

POWER PAGES



FEDERATION
OF BC YOUTH
IN CARE
NETWORKS

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

ISSUE #54



GET TO KNOW OUR YOUTH INTERNS!



A YOUTH PERSPECTIVE ON BUDGETING
YOUTH HELPING YOUTH CONNECT TO CULTURE
PLUS MORE OF YOUR ARTWORK, PHOTOGRAPHY AND STORIES!

CONNECT WITH US!



FEDERATION OF BC YOUTH IN CARE NETWORKS

FBCYICN is a youth-driven, 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!

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CONGRATS TO OUR NEW ALUMNI

POWER PAGES

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VIEW OR DOWNLOAD PAST & CURRENT EDITIONS AT FBCYICN.CA

THE BOARD IN ACTION!

ON THE COVER:
Meet the Youth Interns on page 17!



It was great to have board members
Debbie, Gary, Kim & Pam
at SCM #77 in June!



FIND FRITTER!

Every summer seagulls nest on the roof next to the Fed office and we get to watch the babies hatch, grow, and learn to fly! There was just one chick this summer, and we named them Fritter. Fritter is hidden somewhere in the magazine!

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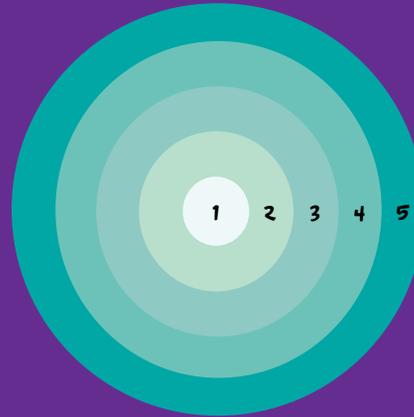


WHO WE ARE

The Federation of BC Youth in Care Networks (FBCYICN, or the Fed) is a youth-driven, 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!



YOUTH ROLES

- 1 Leaders (staff, board members, council members)
- 2 Volunteers
- 3 Members (can vote)
- 4 Program participants and service recipients
- 5 All youth in and from care across BC

**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.*

I have been told many times over how quickly the Fed becomes like a second family for most, the place where you can totally be yourself and be 100% loved and accepted. The Fed has been the one place that has helped me grow mentally and emotionally. It's helped me to open up my eyes to strengths I never thought I had.

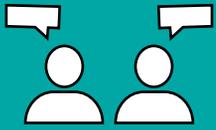
NATASHA S, ALUMNI MEMBER & ADULT SUPPORT





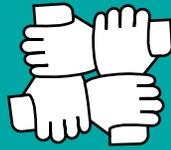
WHAT WE DO

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!

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.



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.

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.

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.

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.

WHAT WE'VE BEEN UP TO!



145 youth participated in Fed Local events!



133 hours were contributed by youth volunteers!



51 new youth became Fed Members!



35 youth came to SCM #77!



4 Youth Interns have been working at the Fed!



26 BC Child and Youth in Care Week events happened around BC!

GREAT NEWS!



We met with MCFD Assistant Deputy Ministers Carolyn Kamper and Teresa Dobmeier to talk about how we can support and amplify youth voices while they're in care. Huge thank you to the Fed family for providing us with feedback to bring to the meeting!



We're working on a Youth Leadership Development framework! Youth leaders make sure that the voices of youth are heard by the Fed staff team and decision-makers across the province. We want to make sure we're effectively supporting youth as they build their leadership capacities.

COMING UP!

✓ **SCM 79** will be at Zajac Ranch from April 24–26, 2020!

✓ The next deadlines for **DREAM FUND** are March 6 and July 3, 2020!



Drum by Shaquannah



Painting by Keely R



Photo by Lacie J

28

pieces of youth work were published in *Power Pages!*



The resources
you need.
In the palm of
your hand.

If you're 26 or under with lived experience in the child welfare system, you may be able to get a free smartphone and a \$0 plan from TELUS Mobility for Good™.

Learn more at
telus.com/mobilityforgood



BC CHILD & YOUTH IN CARE WEEK

A YOUTH REFLECTION

By Cammy Lawson, Youth Intern

BC Child and Youth in Care Week (BCCYICW) was created by youth in and from care advocating for a province-wide celebration of youth achievements and resilience. It helps de-stigmatize being a youth in care, raise awareness, and show youth that they are not alone.

Before I got involved in the youth in care community I was just an isolated foster kid. I didn't know anyone else in or from care. I didn't even know that as a youth in care I had rights. There was no one who understood. Even my friends in school believed the stereotypes. I remember being in a social justice class when my teacher said that as a class we were going to write a short story about a foster kid. What was he like? Did he go to school? Why was he in care? Quite a few other people in the class knew my background, but they began spitting out all of the worst stereotypes, and they believed them. BCCYICW helps break the stigma by celebrating youth in and from care, and helps youth connect with other youth who understand the barriers they face in their everyday lives in a way that no one else can.

Youth in and from care are often misunderstood, even by the people who are supposed to support them. BCCYICW is

also to help social workers and other service providers look from a strengths-based lens that continues beyond BCCYICW so they approach the youth they work with in an open and understanding way. If you are an ally or service provider, know that even as one person, you can make a difference. Listen to what youth have to say with an open mind. Raise your voice, let youth know that you support them, talk to people you know, volunteer, mentor, donate, and educate yourself on the reality of what these youth are going through. Help break

the stigma. Celebrate and cheer youth in and from care every single day, not just during BCCYICW.

If you are reading this and you're a youth in or from care, know that you are not alone, you can connect with others, and you can do amazing things.

BCCYICW was created to recognize and celebrate you. You are a strong, resilient, and capable person. We are cheering you on from all over the world every single day. I know that after hearing so much negativity around being in care and facing all the stigma and stereotypes that it can be hard to fight against them and to remember that they are wrong about you. But try to remember this during those moments: you are believed in, you do not deserve what you have gone through, but you can create a better future.



*Offer available for 2 years. Applicant must have reached the age of majority in their province or territory to be eligible for the program. Cannot be combined with other offers. Offer is subject to change without notice. While quantities last. See complete program terms at cafdn.org/telusmobilityforgood. © 2019 TELUS.

#STANDWITH YOUTHINCARE



You can create a better future!

You are a strong, resilient, & capable person!

#STANDWITH YOUTHINCARE



You can do amazing things!

#youthincare areawesome

#standwith youthincare



TAKE THE WHEEL

Over the past year, the Take the Wheel Bursary has helped remove financial barriers for 90 youth working toward getting their licenses. Seventy-nine of these youth were awarded funds to support driving lessons, and 11 youth were awarded funds to help pay off transit fines, or to cover the cost of L license exams and N road test exams.

The 2018–2019 Take the Wheel Bursary Program was funded on a one-time basis by the Ministry of Children and Family Development, and we have awarded all of the funding we received. However, we are very aware of the need for the program and are committed to finding other funders. In the meantime we are not running Take the Wheel, but will announce when we secure the necessary funding.

We would like to thank MCFD for



providing the year of Take the Wheel funding, which allowed us to successfully run the program, understand the continued need for it, and most importantly, impact the lives of youth in a positive way.

Congratulations to all recipients of the 2018–2019 Take the Wheel Bursary!

JULY 2019 WINNERS LICENSE SUPPORT BURSARY

Micheline C
Hayden H
Jacobi W
Rose CR

DRIVER TRAINING BURSARY

Alisha H	Karly US
Alyssa K	Keely R
Casady B	Novalee B
Cassie S	Raven L
Colin S	Sarah B
Dion K	Serena B
Georgina J	Victor D
Isabelle B	Yehia H
Jaidyn S	Ricki U
Jayden P	Morgan F
Jeremy A	

AGEDOUT.com

Our Journey 2014 - 2018



Evaluation participant demographics

- 176 youth and young adult users with care experience
- 158 surveys and 18 at focus groups
- 36 out of 52 BC cities represented
- April to June 2018

2013 - 2014

U Count report shares results of Ministry funded consultations

2015

AgedOut.com is launched in June 2015

2016 - 2017

Launched two new quests - "Eating well on a budget" and "Money sense"

2018

In depth evaluation of registered users and stakeholders conducted April to June

Areas for improvement

- 66% used a service they learned about from the website. Industry standards for a site's action rate is 20%, we would still like it to be higher than our 66%
- 71% completed an action based on something they learned from the website. We also think we can increase this %

2019

Launched two new quests - "Learn about permanency" and "Prepare to re-connect". Plus consultation and implementation of Indigenous lens

2020

Launch of new quest - "Sports and Physical Activity" in January. Next evaluation to be conducted April to June

98%

Agreed that the information on the site is easy to understand

91%

Gained a better understanding of the services available

93%

Found the info they look for on the website

85%

Learned a new skill and improved a skill from doing a quest

96%

Agreed that the website is easy to navigate

Super helpful and helped me out with basic life skills. I've used most of the skills they taught me in my everyday life.

I think it's really amazing that the website exists! I feel like so many kids age out and they have no idea what to do with their lives. I felt the same, but having the website, I learned a lot and it really helped me find direction.

I liked how up-to-date the information was. For example, when the new tuition waiver was introduced, all the information was current.

PARTNERS



CONTACT US
info@agedout.com
604-320-7330 ext.125



DREAM FUND

Our Dream Fund supports young people in and from care to pursue their careers and achieve their goals through education, skill building, hobbies and self-care activities. The Dream Fund includes the Education Achievement and Reach for Success Bursaries. They are distributed three times a year: in October, March and July.

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 provides financial support for youth in and from care attending post-secondary school. Young people can use this bursary for all accredited schools, not just the usual designated post-secondary schools. The Fed distributes \$5000 among successful Education Achievement applicants per round of Dream Fund (three rounds a year).

*"I would like to express my excitement in being chosen as a recipient of this bursary, thank you! I know it will be tremendous relief that I can only begin to describe."
— Education Achievement Bursary Recipient*

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 help you overcome barriers you might face in achieving success in the things you want to do. Reach for Success Bursary winners have used the money to pay for photography 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 \$1500 among successful Reach for Success applicants per round of Dream Fund (three rounds a year).

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 a Canadian Citizen or a Landed Immigrant.
- You are between the ages of 14 to 24 years old.
- Must have a cumulative total of 1 year in government care.
- (Education Achievement only) You are currently enrolled or are 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.

JULY 2019 WINNERS

EDUCATION ACHIEVEMENT BURSARY

Chris D
Jamara C
Kali Ann M
Emily H

REACH FOR SUCCESS BURSARY

Louise B
Mary Anna E
Nicole F
Bianca L
Victoria J

The application deadlines for the next rounds of Dream Fund are **March 6 and **July 3, 2020**.**

To apply for the Dream Fund visit fbcycicn.ca/what-we-offer/programs/dream-fund



VOLUNTEERING AT THE FED

Thank you so much to all of our incredible volunteers who worked on the Extreme Team, helped run Locals in their communities, took amazing photos and emceed at Youth Retreats, worked as Distribution Assistants to help us get *Power Pages* mailed out, and spread awareness in communities as members of the Outreach Group.

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!

GET \$100 FOR EVERY 20 HOURS OF VOLUNTEER TIME!

VOLUNTEERS

YOUTH

Jai T
Kami S
Athena N
Karmella BDB
Ally P

Louise B
Nena E
Keely R
Rose E

ALUMNI

Darian Newell
Stephen Cain

Jessy Neal
Steve Smith

ADULT ALLIES

Monica White
Krista Splane
Renata Saat
Roland Gurney
Ryan Wong
Gary Tennant
Debbie Cox
Kim Larson
Pam Costello

Nathan and Stephanie
from Vancouver Fire
and Radius Security

Vancouver Fire
and Radius Security
Community Matters Team

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 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 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

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 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: powerpages@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

CONGRATULATIONS

Keely R for receiving a July 2019 Drivers Training Bursary!

Alumni Stephen Cain for getting his scoliosis brace!

Louise B for getting engaged!



FEDERATION
OF BC YOUTH
IN CARE
NETWORKS





AGING OUT? WE CAN HELP!

The Representative for Children and Youth can now provide advocacy services for you up to age 23 if you:

- have been in care
- are eligible for an Agreement with Young Adults (AYA) or tuition waiver



Victoria advocates (silly, but nice!)



(some of the) PG crew



**Who will
you be
talking to?
Any one of
these
friendly
faces!**

Burnaby Advocates

More info:
www.rcybc.ca



Call us!

1-800-476-3933

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 | PHONE 604.775.3480



FED LOCALS UPDATE



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
Kristina Splane
ksplane@interiorcommunityservices.bc.ca
Carrie Davis
cdavis@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

ABBOTSFORD

Host Agency: Archway Community Services, Foundry Abbotsford
2420 Montrose Avenue
Abbotsford, BC V2S 3S9
Contact: Nicole Clarke
604-217-1428
Nicole.Clarke@foundryabbotsford.ca

CASTLEGAR

Host Agency: ARC Programs Ltd.
625 Columbia Avenue
Castlegar, BC V1N 1G9
Contact: Joyce Johnson
778-460-5174
JJohnson@arcprograms.com

PRINCE GEORGE

Host Agency: Prince George Native Friendship Centre
Contact: Roland Gurney
250-564-3568

PEMBERTON

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

CAMPBELL RIVER

Host Agency: Sasamans Society
680 Head Start Crescent
Campbell River, BC V9H 1P9
Contact: Monica White
monicaw@sasamans.ca

COURTENAY

Host Agency: Comox Valley Family Services Association
1415 Cliffe Avenue
Courtenay, BC V9N 2K6
Contact: Elena Geneau
250-218-5363
elena.g@cvfesa.org

PARKSVILLE

Host Agency: District 69 Family Resource Association
PO Box 965, 198 Morrison Ave
Parksville, BC V9P 2H1
Contact: Charlotte White
250-954-7835

VICTORIA

Host Agency: Youth Empowerment Society
533 Yates Street
Victoria, BC V8W 1K7
Contact: Maria Ebenal
yicn.vyes@gmail.com

NORTH SHORE

Host Agency: North Shore Neighbourhood House
225 East 2nd Street
North Vancouver, BC V7L 1C4
Contact: Christopher Zupanec
czupanec@nsh.bc.ca
604-868-7065

SURREY

Host Agency: Options Community Services
9815 140 Street
Surrey, BC V3T 4M4
Contact: Priya Singh
priya.singh@options.bc.ca

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

NEW LOCAL!

NEW LOCAL!



SCM #77





PHOTOGRAPHY BY GERALD B





MEET THE FED'S YOUTH INTERNS!

In the summer we hired four incredible young people to work at the Fed as Youth Interns! They each brought their own set of skills and talents to the team and have been working on some amazing projects, including a youth leadership development program, facilitating and providing peer support at Youth Retreats, creating a list of resources for students and lots more! Read more about these amazing folks!



ASHLEY

Tell us a bit about yourself.

My name is Ashley and I'm 23. I grew up in the Lower Mainland and spent a few years down in the States before settling in the Vancouver area for good. I am a student at Douglas College in the Child and Youth Care program, which has been such an amazing opportunity for me.

How did you get involved in the Fed?

I discovered what the Fed has to offer when I was supporting a youth at my practicum placement. I was so disappointed I hadn't been introduced sooner. I have always wanted to have connections to people who understand where I've come from. I became a member earlier this year and then applied for the Youth Internship. Being involved with the Fed has given me the opportunity to break down the stigma I've had surrounding my foster identity, while also allowing me to connect with some awesome folks.

Tell us about some of the projects you've been working on as a youth intern.

Over this summer I have spent quite a bit of time researching ways the Fed can best use social media platforms. Another project that I've really enjoyed creating is a list of resources available to youth in and from care who are on Tuition Waiver.

What are some of your goals for the future?

My major goal right now is to complete my Bachelor's degree in Child and Youth Care, which I plan to do by June 2021. After that, I would love to work for the Ministry of Children and Family Development and eventually have influence on policies made for children and youth in care. Aside from school and work goals, I aspire to travel the world, one country at a time.

What are some of the biggest life lessons you've learned that you'd like to share with other youth?

I think one of the biggest life lessons I've experienced since aging out is that it's okay to change your mind. You may think you want to do something, pursue it and then decide to try something else. There is no timeline for when you need to have things completed by in life. Just make sure you enjoy what you are doing.

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

I would love to see more services and resources available to children and youth in care across the province. I feel very fortunate I live in the Lower Mainland where things are accessible, but I know that's not always the case for folks in more rural areas.





CAMMY

Tell us a bit about yourself.

I'm a born and raised islander from Victoria, BC. I currently go to Vancouver Island University (VIU) in Nanaimo. I am also a passionate hockey player, photographer, and voracious reader of mostly crime and mystery novels, but I love reading non-fiction as well. I love to be outdoors hiking or exploring with my camera. As an islander, I love the coast and being by the water and I'm not sure I could ever not live on a coast. That being said, I absolutely enjoy escaping to the mountains. I am also an advocate for the rights of LGBTQ2S+ people, and for low-barrier access to recreation.

How did you get involved in the Fed?

I first got involved with the Fed in 2012 when I helped start the Victoria Local. Since then I have been involved in many ways in almost all capacities. It is hard to explain what being involved with the Fed has meant to me because it completely and utterly changed my entire life. Being involved with the Fed gave me a passion, a future, important relationships and mentors, leadership skills, confidence, and so much more. I was an extremely shy and socially

anxious person who could barely speak to people I didn't know, and now I can travel and speak to groups. The Fed taught me that I have a voice and how to use it.

Tell us about some of the projects you've been working on as a youth intern.

We've been working on a lot different projects and created some of our own. I worked on a social media campaign for BC Child and Youth in Care Week using the hashtag #youthincareareawesome where we posted about what makes youth in care awesome every day during BCCYICW. I also wrote 7 Reasons Why #youthincareareawesome, and we had so many posts that we extended the campaign beyond BCCYICW with the #youthincareareawesomewednesday hashtag.

What are some of the biggest life lessons you've learned that you'd like to share with other youth?

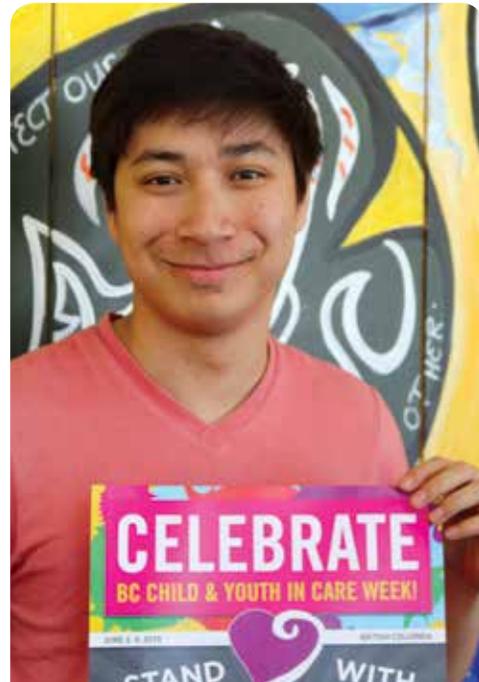
Know that you have a voice. No matter how many times or how many people try to silence you, you have a voice, and your voice is important and vital. Do not be afraid to use it and advocate for yourself.

I also think this quote is important: "Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us. ... Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine as children do. ... It's not just in some of us; it is in everyone. And as we let our own lights shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others."

— Marianne Williamson

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

There are honestly a ton of changes I would love to see but it all comes down to the youth not being stigmatized and having the support and services they need to grow, develop, and be truly prepared for adulthood.



JAMIE

Tell us a bit about yourself.

I grew up in Pitt Meadows, BC, I'm Métis, and I'm a youth from care. I'm also an Engineering student at UBC and I've been an active volunteer in my home community of Maple Ridge. I'm also on the Provincial Youth Advisory Council, where I work on projects and policy changes to make sure we have a better system for youth in care.

How did you get involved with the Fed?

I got involved with the Fed through the Provincial Youth Advisory Committee (YAC). I saw one of the ads for the youth internship position through Facebook and wanted to apply. I'd always heard of the Federation of BC Youth in Care Networks and I have been a member for a little while, but I never took advantage of the programming. I have always heard of its stellar reputation and I wanted to get involved through the Youth Internship opportunity. The opportunity has given me a lot in terms of developing my leadership skills, and it's given me an avenue to use my talents as a systems engineer to develop programming for the Fed.

Tell us about some of the projects you've been working on as a youth intern.

I've been working on a new youth leadership development project. We are a youth-driven organization and we want to uphold and support that, so we're are looking at the youth leadership skills program and revamping some of the volunteer opportunities at the Fed.

I've also been working with Shannon and Lorena on grant applications. We have big plans to expand and do more with the funding we have and the funding we are looking to get. It's been interesting to look at how non-profit organizations get funded.

What are some of your goals for the future?

I want to better any community I am a part of. Right now that's the youth in care community, so I'm working with the Fed and the Provincial YAC. As an Engineering student, I hope to use the skills that I learn to create better technology in the future for a wider demographic.

What are some of the biggest life lessons that you've learned that you'd like to share with other youth?

I think one of the biggest life lessons I've learned has been, if you're stuck, if you are in a place where you can't do it on your own, to reach out and look for supports. Build a network around yourself that can help you learn and build your skills and knowledge, so that one day you can stand on your own and maybe help someone else that needs support.

What changes would you like to see happen for children and youth in care in BC?

We have to stop looking at care as just the basics for life and move into helping youth develop the ability to thrive. As the parents of youth in care, the provincial government has an opportunity to give these youth the tools to reach their greatest potential. The government needs to recognize that and start creating ways for youth in care to be stable, and then support them to work towards their goals. I think that would be the biggest benefit.



MARCEY

Tell us a bit about yourself.

My name is Marcey. I was born on unceded Coast Salish land, and I was raised in East Vancouver. I'm a second generation immigrant from a little country called El Salvador. I love cooking and sharing food! I also really enjoy art and photography. I'm always trying to see the world around me from an artistic lens. I also really love cats.

How did you get involved in the Fed?

I joined the Fed when I was about 17 years old, and they stuck with me ever since! Being involved with the Fed used to mean being able to connect and develop friendships while having fun in a friendly environment. As a Youth Intern, it means developing my skills to be a more impactful leader and critical thinker and to amplify youth voice and stay grounded to my roots.

Tell us about some of the projects you've been working on as a youth intern.

I've been working on some things around our interview policies and how we can improve them. I've also been looking at the amazing feedback we were gifted at the World Cafe Consultation at SCM #77 back in June, and figuring out how the Fed can build on it and use your thoughts, suggestions and influence to create amazing things! I've also been

working on SCMs (Youth Retreats), and I'm really hoping that the next SCMs will be even better than before. I'm super nervous about it but I'm also very excited! And I'm looking forward to any and all feedback from folks who attend!

What are some of your goals for the future?

With the Fed, I hope I can leave an influence on facilitation and art. I think the way we engage youth as an organization is important. While some things have worked in the past, it's important to remain dynamic and innovative, especially while working with youth.

Outside of the Fed, one huge goal is to go back to school and potentially look into art therapy! I'm not completely sure what I want to do in life, and I feel like that's okay. I'm still discovering who I am and I'm really looking forward to learning more about myself.

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

The biggest lesson I've learned is to not be afraid to share your story. Sharing your story to help others is truly powerful. It can be life changing and healing for the story teller. Only you know your story and experiences. Only you can share it. Your story deserves to be heard, celebrated, respected, and taken seriously.

But at the same time, not everyone is worthy of hearing your story. It is sacred, unique. And only you get to decide who hears it and what parts.

Aside from that, make sure to brush your teeth, get plenty of sunlight and put on sunscreen. Even if it's a cloudy day.

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

Institutions like schools, hospitals and the government need to view children's and youths' voices as necessities. I strongly believe youth must be consulted in every major decision that impacts them. Young people are experts in what they need. When given the right conditions youth can flourish and innovate in ways adults can't. Young people are the key to our future. All we have to do is listen and learn!

35MM FILM BY KARMELLA BDB



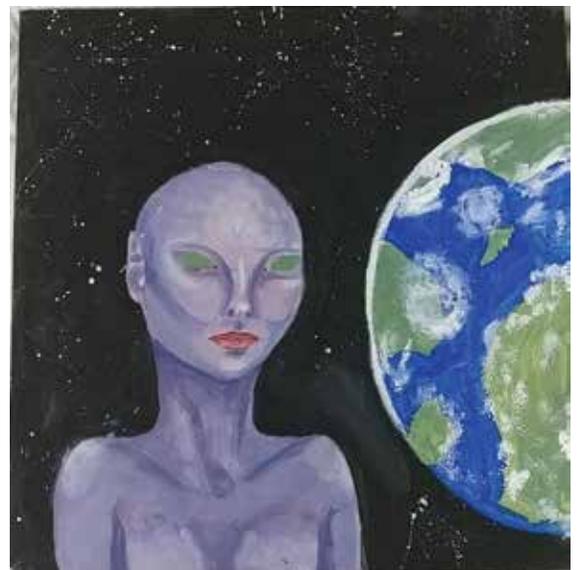
ART SHOWCASE! BY KEELY R



BOB BY PARYSS THE PLANT



GOING BACK HOME BY ROSE



CULTURE CONNECTION

Q & A WITH CHEYENNE STONECHILD

CREATOR AND LEADER OF THE 4 THE GENERATION PROJECT

Read about the amazing work Cheyenne is doing to help urban Indigenous youth connect to their cultures!

Tell us a bit about yourself.

I am a Nehiyaw (Cree) and Irish woman from the Muscowpetung Reserve in the Qu'Appelle Valley, Saskatchewan, Canada. I used to be a youth in care, and I aged out of the Ministry of Child and Family Development (MCFD) in 2014. The majority of my family was displaced due to the residential school system and the Sixties Scoop, and that's how I came to live here in British Columbia. I created and manage the 4 the Generation Project and I'm currently on the board of directors within the International Institute of Child Rights & Development (IICRD).

Can you tell us about 4 the Generation Project?

The 4 the Generation Project is a history and cultural program for non-, current and former youth in care, aged 15–19 living in the Greater Vancouver Area. It's funded by the Vancouver Foundation. The project aims to fill a gap that exists for Indigenous youth who come from various communities outside of British Columbia and attempts to help them re-establish a link to their heritage.

The 4 the Generation project is a year-long process that cycles through four very different programming sections, all of which I thought were important for urban Indigenous youth to know. The four sections that build up the project are:

- Oral Traditions — Legends, Stories and News
- Understanding Our Histories/Rights
- Medicine & Skill Development
- Here in Community (Practice/Mentorship)

The 4 the Generation Project is about helping urban Indigenous youth to understand who they are and where in the world they came from. We try to reconnect them with their identity by connecting them with knowledge keepers (Elders), cultural practice, and mentors in the community who understand where the youth originally came from, which makes them the best suited to help. This is not the final answer for Indigenous youth in care, but it is a very important stepping stone.



"All young people, especially youth in care, have a right to know who they are and where they came from."

- Medicine Making (herbal salves, essential oils and medicine bags)
- Elders sharing stories and protocol
- Indigenous Fashion
- Indigenous Rights
- Human Rights in Canada with guest speaker from the United Nations
- Contemporary beading styles and practice
- Traditional games and returning to nature and how to enjoy it once again

What was your inspiration behind starting the 4 the Generation Project?

The 4 the Generation Project is something I wish that I had access to growing up. It would've made a huge difference in my life at an early age, rather than taking years of my adolescence and adulthood to figure out my identity as an Indigenous person. Also my legal caregivers told me more than once to "go figure it out for yourself," so I did.

Can you tell us about the cultural retreat that happened this past spring?

March 2019 was the end of the project for that year, so we decided to host a closing celebration and weekend getaway to feature some of the highlights of the project. We brought 14 youth, supported by myself, three Elders and facilitators from the International Institute of Child Rights & Development (IICRD) and other organizations such as Equitas, Representative for Children and Youth and others in White Rock, BC.

Over the course of the weekend we held discussions, presentations and workshops on topics such as:

What keeps you motivated?

There's a diverse and unique story for every single youth because of the history imparted to them by various circumstances and the Canadian government. Many youth are dealt unbelievably lousy cards in life and are left to deal with it, often without any support. I can't do everything, but I hope that I can make things a little easier for them.

Is there anything else you would like to share?

All young people, especially youth in care, have a right to know who they are and where they came from.

Of course, being healthy and safe is extremely important, but so is better and more reasonable access to their own culture, cultural knowledge and knowledge keepers. It is critical to support the youth where they are at and to build positive, trusting, dependable relationships that can foster a sense of belonging to their own heritage. All of Canada's provinces need to work together more efficiently to break down these barriers and provide the supports needed to the many displaced Indigenous youth who are affected by them.

ART AND PHOTOGRAPHY BY JERMAINE C

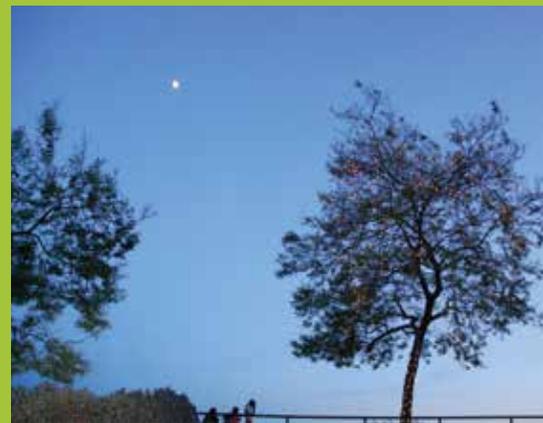


BY KRISTINA H

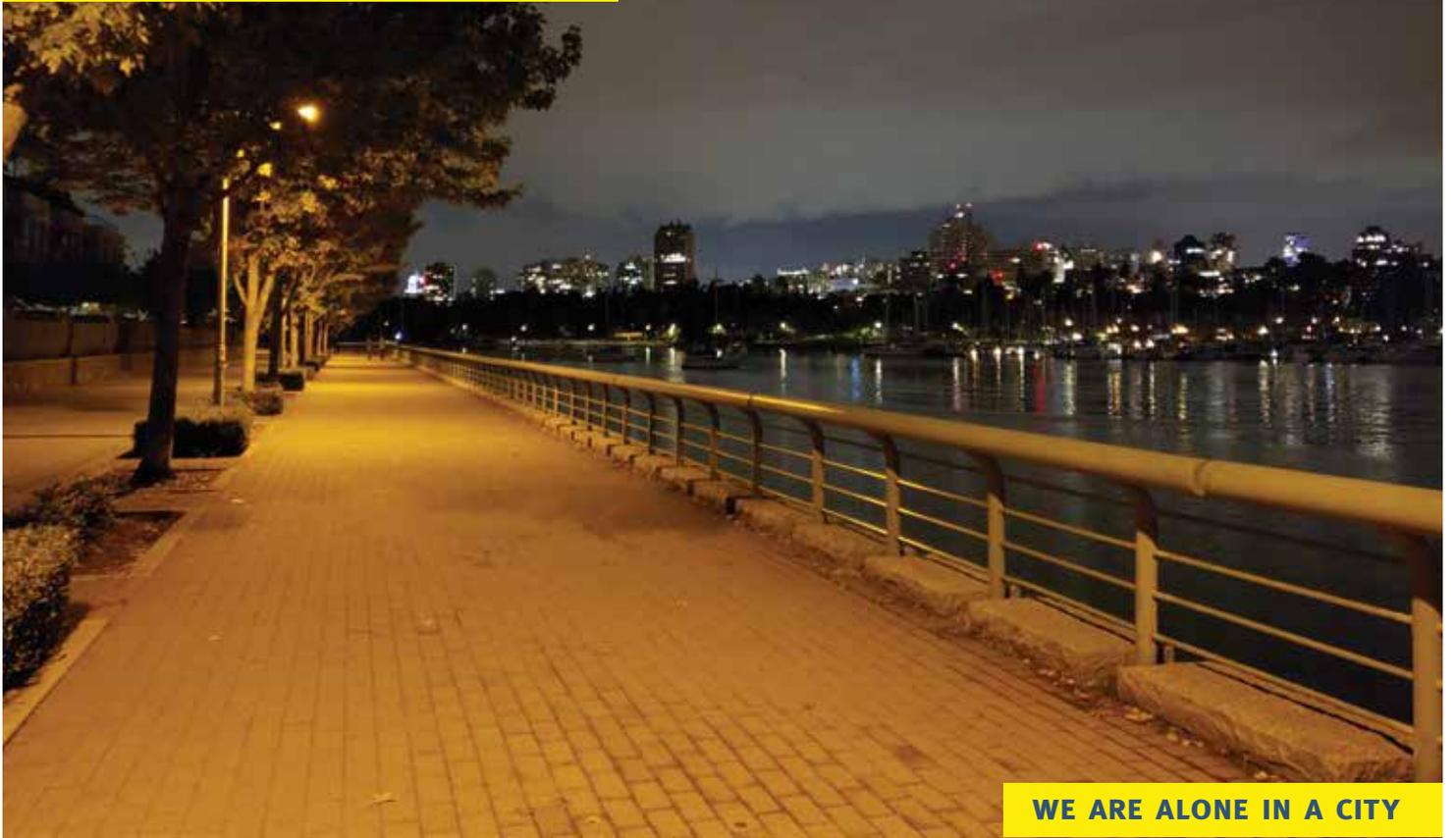


TRAUMA

**MY PHOTOGRAPHY
CLASS EXPERIENCE**



PHOTOS BY RAYLEE



WE ARE ALONE IN A CITY



PORTEAU COVE

YOUTH PERSPECTIVE: BUDGETING

by Louise B

Budgeting and money management are life skills that youth have told us they want to learn more about. So we heard from youth member Louise B, who has learned, as she put it, “the hard way,” how to limit her spending, pay her bills, and keep a little extra spending money.

But, everyone’s money situation is different, and not every budgeting plan is going to work for everyone. This a great plan for folks who have a pretty regular income but need help managing their spending.

Life skills: everyone needs them but not everyone has been taught them. I myself learned them the hard way. One of the most important life skills you can learn is budgeting. Without a budget it’s very easy to forget to pay bills on time and spend too much money on items we don’t need. Having a budget reduces financial stress and allows you to see what you can truly afford. Let’s create a budget!



WHAT ARE MY EXPENSES?

First make a list of all your monthly expenses and how much they cost. I break them down into “needs” and “wants.”

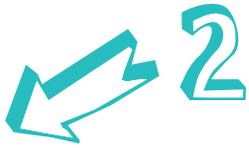
For me, needs are things like rent, utilities, groceries, and transportation. Next, you’ll want to create a list of all your wants, and for me, these include expenses such as dining out, hair, makeup, coffee, and a gym membership. Needs and wants are going to be a bit different for everyone. For some people, having a vehicle is a want, but for others it might be a need if they live somewhere without reliable public transit or have anxiety around public transit.

Once you have listed all of your expenses, you can add up the total and see how much this is all going to cost you on a monthly basis.

TIP
YOU’LL SEE THAT I PUT THE \$100 THAT GOES INTO SAVINGS UNDER NEEDS. UP UNTIL LAST YEAR I LISTED IT UNDER MY WANTS. I’VE LEARNED THAT LIFE IS GOING TO THROW UNEXPECTED EXPENSES AND CURVEBALLS AT YOU SOMETIMES AND IT’S GOOD TO HAVE THAT EXTRA CASH AS A CUSHION.

EXPENSES	TOTAL COST PER MONTH	EXPENSES BROKEN DOWN BY PAY	
		First Paycheque	Second Paycheque
NEEDS			
Rent	\$1000	\$500	\$500
Utilities	\$50	\$50	\$0
Internet	\$50	\$0	\$50
Cell Phone	\$100	\$50	\$50
Credit Card	\$50	\$50	\$0
Groceries	\$400	\$200	\$200
Transportation	\$300	\$150	\$150
Tenant Insurance	\$50	\$0	\$50
Savings Account	\$100	\$50	\$50
WANTS			
Gym Membership	\$100	\$50	\$50
Hair/Makeup	\$100	\$50	\$50
Starbucks	\$100	\$50	\$50
Entertainment	\$150	\$75	\$75
TOTALS			
Total Expenses	\$2550	\$1275	\$1275
Total Income	\$2400	\$1200	\$1200
Difference	-\$150	-\$75	-\$75





WHAT'S MY INCOME?

As an example, let's budget for a semi-monthly pay schedule. The first step here is to estimate your pay cheque amounts. I've used an even number of \$1,200 per pay cheque.

To make expenses easier to afford, I've found it's best to divide them between pay cheques, especially for big expenses like rent. This way it doesn't feel like such a large amount being withdrawn from your bank all at once. If you get your income once a month, dividing your expenses might not make sense for you, so you can combine them into one column.

In the chart you can see that the cost of expenses has been divided evenly between pay cheques. But, we have now gone over budget and are in the negative by \$150 as shown in red.

For almost everyone the total of your expenses is going to be more than your monthly income, so don't panic yet, this is where the balancing part comes in.



WHERE CAN I SPEND LESS AND BALANCE MY BUDGET?

You will need to figure out which expenses you value most and see where you can make some cuts. Which items you decide to cut is entirely up to you, but it's a good idea to spend less in your list of wants, not needs.

So, let's cut out of Starbucks altogether. We all love a good caramel macchiato, but for me, it's a luxury at this stage. And if I lower my budget for Hair/Makeup to only \$50 per month instead of \$100, then we save the \$150 we were short before and break even.



EXPENSES	TOTAL COST PER MONTH	EXPENSES BROKEN DOWN BY PAY	
		First Paycheque	Second Paycheque
Hair/Makeup	\$50	\$25	\$25
Starbucks	\$0	\$0	\$0
Entertainment	\$150	\$75	\$75

Your entertainment budget is another good place where you could reduce spending, but I personally believe that spending money in a budget is important, even if it's a small amount. It's important to have balance in life and have fun sometimes, so it's good to make room in your budget for entertainment.



TOTALS		First Paycheque	Second Paycheque
		Total Expenses	\$2400
Total Income	\$2400	\$1200	\$1200
Difference	\$0	\$0	\$0

So, there you have it, a balanced budget! Budgets may seem scary and can definitely be overwhelming at times. But working through them step-by-step can reduce a lot of financial stress.



BABY THE POM BY THERESA T



A GLIMPSE OF MY LIFE AND MY FUTURE

By Abdalla A

Living independently in Canada will be a great challenge for me as a refugee kid who came to Canada as an unaccompanied minor. Like other kids I had dreams and goals that I wanted to achieve, but unlike a lot of them, I didn't have my family for support. English is my second language, and I didn't have the privilege of a Canadian citizenship.

My life in care started in August, 2018 with a family in Langley, BC, and I started Grade 12 that September. I wasn't comfortable speaking in English in class in front of my classmates so I always tried to avoid eye contact with my teachers so they wouldn't call on me. Sometimes it didn't work, so I had to speak in my thick accent, which I found uncomfortable. I was trying to immerse myself in the new culture but it was way different from the place I came from (Sulaymaniyah, Iraq) and making friends was a great challenge as I didn't know what to talk about and how to be cool like others. It took me a while to overcome those challenges and get used to the new environment, foods and lifestyle, but I've always believed that we are products of our decisions, not our circumstances, because we can change our circumstances with our decisions.

I graduated from high school in June, improved my English and passed my L driver license test. I'm working two jobs now and saving money for my post-secondary studies and for when I age out of care. I'm planning to learn a trade through a youth trades program, and then move out. After that I want to use my trades



skills to support myself while I go to school to become a dental hygienist, although my dream career is to become an Air Traffic Controller. Because of my refugee status I'm not currently in a position that I can get accepted into Canada's Air Traffic Controller program, which requires a permanent residency or a Canadian citizenship, but this doesn't mean that I'll give up on my dream because dreams don't work unless we do.

In the year I've lived in care in Canada, I volunteered with the Salvation Army, a political party, festivals, helping other refugee kids, and with my classmates at school.

Finally, I want to say that without the continuing help from my foster family and teachers, I wouldn't be where I am now, I want to thank MCFD and Canadian government for their generosity and helping me in the new chapter of my life in Canada.





ADDICTION BY KRISTINA H