

FOSTER CARE

PROGRAM



**Become a Foster Family
and Care for a Child**

A Holistic Approach to
Community Wellness



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre Inc.



About the The NCN Family and Community Wellness Centre and Fostering a Child

The Centre supports holistic wellness for all NCN Citizens and especially children throughout every stage of their lives. We believe combining our traditional wisdom with western practice can create healthy, happy people, families and communities.

The Centre provides support for Public Health, Child and Family Services, Counselling and other family and community needs programs. We have sub-offices in Winnipeg, Brandon, Thompson and South Indian Lake.

Learn more about what we can do for you!

**Call: (204) 484-2341
or visit: www.ncnwellness.ca**

A woman with dark hair and glasses, wearing a green jacket over a red shirt and blue jeans, is holding a baby. The baby is wearing a blue sweater and jeans. They are outdoors with a blurred background of trees and foliage.

Bring a Child Into
Your Home.

**OPEN YOUR
HEART!**

**STRENGTHEN A
COMMUNITY.**

Our children are the future!

Help care for our most precious gifts.

What is Foster Care?

Simply, it is bringing a child who needs love and care into your home for a temporary stay.

There are different reasons for needing foster care. There may have been a death in the child's family. Parents and caregivers may have a serious illness or addiction. There may have been physical, sexual or emotional abuse, or the children may be victims of neglect or abandonment.

These children need affection and support from someone outside of their home for a temporary amount of time. It may be days, weeks, months or years, and good foster parent makes that time feel stable and secure.

WE ENCOURAGE LOCAL AND OFF-RESERVE NCN CITIZENS TO FOSTER OUR COMMUNITY'S CHILDREN, RATHER THAN HAVING THEM SENT AWAY.

Taking kids from their home communities has long-term effects. They blame themselves and feel disconnected from their roots, culture and way of life. It often leads to depression, low self-worth and addiction.

In the past, children were placed in unfamiliar households, usually far away, that were culturally different. Keeping children in our community helps them to understand that they have people who care for them and that challenges can

be overcome. The usual routine of school and friends can help a child feel normal, even when their lives are not.

Foster families do receive some financial compensation to cover the costs of food, clothing and activities for a foster child, and support from NCN social services. The goal of foster care is to reunite a child with his or her family in their home when it is safe and beneficial to do so.

Can I Foster a Child?

If you are interested in foster care, and live in Northern Manitoba, Winnipeg, Brandon or Portage La Prairie, call to find out more!

To ensure the well-being of the child, there are a few safety and security clearances we will complete with you. These include:

- RCMP criminal and child abuse checks
- Discussions with you and the family members who live in your home
- An assessment of your home.

You will be required to attend some informational and counselling sessions to ensure you have the emotional and mental ability to care for a foster child. The child who will be in your care will also be assessed, and if there are unique medical or emotional needs, you will receive additional training to ensure a comfortable fit.

How Does Foster Care Work?

Once you, your family members and your home are deemed safe and secure, you will:

- Work with a team of child and family services workers to meet the needs of your foster child.
- Act as the child's parent: creating and maintaining routines of school and chores, managing expectations about rules and behaviour, and day-to-day living, loving and laughing.
- Meet with case workers regularly to ensure everyone is adapting to their new living situation.
- Help your foster child deal with his or her emotions. The child may be angry, sad or scared. You will help him/her understand the situation, remain respectful about his or her family, and prepare the child to return to his or home.
- Receive monthly cheques to pay for the expenses of having a foster child in your home (food, clothing, activities, medication, etc.). Money should not be the main reason you become a foster parent.

Questions to Ask Yourself:

- Do you have space in your home and your heart for another child?
- Are your other family members ready to open their lives to another child?
- Do you have routines and rules in your home that will help a foster child adjust?
- Do you have the patience to care for someone who may be sad, mad and confused?
- Are you financially comfortable? Make sure you are not becoming a foster parent for the money!
- Will you be able to talk honestly about your home life and your feelings with case workers?
- Will you be able to love a child and then watch them go home again?
- Can you be sympathetic to the child's parents and do what you can to help them get their children back?

Is Fostering Different Than Adoption?

When you foster a child, you are providing temporary care until the family can take the child home again. When you adopt a child, you become the parent and legal guardian of that child for the rest of his or her life. In some cases foster parents can apply to adopt.



How do I Learn More About Foster Care?

Please visit us at the NCN Family Wellness Centre. You can also call us at

(204) 484-2341.

We will set up an appointment to talk with you and answer all of your questions to start you on the path to fostering and child.



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre Inc.

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