

POWER PAGES

#59



**CELEBRATING
30 YEARS
OF THE FED**

**GET TO KNOW OUR
ABBOTSFORD LOCAL**



**FEDERATION
OF BC YOUTH
IN CARE
NETWORKS**

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

**PLUS ARTWORK, POETRY
AND STORIES FROM YOUTH
IN AND FROM CARE!**



FEDERATION OF BC YOUTH IN CARE NETWORKS

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

Charity #: 85751 6702 RR0001

CONNECT WITH US!

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CONGRATS TO OUR NEW ALUMNI!

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Jaden G
Jamie M R
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POWER PAGES

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View or download past & current editions at fbcyicn.ca



**ON THE COVER:
YOUTH RETREAT #82**

BECOME A MEMBER!

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

You can sign up to be a Member of the Fed on our website today by going to fbcyicn.ca/sign-be-fed-youth-member

If paper copies are more your speed, email info@fbcyicn.ca and we can mail you a hard copy of our membership form. You can also call us at **604.527.7762!**

WHY JOIN US?

- By uniting our voices, we are part of a movement and we're able to impact decisions affecting the needs, issues, and ideas of youth in and from care.
- The Fed is youth-driven, which means you'll be part of the organization's decision-making.
- Be part of a chosen family that celebrates you, your accomplishments and your milestones.
- You get first dibs on accessing our programs and services, which includes cool opportunities like representing the Fed, skills development and work experience, bursaries, 1:1 support from our friendly staff, and fun events like youth retreats and celebrations.
- Membership is free!

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

Join the FBCYICN today by filling out a membership form!
fbcyicn.ca/sign-be-fed-youth-member

- 2 Thank You Donors
Congratulations to Members!
- 3 About Us
- 4 Black Pens to the End by Kara O
Inquiry by Jassie C
- 5 Dream Fund
- 6 Fed Locals
- 7 Local Interview: Abbotsford
- 9 Member Interview: Priyanka K
- 10 Christmas by Jassie C
- 11 Messages from the Fed Family
- 12 30 Years of the Fed
- 14 Youth Retreat
- 16 My Children Dance by Kara O
- 17 Board in Action
- 18 BC Child & Youth in Care Week
- 20 Youth Retreat Photos by Julie D & Anonymous
Life's Journey to Life Success by Drea P
- 21 Volunteering at the Fed
- 22 Juliette's House by Shoshannah R
- 23 Care Beyond Care Campaign
- 24 Our Provincial Impact
- 25 Access Youth Support
- 26 It Was Enchanting To Meet You by Norman C
- 27 Origin by Daniell S
Finally Somewhere Safe by Angel E
White Picket Fences by Kara O
- 28 Community Resources
- 29 Upcoming Opportunities

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

- ★ Shaun 'Pugs' Adams
- ★ Lynell Anderson
- ★ Paula Gunn
- ★ Jessie L
- ★ Sally Reid
- ★ John Roston
- ★ Deanna Stobbe and Carolyn Kamper (on behalf of Negotiations and Regional Operations, Ministry of Indigenous Relations and Reconciliation — Government of BC)

- ★ Adrienne Montani
- ★ Sharlene Smith
- ★ Ministry of Children and Family Development
- ★ Employment and Social Development Canada
- ★ Federation of Community Social Services of BC
- ★ Public Guardian and Trustee of BC
- ★ Provincial Employees Community Services Fund
- ★ Radius Security
- ★ 100 Guys that Care South Surrey

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



CONGRATULATIONS



Congratulations Rhys R on graduating from UBC's Law School in May 2023. Rhys will be called to the bar as a lawyer in 2024!

"I was a Dream Fund Scholarship recipient in 2016 and graduated from UBC's law school in May of this year (I completed my undergrad in business at UBC in 2020. Currently, I work at the UBC Innocence Project and will be called to the bar as a lawyer on May 24th, 2024.



Congratulations to Ally P on the birth of their daughter Braylen, born January 2023.

Congratulations to Kayla SC on the birth of their daughter Mabella-Anne, born August 2023



Congratulations to Caitlyn M who graduated from Douglas College with a Child and Youth Care Counselling degree with a Child Protection specialty.





FEDERATION
OF BC YOUTH
IN CARE
NETWORKS



WHO WE ARE

The Federation of BC Youth in Care Networks was created by a group of young people in care who saw the need for more supports for their peers. That was in 1993, and today we still stay true to their vision!

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

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

CONNECT WITH US!



ADVOCATE

Learn about your rights and build the skills to

ADVOCATE FOR YOURSELF!

Unite your voices and experiences to

CREATE POSITIVE CHANGE in the system!



EMPOWER

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

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



CONNECT

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

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

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

BLACK PENS TO THE END.

BY KARA O

Black. All Black. Always
Seamless, but gummy.
Bite marks on each end;
A gnawing ache of honesty or, amnesty
Unrestrict the flow,
the *right*,
the *power* (of silence)

Uncapped and raw
Desperation, anticipation

Fumes of
transformative,
dark
Essence.
The essence of transparency;

Out of ink.

No more writing, scribbling,
drawings of conclusion.
Alright I'll settle — though I was hellbent.

New pen,
yet lacking;
Lacking the novelty.

Delicate and faint.
Like the lies whispered or cawed,

over the breath of
(putrid)
cigarettes and classical tones.
I have nothing to exhale.
I could laugh,
I could cry,
Chant or sing...
All I want is to scream;

Scream for the now faded sayings and empty beings,
Forgotten books and those bound in human skin, written
in blood.
I cannot scream,
My voice is too delicate and faint,
After years of my fate
being erased by stolen black ink.

I will not scream or yell or even curse, but one day
everyone else will be screaming too;
I won't have to scream over and against "words" written
from black, awful ink, conjured in a black awful heart-
black lungs won't be able to scream for a new pen.
The end.

INQUIRY BY JASSIE C





DREAM FUND

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

The Dream Fund includes two different bursaries:

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

“I’m a former youth in care and a single dad. Because of the Reach for Success Bursary, I was able to cover childcare costs so I could finish high school and work toward my dreams.”

— Reach for Success Bursary Recipient

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

CONGRATULATIONS TO OUR 2023 REACH FOR SUCCESS BURSARY WINNERS:

Violet	Zayleah	Toria
Eugenia	Darcy	Simranjit
Anthony	Priyanka	Faith
Tenysha	Haley	Joise
June	Brahmroop	Kaden
Teanna	Yaya	Bianca
Tyrin	Summer	Brooklyn
Chelsea	Taio	Dylan
Keyanna	Evan	AJ
Brayden	Tengis	Dominic
Brady	Kennedy	Lindy
Kaden	Raylee	Robin
Skyla	Anna	Stefanie
Bradley	Victoria	Ryleigh
Bella	Deanna	Ryan
Andy	Cecilia	Muskaan
Breanna	Jaiden	Santana
Parvami	Raylene	
Maleeha A	Walker	

CONGRATULATIONS TO OUR 2023 EDUCATION ACHIEVEMENT BURSARY WINNERS:

Jaiden	Eugenia	Yahya
Amanda	Keyanna	Skylee
Sydney	Lieandrea	Mary-Anna
Anna	Jaxyn	Anna
Joshua	Melika	Jade

Dream Fund Eligibility

- You are currently in care or a former youth in care either under a Continuing Custody Order, Temporary Custody Order, Voluntary Care Agreement, Special Needs Agreement, or Youth Agreement in BC under the Child, Family and Community Services Act.
- You are between the ages of 14 and 24 years old.
- Must have a cumulative total of 1 year in government care.
- (Education Achievement only) You are currently enrolled or planning to enroll in a secondary, post-secondary academic, technical or vocational program, a recognized public post-secondary institution, or a registered private post-secondary institution.

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

FED LOCALS



FEDERATION
OF BC YOUTH
IN CARE
NETWORKS

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

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

Find a local near you! fbcyicn.ca/get-involved/local-networks

CAMPBELL RIVER

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

COURTENAY

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

PORT ALBERNI

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

PARKSVILLE

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

PEMBERTON

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

TRI CITIES

Host Agency: PLEA
Community Services
Port Coquitlam, BC
Contact: Udee Wijeratne
604-417-9240
uwijeratne@plea.bc.ca

SQUAMISH

Host Agency: Sea to Sky
Community Services
38646 Buckley Ave
Squamish, BC V8B 0K6
Contact: Alyssa McGinnis
alyssa.mcginis@sscs.ca
or Heather Lightfoot
heather.lightfoot@sscs.ca

SURREY

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

PRINCE GEORGE

Host Agency: Prince George
Native Friendship Centre
Contact: Natalia Todosa
ntodosa@pgnfc.com

KAMLOOPS

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

ABBOTSFORD

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

CASTLEGAR

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

MAPLE RIDGE

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

LOCAL INTERVIEW: ABBOTSFORD



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

Doing fun activities.

I love all the different people and I like the things we do cause a lot of the time I can't do those things on my own so it's great I get a chance to do those things.

How engaging all of the activities are. I feel that it allows not just myself but others to feel more comfortable communicating.

Getting to meet new people, and how accepting everyone is. It is a very safe space. I get to do super-fun things I wouldn't get to do otherwise with my friends!

I've made friends there I never would have previously! People of all walks of life of varying ages attend, and I've been able to make connections with people who's life experience differ from mine. It's very enjoyable.



Learning new skills in an environment where I feel comfortable about making mistakes. Doing activities with other individuals who are also doing it for the first time makes the whole process less stressful.

If you're going through a tough time joining these group activities can be a positive distraction.

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



Watching movies.

My favourite activity that I remember was the Twilight Market in Mission with the picnic.

The day we baked that apple dish was cool, just doing the recipe step by step.

Every single one is super fun, but probably ones where we go swimming or to a museum are my favourites.

My favourite activity has been a lot of the cooking and a few of the outdoor plans such as the ice cream at Jubilee, Jam in Jubilee or the painting.

Probably going to Castle Fun Park or the VRCADE.



Cooking. As someone who doesn't have access to a fully functional kitchen and the tools to cook proper meals, I enjoy having the privilege to cook things that I can not on my own.

Yoga instruction session. I learned some pretty good fundamentals of stretching and self-care that I use even now.



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

I would describe it as an opportunity to learn. Learning not only the certain skills being taught but also learning about the lives and worldviews of other people in the group.

Gives people a fun experience.

It is a place where any youth can come in to meet new people and do fun things.

It's good to get out.

It is a welcoming group in which youth of varying ages get together and learn skills, eat good food and spend time together doing fun activities!!

As for what the group does for others that aren't a part of it, I feel that it is very accepting and easy to open up to for any newcomer that wishes to join.



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



It's a good idea.

Join, you won't regret it!

I would say that they are welcome here. This is a safe space for everyone to learn and grow.

Please come! Definitely worth trying. There are so many different things we do from manicures to baking to arts, and the people are so nice.

I would definitely encourage them to join as there is a welcoming environment and the people who attend are all great to enjoy activities with, and making new connections is quite easy.

It is definitely an enjoyable and rewarding experience worth your time. You'll be able to make friends and learn and do new things!!

I would tell someone else that it is worth it to join in and just relax and enjoy the time.



MEMBER INTERVIEW

PRIYANKA K

Tell us a bit about yourself

I am currently studying at Douglas College as an undergraduate student. My passion for becoming a social worker began at the age of 15. My favourite colour is pink.

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

I have been a member since March 2022.

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

I became a Fed member because it is a kind and safe community. To volunteer and be a part of their programs. I also joined because I wanted to meet others who have also been in care.

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

Being involved with the Fed has impacted my life in a very positive way. I've made many friends and have connected with many staff members who have supported me in every part of my life.

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

Just join! You won't regret it. The Fed has many programs, resources and staff that can help you.

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

Carry out a random act of kindness, with no expectation of reward, safe in the knowledge that someone might do the same for you — Princess Diana

What is your favourite Fed memory?

My first retreat #81. I had such an amazing experience seeing other youth/others who are connected with the Fed community. Also, just sitting by camp fire with my friends.



CHRISTMAS
BY JASSIE C



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

— Louise B

"It's really the only place where a lot of people feel like they can be completely 100% themselves and be accepted no matter what."

— Youth Member

"I hope that your generation chases dreams and conquers all in your paths. Many alumni have crusaded to provide the next generation with many rights and hopefully a safer living environment for all. Be well!! Aim for the stars!"

— Shaun aka pugsley

MESSAGES FROM THE FED FAMILY

Hear from some members and alumni about their experience with the Fed, favourite memories, and advice to you.



"I attended my first Youth Retreat. I met 50 other amazing, resilient, unique, and incredibly gifted individuals that came from care. For the first time, I didn't feel ashamed of coming from care because I was surrounded by my family, my youth from care family."

— Youth Member

"Youth in care are awesome because we have pushed through so much, and we are often told that we won't accomplish very much or won't amount to anything. But we have proved to others, and most importantly ourselves, that we can do anything!"

— Kayla J

"I think being involved with the Fed means being able to, even for one person, create a community where they feel like they are not alone so they feel like it is not just their struggle. Making it known that other people share those feelings of anxiety and sometimes frustration and creating a support network to try to be there for them. There is actually a community of youth who have gone through similar experiences, which helps youth realize they can be whoever they want to be."

— Tagen M

1993
THE FEDERATION
OF BC YOUTH IN
CARE NETWORKS IS
CREATED

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 IN
PARTNERSHIP WITH
OTHER PROVINCIAL
NETWORKS. THE FED
PARTICIPATED IN COAST
TO COAST CANADA

1999
THE BEGINNING
OF "YOUTH SPEAK"

2001
THE THOMPSON-
CARIBOO YOUTH
IN CARE NETWORK
(TCYICN) OPENS

2002
THE FED MOVES
FROM BEING
YOUTH-LED TO
YOUTH-DRIVEN



FEDERATION
OF BC YOUTH
IN CARE
NETWORKS

30 YEARS OF THE FED!

Thirty years ago a group of young people came together and built the Federation of BC Youth in Care Networks.

A lot has changed about our organization and the care landscape since 1993, but we are still dedicated to improving the lives of the amazing, resilient, talented youth in and from care.

2008
THE FED PUBLISHES
THE "YOUR LIFE
YOUR RIGHTS"
GUIDE

2007
THE FED HIRES
JOECELYN AS
THEIR FIRST
EXECUTIVE
DIRECTOR

2005
THE "NEWSRAG"
BECOMES "POWER
PAGES" AFTER THE
YOUTH MEMBERS
VOTE ON A NAME
CHANGE

2004
THE FIRST LEADERSHIP
COUNCIL AND BOARD OF
DIRECTORS ARE ELECTED,
AND THE FED BECOMES
COMPLETELY INDEPENDENT
FROM PLEA

2019
YOUTH CREATE
LEADERSHIP
FRAMEWORK.
THE FED STAFF TEAM
EXPANDS

2020
FED CONNECTS IS
LAUNCHED AND
HOLIDAY CARE KITS
GO PROVINCIAL!

2018
LORENA RETURNS
TO THE FED AND
BECOMES EXECUTIVE
DIRECTOR

2021
MEMBERS VOTE TO
CHANGE BYLAWS SO
THAT MEMBERSHIP
NO LONGER EXPIRES
AFTER 2 YEARS

2016
THE FED
BECOMES A
REGISTERED
CHARITY

2022
THE FED MOVES
OFFICES AND FIRST
YOUTH RETREAT IS
HOSTED AFTER A 3
YEAR BREAK

2014
THE FED & MCFD
HOST CONNECTIONS
GUARDIANSHIP
FORUM

2023
MEMBERS VOTE
TO INCREASE AGE
OF MEMBERSHIP
TO 28

2010
THE FED HELPS
REDEFINE HOW
WE LOOK AT
PERMANENCY FOR
YOUTH IN CARE

2010
THE FED OFFICE
HAS A FIRE

2010
THE FED PUBLISHES "ARE
WE MAKING THE GRADE?",
A REPORT CARD ON THE
WELL-BEING OF YOUTH IN
CARE IN BC.

2011
THE FED HOSTS THE
YOUTH COMPONENT
FOR IFCO IN
VICTORIA, BC

2011
THE FIRST BC
CHILD AND YOUTH
IN CARE WEEK IS
PROCLAIMED BY THE
BC GOVERNMENT

2012
JULES
COMES ON
AS EXECUTIVE
DIRECTOR

YOUTH RETREATS

We loved getting to spend two jam-packed weekends with so many lovely individuals at Youth Retreats #81 and #82! From having fun with archery, photography, yoga, art, and more, to hearing your feedback at Youth Speak and Strategic Planning. Sharing space and getting to know so many incredible young people was a major highlight this year! We witnessed so many amazing Fed Family talents at our talent shows, and loved watching strong connections grow among so many of our members. We hope these pictures bring back fond memories for those who attended, and something to look forward to for those thinking of joining us in the future! We cannot wait to see more folks at the next retreat in the Spring! Did you come with us for one or both of the weekends? Do you have some favourite memories to share? We would love to hear from you! Join the conversation with #FedFamilyBC, #YouthInCareAreAwesome, and in our private 'Fed Connects' Facebook group.





GET PUBLISHED IN **POWER PAGES**

WHAT'S POWER PAGES?

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

WHAT DOES POWER PAGES PUBLISH?

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

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

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

HOW DO I GET MY WORK INTO POWER PAGES?

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

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

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



MY CHILDREN DANCE

BY KARA O

Dance children, dance
I told the sun you would
And I told the wolves you would
I did not lie, for I have
Seen you fly
I don't force you, I ask gently
For your own good,
Show the world how you dance,
Your beautiful dance.

I have danced for the moon,
I have danced for you
My Children will dance
Across the hills, through the trees, to the tops of the
icy mountains and toward rainbows
My children dance and sing for the sun
As I've danced for you,
just young ones



BOARD IN ACTION

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





BC Child and Youth in Care Week (BCCYICW) was started by a group of young people in and from care who wanted to address stigma and help their siblings to grow up feeling respected for their opinions and celebrated for their diverse talents. The first BCCYICW was proclaimed by the province of British Columbia in 2011, and this year we celebrated for the 12th time!

Throughout the week youth shared their work, talents, dreams and messages for others in and from care via social media, using the hashtag #YouthInCareAreAwesome. Community events happened through the week, along with our kick-off event with Honourable Minister Mitzi Dean.





WEEK

413
Recognition
Awards sent
to youth in
care



Thanks to our
volunteers for
helping to build
and send our 2023
BCCYICW Awards!





YOUTH RETREAT PHOTOGRAPHY BY JULIE D AND ANONYMOUS



LIFE'S JOURNEY TO LIFE SUCCESS

by Drea P

Hello there, my name is Drea. I enjoy helping others work through what challenges they have faced or are facing. I help them learn that what they have faced doesn't have to define them or be their future.

I spent many years living with my family. Some of the challenges that I faced while living with my family included abuse of all kinds and facing parents that struggled with addiction. I was kicked out of my home when I was 16 and spent time living out of my car, wishing that someone would just help me and love me.

I had a friend that was in care and helped advocate for me when it came to getting help with MCFD. They were able to help me get a warm bed and a home, where oddly enough the love that I experienced there was uncomfortable (because I was not used to it). At this time, I was hanging out with people that enjoyed testing many substances. I joined that community as I thought that it was going to be good — feeling the joy that these substances were able to give me. That was not all they gave me. I enjoyed the highs so much that even when I tried a substance that almost killed me, I needed to have it again and again.

Many years went by and I finally accepted help with this struggle. I learned that I was

using these substances as a maladaptive coping mechanism, because I didn't want to feel what was going on in my life. It was a challenge to accept this help and feel the feeling that I had kept in for so long. Time passed, I fought to get clean, and I did. I was going to college during the time of my addictions and took my first year plumbing



and I passed the course. I got my first year apprenticeship and thought that my life was finally on a good path and BANG it hit back. I was hurt during my apprenticeship and was told by doctors that I was no longer going to be able to do that job. I was devastated. Here I am at age 17, fighting to overcome my past, and I'm slammed back down to the ground. I had no job, I was hurt, and feeling that I should just give up because I felt that I was never going to be able to be successful.

I watched a whole year go by as I tried to make sense of why I was constantly being shoved into the dirt. I was never able to come up with any answers.

So, I finally decided that I would go back to school — another year in college and another year to prove to myself that I could and would be successful. I took my Human Service work program. It was a two year program that was filled with many courses. To my surprise, after the two years of hard work and fighting the beliefs that I had made true in my mind, I completed it. I PASSED!!!!

I decided that I was going to be a youth worker so that I could be a support to other youth that were in care, facing similar challenges. It is by far the most enjoyable and rewarding job I could ever do. I love being able to help show other youth that are in care how loved, cared for and successful they can and will become.

You are strong and are going to create endless opportunities to show others that they are loved. You can and will accomplish any goal or dream that you could ever want. One thing that continues to go through my head is: I can allow my past to define me and continue to live in it, or I can show others how incredible they are and help them see that dreams can come true and you can become whoever you want to.



VOLUNTEERING AT THE FED

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

Visit fbcyicn.ca/get-involved to take part!

YOUTH VOLUNTEERS IN 2023:

Aba A	Kieran F	Tivexo C
Alex B	Leslie J	Raylee L
Braydon C	Priyanka K	Caitlyn M
Kerri R	Sarah P	Michelle W
Kiana W	Tatyana D	Simrit D
Kiara K	Taylor D	

ADULT VOLUNTEERS IN 2023:

Michelle CG	Jai T	The Radius Group staff
Jessy N	MCFD staff	

FED ADVISOR

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

FED AMBASSADOR

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

VOLUNTEER ROLES

PROGRAM SUPPORT

Program Supports assist with important work to make our programs, events, and activities happen.

PROGRAM PLANNER

Program Planners help plan program events and activities like celebrations, Youth Retreats and workshops.

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





JULIETTE'S HOUSE
BY SHOSHANNAH (SHO) R

CARE

BEYOND CARE



The Care Beyond Care Campaign is about building awareness of supports for youth leaving government care!

The Care Beyond Care Campaign sits within the larger youth in care movement. Youth and their allies have been advocating for decades to improve supports for youth transitioning from government care. We honor and celebrate what has been achieved and we know there is still work to be done. We are committed to contributing to positive change!

Let's connect youth to new and existing supports to ensure they experience care *beyond care!*

JOIN US!

- Follow our socials
- Visit our website
- Share our posts



#CareBeyondCare
[instagram.com/fbcyicn/](https://www.instagram.com/fbcyicn/)
[facebook.com/YouthInCareBC](https://www.facebook.com/YouthInCareBC)
www.fbcyic.ca/carebeyondcare



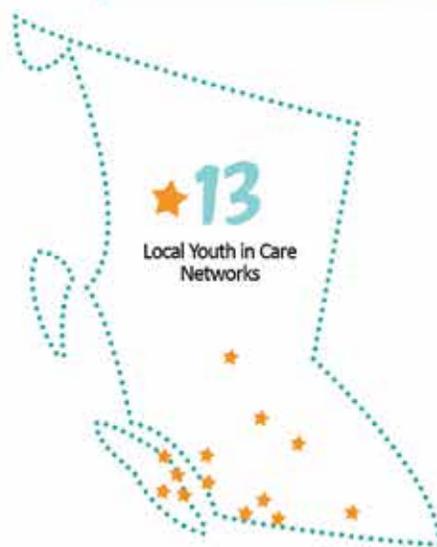
OUR PROVINCIAL IMPACT

2,958

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

210

Active Youth Members



We sent Holiday Care Kits to

521

youth across BC!

YEAR BY NUMBERS



2

Youth Interns worked at the Fed



1,850

Copies of *Power Pages* distributed



\$36,949

65 Bursaries Awarded



388

BC Child and Youth in Care Week Awards



197

Fed events held



346

Events held in Local Networks across BC



4,070

Followers on social media



389

Total Ally Engagement

I just received and opened my Holiday Care Kit and I absolutely loved it! I wanted to thank you and The Fed Family for being with me through these years. I'm always so grateful for any opportunity you've provided and always feel so loved and appreciated. It's bittersweet that this October I will officially be too old to be a member. I've definitely loved being part of this network and I wish I could stay longer!! Anyway, the main point of reaching out was just to thank you for the holiday care package, it really means a lot to me and I couldn't wipe the smile off my face. Thank you!

— Kiara K



FEDERATION
OF BC YOUTH
IN CARE
NETWORKS

Feeling overwhelmed and don't know where to start?

Can't find the resources you need?

Just want to connect with a friendly face?

Want support to make your goals a reality?

Have concerns and aren't feeling listened to?

**ACCESS
YOUTH SUPPORT
AT THE FED!**



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



WE OFFER FOUR YOUTH SUPPORT SERVICES:



**FED
COACHING**

Evaluate Your Strengths
Set Personal Goals
Develop Skills
Celebrate Personal Growth



**SOCIAL
CONNECTION**

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



**ADVOCACY
SUPPORT**

Know Your Rights
Have Your Voice Heard
Identify Solutions



**NAVIGATE
RESOURCES**

Identify Your Needs
Learn About Resources
Get Connected

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

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

IT WAS ENCHANTING TO MEET YOU
BY NORMAN C



ORIGIN

BY DANIELL S

I'd usually ask how much time do I have
But instead let me ask you —
How much time do you have?

Do you have time for me to tell you,
That I was born from the womb of a woman
who was torn away from her innocence at
childhood
By people who claimed to protect her
Only giving her a sanctuary to traverse the
empty beer bottles,
In pursuit of a hope
That was never entirely hers?

Do you have time for me to tell you,
About the nation of my birth
Claiming to be so devoted to preserving
its own ethnic purity although —
It could never off my brownness
a home filled with safety
of its own.

My blood flows through a land so ancient
Yet growing in its freedom
Still aching from uprooting its sons and
daughters
Mangled by arbitrary lines of hateful division.

While,
My mouth spits flawless English / My heart
beats in drums
And my soul reverberates with the vigorous
flame of the matriarchs who fought for my
existence.

And to all the mothers and grandmothers
Whose sacrifices we praise,
Instead of shedding light on the oppression of
the men who silenced you.
We're sorry for the ways we failed you,
For never giving you the chance to say no.



FINALLY SOMEWHERE SAFE

BY ANGEL E

Finally
A place to breathe
A place to scream
A place to sort and scatter thoughts
Finally
Warm arms to protect me
Warm eyes to watch over me
Warm shoulders to soak in my tears
Finally
Someone who understands
Someone who sticks around
Someone who soothes my fears
Finally
I am seen
I am heard
I am safe
I love you forever my dear safe place

WHITE PICKET FENCES

BY KARA O

My life might be swell, I promise you I don't forsake
your belief in hell
Surely, I'm not going to sell myself short
No, I don't want a white picket fence
No, but I wouldn't mind a black one
I can't be mistaken. I know my own tastes and dislikes, I'm happy to fight on this
I don't want a white picket fence, please don't take offence

I don't even care for the American dream
It may seem I couldn't be more dreadful, I'm steadfast a handful
Maybe I seem crazy, or just out of line.

My life is divine, as are my earths blessings,

I bet on my black fence
I couldn't imagine what my life would be; Should I awake to see my fence,
painted white.
The prospect of popping eggs out, such as a hen is not a bench I'd be seated on.



COMMUNITY RESOURCES

AGEDOUT.COM

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

agedout.com

BC 211

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

bc.211.ca

BC OMBUDSPERSON

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

bcombudsperson.ca

BC REPRESENTATIVE FOR CHILDREN AND YOUTH (RCY)

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

rcybc.ca/get-help-now

PGT

The Public Guardian and Trustee (PGT) protects the legal and financial interests of children and youth under the authority of a range of provincial laws.

www.trustee.bc.ca/services/child-and-youth-services

SAJE

SAJE (Strengthening Abilities and Journeys of Empowerment) is a suite of supports provided by the Ministry of Children and Family Development for youth leaving their care. Supports include the Agreements with Young Adults (AYA) program which can help cover living and tuition costs when in school or a rehabilitation program, Rent Supplements, Temporary Housing Agreements (THA), Temporary Support Agreements (TSA), and access to Navigators and Guides who can help with access to support and connection. Some of these supports also include health benefits.

www2.gov.bc.ca/gov/content/family-social-supports/youth-and-family-services/youth-transitions

TELUS MOBILITY FOR GOOD

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

telus.com/en/social-impact/connecting-canada/connecting-for-good-programs/youth

TENANT RESOURCE AND ADVISORY CENTER (TRAC)

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

tenants.bc.ca

WORKBC

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

workbc.ca/plan-career/resources/youth



UPCOMING OPPORTUNITIES

CARE BEYOND CARE CAMPAIGN

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

YOUTH IN CARE ARE AWESOME CAMPAIGN

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

BCCYICW RECOGNITION AWARD

Do you know a youth in or from care that should be celebrated for their amazingness? Maybe it's you!? You can nominate a friend or yourself to receive a BC Child and Youth in Care Week Recognition Award during the first week of June 2024!

BCCYICW KICK OFF CELEBRATION

Join us at the virtual Kick Off Celebration for BC Child and Youth in Care Week on June 3! Youth help lead this event and create a space for us to celebrate and honour youth in and from care. We are also joined by key decision makers and allies.

VOLUNTEER WITH THE FED

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

INTERNSHIPS AT THE FED

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

YOUTH ACTIVATORS

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

YOUTH ENTREPRENEURS

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

FED CONNECTS

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

YOUTH RETREAT

Have fun and connect with other youth in and from care at one of our 3-day Youth Retreats. Together we will participate in things like outdoor activities, campfire, art and a talent show. Our next Retreat is April 26 – 28, 2024!

POWER PAGES

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

HOLIDAY CARE KITS

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



Thank you for a magical 30 years, we can't wait to celebrate more milestones with our Fed Family!