

Advisor

Families

Helping

Families

Accommodating Foster Kids with Food Allergies

Skills that Make Great
Foster Parents

Put Medicines and
Supplements Up and
Away

Self-Care for Adoptive,
Foster, and Kinship
Parents

ALSO IN THIS ISSUE

Foster Parent College Sessions

Evermore Centre Spring
Programing

Spring Crafts for Kids



SASKATCHEWAN
FOSTER FAMILIES

www.saskfosterfamilies.ca

Advisor

The Advisor is published by Saskatchewan Foster Families Association Inc.



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
Website: 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.

BOARD OF DIRECTORS

Kevin Harris, Board Chair, Regina
John Quong, Director, Regina
Kallie Wood, Advisor, Moose Jaw
Jim Madill, Director, Regina
Janet Michaylow, Director, Regina
Nate Polsfut, Director, Regina
Bruce Voldeng, Director, Saskatoon

The content in the Advisor publication is intended to be used for general information, educational or awareness purposes only. Guidelines, tips and strategies provided are to be used at the sole discretion and assessment of the reader. The health and safety of a child should always take priority. Any suggestions or opinions expressed in the editorial are not necessarily those of the Saskatchewan Foster Families Association Inc.

Canada Post Publications No. 41271051

Contents



SPRING 2026 | Volume 21, Issue 1

- 3 MONTHLY MAINTENANCE PAYMENTS
- 3 SFFA AGM ANNOUNCEMENT
- 4 SKILLS THAT MAKE GREAT FOSTER PARENTS
- 7 FOSTER PARENT COLLEGE SESSIONS
- 8 ACCOMMODATING FOOD ALLERGIES
- 11 TOP FOOD ALLERGENS AND ALTERNATIVES
- 12 PUT MEDICINES AND SUPPLEMENTS UP & AWAY
- 13 THE EVERMORE CENTRE SPRING PROGRAMING
- 15 2026 SFFA CONFERENCE ANNOUNCEMENT
- 16 SELF-CARE FOR ADOPTIVE, FOSTER, AND KINSHIP PARENTS
- 19 EASY SPRING CRAFTS
- 20 GOODS & SERVICES VOUCHERS
- 20 FOSTER FAMILY TOOL KIT

Child & Family Program Dates Monthly Maintenance Payment Released from Linkin

Month Being Paid	Date Maintenance Cheques are released from Linkin- Mailed/*Direct Deposit	Date Youth Allowance Cheque released from Linkin- Mailed/*Direct Deposit
**IMPORTANT NOTE: If using direct deposit, it may take up to 3 additional days before the funds are deposited in your bank account depending on your Financial Institution.		
December 2025	December 30, 2025	November 25, 2025
January 2026	February 3, 2026	December 19, 2025
February 2026	March 3, 2026	January 27, 2026
March 2026	April 2, 2026	February 24, 2026
April 2026	May 4, 2026	March 26, 2026
May 2026	June 2, 2026	April 27, 2026
June 2026	June 30, 2026	May 26, 2026
July 2026	July 30, 2026	June 25, 2026
August 2026	September 2, 2026	July 27, 2026
September 2026	October 2, 2026	August 26, 2026
October 2026	November 3, 2026	September 25, 2026
November 2026	December 2, 2026	October 27, 2026
December 2026	December 31, 2026	November 25, 2026
January 2027	February 2, 2027	December 18, 2026

Monthly Maintenance Schedule applies to Regular Foster Care, Extended Family Care (Person of Sufficient Interest, Place of Safety & Alternative Care) and Assisted Adoption monthly maintenance. Dates in red are to reflect changes in the normally scheduled payment dates due to Statutory Holidays on the day the funds are paid. Last updated: January 6, 2026

SASKATCHEWAN FOSTER FAMILIES ASSOCIATION

AGM

Saturday, June 13th
10:30am (CST) **2026**

The Meeting will be hosted virtually through *Microsoft Teams*.

If you are interested in attending the Annual General Meeting, please send your request to rsvp@sffa.sk.ca





Top 7 skills that make people great foster Parents

Foster parenting takes patience, compassion, and resilience. Children in care often carry trauma, which means they need foster parents who can offer open communication, structure, and flexibility. Essential skills include being a strong role model, setting healthy boundaries, managing discipline with empathy, and maintaining the stamina to face the challenges ahead. These skills aren't about being perfect; they're about being present, consistent, and willing to grow alongside the child. With love and adaptability, foster parents help children heal and thrive.

1 | **Patience, Grace, Compassion**

Exhibit patience, grace, and compassion when foster parenting is an effective parenting skill. When wondering what I need to be a foster parent, assess your empathy for the youth in foster care.

You may also receive negative feedback from people close to you and your community. Some people find it hard to understand why someone would want to become a foster parent.

If your spouse or children have a hard time adjusting to the idea of you becoming a foster parent,

give it time; there is no rush to become a foster parent and turn your home into a foster home for children in need. Your agency should help you get all potential foster families on board, not just you.

It's a big life decision affecting you, the kids you'll be fostering,



turmoil. The child may be used to acting out in specific ways as a trauma response.

Exhibit your patience, grace, and lenience in these situations. They will need time to feel comfortable and learn to trust you.

2 | Open Communication

One of the top reasons relationships fail is a lack of honest communication. Your foster kids need to know what to expect from you and what you can expect from them. This same required skill applies to all relationships.

Communicating allows this to occur. Do not let your hardships reflect how you treat your children and youth. You'll have to learn to set feelings aside and come to any problems objectively by creating an open dialogue to ensure positive parenting.

3 | Discipline

Foster kids require good parents to be predictable and reliable in disciplinary action. All kids go through phases of rebellion, testing boundaries, and making mistakes. It's natural to the process of growing up and not related to children to only children in foster care.

How you react, and discipline foster kids affect your foster parenting skills, given their history of trauma.

Teach them to have mindfulness of their actions. You can use positive reinforcement for positive behavioral changes. Always recognize the work they're doing to better themselves.

Alternatively, consider giving them a space to decompress when you need to discipline. Children's strong feelings can be handled with peaceful reflection in a secure space, rather than a time-out. This teaches them to provide a trustworthy environment to grow and learn.

4 | Adaptability

As you know, life will become very different when fostering a kid. If promoting a child leads to adoption, you'll be in for life, complete with new routines.

Foster kids require emotional, physical, mental, and spiritual effort to care for them. You won't have as much free time as you did before. Unexpected events may arise due to your foster child's emotional, medical, or physical needs. Your time management is critical to your success with being a foster parent.

Be open to the unexpected and know that your routine isn't permanent. This flexibility and adaptability give you the skills necessary to provide for foster children and prepare yourself for them to leave your home, too potentially.

Continued on next page.....

and the family members and close ones around you. Once you make this incredible decision, have grace with the kids you welcome into your home. Learning skills in training and support groups and during home study will help you be a great foster parent. The technical skills you learn in training will benefit you with foster children and all your life and social skills.

They likely have moved around and needed time to adjust to your household rules and routine. Many foster kids have a troubled past, resulting in emotional

5 | Stamina & Energy

Foster kids need more care than kids without emotional or mental issues and require much energy. If stress affects you easily, keeping up with kids' changing needs might be tough.

If you feel stressed, child-placing agencies offer help to learn how to care for kids. Over time, you'll learn from the experiences and improve at handling them.

Any parent knows how life is in full-speed-ahead mode when raising children. The very same goes for fostering kids. Don't set yourself up for failure if you cannot keep up with the quick routine of raising kids.

6 | Role-Modeling

Many foster kids may feel lonely, having no parental figure guiding them properly. You get the opportunity to set an example for them.

Kids are like sponges and think like a product of their environment. They will naturally and subconsciously pick up on your behaviors and speech. If your address is discriminatory or derogatory, they may normalize this thinking.

Be mindful of your actions, knowing you can influence them positively by setting an example.

7 | Boundary Setting

Foster kids may have a lot of pent-up hurt due to their situation. Many of them feel

neglected and abandoned. A great skill to have is to establish boundaries.

Some are even confused and frustrated about why they must be in their situations. By setting boundaries, you know that you are there for them emotionally. However, they can't take advantage of you or walk all over you.

Develop a healthy balance between the two to establish a good relationship that works for everyone involved.



These skills are a few needed to make a good foster parent. If you don't have them all, don't worry.

Foster parenting is a learning experience for kids and you. No job description is given when you volunteer to help a child. You will learn a lot soon to become a great Foster Parent your way.

You'll grow and develop healthier habits and coping mechanisms while positively influencing kids' lives in need. With so many foster kids, you'll first match with the

easier ones to handle. Choose the type of child you want to foster with programs to be well-prepared.

Choosing to foster children will impact your life and those close to you. Once you make this incredible decision, have grace with the kids you welcome into your home. Training, support groups, and home study teach tremendous foster parent skills. The technical skills you learn in training will benefit you with foster children and all your life and social skills.

They likely have moved around and needed time to adjust to your household rules and routine. Many foster kids have a troubled past, resulting in emotional turmoil. The child may be used to acting out in specific ways as a trauma response.

Exhibit your patience, grace, and lenience in these situations. Know that they will need time to feel comfortable and learn to trust you.

Source: <https://www.fosterva.org/blog/the-top-skills-that-make-people-great-foster-parents>

APRIL

Sleep Problems (2nd Edition)

When a child has a sleep problem, a parent has a sleep problem too. In this course, Dr. Richard Delaney examines four types of sleep problems in children: fears about sleeping alone, frequent waking and roaming, nightmares and night terrors, and sleep problems and depression. He gives parents insights into the possible reasons for their child's problem behavior, and follows up with some practical and immediate steps they can take to deal with their child's particular type of problem behavior.

At the end of this course, you will be able to:

- identify four types of sleep problems in children
- describe the difference between nightmares and night terrors
- state when to seek professional/medical help for a child with sleep problems
- describe the warning signs of depression in children
- list general guidelines that can help a child with sleep problems

MAY

Understanding Sex Trafficking

Sex trafficking is a difficult issue to discuss, but it is becoming more and more relevant, especially to parents of children in care. While estimates vary, anywhere from 50% to more than 90% of the children who have been trafficked have been involved in some way with the child welfare system. This class explores commercial sexual exploitation of children, what it is, and how parents can recognize signs that a child is being sexually exploited.

At the end of this course, you will be able to:

- recognize warning signs of commercial sexual exploitation
- dispel myths about human trafficking, including sex trafficking
- describe victim blaming
- understand the grooming process
- identify risk factors and vulnerabilities for commercial sexual exploitation
- know parenting strategies for preventing child sexual exploitation

JUNE

Supporting Normalcy

Children in care should have as close to a normal life as possible, and be able to engage in the same positive youth activities as children who are not in care. The reasonable and prudent parenting standards were developed by each state so parents would have the necessary guidelines to encourage normalcy. This course explores how to provide normalcy for youth in care using the prudent parenting standards.

At the end of this course, you will be able to:

- describe "normalcy" and "reasonable and prudent parenting standards"
- list three benefits of youth activities
- list seven questions to ask yourself when making prudent parenting decisions
- understand how to advocate for children's participation in an activity
- understand that each state has its own reasonable and prudent parenting standards
- know how the *Foster Children's Bill of Rights* and *Foster Parent's Bill of Rights* promote normalcy



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



Accommodating foster kids who have Food allergies

Food Allergies as a Foster Carer: How to Provide Safe and Delicious Meals

In today's diverse dietary landscape, food allergies are not just common, but a critical aspect of care giving that demands attention and understanding, especially in a foster care setting. As a foster carer, the responsibility of catering to the unique needs of each child, including their dietary requirements, becomes an integral part of the nurturing process.

Understanding Food Allergies as a Foster Carer

Understanding food allergies is a fundamental aspect of being a responsible foster carer. Essentially, a food allergy is an immune system reaction that occurs soon after eating a certain food. Even a tiny amount of the allergy-causing food can trigger signs and symptoms such as digestive problems, hives, or swollen airways. In more severe cases, a food allergy can cause anaphylaxis, a life-threatening reaction. Common food allergens include nuts, dairy, and gluten. As a foster carer, it is crucial

to recognize these symptoms early and respond appropriately. Beyond the physical symptoms, food allergies can also have a psychological impact on children. They may feel isolated or different from their peers due to their dietary restrictions, which can affect their social interactions and self-esteem. For a foster carer, understanding these aspects is vital. It's not just about ensuring physical safety; it's also about nurturing the child's emotional wellbeing. By being informed and empathetic about food allergies, foster carers can provide a supportive environment where children feel understood and cared for, both physically and emotionally.

The Role of a Foster Carer in Managing Food Allergies

The role of a foster carer in managing food allergies extends far beyond the kitchen. It begins with the vigilant identification of potential allergens and encompasses a comprehensive approach to everyday care. A key responsibility is to familiarize oneself with the specific food allergies of each foster child in their care. This involves understanding the allergens, recognizing symptoms of an allergic reaction, and knowing the steps to take in case of an emergency. Communication plays a pivotal role in this process. Foster carers must actively collaborate with healthcare professionals and their designated link workers to develop and follow an allergy management plan tailored to each child's needs. Equally important is maintaining a transparent and cooperative relationship with the child's biological parents, if they are involved. This cooperation ensures consistency in managing the allergy across different environments. Moreover, it's crucial for

foster carers to educate themselves continually about food allergies – new research, alternative diets, and innovative management strategies. In doing so, they create a nurturing environment where children with food allergies can thrive, not just in terms of physical health but also in feeling secure and cared for in their foster home.

Creating a Safe Kitchen Environment

As a foster carer, creating a safe kitchen environment is a critical component in the care of children with food allergies. This responsibility starts with a rigorous approach to avoid cross-contamination. Foster carers should be well-versed in kitchen practices such as using separate utensils, cutting boards, and even appliances like toasters, for allergen-free foods. This careful segregation minimizes the risk of accidental exposure. Additionally, strategic storage and labeling of food play a vital role. Foster carers must ensure that foods containing allergens are stored in clearly marked, separate containers, ideally in a different section of the kitchen or pantry. This approach extends to refrigeration, where allergen-free foods should have dedicated shelves. The importance of diligently reading and understanding food labels cannot be overstated. Foster carers need to develop a keen eye for labels, recognizing not just the obvious allergens but also the less apparent ones, often hidden under scientific or alternative names. Regularly updating this knowledge is crucial as ingredients in products can change. By mastering these practices, foster carers transform their kitchens into a secure, allergy-aware environment, ensuring the health and safety of the foster children under their care.

Meal Planning and Preparation as a Foster Carer

In the realm of foster care, meal planning and preparation take on an additional layer of complexity when accommodating children with food allergies. As a foster carer, devising strategies for balanced, allergy-friendly meals is essential. This begins with an understanding of nutritional needs and how to meet them without the allergens. Foster carers should become adept at identifying safe alternatives for common allergens. For instance, almond milk can replace cow's milk, and gluten-free flour can be used instead of wheat flour. The art of substitution not only ensures safety but also variety and enjoyment in meals. Moreover, involving children in meal preparation is a fantastic way for foster carers to educate them about their allergies. This involvement can range from reading labels together to choosing allergy-friendly recipes, turning meal preparation into an educational and bonding activity. Through this process, foster carers help children understand their dietary needs, fostering independence and self-awareness. By integrating these practices into their daily routine, foster carers not only cater to the specific health requirements of the children but also in-still in them a sense of inclusion and normalcy around food.

Emotional Support and Inclusivity

For a foster carer, providing emotional support to children with food allergies is as crucial as addressing their physical needs. These children often grapple with feelings of exclusion and anxiety, especially during social situations like

school lunches or birthday parties. As a foster carer, it's vital to foster an environment where these children feel understood and included. This involves having open and empathetic conversations about their allergies, helping them express any fears or frustrations they might have. Foster carers can also advocate for inclusivity in social settings, ensuring that activities and events cater to the child's dietary needs, thus preventing them from feeling isolated. Creative solutions, such as preparing allergy-friendly versions of popular treats, can help the child feel part of the group. Through these actions, foster carers not only provide essential emotional support but also empower children with food allergies to feel confident and included in all aspects of life.



In conclusion, the journey of a foster carer is filled with unique challenges and rewarding experiences, especially when caring for children with food allergies. It requires a blend of vigilance, understanding, and compassion to ensure these children not only stay safe but also feel loved and included. By educating ourselves, fostering open communication, and creating allergy-aware environments, we can make a significant difference in their lives.

Source: <https://fosteringengland.co.uk/food-allergies-as-a-foster-carer-how-to-provide-safe-and-delicious-meals/>

8 top food allergens and their alternatives



gluten

wheat germ, bran, cereals, bulgar, rye, barley, wheat-based pastas, breads, cookies, crackers, etc.

SWAP: NON-GMO CORN TORTILLAS, RICE NOODLES, ZUCCHINI LINGUINE USING A SPIRALIZER, HOMEMADE GRANOLAS, GLUTEN-FREE FLOURS SUCH AS ALMOND FLOUR, COCONUT FLOUR, TAPIOCA FLOUR, ETC.



eggs

mayo, baked goods, breads, marshmallows, meringues, meatballs, ice cream, etc.

SWAP: MASHED BANANA, APPLESAUCE, NUT BUTTER, FLAX/CHIA EGG/GELATIN EGG: 1 TBSP FLAX/CHIA/GELATIN, 3 TBSP HOT WATER-WHISK AND LET SET UNTIL THICK.



dairy

Cow's milk, cheese, cottage cheese, half and half, cream, sour cream, pudding, yogurt, etc.

SWAP: ALMOND MILK OR OTHER NUT MILKS, COCONUT MILK, DAIRY-FREE CHOCOLATE CHIPS, SORBET FOR ICE CREAM, COCONUT OR ALMOND MILK BASED ICE CREAM



soy

soy sauce, soy milk, tofu, soy protein isolate, miso, some deli meats, tamari, etc.

SWAP: COCONUT AMINOS FOR SOY SAUCE



peanuts

peanut butter, trail-mix, peanut oil, etc.

SWAP: SUNBUTTER (MADE FROM SUNFLOWER SEEDS), ALMOND BUTTER, COCONUT BUTTER (WATCH FOR CROSS CONTAMINATION)



fish

Tuna, salmon, cod, catfish, etc.

SWAP: CHICKEN, BEEF, PORK



shellfish

Shrimp, crab, lobster, mussels, oysters, etc.

SWAP: SALMON, COD, SWORDFISH, HALIBUT, CHICKEN, BEEF, PORK



tree nuts

walnuts, hazelnuts, almonds, pine nuts, brazil nuts, cashews, macadamia nuts, etc.

SWAP: COCONUT ITEMS, SUNFLOWER ITEMS

If you have an allergy, always be aware of cross-contamination. Always consult with your doctor before making any major medical/dietary changes.

KEEP YOUR KIDS SAFE: Put Medicines and Supplements, Including Gummies, Up and Away

National Poison Prevention Week in Canada for 2026 runs from March 15 to 21, focusing on raising awareness about preventing accidental poisonings. The 2026 campaign theme is *"When the Unexpected Happens, Poison Help is Here for You,"* highlighting safe storage of medications and cannabis to protect children.



HERE ARE SOME GOOD TIPS TO KEEP IN MIND:

- Keep all medicines, vitamins, and other supplements, including gummy products, up and away and out of reach and sight of young children.
- At home or away, keep medicines in their original child-resistant containers.
- Remind houseguests to put any medicines they have with them, such as those contained in a purse or other bag, in a secure spot where children cannot reach or see them.
- Households without young children may have medicines in easy-to-reach spots. When visiting friends or relatives, ask ahead to make sure their medicines are up and away and out of sight.
- If you must take medicines out of their original container, use a pill organizer or pill box that has features designed to keep children from opening them.
- If you think your child has gotten into a medicine or supplement, please call the poison control center right away, even if you aren't sure. **1-844-POISON-X (1-844-764-7669)**

This is a good time for parents and caregivers to review how medicines are stored in their homes. While you may keep prescription medicines up and away, and out of reach and sight of young children, it's important to remember that over-the-counter medicines and supplements, such as vitamins and melatonin (including those in gummy form), should also be kept out of reach and sight.

Over the past decade, gummy products have become increasingly common on pharmacy shelves, offering a "candy-like" option for vitamins and other supplements such as melatonin. Gummy products come in appealing flavors, shapes, and textures, and these factors can make these products extremely appealing to young children, increasing the risk of overdoses. Children often see these products as treats and may ask for more than the recommended amount.

While these products seem safe and child-friendly, they can still be dangerous when not taken as directed. It is important that parents and caregivers not use medicines or supplements as rewards as this may increase their appeal and overdose potential.

Finally, an important piece of preventing these overdoses is helping children learn the dangers of poisonings. Parents and caregivers can explain to children that medicines should only be given to them by a trusted grown-up and that medicines and supplements, including gummy vitamins or melatonin, are not candy and can make them sick if they take too much.

Source: <https://blogs.cdc.gov>

First Aid and CPR Training

In order to further enhance the safety of children in foster care, certification in first aid and cardio-pulmonary resuscitation (CPR) is now mandatory for all Saskatchewan foster parents. All new foster parents take OHS-AED/CPR-B and all families must re-certify every three years. All available courses can viewed on the St. John's Ambulance website <https://www.sja.ca/en>. To register for a course, please contact the SFFA First Aid Coordinator.



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.

RAISING WITH LOVE
TRAUMA-INFORMED PARENTING SESSIONS

Join us on March 4, 11, and 18 for a Trauma-Informed Parenting series facilitated by Kariana Pawliw, BSW, RSW, from Kellington Counselling. This trauma-informed online parenting program helps caregivers build emotional regulation, confidence, and connection with their children. Caregivers learn how development, stress, and trauma affect behavior, gain practical tools to support regulation and relationships, strengthen advocacy skills, and access supportive resources. Caregivers also will learn skills to create and implement safety plans related to mental health, addiction and neurodiversity.

Week 1: Emotional regulation skills
Week 2: Advocating Skills
Week 3: Safety planning

MARCH 4, 11, 18, 2026
6:30 PM - 8:00 PM

Working collectively with:

For more information: Phone (306) 666-7272 Email info@evermorecentre.ca Website www.evermorecentre.ca

Raising with Love: Trauma-informed Parenting Sessions

Date: Wed, March 11, 18, 2026

Time: 6:30 PM - 8:00 PM

Location: Zoom

Join us on March 4, 11, and 18 for a Trauma-Informed Parenting series facilitated by Kariana Pawliw, BSW, RSW, from Kellington Counselling. This trauma-informed online parenting program helps caregivers build emotional regulation, confidence, and connection with their children. Caregivers learn how development, stress, and trauma affect behavior, gain practical tools to support regulation and relationships, strengthen advocacy skills, and access supportive resources. Caregivers also create personalized safety plans related to mental health, addiction, and neurodiversity.

KIN KEEPERS: HONOURING THOSE WHO HOLD OUR FAMILIES TOGETHER
Circle of Balance: Walking in Financial Wellbeing

Join us on March 17, 2026, at Station 20 West for a day of learning about the importance of realistic budgeting, RESP's, and resources to assist and plan for your future. You will receive a practical workbook, resources, and a day of learning about traditional value systems, the role of gift-giving, and a humble approach to understanding perspective and aligning our financial decisions with value.

17 Tuesday March 2026
9:30 am - 2:30 pm

Presenter Topics:
• Understanding Budgeting, RESP, and SF Financial Supports Services
• Discussion of traditional budgeting and long term financial planning including how RESP's can support your goals, workbooks and resources to support financial well-being

Elder Teachings:
• Traditional Values
Teachings from an Elder/Knowledge Keeper on traditional value systems, the role of gift-giving and the importance of humble, selfless based perspective when making financial decisions that support ourselves and our families.

IF YOU NEED SUPPORT REGISTERING PLEASE CALL US: Phone (306) 666-7272 Website www.evermorecentre.ca

Funding for this program is through a generous gift from The National Adult Sobriety Recovery Foundation of Canada

Kin Keepers-Circle of Balance: Walking in Financial Wellbeing

Date: Tuesday, March 17, 2026

Time 9:30 am -2:30 pm

Location: Station 20 West, 1120 20th St. W

Join us on March 17, 2026, at Station 20 West for a day of learning about the importance of realistic budgeting, RESP's, and resources to support your financial goals. In the morning, a presenter will explore practical budgeting strategies and explain how RESP's can help you plan for your children's future. In the afternoon, an Elder/Knowledge Keeper will share teachings on traditional value systems, the role of gift-giving, and a humble approach to understanding perspective and aligning our financial decisions with value.

Tax Day Clinic
General tax support

Join us on March 25, 2026, for a one-day-only Tax Day Clinic at the Evermore Centre! From 12 PM to 8 PM, families we serve can file their taxes at no cost while receiving friendly support. Snacks and refreshments will be provided.

Appointments are required, so please call or email us today to book your spot!

Wednesday March 25, 2026
527 Main Street
Evermore Centre, Saskatoon

Phone (306) 666-7272 Email info@evermorecentre.ca Website www.evermorecentre.ca

Tax Day Clinic

Date: Thursday, March 25, 2026

Time: By appointment only (Afternoon and Evening available)

Location: The Evermore Centre (527 Main St., Saskatoon)

Join us for a one-day-only Tax Day Clinic at the Evermore Centre! Families and individuals can file their taxes at no cost while receiving friendly support. Snacks and refreshments will be provided. Appointments are required, so please call or email us today to book your spot!

Phase 2: KIN KEEPERS: HONOURING THOSE WHO HOLD OUR FAMILIES TOGETHER
Rooted in Culture and Support: A Journey of Reconnection

Join us on April 11, 2026, at Rusty Macdonald Library in Saskatoon for Phase 2, a deeper exploration of compassionate care and lived experiences about our bodies, minds, and family systems. The gathering will focus on understanding adverse childhood experiences (ACEs) through compassion, relationship, and cultural connection, while strengthening tools for regulation, healing, and reconnection within families. Oaks Mental Health will provide guided learning and workbook materials, with instruction and individual support from a Knowledge Keeper throughout the day. Oaks Mental Health, and other resources that include how we can support, support for mental health topics, and other resources that include how we can support.

Saturday April 11, 2026
10:30 am - 3:30 pm
225 Primrose Dr., Saskatoon

Presenter Topics:
• Understanding compassionate care, ACEs, and workbook exploring
• Discussion and focus on meaning understanding the role of Oaks Mental Health resources and guided learning. This day will include facilitated group activities, support from a Knowledge Keeper, and other resources that include how we can support, support for mental health topics, and other resources that include how we can support.

IF YOU NEED SUPPORT REGISTERING PLEASE CALL US: Phone (306) 666-7272 Website www.evermorecentre.ca

Funding for this program is through a generous gift from The National Adult Sobriety Recovery Foundation of Canada

Phase 2: Kin Keepers Pillar 1

Date: April 11, 2026

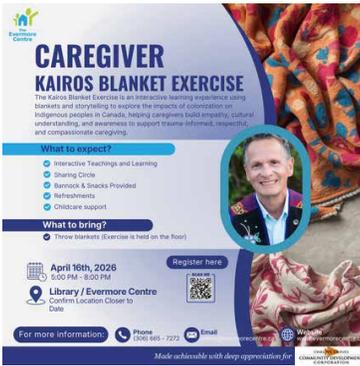
Time: 10:30 AM - 3:30 PM

Location: 255 Primrose Drive, Rusty Macdonald Library

Join us for a deeper exploration of compassionate care and how lived experiences shape our bodies, minds, and family systems. The gathering will focus on understanding adverse childhood experiences (ACEs) through compassion, relationship, and cultural connection, while strengthening tools for regulation, healing, and reconnection within families. Oaks Mental Health will provide guided learning and workbook materials, with instruction and individual support from a Knowledge Keeper throughout the day.

... continued on next page

SPRING 2026 PROGRAMING & EVENTS



CAREGIVER KAIROS BLANKET EXERCISE

The Kairos Blanket Exercise is an interactive learning experience using blankets and storytelling to explore the impacts of colonization on Indigenous peoples in Canada, helping caregivers build empathy, cultural understanding, and awareness to support trauma-informed, respectful, and compassionate caregiving.

What to expect?

- Interactive Teachings and Learning
- Sharing Circle
- Bannock & Snacks Provided
- Refreshments
- Childcare support

What to bring?

- Throw blanket (exercise is held on the floor)

April 16th, 2026
5:00 PM - 8:00 PM

Library / Evermore Centre
Confirm Location Closer to Date

For more information: Phone (204) 695-7272 | Email evermore@evermorecentre.ca | Website evermorecentre.ca

Made achievable with deep appreciation for

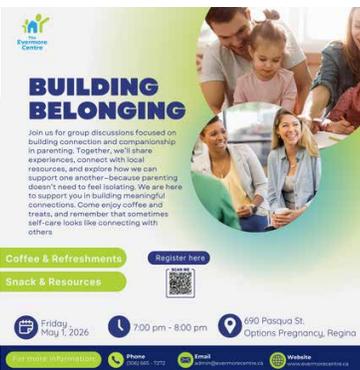
Caregiver Kairos Blanket Exercise

Date: April 16, 2026

Time: 5:00 PM - 8:00 PM

Location: To be confirmed

The Kairos Blanket Exercise is an interactive learning experience using blankets and storytelling to explore the impacts of colonization on Indigenous peoples in Canada, helping caregivers build empathy, cultural understanding, and awareness to support trauma-informed, respectful, and compassionate caregiving. Participants can expect a sharing circle, childcare support, bannock, snacks, and other refreshments. If able to, Caregivers are encouraged to bring a throw blanket to participate in the exercise as it held on the floor.



BUILDING BELONGING

Join us for group discussions focused on building connection and companionship in parenting. Together, we'll share experiences, connect with local resources, and explore how we can support one another—because parenting doesn't need to feel isolating. We are here to support you in building meaningful connections. Come enjoy coffee and treats, and remember that sometimes self-care looks like connecting with others.

Coffee & Refreshments

Snack & Resources

Friday, May 1, 2026
7:00 pm - 8:00 pm

690 Pasqua St.
Options Pregnancy, Regina

For more information: Phone (204) 695-7272 | Email evermore@evermorecentre.ca | Website evermorecentre.ca

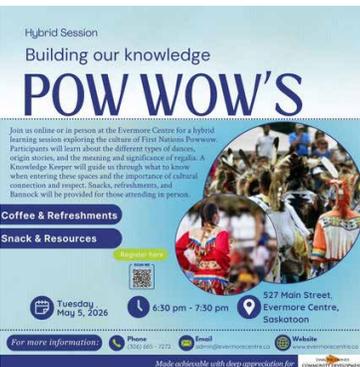
Made achievable with deep appreciation for

Building Belonging - Regina

Date: May 1, 2026

Time: 7:00 PM - 8:00 PM

Join us for group discussions focused on building connection and companionship in parenting. Together, we'll share experiences, connect with local resources, and explore how we can support one another—because parenting doesn't need to feel isolating. We are here to support you in building meaningful connections. Come enjoy coffee and treats, and remember that sometimes self-care looks like connecting with others.



Hybrid Session
Building our knowledge
POW WOV'S

Join us online or in person at the Evermore Centre for a hybrid learning session exploring the culture of First Nations Powwow. Participants will learn about the different types of dances, origin stories, and the meaning and significance of regalia. A Knowledge Keeper will guide us through what to know when entering these spaces and the importance of cultural connection and respect. Snacks, refreshments, and Bannock will be provided for those attending in person.

Coffee & Refreshments

Snack & Resources

Tuesday, May 5, 2026
6:30 pm - 7:30 pm

527 Main Street,
Evermore Centre,
Saskatoon

For more information: Phone (204) 695-7272 | Email evermore@evermorecentre.ca | Website evermorecentre.ca

Made achievable with deep appreciation for

Pow Wow Information Session - Hybrid

Date: May 5, 2026

Time: 6:30 PM - 7:30 PM

Location: 527 Main Street, Evermore Centre

Join us online or in person at the Evermore Centre for a hybrid learning session exploring the culture of First Nations Powwow. Participants will learn about the different types of dances, origin stories, and the meaning and significance of regalia. A Knowledge Keeper will guide us through what to know when entering these spaces and the importance of cultural connection and respect. Snacks, refreshments, and Bannock will be provided for those attending in person.



Phase 2: KIN KEEPERS: PILLAR 2

HONOURING THOSE WHO HOLD OUR FAMILIES TOGETHER
Circle of Support: Understanding Addiction

Join us for Phase 2 of the Kin Keeper program, offering a deeper dive into the complex realities of addiction and recovery while working to remove stigma and build understanding. The day will include a presenter from Oaks Mental Health who will explore addiction through a compassionate, trauma-informed lens. Knowledge Keeper support will be available throughout the day for individual support as needed.

Saturday, May 9, 2026
10:30 am - 3:30 pm

225 Primrose Dr.,
Saskatoon

Presenter Topics:

- Understanding addiction, brain development, and the importance of self-care

Presenter: Oaks Mental Health

IF YOU NEED SUPPORT REGARDING PLEASE CALL US:

For more information: Phone (204) 695-7272 | Email evermore@evermorecentre.ca | Website evermorecentre.ca

Funding for this program is through a generous gift from The National Society Society Healing Foundation of Canada.

Phase 2: Kin Keepers Pillar 2

Date: May 9, 2026

Time: 10:30 AM - 3:30 PM

Location: 255 Primrose Drive, Rusty Macdonald Library

Join us for Phase 2 of the Kin Keeper program, offering a deeper dive into the complex realities of addiction and recovery while working to remove stigma and build understanding. The day will include a presenter from Oaks Mental Health who will explore addiction through a compassionate, trauma-informed lens. Knowledge Keeper support will be available throughout the day for individual support as needed.



PayDay PlayDay

Date: May 2026 (Register to confirm exact date closer to event)

Time: 6:00 PM - 7:30 PM

Location: TBA

Join us for a day of family financial literacy. Designed to strengthen family connection while engaging participants in twelve interactive stations focused on money management and financial literacy. The Payday Playday event aims to increase financial literacy activities that extend beyond print, create opportunities for community partners to provide responsive literacy events, and to provide responsive literacy events. Snacks and refreshments provided! Registration is encouraged to ensure adequate supplies.



Intercultural Parenting Panel

Date: June 10, 2026

Time: 6:30 PM - 8:30 PM

Location: YWCA Gym 510-25th Street East, Saskatoon

Speakers will highlight the importance of maintaining ties to birth family and birth community, navigating transracial and crosscultural parenting, and fostering a strong sense of self and belonging for children and parents alike. Through shared stories, practical insights, and resource-sharing, this conversation aims to strengthen community, affirm diverse identities, and remind families that they are not alone on their journey.



Phase 2: Kin Keepers Pillar 4

Date: June 2026

Time: 10:30 AM - 3:30 PM

Location: Saskatoon Library

Join us for Phase 2, where we will dive deeper into extending our current budgets and planning for long-term financial longevity. The day will include group work and peer support, exploring how to access government supports and tools offered by Prosper Canada, including guidance for managing class action compensation payment/s. Participants will gain practical strategies to strengthen financial resilience while aligning decisions with personal and family values.

Save THE date

Saskatchewan Foster Families Association

Conference

October 1 & 2

2026



SASKATCHEWAN FOSTER FAMILIES

Watch for more details at www.saskfosterfamilies.ca



Self-Care for Adoptive, Foster, and Kinship Parents



WE HEAR IT. WE SAY IT. BUT DO WE DO IT? When you are parenting a child who has experienced trauma, it might not be your habit to practice self-care.

All parents need times to recharge, refuel and rest – which can be tricky to coordinate in a typical, busy home. However, when you are parenting a child with challenging behaviors rooted in trauma, abuse, or neglect, building in “me time” can feel selfish. Some might even say indulgent or maybe even logistically impossible.

“I Think I’m Too Busy for Self-Care.”

SUPPOSE YOUR CHILD has learning disabilities, medical needs, or emotional or mental health struggles. In that case, we know your calendar is already filled to the brim with tutoring, therapies, specialist appointments, IEP meetings, and caseworker visits. Maybe you are fostering or in an open adoption. Then you also have to consider birth family visits – sometimes complicated further by your child’s extended family network.

In addition to the full calendar that most adoptive, foster, and kinship parents juggle, you are likely also monitoring your child’s educational progress. It might be summer enrichment work right now, which can feel manageable. However, homework battles consume your weekday afternoons during the rest of the year. Daily, you also balance your child’s emotional and mental health, whether it’s fall-out from early trauma, lagging skills, or developmental delays.

Phew. You are, indeed, quite busy. However, with all that is on your plate, you need to take care of yourself to take care of your family.

Are You Creating the Barriers to Self-Care In Your Head?

ADOPTIVE, FOSTER, AND KINSHIP PARENTS frequently tell us that they “can’t” schedule self-care into their family calendar. Many of the reasons you may avoid self-care may be messages you tell yourself or messages you’ve internalized as true, consciously or unconsciously.

These internalized messages don’t just keep you busy. They keep you from taking care of yourself.

I’m a Care Giver, Not a Care Receiver.

Being on the receiving end of nurture and care is uncomfortable when you are accustomed to being the caregiver. When our identity is wrapped up in giving care, it’s hard to see that we deserve nurture.

I Asked for This Life.

It is understood that you chose this path and that you might have received the message – or spoken the message to yourself – that you don’t have room to complain about the weight of it because you asked for this. Wherever you might have picked up this message, it hangs out in your brain when you feel tempted to seek help or support and shouts you down.

I Don’t Have it So Bad.

It’s easy to look around and compare your hectic, busy life to others’ circumstances. When you have a natural caregiving inclination, it’s easier to decide that you can make it through. Even when you are barely muddling through, it’s okay because your life is not nearly as hard as the next person’s.

I Don’t Even Know What I Need.

You may also have a lack of clarity with your own feelings about what it is that you actually need. When you are overwhelmed, sleep-deprived, and depleted mentally and emotionally, it’s a challenge to think through what will help you the most. Scheduling a routine appointment for your own rest seems out of reach.

Know that some of these barriers are in our minds, too. The mental, emotional, and physical labour of caring for an adopted, foster, or kinship child is weighty. These barriers feel insurmountable — unless you get some help and guidance to get you over or through them.

What Do Kinship Caregivers Need to Succeed?

THERE ARE PRACTICAL TIPS TO OVERCOME THE BARRIERS AND START SELF-CARE.

Identify and re-write the messages you tell yourself about why you don’t need self-care. Your challenge is to pick one or two of these tips to start new messaging and new habits.

1. Give Yourself Permission

Start by telling yourself that you are worthy of care and that it is okay – even good! – to engage in self-care. If you must, say it aloud a few times a day until you believe it. Here are a couple of scripts to help you change the messaging in your head.

- I am worth taking care of.
- I will take better care of my family if I learn how to take care of myself.
- I cannot give to my family what I have not learned to give myself.
- Self-care will make me a better (mom, dad, grandparent, aunt, uncle).

2. Say “No” More Often

It might be intimidating to say “no” to more events on your calendar or, “asks” from friends and family. However, it’s a vital step in setting healthy boundaries for yourself. Start small by giving yourself permission to say “no” to that upcoming bake sale contribution. Or a park meet-up with moms from your kids’ school. Replace what you said “no” to with an activity that fuels you – like a walk alone in the park, a coffee date with your best friend, or early bed for the kids, and a movie date on the couch.

Continued on next page.....

3. Establish a Routine

If you don't already have a predictable, manageable routine for your household, set one up. It's a form of self-care itself, and it sets you up for scheduling other self-care as well. For the summer months, you might want the schedule in your home to be a bit looser, but remember how your kids respond to unstructured time vs. routine and plan accordingly. When the kids return to their weekday school routine, tighten the schedule but continue to prioritize your "me time."

If you do well with a running a "To-Do list" for yourself, put your self-care activity or event in writing. Some parents might prefer to schedule their couple dates and alone time on a shared online calendar to keep each other accountable for sticking to the plan.

Once you have a good routine running for your home, look for additional times to schedule self-care time. Consider what activities might need to be removed to prioritize that time to recharge. Be flexible and gracious with yourself while you are working it out.

4. Pick One Thing

Within the routine you have established for your family, be sure there is one thing you can look forward to daily. For example, you might plan to climb into bed with your favourite book one hour earlier than your spouse.

What can you plan on daily to keep you moving through the day?



5. It's GOOD to Start Small

If you are not in the habit of regular self-care, build your muscle for it in small ways. Some ideas on how to start the habit of self-care may look like these:

- Saturday morning coffee with your partner while the kids chill with cartoons.
- Go for a walk alone in the park. Bring along your favorite podcast or new music.
- Watch one movie a week.
- Soak in a hot bubble bath while older kids clean the kitchen (and lower your standards on what constitutes "clean").
- Take one hour every other day to learn a new hobby or pick up a hobby you've neglected.

6. Ask for the Help You Need

Whether it's laundry, a grocery run, or two hours every week of childcare, be specific about the help you need. Some parents find it beneficial to brainstorm this together. Others can immediately list the tasks of life they are willing to outsource to create time for self-care. Remember, asking for help IS self-care. Many adoptive, foster, and kinship parents have loving, supportive people in their network who frequently say, "If you need anything, please let me know." Train yourself to respond to that offer with a concrete task that will help you.

7. Teach Yourself to ACCEPT the Help

Those who offer you their help might not know what you need, but when you provide ideas for specific support, then take the help when it comes! It sounds silly to say it so bluntly. But if you are used to telling yourself that others have it much harder than you do or that you asked for this life, you have to re-write the messages with healthy, NEW messages in your mind.

Self-Care is an Investment in Your Whole Family.

Parenting adoptive, foster, or kinship kids who need so much of us is challenging, rewarding, and consuming. When we invest the time and intentionality in taking care of ourselves – body, mind, and spirit – we are modeling for them how to be healthy. We are giving them the best versions of ourselves that they – and we – deserve.

Source: <https://creatingafamily.org/adoption-category/adoption-blog/self-care-for-adoptive-foster-and-kinship-parents/>

Sometimes, the simplest materials yield the most imaginative results. Paper and everyday recycled items are fantastic for easy spring crafts for kids, offering endless possibilities for creativity without breaking the bank. These crafts teach resourcefulness and environmental awareness.

PAPER PLATE ANIMALS:

Activity: Use paper plates as the base for various spring animals.



- **Chicks:** Paint a plate yellow, and fold in half. Then glue on orange paper beaks and feet, and googly eyes. Add yellow feathers.
- **Bunnies:** Using a white plate, draw a face. Cut ears from paper, attach to the top. Add cotton balls for a fluffy tail.
- **Sheep:** Glue cotton balls all over a paper plate, leaving a small space for a black paper face and ears.
- **Ladybugs:** Paint a plate red, add black spots, and paper antennae.

Learning: Develops cutting, gluing, and painting skills, along with animal recognition and imaginative play.



TOILET PAPER ROLL BUTTERFLIES & BUGS:

Activity: Decorate empty toilet paper rolls with paint, markers, or wrapped yarn to create the body of an insect. For butterflies, cut out colorful paper wings and glue them to the back. Add pipe cleaner antennae. For bees, paint yellow and black stripes.

Learning: Encourages recycling, creative reuse of materials, and designing symmetrical patterns for wings.

TISSUE PAPER STAINED GLASS (SPRING FLOWERS):

Activity: Draw simple flower shapes (or any spring design) onto black construction paper, then cut out the centers, leaving a black outline. Cut various colors of tissue paper into small squares. Apply glue to the inside edges of the construction paper outline and stick the tissue paper squares onto it, overlapping slightly, to fill the "window." Hang in a window for a beautiful effect.

Learning: Explores color mixing (when light shines through), shapes, and the concept of light and transparency.

"GROWING" PAPER FLOWERS:

Activity: Use cupcake liners (various sizes and colors) to create layered flower petals. Pierce the centers and thread a straw or pipe cleaner through, by twisting it to form the stem and secure the petals. Add paper leaves to the stem. Place them in a small vase or a planter filled with playdough.

Learning: Teaches about flower anatomy, layering, and fine motor skills for twisting and cutting.



SIMPLE PAPER KITES:

Activity: Take a sheet of colored paper (cardstock works well). Fold it diagonally, then cut two small slits near the fold on the opposite end. Attach string or yarn to these slits. Decorate the kite with markers, stickers, or ribbon tails. Take it to a breezy spot and watch it fly!

Learning: Introduces basic aerodynamics, principles of flight, and the joy of creating something functional.

These crafts are fantastic for fostering a sense of resourcefulness and showing children that creativity is limitless.

Source: <https://www.imthecheftoo.com>



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