

FOSTER FAMILY COLLABORATION

SPRING NEWSLETTER

2025

TRAINING

CAMP

ACTIVITIES

PROGRAMS

PLEASE READ CAMP INFORMATION ON PAGE 2

Welcome to our Spring Newsletter, where you can find all about our programs and the events happening within them. You can also use our website for more information!



What is new? We have a new Caregiver Classroom!! A place where caregivers can learn all the techniques for being a caregiver and how you can best support the children and youth.



Northern Stars



4Y/4Y Justice



Training



Glow





CAMP CONNECTIONS CANCELLED

CAMP 2026 INFORMATION -

DUE TO CHANGES IN TERRITORIAL FUNDING MODELS AND THE NEED FOR AN INCREASED BUDGET TO MEET NEW STAFFING REQUIREMENTS, CAMP CONNECTIONS WILL BE TAKING A HIATUS FOR THE SUMMER OF 2026.

THERE WILL BE PLANS TO PROVIDE SOME ON THE LAND DAY OUTINGS FOR LOCAL YOUTH WITH THE FUNDS THAT WE WERE ABLE TO SECURE FOR THIS FISCAL YEAR.

DURING THIS TEMPORARY PAUSE, THE ORGANIZATION WILL FOCUS ON SECURING ALTERNATE SOURCES OF FUNDING TO SUPPORT CAMP STAFFING AND PROGRAMMING NEEDS, WHILE CONTINUING EFFORTS TO ENHANCE CAMP CONNECTIONS, ITS AMENITIES, AND FUTURE PROGRAMMING OPPORTUNITIES.

FOR MORE THAN 20 YEARS, CAMP CONNECTIONS HAS PROVIDED AN OVERNIGHT, ON-THE-LAND ADVENTURE-BASED CAMP EXPERIENCE FOR CHILDREN AND YOUTH FROM ACROSS THE NORTHWEST TERRITORIES AND CANADA WHO HAVE BEEN INVOLVED IN THE FOSTER CARE SYSTEM. THE CAMP HAS CREATED OPPORTUNITIES FOR CONNECTION, HEALING, PERSONAL GROWTH, AND CULTURAL EXPERIENCES IN A SUPPORTIVE OUTDOOR ENVIRONMENT.

THIS DECISION WAS NOT MADE LIGHTLY. CAMP CONNECTIONS HAS HAD A MEANINGFUL IMPACT ON THE LIVES OF COUNTLESS YOUTH OVER THE PAST TWO DECADES, AND OUR PRIORITY DURING THIS HIATUS IS ENSURING THE CAMP CAN RETURN IN A SUSTAINABLE AND STRENGTHENED WAY FOR FUTURE GENERATIONS. THE FOSTER FAMILY COALITION OF THE NWT REMAINS COMMITTED TO SUPPORTING CHILDREN, YOUTH, FOSTER FAMILIES, AND COMMUNITIES ACROSS THE TERRITORY AND IS HOPEFUL THAT CAMP CONNECTIONS WILL RETURN IN FUTURE SEASONS WITH RENEWED SUPPORT AND EXPANDED OPPORTUNITIES.

WE INVITE COMMUNITY MEMBERS AND SUPPORTERS TO JOIN US FOR THE ANNUAL HUB GOLF TOURNAMENT, DINNER AND SILENT AUCTION IN SUPPORT OF CAMP CONNECTIONS ON FRIDAY, JUNE 26, 2026, AT THE YELLOWKNIFE GOLF CLUB. REGISTRATION INFORMATION WILL BE AVAILABLE ON OUR SOCIAL MEDIA PLATFORMS, INCLUDING FACEBOOK AND INSTAGRAM. ALL PROCEEDS RAISED FROM THE EVENT WILL GO DIRECTLY TOWARD THE CONTINUED IMPROVEMENT AND FUTURE DEVELOPMENT OF CAMP CONNECTIONS.



FOSTER CARE WORKING GROUP



FFCNWT

FOSTER CARE WORKING GROUP –

The Department of Health and Social Services and each of the regions are a collaborative partnership between the Foster Family Coalition of the Northwest Territories and Social Services NWT, working together to strengthen support systems for caregivers and children in care across the Northwest Territories. The group is committed to identifying gaps in services, creating meaningful opportunities for families, and implementing positive changes in every region of the NWT.



Through direct outreach initiatives such as our annual “Cold Calls,” the Working Group gathers valuable feedback from caregivers regarding their personal experiences, challenges, needs, and goals. This information helps guide regional planning and ensures that supports are more accessible, equitable, and responsive to the unique needs of communities throughout the territory. Our goal is to expand and improve support services across all regions of the NWT in a way that is inclusive and community-informed.

SPRING

2026

This year, we will once again be conducting our “Cold Calls.” Please keep an eye out for a call from Ashley Gresl, our Executive Assistant, who will be available to listen to your experiences, discuss your needs, and provide immediate support or guidance where possible.

In addition, we are excited to reintroduce our Pilot Lunch & Learn sessions. These gatherings will provide caregivers with an opportunity to speak directly with us, share their experiences, discuss what is and is not working, and offer feedback on new ideas and initiatives being developed by the Working Group. These conversations are an important part of ensuring that future supports are shaped by the voices and experiences of caregivers themselves.



FOSTER FAMILY COALITION





WELCOME TO OUR
TRAINING

TRAINING WITH FFCNWT



Check out our new Caregiver Classroom, with all new training opportunities with more choices and opportunities than ever before. Now being constantly added to.

1. P.R.I.D.E TRAINING

Parent Resources for Information, Development, and Education (P.R.I.D.E).

This training is designed to strengthen families and to provide the knowledge and skills needed in order to provide quality foster care as part of a professional team working to protect and nurture children and strengthen families.

Pride is completely free, and you can work through it at your own pace online. If you are interested in signing up for this training program, please contact our Training Assistant.

Royce Dier - Training Assistant
Phone - (867)-766-3326

Email -
Training_assistant@ffcnwt.com



Caregiver Classroom



About Caregiver Classroom


Inside the classroom, you will find a variety of self-paced training modules, helpful guides, and practical tools to support your role as a caregiver. The classroom will be updated regularly, with new content and resources added over time to help you stay informed, and confident in your work.


How to join Caregiver Classroom?

To join, you will need a Google account or Gmail address. Then you will connect with our Training Assistant Royce who will guide you through the portal and modules. We encourage all caregivers to join and explore the resources available.

Training Assistant -
Royce Dier

 www.ffcnwt.com

 Training_assistant@ffcnwt.com

 867-766-3326



Modules :

Here are only a few of the many modules you can choose from, keep in mind we will be regularly adding more.

1. Suicide Prevention
2. Naloxone
3. Food safety
4. Living Well Together
5. Mental Health
6. Soft Skills

[See more on the website](#)



4Y/4Y JUSTICE PROGRAM



ABOUT THE 4Y

The 4Y Program connects youth who need extra support with a "Navigator," who will be someone they develop a trusting and supportive relationship with. Youth aged 12-18 who have diagnosed or suspected FASD are eligible.

Registration forms are available by contacting the Program Coordinator - Leesa Myers. You can find her contact information below.



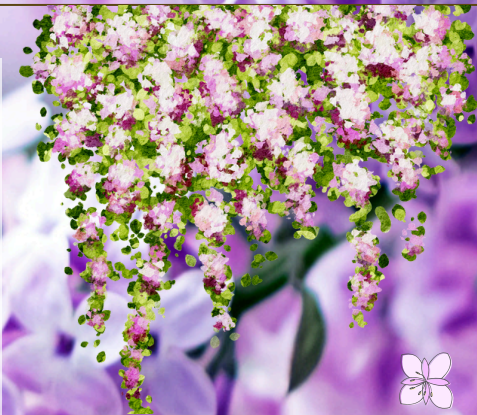
CONTACT INFORMATION

- Leesa Myers
- Phone - (867)-766-3326 EXT 1004
- Email - Leesa_Myers@ffcnwt.com

4Y
JUSTICE PROGRAM
OF THE NWT

THE PROGRAM FOCUSES ON :

- improved physical and mental health
- improved self-confidence and self-determination
- more community involvement in the transition planning of the youth in the community
- the prevention and reduction of additional challenges such as mental health issues, addictions, police involvement, and self-harm





FFC EQUITABLE STANDARDS ACTION PLAN

1		Financial : Every young person should have the financial resources required to meet their needs. Youth in care deserve to have a financial starting point that is above the poverty line, and allows them to pursue their career interests and dreams.
2		Educational & Professional Development : Every young person should experience an environment where they can learn and grow in ways that are meaningful to them and at their own pace.
3		Housing : Every young person should have a place they can call home, without strict rules and conditions to abide by.
4		Relationships : Every young person should have people in their life that they can count on unconditionally and interdependently. Youth in care need to feel that they belong, have worth and are valuable members of their communities.
5		Culture & Spirituality : Every young person should be connected to their culture and spirituality, in ways that are meaningful to them, safe, and at their own pace.
6		Health & Wellbeing : Every young person should be provided with timely ongoing services and benefits that support their lifelong health and well-being. These supports need to be offered within a trauma-informed, non-judgemental harm reduction approach, without significant wait times.
7		Advocacy & Rights : Every young person should have their rights respected and should experience environments where their voices are heard, and their silence is addressed holistically.
8		Emerging Adulthood Development : Every young person should experience environments that cultivate personal growth and development as they transition into adulthood.

DRIVING COURSE & DRIVER'S LICENSE
GOAL: HELP YOUTH ACCESS DRIVING COURSES AND GET A DRIVER'S LICENSE.
SHORT (1 YEAR): SUPPORT YOUTH WHO WANT A DRIVER'S LICENSE WITH FINANCIAL HELP OR CONNECT THEM TO PROGRAMS.
MEDIUM (2 YEARS): TRACK IF YOUTH HAVE A LICENSE OR NEED HELP. WORK WITH LOCAL DRIVING SCHOOLS TO OFFER SUBSIDIZED COURSES.
LONG (5 YEARS): CREATE AN ONLINE PORTAL WITH STUDY MATERIALS AND PRACTICE TESTS. SET UP A MENTORSHIP PROGRAM WITH LICENSED DRIVERS.

EDUCATION & PROFESSIONAL DEVELOPMENT
GOAL: IMPROVE EDUCATION AND SUPPORT FOR YOUTH IN CARE.
SHORT (1 YEAR): COLLECT DATA TO UNDERSTAND BARRIERS TO EDUCATION AND OFFER TUTORING.
MEDIUM (2 YEARS): STRENGTHEN PARTNERSHIPS WITH LOCAL SCHOOLS. ENSURE FUNDING FOR MENTORSHIP AND TUTORING.
LONG (5 YEARS): HELP YOUTH STAY IN SCHOOL OR FIND JOBS AFTER HIGH SCHOOL. SET UP CAREER DEVELOPMENT RESOURCES.

HEALTHY RELATIONSHIPS SKILLS TRAINING
GOAL: HELP YOUTH BUILD HEALTHY RELATIONSHIPS AND LIFE SKILLS.
SHORT (1 YEAR): APPLY FOR FUNDING TO EXPAND THE WISEGUYZ PROGRAM.
MEDIUM (2 YEARS): EVALUATE THE PROGRAM'S EFFECTIVENESS AND EXPAND ITS REACH.
LONG (5 YEARS): SUPPORT COMMUNITIES TO RUN WISEGUYZ PROGRAMS ON THEIR OWN. INCLUDE RELATIONSHIP TRAINING IN ALL YOUTH PROGRAMS.

CONNECTION TO LANGUAGE
GOAL: STRENGTHEN CULTURAL CONNECTIONS THROUGH LANGUAGE LEARNING.
SHORT (1 YEAR): WORK WITH LANGUAGE EXPERTS TO INCLUDE LANGUAGE DEVELOPMENT IN YOUTH PROGRAMS.
MEDIUM (2 YEARS): START A GARDENING PROGRAM WITH LANGUAGE LESSONS AND CULTURAL ACTIVITIES.
LONG (5 YEARS): MAKE SURE ALL YOUTH PROGRAMS HAVE LANGUAGE COMPONENTS AND OFFER LANGUAGE LEARNING RESOURCES.

RECREATIONAL ACTIVITIES
GOAL: IMPROVE HEALTH AND WELLBEING WITH RECREATIONAL ACTIVITIES.
SHORT (1 YEAR): CONTINUE WEEKLY RECREATIONAL ACTIVITIES AND PARTNER WITH LOCAL ORGANIZATIONS.
MEDIUM (2 YEARS): EVALUATE CURRENT PROGRAMS AND FIND GAPS. INCREASE ACCESS TO SPORTS, ARTS, AND OUTDOOR ACTIVITIES.
LONG (5 YEARS): WORK WITH PARTNERS TO CREATE YEAR-ROUND RECREATIONAL PROGRAMS.

FOR MORE INFO SCAN CODE

<p style="text-align: center; font-weight: bold; font-size: 0.8em;">RECREATIONAL ACTIVITIES</p> <p style="text-align: center; font-weight: bold; font-size: 0.7em;">GOAL: IMPROVE HEALTH AND WELLBEING WITH RECREATIONAL ACTIVITIES.</p> <ul style="list-style-type: none"> • SHORT (1 YEAR): CONTINUE WEEKLY RECREATIONAL ACTIVITIES AND PARTNER WITH LOCAL ORGANIZATIONS. • MEDIUM (2 YEARS): EVALUATE CURRENT PROGRAMS AND FIND GAPS. INCREASE ACCESS TO SPORTS, ARTS, AND OUTDOOR ACTIVITIES. • LONG (5 YEARS): WORK WITH PARTNERS TO CREATE YEAR-ROUND RECREATIONAL PROGRAMS. 	<p style="text-align: center; font-weight: bold; font-size: 0.8em;">YOUTH CONTROL OF THEIR CIRCLE OF CARE</p> <p style="text-align: center; font-weight: bold; font-size: 0.7em;">GOAL: HELP YOUTH MANAGE THEIR SUPPORT NETWORK.</p> <ul style="list-style-type: none"> • SHORT (1 YEAR): DEVELOP TOOLS TO HELP YOUTH UNDERSTAND AND MANAGE THEIR CIRCLE OF CARE. • MEDIUM (2 YEARS): ADVOCATE FOR POLICIES THAT LET YOUTH BRING TOGETHER THEIR CIRCLE OF CARE. • LONG (5 YEARS): PROVIDE RESOURCES AND MENTORSHIP FOR YOUTH TO LEAD THEIR CIRCLE OF CARE. 	<p style="text-align: center; font-weight: bold; font-size: 0.8em;">YOUTH AS EQUAL STAKEHOLDERS</p> <p style="text-align: center; font-weight: bold; font-size: 0.7em;">GOAL: INVOLVE YOUTH IN DECISIONS ABOUT THEIR CARE.</p> <ul style="list-style-type: none"> • SHORT (1 YEAR): INCREASE YOUTH AWARENESS OF THEIR RIGHTS AND ADVOCACY SERVICES. • MEDIUM (2 YEARS): ADVOCATE FOR POLICIES THAT INCLUDE YOUTH IN CARE MEETINGS AND DECISIONS. • LONG (5 YEARS): ENSURE YOUTH HELP SHAPE CARE POLICIES AND HOLD PROFESSIONALS ACCOUNTABLE. 	<p style="text-align: center; font-weight: bold; font-size: 0.8em;">ACCOUNTABILITY FOR PROFESSIONALS & CAREGIVERS</p> <p style="text-align: center; font-weight: bold; font-size: 0.7em;">GOAL: HOLD CAREGIVERS AND PROFESSIONALS ACCOUNTABLE.</p> <ul style="list-style-type: none"> • SHORT (1 YEAR): CREATE FEEDBACK SYSTEMS FOR YOUTH TO EXPRESS CONCERNS. • MEDIUM (2 YEARS): ADVOCATE FOR YOUTH-CENTERED ACCOUNTABILITY PROCESSES. • LONG (5 YEARS): SET UP INDEPENDENT REVIEW BODIES WITH YOUTH INPUT TO MONITOR PROFESSIONALS AND CAREGIVERS.
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WHAT ARE EQUITABLE STANDARDS?

The Equitable Standards Evaluation Model and Primer Report, developed by Dr. Melanie Doucet and the National Council of Youth in Care Advocates, outline a step-by-step process to assess and improve support for youth transitioning out of care. The model includes 8 modules based on key transition pillars and helps stakeholders identify strengths and gaps in services, policies, and supports. Its goal is to ensure youth from care are valued, supported, and able to thrive throughout their lives through shared responsibility and collaboration.



WHAT IS THE NSP?



The Foster Family Coalition of the NWT (FFCNWT) is a Afterschool Program service to kids in care ages 12 and under. The Northern Stars after-school program is a unique program that is designed to meet the complex needs of children in care and those with neurodiversity.

Our programming includes traditional First Nations, Métis, and Inuit language development, culturally appropriate activities including, arts and crafts workshops, indoor and outdoor physical activities, storytelling and learning with Elders, field trips, social and emotional wellness exercises, and life skills development.



Program Coordinator
Hannah Jones



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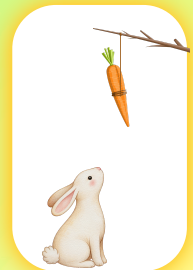
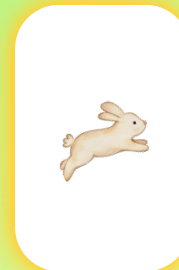
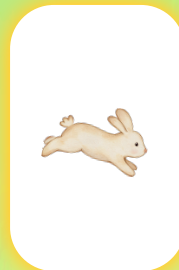


Address
5125 50th Street Yellowknife



Time
3:15–5pm During School Days
8–5pm During School Breaks

HELPING OUR LAND



With the snow melting, we like to take the chance to give back to the community and give back to the land. Picking up trash is a great way to do both, making a cleaner environment. It also helps teach the youth responsibility and healthy ways to give back, with getting them outdoors to enjoy the fresh air and sunshine!



Northern Stars Program

LEARNING WITH THE STARS

Northern Stars Program

LEARNING ABOUT PLANTS AND ANIMALS



The kids this year have shown a lot of interest in the cycle of animals and plants, so we wanted to give them the opportunity in a fun way to learn all about them!

Plants

Our little stars will be creating little plant crafts and projects showing them the cycle of seedlings into a full-grown plant.

They are also learning how to help keep a clean environment.

Animals

The Star's will learn about different animals and their environments, what they eat, and their homes.

They will also be discovering all kinds of species right here in Yellowknife!

Environment

The little stars will be learning how important it is to help keep our environment clean for the plants & animals & ourselves.





GLOW PROGRAM

FFCNWT

SPRING

2026

A PROGRAM FOR YOUTH IN YELLOWKNIFE AGED 12+ WHO HAVE EXPERIENCE WITH SOCIAL SERVICES. THE PROGRAM RUNS AFTERSCHOOL THROUGHOUT THE WEEK AND FOCUSES ON THE DEVELOPMENT OF LIFESKILLS THAT WILL ENABLE YOUNG PEOPLE TO TRANSITION SUCCESSFULLY INTO INDEPENDENT OR SEMI-INDEPENDENT LIVING. THE PROGRAM IS FULLTIME DURING SCHOOL BREAKS



Glow Spring Activities

Glow will focus on identifying individual interests and transforming them into personalized, engaging activities, crafts, and creative projects. Recently, participants created self-portraits using materials that reflect their unique interests, offering a creative way to view themselves from a new perspective.



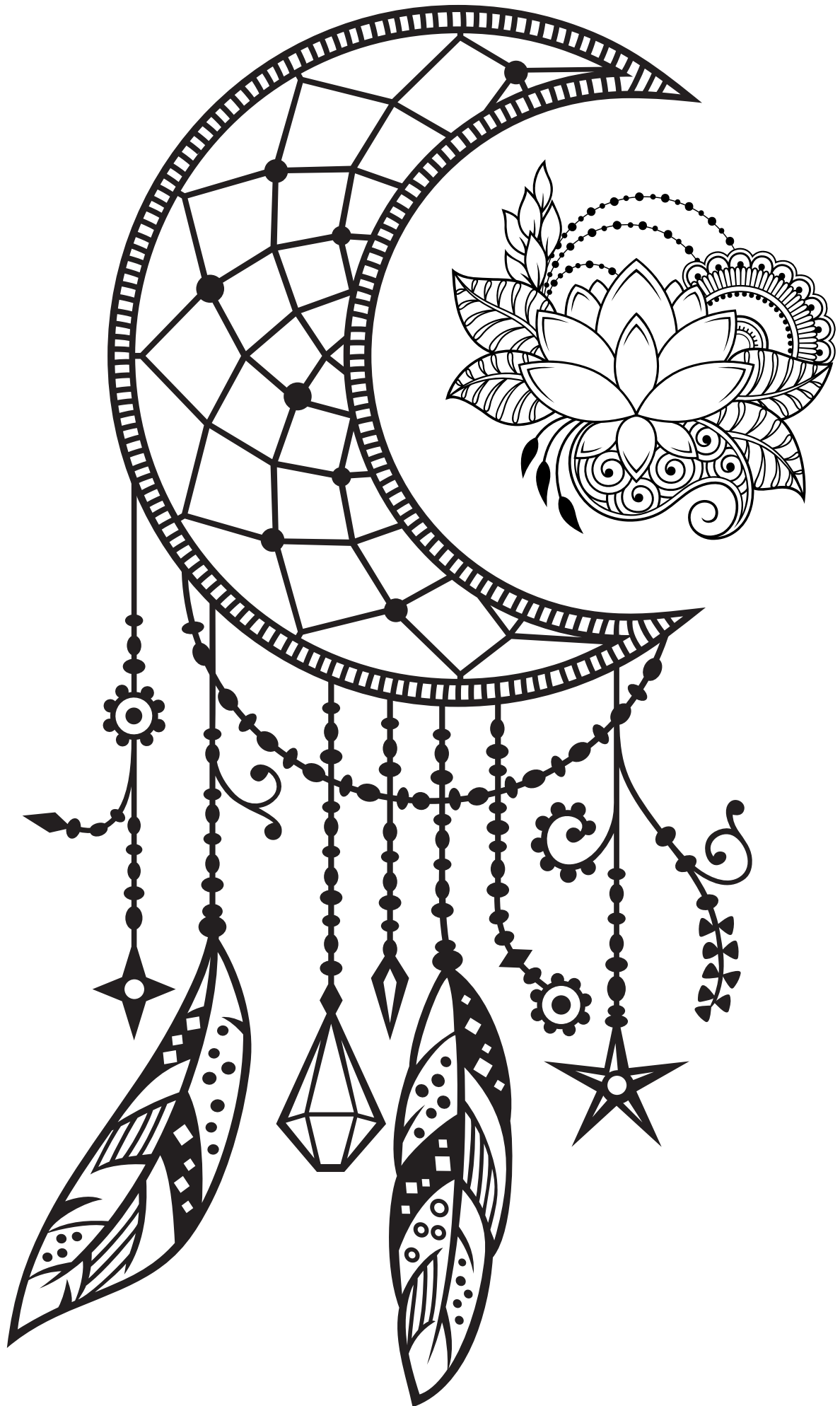
Glow will also incorporate outdoor activities and seasonal baking experiences, providing participants with additional opportunities to learn in a hands-on and engaging way. These activities not only encourage physical well-being and teamwork but also introduce practical life skills in an enjoyable setting.

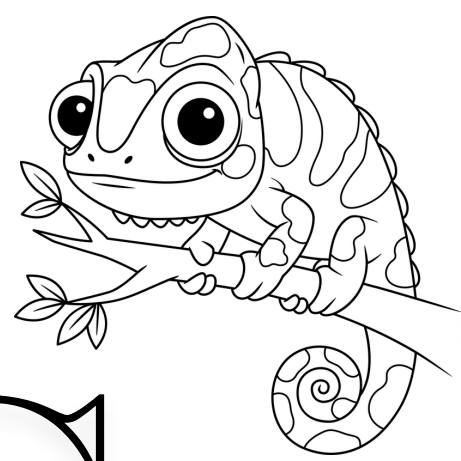


Through baking and cooking, participants can develop foundational skills such as following instructions, measuring, time management, and kitchen safety, all while expressing creativity.

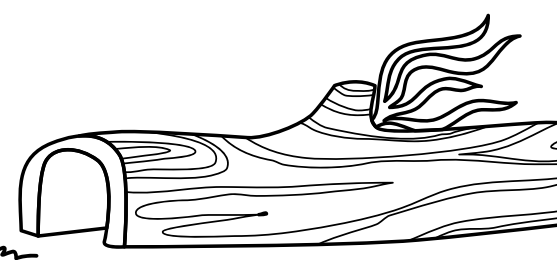
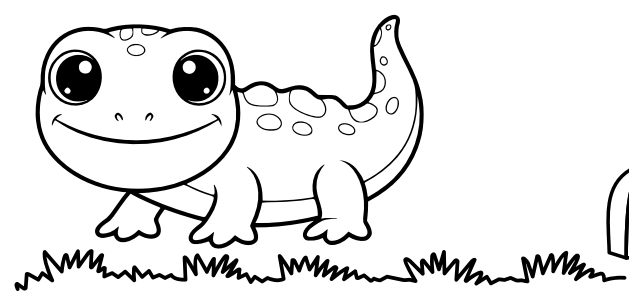
By blending recreation with skill-building, these experiences offer another meaningful avenue for young adults to explore new interests, build confidence, and gain independence. Engaging in a variety of activities—both indoors and outdoors—helps reinforce the idea that learning can take many forms and can be both productive and enjoyable.







F F C



Indigenous Spring Recipes



Recipe of the Season: Suncake Sunflower Seed Cheesecake



Read Below for the recipe.

This is a fun dessert for those wanting a delicious dairy free cheesecake-like treat. The crust is also a delicious combination of crunchy seeds and dried fruit and can be made in a variety of ways. You can add flavors to the cheesecake itself by blending in frozen fruit or even cocoa powder. I used frozen serviceberries for a rich purple color and kept an unflavored layer for the top. I also topped the cake with a dried cornflower and hibiscus flowers. All you need is a blender and ideally, a springform pan. If you don't have a springform pan, line a cake pan with parchment paper to make the release super easy. To make release super easy, used a torch briefly on the sides of the metal pan to thaw the sides of the cake and the cake pops right out. Have fun experimenting with this recipe!



SUNCAKE CHEESECAKE

Ingredients

1. Cup sunflower seeds

you can also use pepitas, or a mix of both seeds together.

1.Cup dried cranberries

1.TBPS Maple Syrup

FILLING

2.Cups raw sunflower seeds.

Soaked in warm water 1+ Hour

2.Cups raw sunflower seeds.

½ Cup non dairy yogurt

¼ Cup mayple syrup

1 TSP Vanilla Extract

1 TBSP Lemon juice

¼ Cup coconut oil

1 Cup frozen berries

Optional

Dried edible flowers

Optional for decoration topper

Instructions

- Blend the crust ingredients in a food processor until it sticks together. Press into a 6–8 inch springform pan and freeze.
- Blend soaked seeds, lemon juice, remaining maple syrup, vanilla, and coconut oil until silky smooth.
- At this point, you can add frozen berries for color and flavor. I recommend setting aside half the filling mixture for a neutral color layer in the cake. With the remaining filling, blend with frozen berries.
- Pour filling over crust. If adding a second layer, allow the first layer to freeze for 30 minutes–1 hour before adding second layer. (The second layer can rest in the refrigerator during this time.) Add optional edible flowers on the top layer while it is soft. Freeze for 5–6 hours or overnight.
- Thaw for 10–20 minutes before slicing.

You can make the crust using a mixture of sunflower seeds and pumpkin seeds or even using walnuts or pecans instead. The dried cranberries are used as a binder but could be substituted for dried dates or even dried blueberries or dried cherries. The goal is to get a sticky fruit and seed mixture that will hold when pressed into the bottom of the pan.

Indigenous Spring Recipes



Recipe of the Season: Bison & Wild Rice Stuffed Peppers



Read Below for the recipe.

Did you know that “bell peppers” are a misnomer that comes from the lost explorer Christopher Columbus? Knowing he was looking for spicy peppercorn (where we get black pepper) in India, he thought that the first spicy food he encountered was “pepper.” As we know, these were chiles used in Central America. Unfortunately, the name stuck; now everything in the chile family is referred to as a pepper, even when it’s not spicy!

The recipe calls for 1/2 cup of wild rice and 1/2 lb of bison burger to fill 2 bell peppers (4 halves or servings). You can easily double the recipe.

Feel free to substitute another type of burger like elk, venison, moose, or in a pinch, grass-fed beef. You can also choose to season your peppers with different seasonings. If you are a fan of spicy food, add some chile powder, red peppers, even some salsa or hot sauce.

BISON & WILD RICE STUFFED PEPPERS

Ingredients

2 - Bell Peppers

½ LB Ground Bison

½ Cup wild rice uncooked

½ Cup carrots shredded

1 Tbsp Wild Garlic



Instructions

- Add 1/2 cup wild rice and 1 cup of water to a pot and simmer covered until water is gone (about 45 minutes)
- Preheat oven to 350° F
- Brown ground bison meat with wild garlic. Add shredded carrots once bison meat is completely cooked. Save some shredded carrots for garnish.
- Cut bell peppers in half and remove stems and seeds. Place peppers in boiling water for about 10 minutes to soften their skins. Place hollow side up on a baking sheet
- Mix browned bison and cooked wild rice together and scoop to fill the peppers. Top with remaining carrots.
- Bake at 350° F for 10 minutes. Serve warm!

You can make the crust using a mixture of sunflower seeds and pumpkin seeds or even using walnuts or pecans instead. The dried cranberries are used as a binder but could be substituted for dried dates or even dried blueberries or dried cherries. The goal is to get a sticky fruit and seed mixture that will hold when pressed into the bottom of the pan.