

# Advisor

Families

Helping

Families

## Traditions of Caring

A program for Kinship Caregivers.

### Celebrating Foster Families Month in October

The Ministry of Social Services and the Saskatchewan Foster Families Association will be hosting this year's Foster Families Appreciation Dinners.

### Foster Parent College Sessions

### The Evermore Centre Fall Programing

#### ALSO IN THIS ISSUE

How much Sleep is Enough?

Tips for a Successful School Year

In-home Support Resources

Packed Lunch ideas for Kids

Autumn Scavenger Hunt



SASKATCHEWAN  
FOSTER FAMILIES

[www.saskfosterfamilies.ca](http://www.saskfosterfamilies.ca)

# Advisor

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231 Robin Crescent  
Saskatoon, Saskatchewan S7L 6M8  
Phone: (306) 975-1580  
Fax: (306) 975-1581  
Toll Free: 1-888-276-2880  
E-mail: [sffa@sffa.sk.ca](mailto:sffa@sffa.sk.ca)  
Website: [www.saskfosterfamilies.ca](http://www.saskfosterfamilies.ca)

## OUR MISSION

The Saskatchewan Foster Families Association exists to support and encourage Foster families through education and advocacy, helping create healthy homes, positive environments, and brighter futures for children and youth across the province.

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FOSTER FAMILY  
MONTH CELEBRATIONS



# Foster Families

## APPRECIATION DINNER

The Ministry of Social Services and the Saskatchewan Foster Families Association will be hosting this year's **Foster Families Appreciation Dinners**—a special evening dedicated to celebrating the incredible care, compassion, and commitment of our foster families. Come enjoy good food, heartfelt connection, and our sincere thanks for all you do.

### THE DATES ARE AS FOLLOWS:

October 7<sup>th</sup> - Saskatoon

October 8<sup>th</sup> - Lloydminster

October 9<sup>th</sup> - North Battleford

October 15<sup>th</sup> - Estevan/Weyburn

October 16<sup>th</sup> - Swift Current

October 21<sup>st</sup> - Yorkton

October 22<sup>nd</sup> - Regina/Moose Jaw

October 23<sup>rd</sup> - Qu'Appelle

October 28<sup>th</sup> - Meadow Lake

October 29<sup>th</sup> - Prince Albert

October 30<sup>th</sup> - Melfort/Nipawin

WATCH FOR YOUR  
INVITATION IN THE MAIL  
OR YOUR EMAIL INBOX.



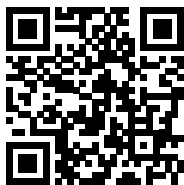
Saskatchewan



# Sask Drug Alert

**Drug Alerts** let you know when a **highly toxic drug supply** is in your community and presents a **lethal risk**.

**Scan QR code**



**Text JOIN** to  
1-833-35-B-SAFE  
(352-7233)



**Or visit** [saskatchewan.ca/drug-alerts](https://saskatchewan.ca/drug-alerts)

[saskatchewan.ca/drug-alerts](https://saskatchewan.ca/drug-alerts)

**Saskatchewan**

*Thank you for being a selfless, generous,  
thoughtful Foster Family. You have helped  
make a difference in the lives of many.*





## SEPTEMBER

SEPTEMBER 15<sup>TH</sup>, 2025 | 7PM-8:30PM | Microsoft Teams

### Understanding Problematic Sexual Behaviour in Children

*Presented by Sydney Campbell, Registered Psychologist with the Ranch Ehrlo Society*

The presentation explains how to identify and address problematic sexual behaviour (PSB) in children under 12. It distinguishes healthy, age-appropriate behaviours from those that are harmful or developmentally problematic, outlines common myths, and explores contributing factors such as adverse childhood experience, social, environmental, and individual factors. Practical tools like the *Traffic Light Framework* guide assessment, while intervention focuses on close supervision, safety planning, education about consent and body safety, and building protective factors.

## OCTOBER

### No Live Session.

Foster Family appreciation dinners taking place.

## NOVEMBER

NOVEMBER 13<sup>TH</sup>, 2025 | 630PM-8PMPM | Microsoft Teams

### Self-Care & Setting Boundaries as a Caregiver

*Presented by Jennifer Clarke*

Join us for a session focusing on self-care and boundaries, learning to navigate how to say no, when our heart says yes. This session will be presented by Jennifer Clarke with Crossroads Therapeutic Solutions. *Watch your emails and our website for more details.*



## Foster Parent College Sessions

*Please watch your emails to register for the below courses being offered to members. For more information, please contact Tessa at 306-975-1528.*

## SEPTEMBER

### Non-Compliance and Defiance

This class explores the spectrum of behaviours associated with cooperation and noncompliance, including:

- Fearful compliance
- Cooperation
- Non-compliance
- Defiance

## OCTOBER

### Eating and Food Issues

This class explores common eating and food issues, including:

- Hoarding food and excessive eating
- Eating food from unhealthy sources
- Overweight and obesity
- Picky eating

## NOVEMBER:

### Taking Things—Stealing

This class explores common reasons for taking things including:

- Experimentation
- Intellectual Disability
- Trauma History
- Social or psychiatric problems



## Let's stay connected...

We regularly send out e-mails to our foster parents. To be added to our contact list and receive the latest news, please send your e-mail address to [keanna@sffa.sk.ca](mailto:keanna@sffa.sk.ca)

# Traditions of Caring

Supporting Kinship Families  
with Knowledge, Tools, and  
Compassion



## PROGRAM FOR KINSHIP CAREGIVERS

### What Is Traditions of Caring?

*TRADITIONS OF CARING is a loving and supportive program developed for kinship caregivers, who welcome children from family or close connections into their homes.*

*Rooted in the gentle embrace of the P.R.I.D.E. Model of Practice, this program wraps you in care, offering heartfelt guidance, practical tools, and a warm community to lean on.*

*Here, you'll find understanding, encouragement, and the kind of support that helps you grow stronger and more confident. You are never alone on this journey. We are here, right beside you, every step of the way.*



## Support Session Highlights

These interactive sessions empower caregivers to:

- ✓ Reflect on and problem-solve everyday challenges
- ✓ Build on personal strengths—and those of the children in their care
- ✓ Receive emotional and peer support
- ✓ Gain practical, hands-on caregiving skills

## Topics include:

- Navigating the child welfare system
- Addressing changes in family dynamics
- Promoting healthy development and secure relationships
- Accessing community and health resources
- Managing family dynamics and kinship-specific stress
- Issues that arise when caring for family
- Issues specific to the stresses and dynamics of full-time parenting for the second time

Whether you join us in person or from the comfort of home, you're warmly welcomed into a space filled with compassion and connection.

## This gentle and empowering 9-session series includes:

- 📅 9 – 3 hour sessions
- 🕒 27 hours of learning, sharing, and growing together

Each session is rooted in real-life stories, heartfelt support, and the kind of understanding that only fellow caregivers can offer. You'll laugh, learn, reflect—and leave each session feeling a little lighter, a little stronger, and a lot more connected.

For more information contact:

**Larissa Severight,**  
**Families Helping Families**

📞 306-975-1019

or by email:

[traditionsofcaring@sffa.sk.ca](mailto:traditionsofcaring@sffa.sk.ca)

*Or ask your Ministry of Social Services  
Worker for more information.*



Saskatchewan 





# How much sleep is enough?

**S**leep — or lack of it — is a highly discussed aspect of baby care. New parents discover its vital importance those first few weeks and months. The quality and quantity of an infant's sleep affects the well-being of everyone in the household. And sleep struggles rarely end with a growing child's move from crib to bed. It simply changes form. So, how much sleep is enough for your kids?

It all depends on a child's age. Charts that list the hours of sleep likely to be required by an infant or a 2-year-old may cause concern when individual differences aren't considered. These numbers are simply averages reported for large groups of kids of particular ages. There's no magical number of hours required by all kids in a certain age group.

Still, sleep is very important to kids' well-being. The link between a lack of sleep and a child's behavior isn't always obvious. When adults are tired, they can be grumpy or have low energy, but kids can become hyper, disagreeable, and have extremes in behavior. Most kids' sleep requirements fall within a predictable

range of hours based on their age, but each child is a unique individual with distinct sleep needs. Here are some approximate numbers based on age, accompanied by age-appropriate pro-sleep tactics.

## Babies (up to 6 Months)

There is no sleep formula for newborns because their internal clocks aren't fully developed yet. They generally sleep or drowse for 16 to 20 hours a day, divided about equally between night and day.

Newborns should be awakened every 3 to 4 hours until their weight gain is established, which typically happens within the first couple of weeks. After that, it's OK if a baby sleeps for longer periods of time. But don't get your slumber hopes up just yet — most infants won't snooze for extended periods of time because they get hungry.

After the first couple of weeks, infants may sleep for as long as 4 or 5 hours — this is about how long their



small bellies can go between feedings. If babies do sleep a good stretch at night, they may want to nurse or get the bottle more frequently during the day. Just when parents feel that sleeping through the night seems like a far-off dream, their baby's sleep time usually begins to shift toward night. At 3 months, a baby averages about 13 hours of sleep in a 24 hour period (4-5 hours of sleep during the day broken into several naps and 8-9 hours at night, usually with an interruption or two). About 90% of babies this age sleep through the night, meaning 5 to 6 hours in a row.

But it's important to recognize that babies aren't always awake when they sound like they are; they can cry and make all sorts of other noises during light sleep. Even if they do wake up in the night, they may only be awake for a few minutes before falling asleep again on their own.

If a baby under 6 months old continues to cry, it's time to respond. Your baby may be genuinely uncomfortable: hungry, wet, cold, or even sick. But routine nighttime awakenings for changing and feeding should be as quick and quiet as possible. Don't provide any unnecessary stimulation, such as talking, playing, or turning on the lights. Encourage the idea that nighttime is for sleeping. You have to teach this because your baby doesn't care what time it is as long as his or her needs are met.

Ideally, your baby should be placed in the crib before falling asleep. And it's not too early to establish a simple bedtime routine. Any soothing activities, performed consistently and in the same order each night, can make up the routine. Your baby will associate these with sleeping, and they'll help him or her wind down.

The goal is for babies to fall asleep independently, and to learn to soothe themselves and go back to sleep if they should wake up in the middle of the night.

## 6 to 12 Months

At 6 months, an infant may nap about 3 hours during the day and sleep about 9 to 11 hours at night. At this age, you can begin to change your response to an infant who awakens and cries during the night.

Parents can give babies a little more time to settle down on their own and go back to sleep. If they don't, comfort them without picking them up (talk softly, rub their backs), then leave — unless they appear to be sick. Sick babies need to be picked up and cared for. If your baby doesn't seem sick and continues to cry, you can wait a little longer, then repeat the short crib-side visit.

Between 6 and 12 months, separation anxiety, a normal developmental phase, comes into play. But the rules for nighttime awakenings are the same through a baby's first birthday: Try not to pick up your baby, turn on the lights, sing, talk, play, or feed your child. All of these activities do not allow your baby to learn to fall asleep on his or her own and encourage repeat awakenings.

## Toddlers

From ages 1 to 3, most toddlers sleep about 10 to 13 hours. Separation anxiety, or just the desire to be up with mom and dad (and not miss anything), can motivate a child to stay awake. So can simple toddler-style contrariness.

Parents sometimes make the mistake of thinking that keeping a child up will make him or her sleepier for bedtime. In fact, though, kids can have a harder time sleeping if they're overtired. Set regular bedtimes and nap times. Though most toddlers take naps during the day, you don't have to force your child to nap. But it's important to schedule some quiet time, even if your child chooses not to sleep.

Establishing a bedtime routine helps kids relax and get ready for sleep. For a toddler, the routine may be from 15 to 30 minutes long and include calming activities such as reading a story, bathing, and listening to soft music.

Whatever the nightly ritual is, your toddler will probably insist that it be the same every night. Just don't allow rituals to become too long or too complicated. Whenever possible, allow your toddler to make bedtime choices within the routine: which pajamas to wear, which stuffed animal to take to bed, what music to play. This gives your little one a sense of control over the routine.

*... continued on next page*

But even the best sleepers give parents an occasional wake-up call. Teething can awaken a toddler and so can dreams. Active dreaming begins at this age, and for very young children, dreams can be pretty alarming. Nightmares are particularly frightening to a toddler, who can't distinguish imagination from reality. So carefully select what TV programs, if any, your toddler sees before bedtime.

Comfort and hold your child at these times. Let your toddler talk about the dream if he or she wants to, and stay until your child is calm. Then encourage your child to go back to sleep as soon as possible.

### Preschoolers

Preschoolers sleep about 10 to 12 hours per night. A preschool child who gets adequate rest at night may no longer need a daytime nap. Instead, a quiet time may be substituted.

Most nursery schools and kindergartens have quiet periods when the kids lie on mats or just rest. As kids give up their naps, bedtimes may come earlier than during the toddler years.

### School-Age Children and Preteens

School-age kids need 10 to 12 hours of sleep a night. Bedtime difficulties can arise at this age for a variety of reasons. Homework, sports and after-school activities, TVs, computers, and video games, as well as hectic family schedules might contribute to kids not getting enough sleep.

Lack of sleep can cause irritable or hyper types of behavior and may make it difficult for kids to pay attention in school. It is important to have a consistent bedtime, especially on school nights. Be sure to leave enough time before bed to allow your child to unwind before lights out.

### Teens

Adolescents need about 8½ to 9½ hours of sleep per night, but many don't get it. Because of early school start times on top of schedules packed with school, homework, friends, and activities, they're typically chronically sleep deprived.

And sleep deprivation adds up over time, so an hour less per night is like a full night without sleep by the end of the week. Among other things, an insufficient amount of sleep can lead to:

- decreased attentiveness
- decreased short-term memory
- inconsistent performance
- delayed response time

These can cause bad tempers, problems in school, stimulant use, and driving accidents (more than half of "asleep-at-the-wheel" car accidents are caused by teens).

Teens also experience a change in their sleep patterns — their bodies want to stay up late and wake up later, which often leads to them trying to catch up on sleep during the weekend. This sleep schedule irregularity can actually aggravate the problems and make getting to sleep at a reasonable hour during the week even harder.

Ideally, a teen should try to go to bed at the same time every night and wake up at the same time every morning, allowing for at least 8 to 9 hours of sleep.

No matter what your child's age, establish a bedtime routine that encourages good sleep habits. Include a winding-down period in the routine. Stick to a bedtime, alerting your child both half an hour and 10 minutes beforehand. Encourage older kids and teens to set and maintain a bedtime that allows for the full hours of sleep needed at their age.

Source: <https://kidshealth.org/en/parents/general/sleep/>



Have you ever considered being a foster parent and don't know how to get started?

SEARCH FOR...

"Six Steps to Fostering In Saskatchewan" on YouTube.

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## FOSTER PARENT TIPS FOR A **SUCCESSFUL** SCHOOL YEAR

*When looking to send foster children back to school, we hope foster parents remember the following tips for helping their foster kids be successful this school year. Here are just a few ways to help build up a child's self esteem at school.*



### **New school clothes and shoes**

Try to send your foster children to school in clothes and shoes that the kids can be proud of owning. Don't purchase noticeably used garage sale finds or give your foster kids hand me down clothes from your neighbor's children. Sometimes other children can be cruel and foster kids have enough to battle just with the title "foster kid". So, buy the kids new stuff and send them to school with some style. Learn more about foster care subsidy and the items it should provide for your foster child.



### **After school activities**

Your foster child benefits from after school activities too. After gaining social worker and birth parent permission, look into sports, clubs, or other activities for your foster children. This will allow them to explore different interests and will help in building up their self esteem.



### **Support your foster children in their activities**

Attend your foster child's school programs, games, and other events. Again, invite the birth parents, if appropriate. This is

another opportunity for your child to see how much you care about the things he is interested in and builds self worth at the same time.



### **Buy your foster child's school picture**

Some foster parents have been known to refuse to spend money on their foster children's school pictures. Buy a modest package and place the pictures in their lifebooks, give some to the birth parents, and hang one on your living room wall. Nothing will make the child feel like they truly belong more than seeing their picture hanging next to other family member's pictures. This is another item that a foster care subsidy should cover.



### **Volunteer at your child's school**

In some capacity, at least once this school year. It can be a small gesture like donate cookies to a party; or a bigger commitment, like helping out on a field trip. Your presence will help the teacher feel more comfortable speaking to you about any concerns she may have about your foster child and you can observe how your foster child interact with peers. Above all, you

will validate your love and concern for the child when he sees you caring about him by just being there.



### **Go to your foster child's school conferences**

Don't forget to Invite the birth parents, if appropriate. You will be able to role model to the birth parent the proper way to ask questions and advocate for their child.



### **Advocate for your foster child's educational needs**

You are the expert on that child while he is in your home. If, for example, visitation during the school day is not working out, then report that to the child's social worker. Advocate!



### **Remember your foster child's confidentiality even at school**

The teacher does not need to know every aspect of the child's case or the birth parent's issues. Ask yourself, is this important to the child's education and safety or am I just gossiping. If you're unsure about what to share, ask your child's social worker.



# IN-HOME SUPPORT DAYCARE BABYSITTING RESPIRE



## Clarifying Support Resources for Foster Parents

### IN-HOME SUPPORT

There are times where it may be addressed that you need extra support to keep up with the day to day need of the children in your care. Your Ministry worker would complete an assessment of your home and if it is decided In-Home Support is required, they will complete an In-Home Support contract which would then be assigned to a Program Coordinator within the SFFA office.

- The purpose of the In-Home Support Worker is never to replace the role of the Foster Parent, but to help Foster Parents focus on their primary responsibility – the children in their home.
- A Caregiver must be present in the home during support hours and support hours must be completed in the home.

### DAYCARE

Daycare can be used when a Foster Parent works full time outside the home or on a case by case need for child socialization.

- The Child and Caregiver Support Worker must ensure that background checks and home safety checks are completed for regular full or part time babysitters and unlicensed home day care providers.

## BABYSITTING

Families can request babysitting hours for a number of different reasons such as:

- Attending to the medical, educational and treatment needs of children in care as per their approved case plan;
- Participating in approved Caregiver training;
- Responding to personal emergencies or special circumstances of the family;
- Attending meetings related to formal conflict resolution, appeals or allegations pertaining to their home;
- Participating in Ministry committees at the request of the Ministry;
- Attending SFFA provincial or local board meetings as an elected or appointed member;

### Things to remember when booking and finding a babysitter:

- The Caregiver must have good knowledge of the babysitter they choose and ensure that the babysitter has the level of maturity and skills to provide responsible and safe care for each child.
- The Caregiver must provide the babysitter with names of appropriate contact persons and/or agencies in order to respond effectively to any emergency that may arise.
- The Caregiver must have prior approval from their Child and Caregiver Support worker before using or booking a babysitter.

## RESPIRE

All Foster Families and extended Family Caregivers are eligible for 10 days of respite per year. These days can be taken all at once or split into multiple occurrences. Respite is a planned block of time to provide the Caregiver family with temporary reprieve from the day-to-day responsibilities of childcare. Respite can be provided in the foster home or at the respite providers residence. Prior planning must be made with your Child and Caregiver Support worker before taking respite to ensure planning can be approved.

- The respite provider must be approved by the Child and Caregiver Support worker or Childcare Worker and complete a criminal record check.
- If respite is provided in another home the worker must ensure the home meets the required home safety standards.
- The respite provider must be made aware of the basic child in care requirements such as discipline policy, confidentiality, and legal authority and responsibility of the Ministry for decisions related to care of individual children.
- The respite provider must be given a general outline of the child's needs and any conditions such as visits.
- Respite providers are compensated \$40/day with an additional \$20/day for each additional child.
- Respite days cannot be carried over between years.

## 10 Tasty Packed

# Lunch Ideas

FOR SCHOOL AGED KIDS

Running out of ideas for your child's packed lunches?  
Are they getting tired of the same sandwiches over and over again?  
Preparing balanced meals can be simpler than you think.  
Get inspired to change things up!

### BBQ CHICKEN

This lunch idea is a great reminder that simple is more than OK. Not every meal is going to be epic. Just finding the time and energy to pack your child a nutritious meal earns you a gold star in our book.

- Cubed rotisserie chicken
- BBQ sauce for dipping
- Carrots
- Pineapple
- Homemade trail mix



### PASTA SALAD

Cold pasta salad is a great option to make with leftover ingredients, or it's easy to make ahead of time and feast on all week. Choose whole-wheat pasta for the extra fiber that helps keep your child fuller, longer.

- Pasta salad:
  - Whole-wheat pasta
  - Italian dressing
  - Cherry tomatoes
  - Cooked broccoli
  - Cooked green beans
  - Cheese
- 2 hard-boiled eggs
- Melon



### DECONSTRUCTED TACOS

Have some leftovers from taco night? Don't let them go to waste! All of your taco ingredients taste great cold, and your child will have fun putting them together all on their own.

- Ground meat and/or beans with taco seasoning
- Shredded cheese
- Tomatoes or salsa
- Lettuce
- Mini guacamole to-go cup
- Watermelon



### HOMEMADE LUNCHABLES

Sure, kids love those prepackaged mini-meals, but there's not much to love about the processed foods that are loaded with sodium and other preservatives. If your child asks for a prepackaged lunch, offer to make a homemade one of their very own.

- Low-sodium turkey
- Cheese
- Whole-wheat crackers
- Cooked green beans
- Apple slices
- Nut or seed butter





## CHICKEN WRAP

The great thing about this meal is that you can use leftover rotisserie chicken to make it extra easy to prepare. Add some ranch dressing to dip the cucumbers or wrap into for an extra touch.

- Wrap:
  - Whole-wheat tortilla
  - Rotisserie chicken
  - Cheese
  - Spinach/romaine lettuce
- Sliced cucumbers
- Blueberries and raspberries
- Ranch dressing



## HAM & CHEESE ROLL-UP

Deli meat can be featured in your child's packed lunch without having to resort to a sandwich. This lunch covers all of the food groups, and your child will have fun dipping away!

- Ham roll-ups:
  - Low-sodium ham
  - String cheese
- Hummus
- Celery and pita for dipping
- Banana



## PEANUT BUTTER CRACKER SANDWICHES

Who says a sandwich has to be on bread? Change things up a bit with your own nut butter cracker sandwiches (opt for sunflower seed butter if the school is nut free).

- Peanut butter spread on 10 whole wheat crackers to make 5 cracker sandwiches
- Greek yogurt or cottage cheese
- Sliced bell peppers
- Strawberries and blueberries



## CHICKEN SALAD

If your child enjoys chicken salad sandwiches, try breaking it down. They can make their own sandwich with crackers or have fun dipping the bell peppers into the chicken salad. They might even go wild and make sandwiches with the apple slices. Anything goes with this nutritious combo!

- Chicken salad
- Whole-wheat crackers
- Sliced bell peppers
- Apple slices



## CHICKEN & GUACAMOLE

One of our favorite time-saving meal prep tips is to buy a rotisserie chicken and make it work for whatever chicken dish you are whipping up. It tastes great on its own and can be a great protein staple in your child's lunch since it's still yummy as cold leftovers.

- Rotisserie chicken
- A mini guacamole to-go cup (to prevent browning)
- Whole-wheat pita slices and carrots for dipping
- Grapes



## LEFTOVER PASTA

Tortellini tastes great cold, and we find that cold, leftover broccoli actually tastes sweeter the next day. Throw in some meatballs, sauce and fruit, and voila!

- Tortellini with marinara and meatballs
- Fruit cup packed in water or 100% fruit juice
- Cold cooked broccoli





All of our Programming is open to families grown in non-traditional ways, such as, but not exclusive to: adoption, PSI agreements, kinship/alternate caregivers & foster care as well as those who have aged out of care.



### Create with Remai Modern

**Date:** Friday September 5th

**Time:** 6:30 PM - 8:30 PM

You're invited to a special evening at Remai Modern, guided by Moss (they/them), the Indigenous Program Guide. The evening will begin with a unique tour, followed by an immersive ART experience for all ages. Please register to assist us in planning.



### Family Resilience through Teachings

**Date:** Bi Weekly - Starts Thursday September 11th, 2025

**Time:** 4:30 PM-6:30 PM

This program is in partnership with Haven Family Support. It is for PSI, foster, and alternative caregivers and children to connect with one another, with culture, and with the community through six sessions of programming. Created to aide in the strengthening of family resilience, each session will bring us together to learn, grow and play. Registration is required.



### Intercountry Adoption Webinar

**Date:** Wednesday September 17th, 2025

**Time:** 12:00 PM -1:00 PM

Join us over the lunch hour on Zoom with a Ministry of Social Services intercountry adoption worker, to gain an understanding on the basics of International Adoption. Prospective adoptive parents or anyone curious about the International Adoption process are encouraged to attend via Zoom! Registration is required to receive the Zoom link.



### Connection through Orange T-Shirt Project

**Date:** Thursday September 18th, 2025

**Time:** 6:30 PM - 8:00PM

Evermore and the FASO Network are hosting an evening of creativity as we design custom Every Child Matters t-shirts for Orange Shirt Day (September 30th). Wear your shirt proudly at school, [! work, or community events. Supplies provided, and all ages welcome. Registration is required to ensure adequate supplies.





# FALL 2025 PROGRAMING & EVENTS



## Parents Who Share — Online Support Group Dates: Last Wednesday of the month

Sept. 24th, Oct 29th, Nov. 26th 2025

Time: 7:00 PM - 9:00PM

We're welcoming new members to a virtual support group Parents Who Share to build community rooted in connection, shared experiences, and parenting through permanence (PSI, adoption, kinship or foster care).

Contact [programs@evermorecentre.ca](mailto:programs@evermorecentre.ca) for Zoom link



## FASD Training Online

Date: Tuesday October 7th, 2025

Time: 6:30 PM - 9:30 PM

The aim of the training is to explore how prenatal exposure impacts individuals across their lifespan and learn support • techniques to help them be successful. This three-hour training on Zoom, facilitated by the FASD Network of SK helps to understand the disability and what strategies and supports can be put in place. Gain valuable insights from the first-hand accounts of other parents on subjects such as, advocating, judgment, and grief and loss. Certificates will be provided. Registration is required.



## All Of Me Matters

Date: Thursday October 16, 2025

Time: 6:30 PM - 8:00 PM

Location: The Evermore Centre or Online

To educate and empower parents and caregivers-both Indigenous and non-Indigenous-in supporting the identity development of young people, with a focus on Indigenous worldviews, cultural respect, and relational practices. Registration is encouraged to assist with planning and provide the zoom link if attending online.



## Peer Connections - Regina

Date: Friday October 17th, 2025

Time 6:30 PM - 8:30 PM

Location: Options -2139 Broad Street, Regina

Join us for an evening of community, sharing, and support. The Evermore Centre staff are travelling to Regina to connect with you! Whether you're an adoptive parent, adoptee, birth family, kinship or PSI caregiver or simply exploring the journey of adoption, you are welcome. We are open to anyone impacted by permanence. Let's gather, support one another, and grow together. We're excited to see you in Regina! Registration is encouraged to assist us with planning.



... continued on next page





### **Return to the Falls**

**Date:** Wednesday, October 22, 2025

**Time:** 6:30 PM - 9:30PM at the Roxy Theatre

Return to the Falls is a one-hour DocuDrama following the harrowing life story of Elder Betty Ross, who held the sacred teachings of her father like a torch, helping her survive the residential school system.

This is a Free event open to the public. Opening remarks at 6:30pm, the film is at 7:00pm, followed by Q&A with Elder Betty Ross in person.

This event is made possible by the generous contributions of: Blue Cross and Dakota Dunes Community Development Corp.



### **Echoes of Community and Strength, Feast and Round Dance**

**Date:** Friday, November 14th, 2025

**Time:** 5:00PM to 12:00AM

**Location:** White Buffalo Youth Lodge

Echoes of Community and Strength - is a powerful reminder that healing is not done alone. At Evermore, we believe in coming together as a community to support one another, uplift each other, and walk side by side in the spirit of unity and shared purpose. This Round Dance it's a reflection of the love, care, and effort our community continues to pour into one another. It's about healing together, working together, and rising together for the greater good of all. This event is made possible by the generous contributions of: Saskatoon Community Foundation, Mirco Oil and Dakota Dunes Community Development Corp.













***Stay tuned for winter 2026 programming!***

In our **"FOSTER CORNER"** we would like to highlight anything from foster inspired stories to artwork submitted by foster parents on behalf of children in their homes. If you have a foster story, poem, artwork or some other foster related experience or information to share with our readers, please send it in! All communication or submissions for "Foster Corner" can be sent by email to [keanna@sffa.sk.ca](mailto:keanna@sffa.sk.ca)



# Autumn

## Scavenger Hunt

 <p>Acorn</p>	 <p>Apple</p>	 <p>Pinecone</p>
 <p>Red Leaf</p>	 <p>Feather</p>	 <p>Berries</p>
 <p>Twig</p>	 <p>Orange Leaf</p>	 <p>Mushroom</p>
 <p>Pumpkin</p>	 <p>Sunflower</p>	 <p>Yellow Leaf</p>





## GOODS & SERVICES VOUCHERS

The Ministry of Social Services issues Requisitions for Goods and Services vouchers to citizens to help with the purchase of goods and services. Foster families may receive requisition forms

(vouchers) for immediate purchases children or youth may need when coming into or while in their care. Required items may include clothing, diapers, formula, car seats or other special needs requests that are approved by the child's Caseworker.

Things to remember when using a Requisition (voucher):

- Must have photo identification to match the name on the requisition otherwise it will not be accepted
- The amount purchased (including tax) must not exceed the amount indicated on the requisition
- Purchases are not subject to the Goods and Services Tax (GST)
- The requisition is not valid for payment after six months from date of issue
- Refunds covering the cost of a returned item must be made to the Ministry of Social Services

For a list of community retailers accepting vouchers, visit the following online link:

<https://www.saskfosterfamilies.ca/resources-for-foster-parents/member-benefits>



## FOSTER FAMILY TOOLKIT

**Education, advocacy, and a place to turn for advice...**

It is the goal of the SFFA to help provide a safe and comforting environment for every child in foster care. The right support can make all the difference.

SFFA members have access to:

- a comprehensive library of information;
- educational materials;
- training programs;
- advice and advocacy and
- much, much more.

All the tools available are to help foster families build and sustain the best possible home for the children in their care. Visit the following online link:

<https://www.saskfosterfamilies.ca/resources-for-foster-parents/tool-kit-resources>

### **PUBLICATIONS MAIL AGREEMENT NO. 41271051**

RETURN UNDELIVERABLE CANADIAN ADDRESSES TO:  
SASKATCHEWAN FOSTER FAMILIES ASSOCIATION  
231 Robin Crescent  
Saskatoon, Saskatchewan S7L 6M8