

SELF CARE

RESOURCES

IS YOUR CHILD IN FOSTER CARE?



CARIBOO FRIENDSHIP
SOCIETY INFORMATION FOR
BIOLOGICAL PARENTS OF
CHILDREN IN FOSTER CARE

One of the most important things you can do during a difficult time is to create and sustain a self-care practice. You need to take care of yourself first in order to take care of your children.



Examples of self care

- Setting healthy boundaries
- Engagement with land and nature
- Connection with ceremony (sweat lodges, smudging, etc.)
- Access to elders
- Therapy or counseling
- Getting enough sleep
- Having enough down-time
- Creating nourishing rituals and routines
- Writing in a journal
- Creating art, music, and dancing
- Exercise
- Eating healthy food
- Access to necessary medicine
- Support groups
- Urban Aboriginal programming

Aboriginal Addictions and Mental Health Outreach:

99 South Third Avenue, Williams Lake, BC
Phone: 250-398-6831 or cell 250-305-5365

Mental Health Liaison:

228 South Third Avenue, Williams Lake, BC
Phone: 250-267-3119

About the Cariboo Friendship Society:

The Cariboo Friendship Society is a non-profit, charitable Society that has been active in the community of Williams Lake since 1967 and was registered in 1969. Their services include:

Chiwid Transition House: For women and their children who have been physically, sexually, and/or emotionally abused
Phone: 250-398-5658

Children Who Witness Abuse Program
Phone: 250-398-7005

Aboriginal Child and Youth Mental Health Program
Phone: 250-267-2377

Family Ties Supervised Visitation Program
Phone: 250-267-3703

Aboriginal Supported Child Development
Phone: 250-305-2430

YOUR CHILDREN
HAVE BEEN
TAKEN AWAY,
WHAT NOW?

I WANT TO GET
MY CHILDREN
BACK, WHAT
NOW?



Children are apprehended when there is a concern for the child's welfare. However, as the biological parent, you have certain rights in this situation.

BC law says that:

- Aboriginal cultural ties are very important to the well-being of Aboriginal children.
- When the ministry makes plans for an Aboriginal child's care, the ministry should respect the child's family ties and Aboriginal identity.
- The community should be involved whenever possible in the planning and delivery of services.
- The child's cultural identity must be considered when determining their best interests.

In order to navigate this stressful situation, your wellbeing is of utmost importance. It is worthwhile to seek counseling services as well so that you can be in a state of good mental health while dealing with an emotional predicament.

You may feel that you have been unfairly targeted. It is certainly true that the colonial impulse to take Indigenous youth away from their families is a systemic issue. Should you seek to get your children back, the first resource that should be sought upon the apprehension of your children is family duty counsel. These lawyers can help low-income families with free legal advice and will get the process started for you.

Native friendship centres such as the Cariboo Friendship Society and women's contact societies can offer advocacy, but legal advice is a necessary first step towards getting your children back.

Legal Services Society

Phone: 1-866-577-2525 (toll free)

Women's Contact Society:

514 Ave S, Williams Lake, BC

Phone: 250-392-4118

The Ministry of Child and Family Development is **required to contact your band** prior to apprehending a child with status. Contact your band office for assistance if this protocol has not been observed and they can help you get back your child.

The Representative for Children and Youth advocates for B.C. children, youth, and families and works towards protecting their rights, with the goal of improving the system itself.

You may contact your local Ministry for Child and Family Development (MCFD) office address your concerns. You can also contact the Dispute Resolution Consultant in your area. The phone number can be found by calling MCFD Client Relations.

Representative for Children and Youth

Phone: 1-800-476-3933 (toll free)

Dispute Resolution Consultant (via MCFD Client Relations)

Phone: 1-877-387-7027 (toll free)