

POWER PAGES

#58



FEDERATION
OF BC YOUTH
IN CARE
NETWORKS

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

GET TO KNOW OUR
**SQUAMISH
LOCAL**

**YOUTH
RETREAT**

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

CONNECT WITH US!

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New Westminster, BC V3L 5H1

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TheFBCYICN



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CONGRATS TO OUR NEW ALUMNI!

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POWER PAGES

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View or download past & current editions at fbcyicn.ca



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 fbcyicn.ca under Get Involved. If paper copies are more your speed, email info@fbcyicn.ca and we can send you a hard copy of our membership form, or call us at 604-527-7762!

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/sign-be-fed-youth-member

ON THE COVER:
ALYSSA H, CAITLYN M, & VICTORIA J

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A HUGE THANK YOU TO OUR FED FAMILY MEMBERS WHO CONTRIBUTED RESOURCES TO HELP US MAKE THE FED MAGIC HAPPEN!!

OUR 2022 DONORS

Penelope Turpin in memory of Jodie Viljoen
Vinod Bashir (Vantage Real Estate Group)
Gawon Go
James Laurence Group
Lynell Anderson
Sally Reid
Krista Breen

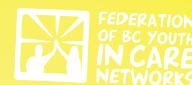
Linda Apps
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OUR 2022 FUNDERS AND SPONSORS

Employment and Social Development Canada
Public Guardian & Trustee
Radius Security
Ministry of Children and Family Development
Ocean Park Foundation
Provincial Employees Community Services Fund
Westcoast Family Centres
Centra Cares Foundation

Special shout out to Kirsten Evanish who arranged for us to receive a \$5,000 donation from Ocean Park Foundation!

CONGRATULATIONS



Congratulations to Youth Member Kayla, Matt and big brother Ross who welcomed Ryker to the family on August 16. Since Ryker has been born, he has taught Kayla and Matt so much, from how to be parents of 2 under the age of 2 all the way to how to raise a baby with special needs, and he will continue to teach them so much more.

Congratulations to Alumni Louise on the birth of her daughter Iris Rietje



Congrats to our amazing youth members who received their two year hoodie this year!





FEDERATION
OF BC YOUTH
IN CARE
NETWORKS



WHO WE ARE

The Federation of BC Youth in Care Networks was 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!

We have grown from a youth group to a peer-based, youth-driven, provincial non-profit organization dedicated to improving the lives of youth in and from government care.



Are you a youth in or from government care
in BC between the ages of 14 and 24?

CONNECT WITH US!



ADVOCATE

Learn about your rights
and build the skills to
**ADVOCATE
FOR YOURSELF!**

Unite your voices and
experiences to **CREATE
POSITIVE CHANGE** in the
system!



EMPOWER

Explore and grow your
skills and talents through
FINANCIAL SUPPORTS,
volunteer opportunities,
WORK EXPERIENCE and
workshops!

Learn about opportunities,
RESOURCES and
SUPPORTS for youth in and
from care in BC!



CONNECT

Build a community of
youth in and from care and
supportive adults through
virtual and in-person
EVENTS, activities and
YOUTH SUPPORT!

Honour the awesomeness
of youth in and from care
(that includes you!) through
CELEBRATIONS, care
packages and **RAISING
COMMUNITY
AWARENESS!**

FIND OUT MORE ABOUT OUR PROGRAMS AND SERVICES AT FBCYICN.CA!

DRAWINGS BY BJ



Coraline ♡





DREAM FUND

The Dream Fund (you guessed it) supports youth in and from care to achieve their dreams!

The Dream Fund includes two different bursaries:

Reach for Success Bursary can provide you with up to \$500 towards achieving your goal. Past recipients have received bursaries for driver training, yoga classes, dental work, food safe certification, BCID, and more.

Education Achievement Bursary can provide you with up to \$1500 towards the tuition cost of pursuing post-secondary education at an accredited school.

"With the help of the Reach for Success Bursary, I can get certified as a personal trainer and pursue a career I'm passionate about."
— Reach for Success Bursary Recipient

Dream Fund Eligibility

- You are currently in care or a former youth in care either under a Continuing Custody Order, Temporary Custody Order, Voluntary Care Agreement, Special Needs Agreement, or Youth Agreement in BC under the Child, Family and Community Services Act.
- You are between the ages of 14 and 24 years old.
- Must have a cumulative total of 1 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.

Dream Fund Application Deadlines for 2023:

February 3, July 7, and October 6

APPLY AT

fbcycicn.ca/what-we-offer/programs/dream-fund

"Looking forward to starting my studies this September knowing there are less bills for me to worry about now."
— Education Achievement Bursary Recipient

EDUCATION ACHIEVEMENT BURSARY 2022 WINNERS:

Shegofa R	Henna W	Brittany B
Amy G	Sara W	Asia N
Colton H	Isabella C	Keanna M
Darrell W	T'yanna J	Simrit D
Khyna D	Sajedah Z	Nitika B
Sim S	Dylan K	Yahya H
Antonio C	Skylee V	Tatyanna O
Carissa M	Alexander S	

"Thank you so much for awarding me with this bursary, I'm really looking forward to learning how to drive!"
— Reach for Success Bursary Recipient

REACH FOR SUCCESS BURSARY 2022 WINNERS:

Parker L	Marie B	Roxy S
Simrit D	Ashton G	Mary W
Aunna B	Connor D	Dylan K
Howard S	Elizabeth C	Masuma N
Faith H	Ezekiel O	Austin D
Ashley N	Jakob H	Deanna T
Logan M	Kaleb H	Donna P
Stella M	Kearen L	Desmen J
Keanna M	Lena S	Tivexo C
Lucas G	Mae-Lynn M	Alana B
Joey R	Anna E	Adrian I
Bishop R	Melissa W	Shegofa R
Ethan K	Micheal P	Aliyah E
Nargis R	Nicholas S	Ellia M
Micky M	Riya P	Tricia C
Muhaned S	Zak M	



RECIPE BY MARCEY BLT PASTA

This is a fun recipe inspired by BLT sandwiches. It's easy for new cooks but still tastes yummy and looks a little fancy! It's a really great way to impress friends without having to cook for hours.

As someone who really loves to cook, I rarely follow recipes. I encourage you to make the adjustments you need to meet your needs! If you don't have all the ingredients available, try making substitutions. If you're vegan or vegetarian, add or remove anything you need to suit your dietary needs.

Think of this recipe as a guide, not rules, and make it unique to you! If you don't know the exact measurements of your ingredients that's okay, you can estimate.!

This pasta reheats well in a microwave or on the stove. You can freeze the sauce for up to 3 weeks!

This recipe makes 2–3 portions and takes under 30 minutes to make.

INGREDIENTS

- 85g Bacon, ham, pancetta, or any sandwich meat
- 2 Garlic cloves (or more if you like garlic)
- 1 Cup chopped leafy greens (kale, spinach, chards, or arugula. Can be from frozen or fresh)
- 280g Tomatoes (cherry, grape, roma tomato, half a can of plum tomatoes or anything you might have. I would avoid tomato sauce though)
- 225g Pasta (spaghetti, linguine, macaroni, penne, elbow, any pasta will do)
- Seasoning: paprika powder, basil, oregano, salt, parsley, chili flakes, or any packet of Italian seasoning, black pepper and salt to taste
- 2 tbsp Butter
- Oil (preferably olive, but any will do)

Optional:

- 1 Lemon for juice (fruit, powder or lemon juice will work)
- ¼ cup Parsley (for sauce and garnish)

TOOLS

- Spatula (or something similar)
- Measuring cup and spoons
- Tongs (or something similar; for pasta and serving)
- Medium pot for boiling pasta
- Large pan for making sauce (Can also be done in one large pot/pan)
- Strainer

COOK YOUR PASTA

If your pasta comes with instructions on how to cook it, follow those. Or bring a medium pot of salted water to a boil. Add the pasta; stir gently with your tongs or other tool. Boil for 8–10 minutes, until al dente. Save ½ cup cooking water and drain the remaining water from your pasta.

Optional: toss with a drizzle of oil to prevent sticking.

(If you're using one pot/pan, clean and dry the pot after your pasta has been cooked).



I used pancetta, fettuccine noodles, spinach, and cherry tomatoes.

MISE EN PLACE (GATHER)

While your pasta is boiling you can begin to mise en place. Mise en place is a French culinary phrase which means “putting in place” or “gather.” This is a good opportunity to wash, chop, cut, or open any items you need to for your meal.

If your leafy green is fresh and has a tough stem (like kale); remove leaves from the stem; roughly chop leaves and set aside.

Mince the garlic and set aside.

If you’re using a pre-made spice mix of Italian seasoning skip this step. For your spice mix you’ll need: 1 tsp paprika powder, 1 tsp basil, 2 tsp oregano, 1 tsp chili flakes. Or have fun with it! Make your own measurements.

If you’re using canned tomatoes for your sauce open the can and strain the tomatoes. (Save the remaining liquid and any unused tomatoes for a future meal!)

Optional: Roughly chop the parsley leaves and stems. Slice your lemon in half.

Clean your cutting surface.

After you’ve prepared your veggies you can start to prepare your meat/protein if needed.

Cut your bacon, ham or sandwich meat into bite size pieces. Avoid anything larger than an inch.

BROWN YOUR PROTEIN

In a large pan, heat a drizzle of oil on medium or medium-high heat. Cook your protein, stirring frequently with a spatula or something similar, 2 to 3 min., or until golden brown and crispy; season with ½ of the spice mix, or half a tablespoon of pre-made Italian seasoning. After spices have been fully mixed, remove pan and turn off heat. Transfer protein to a paper towel lined plate. Make sure to cook raw meat thoroughly. You can refer to a safe cooking temperature guide, for example pork and poultry usually need to be cooked to at least 74°C (165°F).

Optional: drizzle a tsp of lemon juice onto your protein.

Tip: Leave some grease in your pan for the sauce!



If there’s lots of oil or grease in your pan, remove pan and turn off heat and dab the grease with a paper towel. Leave about a tablespoon of grease in your pan. Place the paper towel on a plate to cool and discard in garbage when it comes to room temperature.

MAKE THE SAUCE

In the same large pan with left over grease (or if grease was completely removed add a drizzle of oil,) on medium-high heat, sauté the tomatoes and garlic, slightly crushing the tomatoes, 3 to 5 minutes, until softened. Add ½ the reserved cooking water, the remaining spices, and salt and pepper. Cook, stirring frequently, until thickened. Taste your sauce to see if it needs any extra seasoning or salt.

Tip: Pasta water when added to any pasta sauce that needs water will make it shinier and give it nice body.

ADD IT TOGETHER

To the pan of sauce, add your protein, chopped leafy green, pasta, (half the parsley if needed,) and 2 tbsp butter. Cook, stirring frequently, 1 to 2 minutes, until the pasta is coated. If the sauce seems dry, gradually add the remaining pasta water until you achieve your desired consistency.

Tip: if you wanted to freeze the sauce, skip adding the pasta, butter, and pasta water. Let the sauce cool before storing in the freezer. Then next time, just add the remaining ingredients!

Serve your pasta. Add salt and pepper to taste, garnish with parsley if needed.



And bon appétit!

What changes did you make to your meal? Did you add anything different? What did you think of the BLT pasta? Did you take pictures?

I would love to see the pictures of your pasta! You can share them in our Fed Connects Facebook Group!

PHOTOGRAPHY BY
THOMAS P





YOUTH INTERVIEW

TIVEXO

Tell us a bit about yourself

I am interested in learning how to improve myself, my career and my interpersonal skills with others such as behavioral, mental and emotional.

I am passionate about my online streaming career that I have been working on for the last 5 years and is now my full-time job.

I am proud of being able to be a peer support/mentor and advocate for others. Lots of people just need someone to talk to or listen to them so that they don't feel isolated. I still set my own boundaries if I am unable to do something for that day. I keep everything pretty neutral. And also figuring out my own identity such as my gender and sexuality.

How long have you been a member/involved with the Fed?

I have been a Fed Member since December 2018 when a former staff member brought me and another youth to the Fed Office.

Why did you become a member/involved with the Fed?

I became a member of the Fed because I was a youth in care who needed access to advocacy and professional support with MCFD and PWD.

"I am proud of being able to be a peer support/mentor and advocate for others. Lots of people just need someone to talk to or listen to them so that they don't feel isolated."

"Being involved with the Fed has helped me gain life skills, peer mentorship and advocacy skills from Fed Connects groups."

What has being involved with the Fed meant to you? How has it impacted your life?

Being involved with the Fed has helped me gain life skills, peer mentorship and advocacy skills from Fed Connects groups. As well as volunteering from time to time for hands on experience.

What would you say to someone who is considering getting involved with the Fed?

To take things one step at a time and know when and how you need to access supports for yourself.

Do you have a favourite quote or piece of wisdom that inspires you?

My favourite quote is "Keep Moving Forward" — The Robinsons. Because it helps me to focus on the present and day to day tasks at hand.

What is your favourite Fed memory?

My favourite Fed memory was going to Youth Retreat #80 and seeing people I couldn't for the last three years and making new connections.

**THE EYE OF CREATION
BY JASSIE C**





ALUMNI INTERVIEW

NENA E

Tell us a bit about yourself

My name is Nena, I am a mom of two girls and am 27 years old. I am a former youth in care and went into my first foster home at age 11. I have a passion for making change and inspiring others to use their voice. I believe all people deserve to be loved, heard and met where they are at.

How long have you been a member/involved with the Fed?
13 years.

Why did you become a member/involved with the Fed?

Just before my 14th birthday I was introduced to the Fed when I attended a dinner through an activity group with another friend. When Lorena was finished talking to all of us, I had a gut feeling I needed to get involved and work towards a better future. Since then, I've played a part in a number of volunteer roles with the Fed and became a Fed Alumni.

What has being involved with the Fed meant to you? How has it impacted your life?

The Fed taught me so much through life. Like how to advocate in a productive manner, and how to facilitate. I think by far the most meaningful teaching the Fed provided me was positive leadership skills. I think that without all these skills I wouldn't be a compassionate team leader in my line of work.

"I have a passion for making change and inspiring others to use their voice. I believe all people deserve to be loved, heard and met where they are at."

"The Fed taught me so much through life. Like how to advocate in a productive manner, and how to facilitate. I think by far the most meaningful teaching the Fed provided me was positive leadership skills."

What would you say to someone who is considering getting involved with the Fed?

The Fed is what you make it. If you just need an escape to a place where you feel accepted all the way to wanting to bring forward issues and create waves of change in the care experience. You can even reach out when you need help finding resources or advocacy in a situation you don't know how to handle.

Do you have a favourite quote or piece of wisdom that inspires you?

If you strive to inspire even just one person in your whole lifetime to be a part of positive change, you're making a lasting impact.

What is your favourite Fed memory?

Oh gosh, there are so many. Right now I can remember one particular AGM (Annual General Meeting) that I attended at a youth retreat. I was probably 15 at the time. A group of youth brought up an issue they

thought needed to be spoken about and have bylaws put in place. To be honest I think from a business standpoint it derailed most of the actual AGM agenda. Some youth members decided to participate in a walk out of the meeting, forcing a break for everyone to find compromise and come back to constructive communication. Nobody went far, some people stayed in the meeting room while others went to the designated smoking area. By the time everyone came back together folks were able to put aside personal feelings and discuss the matter objectively, bringing to light something that previously may not have been on most people's radar. Moments like this, when done respectfully, can create new light and change to things that were not thought important.

This may not be my most "fun" memory of the Fed, but it is on the list of some of the most impactful of my views on speaking up.

FED LOCALS



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!

CAMPBELL RIVER

—ON HOLD—

Host Agency: Sasamans Society
680 Head Start Crescent
Campbell River, BC V9H 1P9

COURTENAY

—ON HOLD—

Host Agency: Comox Valley
Family Services Association
1415 Cliffe Avenue
Courtenay, BC V9N 2K6

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

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

PRINCE GEORGE

Host Agency: Prince George
Native Friendship Centre
Contact: Natalia Todosia
ntodosia@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

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

SURREY

Host Agency: Options
Community Services
9815 140 Street
Surrey, BC V3T 4M4
Contact: Nichole Osborne
604-613-8435
nichole.osborne@options.bc.ca

KAMLOOPS

Host Agency: Interior Community Services
765 Tranquille Road, Kamloops, BC V2B 3J3
Contact: Krista Sherwood
250-819-5819
KSherwood@interiorcommunityservices.bc.ca
or Renata Saat
RSaat@interiorcommunityservices.bc.ca

ABBOTSFORD

Host Agency: Archway Community
Services, Foundry Abbotsford
2420 Montrose Avenue
Abbotsford, BC V2S 3S9
Contact: Michaela Audette
778-809-4410
michaela.audette@foundryabbotsford.ca

CASTLEGAR

Host Agency:
ARC Programs Ltd.
625 Columbia Avenue
Castlegar, BC V1N 1G9
Contact: Jane Wesko
250-608-7674
JWesko@arcprograms.com
or Emma Cuell
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



Youth answers to questions

What is your favourite part of being a part of the Squamish Local?

- The fun events and inclusivity
- I love the Squamish Local for the reason that I get to see different people and get to have snacks
- Out trips. And just hanging out
- Hangout and you know chill
- The snacks
- The sense of community
- Snacks

What activity have you enjoyed doing the most with the Local?

- Youth Retreat with the Fed
- The Squamish Local we get to decide what we do that week when we get there so it's a little chaotic
- Zip lining
- Talking to Kyle and Woody aka Stranger
- Probably snowboarding
- White water rafting
- Snacks

How would you describe what your Local does to someone who isn't familiar with it?

- Engaging and exciting
- I believe that our local gives people a place to come and be safe with other youth and have fun
- Hang out on Tuesdays with snacks and games and go on out trips
- Welcoming and make them feel like home
- You do activities and connect with Kyle and other people

"Thanks for everything. It is because of your support and belief in what we do that our program is even possible. Without FBCYICN we wouldn't be running!" –

Kyle, Local Leader

- It's a place where anyone can come together and to go on adventures and have fun
- It's easy to navigate

What you would tell a young person who is thinking of joining a Local?

- Do it!!
- Totally join it's fun and safe and you get free food and so on
- Join
- You should come if you want to no pressure
- It's mostly fun
- There's free food
- That it's super fun and that they would enjoy it



More details on the love of snacks

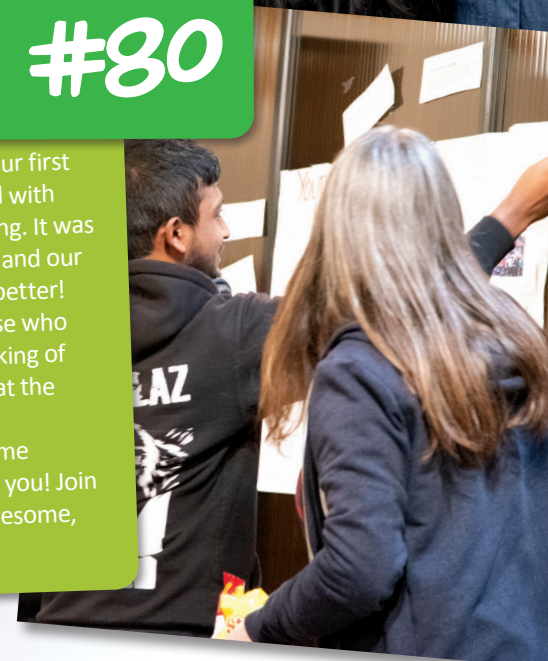
From Kyle, the Local Leader:
"Snacks are important, we work hard to provide a combination of fruit and vegetables, things like granola bars, and drinks."



YOUTH RETREAT #80

We were so excited to see so many of your lovely faces at our first Youth Retreat since 2019! Our 3 days together were packed with activities like the Sky Net, archery, and memory book making. It was so amazing to get everyone's feedback during Youth Speak and our Strategic Planning Meeting and getting to know everyone better! We hope these pictures bring back fond memories for those who attended, and something to look forward to for those thinking of joining us in the future! We cannot wait to see more folks at the next retreat in the Spring!

Did you come with us for the weekend? Do you have some favourite memories to share? We would love to hear from you! Join the conversation with #FedFamilyBC, #YouthInCareAreAwesome, and in our private 'Fed Connects' Facebook group.





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 and 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 can send us your work:

- Fill in our online submission form
- Send us your work via:
Email: info@fbcyicn.ca
Mail:
360 - 555 Sixth Street
New Westminster, BC V3L 5H1

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

FLOWER GIRL BY SHILA B



HEALING IS A JOURNEY.

It's important to remember that healing is a journey full of all kinds of bumps and that there is no timeline to it. Yes, it can be messy. At some point you think you are over it but then it hits you again.

When you are at your lowest in this journey, you don't want to feel "weak" so you tell yourself that you should be more grateful but then you forget that you are allowed to feel your emotions. Just because you are grateful does not mean you are not allowed to acknowledge your emotions. Setting boundaries is key to progressing in this journey because we often forget to put ourselves first. We

often try to justify what happened to us so that we can somehow feel better, but what happened was the harsh reality and no excuse could give justice to how painful it was. Know that It is okay to fall apart, healing is an everlasting journey that requires a lot of self-compassion, patience, and courage.

— Muskaan K



PHOTOS BY ANONYMOUS



Youth in Care are Like a Year Without Rain

Youth in care are bold.
Youth in care are gold.
Youth in care are resilient.
Youth in care are brilliant.
Youth in care are the doctors, lawyers, teachers, artists, and
counselors of the next generation.
Youth in care are awesome.

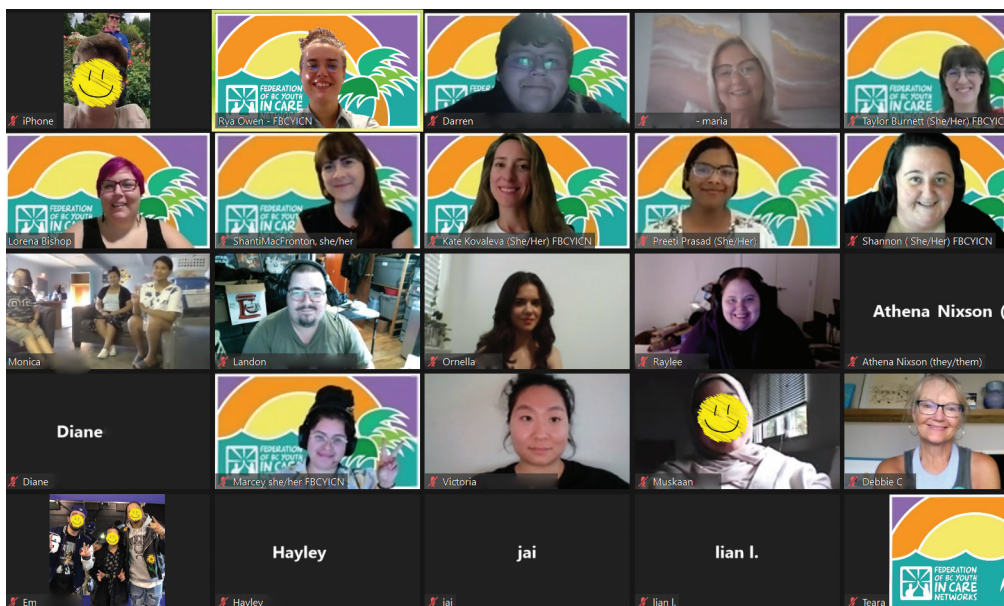
— Anonymous





THE BOARD IN ACTION

The Board has been busy over the past year! They celebrated BC Child and Youth in Care Week, completed 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!



Fed Family Summer Celebration



VOLUNTEERING AT THE FED

We are so very grateful to our amazing volunteers! Thanks to their dedication and contribution we can create our Fed Magic!!

YOUTH

Zak M
Muskaan K
Raylee L
Victoria J

Allie R
Lian L
Abdalla A
Emily B

Preet D
Michael R
Caitlyn M

ALUMNI

Landon P

Michelle CG

FED ADVISOR

Fed Advisors provide their expertise as someone with lived experience in government care. Fed Advisors are never asked to share the personal details of their experience in care. Instead, they bring their unique insights to key decision-making tables.

FED AMBASSADOR

Fed Ambassadors attend events like conferences, fairs and galas with the Fed and act as representatives of our organization and the care community.

VOLUNTEER ROLES

PROGRAM SUPPORT

Program Supports assist with the important work of making our program events and activities happen!

PROGRAM PLANNER

Program Planners help plan program events and activities like celebrations, youth retreats and workshops.

"It was great to help out and I loved being a part of things"



**FEDERATION
OF BC YOUTH
IN CARE
NETWORKS**

VANCOUVER ISLAND, BC
BY TAYLOR S



MY FIRST BIRTHDAY AWAY FROM MY FAMILY

by Anonymous

TRIGGER WARNING: WAR

Last year was my first birthday away from my family and I completely forgot about my birthday. That was when Afghanistan fell to the Taliban on August 15th, 2021.

It was one of the darkest moments in my life. I remember I forgot to sleep, eat, do my daily activities, and I had even forgotten myself. The hardest of all was that I had no way to communicate with my family. They were not online, and their phone numbers did not work. I was worried about what would happen in my family and my country because there was a war. The Taliban had taken control of several provinces in my country. I accidentally checked my Facebook and saw that BBC news had announced that "Afghanistan had fallen to the Taliban and the president had fled." At that moment, my whole body became weak. I felt cold and everything was dark like night. Then later I could not feel anything. This was the worst thing that happened to my country. A few moments later my friend called me, and my friend's voice was terribly slow and changed. She did not talk much and invited me to her home.

I was with my friends at that time. My friends were like me; they were worried about their families and relatives in Afghanistan. Finally, I was able to communicate with my father. When I communicated with my father, I could only

say "Hi Dad" and I started crying aloud as if I had exploded. My father said, "Hi, my daughter, how are you?" Then he paused, he was swallowing his tears. I realized the pain and frustration hidden in my father's voice. He said, "Unfortunately they sold the country like a kite." I understand that my father's voice had changed, it was not normal, it was as if he wanted to cry, but he did not, he tried to calm me down. "My daughter, be calm, we all are fine, and everything will be fine." He took a deep breath and tried to clear his voice. He said that "these difficult days are also passing, just keep yourself strong" and he asked about my friends and told us all not to worry, "God is kind." I took a deep breath, as if I were amazingly comfortable and felt relaxed hearing my father's voice. At least my family was fine.

I slept over at my friend's house that night. They had cooked Kabuli palaw (traditional Afghani food), but we could not taste the food because the smell seemed annoying. We all talked about our past school memories, then the colour of the school uniforms. By chance, our uniform was the same colour, it was blue with a scarf and white pants, and only my clothes sleeves were white. We talked about favourite teachers, subjects, and our partners. We were fine for a few moments, then my friend Sara asked us,

"Do you think girls can go to school again or will the Taliban keep them in the cages?" This question made us all think, we had never seen the Taliban up close, and we were afraid to hear their name. Whenever we heard the name of Taliban our bodies would be paralyzed by fear, and bad people came to our minds. The people who were illiterate, had guns, beating the children and women, people who lived in the mountains and did not know the etiquette of urbanization, people with old and dirty clothes and long hair and beards. Now these people have come to our country and are implementing their own forest law in our city and country. Of course, this was dangerous, but unfortunately it was true.

This was the worst moment of my life, I never thought this would happen one day. But unfortunately, it happened, it was the moment when everything changed 180 degrees at once. There was no dream or goal left, I was just praying that my family would be fine. It was a moment when I was completely disappointed and felt that God had forgotten us. After that event, the meaning of life for me changed completely. I realized that hard days of life are passing and that it is hardships that make a person great, not age.

To learn more, here is a BBC article from the same day [bbc.com/news/world-asia-58223231](https://www.bbc.com/news/world-asia-58223231)



BCCYICW

Youth in and from care envisioned a week that acknowledged and celebrated the unique strength of young people in care. Youth members at The Fed advocated for this week so their siblings in care could grow up feeling celebrated for their diverse talents and accomplishments.

BC Child and Youth in Care Week (BCCYICW) raises social awareness to recognize children and youth in and from government care, like all young people, as individuals with talents, contributions, and dreams. It addresses stigma by shifting negative perceptions and celebrating the voices, joy, accomplishments, and dreams of children and youth in and from care.

Join the Fed Fam in celebration at BC Child and Youth in Care week events from May 29–June 4, 2023!

#YouthInCareAreAwesome



#YouthInCareAreAwesome



Youth in care can be driven individuals, despite what stigma says!

- Cam H



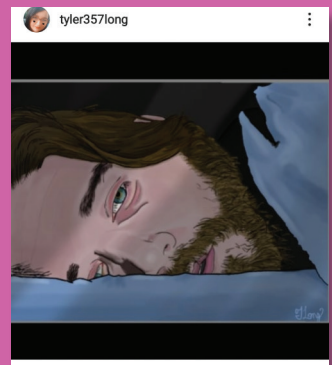
- Emily L



Our staff were hard at work creating Recognition Award packages for youth to be sent out all across the province! We hope everyone who received an award felt seen, heard, and celebrated during BCCYICW!



ART BY TYLER L





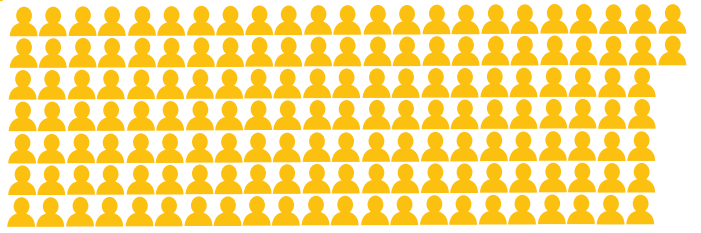
OUR PROVINCIAL IMPACT

3,985

Instances of engagement in our programs and services from youth across BC

156

Active Youth Members



★12

Local Youth in Care Networks



We sent
Holiday Care Kits to

524

youth across BC!

YEAR BY NUMBERS



3

Youth Interns worked at the Fed



4

Resource Guides for students from care



\$63,449.80

90 Dream Fund Bursaries



439

BC Child and Youth in Care Week Awards



64

Events held in Fed Connects



219

Events held in Local Networks across BC



3,782

Followers on social media



2

Town Halls to help youth learn about government supports



FEDERATION
OF BC YOUTH
IN CARE
NETWORKS

Feeling over-
whelmed and
don't know
where to start?

Can't find the
resources you
need?

Just want to
connect with a
friendly face?

Want support
to make your
goals a reality?

Have concerns
and aren't feeling
listened to?

ACCESS
YOUTH SUPPORT
AT THE FED!



Young people are unique, and so are your support needs! Our friendly and knowledgeable staff are ready to help you create the change you want for yourself.



WE OFFER FOUR YOUTH SUPPORT SERVICES:



FED
COACHING

Evaluate Your Strengths
Set Personal Goals
Develop Skills
Celebrate Personal Growth



SOCIAL
CONNECTION

Connect, Chat, Have a Laugh
Share Updates and Good News
Vent or Talk About Frustrations



ADVOCACY
SUPPORT

Know Your Rights
Have Your Voice Heard
Identify Solutions



NAVIGATE
RESOURCES

Identify Your Needs
Learn About Resources
Get Connected

The Fed's YOUTH Support program is for young people in and from care between the ages of 14-24 across BC.

Get in touch today!
604.527.7762
info@fbcyicn.ca
fbcyicn.ca/what-we-offer/programs/youthsupport



BLAME

by Natalia M

TRIGGER WARNING: SELF-HARM & SUICIDAL THOUGHTS

Do you hear me cry?
Can you see my pain
And though I try
you call me vain

I stand here alone
filled with constant fear.
I am chilled to the bone
for I am holding back each tear.

My heart keeps breaking
My life wanting to end
My head and chest aching
Yearning for a friend

Can you see that I'm hurting
Can you see I'm in pain
Like you tied me to the tracks
Your driving the train.

Your taking me away
From the only real family I've had.
Putting me with strangers again
I thought once was bad.

Hey. Can you hear me now?
MCFD. Listen up.
It's over, I'm done,
enough is enough.

You tell me you listen.
Do you think I'm dumb?
The pain and agony you have caused
is making me numb.

Because of your tactics
I have turned to self harm.
You don't believe me
look at the slits on my arm.

You say that you care
But do you for real
You throw us to the wolves.
Their next meal

Every time you say no
To some thing I need
You look more like a monster
Full of greed.

I understand all the children
Need a family that will be there
But your tearing me from mine
Like you do not care.

Please tell me why you hate me,
Tell me what did I do,
I only want to know, see,
Who else is to blame but you?

IS THIS HOW IT IS?

by Natalia M

TRIGGER WARNING: SUICIDAL THOUGHTS

I am young
A mere fifteen
And I have showed so much
But still, I'm not seen.

Is this how it is?
To live and let die
I'm just a girl
Who wants a place to cry,

I just need a person
One companion I trust
That will love me for me
And not be full of lust

Is this how it is?
To be at war, in battle
Being shaken and beat
Like a child's toy rattle?

I have seen two paths
A person can trek
But I fear my choice
Could end in a wreck.

Is this how it is?
To be thrown on the line
Like a tight rope walker
Tied to two dead pines?

Can I be happy
Without my clan?
Being thrown to the lions
Without any plan?

I cant wait for your choice
I know my next move
I refuse to find
A new needle to my grove.

Is this how it is?
To be living a lie?
To be promised a life,
And then left to die?

I wont live forever
I know this already
But I'm only 15
I should not be planning, ready.

I will soon accept death
Lay limp in his grip
Not wanting to deal with it
Just let it all slip.

The length of my life
Is based on your choice
And I've screamed so loud
But you don't hear my voice.

I can end it all now
Or keep fighting on
It's not in my hand
Look who's hands my blood is on.

Soon you will see
How one feels if they
Were to kill a child
Because they wanted her to stay.

Your mission is to help
Children and families be stable
But now I can see
You are all clearly unable.

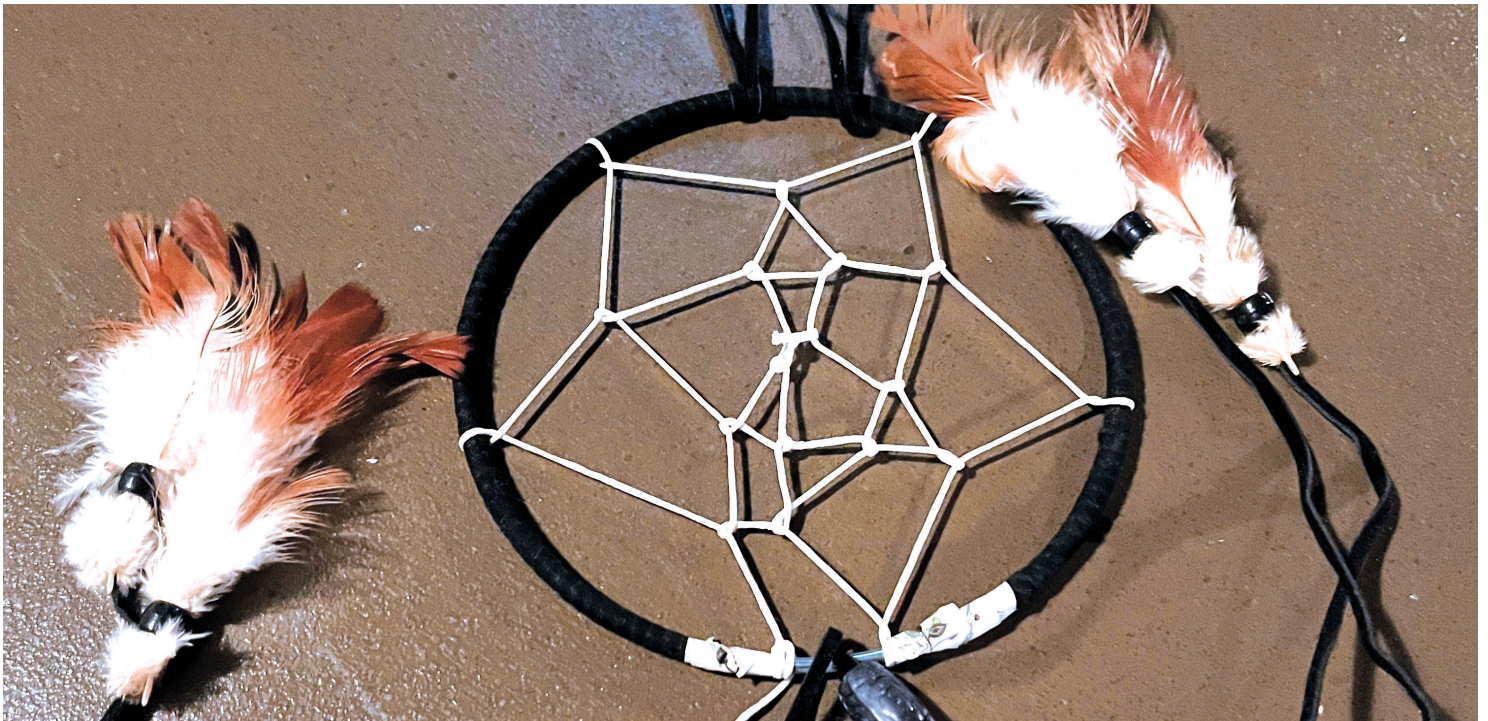
Just leave me alone
Here I found love.
My family is perfect,
It fits me like a glove.

I can see now what matters
To you and your mob
You don't care about kids!
You care about your job.

You are all hard as rock
Cold to the bone
The feelings you show
Are those of a stone

You say how you care
About kids and their bond
But those are all lies
For its money you are fond.

Is this how it is?
To be as helpless as bugs?
To be torn away
From your mothers hugs.





PROVINCIAL SERVICES

BC HOUSING

BC Housing develops, manages and administers a wide range of subsidized housing options across the province. They work with the ministry responsible for housing to address gaps in the housing sector, which range from emergency shelter and rent assistance in the private market to affordable home ownership.

WORKBC

WorkBC connects job seekers and employers — helping people find jobs, explore career options and improve their skills, and helping employers find the right talent and grow their businesses.

TENANT RESOURCE AND ADVISORY CENTER (TRAC)

TRAC is a non-profit organization that provides free legal education, representation, and advocacy on residential tenancy matters. A leader in tenants' rights since 1984, TRAC's mandate is to improve legal protections for all tenants living in British Columbia.

BC 211

BC 211 helps you find support services for all of life's challenges. The service is free, available 24/7, and available in over 150 languages. You can just call or text 2-1-1

MCFD AGREEMENTS WITH YOUNG ADULTS (AYA)

If you've been in foster care or had a Youth Agreement, you may qualify for an Agreement with a Young Adult (AYA). It can help cover the cost of things like housing, child care, tuition and health care while you go back to school, or attend a rehabilitation program.

MCFD RENT SUPPLEMENT

Applications are closed for this program until Spring 2023. Eligible young adults (ages 19–27) may apply for a \$600 monthly rent supplement for up to 2 years.

TELUS MOBILITY FOR GOOD

A collaboration between TELUS and Children's Aid Foundation of Canada (CAFC) and select Centre de Jeunesse Foundations, Mobility for Good® helps youth aging out of care achieve independence by providing them with a free phone and a \$0 plan. This enables them to stay in touch with friends and vital support networks, search for somewhere to live, find education and job opportunities, and build credit.

AGEDOUT.COM

A website that supports young people to navigate many of the challenges and barriers that come with transitioning out of government care and into adulthood.

BC REPRESENTATIVE FOR CHILDREN AND YOUTH (RCY)

If you are in care or accessing AYA or Tuition Waiver, the RCY has advocates you can contact if you are not happy with your experience; they also empower young people to understand and speak out about their rights guaranteed under the United Nations Convention on the Rights of the Child.

BC OMBUDSPERSON

Do you feel like you have been treated unfairly? Do you have a complaint and feel like your voice isn't being heard? The Ombudsperson's office is here to listen to complaints you may have about a variety of issues. Services are free and confidential.

PUBLIC GUARDIAN AND TRUSTEE (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.



UPCOMING OPPORTUNITIES

YOUTH IN CARE ARE AWESOME CAMPAIGN

Help us raise awareness about and celebrate the awesomeness of youth in and from care! Join the #YouthInCareAreAwesome campaign!

BCCYICW RECOGNITION AWARD

Do you know a youth in or from care that should be celebrated for their amazingness? Maybe it's you!? You can nominate another youth (or yourself) to receive a BC Child and Youth in Care Week Recognition Award during the first week of June 2023!

BCCYICW KICK OFF CELEBRATION

Join us at the virtual Kick Off Celebration for BC Child and Youth in Care Week on May 30! Youth help lead this event and create a space for us to celebrate and honour youth in and from care. We are also joined by key decision makers and allies.

VOLUNTEER WITH THE FED

Volunteer with us! Whatever your interests and talents, we have the opportunity for you to showcase it! Meet other young people in and from care, connect with

others in your community, develop new skills and have fun!

INTERNSHIPS AT THE FED

Our Interns are valued members of our Fed team! Keep an eye out for an opportunity to join us for a 16-week, full-time paid internship starting in May. Help plan awesome programs and events for other youth in and from care!

YOUTH ACTIVATORS

Youth Activators use their skills and lived expertise to support our programs and services through paid contracts. They assist with things like planning events, facilitating workshops, hosting gatherings, and engaging peers and partners. Keep an eye out for upcoming opportunities.

YOUTH ENTREPRENEURS

Youth Entrepreneurs share their incredible talents through paid freelance opportunities. They are hired to do things like create art for our holiday cards, paint murals, or make a gift for an Indigenous Elder. Keep an eye out for upcoming opportunities.

FED CONNECTS

Meet other awesome youth in and from care through our Fed Connects! Fed Connects is a virtual space that hosts celebrations, workshops, cultural teachings and a drop in.

YOUTH RETREAT

Have fun and connect with other youth in and from care at one of our 3-day Youth Retreats. Together we will participate in outdoor activities, campfire, art and a talent show. Our next Retreat is March 31 to April 2, 2023!

POWER PAGES

At the heart of *Power Pages* are the stories, poems, interviews, photos and artwork created by young people in and from care. *Power Pages* is YOUR platform to express ideas, experiences, concerns, and share your voice and talent.

HOLIDAY CARE KITS

Request a free Holiday Care Kit from the Fed each winter season! A Holiday Care Kit is a parcel full of goodies that we hope reminds you that your Fed Family is thinking of you and sending you love.



RESPECT

Belong

GROWN

SUPPORT

BELIEVE

HOPE

love

JOY

HOPE

love

EARTH

Hope

Wisdom

LUCKY

RAINBOW

Peace

We're Creating

love

HEART

LOVE

EMPATHY

HOPE

RAINBOW

LOVE

LOVE

LOVE

LOVE

LOVE

LOVE

LOVE

LOVE