

# POWER PAGES



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

ISSUE #53

## CELEBRATING 25 YEARS!

YOUTH PERSPECTIVE ON  
MENTAL HEALTH

GATHERING OUR  
VOICES 2019

GET TO KNOW  
OUR DONORS!

PLUS MORE OF  
YOUR ARTWORK,  
PHOTOGRAPHY  
AND STORIES!

*a Visual  
Retrospect*



# 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!

Charity #: 85751 6702 RR0001

## CONNECT WITH US!

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TheFBCYICN

Federation of BC Youth in Care Networks

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*Member At-Large*

## CONGRATS TO OUR NEW ALUMNI

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**Kayla Ranville**  
**Michael Hayashi**  
**Toni Scott**

# POWER PAGES

## EDITION #53 BROUGHT TO YOU BY:

**Stephanie Thompson**  
*Editor & Production Manager*

**Chris Bentzen**  
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**Marcey A**  
*Photographers*

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



# THE BOARD IN ACTION!

**ON THE COVER:**  
Art by Lacy Morin-Desjarlais



It was great to have board members Gary, Debbie, Kate, Pam, Alexis, Kian and Kim helping out at SCM #76 in February! Kim even filled in as hospitality!



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## BE A POWER PAGES CONTRIBUTOR!

### WHAT'S POWER PAGES?

In each edition of *Power Pages*, you will find information and updates about FBCYICN projects and programs, partner-agency updates, important information about opportunities, resources and tips relevant to young people in and from care and, most importantly, writing, art, and photography by BC youth in and from care! *Power Pages* is distributed to young people, service providers and caregivers around the province and to other networks across Canada. You can find older editions of *Power Pages* at: [fbcyicn.ca/what-we-offer/programs/power-pages](http://fbcyicn.ca/what-we-offer/programs/power-pages)

### HOW DO I SUBMIT STUFF?

To make sure *Power Pages* keeps representing the diverse interests and voices of young people in and from care, we need to hear from YOU! If you are a youth in or from care between the ages of 14 and 24, you will receive an honorarium (\$\$) for each submission printed in *Power Pages* (up to a maximum of \$50/issue), so please include either the submission coversheet or the online form (both can be found on our website) with EVERY submission and submit often! You can submit anytime. We publish two editions per year.

For more info about *Power Pages* submissions and deadlines — and to submit your stuff by fax, mail, email or in person — get in touch with us: Toll-Free: **1.800.565.8055** | Fax: **604.527.7764** | Website: [fbcyicn.ca](http://fbcyicn.ca) | Email: [powerpages@fbcyicn.ca](mailto:powerpages@fbcyicn.ca)

### FBCYICN EDITORIAL POLICY:

- The Fed welcomes all submissions — including agency updates, articles, reports, stories, poems, lifestyle pieces, art and photography — relevant to youth in and from care in BC.
- Youth can request that their submissions not be edited for spelling, grammar and clarity. We feel it is important to print what young people have to say without censorship.
  - Adult submissions are subject to edits, which we share with the contributor before printing. We do not print submissions from adults or youth not from care unless they are relevant to young people in care and youth friendly.
  - Printing contributors' names:
    - Under 19: unless they request to appear anonymous or indicate a pen name, first name and last initial are printed with each submission;
    - 19–24: unless they request to appear anonymous or indicate a pen name, first name and last initial are printed with each submission; if their submission reveals no overly personal information, they can request to print their last name with their submission (i.e. an award announcement, a recipe, an advocacy article). However, this remains at the editor's discretion;
    - Alumni of the Fed: unless they request to appear anonymous or indicate a pen name, both first and last name are printed with each submission unless otherwise appropriate; and
    - Community partners and allies over 19: first and last name will be used unless otherwise appropriate
  - When we receive more submissions than we are able to fit in one issue, we prioritize submissions from BC youth in and from care.
  - We will print submissions from every contributing youth in or from care unless their content does not fit with our Values Code (see [fbcyicn.ca](http://fbcyicn.ca) for more details). For example, conflicts with the Fed Values Code may arise with critical content where individuals are named or content that could make readers feel unsafe.
  - When youth submit more than one submission, we may not have room to print them all. Have no fear! We keep remaining submissions for future *Power Pages*.

NOTE: Articles printed in *Power Pages* do not necessarily reflect the opinions of the Fed





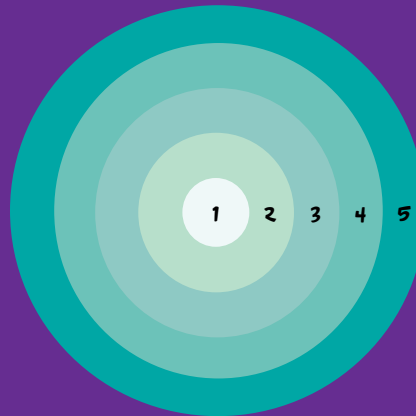


# WHO WE ARE

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.*



*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.*

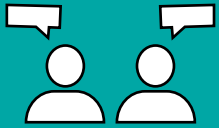
NATASHA S, ALUMNI MEMBER & ADULT SUPPORT





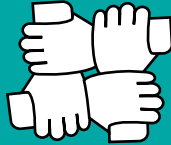
# WHAT WE DO

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.

## 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.

## 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.



### YOUTH LEADERSHIP COUNCIL

The Youth Leadership Council is a way you can grow and practice your leadership skills and make sure the voices of youth are heard by the Fed staff team and decision-makers across the province.



### 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.

## 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 and other skill-building activities, such as Food Safe, fork lift certification, and sports and recreation fees.

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.



### TAKE THE WHEEL BURSARY PROGRAM

With the **Driver Training Bursary**, you can get up to \$1,500 to cover the cost of a professional drivers training course or package.

With the **License Support Bursary**, you can get up to \$250 to go towards covering the cost of a Learner's (L) test and license, a Novice (N) road test and license, or to help pay off outstanding transit fines that prevent you from getting your license.

## 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. **#STANDWITHYOUTHINCARE**  
**#YOUTHINCAREAREAWESOME**



# WHAT WE'VE BEEN UP TO!



**65** youth won  
Take the Wheel  
Bursaries!



**561** hours were  
contributed  
by youth  
volunteers!



**49** new youth  
became Fed  
Members!



**77** youth came to  
Youth Retreats  
(SCMs)!



**25** youth won  
Dream Fund  
Bursaries!



**5** youth went to  
Gathering Our Voices  
with the Fed!



# GREAT NEWS!

😊 **OUR CONTRACT WITH MCFD WAS RENEWED FOR FIVE YEARS!** That means we're guaranteed five years of funding (our last contract was for two years)!

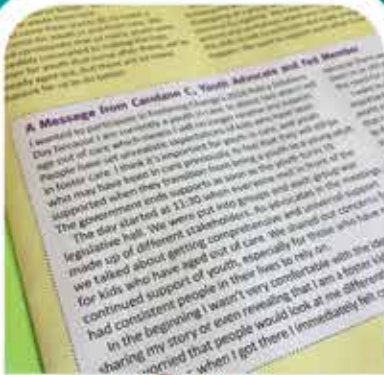
😊 **WE'VE BEEN WORKING ON OUR STRATEGIC PRIORTIES,** (the areas of work we want to focus on over the next couple of years) which include growing and mobilizing our Fed family, improving care systems, reconciliation and cultural competence, prevention, and, as always, supporting youth in and from care!

😊 The Fed has 25 years of history, and technology has changed a lot since the Fed began in 1993. Last fall, **WE DIGITIZED ALL THE PHOTOS FROM OUR PHOTO ALBUMS** so we can bring those memories and moments into the future!

## COMING UP!

✓ **SCM 78** will be at Zajac Ranch, October 25–27, 2019!

✓ The next deadlines for **DREAM FUND** and **TAKE THE WHEEL** are July 5, 2019!



41

pieces of youth work were published in Power Pages!





Voices

CONTACT #

CONTACT #

Gathering for Voices  
CHAPTER

107



# THE FED AT GATHERING OUR VOICES 2019!

The Fed went to Gathering Our Voices this year in Port Alberni on the traditional territories of the Hupačasath and Tshesahst First Nations. It was amazing! Youth Norman C, Tristan C, Lillian C, and Kiana L went as the team of youth delegates with Lorena and Gabby (former Fed staff) as adult supports. Jeff and youth member Nene E represented the Fed at the Career and Education Fair. We ran into lots of other Fed members there too! We nominated Destiny P for the Gathering Our Voices 2019 Honouring Indigenous Youth Award (which she won!) and Norman C was also nominated! Read about Lillian and Nena's experiences, and Destiny's acceptance speech!



## DESTINY

Destiny is proud of her Shxw̓ha:y heritage and is committed to her culture. She participates as a member of the Shxw̓ha:y Village Youth Council and helps run events and fundraisers for the youth that live there. Destiny has been involved with the Fed as a member of the Leadership Council, as well as a youth representative on the Truth and Reconciliation Tour. Destiny is hard working and committed to everything she does, be it her family, education, culture or advocating for youth in and from government care.

### Destiny's Acceptance Speech:

*Ey latilh, Destiny tel skwix. Te litsel kw'e te shxw̓ha:y. Good morning, my name is Destiny P, and I'm Shxw̓ha:y. First off I'd like to start by thanking the Federation of BC Youth in Care Networks*

*for nominating me, believing in me, and everything you do for youth in care. I'd especially like to thank Shannon Dolton, Lorena Bishop, the Executive Director, Gabby Hillis, and all the Fed members and staff. Next I'd like to thank Tyrell and David Kenworthy for pushing me and supporting me to do my best every day. I'd like to thank my brother Terrington for helping me learn a little bit of my language. I'd also to thank Tony Reimer for nominating me, helping me with everything and anything and always supporting me. I'd like to thank the BC Association of Aboriginal Friendship Centres for hosting GOV, and especially thanks to the Provincial Aboriginal Youth Council for honouring me with this award. I'd like to congratulate the other recipient of this award and all the nominees. Thanks again and I hope you all enjoy GOV 2019.*

Thank you to the Fed for letting me come to Gov.

It was really fun, I loved it.

What I liked about Gov is that I got to meet new people, I liked all the workshops we did. How everyone was being themselves, everyone was enjoying themselves.

As they're at Gov. I liked the ceremony at the very end, I was sad to leave but I would like to go again next year. When we first got to Gov.

I was shy and didn't want to be there, I didn't know anyone. But a little while later I was okay, even though there was a lot of people at Gov.

I got to know them a bit more. Every one was nice/helpful, I got to make my own drum, paint a Paddle, Cedar weave a bracelet & head band.

Mr. Bead a bracelet, pretty much liked/loved being at Gov. I liked the songs the group played it was cool, I was excited to go to Gov.

Thank you again to the Fed, and I hope to see you all at the next SCM next time.

Sincerely: Lillian C

AT THE GOV'S CAREER AND EDUCATION FAIR. FOLKS TOLD US WHAT MAKES YOUTH IN CARE AWESOME

Youth in care are awesome because....

Relationships Matter

We are resilient, always on a journey finding out who we are and where we come from. The journey is endless & full of wonder... Become Leaders

We create the dream

They are Resilient and Possever

#Youthincareareawesome.

#Istandwithyouthincare

Youth in care are awesome because....

They are "Precious Ones" wsm

'STRONG' They are Resilient

They have a special strength that some don't get until later in life.

They rise above adversity!!

None else knows their pain

Killing to Learn

#Youthincareareawesome

#Istandwithyouthincare.





## NENA

Youth volunteer and member Nena E went to GOV as an exhibitor at GOV's Career and Education Fair. Read about her experience!

### What was it like being one of so many exhibitors?

*Exciting! At moments a little overwhelming. All of the people at other tables were so friendly and helpful.*

### What was something you learned that you didn't know before?

*The biggest one was realizing how large scale GOV really is. Like I knew, but somehow it was still surprising to see and hear.*

### What was your favourite part of GOV?

*Oh gosh, there was so much. Wednesday morning waffles at the hotel were pretty good. I LOVED listening to the youth delegates talk about what they were doing in workshops. I got to see some cool youth-made art. I also really enjoyed listening to some of the adult supports speak about culture and ways to support it. The funniest thing had to be Jeff calling a motorcycle a "vroom vroom" on the way home.*





# TAKE THE WHEEL

The Take the Wheel Bursary program supports youth in and from care by removing barriers that prevent them from getting their license in BC. Take the Wheel consists of two bursaries: the Driver Training Bursary and the License Support Bursary. Special thanks to the Ministry of Children and Family Development for funding this bursary program.

### Driver Training Bursary

The Driver Training Bursary provides youth in and from care support to get their Class 7 (novice or N) license in BC. The bursary awards youth up to \$1500 to cover the cost of a professional driver's training course or package.

### Driver Training Bursary Eligibility

Applicants have a cumulative total of at least one year of experience in BC government care under one or more of the following:

- Continuing Custody Order (CCO)
- Temporary Custody Order (TCO)
- Voluntary Care Agreement (VCA)
- Special Needs Agreement (SNA)
- Youth Agreement (YAG)
- Applicants are between the ages of 16 and 24 years old
- Applicants are a Canadian Citizen or Landed Immigrant
- Applicants have a valid Learner's (L) license with a minimum of 6 months before it will expire



### License Support Bursary

The Take the Wheel License Support Bursary provides youth in and from care support to get their Class 7 license by awarding youth up to \$250 to go towards covering the cost of a Learner's (L) test and license, Novice (N) road test and license, or help pay off outstanding transit fines that prevent a youth from getting their license.

### License Support Bursary Eligibility

Applicants have a cumulative total of at least one year of experience in BC government care under one or more of the following:

- Continuing Custody Order (CCO)
- Temporary Custody Order (TCO)
- Voluntary Care Agreement (VCA)
- Special Needs Agreement (SNA)
- Youth Agreement (YAG)
- Applicants are between the ages of 16 and 24 years old
- Applicants are a Canadian Citizen or Landed Immigrant

## MARCH 2019 WINNERS

### DRIVER TRAINING BURSARY

Alyssa G	Jay B
Austin D	Jonathan L
Austina C	Justin F
Axel F	Lacey F
Bradley M	McKenzie M
Calvin T	Muffy D
Candace O	Muhammed A
Celine C	Rebeca GC
Cheyenne F	Rose CR
Christina R	Sami N
Chynna F	Shane M
Corey C	Talon HM
David W	Trinity C
Douglas H	Tristen M
Dylan M	Tyanna J
Dylan K	Vienna B
James W	Zach Z

### LICENSE SUPPORT BURSARY

James W	Megan W
Athena N	Hayden H

**The application deadline for the next round of Take the Wheel is July 5, 2019.**

To apply for Take the Wheel visit [fbcyicn.ca/what-we-offer/programs/take-the-wheel](http://fbcyicn.ca/what-we-offer/programs/take-the-wheel)





# 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).

## 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.

## MARCH 2019 WINNERS

### EDUCATION ACHIEVEMENT BURSARY

Louise B  
Ammia H  
Tisha A

### REACH FOR SUCCESS BURSARY

Michaela G  
Breanna G  
Sarah B  
Jacqueline W  
Bailey S

**The application deadlines for the next round of the Dream Fund are July 5 and October 4, 2019.**

To apply for the Dream Fund visit [fbcycicn.ca/what-we-offer/programs/dream-fund](http://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 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  
Darian N  
Athena N  
Kami S

Caitlyn M  
Ally P  
Norman C  
Marcey A  
Jermaine C

Wheeshay M  
Sami N  
Louise B  
Nena E

### ALUMNI

Aaron Chew  
Peter De La Torre  
Trevor Coburn  
Kim Larson

Jessy Neal  
Ashleigh Milner  
Steve Smith

### ADULT ALLIES

Britta Peterson  
Sacha Enthoven  
Alex West

Ryan Wong  
Roland Gurney  
Bronwyn Armstrong

Elder Roberta Price  
Sam Prakash



# BECOME A MEMBER!

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

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

## WHY JOIN US?

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

**BY COMING TOGETHER.  
WE ARE NOT ALONE.**

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



## CONGRATULATIONS



**Noko Tom** for passing her N road test exam!

**Ally P** for graduating high school and for winning the Fort St. John's Youth Award!

**Carolann C, Norman C, & Veronica B** for graduating high school!

**Sami N & McKenzie M** for receiving Take the Wheel Driver Training Bursaries!

**Louise B** for receiving Dream Fund Education Achievement Award!

Alumni **Natasha S** for being accepted into the Youth Justice Program at Douglas College!

**Caitlyn M** for being accepted into the Child and Youth Care Counselling Program at Douglas College!

**Norman C** for being nominated & **Destiny P** for winning a Gathering Our Voices Honouring Indigenous Youth Award!

# FED LOCALS UPDATE



The mission of a local is to create an environment for youth in and from care aged 14–24 to come together for support 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. 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!

## 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)  
Kristina Splane  
[ksplane@interiorcommunityservices.bc.ca](mailto:ksplane@interiorcommunityservices.bc.ca)  
Carrie Davis  
[cdavis@interiorcommunityservices.bc.ca](mailto: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](mailto:Danielle.Venne@thebridgeservices.ca)

## 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](mailto:crystal.tonkin@sscs.ca)

## ABBOTSFORD

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

## CAMPBELL RIVER

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

## PARKSVILLE

**Host Agency:** District 69 Family Resource Association  
PO Box 965, 198 Morrison Ave  
Parksville, BC V9P 2H1  
**Contact:** Danielle Weisner  
236-936-2031  
[Danielle.Weisner@gov.bc.ca](mailto:Danielle.Weisner@gov.bc.ca)

## VICTORIA

**Host Agency:** Youth Empowerment Society  
533 Yates St.  
Victoria, BC V8W 1K7  
**Contact:** Maria Ebenal  
[yicn.vyes@gmail.com](mailto:yicn.vyes@gmail.com)

## NORTH SHORE

**Host Agency:** North Shore Neighbourhood House  
225 East 2nd Street  
North Vancouver, BC V7L 1C4  
**Contact:** North Shore Neighbourhood House Youth Outreach Workers:  
Kyla Sattler [ksattler@nsnh.bc.ca](mailto:ksattler@nsnh.bc.ca)  
Priya Brar [pbrar@nsnh.bc.ca](mailto:pbrar@nsnh.bc.ca)

## SURREY

**Host Agency:** Options Community Services  
9815 140 St  
Surrey, BC V3T 4M4  
**Contact:** Priya Singh  
[priya.singh@options.bc.ca](mailto: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](mailto:rhilger@plea.bc.ca)







WOW



# A MESSAGE FROM THE PGT

## TRANSITION PLANNING

The Public Guardian and Trustee (PGT) shares guardianship for children and youth who are in the continuing care of the Ministry of Children and Family Development (MCFD) and Delegated Aboriginal Agencies (DAA). As your property guardian, the PGT is there to look out for your legal and financial interests. Our job as your property guardian is to look into any legal claims and make sure that you receive any money that you are entitled to. Instead of social workers, the PGT has Guardianship and Trust Officers (GTOs).

If you have money being held by the PGT, it can be released to you when you turn 19. Your GTO will contact your social worker up to five years before your 19th birthday to work it into your transition plan. The GTO wants to understand your goals and help you plan for the money you will receive. Making decisions about money can be intimidating, especially when you're new to it, but a GTO can provide resources and information to help you make

those decisions. They will also figure out the best way to safely transfer your money to you. Transition plans for your money can be simple, like making sure you have your own bank account and know how to deposit and withdraw money from it. A transition plan could also include involving an investment specialist or talking about long-term savings. If you are not sure what you want to do or you just feel like you would like some help, the PGT, with your permission, can continue to manage your funds for you after you turn 19 up until you turn 27. You can decide when you are ready to take control of your money.

If you are a young person in the continuing care of MCFD or a DAA and you have a question about money or know the PGT holds money for you, contact your GTO and they will do their best to help.

[cys@trustee.bc.ca](mailto:cys@trustee.bc.ca)  
604.775.3480



**AgedOut.com** is a one-stop information warehouse complete with resources and life skills to help you to transition to community. AgedOut is based on information that former youth in care identified as important, such as education, housing, health, money and income, personal life and ID needs.

You can earn up to \$150 in gift cards when you use **AgedOut.com** (you must be a registered user to earn so make sure you log into your account). You'll receive a \$25 gift card for every three badges that you earn. You can earn badges when you explore the website. For

example, if you check out five info pages, you'll get the "enlightened one" badge. Don't forget to sign onto your **AgedOut.com** account on your birthday and earn your birthday badge. You will earn a \$25 gift card just for doing that! Don't forget to follow us on social media!

**Facebook.com/AgedOut1**  
**@Agedoutbc** on Instagram  
**Youtube.com/agedoutcomBC**

Subscribe to AgedOut's monthly newsletter!  
[bcadoption.campayn.com/contact\\_list\\_form/signup/75482](http://bcadoption.campayn.com/contact_list_form/signup/75482)





## A MESSAGE FROM THE REP:

# SEMA'TSE JORDAN KID ADVOCATE

Hey everyone!

Who doesn't love being inspired? For inspiration at RCY, we don't have to go far. We have a lot of great people working here, but today I want to introduce you to the Kid Advocate, SEMA'TSE Jordan, and her amazing colleagues, Nicole and Kristel, on the Social Media Youth Team.

SEMA'TSE Jordan is an artist who knows about the government foster care system. She spent a lot of time growing up in it, and now wants to use her experience to help others. It's for that reason that she created a podcast that we are proud to feature on our website and social media channels. SEMA'TSE Jordan is First Nations from Ahousaht (Nuu-chah-nulth), Nanaimo (Snuneymuxw) and Terrace (Nisga'a). Her podcast is based on her experiences in the foster care system and, with wisdom beyond her years, she draws important learnings out of the things she's been through, good and bad.

As SEMA'TSE Jordan says, "It is my way of reaching out because I know I am not alone, and I don't want any kid in care to feel as though they are alone."

I encourage you to check out her podcast, The Kid Advocate, on our website (all the episodes are here: [rcybc.ca/kid-advocate](http://rcybc.ca/kid-advocate)) or our Facebook, Twitter and Instagram accounts. She does all the artwork that accompanies her podcasts too (right)!

SEMA'TSE Jordan is joined by Nicole and Kristel on the Social Media Youth Team and together, these creative young people produce artwork and videos for our social media. They also keep us in tune with what's going on for them and for other youth they know from all walks of life. Honestly, we can't imagine the place without them!

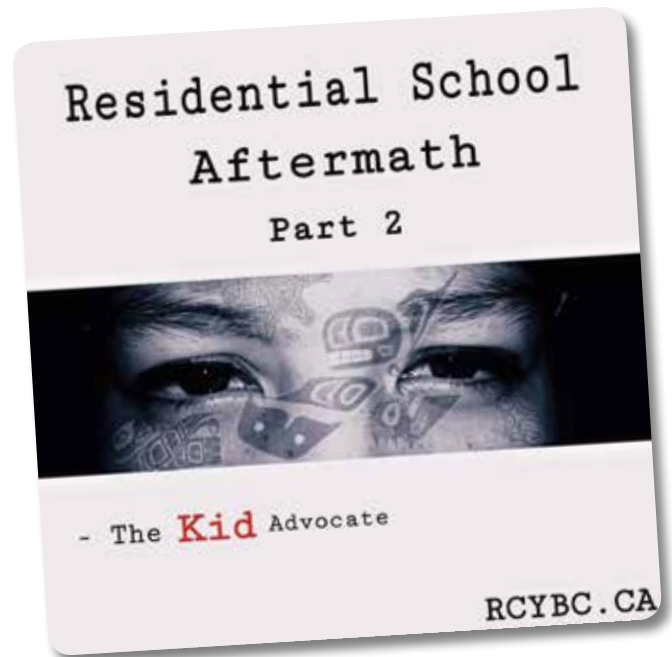
Most recently, they have launched a new campaign that aims to tackle mental health issues from a solutions-based perspective. Their **#RobotReminders** series is meant to give young people ideas for things they can do when they're stressed or anxious — a problem so many of us have these days. Check out the sample on this page and watch for more **#RobotReminders** on our Instagram ([@rcybcyouth](https://www.instagram.com/rcybcyouth)), Facebook ([@rcybcyouth](https://www.facebook.com/rcybcyouth) and [@rcybc](https://www.facebook.com/rcybc)) and Twitter ([@rcybcyouth](https://twitter.com/rcybcyouth)). And if you've got feedback, we'd love to hear from you!

In the meantime, don't hesitate to call if you need advocacy help: **1-800-476-3933** anywhere in the province, or email [rcy@rcybc.ca](mailto:rcy@rcybc.ca).

Have a great summer!

Jennifer Charlesworth

Representative for Children and Youth



# COMMUNITY CARES

Over the holidays, the Fed got a very special donation from a former youth in care. This person, who asked to remain anonymous, was awarded a Dream Fund bursary from the Fed several years ago while they were going to university. They eventually graduated from Harvard Law School and now work as a lawyer. Read on to learn about how they came to be where they are, how their experience in care helped them get there, and why they wanted to help other youth in and from care.

## **What inspired you to donate to the Fed?**

*It sounds so cheesy but I always wanted to pay back. I knew that my education, where I currently am, would not have been possible if weren't for the generosity of other people. That generosity could be as small as somebody being kind to me one day, or as big as somebody donating millions of dollars and having a scholarship foundation for people like me.*

## **Were your education goals at the time to go into law?**

*No, not at all. At the time I was just kind of preoccupied trying to pay my tuition. I was in high school at the time and I wanted to go to university and I frankly couldn't afford it unless I got scholarships. I didn't really think super far into it. At the time I wanted to do medicine, not because I like science, but because I thought it was a stable job.*

## **What are some of your proudest accomplishments?**

*I don't usually like to talk about my own hardship and what I overcame, but there was one time I think me telling a little bit of my story helped someone who was struggling to find some hope. I think that was probably my proudest moment. When I remember where I came from and behave in ways that are consistent with my core values (which were shaped by my upbringing), when I find myself connecting to my roots despite all the craziness that*

*surrounds me day to day, I think those are my proudest moments.*

## **What helps you stay connected to your core values?**

*Doing something like this, talking about my story. I read and I see a therapist, and we talk a lot about what's shaped me. I always remember that where I am today currently, I worked hard at it, but it was also a lot of luck, a lot of good timing, a lot of serendipity. I try to remind myself of that, and every time there's a moment where I could be an entitled asshole or be kind, I try my best to be kind, because I know how much that would have meant for me when I was struggling.*

## **What are some of the biggest lessons that you've learned that might help other youth in care who are transitioning on their own?**

*Surround yourself with good people; people who have similar goals as you and who support you in your goals.*

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

*I remember the structure being very bureaucratic and very much a paper push. There's a total mismatch between what the youth themselves really need and what the system is.*

*I think on a more social level I'm a little confused and baffled that there isn't more attention on youth in care. A lot of the problems we see in adults relate back to*

*childhood, and if we as a society attended to the children when they're at that budding stage, then it would have such a positive impact and ripple effect.*



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

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

*— Liana Kelly*





**SPECIAL THANK YOU TO YOUTH MEMBER LOUISE B FOR DOING A FUNDRAISER FOR THE FED FOR HER BIRTHDAY! SHE RAISED \$800!**

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

*As cliché as it is, “what doesn’t break you makes you stronger” is very true about my youth in care experience. Growing up in foster care comes with a lot of issues, obviously, but it has also shaped me in ways that made me almost unbreakable. Because I lived on so little for so long, the idea of losing it all doesn’t scare me and I’m confident that I can survive under any condition — that notion is very liberating. But the same isn’t true of some of my peers, who’ve only known a life of wealth, and I see a lot of people around me trapped by their pedigree, money and status. Because I lived in fear for so long, I can read people and my surrounding quickly and sense (physical, social, political) danger easily, which has been critical to my success. And finally, because I’ve seen the rock bottom, both of myself and others, I understand pain and that has served me well in connecting with anyone, because pain is a universal human condition. None of this would’ve happened without me being a youth in care. My foster care experience, which was once my shackle, effectively liberated me in many ways, 10 years later. So I hope the readers can know that what they might think is a weakness can be a key to living a life without fear.*

## VANCOUVER FIRE AND RADIUS SECURITY, COMMUNITY ALLIES

In 2017, the Fed began a partnership with Vancouver Fire and Radius Security (VFRS), a local fire protection and security company. While at first glance a youth-serving organization and a fire safety and security company might not seem like they have much in common, the opposite has proven true. The folks at VFRS believe that everyone has the right to a safe and secure future. In their own work, they encounter young people who don’t have access to the basic supports they need to succeed in the things they want to do. So VFRS is taking action. By donating their time and resources to the Fed, they make it possible for us to provide more supports and opportunities to youth in and from care.

One of VFRS’s first donations was specifically to youth retreats, because they recognized how retreats create space for

youth to gain leadership and advocacy skills, build friendships and community, and provide the insight and knowledge that we rely on as an organization. In addition, VFRS have donated to the Fed’s bursaries, including the additional \$2,000 National Fire and Safety Planners Education Bursary, which was awarded to a youth in October

2018 and will be awarded again in October 2019. The staff have also given their time by volunteering on the Dream Fund Selection Committee and at the 2018 Holiday Open House. They wanted

to do more than give funds. They wanted to really understand the work that we do and the amazing youth we get to work with.

We’re excited to welcome Vancouver Fire and Radius Security into the Fed family, and to continue working together on our shared goal of supporting young people to achieve their dreams.



Lorena presents Joslyn from VFRS with a Community Ally certificate

# #RECONCILIATIONIS #IWILLLIVEINRECONCILIATIONBY



Gabby Hillis is a former youth in care and former Fed staff. During her time at the Fed she had the honour of collaborating with community partners, Elders, knowledge keepers, and youth to conduct the Truth and Reconciliation Tour across the province of BC.

Reconciliation is healing and empowering.

Reconciliation is to right the wrongs that have been imposed on a single person or group of people. I will live in reconciliation by respecting individuals' beliefs and culture and try to understand their origins and heritage.

The tour was an initiative that I was passionate about considering both my parents were residential school survivors, which led to me and my brother being apprehended and placed into foster care during what we know as the Sixties Scoop.

The idea behind the Truth and Reconciliation Tour was to create safe spaces for Indigenous and non-Indigenous folks to have conversations about Indigenous peoples' history in Canada, injustices toward Indigenous people, the meaning of reconciliation, and how we

can move forward in reconciliation. Many young people had only heard a little about the topic before, and learned that the impacts Indigenous children, youth, and families are feeling today are related to Canada's history of injustices toward them.

In most communities, participants completed the following statements: "Reconciliation is \_\_\_\_\_" and "I will live in reconciliation by \_\_\_\_\_."

It was especially moving in one of the communities, where Elders and youth completed these together. Elders would complete the statements aloud, and the youth would write them down for

Reconciliation is going to take a long time. I will live in reconciliation by educating myself.

I will live reconciliation by keeping the conversation going.

Reconciliation is being present and deeply understanding the impact of colonization and taking daily steps to remedy it.



Reconciliation is acknowledging the past. I will live in reconciliation by identifying the systemic injustices ingrained in society.

Reconciliation is acknowledging the wrongs and working together to fix them. I will live in reconciliation by hearing what Indigenous peoples have to say and supporting them as best I can.

Reconciliation is living respectfully in peace. I will live in reconciliation by letting go.

the Elders. This is reminiscent of many Indigenous traditions, where Elders share their teachings and stories orally to the younger generations, and is an act of reconciliation itself. Most Elders who participated in the community conversations were residential school survivors, had been part of the Sixties Scoop, or had been impacted by both.

Though the Truth and Reconciliation Tour ended in 2018, its legacy can be seen in the way youth participants have become involved, whether as SCM participants, youth leadership council members,

Gathering Our Voices delegates, in Power Pages feature stories, or as leaders in their communities.

At an SCM consultation in February, I presented some highlights from the Truth and Reconciliation Tour and had participants complete the same exercise of completing those statements on sticky notes. The hope is that these acts will inspire youth and others to continue this reconciliation work, on whatever scale they feel comfortable. — Gabby

Reconciliation is mending the pain and hurt created from past behavior and actions, learning from it, and living a new way with mutual respect moving forward.

I will live in reconciliation by listening, advocating and using my own voice to educate and inform when appropriate.

Reconciliation is recognizing the wrongs done, listening to the impacted people's stories, and committing to repairing relationships, even when it's hard.

Reconciliation is rebuilding trust. I will live in reconciliation by teaching young people their rights under UNDRIP (United Nations Declaration on the Rights on Indigenous Peoples)



## YOUTH MEMBER PROFILE

# NENA E

Photo by Chris Tait

Even though she has a calm and approachable demeanor, Nena has an incredible passion which makes her a strong advocate. As a former youth in care, Nena has worked toward improving the lives of her youth in care family, both while she was in and out of care. Nena has spent time on the Fed's A-Team, the Fed's Delegation team, has attended multiple SCMs, and is now involved in the Outreach Group (OGs). Nena is a mom and loves spending time with her daughter exploring new experiences. Nena is an inspiring young person and strives to make a good life for her daughter and her youth in care family. Read on to learn more about this fiery youth advocate.

### Tell us a bit about yourself.

*I am almost 24, I live in Chilliwack, BC, and I have a daughter who is two and a half. I went into care when I was 12 years old, and I felt very alone. After a few months of going into care I started meeting other kids in care but it still didn't resonate that it was actually a big thing and that there were so many other kids in care, and I felt really, really weird about being in care. I felt really lonely and like nobody understood. The Federation gave me a way out of that and I grew up to be a positive member of society. I work full time, and I try to give back as much as I can.*

### How did you first get involved with the Fed?

*I first got involved with the Fed when I started meeting other people who were in care. I was hanging out at one of their houses one night and her foster mom reminded her she was going to a Kamloops Local function and then I got invited, too. Fed staff were presenting the work they were doing to start up locals all over British Columbia, and that really hit close to home with me. I wanted to help other kids know that they weren't alone in their experience in care.*

### What has being involved with the Fed meant to you?

*It gave me a way to make a difference in something that started as an awful experience in my life, but gave me a family that I couldn't live without. Both with the Federation and in the foster family that I found.*

### You took a break from the Fed for a while. Now that you're back involved, does it have a different meaning to you?

*Part of the reason for me coming back is different in that I wanted to find my roots again in something that I really cared about. But a lot of the reasons why I want to give back again are still the same. I still want to make a difference for youth in care, and I still want to help shape what that looks like. But part of the reason why I came back is a little bit more selfish in that I*

*needed something for myself to firmly stand on that I knew meant something to me. I've always found passion and stability in fighting for something that I believe in.*

### What is a recent achievement of yours and how did you get there?

*I think the biggest achievement that I'm currently working on is the management training process at my work. I'm close to finishing, I just have couple of last assignments. It's been a lot of hard work, a lot of hoops to jump through; I was supposed to start it in June of last year, I didn't end up starting it until almost November due to some complications at my work. It's an accomplishment for me because I didn't just give up on it when it didn't come through in the time it was supposed to. Even though life sort of takes its turns, and I've questioned it at moments, I haven't given up on it, just like many other things in my life. It's my hard work paying off. It's another step in a career goal that furthers a better life for my family and for my daughter. It's really important to me to give my daughter a better life so she'll never have to see some of the things that I did.*

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

*A lot of the time I try to just let life take me where it needs to take me, and I find that things will pop up and show me where I am supposed to go. I've made plans for my life. I originally wanted to work in psychiatry, then I very much wanted to be a youth worker. I started working with kids with special needs, but then I had a daughter of my own and I realized how much doing those things would burn me out so that I wouldn't have anything left for my own child. I regrouped and I went back to something as simple as retail and I realized that I was good at that, and so why not move forward in something that I was good at and that wasn't going to burn me out. So far I am just enjoying moving forward with that and rolling with that goal. Another goal is to be a good mom and to explore things and to let my daughter lead me in exploring things. And to move forward with the Fed, and with the OGs and to continue to inspire other people to want to make changes and see better things in the world.*



**What are some of the biggest life lessons you've learned that you'd like to share with youth in and from care?**

*There will always be hard things, there will always be things that seem like you will never get past them, there will be times that things will be going great, and then it will seem like five minutes later your world comes crashing down. But that does not mean that it will not rebuild and sometimes you just have to keep moving forward even if it's the hardest thing in that moment to do.*

*In those moments, talk to somebody. Sometimes it's somebody that you really trust and sometimes it's a complete stranger. It's okay for it to be one of those people, and it's okay for it to be both of those people.*

**Permanency means so much because you can't actively go to school, learn life skills, or be a productive member of society if you don't have somewhere to go to sleep every night and know that's where your home is.**

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

*I want to see people give a shit. I want to see social workers who don't have boxes stacked to the roof that they can't handle. I want to see foster parents who aren't just fostering to get another pay cheque. I want to see kids having permanency and love. I want to see people being able to stand up and say, "Yeah, I was a foster kid," and other people not stand there and whisper in a corner pointing and laughing.*

*When I first went into care I went through four foster homes in four months. Granted, part of that was that I was not the most stable myself, but part of it was that a couple of the foster parents that I got placed with were not great people. Permanency means so much because you can't actively go to school, learn life skills, or be a productive member of society if you*

*don't have somewhere to go to sleep every night and know that's where your home is. And not just be there to be there. I think that's a big part of permanency too, and I think some people really over look that aspect of it. You could have somewhere to go at night, but that doesn't necessarily mean you have a home.*

**What's something interesting or surprising about you that no one would guess?**

*Although I am very good at advocating for youth in care and I'm fairly good at presenting, for the first five or ten minutes I usually fumble my way through shaking. I have a lot of self-doubt. I question almost everything I do almost all the time, and it's very hard to not let that stop me from fighting for the things that I believe in. But*

*I still push myself every day because I know it will make a difference, even if it's just a small one. Even if I can inspire just one person to continue to do that work, the change will happen eventually.*

**What do you do to help you get through those brief moments where you are doubting yourself?**

*I usually call and talk to somebody, usually my mom because she will always be my biggest fan and my greatest supporter and I will always be thankful for her, same as my foster mom, she is a wonderful lady and I can never be more thankful for her. You always have to find somebody who is in your corner to be able to tell you that you can do it even though you don't think you can.*









# SEBASTIAN H



*engineering. I've always been fascinated by how biology works and how it relates to technology. We're now able to make a heart beat and function with a machine.*

### **How did you get to where you are?**

*It takes a lot of motivation to sit yourself down and be like, I'm getting into post-secondary. Especially when this is not your country or your first language. So it has been a challenge, but I say just sit your butt down and do it.*

*Don't let people influence the way you think, in a good way I mean. Don't let anyone tell you that you can't do something.*

### **What changes would you like to see happen for youth in care?**

*I've had good social workers in general, but if a child says, this person is hurting me, MCFD should take it seriously instead of doubting it. That happened to me when my first social worker didn't believe me, and it can be really harmful.*

Sebastian is a worldly person with big plans. He was born in Austria, and has lived in the US, the Czech Republic, Germany, and now in BC. He's starting his undergrad in the fall, and plans get his masters in genetic engineering. Read more about Sebastian!

### **How did you first get involved with the Fed?**

*My youth worker told me what you're all about and I thought that was really cool, so I started reading Power Pages, and then your website.*

### **What has being involved with the Fed meant to you?**

*Honestly, it gives you a sense of security. It gives you a sense that someone is going to help you plan out your future, and that someone is going to be there for you to tell you that you can do this and that, step by step.*

### **What's a recent achievement of yours that you'd like to share?**

*I won a scholarship from the BC government for post-secondary, which I'm starting in October. I'm planning to study genetic*

### **Do you have any tools that help you self-motivate?**

*It's having a balanced life, spending time with your family and friends so you're not always in isolation or being by yourself, because that's never healthy.*

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

*I'm planning to do a dual degree, so my major will be in sciences and my minor in political sciences. My goals are to get involved in politics back in my home country (Austria). I'm planning on moving back after my Masters.*

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

### **What's something interesting or surprising about you that no one would guess?**

*That I love tarantulas. I think they're fascinating creatures; they're very calm, furry, cute. And that I'm a very studious person so people don't expect me to have tattoos, but I have tattoos so that would be a second thing.*

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

*Even though I'm from Europe, I'm also half Indigenous, but my blood comes from the Maya Tribe in Colombia. But what I want to say to Indigenous youth is to not lose your tradition and culture.*

## Don't let anyone tell you that you can't do something.







# YOUTH PERSPECTIVE: MENTAL HEALTH

Depression and sadness can make us feel very alone. But the reality is that everyone feels down or sad at points throughout their lives, and major depressive disorder is one of the most common mental health concerns, with more than 250,000 Canadians between the ages of 15 and 24 experiencing it every year.\*

We heard from youth member JT on his experience with low moods — as a part of major depressive disorder and as the sad or down feelings we all get at times — and the tools he uses to get through them.

*Please remember that these are tools that work for JT, and **they don't replace the advice of a mental health professional.** If you're having a hard time dealing with low moods on your own, there are resources out there that can help. Check out the resource list below!*

## MOODY MOODS BY JT

Sometimes my moods get very low. I start feeling like I can't do anything, and I pity or hate myself. When I feel that way, I listen to my body and make an effort to identify the cause of it, so that I can try to figure out

how I can fix it, both on my own, and with help from my supports.

I have major depressive disorder, and when it's the cause of my low moods, I feel like I have a ton of bricks on my back, and I can't find the energy to do the most basic things. I have thoughts that don't feel like my own, they tell me awful things about myself, and I believe them. When I feel these symptoms, I know I need to be kind to myself, and make space to heal. I'll often cancel all my plans, ask my supports to be patient with me, and lay in bed for however long it takes for me to feel like I can get back to doing things that make me happy. When I make space for myself, I like to watch funny videos, cry, eat comfort food, and remind myself that people would miss me if I wasn't here anymore. This might take a few days, or it could take a few weeks. For me, it's all about being very kind, gentle, and forgiving to myself. If I am firm or set standards here, it would only do more damage.

Another low mood I experience is what I call a "stagnant life" low mood. This happens when I haven't been going outside, working, socializing, or doing anything that stimulates

my brain, like art or school work. I can identify this as separate from a depressive episode, because there is a cause that I can attribute to why I feel this way. I also don't have the vicious thoughts or debilitating heaviness that stop me from living my regular day to day life. My thoughts are more conscious, and I am able to understand that there is light at the end of the tunnel. I can give myself pep talks and motivational speeches to get myself outside, which will usually help this sad feeling in a matter of hours or a few days. I am tougher and more demanding of myself, because I know that it's what I need during those times. If I am too relaxed and passive here, it would only do more damage.

I encourage everybody to try out different methods of healing in both of these situations, if they apply to you. It is so beneficial to be able to identify and communicate your needs during these times, especially if you have supportive folks in your life, who are willing to help you in whatever way you may need. Take care of yourselves, and remember you are all strong and awesome people!

\*heretohelp.bc.ca/factsheet/depression

## MENTAL HEALTH RESOURCES

The resources below are just a few places you can start looking for mental health supports. A longer version of this list is also available on our website at [fbcyicn.ca/what-we-offer/resources/mental-health-resources](https://fbcyicn.ca/what-we-offer/resources/mental-health-resources).

### 310 Mental Health Support Line

**310.6789**. No need to dial 604, 778, or 250. This number will connect you to your local BC crisis line 24/7. Crisis line workers are trained to help provide emotional support, as well as mental health information and resources.

### Kid's Help Phone

The Kid's Help Phone provides 24/7 counselling online or over the phone. Call **1-800-668-6868** or visit [kidshelpphone.ca](https://kidshelpphone.ca) to chat with a counsellor.

### 1-800-SUICIDE

If you're having suicidal thoughts or you're concerned about someone who is, call **1-800-784-2433**. The service is available 24/7 in over 100 languages.

### HealthLink BC

Dial **811** any time of day or night to speak with a navigator who can connect you with services.

### Foundry

Foundry has centres around BC, plus a website, [FoundryBC.ca](https://FoundryBC.ca), accessible anywhere with information about a number of mental health issues, including anxiety, depression, substance use, stress, and more. [FoundryBC.ca](https://FoundryBC.ca) provides tips for

dealing with mental health concerns, lists apps and tools available, and helps you find resources you can access online, over the phone, and in your community.

### bc211.ca

bc211 provides information and referrals to community, government and social services in BC. They provide a number of helplines for different issues you may experience, and a search engine on their website that can help you find affordable mental health services. Make sure you use keywords like 'free' or 'sliding scale' (where you pay based on your income) in your search.



**SCM**





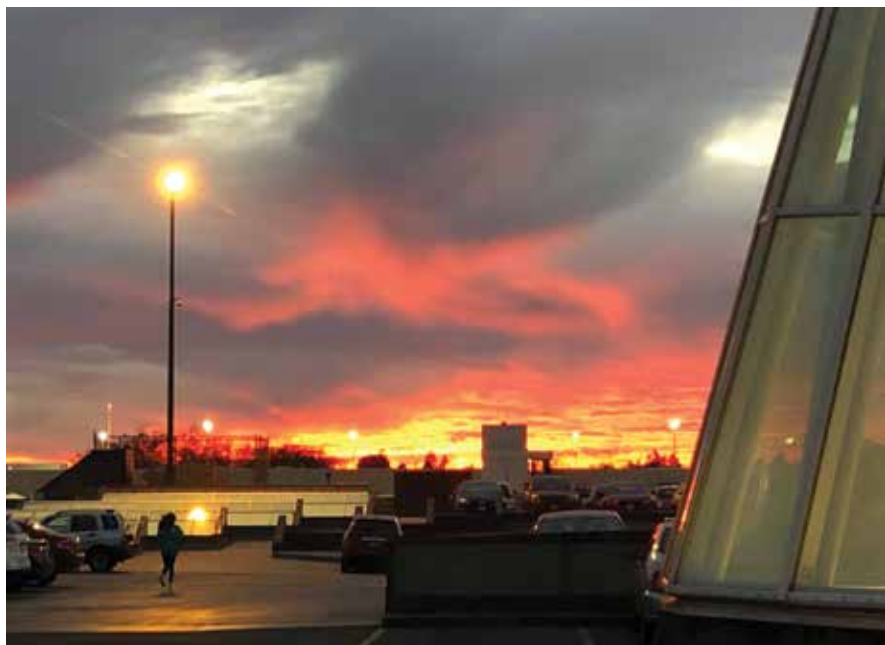
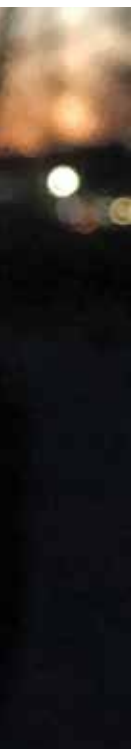




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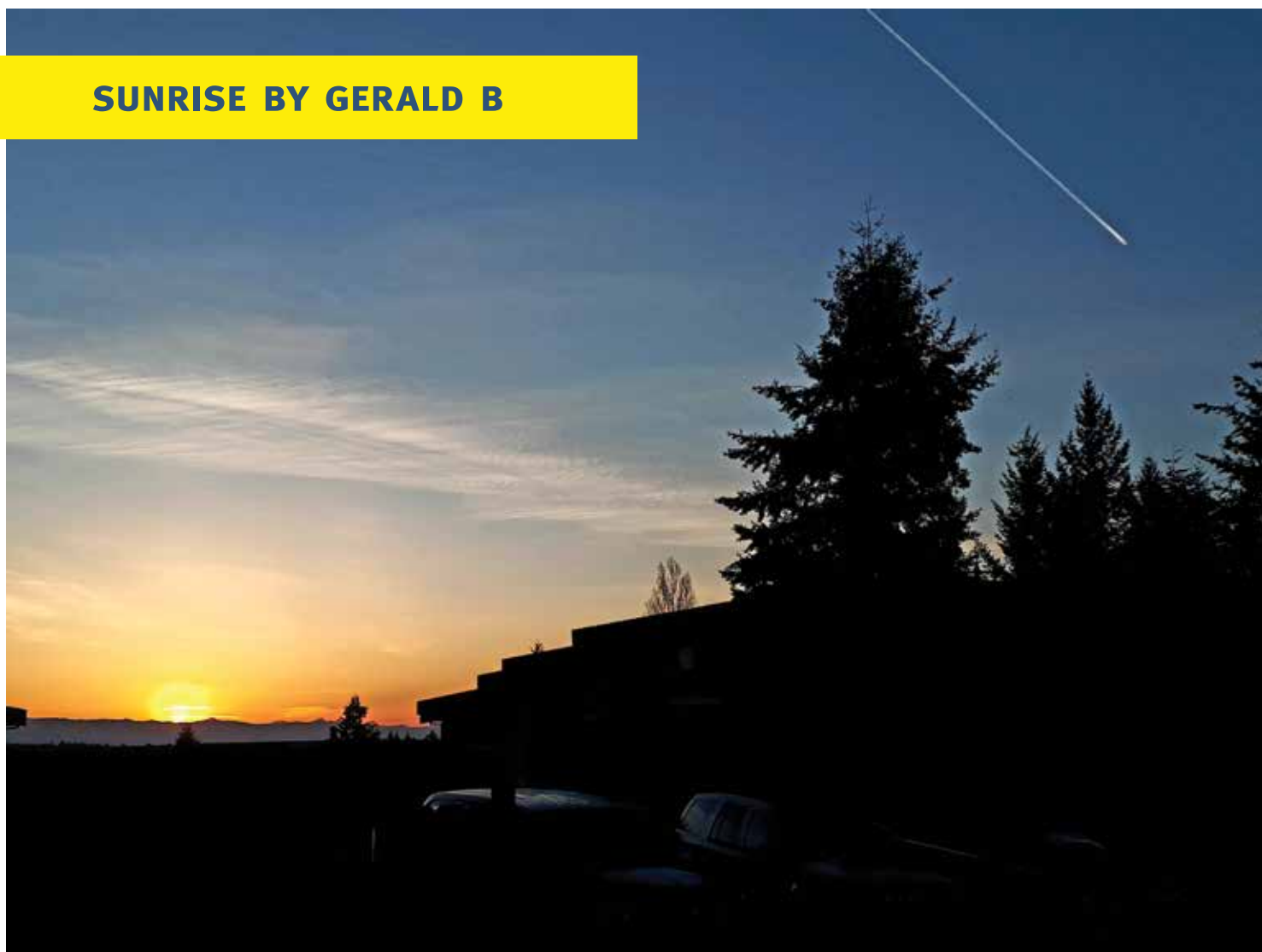


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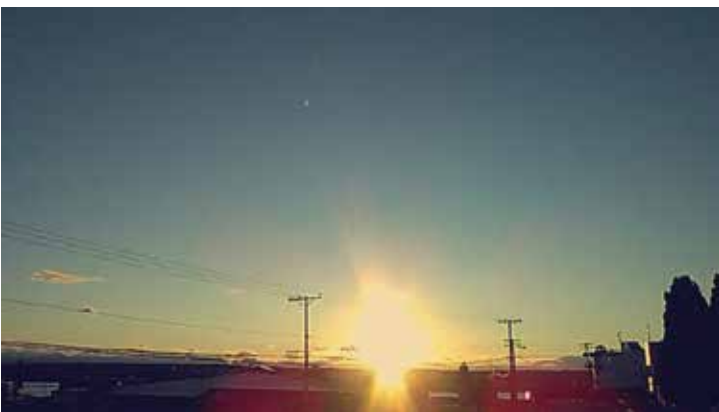
**DRUM BY SHAQUANNAH**

**SUNRISE BY GERALD B**





PHOTOS BY LACIE J



**1993**

THE FEDERATION OF BC YOUTH IN CARE NETWORKS IS CREATED



FEDERATION OF BC YOUTH IN CARE NETWORKS

**2002**

MEMBERS VOTE TO MOVE FROM BEING YOUTH-LED TO YOUTH-DRIVEN

**1996**

THE FED BECOMES INCORPORATED AS A NON-PROFIT SOCIETY

**1998**

A PROVINCIAL NEWSLETTER IS LAUNCHED TO CELEBRATE THE FED'S FIRST FIVE YEARS

**1998**

HOSTED BY YOUTH IN CARE CANADA AND IN PARTNERSHIP WITH OTHER PROVINCIAL NETWORKS. THE FED PARTICIPATED IN COAST TO COAST CANADA

**1999**

THE BEGINNING OF YOUTHSPEAK

# 25 YEARS OF FED FAMILY MOMENTS!

In 1993, a group of young people came together to support each other, help each other overcome challenges, and advocate for youth in and from care. Through their passion, dedication and hard work, they built the Federation of BC Youth in Care Networks, an organization dedicated to improving the lives of youth in and from care.

A lot has changed since 1993. People, staff structure, programs, bylaws, offices, and even warm fuzzies, are different. As the care landscape has evolved, the needs of the young people in it have evolved too. But, through all the change and growth, some things have stayed the same: we are still dedicated to improving the lives of youth in and from care.



**2004**

THE FIRST YOUTH LEADERSHIP COUNCIL AND BOARD OF DIRECTORS ARE ELECTED

**2005**

THE NEWSRAG BECOMES POWER PAGES AFTER THE YOUTH MEMBERS VOTED ON A NAME CHANGE

**2007**

THE FED HIRES THEIR FIRST EXECUTIVE DIRECTOR

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**2016**

THE FED BECOMES A REGISTERED CHARITY

**2018**

LORENA RETURNS TO THE FED AS EXECUTIVE DIRECTOR

TAKE A CLOSER LOOK AT EACH EVENT IN THE TIMELINE THROUGH THE NEXT SECTION!

# 25 YEARS OF FED FAMILY MOMENTS

## A CLOSER LOOK



1993

### THE FEDERATION OF BC YOUTH IN CARE NETWORKS IS CREATED

Before the provincial network was formed, the first Youth in Care Network in BC was formed by youth in care in Port Moody in 1991. In 1992, the Northern Reflections Conference was held in 100 Mile House to celebrate youth in and from care. Teresa L, Nicole H and Tatiana S, were three of the youth at that conference. Afterwards, they started to come up with ideas on how to bring youth in and from care together to support each other and talk about the issues they faced.

In February of 1993, the Fed's first Steering Committee Meeting, or SCM, was held in Vancouver, where the youth decided to create the Federation of BC Youth in Care Networks. And they didn't waste any time! By April, they had become effective advocates for youth in and from care:



Nicole H and Teresa L



Tatiana S

"One of the first accomplishments of the Federation changed the lives of all youth in care in BC. With the encouragement of some supportive adults, early members of the network fought hard to advocate for the needs and issues of youth in the care of 'the system.' The direct result of their efforts has survived many years of changing politics — rights for youth in care remain part of BC's legislation as Bill 46, Part 4, Section 70 — Rights of Children and Youth in Care." — February 2003 *Newsrag* (see next page!)

In 1994, they hired their first staff, who were all youth in and from care under the age of 25. In 1995, the first Executive Committee was elected from and by the youth membership to guide the Fed's work. Teresa L and Nicole H, AKA Spanky, sat on the committee and became staff later that year.

1996

### THE FED BECOMES INCORPORATED AS A NON-PROFIT SOCIETY

In the early days, the Fed was a program of Pacific Legal Education Association (PLEA), who provided administrative and financial support that made our work possible. When the Fed became an incorporated non-profit society in 1996, PLEA continued to function as the Fed's host agency and provide supports, but being incorporated as a non-profit laid the foundation for the Fed to operate independently down the road.



"In May of 1995, the Fed struck its first Executive Committee. These five Executive members (elected by the overall membership at a steering committee meeting) acted on behalf of the organization to sign the papers required to apply for incorporation status. In June of 1996, the FBCYICN received its Certificate of Incorporation, officially making it a non-profit society." — February 2003 *Newsrag*





1998

### A PROVINCIAL NEWSLETTER IS LAUNCHED TO CELEBRATE THE FED'S FIRST FIVE YEARS

Designed by Chris Bentzen (the same person who designed this issue and every issue of the *Newsrag* and *Power Pages* in between — thanks Chris!), the Fed released a provincial newsletter to mark our fifth anniversary. The goal was to let youth know what we were up to, and to publish artwork and writing from youth in and from care.

“Welcome to the 5th Anniversary of the Federation of BC Youth in Care Networks. The past few years have been very difficult for the youth in and from care running this organization and the supportive adults who have been trying to help us along the way. But no matter how tough things got, we got through it together and boy are we glad. Now, we’re able to celebrate our birthday with all of you! And let me tell you, we couldn’t have done it without your help. From Prince George to Victoria, Vancouver to Kamloops, and all of the individuals in between, we thank you for your continued support!

For this very special anniversary, we’ve developed this brand new provincial newsletter.... We hope to distribute this newsletter every 3 months, but we really need your submissions. We want poetry, stories, artwork, and writing about issues that are important to you. We want it all and we want it now! This is your newsletter and your voice.” — First provincial newsletter

Sound familiar? The newsletter would soon be called the *Newsrag*, and it eventually became *Power Pages*.



1998

### HOSTED BY YOUTH IN CARE CANADA IN PARTNERSHIP WITH OTHER PROVINCIAL NETWORKS. THE FED PARTICIPATED IN COAST TO COAST CANADA

Coast to Coast was a national event planned and organized by the National Youth in Care Network (now Youth in Care Canada) in partnership with youth in care networks across Canada, including the Fed. The event began on a train here in BC and moved across Canada, growing as youth in

and from care joined along the way. When we arrived at the conference in Sydney, Nova Scotia, all of these youth, including our members, participated in an important national conference (Network Buffet) on the needs and issues of Canada’s youth in and from care.

## RIGHTS OF CHILDREN AND YOUTH IN CARE BILL 46. PART 4. SECTION 70

- ★ To be fed, clothed and nurtured according to community standards and to be given the same quality of care as other children in the placement;
- ★ To be informed about their plans of care;
- ★ To be consulted and to express their views, according to their abilities, about significant decisions about them;
- ★ To reasonable privacy and to possession of their personal belongings;
- ★ To be free from corporal punishment;
- ★ To be informed of the standard of behavior expected by their caregivers and of the consequences of not meeting their caregivers expectations;
- ★ To receive medical and dental care when required;
- ★ To participate in social and recreational activities if available and appropriate and according to their abilities and interests;
- ★ To receive the religious instruction and to participate in the religious activities of their choice;
- ★ To receive guidance and encouragement to maintain their cultural heritage;
- ★ To be provided with an interpreter if language or disability is a barrier to consulting with them on decisions affecting their custody or care;
- ★ To privacy during discussions with members of their families, subject to subsection 2;
- ★ To privacy during discussions with a lawyer, the Child, Youth and Family Advocate, the Ombudsman, a member of parliament;
- ★ To be informed about and to be assisted in contacting the Child, Youth and Family Advocate;
- ★ To be informed of their rights under this Act and the procedures available.

1999

### THE BEGINNING OF YOUTHSPEAK

YouthSpeak evolved from two Canadian survey projects that focused on the experiences of youth in and from care: Alberta's Kidspeak in 1997 and Ontario's Voices from Within in 1998. BC's Office of the Child, Youth and Family Advocate read the reports from those surveys and decided something similar was needed in BC. They partnered with McCreary Centre Society and the Fed to plan a project that would give youth in and from care a chance to speak about their concerns and the issues they faced. They agreed that a project designed to learn about youth experience needed youth in the planning process, so they asked youth to sit on a Youth Advisory Board.

The first YouthSpeak event was held at Sun Peaks Resort in Kamloops in 1999. Because of its initial success, YouthSpeak events continued and were often held at the Fed's SCMs. Reports were published after events, outlining the main issues and concerns the young people had identified. The most recent YouthSpeak report was published in 2016 with the knowledge and voices of 392 youth! YouthSpeak reports informed other projects, including *Are We Making the Grade?: A Report on the Well-Being of BC Youth in Care* (2010), and have helped guide the Fed's work.

2002

### MEMBERS VOTE TO MOVE FROM BEING YOUTH-LED TO YOUTH-DRIVEN

Until this point, the Fed's permanent staff were entirely youth in and from care under the age of 25. After a while, it became clear that a structural change was needed to stop the high turnover in staff, members, and supporters. With input from current and former staff, the Executive Committee, alumni, adult advisors, and the membership, a proposal, *Coming Full*



*Circle: Strengthening the Federation of BC Youth in Care Networks*, was developed. It suggested that the Fed move away from a full-time youth staff model to having two adult directors and part-time youth project staff. More emphasis would be placed on youth mentorship and volunteering. *Coming Full Circle* was approved by the Executive Committee and members at SCM #30 in June 2002, and Teresa L and Nicole H stepped in as the two directors.

2001

### THE THOMPSON-CARIBOO YOUTH IN CARE NETWORK (TCYICN) OPENS

The Fed's regionalization project was created to meet the needs of youth in and from care in their communities around BC. The initial plan was to have 11 Youth in Care Network offices, one in each of MCFD's regions. The TCYICN opened in Kamloops in 2001 as a pilot for the project. It was developed in partnership with MCFD, PLEA and the Kamloops Youth Resources Society, and two youth, Denise F and Shaun A, AKA Pugs, were hired as Community Development Coordinators to open the office and then begin phase two:

local development. Denise and Pugs got everything set up and started to spread the word. They ran into some challenges, but "the remarkable courage and tenacity of youth prevailed!" Within six months of the start of the project, a work plan was ready and a group of committed adult supports was in place.

Sadly, shortly after everything seemed good to go, the project's funding was cut, and the TCYICN closed in June 2002.





2004



SCM #35



“So far, the transition process seems to be going pretty smoothly! We have been talking with the Ministry to secure next year’s contract, working on next year’s Business Plan based on input from the recent YouthSpeak, interviewing potential accounting services, and figuring out all the little details required to become successfully independent.” — Spring 2004 *Newsrag*

### THE FIRST YOUTH LEADERSHIP COUNCIL AND BOARD OF DIRECTORS ARE ELECTED

In 2004, the Fed grew into a fully independent organization. At SCM #35, members voted on a structural change that would appoint (not elect) a Board of Directors made up of adult professionals who could meet the Fed’s administrative, financial and legal needs, the role PLEA had been playing until this point as the Fed’s host agency. A Leadership Council of youth members would be elected to represent the needs and interests of the membership. A Youth Transition Committee was also elected, with an appointed adult chair, to manage the change.

The staff and transition committee worked hard over the next couple of months to figure out all the details of how the Board of Directors and Leadership Council would function. At SCM #36 in May, after a huge thank you to PLEA for the years of support and partnership, the members approved the Fed’s first Board of Directors and elected the Leadership Council.

The Youth Leadership Council was one model we’ve explored to make sure our work is driven by youth. We continue to evolve based on youth feedback. Youth members currently drive our work in important ways, including voting on our bylaws, electing the Board of Directors, sitting on hiring committees, and providing feedback on strategic planning (our long-term goals).

2005

### THE NEWSRAG BECOMES POWER PAGES AFTER THE YOUTH MEMBERS VOTED ON A NAME CHANGE

Yes, the *Power Pages* you know and love used to be the *Newsrag*! The staff ran a contest in the last *Newsrag* to decide on a new name, and Don C was the winner with “*Power Pages*.”

“What the Network means to me is a family. A place where I can feel safe, not judged or feel left out in the cold with my unhappy feelings. The Network makes me feel good about myself and others around me. It gives me a ray of support to pick up, move on, and make being in care a better place for everyone. That’s what it means to me— a home and a family I can trust and love.” — Don’s contest entry

#### OTHER IDEAS WERE:

- |                     |                  |                  |
|---------------------|------------------|------------------|
| Network News        | YIC Zine         | Power House      |
| YIC Voice           | Advocate Express | Express This YIC |
| Strength in Numbers | The Radical      | YIC News World   |
|                     | YIC News         |                  |





“Over the years working with children and youth, my passion for supporting young people’s right to engage has grown strong. Young people must have the opportunity to engage in decisions that affect their lives, in their family and community, in their culture, and in our society. I am a strong believer in the power of intergenerational partnership and collaboration and think that we can get further together than alone!”  
 — Jocelyn, *Power Pages*, June 2007

2007

### THE FED HIRES THEIR FIRST EXECUTIVE DIRECTOR

As the Fed continued to grow, the board asked the members to consider an Executive Director model. At SCM #43 in October 2006, the youth told the board what characteristics the new ED should have. They wanted someone honest, open-minded, patient, assertive, who had business skills, experience

working with young people and a sense of humour. They found what they were looking for in Jocelyn Helland.

Jocelyn led the organization through the launch of BC Child and Youth in Care Week, the development of reports and resource guides that bettered the care landscape, a literal fire (!) and so much more.

2008

### THE FED PUBLISHES THE YOUR LIFE YOUR RIGHTS GUIDE

With funding from MCFD, the Fed published *Your Life Your Rights: A Guide to the Rights of Young People in British Columbia*. Youth told us they wanted more information about their rights and more resources to advocate for themselves, so, with input from youth and supportive adults, we created a comprehensive guide for any young person who has been involved with the child welfare, health care, or youth justice systems in BC. Research has shown that when children and youth are equipped with knowledge about their rights, they’re more likely to participate in decisions that affect their lives. Demand for the guides was so high that all the copies were distributed within a few months of printing. MCFD funded another round of printing in 2010.





2010

### THE FED HELPS REDEFINE HOW WE LOOK AT PERMANENCY FOR YOUTH IN CARE

BC's young people in care have repeatedly identified the violation of their right to family and permanency as one of their top concerns. In August 2010, in partnership with First Call, the Fed worked on a project designed to create a common definition of permanency, gather information on the current landscape—including youth experience and current opportunities, resources and barriers around permanency—and to encourage discussion on improvements. The project report, *Belonging 4 Ever: Creating Permanency for Youth in and from Care*, identified relational permanency (long-term, unconditional and supportive connections with other people) as the kind of permanency most youth in and from care said was the most important. The report also differentiated relational permanency from legal permanency (guardianship) and physical permanency (stable living arrangement). The report found that there is no one-size-fits-all definition of permanency; it looks different for each young person.

"Research is clear that stable, healthy and lasting relationships greatly improve the social, emotional and physical outcomes for children and youth in care. These relationships help minimize the negative impact on young people from any failed attempts at reunification with birth parents, unplanned multiple placements and drift in the care system." — *Belonging 4 Ever*



### Belonging 4 Ever: Creating Permanency for Youth in and from Care

August 2010

Telephone: 604-671-7750 | Fax: 604-671-7754 | 548 First St. Vancouver, BC V6C 1K5  
www.belonging4ever.ca | info@belonging4ever.ca

2010

### THE FED OFFICE HAS A FIRE

The fire at the Fed office on 8th Street in New Westminster created special challenges for the organization, but a lot of good things came out of it too. With the help of a youth selection committee, the Fed moved into the office we're in now. We were also reminded of the friends we have in the community when Network of Inner City Community Services Society (NICSS), McCreary Centre Society, Watari Counselling & Support Services Society, and United Way of the Lower Mainland offered us some of their office space. No photos or mementos were damaged, and most importantly, no one was hurt.

"In many ways there is some irony with the fire happening just before the Network turns 18. As many of you are aware, at 18 years old, youth in care start planning their departure from the care system. This means moving homes, getting new furniture, only taking what belongs to you like photos and books, and looking for people who have nothing to do with MCFD for support. After the fire, that's what it looked like for us... we can't always anticipate when change is coming, but it is up to us what we make of the change."  
— Sam P, *Power Pages* #31, Winter 2011



Staff working at NICSS after the fire.



2010

**THE FED PUBLISHES  
ARE WE MAKING THE GRADE?:  
A REPORT CARD ON THE WELL-  
BEING OF BC YOUTH IN CARE**

The Fed was invited by Youth in Care Canada to create a report card on the well-being of youth in and from care in BC and present it at their November 2010 national conference in Ottawa. To create the report card, the Fed reviewed all of the YouthSpeak reports from the previous 10 years to figure out what the top concerns had been. The five key areas were rights, permanency, transitioning out of care, education and social stigma.

KEY AREAS	GRADE
Rights	C+
Permanency	C
Transitioning Out of Care	C-
Education	C-
Social Stigma	D

Not stellar grades, but the report provided a base from which to work to help improve things. BC Child and Youth in Care Week



was created a year later as part of the work to fight stigma around being a child or youth in care. The report also contributed to the current landscape around permanency and other resources.



2011

**THE FED HOSTS THE YOUTH  
COMPONENT FOR IFCO  
IN VICTORIA**

“The International Foster Care Organization’s XVI Biennial World conference took place from July 10–15, 2011 in Victoria, BC. Children, young people, foster parents, social workers, media and policy makers from all over the world came to BC to meet, share experiences, support each other and help to make the right of every child to live in a family a reality.

A group of young people and adult allies from the Fed were responsible for creating and implementing the whole youth program... This team worked for many months to create a program that thoroughly engaged, inspired, entertained and informed young people in and from care from all over the world!”

— Power Pages #33, Fall 2011

“A communal energy developed during the conference, and it extended beyond the conference venue. Even when events were not scheduled, delegates would come together and talk about their own perspectives and life experiences, creating this infectious energy that made everyone feel welcome.”

— Jordan B, Youth Member



“I had the chance to work closely with a group of the highest caliber. Jocelyn, Chris, Eddy, Jordan and Lacy are the hardest workers I know. Their creativity and commitment brought an amazing vision to life and I was privileged to be counted among them.” — Lilia Z, Youth Member







2011

### THE FIRST BC CHILD AND YOUTH IN CARE WEEK IS PROCLAIMED BY THE BC GOVERNMENT

At SCM #51 in May 2009, MCFD did a consult to find out what was important to youth and to build ideas for new programs. The young people had a bunch of ideas, but the one with the most support was a Youth in Care Week. Youth had identified social stigma as a major issue for them, and they thought having a special week to celebrate youth in care would be a first step to reminding British Columbians of their responsibility to young people in care and to highlight their strengths. And they made it happen!

Fed staff and youth, along with other

organizations, worked together with MCFD to create the first ever BC Child and Youth in Care Week in 2011 —the first of its kind in Canada! The young people who had originally asked for the week went to the BC legislature to see the official proclamation read. Youth helped come up with the slogan, “Notice. Listen. Respect. I stand with children and youth in care.” The Fed helped MCFD organize a provincial party, and came up with the Ten Ways to Stand with Youth in Care AFTER Child and Youth in Care Week.

BCCYICW has been celebrated every year since! In June 2019, we will be hosting the ninth BCCYICW!



2012

### JULES COMES ON AS EXECUTIVE DIRECTOR

When Jocelyn left the Fed in 2011, Lorena Bishop (then Lorena Pilgrim), held the position of Interim Executive Director until a permanent ED could be found. After a long and careful search by the hiring committee (made up of youth members and board members), Jules Wilson took the reins in August 2012. In his six years as ED, he oversaw the Fed’s work in the first provincial Guardianship Forum, the latest YouthSpeak, the Fed becoming a registered charity, and much more.



“There is no greater honour than to have the opportunity to work in partnership and on behalf of youth in and from care in the province of BC. As I learn more and more about the details behind the work of the Federation, I feel as though the leaders of the past have placed us in a position to take a major step in our evolution. Over the years with your input, hard work and discipline, your voice has brought about change that has affected how the Federation and MCFD goes about its work on your behalf and how young people are viewed in their communities. You should take pride in these achievements and I hope when you look back on your past you say to yourself that you want to remain involved in the future.” — Jules, *Power Pages* #36, Fall 2012





2014

### THE FED HELPS ORGANIZE THE CONNECTIONS GUARDIANSHIP FORUM IN PARTNERSHIP WITH MCFD

In the spring of 2014 the Fed, MCFD's Guardianship, Adoption and Permanency Planning and the MCFD Aboriginal Services branch hosted a three-day Best Practice in Guardianship Forum for 150 guardianship workers, directors, and the minister and deputy minister. The theme was "connections," and how we can achieve permanency for every child and youth in care. Youth members worked on this project at every level:

- planned a workshop with MCFD folks about care planning that meaningfully engages youth
- the Outreach Group (OGs) delivered a presentation on the Fed and the top five issues facing youth in and from care
- youth and alumni helped with registration and workshops
- two youth hosted the event and gave the keynote speeches!



"I believe that incorporating a way to find community supports in young people's lives is critical to their success, wellbeing and happiness. All the housing, school and funding planning in the world mean very little without those relationships. Connecting youth with relationships that have no fixed end are essential.... If we can agree that youth deserve this right to permanency—and that it's actually the most important thing to our wellbeing— then we can say: 'If there is a will there is a way.'" MJ, keynote speaker

"Unconditional, consistent support helps determine the success of children and youth in care well into their future.... Long term-supportive relationships are fundamental to permanency, independence and future success."

— Stephen C, keynote speaker





2016

### THE FED BECOMES A REGISTERED CHARITY

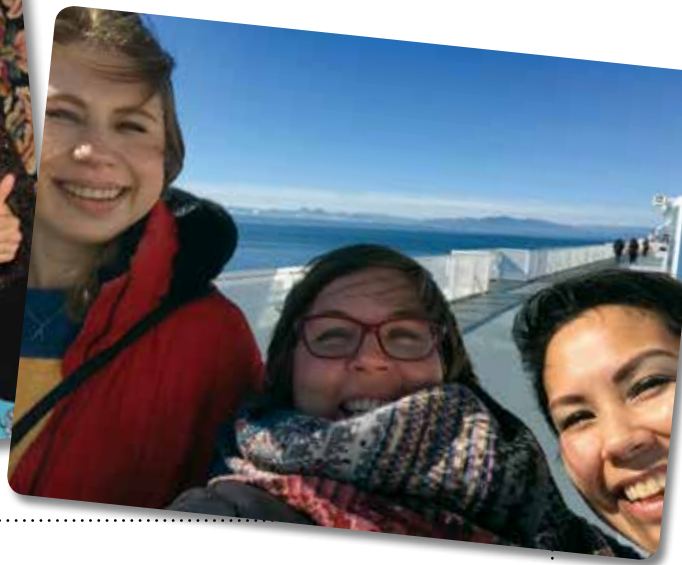
Members asked us to find ways to supplement the Fed’s funding. In a Special General Meeting in June 2015, youth members voted to update the Fed’s bylaws to include, as one of our purposes,

“to receive bequests, legacies, donations, gifts, funds and property from all sources and to hold and invest such funds and property and to administer and distribute such funds and property for the purposes of the Society.”

By March 2016, the Fed was authorized by the Canadian Revenue Agency to move forward as a registered charity! As a result, we have been able to create partnerships with caring and generous folks and grow the care community.



Read more about this beautiful piece and some of wonderful donors on page 12



2018

### LORENA RETURNS TO THE FED AS EXECUTIVE DIRECTOR

As the first ED with care experience, Lorena brought the unique perspective and knowledge of a former youth in care back into the Fed’s leadership. A huge thank you to Ian Mass who stepped in as Interim ED and Gary Tennant as Transition Liaison for supporting the Fed until Lorena was hired.

“It is an exciting time for the Fed. We have been gifted such an incredible legacy from our siblings of care who have come before us and now get to shape the impact we want to have for our future siblings. We have a real opportunity to fundamentally change the experience of care and can only do this by uniting our voices and actions. This does not mean we all have the same perspectives, but that we find ways to include all of our experiences in a collective movement. Although people often see us as people “in need,” we are incredibly strong and resilient humans and I can’t wait to see what we can achieve together!” — Lorena

#FEDFAMILYBC

#STANDWITHYOUTHINCARE

#YOUTHINCAREAREAWESOME



FEDERATION  
OF BC YOUTH  
IN CARE  
NETWORKS

# REFLECTING AND CELEBRATING: 25 YEARS OF ALUMNI VOICES

FORMER FED MEMBERS FROM THE LAST 25 YEARS SHARE  
THEIR FAVOURITE MEMORIES WITH THE ORGANIZATION  
AND THEIR ADVICE FOR THE NEXT 25 YEARS!

## IVAN WONG

### What's your favourite Fed memory?

I would say my favourite memories have mostly been during the SCMs (Steering Committee Meetings, or Youth Retreats). Especially around the campfire!

### What advice do you have for the Fed to make its next 25 years even better?

Do not underestimate the youth! They are the smart and beautiful and loving leaders of the next generation.

## KIM LARSON

### What's your favourite Fed memory?

There are SO MANY good ones to choose from so I am going to tell you my favorite feeling. The feeling of belonging to a group of individuals who have simultaneously gone through vastly different and shockingly similar experiences is something I cannot quite describe. I had never before in my life felt so safe and loved and understood than I had during my first Fed event (and all other events thereafter).

### What advice do you have for the Fed to make its next 25 years even better?

Listen to the youth. They are the experts — they lived it!

## JESSY NEAL

### What's your favourite Fed memory?

I have shared this memory before, but it's still my favourite memory of the Fed today. We were at Zajac Ranch, I can't remember which SCM, but it was at a closing circle in the gymnasium. Everyone was saying what their favourite thing about the weekend was. It was one youth's first experience at a Fed SCM. When the circle had gotten around to this youth, he started to cry almost immediately. Everyone was overwhelmed with emotion. This was the one place and group of people where that youth felt completely comfortable and accepted and was able to share his emotions freely with everyone.

### What advice do you have for the Fed to make its next 25 years even better?

Some advice I would give to the Fed would be to find some very rich sponsors who believe in the cause! In all seriousness though, I suggest continuing to search for and create different opportunities for youth to share their experiences in safe and meaningful ways. Continue to empower them to be their own advocates. Continue to give youth opportunities to be the leaders that they were meant to be and help them get the training that they need to build skills in facilitation, public speaking, grant writing, basic leadership, and communication. Who better to set the goals for the Fed than the youth themselves? We need opportunities like leadership training and Steering Committee Meetings where youth can gather and support each other and learn those skills. Having that strong support network of peers and supportive staff is a key element to the empowerment of youth. I just want to take the opportunity to thank you for reading, and I hope to meet several new young leaders throughout the next quarter century.



## **MARCUS SKERRATT**

### **What's your favourite Fed memory?**

*I was hanging out with two people from the Fed, and despite the fact that it was a long climb and a bit of a trek, they helped me up this extremely tall waterslide. These total strangers that hardly knew me were so open and willing to help me be included. I was looking around and enjoying the park for what I could access, and I thought I would love to go down this particularly big waterslide. I am a thrill nut and love waterslides and roller coasters. They put their arms over my neck and arms around my legs and fireman carried me up all of those steps, and I think they did it twice. I think for me that was the moment when I realized that I have truly been welcomed to this community.*

### **What advice do you have for the Fed to make its next 25 years even better?**

*My advice would be no matter how much things may change, if we as an organization hold true to what brought us all together in the first place, we can't be stopped. Don't be afraid to love yourselves and other people. At the very core that's what this organization should be about. If young people have a hard time loving themselves, the best way they can learn is by being shown what being loved is like.*

## **WINONA WILLIAMS**

### **What's your favorite Fed memory?**

*There are so many but I would have to say just spending late nights up with the great company of amazing youth and peers.*

### **What advice do you have for the Fed to make its next 25 years even better?**

*In light of Truth and Reconciliation and the Calls to Action, honouring the people of the land and creating an action plan to decrease the number of Indigenous children and youth in care by giving them a voice in how those changes should be made. Let's bring our children home.*

## **MICHELINE COTE**

### **What's your favourite Fed memory?**

*My first SCM. I met everyone in the Fed and saw how loving and supportive everyone was and fell in love with how beautiful these people were and how beautiful their cause was.*

### **What advice do you have for the Fed to make its next 25 years even better?**

*The only advice I can give the Fed is to keep up the hard work. And not to give up. To continue to hire people who are passionate about the rights of these youth. It's only going forward and going to get better from here. 25 years, wow!! Thank you every one who has helped make this come true.*

## **TATIANA SEAN**

### **What's your favourite Fed memory?**

*I have lots of favourites. Steering Committee Meetings when we all reunited like family. So good to catch up. I have to say going to Melbourne, Australia in 1999 with a group of us was also an amazing experience. I feel like we really showed them how to meaningfully engage youth and not just as tokens. Go, Canada, go!*

### **What advice do you have for the Fed to make its next 25 years even better?**

*Keep doing what you do. Expand to those in care with mental health issues. More resources and advocacy are needed for those youth.*





# ARTS OF REMEMORIES

## warm fuzzies

how no one knows  
the intensity of it all  
and the reality of the matter  
is that we're not alone

friends who are family  
that have shown that they care  
make the difference of the world  
by standing at our sides

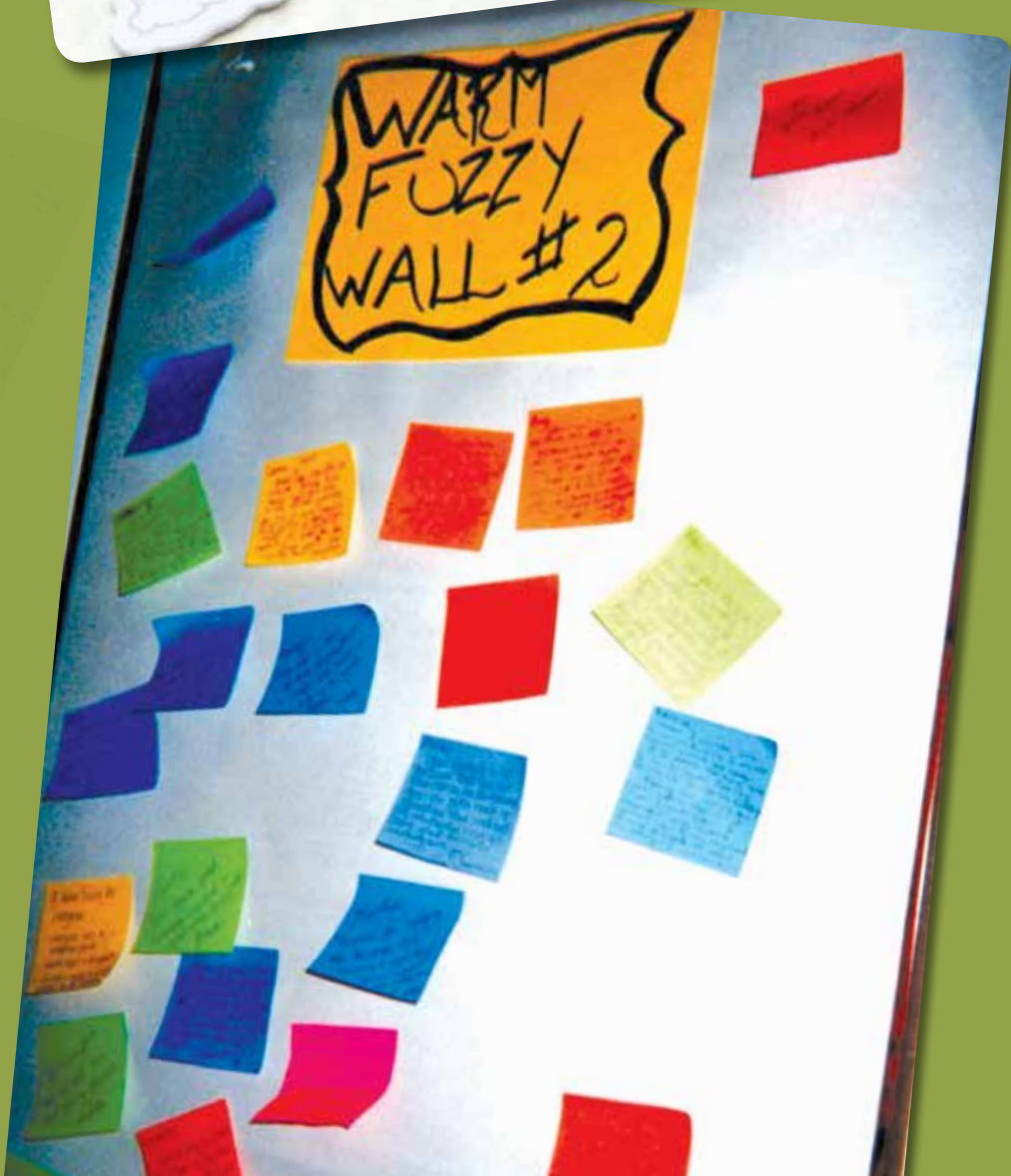
goodbyes are not the end  
we will all reunite again  
to come together with love  
and share our hurt emotions

whenever you're in distress  
there's always someone to call  
to break down and cry with  
and a warm fuzzy to keep.

-by Missy LeClair



From the second  
provincial  
newsletter, 1999





# CELEBRATING 25 YEARS OF YOUTH VOICE & YOUTH TALENT



FEDERATION  
OF BC YOUTH  
IN CARE  
NETWORKS

*Power Pages* (known as the *Newsrag* until 2005) has been a place for youth in and from care to show their talents and share their voices. The next section highlights just a few of the amazing pieces of work young people have shared with us over the years.

Art by Liana K  
POWER PAGES #43  
SPRING 2015





*Helen Proskow Photography*

POWER PAGES #36  
FALL 2012



Painting by Jaz F  
POWER PAGES #46  
SPRING 2016



*Rhythms 'n Rhymes*  *poetry*

**Untitled**

Ever feel like you just don't belong?  
Like the setting you're in is uncomfortably wrong?  
Like your friends that you're with are playing games?  
Like you all once were close but now nothings the same?  
I wish I knew what I need to belong  
Because I can't bear to be alone,  
I'm just no that strong.

Anonymous  
Oct 1999



**Recovery**

I sent my heart out to the sea  
And now it is a loft and free  
My heart, it rides upon the tide  
But I feel I still have to hide

I gave my soul to the mighty wind  
Yet as it floats I still feel pinned  
My soul it fly's above the trees  
But to unlock my Fears I have no keys  
I let my mind leave to the bush  
So it wouldn't Feel the push  
My mind it then began to clear  
And my ears began to hear

My eyes just that started to open  
My heart came back and started hopin'  
My soul still Fly's  
But now its Free  
For I have finally found my keys.

Amanda Schroeder  
Oct 1999



NEWSRAG #5  
FEBRUARY 2000

Created by FBCYICN



90



**Leadership by Colby G**  
*POWER PAGES #37*  
WINTER 2013





# FBCYICN GENERATIONS

by Shaun "Pugs"

**FBCYICN, the next generation part I**  
Nightwalker's report: Earth date sometime-2003. The great youth who extremely go where few youth dared to go. To redefine all odds and no ends of violated rights and disrespect and more. The ones who stood their ground, to fight with defiance and tyranny with aches and pains and finally cried out only to then afterwards laugh with a great, great triumph many generations later. To be proud of all that is conquered, so the next generation is quite spoiled, but hopefully well-learned from the beginning. Now hail and praise with a much earned salute, for those who have opened a can of whoop ass and left more than a legacy behind. Now for the next generation let humbly bow and from now on hope all that is can be carried for generations to come!! For Spanky and Theresa.  
— Pugs, aka Nightwalker

**FBCYICN, the next generation part II**  
Nightwalker's report: Earth date 7-20-2009. It has been several months or more now since the retirement of the pioneers of our beloved Federation, and to help with this transition, the elite members and alumni have stepped up their roles to support the next generation. With this report I, Pugs, have found that a lot of the newest members have already started to rise up on their own, which is a very big step for the Federation's future leadership role models....I think that yesteryear's hard-battling and rough negotiations have more than paid off for today's easy going ambassadors who still today work hard and true as a rolling juggernaut should....For as long as there are new battles in the morrows that need a resolve, the Federation shall always be there in the trenches of chaos trying to bring peace and stability for the next generation....

— Your alumni, Shaun-Pugs-Nightwalker ;)  
(for today's hard-working staff and all the members, may your futures be strong and true)

My favorite natural sound is the wind as it blows at my dad's place out on the road. On a hill, sitting proudly like a castle looking out through the window I can see the neighbours horses through the leaves, I can hear myself think, I can smell the fresh wood from the trees around I and the smell of freshly cut grass. There is fresh air away from the smoke that comes from the factory and mills. I can hear the sound of cattle in the distance and gun shots feather from the gun range. During the fall the trees are beautiful—there are many different colours of leaves and trees in the mountains towards Nazko, BC. The gentle sound of the creek that flows slowly down the hill moving towards a small pond and it brings a cool breeze when it meets the bottom of the earth where the sun rises. It is so beautiful when it comes up and over the back of the hill lighting up the trees.

Winter. The sound of an axe splitting wood and snow breaking as I walk over it. The cold air that tingles my neck as I breathe and the sound of a lone wolf calling others. The feeling of cold air and warm breath combining makes the snow appear to glimmer. In the morning, the sun's light shines through the icicles. With the sun's rays, the pond is now a frozen skating rink. The sound of plastic to packed snow as I now hear laughter of children and adults alike as they race down a hill on sleds. Now I hear a roar from a skidoo. The warmth of hot chocolate burns yet feels good and makes my body warm for a second.

Spring. As I wake up from a peaceful sleep I look out the window to see icicles melting. The look of the snow melting creates a happy sense for I and I go outside for a walk. Feel the warmth. It's almost too hot for I because of the cold winter I just experienced. I see deer and bears more often now and I hear a small

whimper of a small dog. I look to see seven baby dogs with a happy yet very annoyed looking mother. She is very loving and as I walk over to my sisters the road is muddy yet smooth. I hear laughter as I get closer and two happy faces come out to see me. First, a little boy named Dawson and a little girl named Emma Ann and as I walk to the back of the propriety, I can see what looks like a small village which is Quesnel.

Summer. The weather is getting hotter now and the leaves are all out making good shade. I walk to my favourite place to write atop the hill in the back yard and when I reach the hill I see a little makeshift house I made when I was ten years old. I painted it blue, green and yellow (very ugly, but cute) and I go inside and there's three small seats and a smaller table beside a window. Then I remember why it was my favourite—the view is amazing! I can see a house, a logging truck shop and a small log cabin in the distance. The pond right below the makeshift house is unfrozen and the tree above it is the same age as I because my dad planted it when I was born. My dad is happier now. that his babies are gone except for one a brown and spotted black one named shylow (not spelled wrong that's her name). I can see a fire outside at my house and that means it's time to go home. The walk back is harder because the hills are bigger than the one I climbed getting here. As I get to the top I am greeted by a friendly smile—it's my dad! He has a beverage in his hand and he smells of old spice aftershave. He's tall, slim, has curly hair and an understanding face. He has a brown cowboy hat on his head and a checkered shirt. His blue jeans are not too tight, but not baggy either and the same brownish blackish cowboy boots on that are still useful and a silver watch he's been wearing for seven years, which was his birthday present I gave him when I was ten years old.

Tulips & Helping Hands  
By Annie S  
FEBRUARY 2009







**Mother by Mallory W**  
 POWER PAGES #51  
 FALL 2018

Point us in the right direction  
 Do not run that way  
 And expect us to follow  
 Remember it is best  
 To let us learn  
 From our own mistakes  
 As you have learned from yours  
 Do not stand in front of us  
 For our protection  
 Instead, stand beside us  
 And whisper your wisdom  
 In our ears  
 Let us lead the way  
 For the future is not for you  
 The future is ours  
 To live...



**POWER PAGES #30**  
 BACK COVER  
 FALL 2010

**POWER PAGES**  
 BACK COVER  
 FEBRUARY 2006

**Untitled by Eddy B**  
 POWER PAGES #30  
 FALL 2010





### MADE OF DECOLONIAL LOVE

Tell me,  
did you dream in the womb  
of a world perhaps unlike this?  
Because you bring that 5-dimensional fire  
you bring extraordinary explosions of  
passion  
I've seen your eyes sparkle with love like  
the shining stars above  
and sometimes they pierce through the  
souls of men like lightning bolts!  
I wish I was there for your birth  
I imagine you approaching Earth like a  
wave  
you look small in the distance  
yet your arrival proves to be powerful  
They say you're just a drop in the water  
well baby your drop creates great ripples  
And I have met many days  
but darling, you are a century  
Staging sit-ins on our minds  
Occupying our hearts  
You are LOVED  
You are CHERISHED  
You are SACRED  
The Creator took time with you!

### (THE DIRTY KNEES OF PRAYER)

There is an apple tree by the church  
down the street from me.  
I sit here in poverty wondering:  
Will they banish me from the garden  
if I pick an apple for me to eat?

Although

I am woman  
I tend to the medicines

I am medicine  
I tend to the hearts.

### BALANCE

I have friends who sit and plan  
For the next seven generations  
Committing to leave more than their story  
Every teaching in mind for those children.

I have friends who stay in the present  
And at most have plans for Friday night.

Balance.

### This is Not Farewell

Life slows down at the end of each journey.  
It pauses so that we can reflect on our own experiences.

Overwhelmed with emotion, we cling to the hope  
that our time here will not be forgotten.

So many memories of so much sadness and so many smiles.

Each face has meant so much to this journey  
And every voice has been a lesson in life.

In this thing called the Network, friends have become family.

We have been given the greatest of gifts - acceptance.

As some of us prepare to move on in our lives  
Because we've hit the "golden age"  
We reach out to all of you once more:

Don't feel abandoned...  
Welcome those who will take our place with open arms  
As you once welcomed us.

United, you shall remain the unstoppable force to be reckoned with  
That we will never grow too tired to care for.

You have helped us to become who we are today.  
Let your honesty, passion and humour  
Shape them as it has shaped us.

Share with and learn from their experiences  
And build with them the powerful bond  
That already exists between you and us.

And to each of you who walked next to us  
On one adventure or another...  
Know in your hearts, how proud we are  
Of your resilience, persistence and success.

You will always be a part of each of us and we thank you.

Yours in Networking

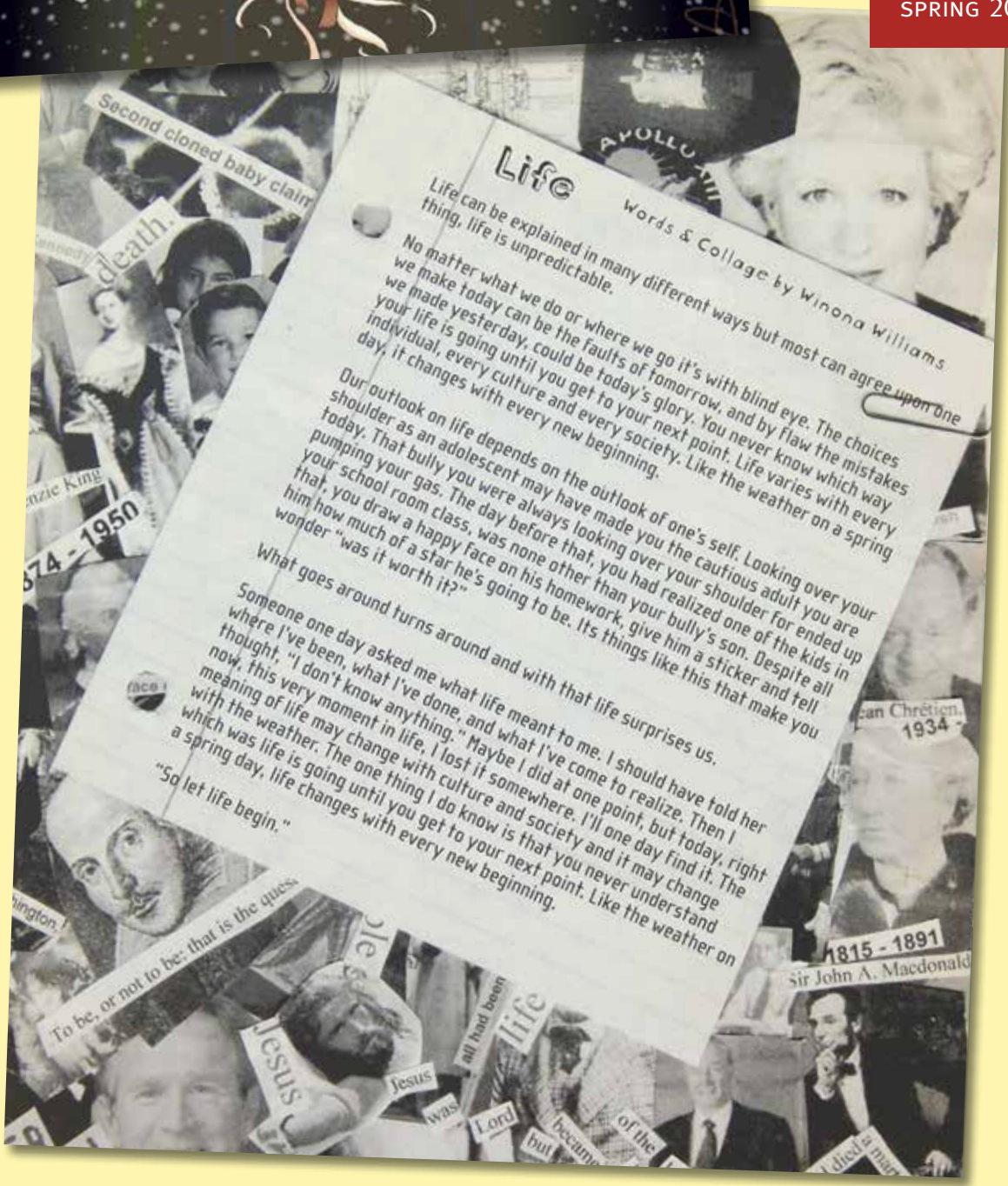
Nicole Herbert, Teresa Lum + Yvonne Andrews.

AND NOW, A FEW DIGNIFIED  
WORDS FROM OUR DIRECTOR  
OF CHILD PROTECTION



**Art by Rose B**  
 POWER PAGES #47  
 SUMMER 2016

NEWSRAG  
 SPRING 2005



**Life**

Words & Collage by Winona Williams

Life can be explained in many different ways but most can agree upon one thing, life is unpredictable.

No matter what we do or where we go it's with blind eye. The choices we make today can be the faults of tomorrow, and by flaw the mistakes we made yesterday, could be today's glory. You never know which way your life is going until you get to your next point. Life varies with every individual, every culture and every society. Like the weather on a spring day, it changes with every new beginning.

Our outlook on life depends on the outlook of one's self. Looking over your shoulder as an adolescent may have made you the cautious adult you are today. That bully you were always looking over your shoulder for ended up pumping your gas. The day before that, you had realized one of the kids in your school room class, was none other than your bully's son. Despite all that, you draw a happy face on his homework, give him a sticker and tell him how much of a star he's going to be. Its things like this that make you wonder "was it worth it?"

What goes around turns around and with that life surprises us.

Someone one day asked me what life meant to me. I should have told her where I've been, what I've done, and what I've come to realize. Then I thought, "I don't know anything." Maybe I did at one point, but today, right now, this very moment in life, I lost it somewhere. I'll one day find it. The meaning of life may change with culture and society and it may change with the weather. The one thing I do know is that you never understand which was life is going until you get to your next point. Like the weather on a spring day, life changes with every new beginning.

"So let life begin."

Second cloned baby claim

death

Annie King

1950

1815 - 1891

Sir John A. Macdonald

Jesus

Jesus

all had been

life

was

Lord

but

became

of the

and

lived a man

ington!

To be, or not to be: that is the guess



## CLARITY

MJ Z

I don't know what this means,  
I guess I shouldn't speak  
Words just won't do this justice.

Rest my head,  
A faint memory  
I hold in my heart  
I hold it tight

I'm blessed that you see me  
I'll cling to that purity.

I pray for clarity,  
Truth,  
Reason,  
A clear direction.

## WE ARE NOT WHO WE USED TO BE

JACK K

Sleeping fiddles riddle me  
Chalking hope as thistles dry  
Bind by quartered light of theme  
As I lay awake at night

Your rubber band now on my wrist  
Standards lowered than gracious heights  
Kissed your love with a memory gash  
And brought is back with aid and time

But say my name once more, please  
So I can walk like a fading sun  
Say it so I won't ache again  
And walk until my walking's done  
Slandered by your true esteem  
Wrap a rope around your hand  
Persistently focused on being afraid  
Until that rope shows who I am

I miss you like thistles dry but  
I don't want you around no more  
You won't read the words from me  
Aveces yo no voy te escribir con amor

You will love him now I'm gone  
As I push heavy weight away  
Kindred from my fallen star  
I will win 'cause your pain will stay

Deeply cut blood to roots  
Cornered village riddles rhyme  
We are not who we used to be  
As I lay awake at night

Medicine Hat, AB  
World's tallest tipi.



Eagles mate for life.



PHOTOS BY MARGARET JOSEPH

"REVOLUTIONARY ME. I WAITED  
FOR YOU. REVOLUTIONARY ME.  
I LOVE YOU."

## RESTLESS NIGHTS

KRISTINE B

Why my mind won't shut off at night...  
Here's a poem for you, even if it will be  
better handwritten.  
All I need from you is an open mind,  
and for you to listen.  
So many things I want to tell you, but  
I'm afraid of how you'll react.  
Not sure if it will lead you to leaving me  
behind, like so many others before you.  
I'm sorry if I'm not open enough to you,  
even when you ask.  
It's simply not easy, with what I've gone  
through in the past.  
So I ask you to please be patient, be  
kind and give me time.  
Because these walls I built are tough,  
and taking them down is rough.  
I don't want to scare you away, I can't  
bear the thought.  
Just know that I truly care about you...  
a lot.

## LEARNING TO LOVE MYSELF THROUGH POETRY

VALEEN J

Sometimes I cry tears and sometimes I cry  
anchors.

Drifting within radius I slowly begin to  
forget freedom.

Our songs travel wherever the waves bring  
them.

Yet I float in waters more calm than my  
voice Unconsciously conscious I hear your  
hopeful call.

I release the depression that I have held  
hostage And I learn how to breathe with  
intention.

I remember that I am a descendant of the  
lovely Skywoman In decolonial love they  
announced my birth: "On the 504th year a  
revolutionary is born!" Revolutionary me, I  
waited for you. Revolutionary me, I love you.

## WHY DO I LOVE YOU?

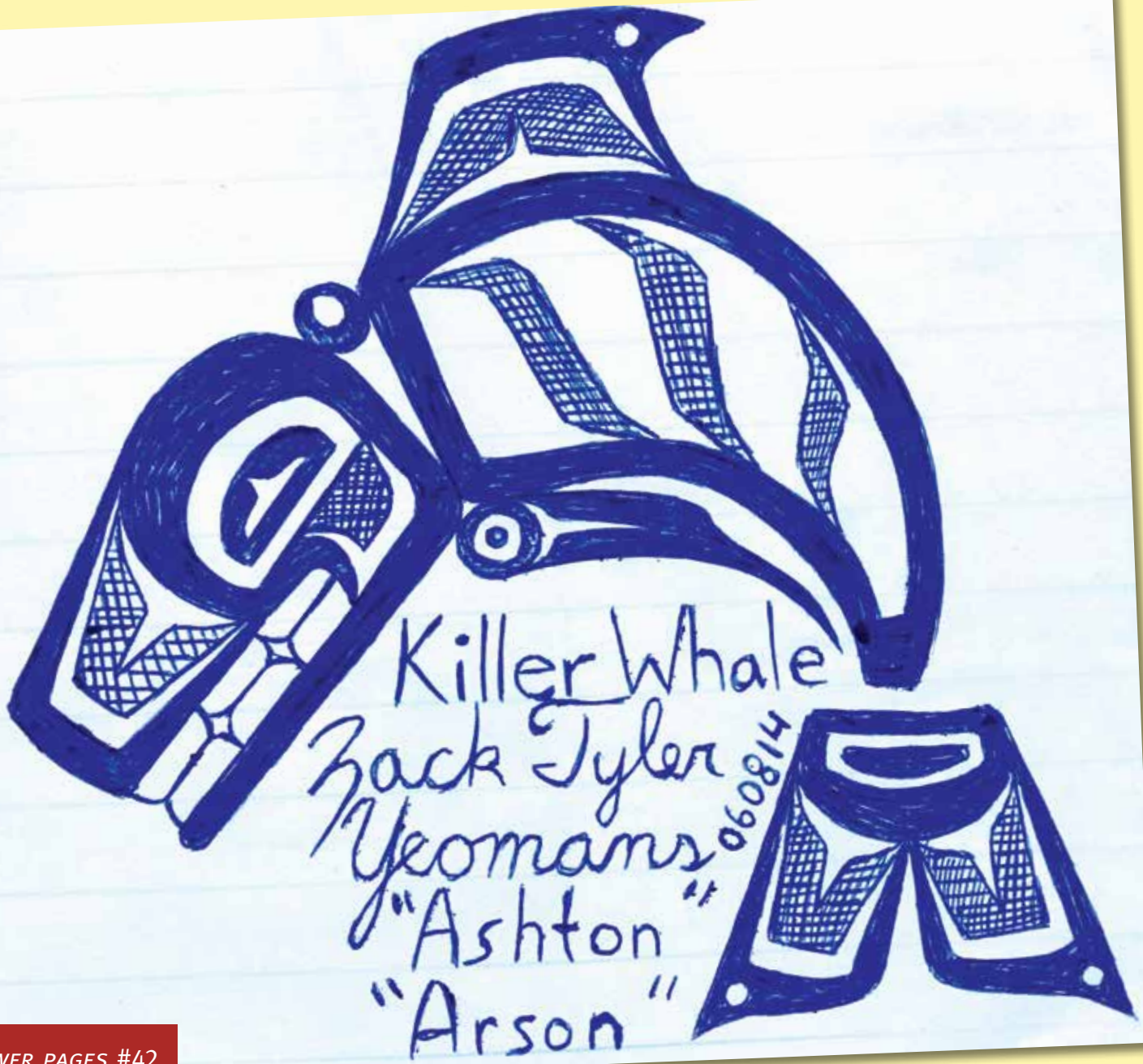
MJ Z

Why do I love you?  
Well it's simple.  
It's your laugh  
Your gentleness —  
That when you hold me I feel the safest  
I've ever been.

Why do I love you?  
It's your beauty  
Your essence  
Your mind —  
That when I'm with you I feel special  
and important.

Why do I love you?  
It's your humor  
Your authenticity  
Your gentleness —  
That when we talk I'm understood  
and accepted.

Why do I love you?  
Because you think I'm amazing.  
You point out my beauty,  
Your joy —  
That whenever you greet me it's like  
I haven't seen you for a while.



POWER PAGES #42  
SUMMER 2014

FEBRUARY 2007

### Children by Jessica Auger

Creative intuition is what they are born with  
The innocent faces that walk within our world  
They bring the smiles and the joy  
Their instinct to play and have fun can not be compromised on their beginning adventure of life  
They are the keepers of the peace of mind we sometimes wish to go back to  
It is this precious imagination we seek to protect  
The memories they create should be those that inspire thoughts of the wonder the world can bring  
To make them dwell on what is to come can be a wind that carries the original ideas away  
Let us focus on their adventurous side and set them free to use their wings





## Networking (1)

By Sarah Watson

The rain is streaming down my face  
Or is it tears I've cried  
Longing or waiting for the moment I die  
I live with despair  
It isn't fair in the darkness in this world  
I live in the shadows with my pain

'Til the sun shone down and I saw the right way  
My tears dried up  
I still feel the pain  
But now there's help  
There's hope for me yet  
So I got up and found friends  
With all the other children in the shade  
Now I don't feel so alone

## Networking (2)

By Sarah Watson

Once I lived isolated and alone  
Holding up the world on my shoulders  
Buckling under the weight  
I lived my life  
'Til one day I stumbled under the burden of  
grief I carried

And reached out for help  
Through chance and luck  
I found someone to help me  
Because one person can't do it on their own  
We all need a little help sometimes  
So like a spider's web I connected myself from  
person to person

And resource to resource  
Connecting, networking  
Alone I buckled under the weight  
But together  
We can make the difference  
I wish to make



From *Life's Bright if  
You Look in the Right  
Direction*  
by Kristine B  
POWER PAGES #38  
SUMMER 2013

