



# THE NETWORKER

## MANITOBA FOSTER FAMILY NETWORK

### Message from The Executive Director

Do you find yourself feeling more anxious than usual? Maybe more afraid for the safety of yourself or for the children in your care? Do you have a sense there is a lack of control over your life? Maybe it seems as if your emotions are all over the place? Are you having feelings that you are no longer as patient as you used to be and because of that you are considering giving up fostering?

These can all be signs that you might be experiencing vicarious trauma, which is when the trauma you hear others have experienced impacts you as much as if you had experienced it directly. These signs and others, such as disrupted sleep and intrusive thoughts are normal reactions to the trauma you have been exposed to. Although everyone is affected differently, an indicator of vicarious trauma is feeling more cynical, less hopeful and suspicious. As a caregiver your world might be impacted daily by the trauma others have experienced. Unfortunately we don't always see these signs in ourselves, or we aren't aware of what is causing them, so we don't take the right steps to help us deal with it.

It is inevitable that long-term indirect exposure to trauma will cause caregivers to experience vicarious trauma. Being aware of it is an important first step! If you are interested in learning more or are interested in getting further training on this issue, call us at 204-940-1280 or email [manfost@mffn.ca](mailto:manfost@mffn.ca)

*Cardace Seymour*

### Message from the Board of Directors

Hello to everyone out there in this Winter Wonderland!

If it's going to snow like this we just have to see the beauty or we will get snow crazy!!! If you are completely done with this Winter, just hang on a bit longer, Summer WILL arrive one day.... bringing with it heat waves and Mosquito waves...that is the fun part of living in Manitoba— we love talking about our weather and our bugs. Anyways, whatever you are doing while braving this season I hope you are taking some time to enjoy your day.

I would like to take a moment to talk to you about Foster Parent Gatherings. There are several groups meeting, but we would like to see membership increase. We would also really like to start a Winnipeg group. If you are interested in hearing more about the gatherings, how and where they meet, if there is one in your area, etc. I would love to talk to you. Leave me a message by phoning the office at 204-940-1280 and I will call you back shortly.

I hope to hear from you soon!!

*Sharon Loyal*  
Vice President  
Winnipeg area

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## **North Update**

### **Hello Everyone!!!**

Once again we have been busy in the North with trips to Grand Rapids and Thompson sharing information on Rights and Responsibilities. We spent some time at the Trapper's Festival in The Pas, and attended a sliding party in Swan River.

We will be visiting Wuskwi Sipiik in March; as well, we are looking forward to being in Cross Lake and Norway House soon.

We love making new connections in the North, so if you would like us to visit your community, please give me a call at 204-226-1012 or email me at [cdnorth@mffn.ca](mailto:cdnorth@mffn.ca).

*Charlotte Sauder*



## **Thank you Co-op**



Once again the Manitoba Foster Family Network would like to thank Swan Valley Co-op and Don Declercq for selecting us for the **January Pump Promo**. 2 cents from every liter sold January 15th went to the Manitoba Foster Family Network!!

### South Update

Am I the only one that feels the novelty has worn off with all this crisp invigorating winter weather (my Dad's words)?

I sure am looking forward to some friendlier breezes coming our way!

I am also looking forward to more training opportunities, summer BBQs and foster gatherings. As I set out my schedule for the upcoming months I hope to hear from you, the foster parents, about when and where I should go.

There are a number of foster parents groups that meet regularly. If you would like to join, give us a call and we can connect you. We know of Steinbach's breakfast group that meets every Wed morning, Grunthal's breakfast group that meets monthly, and an Ashern group that meets monthly as well. Recently a group has started in Beausejour and they are looking for members.

These days I am holding training in the office for anyone that happens to be in the neighborhood on the Tuesday of the first full week in each month. Following that I will be visiting the breakfast group in Steinbach. Are there other area groups that want the same?

Last summer we held BBQs for the southern end of the province in Beausejour, Gimli, Selkirk, Dauphin, Steeprock, St Malo and Steinbach. If we missed you – please let us know so you can join the fun!!

*Lisa Moxam*

### Peer Support Update

Our Peer Support program is humming along. During the winter, some of our providers left to pursue other interests and new ones have joined the team. We sure will miss the ones that have gone and we hope they keep in touch!

If you find yourself feeling isolated in the fostering you do or if you are needing to work something out, please feel free to call us and we will connect you to a provider. Our provides are seasoned foster parents and they are ready, willing, and able to talk with you about whatever issues you are facing. You are not alone! Our team is a healthy and strong one – I am honoured to be a part of what they do every day.

Call the office at 204-940-1280 and our providers will answer your calls live Mon-Fri from 9am-430pm. After hours until 9pm and on weekends from 9am-9pm, leave a message and one of the providers will call you back.

*Lisa Moxam*

### Critical Incident magnets

**Check your envelope carefully as we have included along with this issue of the Networker, a magnet with important information on how to reach us if you or a Foster Parent you know experiences a Critical Incident.**

## **Information from the Child Protection Branch**

The department of Family Services has identified the examination of current child maintenance expenditures as a priority. Expenditures for self-managed respite and child care expenditures (amounts paid directly to care providers as part of their set per diem rate) is an area where further examination is occurring due to significant increases over the past several years.

Effective Jan 1, 2014 any self-managed respite and/or child care support of \$25.00 per day per child and over will require receipts to be submitted to the agency for reimbursement. The approved rate will be seen as a budget and foster parent reimbursement will be based on actual expenditures up to a maximum of the budgeted per diem amount.

The Child and Family Services Division will also be working with the four Authorities to conduct audits on placements where rates are \$150.00 per day or more to gain a complete understanding of current expenditures and what variables are considered in the determination of total compensation to care providers. Placements with multiple children placed will be prioritized as part of this work.

The goal of these changes is to gain thorough information to assist with the new foster care rate structure and identify a consistent system to provide equitable compensation to care providers.

## **Clothing Exchange dates for 2014**

The Clothing Exchange runs from 10:00am - 1:00pm at  
**Manitoba Foster Family Network!**

**Dates for 2014**

January 16th	June 19th
February 22th	September 19th
March 20th	October 16th
April 17th	November 20st
May 15th	December 18th

**Manitoba Foster Family Network**  
90 Terracon Place Winnipeg, MB R2J 4G7 Ph: 204-940-1280 or Toll free: 866-458-5650

# MFFN Annual General Meeting

Our Annual General Meeting will take place Thursday June 5th at 12:00 pm at the Canad Inns Fort Garry located at 1824 Pembina Hwy in Winnipeg Manitoba. This is open to ALL Manitoba Foster Parents whether you are registered for the conference or not. We look forward to seeing you there.

## Call for Elections - Board of Directors

### Call for Elections

The following is the list of Board Positions we are currently seeking nominations for. If you or someone you know would be interested in serving on our board of directors, please contact the office at 204-940-1280 or by email at [manfost@mfn.ca](mailto:manfost@mfn.ca)

Area	Currently held by	Up for election
Winnipeg	Cathy Wiebe	No
Winnipeg	Sharon Joyal	Yes
Winnipeg	Linda Ens	No
Winnipeg	Open	
North	Norm Johnson	Yes
North	Robyne Gilfillan	No
North	Open	
North	Open	
South	Sandy Smith	No
South	Keith Howatt	No
South	Gerry Giesbrecht	Yes
South	Kathryn Gros	Yes

## **Up and coming at MuFFiN**

### **Bed Bug information session**

This will take place on **March 28th** at the **MFFN office** at 90 Terracon Place in Winnipeg.

We will be joined by a highly experienced individual who works in pest control.

He will:

- ◆ Provide strategies to reduce the risk of an infestation
- ◆ Teach what to look for if you suspect an infestation
- ◆ Discuss how to eliminate Bed Bugs in your home
- ◆ Be available for question and answer session

*Spaces are limited, so if you would like to attend, please RSVP by March 20th to Jennifer at 204-940-1280.*

### **Non Violent Crisis Intervention**

MFFN is planning Non Violent Crisis Intervention training in St. Pierre Manitoba on April 8th & 9th. Further information will be sent via email, and available on our Facebook page when planning is complete.

### **Information Session with AFM**

On April 25th a representative from The Addictions Foundation of Manitoba will be at the Manitoba Foster Family Network office from 9:30 am -12:00 pm. They will provide information to help those who are Fostering children whose biological family are battling addiction issues.

*\*Please call 204-940-1280 or email [manfost@mffn.ca](mailto:manfost@mffn.ca) by April 21st to register for this free session as spaces are limited.*

### **Tuesday Trainings continue**

These sessions will run from 9:30 - 11:30 am and we will have snacks, and coffee available.

These trainings are a quick, high level look at a variety of topics. They are intended to give you an introductory look, and will provide you with resources to find out more information.

Come and join us!

April 8 Attachment

May 6 Communication

June 10 Conflict

Sept 16 Rights and responsibilities

*\* For more information or to RSVP call 204-940-1280 or email [manfost@mffn.ca](mailto:manfost@mffn.ca).*

## Fostering Connections Conference



**Fostering Connections**  
2014 Annual Conference

**I AM ME...**  
More than a disAbility

**With guest speaker: Dr. Leonard Greenwood**

Join us in Winnipeg at the Canad Inns Fort Garry June 4th & 5th as we learn how to empower our children living with disAbilities.

**Please join us!**  
Registration details are on the pamphlet that has been included in this issue of **The Networker**.

## Help MFFN go Green!

**In an effort to become more environmentally friendly, MFFN would like to be able to send more people an electronic version of The Networker. If you would like to help us in this effort and are receiving a hard copy of the Networker but are able to switch to the email version please call Jennifer at 204-940-1280, or email [manfost@mffn.ca](mailto:manfost@mffn.ca).**

**The great thing about receiving the email version is that it comes in full colour!**



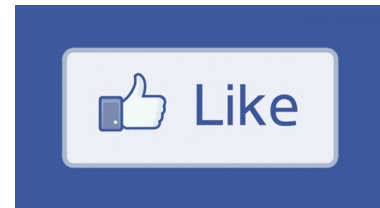
MANITOBA FOSTER FAMILY NETWORK

"Fostering Connections"

Manitoba Foster Family Network  
90 Terracon Place  
Winnipeg, MB R2J 4G7

Phone: 204-940-1280  
Fax: 204-940-1283  
E-mail: [manfost@mffn.ca](mailto:manfost@mffn.ca)

Did you know that the MFFN has it's own Facebook page.? We use it to advertise upcoming workshops, events, relevant information and for our **Quote of the Day from "Swings: Daily Inspirations For Foster & Adoptive Parents"**.



WE'RE ON THE WEB!

[www.mffn.com](http://www.mffn.com)

Like us.

Tell your friends to like us also!

## Volunteer Opportunities at MFFN

With our Annual Conference quickly approaching we are seeking Volunteers to assist us in a number of short term positions such as:

- ◇ Putting together conference packages
- ◇ Organizing and putting together silent auction prizes
- ◇ Supervising activities at our Family Fun Night

In addition to these positions there are various other positions available including:

- ◇ Helping prepare the Networker for mailing
- ◇ Joining a committee
- ◇ Becoming a Peer Support Provider



*If you would like to become more involved in your Network call us at 204-940-1280 or email [manfost@mffn.ca](mailto:manfost@mffn.ca).*