it fun to fill in. I have an agenda and I use colourful pens and all kinds of stickers. I also fill mine with song lyrics, favourite quotes and use it to track movies, shows, books and podcasts I want to check out.
- Reminders are your friend! If you can, set multiple reminders for important tasks or meetings. I use my watch and Alexa to set reminders for everything from dates of important appointments, to taking medications.
- Remember that NO is a complete sentence. It's okay to say no to events, activities and social things you don't have time or the capacity for. Part of managing and organizing your time is knowing how much time you have available.

## Lorena Bishop

*Executive Director*

- Prioritize tasks based on how important or time-sensitive they are.

## Muskaan K

*Youth Participant*

- Make a schedule according to how you would like your day to be planned. Stick to it and make sure to space out your events.
- Take breaks between tasks.

## Preeti Prasad

*Admin Coordinator*

- Lists are my friend. I love creating to do lists for the day or week because they help me remember stuff (since my memory is not the greatest) and make me feel accomplished when I complete something and can cross them off.
- Remember to be realistic with your 'to dos', don't try and cram everything into one day, space things out so that you can do a few quick tasks and 1 or 2 bigger ones.
- My other rule is that if doing a task would take just as long as writing it down on my to-do list, I just do it and I don't write it down.

## Shanti MacFronton

*Research & Development Specialist*

- Think ahead! What are all the little things you need to do that bigger thing next week? For example, if you're applying for post-secondary, you might first need to get your transcripts, reference letters, and write an admissions essay. Create a task schedule that's built backwards from an important deadline or event.
- Make sure to build in time for breaks and fun into your busy schedule, just as you would for an important meeting or for work or school. Scheduling dedicated, guilt-free time for self-care will re-energize you and help create balance in your life.

## Zak M

*Youth Member*

- Take lots of notes about where stuff is and put things back after you finish using them.
- Sweep and disinfect your workspace every day.
- Organize things alphabetically.

# PUBLIC GUARDIAN & TRUSTEE of BC

*a protector or  
keeper*

*government*

*someone who manages or holds  
money on behalf of another person*

Are you a young person in care in BC?  
Want to know if the PGT holds money for you?  
**Connect with us!**

Who's the PGT?

The PGT protects the legal and financial interests of children and youth in care in BC. They're responsible for your money and for representing you in some legal situations.

What does the PGT do?

They can help you learn about money and how to manage it as you transition from care.

They can hold any money that you might have from an injury settlement, benefits you've received, or money that was left to you by someone.

They can apply for financial benefits you might be eligible for.

They can provide legal help if you've been injured or harmed.

How do I know if I have money with the PGT?

Your social worker should be able to tell you, but you can also contact the PGT to find out.

I'm about to turn 19 but I don't really know what to do with my money.

That's okay! The PGT can hold your money with your permission and help you manage it until you turn 27!

Find out more about how the PGT can help you!

WEBSITE <http://www.trustee.bc.ca>

EMAIL [cys@trustee.bc.ca](mailto:cys@trustee.bc.ca)

PHONE 604-775-3480

**PGT** Public Guardian  
and Trustee  
of British Columbia

## MAKING A WILL

By the PGT

The Public Guardian and Trustee (PGT) shares guardianship for children and youth who are in the continuing care of the province with the Ministry of Children and Family Development (MCFD) and Delegated Aboriginal Child and Family Service Agencies (DAA). As property guardian, the PGT is here to look out for legal and financial interests of children and youth and financial benefits which they may be eligible for (ie: Registered Disability Savings Plans (RDSPs)). Also, our job is to investigate potential legal claims and make sure that children and youth receive any money they are eligible for.

While MCFD and DAA have social workers, the PGT has Guardianship and Trust Officers (GTOs). Any money that the PGT collects for children and youth goes into a safe account called a trust account and is released to the youth when they turn 19. Youth who would like help with their money after age 19 can enter into a post-majority program and receive services until age 27.

GTOs are also out in the community, talking to youth about money: how to save it, what to think about when spending it and how to make plans for important things in their lives. They provide training in financial wellness, which is important information for everyone, especially youth leaving care.

### WHAT IS A WILL?

A will is a legal document that directs who gets a person's assets when they die. It can also include burial or cremation instructions and who the person wants to be the guardian for any of their children. In BC, anyone who is 16 or older can make a will.

### WHAT HAPPENS TO YOUR ASSETS WHEN YOU DIE?

#### If you don't have a will:

When someone dies without a will, their belongings and money and investments (called assets) generally go to their spouse and/or children. If the person has no spouse or children, their assets usually go to their parents.

#### When you have a will:

When someone dies and they have a will, their assets will go to the people named in the will; The will-maker can choose who they want to have their assets after they die. That can be a friend, a family member or a charity for example.

### HOW TO MAKE A WILL

If you are a child in the continuing care of MCFD or a DAA and you are interested in learning more, you can contact the PGT and speak to your GTO. Your GTO can work with you and your social worker to connect you with a lawyer who can assist you to make a will so that your wishes are formally known and will be respected.

For more information, contact us at [CYS@trustee.bc.ca](mailto:CYS@trustee.bc.ca) or 604-775-3480.



DRAWINGS BY THERESA T





