

# Foster Families!

**Learn, share and socialize at our local meetings in 2010**

**7:00 pm-9:30 pm at the BCFFPA Office  
#207-22561 Dewdney Trunk Road, Maple Ridge**

**Jan 21          Back to Basics –Essentials for Everyone**

Fran O'Rourke will be presenting information on documentation, incident reports and logging. Barb Chipperfield will be sharing insights into personal wellness and taking care of ourselves.

**Feb 18          Nutrition for Everyone**

Join nutritionist Patricia Tempe as she reminds us all of how to provide healthful food, including diabetic information.

**Mar 18          Getting Ready for Young Adults**

Catherine Caines will explain the ins and outs of agreements with young adults. This workshop is a must for anyone with youth getting close to post-secondary schooling.

**Apr 15          Anxiety**

Jeannie Rohr is the local guru on anxiety disorders and will have lots of insights to share.

**May 20          Streetwise**

Diane Sowden, founder of Children of the Street Society, will introduce information on the sex trade, sexual exploitation, and general awareness of "what's happening out there" for our pre-teens and teens.

**Jun 17          Annual Foster Families Picnic**

Join other families at Maple Ridge Park from 5-7 pm for hotdogs, games and activities.

Foster families are reminded that it is their responsibility to attend several workshops each year.

Keep current and informed with these dynamic speakers and informative sessions. Bring a friend to share the learning!

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