

POWER PAGES

#61



**WORK
EXPERIENCE
REFLECTIONS**

**INVINCIBLE:
OUR VOICES
FROM CARE**

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



FEDERATION
OF BC YOUTH
IN CARE
NETWORKS

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



FEDERATION OF BC YOUTH IN CARE NETWORKS

FBCYICN is a youth-driven, peer-based, provincial, non-profit organization dedicated to improving the lives of young people in and from care in BC between the ages of 14 and 28!

Charity #: 85751 6702 RR0001

CONNECT WITH US!

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CONGRATS TO OUR NEW ALUMNI!

Jewel M
Mazia R
Nielesh W
Rayanna M

POWER PAGES

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View or download past & current editions at fbcyicn.ca



ON THE COVER:
Icebreaker group photo from Retreat #84

BECOME A MEMBER!

Do you want to join 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/become-a-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](tel:604.527.7762)!

WHY JOIN US?

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

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

Join the FBCYICN today by filling out a membership form!
fbcyicn.ca/become-a-member

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CONGRATULATIONS



Congratulations to **Eve N!** They just passed their road test and got their N.

Victoria J says "I'm happy to be following my dreams and doing what's best for me"
Congratulations **Victoria!**



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



- ★ Grayson
- ★ Provincial Employees Community Services Fund
- ★ Ministry of Children and Family Development
- ★ Employment and Social Development Canada
- ★ Mary Miller
- ★ Kate Stott
- ★ Costco Wholesale #51 — Burnaby
- ★ Costco Wholesale #259 — Langley
- ★ The Radius Group
- ★ Vancouver Fire and Security
- ★ Southwire
- ★ Anika Youth Services

Southwire volunteers



FEDERATION
OF BC YOUTH
IN CARE
NETWORKS



WHO WE ARE

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

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

Are you a youth in or from government care in BC between the ages of 14 and 28?

CONNECT WITH US!



ADVOCATE

Learn about your rights and build the skills to **ADVOCATE FOR YOURSELF!**

Unite your voices and experiences to **CREATE POSITIVE CHANGE** in the system!



EMPOWER

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

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



CONNECT

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

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

FIND OUT MORE ABOUT OUR PROGRAMS AND SERVICES!

WEBSITE fbcyicn.ca
EMAIL info@fbcyicn.ca

FACEBOOK YouthInCareBC
INSTAGRAM fbcyicn

TWITTER FBCYICN
YOUTUBE TheFBCYICN

BACK COUNTRY CANOE TRIP IN GLACIER BAY, ALASKA

by Anonymous





DREAM FUND

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

The Dream Fund includes two different bursaries:

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

CONGRATULATIONS TO OUR 2025 REACH FOR SUCCESS BURSARY WINNERS:

February 2025

Morgan L
Hailey W
Brooklyn D
Cowan C
Sarah P
Hailey T
Jada G
Deanna T
Anniina W
Nicole P
Emily S

June 2025

Anna E
Courtney S
Ivy B
Kadesha F
Simrit D
Wari D
Alissa M
Nevaeh S
Sierra G-S

October 2025

Ahmad M
Ash D
Ava G
Daemion A
Gracie M
Jerika K
Mariia K
Shale C
Tatyana D
Taio S-E

“Ahh thank you so so much!!!! This is amazing news to receive the day of my first midterm that I passed!!”

— Education Achievement Bursary Recipient, February 2025

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 2025 EDUCATION ACHIEVEMENT BURSARY WINNERS:

February 2025

Miki M
Teagan H
Tatyana D
Angela E
Vanessa P

June 2025

Nitika B
Shanna B
Shegofa R
Skylee V

October 2025

Eugenia B
Gracey B
Harrison W
Melika M

Dream Fund Eligibility

- You are currently in care or a former youth in care either under a Continuing Custody Order, Temporary Custody Order, Voluntary Care Agreement, Special Needs Agreement, or Youth Agreement in BC under the Child, Family and Community Services Act.
- You are between the ages of 14 and 28 years old.
- Must have a cumulative total of 1 year in government care.
- (Education Achievement only) You are currently enrolled or planning to enroll in a secondary, post-secondary academic, technical or vocational program, a recognized public post-secondary institution, or a registered private post-secondary institution.

“I’m so excited! Thank you, this is going to help so much in my job search & schooling!!!” — Reach for Success Bursary Recipient, October 2025

“Thank you so so much. This laptop will be seriously so helpful for my schooling!!” — Reach for Success Bursary Recipient, February 2025

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

HOW MUCH DO YOU KNOW ABOUT THE FED?



1

6

1

2

4

2

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5

C
R
W
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D
S

?

ACROSS

1. Advocate, Empower, _____
2. The Fed's bursary program name
3. The acronym for the week dedicated to youth in care in BC
4. Once a year, the Fed sends out Holiday _____ to youth
5. Every summer, the Fed hires _____ as a part of our work experience program
6. Our elected group of volunteers that help guide the Fed

DOWN

1. The insect in the CBCC logo
2. Our camp-like environment for youth in and from care to connect: youth _____
3. The Fed's one on one youth program: youth _____
4. Each month, the Fed hosts a virtual Fed Family _____
5. Learn something new in Fed _____

FED LOCALS



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

CAMPBELL RIVER

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

COURTENAY

Host Agency: Comox Valley
Family Services Association
1415 Cliffe Avenue
Courtenay, BC V9N 2K6
Contact: Renee Theoret
250-338-7575 ext. 275
renee.t@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

CARIBOO

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

TRI CITIES

Host Agency: PLEA
Community Services
Port Coquitlam, BC
Contact: Sarah Wong
604-652-3131
SWong@plea.bc.ca

SQUAMISH

Host Agency: Sea to Sky
Community Services
38034 4th Avenue
Squamish, BC V8B 0A7
Contact: Alyssa Mcginnis
alyssa.mcginnis@sscs.ca

SURREY

Host Agency: Options
Community Services
9815 140th Street
Surrey, BC V3T 4M4
Contact: Lidya Debesay
Lidya.Debesay@options.bc.ca
Shauna Gradley
shauna.gradley@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

PRINCE GEORGE

Host Agency: Prince George
Native Friendship Centre
1600 3rd Avenue Prince
George, BC V2L 3G6
Contact: Natalia Todosia
ntodosia@pgnfc.com

KAMLOOPS

Host Agency: Interior Community Services
765 Tranquille Road
Kamloops, BC V2B 3J3
Contact: Renata Bonthoux
rbonthoux@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

GET PUBLISHED IN POWER PAGES

WHAT'S POWER PAGES?

Power Pages is a provincial magazine connecting youth in and from care, service providers and caregivers across BC. *Power Pages* is a platform for young people aged 14–28 to share their talents, their voices, and connect with a provincial network of youth in and from care and their allies.

WHAT DOES POWER PAGES PUBLISH?

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

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

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

HOW DO I GET MY WORK INTO POWER PAGES?

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

- Fill in our online submission form
- Send us your work via:
Email: info@fbcyicn.ca
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

UNTITLED

by Mattea C

My name is Mattea. I was born with Prader-Willi Syndrome, which makes me feel hungry 24/7. Can you imagine that you feel hungry in your entire life? However, I still feel thankful because I have so many people supporting me. I love drawing.

I drew a support circle, including a planet where my mother, father and brother standing surrounded, my loved dog, Sugar, in the middle of a heart. I am reaching out to Sugar to give her a bouquet of flowers. My face shows happy and a bit naughty because I don't need to show serious when I am with Sugar, I can totally feel relaxed. On the top, I drew Paulina, my massage therapist and Wendy, my art therapist as health practitioners to support my health and help me relax.

I also drew a picture of Sugar and a picture of flower. Hope everyone will feel thankful for what they have!





VOLUNTEERING AT THE FED

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

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



YOUTH VOLUNTEERS IN 2025:

Alexander B
Darren D
Eve N
Inez B
Jairon A
Jaxyn J

Kaydin-Lee B
Kaylah V
Mo A
Nicole C
Priyanka K
Rebeckah B

Rita D
Shannon M
Tegan S
Tivexo C
Victoria J
Von W

ALUMNI AND ALLY VOLUNTEERS IN 2025:

Amanda F
Catherine C

Jessy N
Nicole C

Richard H
Rita D

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



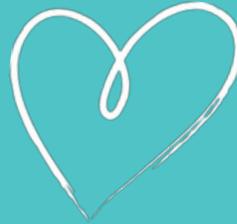
Visit fbcyicn.ca/volunteer-with-us/ to take part!

YOUTH SUPPORT

Do you need help navigating the resources available to you? Or would you like some extra connection in your life? How about advocating for your rights or meeting new goals?



Everyone needs support! We help youth in and from care to identify and meet their individual wellbeing needs.



"I'm so glad I get to be a part of such a great community. I know I would be very lost without the support you have offered over the last two years."

- Youth Member

Reach out to youthsupport@fbcyicn.ca!

COMMUNITY RESOURCES



FED COACHING

- Evaluate Your Strengths
- Set Personal Goals
- Celebrate Personal Growth



ADVOCACY SUPPORT

- Know Your Rights
- Have Your Voice Heard
- Identify Solutions



SOCIAL CONNECTION

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



NAVIGATE RESOURCES

- Identify Your Needs
- Learn About Resources
- Get Connected

- | | |
|-------------------------|------------------------|
| Basic Needs | Identity & Culture |
| Education & Employment | Money & Finance |
| Leaving Government Care | Life Skills |
| My Rights, My Voice | Substance Use |
| Health & Wellbeing | Parenting |
| Justice & Legal | Connection & Community |

YOUTH FEATURE

SIMRIT D

I just finished my first year of university, something I never thought I'd do.

There were so many moments where I felt like I didn't belong, where I questioned if I was even capable of being there at all.

But I did more than survive. I made the Dean's List! I'm so proud of myself, and I'm sharing this because I know how easy it is to doubt your future when your past has been hard.

This one's for little me, and for all the others who have felt like imposters in places they've fought to get into. You deserve to be there. And you're allowed to be proud.

Simrit D

INVINCIBLE: Our Voices from Care

Surrounded by Cedar Youth Advisory Council & Kinship Rising

INVINCIBLE: Our Voices from Care is a storytelling project by Indigenous youth in care through the University of Victoria. This hands-on project collected stories and artwork from the personal lives of the Surrounded by Cedar Youth Advisory Council. The goal? To create, teach, learn, and share stories together to inspire Indigenous youth and children in care, to let them know they are not alone.

These stories and experiences are now available in e-book format available at invincible.uvic.ca/ or by scanning the QR code provided. We have compiled testimonials from the Youth Council featured in this book, to share what good things can come from research that puts youth first.



"Over the past few years working with Kinship Rising has been instrumental to the shaping of resurgence in my own Cree culture. It's given me valuable, and powerful ways of being - in the way I walk through life & in spirit."

"joined this project because I have a disability and I wanted to help young kids to know they should never be ashamed of their disability. Thank you for allowing me to share my experiences with the world in an easily accessible and educational way. I hope this project can help many others to understand FASD from an inside perspective."



"Kinship Rising supported me to share my foster care story that I never shared with anyone. I would've never shared my story. I would've never found my confidence. I would've never even left the ground. I got to get believed for everything I went through. I never thought that could happen."

"The Invincible Project has been a transformative experience for me, allowing me to grow, find peace within myself, and strengthen my connections with others. The work I have been able to do through this project has not only made me proud but has also inspired those around me."

"This project has helped me grow so so much as a person. I learned how to stand within my own skin with more confidence and poise. This is all due to the workshops and public speaking events kinship has invited me to take part in. Working with Kinship and its people has given me the strength to aim for a life I never thought I could have."

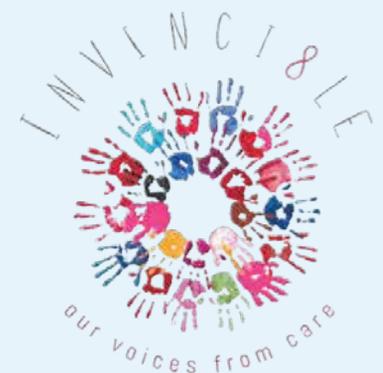


"Kinship Rising has supported me at my lowest and brought me to my highest by supporting me through this experience every step of the way. They have given me so much amazing new experiences, like going on our land based cultural healing trips, which boosted my motivation for writing my stories and composing my art in the ways I want them to shine."



"I have always wanted to pursue art, whether it be in writing form or picture form, I learned to write and create digital art. Kinship Rising helped me do what I couldn't find the motivation for. In the end when we were in Yellowknife, I was presented with a great opportunity thanks to the skills I learned during the project. I am now working in Yellowknife on the land, all thanks to Kinship for pushing me in the right direction. "

"Kinship Rising has provided tons of cultural connection opportunities including land based learning, connecting with communities and elders, learning the importance and use of traditional medicines along side providing a welcoming, comfortable space to practice song and dance without fear of judgment. I'm extremely grateful to have been a part of this work which truly is a once in a lifetime opportunity."





YOUTH RETREATS



We loved getting to spend a spring weekend away with so many lovely individuals at Youth Retreat #84! From exploring the new location, to ultimate Frisbee, camp fires, art expression, and workshops, we had so much fun! We witnessed so much Fed Family magic at our talent show and loved watching strong connections grow among our Members. We hope these pictures bring back great memories for everyone that came along, and something to look forward to for those thinking of joining us next time!

Did you come with us for the weekend? Do you have some favourite memories to share? We would love to hear from you! Join the conversation with #FedFamilyBC and #YouthInCareAreAwesome!





WORK EXPERIENCE

Learn more about the Fed's Work Experience program from youth who have gained employment experience with us!

We have three areas for you to gain knowledge and skills through hands-on experience: Internships, Youth Activators, and Youth Entrepreneurs.

The Fed encouraged me to use my care experience positively in the social work field. This helped me identify my interests and areas of specialization.



PRIYANKA K.
YOUTH ACTIVATOR & INTERN

What advice do you have for anyone wanting to enter the Fed's Work Experience program?

Sometimes the workload can be difficult but if you take things one step at a time it will help you figure out a good work routine. If you rush or feel overwhelmed it can make you panic and procrastinate. The Fed is really good at making accommodations for the capacity that you can work at and are very understanding with meeting your needs. Also ask as many questions as you need to understand the projects given.



TIVEXO C.
YOUTH ACTIVATOR



I've been in several roles from Member, Volunteer, Intern, to Youth Entrepreneur and for the past 3 years have been a Program Coordinator. My journey wasn't linear at the Fed and I often went between entrepreneurship work and volunteering. I was given the encouragement I desired and gained the confidence I needed to continue working in the non-profit world. I've been employed in many non-profits. But the Fed's culture, spirit, and innovation makes it a place I want to continue working at.



MARCEY A.
YOUTH ENTREPRENEUR, INTERN,
AND FED STAFF

What is one thing you will always remember from your experience?

It was empowering to know that I'm part of a much larger family of youth creating change and the experience of youth in care across BC. [The card I created] got sent out to over 300 people and 300 people saw my art work which was amazing!



MADI P.

YOUTH ENTREPRENEUR

What skills or knowledge did you obtain in your Work Experience with the Fed that you're now using at work/volunteering/school?

Strong communication, organization, and teamwork skills that I now use in other work and volunteer settings. I learned a lot about youth leadership and setting healthy boundaries, especially when it comes to balancing helping others and taking care of myself.



MOE A.

YOUTH ACTIVATOR

Being accepted into the Fed's Internship was much more than being offered employment; it was the start of a life-altering experience. I was welcomed into a group of individuals that felt like family, and I was able to share aspects of my background without having to explain them or justify them. Every member of the staff was kind, compassionate, and genuinely concerned about my professional and personal development. I felt safe; I felt seen; and I felt supported in ways I had never experienced in the workplace before working with the Fed.

Since starting university last year, I have used my skills in communication and illustration often. I illustrate comics instead of writing essays, write formal emails to my professors for help, and have grown my confidence in collaborating with classmates on projects. I'm grateful to have learned these skills.

How did your time in the Fed's Work Experience program set you up for work/volunteering/school?



HTET P.
YOUTH INTERN



SIMON G.
YOUTH ENTREPRENEUR



BC CHILD AND YOUTH IN CARE WEEK



Join us for
BCCYICW 2026
 from
June 1-7!

BC Child and Youth in Care week was started by a group of young people in and from care who wanted to address stigma and help their siblings to grow up feeling respected for their opinions and celebrated for their diverse talents. The first BCCYICW was proclaimed by the province of British Columbia in 2011, and this year we celebrated for the 14th time!

The Dawn of Determination -Alexander

*Before the sun breaks through the sky,
 I rise, no questions, no reply.
 The world still sleeps, the stars still glow,
 But I have dreams that I must know.*

*With weary eyes and feet that ache,
 I take the first step for my own sake.
 The quiet whispers call me forth,
 To build, to fight, to prove my worth.*

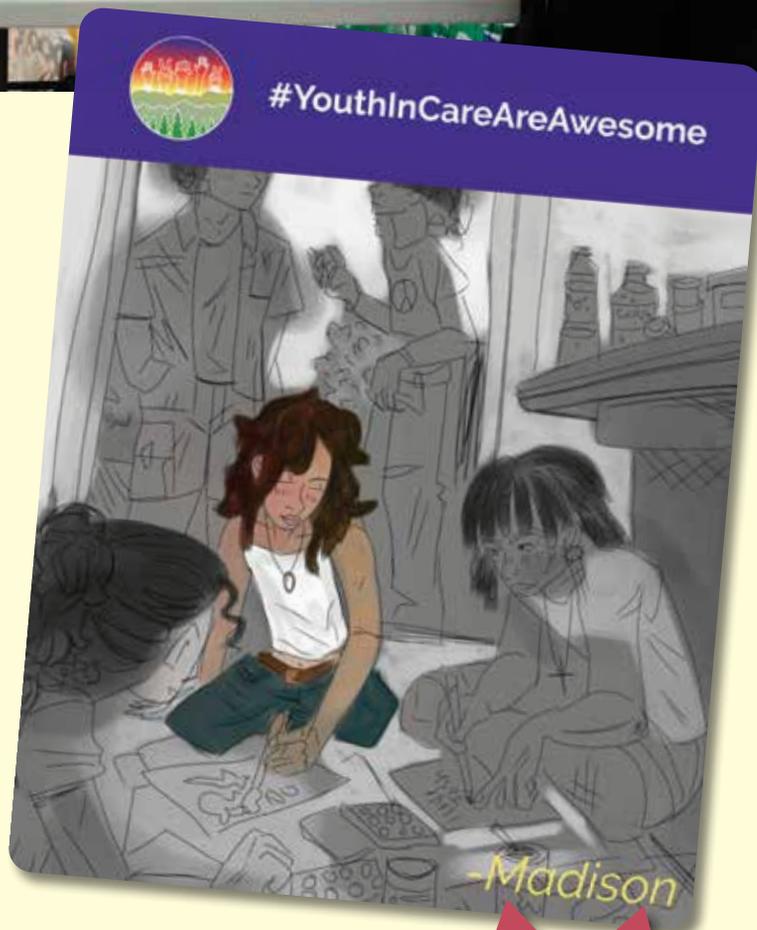
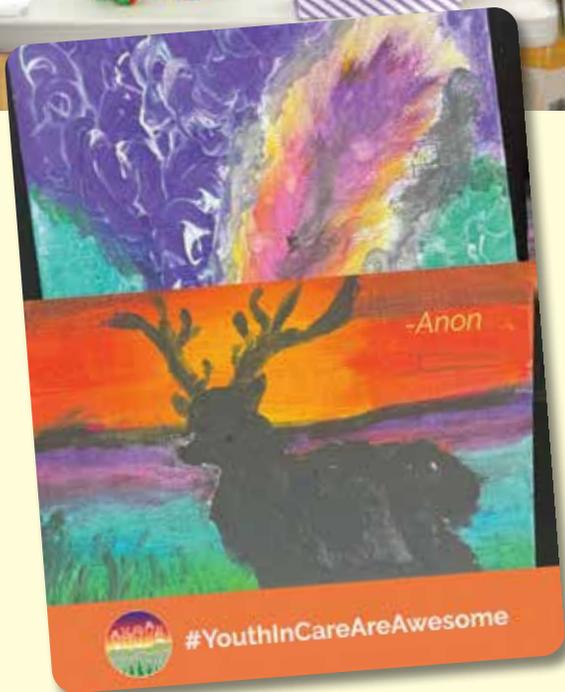
*The morning breaks with golden light,
 But I've already begun my fight.
 The hours stretch, the work is long,
 But in this rhythm, I belong.*

*The sweat that falls is not in vain,
 For every drop is part of my gain.
 Through early hours, I build my day,
 A promise kept, I'll find my way.*

*So with the dawn, I take my place,
 Embracing hard work, face to face.
 And though the day may test my pace,
 I rise, I rise with every grace.*

#YouthInCareAreaAwesome





The Fed kicked off BC Child and Youth in Care week with a virtual event that brought together our members and community partners. Events were held throughout the week across BC to bring together youth in and from care, including at our Squamish local where a #BCCYICW celebration BBQ was held!

Events are made possible by BCCYICW Community Celebrations Grants — to have a say in how future grants are spent, and help with event planning visit bcchildandouthincareweek.com.

Throughout the week youth shared their work, talents, dreams and messages for others in and from care via social media, using the hashtag #YouthInCareAreAwesome.

To recognize the awesomeness of our members, the Fed handed out 550 youth recognition awards this BCCYICW.

You can also nominate a youth in care you know who deserves a youth recognition award by visiting fbcyicn.ca/recognition-awards-youth-nomination-form. Deadline for nominations will be April 27, 2026 and all youth who are nominated will receive a reward.

Check out
bcchildandouthincareweek.com
 to find out more
 about how you can
 get involved
 this year!

A HOME FOR A CHILD

by Seiria B

One blistering hot summer day just weeks before my 16th birthday, after viewing what felt like the millionth house that week. All hope was crushed with the weight of rejection. I was headed home eager to coast through the rest of my day with no planned agenda. For a moment standing there with a mind so empty, it was like a blank piece of paper had been incorporated into my mind. Ring ring ring ring ring ring, subconsciously flopping my phone around like a fish caught in a net, without expectation of anyone excitable. Just as my eyes scanned the screen discovering “1 bed coach house” as the caller ID...I imagined my eyes must have been deceiving me of course, I’m not wearing my glasses. With a few short butterfly-like blinks, my eyes in fact did not miss lead me “1 bed coach house” my mind repeated back to me. Instant volcanic rush through my body, incredulous on what to say, I’ve never gotten this far in this sick game called adulthood. Clammy to the tips of my fingers with my phone telling me it barely recognizes my touch with every buzz. Noting I’ve made another failed attempt to answering possibly the most life changing phone call in history...she said yes...Seconds before disconnection, letting out a childlike screech. I finally had a place to call home.



**TRIGGER WARNING:
DEATH AND MEMORY LOSS**

AM I STILL?...

by Ines B

I will see you die. I have to say goodbye.
You were like God to me: unreachable in everything but touch.
I remember the warmth of your hands as you carried me on your shoulders.
I was seven then.
By seventeen I no longer darkened your door.
Afraid of the monsters you couldn't, wouldn't, weren't able to protect me from.
I was angry, and full of this grief — while you were fading away.
You were never really there.
In the edges of my sanity, at the age of twenty one, I saw you. Frail.
Topped.
I thought you'd still be here... alive.
You were the weight of the world to me, yet you're weightless now.
Do you still remember me as your daughter?
I'm so different now... in voice, in age. Am I still your daughter?
I resented you, for what you couldn't do.
But you loved me, I knew.
I knew.
I'm sorry dad. I'm sorry I disappeared before your memories did.

BOARD IN ACTION

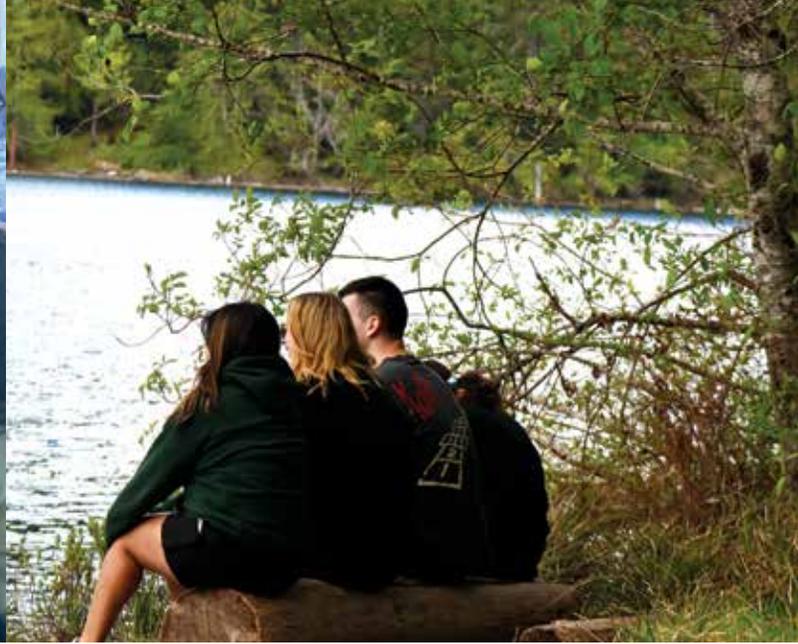
Over the past year, our Board have joined us to celebrate BC Child and Youth in Care Week, our AGM 101 Meeting with Members, Fed Family celebrations, Youth Retreats and our Annual General Meeting.



UNIVERSE BEAUTY AND BLESSINGS

by Anonymous





THE NAME OF THE SHADOW

by Muskaan K

**TRIGGER WARNING:
DEPRESSION**

A figure lingered at the doorway in silence. It had a presence, one that was quiet and patient. I didn't know it stepped closer. I only knew I began sleeping more. Canceling plans. Letting dishes sit. Letting days pass.

The figure followed me everywhere. In the kitchen. In the hallway. In my bedroom. It seemed patient and eager, its hand outstretched. And I took it, because for a moment, it felt like the only hand that belonged in mine.

I would feel the presence especially in the bedroom.

There was an old wooden bed, the varnish chipped in places with creaking slats. Not knowing of anything else to do, I sat in it. And the presence stood behind me, unseen, pressing an invisible hand onto my shoulders. This time, it spoke softly, and its voice wrapped around me with a familiarity I hadn't realized I had grown used to.

"Stay with me. Rest. Disappear.

There is nothing out there for you.

There is nothing left to become."

I listened. My blanket pressed around me like a shield — a fragile refuge from the outside world. It was the only thing that felt like home, the only thing that made me feel safe. I laid down. The ceiling stretched endlessly gray above as my eyes drifted shut, and I let myself sink into the mattress, tangled sheets like vines, as if the covers could hold back the shadow that was waiting in the corners of the room. It was

beneath my covers that I could feel a soft and tempting whisper.

"You don't have to rise.

You don't have to fight."

Listening, I fell asleep.

Days blurred. Sunsets came and went. Time shuffled past slowly, as if the world itself had forgotten me, or perhaps I had forgotten myself. Memories slipped through my fingers like sand. The things I liked, the people I loved, even the shape of my own smile — all faded into a haze I could no longer reach.

Then one morning the light touched the window. I lifted the blinds for the first time in months. The sun poured in, soft and slightly warm. I looked in the glass window, catching my own reflection. For a moment, I paused and greeted my own face, like a stranger who had been with me all along. There was a small moment, almost unnoticeable, where I felt like two people collided — the one who had been surviving, and the one who was ready to live.

Outside, a small bird landed on the fence beside my window, tilting its head and looking straight into my eyes. I don't know why, but I almost lifted my hand to wave. Then, just as suddenly, it flew away.

The next day, I looked up to the sky. Its vast existence, untouched and infinite. I gazed in awe, until tears blurred my vision. It was very blue, as if the whole sky had been waiting for me to finally see it. The

clouds moved gently, uncovering softer hues of blue in silence. The world felt close to me. There was a recognition I had for the sky. I should look at it more often.

The next week, I remembered tea tastes better warm. I brushed my teeth. Washed my hair. Opened the window. Let the air in. I took it slow. Every small act felt like a quiet reminder to myself. That I was still here.

Then came a sunny day. The sunlight poured through my window, golden and steady. I leaned back in my chair. The figure was there again. I could feel it behind me, familiar and heavier than last time. It whispered softly though — it always did.

"Stay with me.

There is nothing left for you."

For a moment, I listened. The stillness it offered was tempting. I thought about sinking beneath my warm, soft covers, letting the world fade. Just sleeping. But then, my eyes lifted. I looked up at the sky through the glass window in front of me. An ocean of blue, endless and alive. There was something sacred about the sky, as if something greater was watching me back. I realized I was breathing. I was living.

The figure lingered, its shadow tracing the edges of my room. I could feel the depth of it — an abyss of quiet darkness. It never really left. Some days, it still stands there, waiting for me to give it my hand.

But I know its name now. And knowing its name gave me back my own.

WHAT WE DO

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



ADVOCATE

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



EMPOWER

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



CONNECT

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

REVENUE & EXPENSES

Total Revenue: \$1,480,760

\$1,321,078

MCFD CONTRACTS AND GRANTS

\$159,682

GRANTS, DONATIONS AND OTHER INCOME

Total Expenses: \$1,303,675

\$887,217

STAFF TO RUN GREAT PROGRAMS

\$384,372

SUPPLIES FOR GREAT PROGRAMS

\$32,086

OTHER SUPPORTS FOR GREAT PROGRAMS

OUR PROVINCIAL IMPACT

4,788

Instances of Engagement in our Programs and Services From Youth Across BC

353

Active Youth Members



13
Local Youth in Care Networks



Holiday Care Kits Sent to Youth Across BC!

YEAR BY NUMBERS



4

Youth Interns Worked at the Fed



2,472

Copies of Power Pages Distributed



\$40,129

72 Bursaries Awarded



550

BC Child and Youth in Care Week Awards



202

Fed Events Held



383

Events Held in Local Networks



4,916

Followers on Social Media



652

Total Ally Engagement

I FEEL SO ALIVE

by Khatira D

TRIGGER WARNING:
MENTIONS OF GOD

I feel so alive
like my soul is dancing with the desert
sands,
to the rhythm of Rumi's play.
Each grain of sand kisses my blood,
breathing vibrancy into me.

Do you know how it feels to be alive?
I feel I am everywhere—
everything—
pulsating through existence.

I feel the God in me
smiling, creating poetry,
Closing my eyes,
moving my body
in all four directions
letting the will play through me.

And all I do is watch,
as godhood breathes through my being.

My voice sings with Rumi.
Tears fall down my cheek.
I think to myself
I wish I had known all along
what it means
to feel human.

To be a fragment of God
is to witness a miracle
creating itself.
Like God, sitting speechless,
enjoying the pleasure of silence.

I wish I could tell you
how it feels
to be alive and felt.
To feel my heart move.
To feel joy painting unseen smiles
on the face I once hid.

Grace washes over me.
The rain is nothing
But the tears of my own eyes
the eyes that see God,
in the same mirror
where I see myself.

The key to the mystery
is the mirror we look into.
The eye we forget we have.
The mind that holds
God's imagination.

Even the supernatural
is nothing
beside the infinite doors of the unknown.

Only the God within you
knows the way.
Will you let it open the door?

THE UNSEEN FACES

by Khatira D

I wanted to share the inspiration behind this poem. It comes from M expressing that I am one of the reasons he keeps going, and from my chat with T, who feels more detached from the world's pretense. The more she uncovers her true self, the more the world feels like a stranger's house.

Why does covering the truth
Seems worth it?

In the madness, surrounded by many,
we hold their reflections,
and make them our own.

Why do I forget to question
the mask I wear—
a mask that was never mine,
given to fit the fakeness
woven through the crowd?

Reflections spread like an ocean's carpet—
everywhere.

But what you cannot see
is the well beneath it,
a quiet place
where the forgotten are buried.
The part of you that once lived
is now homeless
wandering in a strange town,
not knowing where she is.

When it's dark,
nothing can be seen.
But darkness does not mean
there is no light.
It means all light
has been shattered—
split into fragments,
each feeling alone,

longing for warmth,
for the touch
of another piece.

And in that longing,
She finds her reason to live.
Such a beautiful ache—
to be the reason
for one lost part
to rise again.

To break the puzzle-mask,
to dive into the deep ocean,
to swim through the darkness within,
and find the light again.

And so,
here we are—
meeting once more

★ GOALS & GRATITUDES

Start the new year fresh with some new goals for the year, and reflect back on what you're grateful for from last year!

1. Save \$ for new bike!



Have a financial goal? Check out the PGT's resource "Dollars and Sense" for tips on budgeting

2.

3.

4.

5.



Next, reflect back on the year you've had and make note of the glimmers you're grateful for!

A glimmer can be anything you're proud or happy about, or even just a fond memory you can flip back to when you need some positivity in your life!

1. making new friends at the youth retreat! ♥

2.

3.

4.

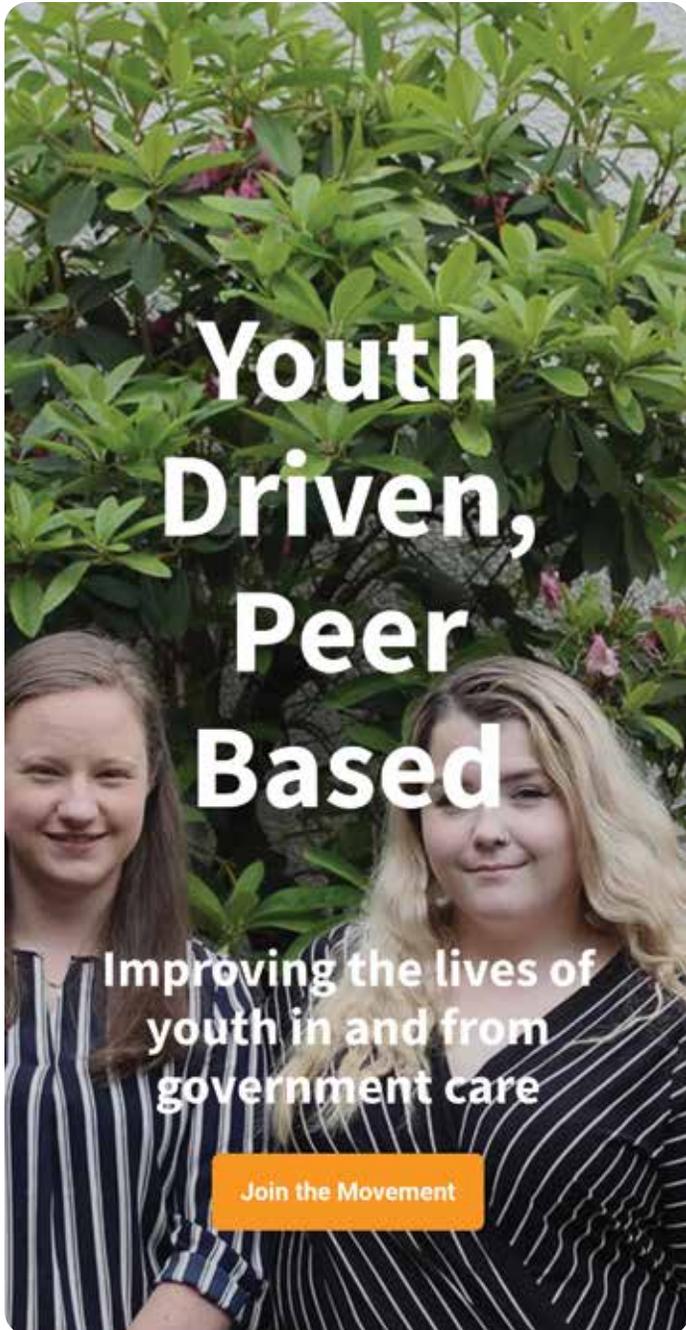
5.



HAVE YOU CHECKED OUT
OUR NEW WEBSITE?
SCAN THIS QR CODE TO TAKE A LOOK!



fbcyicn.ca



DRAWINGS

by Skye L

GROWING UP

by Madison P

When I was thirteen,
I thought I knew everything.
Who I was,
what I wanted,
where I was going.
I said I'd study neuroscience,
move to Vancouver,
wear a lab coat and fix brains.
Thirteen was sure of herself,
like she'd already seen the future.

Now I'm seventeen,
and everything feels like static.
I can't even pick a song,
let alone a life.
I stare at university brochures,
my own name printed on UBC's portal,
and I wonder if that's her dream
or mine.

I think about the north sometimes,
how the Yukon sky feels wider,
like I could breathe there,
like maybe I'd find a new version of me
under all that snow and silence.
Or Ontario,
where people don't know me,
and I could start over
without explaining who I used to be.

I used to chase being the best.
I realized that's all superficial
Maybe that's why I signed the military
forms,
why nursing feels right,
It's not about fixing brains anymore,
or pleasing my 13 year old self
it's about finding myself

Thirteen knew everything.
Seventeen and I can't even decide
where I want to apply





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

rcybc.ca/get-help-now

PGT

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

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

SAJE

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

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

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



For more resources for youth in and from care, check out:
fbcyicn.ca/explore-community-resources



UPCOMING OPPORTUNITIES

CARE BEYOND CARE CAMPAIGN

The #CareBeyondCare Campaign is about building awareness of supports for youth leaving government care! We honor and celebrate what has been achieved and we know there is still work to be done. Find out more by following our campaign. We use the butterfly to highlight resources for youth transitioning from government care.

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. Keep an eye out for nominations to open.

BCCYICW KICK OFF CELEBRATION

Join us at the virtual Kick Off Celebration for BC Child and Youth in Care Week on June 1 2026! Youth help lead this event and create a space for us to celebrate and honor 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.

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.

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 May 1-3, 2026!

POWER PAGES

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

HOLIDAY CARE KITS

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



EVEN
PETS
LOVE
POWER
PAGES

