

# POWER PAGES

#60

**CARE  
BEYOND  
CARE  
CAMPAIGN  
REFLECTIONS**

**YOUTH AND  
ALUMNI  
MEMBER  
SHOWCASE**

**#CareBeyondCare**



**FEDERATION  
OF BC YOUTH  
IN CARE  
NETWORKS**

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

**PLUS ARTWORK, 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 28!

Charity #: 85751 6702 RR0001

## CONNECT WITH US!

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@FBCYICN



TheFBCYICN



@YouthInCareBC

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## CONGRATS TO OUR NEW ALUMNI!

Jai T  
Cammy L

# POWER PAGES

Edition #60 brought to you by:

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View or download past & current editions at [fbcyicn.ca](http://fbcyicn.ca)

ON THE COVER:  
YOUTH MEMBER SKYE L



# 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 is 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 of the Fed on our website today by going to [fbcyicn.ca/sign-be-fed-youth-member](https://fbcyicn.ca/sign-be-fed-youth-member)

If paper copies are more your speed, email [info@fbcyicn.ca](mailto:info@fbcyicn.ca) and we can mail you a hard copy of our membership form. You can also call us at [604.527.7762](tel: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 accessing our programs and services, which includes cool opportunities like representing the Fed, skills development and work experience, bursaries, YOUth support from our friendly staff, and fun events like youth retreats and holiday celebrations.
- 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](https://fbcyicn.ca/sign-be-fed-youth-member)

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# CONGRATULATIONS

Congratulations to **Tristyn MH** for receiving his first Eagle Feather gifted to him by a Traditional Elder to honour his achievements as a cultural leader among his peers. Elder Viviane T states the following:

*Tristyn MH has attended multiple Sweat Lodge Ceremonies as well as his first Sun Dance. He has earned his first Eagle Feather gifted by a Traditional Elder for learning the Lodge Teaching and sharing those Teachings with others who are learning. Tristyn shared the Teachings in a kind, compassionate way and was able to show that he had learned the lessons the Lodge and the Elders had to share.*



Congratulations to **Khyna-lee D** for graduating with their Associate of Arts degree, and being accepted to university to study psychology!



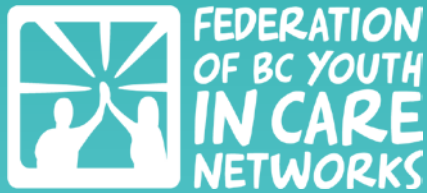
## A HUGE THANK YOU TO OUR FED FAMILY MEMBERS WHO CONTRIBUTED RESOURCES TO HELP US MAKE THE FED MAGIC HAPPEN!!

- ★ Sarah Corsini
- ★ Phyllis Hamilton
- ★ Sally Reid
- ★ The Radius Group

- ★ Vancouver Fire & Security
- ★ MCFD Centralized Screening
- ★ Provincial Employees Community Services Fund

- ★ Ministry of Children and Family Development
- ★ Employment and Social Development Canada

We would also like to thank all those who made anonymous donations to the Fed!



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 28?

## 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 **ONE-ON-ONE 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!**

**WEBSITE** [fbcyicn.ca](http://fbcyicn.ca)  
**EMAIL** [info@fbcyicn.ca](mailto:info@fbcyicn.ca)

**FACEBOOK** YouthInCareBC  
**INSTAGRAM** fbcyicn

**TWITTER** FBCYICN  
**YOUTUBE** TheFBCYICN

WHAT IS IT LIKE TO KNOW EACH OTHER  
BY CHLOE B



What is it like to know  
each other?

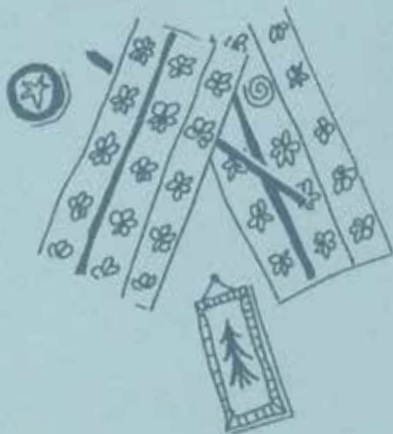


I see myself in the doorways  
of strange homes,



under dim  
lamplights,

through cracked walls.




everything once familiar

SAPS,  
breathes,  
and flickers  
through me,



until I don't remember  
how to begin again.

Chloe B 

# FED LOCALS



FEDERATION  
OF BC YOUTH  
IN-CARE  
NETWORKS

Locals are groups run by partnerships between youth and adult allies. They are designed to support youth in and from care ages 14–24. Each Local is unique to the community that builds it. Some are fun activity-based, while others focus more on life skills, and some are a combination of both. Youth shape the Local to best meet their needs. Find a local near you! [fbcyicn.ca/get-involved/local-networks](http://fbcyicn.ca/get-involved/local-networks)

## CAMPBELL RIVER

**Host Agency:** Sasamans Society  
680 Head Start Crescent  
Campbell River, BC V9H 1P9  
**Contact:** Monica Glendale  
250-914-2212  
[monicag@sasamans.ca](mailto:monicag@sasamans.ca)

## COURTENAY

**Host Agency:** Comox Valley  
Family Services Association  
1415 Cliffe Avenue  
Courtenay, BC V9N 2K6  
**Contact:** Katharina H  
[katharina.h@cvfsa.org](mailto:katharina.h@cvfsa.org)

## PORT ALBERNI

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

## PARKSVILLE

**Host Agency:** Sources  
Community Resource Centre  
PO Box 965, 198 Morrison Avenue  
Parksville, BC V9P 2H1  
**Contact:** Brittany Palmer  
250-954-9359  
[bpalmer@sourcesbc.ca](mailto:bpalmer@sourcesbc.ca)

## CARIBOO

**Host Agency:**  
Foundry Williams Lake  
51 4th Ave S  
Williams Lake, BC V2G 1J6  
**Contact:** Tabitha Fournier  
250-320-4603  
[tfournier@interiorcommunityservices.bc.ca](mailto:tfournier@interiorcommunityservices.bc.ca)

## TRI CITIES

**Host Agency:** PLEA  
Community Services  
Port Coquitlam, BC  
**Contact:** Udee Wijeratne  
604-417-9240  
[uwijeratne@plea.bc.ca](mailto:uwijeratne@plea.bc.ca)

## SURREY

**Host Agency:** Options  
Community Services  
9815 140th Street  
Surrey, BC V3T 4M4

## PRINCE GEORGE

**Host Agency:** Prince George  
Native Friendship Centre  
**Contact:** Natalia Todosia  
[ntodosia@pgnfc.com](mailto:ntodosia@pgnfc.com)

## KAMLOOPS

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

## ABBOTSFORD

**Host Agency:** Archway Community  
Services, Foundry Abbotsford  
2420 Montrose Avenue  
Abbotsford, BC V2S 3S9  
**Contact:** Tiera Murray  
778-809-4410  
[Tiera.Murray@foundryabbotsford.ca](mailto:Tiera.Murray@foundryabbotsford.ca)

## CASTLEGAR

**Host Agency:**  
ARC Programs Ltd.  
625 Columbia Avenue  
Castlegar, BC V1N 1G9  
**Contact:** Jane Wesko  
250-608-7674  
[JWesko@arcprograms.com](mailto:JWesko@arcprograms.com)

## MAPLE RIDGE

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

I SPY BY ANGEL E







*"Thank you so much for this!  
I am so excited to start my yoga lessons"  
— Reach for Success Bursary Recipient*



# DREAM FUND

The Fed's Dream Fund supports young people in and from care to pursue their careers and achieve their goals through education and skill building.

The Dream Fund includes two different bursaries:

**Reach for Success Bursary** can provide you with up to \$500 towards achieving your goal. You can receive this bursary for driver training, yoga classes, dental work, food safe certification, BCID, and more.

## CONGRATULATIONS TO OUR 2024 REACH FOR SUCCESS BURSARY WINNERS:

### February 2024

Thea C  
Dimple R  
Cameron F  
Donovan M  
Benjamin G  
Mary W  
Kaidyn Z  
Skyler K  
Jayden P  
Ryan W  
Jordan J  
Raya J  
Leah F  
Bryce M  
Ryinn H  
Gordie D  
Kara O  
Jordan S  
Emma G  
Leo H  
Tia K  
Rhy H  
Mustafa A

### July 2024

Atira N  
Austin S  
Brian M  
Cheyenne M  
Destiny H  
Destiny H  
Fiorella A-R  
Flora S  
James O  
Jenna G  
Lakiesha M  
Mackenzie D  
Mariam I  
Mariia K  
Lena S  
Tatyana D  
Tristyn M-H  
Wari D  
Yashwa B  
Braydon G  
Patrick D

### October 2024

Jordynn J  
Erika G  
Eve G  
Tivexo C  
Matthew A  
Frankie M  
Heaven H  
Trent S  
Nazanin N  
Shegofa R  
Eugenia B  
Brooklyn M  
Jordan M  
Treikenn K

*"Thank you to the Fed for this opportunity!  
It means so so much I am super grateful that I get  
the chance to further practice pottery"  
— Reach for Success Bursary Recipient*

**Education Achievement Bursary** can provide you with up to \$1,500 towards the tuition cost of pursuing post-secondary education at an accredited school.

## CONGRATULATIONS TO OUR 2024 EDUCATION ACHIEVEMENT BURSARY WINNERS:

### February 2024

Annita T  
Priyanka K  
Prachi K  
Michelle W  
Sydney H

### July 2024

Raghav B  
Nitika B  
Stefanie S  
Dylan K  
Jaxyn J  
Sierra S

### October 2024

Leia B  
Deanna T  
Travis I  
Yahya H  
Lailaa M

### 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 28 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.

**Application deadlines are in February, June and October.**  
Sign up for Fed newsletters and keep an eye on our socials for reminders before each deadline.

# 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 14–28 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](mailto: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](http://fbcyicn.ca/what-we-offer/programs/power-pages)

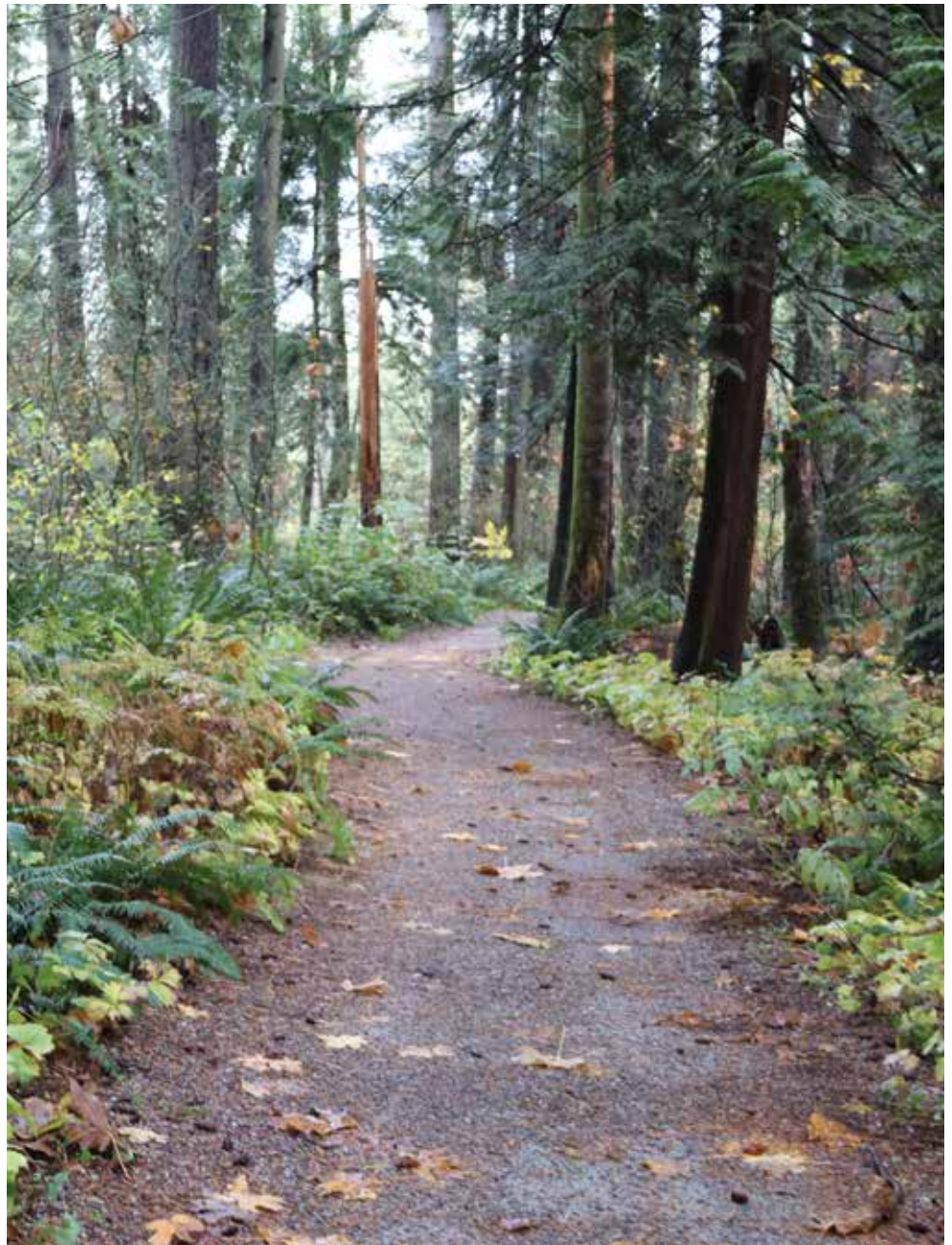
## GROWING UP

by Madison P

imprison me on paper  
with my childhood heroes,  
for it's struck me that I've outgrown them.  
The characters that raised me are  
perpetually  
stuck in the age group that, for so long,  
I've wanted to claw myself out of.  
Now, I've reached this dreadful brink,  
where I envy those who get to turn these  
pages.  
For the first time and to grow up alongside  
my friends.

### TRIGGER WARNING: MENTION OF TRAUMA

I wonder why I used to view them as so old  
but I suppose their youth adds another  
factor of devastation.  
kids are supposed to be kids.  
not fighting battles or evil wizards  
yet that's where I spent most of my  
adolescence  
in the thoughts of traumatized teenagers.  
finding comfort in their resilience.  
they matter more to me now than ever  
as I am ready to step out into the world  
and start my own adventure.





# VOLUNTEERING AT THE FED

Through volunteering, youth contribute their gifts and talents to help make all the Fed magic happen! We help youth learn and grow while giving back to the care community.

We are so grateful to all of our amazing volunteers, whose dedication and hard work helps us to deliver our amazing events and services and spread Fed magic!

## YOUTH VOLUNTEERS IN 2024:

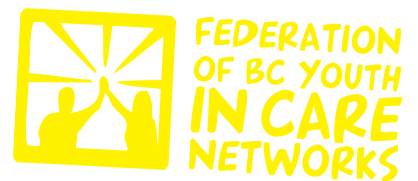
- |          |            |            |
|----------|------------|------------|
| Tegan S  | Tivexo C   | Michelle W |
| Alyssa H | Angela G   | Simrit D   |
| Kiana W  | Priyanka K | Elio A     |
|          | Skye L     |            |

## ALUMNI VOLUNTEERS IN 2024:

- |         |       |          |
|---------|-------|----------|
| Jessy N | Jai T | Amanda F |
|---------|-------|----------|



*“It was great to help out and I loved being a part of things”*



Visit [fbcyicn.ca/get-involved](https://fbcyicn.ca/get-involved) to take part!

# CARE

BEYOND CARE



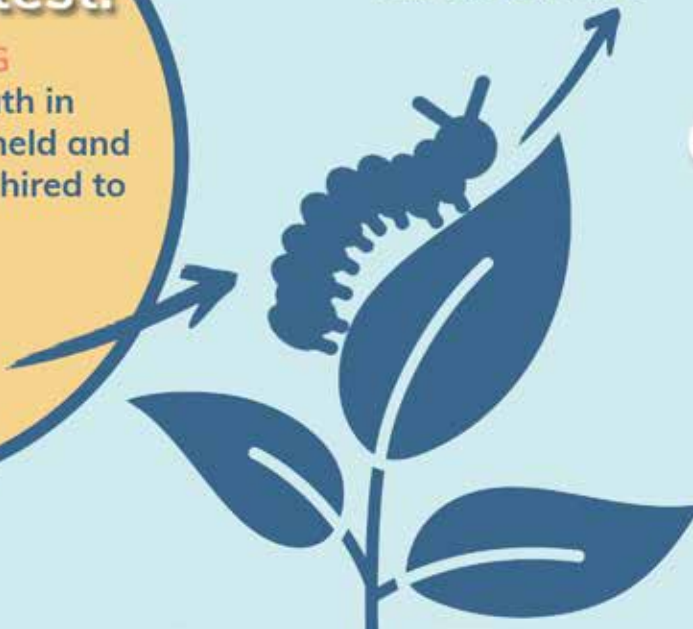
## Legacy Video!

8 YOUTH VOICE ACTORS from the care community narrated our video: Your Voice Matters. The video had 3,941 views.



## Naming Contest!

A CAMPAIGN NAMING contest within the youth in care community was held and a youth designer was hired to create our logo.



## Our Butterfly!

The BUTTERFLY BECAME a vibrant SYMBOL within the Care Beyond Care Campaign. Like the butterfly, young people leaving care are emerging into a new phase of life.

## Reflections



Vi's



Bailey's

My favourite memories from working on the Care Beyond Care campaign was whenever we talked about the symbolism behind the butterfly. Every time we explained its meaning, people always had such powerful reactions. It was incredible to see how they connected with the butterfly!

## Engagements!

14 unique **ENGAGEMENT OPPORTUNITIES** were offered including in person and virtual workshops, contests, consultations, and townhalls.

## Kit Giveaway!

25 \$500 **CARE BEYOND CARE KITS** were given away to help youth set up a new home.

## Launch Day!

On Oct 25, 2023 the Care Beyond Care Campaign was **LAUNCHED** on social media. New resources are shared every Wednesday!



**\$500**

## Sharing Supports!

51 **UNIQUE SUPPORTS** for youth leaving government care have been promoted.



Visiting Parliament and meeting Minister Grace Lore was a massive highlight for me during this campaign. Seeing a powerful woman announce historic investments for youth from care in a room filled with portraits of previous/current woman of parliament was so impactful and inspiring for me, really felt like a full circle moment in my journey of being a youth from care.



**Dani's**

The engagement within the community was a highlight as I met so many new people from different backgrounds, either with their own lived experience or working in different areas with the care community. Hearing what they do for youth or how they impact the lives of people is very heartwarming.

## SELF-PORTRAIT

by Shannon M

"I looked at myself in the mirror,  
Felt grateful for who I am.  
Gave space for my inner child to be reborn;  
She's in safe hands.

It's a blessing to feel deeply,  
And I trust that she knows.  
The scars on her wrist are proof:  
Hardships call for growth.

My soul is a good one; I hear it tell me this:  
It's okay to say goodbye to the places  
You thought you'd always miss.

Change is terrifying, though it brings great comfort, too,  
Showing you how far you've come,  
And that you're worthy of something new.

So, I'm finally letting go  
Of all the baggage I was carrying.  
I gaze in awe at the wonder of me  
And the person I'm becoming.

I lean out my window  
For all the people who have hurt me,  
Leaving it up to the stars  
To take care of their healing.

Now, I finally love myself;  
The friend stored deep within—  
Something I can always count on,  
Flowing gently in the wind.

The light's reflection on glowing water,  
The wisdom when I cry.  
She's the keeper of my secrets  
And the wings of butterflies.

So here I am, flaws and all,  
A blank canvas of opportunity,  
Repainting the stories I've told myself,  
Exchanging them for beauty.

Zoom out of my self-portrait,  
And there I shall see  
The frame that's been there all along,  
Surrounding all of me."



## PENCIL

by Madison P

She loved her new pencil, it was sharp  
Vibrant with its orange hue  
Fit flawlessly in her hand  
there was nothing about that pencil she would  
Have changed and with her pencil she would what it wished it to be  
She crafted stories of what her life could be  
She articulated her biggest dreams  
Her goals, her aspirations  
Yet through all of this  
She failed to notice how dull her pencil had  
Gotten, how fatigued it had become.  
And in that very moment, she panicked,  
Knowing her stories wouldn't be nearly significant  
If written with another pencil. (A better pencil)  
So, she foraged her closet in search of her 1 year-old,  
Barely used pencil sharpener  
And, to nobody's Surprise  
She fell in love all over again  
Her pencil significance was restored  
And she'd never been happier  
She used her pencil every hour of everyday  
Writing again and again about everything  
Under the sun  
Quickly the pencil dulled once more.  
this time much different than the last  
This time, the pencil could not be saved.  
It soon become aware to her that the more she used the pencil  
The more she was damaging it  
It soon became aware to her,  
that for sake of her pencil  
she had to say goodbye...



## YOUTH INTERVIEW

# SKYE L

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

*I am an undergraduate student at UBC Okanagan studying Computer Science, which has been my dream for the past 10 years. I am also a proud alumnus of the Youth Research Academy. I love to draw, and I love my cats. I am passionate about accessibility and inclusivity because I have Autism and ADHD. I have the most amazing partner in the world who has been there for me through the good and the bad and understands my unique challenges very well.*

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

*I have been a member of the Fed for five years already! Wow!*

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

*I came across the Fed a bit randomly when I was looking for supports for youth in Vancouver. I had never heard of anything like it, something that was specifically for youth in or from care. At first, I became a member because I was interested in opportunities like the Dream Fund and Power Pages, but the Fed turned out to be so much more than I ever imagined.*

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

*The Fed has shown me that I am capable of way more than I ever dreamed of. I have had opportunities to create artwork for the Fed which was a huge honour and helped me to improve my skills. I received the Dream Fund for driving lessons, which was a big barrier I faced in gaining independence. And over time, the Fed has helped me increase my agency and ability to advocate for myself. These are all amazing things, but even more than that, the Fed is a community of people who understand what it's like to be from care. Even at a young age, I used to feel ashamed being the only kid in my class who didn't have a mom or dad. I never wanted anyone to find out, and I didn't think there was anyone else like me. When I joined the Fed and got to meet other youth from care, I realized there are so many of us out there, and that there is NOTHING to be ashamed of.*

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

*I know it can be hard to trust people as a youth in care, but I'm so glad I became a member of the Fed. It is the best resource for youth from care that I have ever come*

*across. I have always had good experiences with the staff and the programs they offer. They are here to lift you up when you need it. And any time you want to bring something up, you will be listened to, your voice will be heard.*

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

*It doesn't matter how fast or slow you go compared to others. Everyone has a unique journey and will progress at their own pace. Things that seem easy to one person may be really really challenging to someone else, and that's okay. :)*

### **What is your favourite Fed memory?**

*It's hard to pick one, but the 2019 Holiday Party at the Fed office sticks out in my mind for some reason. It was the first time I had met a lot of the Fed staff and youth members in person. I could tell it was a warm and welcoming environment right away. It was a time in my life where I was going through a lot on my own, so it was a very meaningful experience. Also, my first Youth Retreat was incredible, everyone was so happy to be there because it was the first one in three years because of COVID.*

# YOUTH RETREATS

We loved getting to spend our spring weekend with so many lovely individuals at Youth Retreat #83! From having fun with archery, photography, yoga, art, and more. We witnessed so much Fed Family awesomeness at our talent show and loved watching strong connections grow among so many of our Members. 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! 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.









JUNE 2 – JUNE 9, 2025

...

## BC Child & Youth in Care Week

notice. listen. respect. • celebrate children & youth in care

[WWW.BCCHILDANDYOUTHINCAREWEEK.COM](http://WWW.BCCHILDANDYOUTHINCAREWEEK.COM)

BC Child and Youth in Care week was started by a group of young people in and from care who wanted to address stigma and help their siblings to grow up feeling respected for their opinions and celebrated for their diverse talents. The first BCCYICW was proclaimed by the province of British Columbia in 2011, and we have celebrated every year since!

The Fed kicked off BC Child and Youth in Care Week 2024 with a virtual event that brought together our members and community partners. Events were held throughout the week across BC to bring together youth in and from care, including a community event hosted by our Campbell River Local.

Throughout the week youth shared the reasons they think youth in care should be celebrated for their awesomeness, which was shared via social media, using the hashtag #YouthInCareAreAwesome.



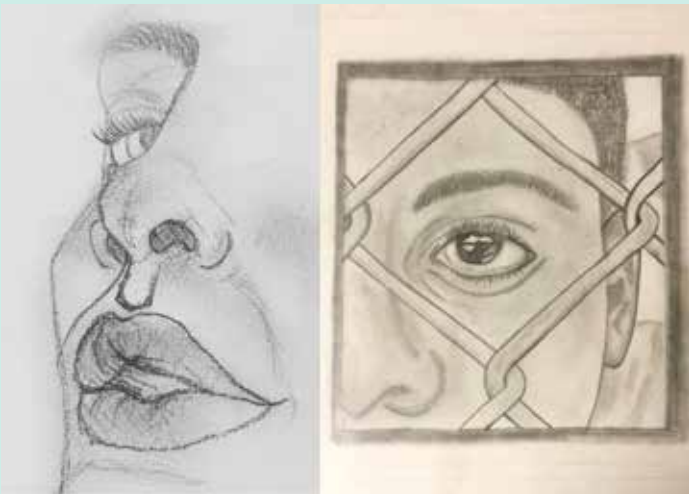


During BCCYICW we also honour youth in and from care with Recognition Awards. These awards recognize the incredible achievements the youth has had in their life over the past year. In 2024 we honoured 507 youth with Recognition Awards.

Thank you to everyone who helped us to build this year's BCCYICW Recognition Kits. We can't do this without you!



Check out [bcchildandyouthincareweek.com](http://bcchildandyouthincareweek.com) to find out more about how you can get involved this year!



-Drea



#YouthInCareAreAwesome



# MIXED MEDIA ART

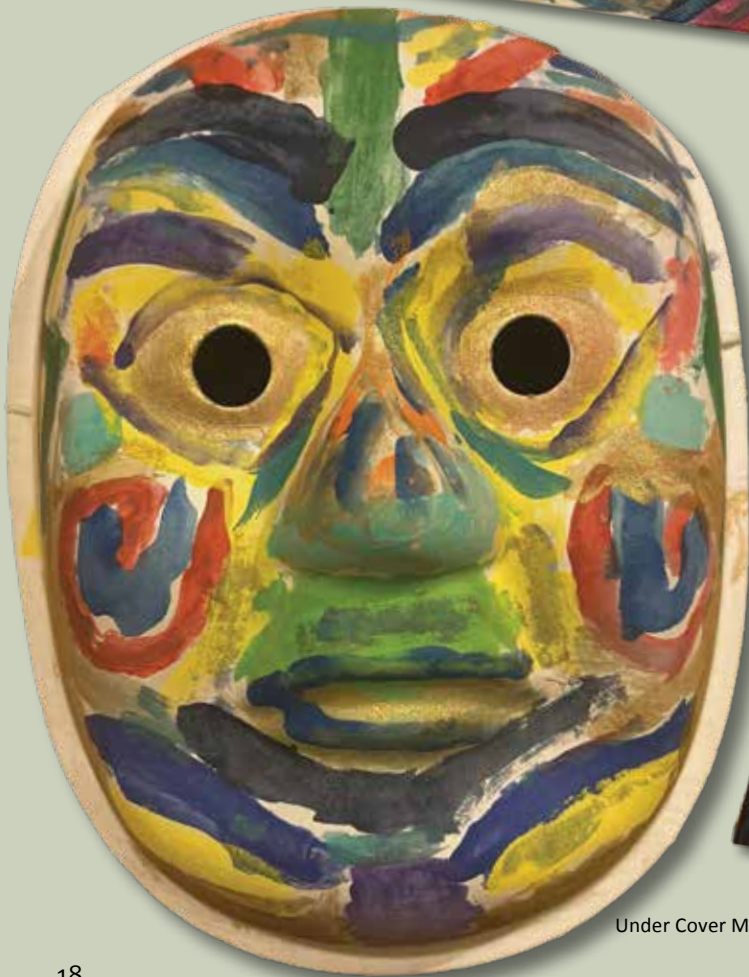
by Kevin L



Wet What Bubblegum



Ying And Yang



Under Cover Mask



K Foundation



Love



WE OFFER MEANINGFUL OPPORTUNITIES FOR YOUTH TO WORK WITH US.

### INTERNSHIP

Youth in and from care 15–28 can apply to participate in a 16-week Internship. Internships run from May to September.

### YOUTH ACTIVATORS

Youth in and from care 15–28 can apply for short-term contract opportunities as Peer Leaders that support our programs and services.

### YOUTH ENTREPRENEURS

Youth in and from care 15–28 can apply for freelance contract opportunities to provide their services to support our programs and services.



# TO BE BURNT AND BRANDED

BY TAIREN F

TRIGGER WARNING: DISCUSSION  
OF MENTAL HEALTH

There's this liberating feeling you get when you realise that you need to move on. Or maybe moving on isn't the right term. It will always live with you, be a part of you and etched into your soul. But you no longer want it to be at the forefront of your misery and pain. You no longer want it to be this impossible mountain to climb. You've lived almost your whole life so far, catering to these thoughts and giving into them. I know I've had enough.

The system has changed us. The majority of us who age out without any sort of knowledge of where to go from there become a statistic on the shortcomings of Canada's foster care system. I was ill prepared. I had no support system left. The system had taken me from my family and I eventually became someone that didn't care much for wanting one anyways, even when the opportunity to be adopted at 18 was given to me. I declined, it was too late for me. My sense of family values had shifted so much. I left everything behind me. Eventually I started to feel the effects of what that kind of solitude and loneliness can do to someone. I became cautious and paranoid of everyone. Every adult in my life had in some way let me down by then. I had let myself down so many times that even trusting my own judgement created this pit of identity loss. I was no one and I know there are days ahead when I will have to challenge the thought that I am

nobody... with "I am someone, someone who deserves connection and love."

October 2024 a thought had occurred to me. Where is my empathy, my emotion, my willingness to help people that I had just years before. I never knew what being trapped in apathy really meant. I've been depressed but this was new, I had no more desire to help. Why would I help people when I'm so scared of them? Scared of what they can do and how they can hurt me.

I walked down Davie street with my hat and my hood up. Cloaking myself from the rain. "I don't want to live like this anymore" I told myself on one of my bad days.

That was it.

That's all it took. Years of tiptoeing around everyone's eggshells (There really weren't any, I was just scared to be seen and acknowledged) and years of staying silent have finally got to me. I want to be human again. I want my humanity and empathy back. I no longer want to be a ghost.

The system changes us. Alters us in ways silently that we barely even notice. Until you do. I think it's up to us to choose if we live our lives with the pain and guilt or rise from what they burnt and branded inside us into better versions of what we were. We have so much potential. We can't be what they made us. I believe in you.





Are you interested  
or know someone  
who would make  
a great Fed  
Board Member?  
Get in touch!

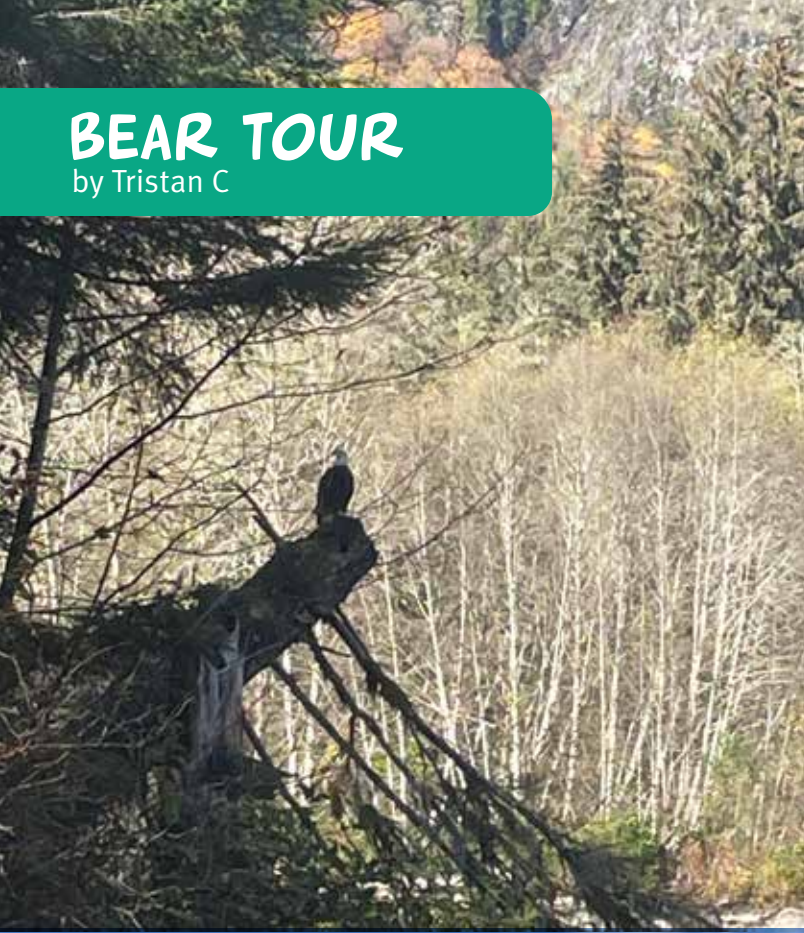
# BOARD IN ACTION

Over the past year, our Board have joined us to celebrate BC Child and Youth in Care Week, our Board 101 meeting with Members, Fed Family celebrations, Youth Retreats and our Annual General Meeting.



# BEAR TOUR

by Tristan C





**TRIGGER WARNING: DRUG USE,  
DEATH, ABUSE, RELIGION**

## LONG STORY OF CARE

by Khyna-lee D

My GOOD Story as a GOOD foster kid who has a religion and LOVED NATURE — I was born to a young mother in 1999. I was put into care when I was small. Most of my strongest memories from my childhood are bad. I remember meeting some horses for the first time ever with my mom and maintained a connection to them for most of my life. God has been in my life for so long that I do not recall learning his name because I learned it as an infant. I got to live with my sister's permanent family of seven. I developed some understanding of God and values. We fished a lot as a family and played outside a lot. I learned how to cook small things like pancakes and pasta. I learned how to make cookies before I was even 6 years old. I learned how to keep my own bathroom clean. On fishing trips, I learned how to safely gut and carry a fish and respect nature. I attended a Christian School for three years as I lived in their home. We moved houses as a family together, we all went hunting at "The New House" property. I played outside a lot. We had too many chickens in the coop, the opposite of cabin fever but still miserable. I moved out but it was clearly my sister's family permanently. I had stayed with my brother later but shortly moved to a new place but then moved back to the same town and into a group home. I got to play outdoors, and I loved it. I got into some uniforms. I was starting to get very fascinated by uniforms. I have unique memories that all matter to me. When I was in the group home I started volunteering when I was 11 at an animal shelter. There was a staff member at my group home who loved me until she became a full-time family member. I went to live with her family on an Indian reservation. I spent at least some time on electronics like the Xbox and the computer or playing music. I started practicing martial arts and joined taekwondo. I learned how to hunt rabbits and moose. I also went to my first legal shooting range. I later had to change my culture at 13 years old. I finally stopped praying to my god every night of my life. I was IQ tested at a genius level. At 13 years old I partied and did drugs but recovered with zero drug use for over 5 years. I got my first job when I was 14 after learning that I should count my volunteer hours. I moved to the lower mainland. I accomplished joining a leadership role in my community. I helped raise over 2 million dollars in funding for our community with my YAC team. By the time I was 17 I had over 400 volunteer hours. This included many occasions from my old community but also singing and working the coffee shop or Sunday School at my church. I started making friends again when I was 16 that stayed for years. At 16 years old I got my first "normal" cell phone. At age 16 I started going to church and volunteering again. I eventually started to go to a day program. I went there for counseling voluntarily full time because I had goals. I graduated from high school (a part time student) with 12 honours credits. At my day program in 2016, I met my first serious boyfriend, and we battled with abuse together for 2 years un-alone. Later at 18 years old I started dating a hot man 8 years older than me. We had emotional electricity in our first phone call, but we had met before. I remember talking about ourselves to each other and bringing up old memories and almost falling in love right away, we had an intense bond and in 2018 he asked me to marry him. We separated in Late December 2018. I started to attend the local church. I continue to attend when I can. I made some new friends. I started drinking on weekends. I started smoking weed again. I became extremely promiscuous for a short time. I even got some criminal record on me only for the first time AFTER I aged out of care but I'm fine now. I have some tattoos. I'm going to make some good and permanent things! I graduated college! I have a job!

**TRIGGER WARNING: DISCUSSION OF  
MENTAL HEALTH, ADDICTION, PAIN**

## ANGELS IN THE SNOW

by Shannon M

"I was that child on the playground,  
throwing rocks instead of stones.  
Looking back, I see it would have hurt them,  
but back then, I didn't know.

My mother was wounded,  
leaving the impression she didn't care.  
My father spiraled into addiction—  
who he was before was never there.

I didn't have the words to express  
why I always felt so scared.  
No one ever told me that life wasn't fair.

But once, when it was winter,  
and there were angels in the snow,  
in Grade 2, there was show and tell,  
but my hands were freezing cold.  
Pumpkin spice season,  
so, my teacher had her mug,  
and when she set my hand on it,  
It felt like a warm hug.

I always felt it around me—  
all the kids were a lot more brave,  
like they'd known something I hadn't  
and could express when they weren't okay.

I tried to imagine a world like theirs,  
Let it sink in and feel its weight  
When that teacher showed me  
a glimpse of what it meant to feel safe.

Please, don't make me go.  
I'm always crying, and I'm so alone.  
And I don't know how to forget  
I was the reason my friends left.  
Will I ever come to know  
A best friend forever?  
If I do, will I regain the love I lost  
when I didn't know better?

There was a girl laughing by the bushes  
As she pushed another into the thorns.  
I approached her with my newfound wisdom  
and said,  
Hurting others will hurt you more.  
But when somebody treats you kind,  
Waters your garden, and opens your eyes,  
You blossom in the springtime,  
When they plant some seeds  
To heal your mind.

So, pick up the phone,  
Call an old friend, hold them close.  
Say all the words you hadn't said.  
Rid the monsters from under your bed.  
When you're feeling low,  
And fear you don't deserve anything better—  
leading with your heart  
might just put it back together.

And I wish I could say  
that the ones who will stay  
won't ever have to go.  
That honesty  
can feel like the enemy  
when you see how much you've grown.  
They may come back,  
or just maybe, they won't.  
Sometimes uncovering new truths  
takes you down the longest road.

As you are caught up in those tides,  
don't ever give up on breaking free,  
You will never regret, my love,  
wearing your heart on your sleeve.  
So, when there's angels in the snow,  
you can take it as a sign  
to reflect on how far you've come  
and how trust builds overtime.  
When you tend to your spirit,  
you will see who you've always been.  
Someone who is kind,  
Ready to let somebody in."

AMAZING ALUMNI

# JESSY N

A huge congratulations to Fed Alumni Jessy N!!! Nominated by the Honourable Grace Lore, Jessy is a recipient of the King Charles III Coronation Medal for her significant contributions to the Youth in Care Community. Jessy became a Youth Member of the Fed at 14 and has been a fierce advocate for the care community. In her two decades of advocating for the care community Jessy has fought for several important supports that youth in and from care have access to now – including BC Child and Youth in Care Week, Tuition Waiver and SAJE. We are so proud of Jessy and are lucky to have her in our Fed Family.



AMAZING ALUMNI

# ASHLEY M

A huge congrats to Fed Alumni Ashley M for creating and publishing *Potlatch Party*. Read on to hear about Ashley's connection to the Fed and how her book came to be:

*Hello, my name is Ashley and my son is Vince. We are from the Nuu-chah-nulth // Ka:'yu:'k't'h'/Che:k:tles7et'h' First Nations.*

*I was first introduced to FBCYICN when I went to my first SCM when I was 14. Needless to say, they are like a home away from home for me and now Vince.*

*A few years ago, I was given a wonderful opportunity to participate in a program designed for Indigenous entrepreneurs called "3C Indigenous Youth Challenge." They provided us the knowledge and some ideas on how to launch start-up businesses.*

*So, with the guidance I received through the program, I created a children's book titled Potlatch Party.*

*Potlatch Party follows three young characters — an orca, a frog, and a bear — as they explore the differences between a potluck and a potlatch. Each character prepares and shares one of their favourite recipes. Together with the fourth character, the orca's grandmother (a turtle), they learn valuable lessons about cultural traditions, community, and the joy of sharing food. The book concludes with a selection of recipes for families to try at home, encouraging shared experiences around food and togetherness.*

*My hope is that this book will inspire families of all backgrounds to come together and share their favourite recipes,*



*fostering a sense of connection and cultural appreciation. If you would be interested in purchasing a copy of our book, please email me at: [thr3enationsproductions@gmail.com](mailto:thr3enationsproductions@gmail.com)*

*Thank you!*

*— Ashley & Vince*

## WHAT WE DO

Together as youth, alumni, allies, staff and board members, we provide programs and services that support BC's young people in and from care.



### ADVOCATE

Learn about your rights and unite your voices, experiences and recommendations to create positive changes in the system.



### EMPOWER

Explore and develop goals, skills and talents, and receive one-to-one adult and peer support.



### CONNECT

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

## REVENUE & EXPENSES

Total Revenue: **\$1,237,814**

**\$1,167,871**

MCFD CONTRACTS AND GRANTS

**\$69,943**

GRANTS, DONATIONS AND OTHER INCOME

Total Expenses: **\$1,186,091**

**\$785,630**

STAFF TO RUN GREAT PROGRAMS

**\$369,190**

SUPPLIES FOR GREAT PROGRAMS

**\$31,271**

OTHER SUPPORTS FOR GREAT PROGRAMS

## OUR PROVINCIAL IMPACT

**3,296**

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

**234**

Active Youth Members



**13**  
Local Youth In Care Networks



**540**

Holiday Care Kits Sent to Youth Across BC!

## YEAR BY NUMBERS



**3**

Youth Interns Worked at the Fed



**1,750**

Copies of Power Pages Distributed



**\$40,025**

72 Bursaries Awarded



**413**

BC Child and Youth in Care Week Awards



**211**

Fed Events Held



**445**

Events Held in Local Networks



**4,238**

Followers on Social Media



**632**

Total Ally Engagement



FEDERATION  
OF BC YOUTH  
IN CARE  
NETWORKS

Feeling overwhelmed 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





## COMMUNITY RESOURCES

### **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.

[agedout.com](http://agedout.com)

### **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. Call or text 2-1-1 to access this service.

[bc.211.ca](http://bc.211.ca)

### **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.

[bcombudsperson.ca](http://bcombudsperson.ca)

### **BC REPRESENTATIVE FOR CHILDREN AND YOUTH (RCY)**

If you are in care or accessing SAJE 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.

[rcybc.ca/get-help-now](http://rcybc.ca/get-help-now)

### **PGT**

The Public Guardian and Trustee (PGT) is responsible for protecting and managing the financial and legal matters of youth in continuing care in BC. This can include applying for financial awards and benefits you may be entitled to, supporting legal claims if you are injured while in care and helping you with your financial wellness. The PGT also offers an Education Assistance Fund for former youth in care.

[www.trustee.bc.ca/services/child-and-youth-services](http://www.trustee.bc.ca/services/child-and-youth-services)

### **SAJE**

SAJE is a suite of supports provided by the Ministry of Children and Family Development that is available to eligible youth from care between the ages of 14 and 27. SAJE may include: financial, health, cultural, and life skills supports. SAJE Navigators and Guides are available to support youth with their planning and access to supports.

[www2.gov.bc.ca/gov/content/family-social-supports/youth-and-family-services/youth-transitions](http://www2.gov.bc.ca/gov/content/family-social-supports/youth-and-family-services/youth-transitions)

### **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.

[telus.com/en/social-impact/connecting-canada/connecting-for-good-programs/youth](http://telus.com/en/social-impact/connecting-canada/connecting-for-good-programs/youth)

### **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.

[tenants.bc.ca](http://tenants.bc.ca)

### **WORKBC**

Connecting job seekers and employers — helping people find jobs, explore career options and improve their skills.

[workbc.ca/plan-career/resources/youth](http://workbc.ca/plan-career/resources/youth)



## UPCOMING OPPORTUNITIES

### CARE BEYOND CARE

The #CareBeyondCare Campaign is about building awareness of supports for youth leaving government care! We honour and celebrate what has been achieved and we know there is still work to be done. There are various supports for youth leaving government care. Find out more by following our campaign on our social media and website.

### FED SKILLS

We offer opportunities to learn and explore together through a variety of workshops and cultural teachings.

### 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 a friend or yourself to receive a BC Child and Youth in Care Week Recognition Award during the first week of June 2025!

### BCCYICW KICK OFF CELEBRATION

Join us at the virtual Kick Off Celebration for BC Child and Youth in Care Week on June 2, 2025! 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.

### BECOME A FED VOLUNTEER!

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!

### WORK EXPERIENCE

Through our Internship, Youth Activator and Youth Entrepreneur positions, we offer meaningful opportunities for youth to work with us. Keep an eye out for upcoming opportunities.

### FED FAMILY CHATS

We offer a virtual drop-in space to connect and chat with other young people in and from care. Come hang out!

### FED FAMILY CELEBRATIONS

We come together virtually to celebrate and support one another!

### 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 things like outdoor activities, campfire, art and a talent show. Our next Retreat is in Spring 2025!

### 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, 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 sack full of goodies that we hope reminds you that your Fed Family is thinking of you and sending you love.



FEDERATION  
OF BC YOUTH  
**IN CARE**  
NETWORKS

BY COMING TOGETHER.  
WE ARE NOT ALONE.



ARE YOU A YOUTH IN OR FROM CARE IN BC  
BETWEEN 14 - 28?

**CONNECT WITH US!**

