



# Pathways Family Services Foster Care News

“Providing children and families with safety, stability and belonging”

www.pathwaysfamilyservices.com  
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## Accreditation Update

great job!

Pathways is pleased to announce that we have received a full three year accreditation from CARF. Of the over 1360 standards that CARF reviews, Pathways received only five recommendations for improvements to our practice. A big thank you to all families and youth in our program who participated in the accreditation process!

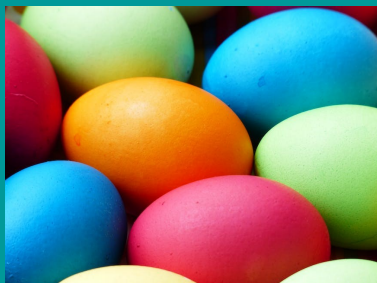
## In-Service Update

*What were we thinking?  
March 29<sup>th</sup> is Spring Break  
for most kids so  
NO MEETING that day.  
Go out and have some fun!  
We'll see you in April!  
Information TBA.*

## CONTRACT YEAR END & RECEIPT REMINDER

Receipts for Recreation or Vacation/Camp related items that are to be taken from 2022/23 Funds must be dated on or before March 31, 2023 and will **NOT** be paid to foster parents if they are handed in after April 30th as the region allows only one extra month to bill these costs back.

As well - please remember to submit receipts at least once per month rather than submitting several month's at a time. Thanks!



*Pathways Office will be closed Friday, April 7th and Monday April 10th. Contact the on-call with any emergencies. Happy Easter!*

**Deadline for submissions to the May Newsletter is Tuesday, April 12th.  
Submit information to [marla.schole@pathwaysfamilyservices.com](mailto:marla.schole@pathwaysfamilyservices.com)**

## Compassion Fatigue

Compassion fatigue is what you feel when you constantly hear second hand information about abuse or trauma. When a child discloses stories of abuse to you, it can have a devastating effect on you, even though you were not a part of the original story. It can affect your physical and emotional health. Things you can do if you feel compassion fatigue:

- Take care of your physical health by getting enough sleep, eating enough and getting adequate exercise. See a doctor if you don't feel well.
- Don't isolate yourself. Talk to people you can trust. Keep information about the child confidential, but remember that there are people from the kinship or foster communities who have gone through similar situations who understand what you are going through.
- Practice self-care. Deep breathe – in through the nose and out through the mouth. Journal, draw, dance or sing. Try yoga or Tai Chi.
- See a therapist. Pathways may cover a few sessions for you and your family to get you through the worst of it. Compassion fatigue is often a part of being a caregiver. It is a real thing. Don't be afraid to ask for support.

Source: GOA Foster Care Handbook (modified to be specific to Pathways)

## Indigenous Languages Corner

### Cree

get up, wake up

wanîskah

wun skuh

come in

pihtokwe

PEE tuh kway

sit down, stay awhile

ayapi

eye uh PAY



### Saulteaux

get up

oniškan

oh nih SKAHN

sit down

namatapin

nuh MAH tah pin

hear me

nōndawisin

noan duh way SHIN



Pronunciations are approximate. To hear a language spoken and for access to more words, download a language app to a tablet or smart phone. Apps used here are "Maskwacis Cree" and "Saulteaux."

## *Leah Sorenson Bursary for the Advancement and Improvement for Education, Recreation, Music or the Arts*

An annual bursary of \$500.00 is available to allow any child who lives within our homes to apply. Pathways must make this payment on behalf of the child or an original receipt must be provided.

### **Eligibility Criteria include:**

- The child must be between the ages of 6 to 18.
- The child must be residing within a licensed Pathways home.
- Proof of enrollment must be provided.
- A completed application form must be submitted.
- Two reference letters must be provided from individuals who support the child's activity.
- A 200 - 400 word statement or essay must be submitted which outlines why the bursary is required and how it will be used.



***Application deadline this year is May 31st.  
Applications can be obtained from the office  
or your Support Worker.***

## ***Vehicle Registration Reminder***

*Your vehicle registration will expire April 30th if the last name the vehicle is registered under begins with D or G.*



## **AFKA Bursary Opportunity**

**The AFKA's 2023 Bursary Program is now OPEN and accepting applications!**

The AFKA is pleased to announce the opening of their Bursary program for the 2023 year! They encourage anyone who is eligible and considering pursuing educational studies to apply.

The bursary fund is designed to assist foster, former foster, adopted, or a biological child of a foster or kinship caregiver, or a child currently placed with (or formerly placed with) a kinship caregiver, to continue education in either a college, university, vocational institution, or for other special educational pursuits.



**The deadline to submit an online application is June 15, 2023.**

To learn about eligibility, how to apply, disbursement details and more, please go to : <https://www.afkaonline.ca/programs/bursary/>

**Pathways Family Services**

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# April 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat	
						1	
2	3	4	5	6	7 <i>Office Closed</i>	8	
9 	10 <i>Office Closed</i> <i>Direct Deposit Date</i>	11	12	13	14 <b>Payroll Cut off At Noon</b>	15	
16	17	18	19	20	21 <i>Direct Deposit Date</i>	22	
23	24	25	26 <b>In-Service TBA</b>	27	28 <b>Payroll Cut off At Noon</b>	29	
30	<b>Submit April Child/Youth Month End Reports via Pathways HUB</b>						