

Newfoundland and Labrador Foster Families Association

Annual Symposium
June 2-4, 2017

Fostering Relationships – Growing Together



Ramada Hotel
Kenmount Road
St. John's

- Friday:** Opening Ceremonies
- Saturday:** Annual General Meeting, Workshops, Banquet
- Sunday:** Breakfast and Keynote

Comments from 2016 participants

*This weekend
was fabulous.*

*First time here
and it was a
great experience.*

*Speakers were amazing,
food was great and
entertainment was lovely.*

*It was the best
conference.
I learned so much.*

*Awesome weekend –
relaxing, educational.*

Hope to see you there!

Fostering Relationships – Growing Together



June 2-4, 2017

Registration Form

Name _____ Phone # _____

Address _____ E-mail _____

Foster Parent _____ Social Worker _____ Other (please specify) _____

Registration Deadline is May 19, 2017 (No refunds after May 24, 2017)

Please indicate each event you will be attending.

Friday, June 2nd

7:00 pm _____ Opening Ceremonies

Saturday, June 3rd

Workshops

9:00 am - 12:00 pm (select one)

1:30 pm - 4:30 pm (select one)

___ Understanding Child Development

___ Relationships – Why They Matter

___ Dealing with Difficult Behaviours

___ Dealing with Anxiety in Children and Adolescents + Parenting in the 21st Century

Please register early. If the workshop you request is full, you will be registered for the alternate session.

12:00 pm - 1:15 pm _____ Annual General Meeting and Lunch

7:00 pm _____ Banquet

Sunday, June 4th

9:00 am - 10:30 am _____ Breakfast and Keynote

Please specify any special dietary restrictions/allergies (airborne or ingested): _____

Regular Registration Fee: \$50.00 per person, Early Registration Fee: \$45.00 per person
Early Registration Deadline: Post-marked by April 28th, 2017

Agenda

Silent Auction will be open from Friday, June 2nd at 6:00 pm until 3:15 pm on Saturday, June 3rd.

Friday, June 2nd

- | | |
|-------------------|---|
| 6:00 pm - 7:00 pm | Registration |
| 7:00 pm - 9:00 pm | Opening Ceremonies
(Minister Sherry Gambin-Walsh and other special guests will be in attendance) |

Saturday, June 3rd

- | | |
|--------------------|---|
| 8:30 am - 9:00 am | Registration |
| 9:00 am – 12:00 pm | Workshops |
| 12:00 pm – 1:15 pm | Annual General Meeting (AGM) and Lunch |
| 1:30 pm - 4:30 pm | Workshops |
| 7:00 pm | Banquet
*Keynote: Jackie Lake Kavanagh |
| 9:00 pm | Entertainment |

Sunday, June 4th

- | | |
|--------------------|--|
| 9:00 am – 10:30 am | **Breakfast and Keynote: Florence Strang |
|--------------------|--|

***Jackie Lake Kavanagh** was appointed as the province's Child and Youth Advocate on December 16, 2016. She is a big believer in the potential and resilience of our young people and commits to advocate formally and informally for their interests and needs. She spent 25 years with the provincial government, most recently in Executive positions in the Departments of Justice and Public Safety, as well as Advanced Education, Skills and Labour. She has worked in community organizations with women and youth in counselling and community development roles, and has also taught courses in Memorial University's School of Social Work, and the Police Studies and Criminology programs. Jackie holds a Bachelor and Master of Social Work degrees.

"So, You're on the Team": This session will speak to the valuable contributions foster families make to the team involved with a child's care and well-being, and briefly explore some of the challenges and fears we all often experience when stepping forward to become part of a new team.

****Florence Strang** is a Registered Psychologist, with more than 25 years of experience in the fields of education and psychology. In addition to working for the NL English School District, she operates a private practice in St. John's, specializing in stress management and anxiety reduction. Florence is an award winning blogger and best-selling author. Her latest book, *Soul Steps: 52 Ways to Reconnect with Spirit*, is due for release in June, 2017. In her role as a professional speaker, she has inspired and motivated thousands of people at both a provincial and a national level. Originally from the Burin Peninsula, Florence now resides in St. John's with her children.

It Takes a Village to Raise a Child: Life for Florence Strang has not always been smooth sailing. Divorced at 34, she found herself in the role of single parenting three children, one with special needs. A cancer diagnosis in her early forties caused her to question her belief that a positive attitude can help to overcome any obstacle. Yet she persisted, and became well known for her ability to find the "perks" amongst the most daunting of life's challenges. In this talk, Florence will share with you some of her hard-earned life lessons, the most valuable of which were taught to her by a little boy.

General Information

1. Registration Process

Registration forms can be forwarded to: Newfoundland and Labrador Foster Families Association, Suite 105, 21 Pippy Place, St. John's, NL, A1B 3X2, faxed to 754-5007 or emailed to nlffa@nfld.net

Please make your cheque or money order payable to Newfoundland and Labrador Foster Families Association. We are unable to process credit card payments.

For further information call: 709-754-0213 or toll free at 1-877-754-0218.

2. Accommodations

Ramada Hotel, Kenmount Road
1-855-412-7111.

Room Cost: \$129.00 plus tax (double).

Please book early to ensure you can take advantage of this special Symposium rate.

3. Scent-Free Environment

In the interest of all participants, we are asking your cooperation in making the Symposium a **scent-free** weekend. Please refrain from wearing any perfumes, colognes or other scented products.

4. Voting at the Annual General Meeting (AGM)

Foster parents who have paid their yearly membership fee are entitled to vote at the AGM. Membership fees can be paid anytime prior to the meeting on Saturday (June 3/17 at 12:00 pm).

5. Silent Auction

The silent auction will begin at 6 pm on Friday, June 2nd and end at 3:15 pm on Saturday, June 3rd.

When items are picked up, payment must be made by **cash or cheque**.

Donations for the auction are greatly appreciated!
If you would like to donate an unused item, please drop it off at the office beforehand or bring it with you when you arrive.

6. Evaluation Forms

The feedback we receive from the evaluation forms is very important. It lets us know what we are doing well and where we need to improve. We also use this feedback to plan future training sessions.

Please complete your evaluation form!
When you pass it in, your name will be entered in a prize draw.

Workshop and Presenter Overviews

1. Understanding Child Development: Child development occurs in stages and every child needs to achieve developmental milestones and tasks. Understanding the stages of development is critical to promoting optimal development; knowing where your child is along the path of development helps create reasonable expectations for child's behavior and allows you to guide their transition successfully from one stage to the next.

Kim Furlong and **Mary-Anne Smith** are Family Support Workers with Waypoints: Supporting Foster Parents Program. Between them they have 35 years experience in the field of Child and Youth Care.

2. Dealing with Challenging Behaviours: Children and youth in care often present with challenging behaviors that can be difficult for foster parents to cope with. This session will look at various types of challenging behaviors from a needs-based, developmental, and trauma-informed perspective. Participants will learn how to "decode" behavior and respond in ways that promote growth and healing. Specific strategies and interventions for dealing with challenging behavior will be reviewed.

Rob Fildes, MSW, RSW, and **Michelle Perchard, CYCW,** are currently employed with Key Assets, Rob as a Clinical Director and Heather in the role of Program Supervisor.

3. Relationships – Why They Matter: Often children in care are viewed as "relationship resistant." Sometimes because of their life experiences they are reluctant to trust and take a chance on getting hurt by emotionally investing in a relationship with a caring adult. Building healthy relationships is critical to ensuring positive outcomes for our children and youth. We will explore the importance of teaching children how to build relationships in other social contexts. We will discuss the impact of past and present relationships on the child's self-esteem, the importance of permanent connections and the function of relationship during transition.

Greg Squires has been working as a residential Child and Youth Care Worker with Waypoints for nearly 13 years, now; he is a certified child and youth care practitioner. By his own admission, Child and Youth Care is Greg's calling, a realization that came about after exploring a number of different fields.

Renee Piercey is a Certified Child and Youth Care Practitioner and holds a social science degree from Memorial University. Renee has been in the field of Child and Youth Care for the last 12 years and is currently part of the Family Support team at Waypoints.

4. Dealing with Anxiety in Children & Adolescents + Parenting in the 21st Century

The first half of this workshop will focus on how anxiety presents itself in youth and what you can do to help reduce that anxiety. We will highlight specific parenting strategies for all youth and make distinctions between strategies for children and adolescents, as applicable. The second part of this workshop will look at cultural shifts that have taken place in society over the last thirty years. We will talk about the influence of technology, increased awareness of children's rights and changes in parent-child relationships. We'll identify strategies that you can use to help youth develop self-discipline and self-resiliency in today's complicated world.

Hazel Russell, MSW, RSW, is a clinical social worker with Child and Adolescent Mental Health and Addictions, Outpatient Psychiatry located in the Janeway Hospital. Hazel supports a team approach in meeting the needs of young people and welcomes the opportunity to be involved in community functions such as the Foster Families Symposium.

Dr. Sandie J Cook, PhD, RPsych, is a psychologist with Outpatient Psychiatry at the Janeway Hospital. She is especially passionate about the topics of parenting, family functioning, anxiety and Obsessive-Compulsive Disorder. She appreciates opportunities to share her knowledge and passion about the field of mental health with people in the community, and is looking forward to the Foster Families Symposium.