



# Reaching New Heights



**5<sup>th</sup> Annual LOFF Conference  
May 30 - June 1, 2014**

**Nottawasaga Inn Resort and Conference Centre, Alliston, Ontario**

League of Ontario Foster Families

# Reaching New Heights

## LOFF Conference

**Welcome**

Dear friends and colleagues,

I want to welcome you to our conference and thank you for choosing to join us this year. We have fun organizing this event and look forward to the opportunity to bring everyone together. We have had great success in providing an enriching and enjoyable experience in the past and have worked hard “Reaching New Heights” for this year. The fact that you have chosen to join us helps us to ensure that the experience will be even richer for everyone.



*Geneva Park 2013*

We have selected a new location this year – the Nottawasaga Inn Resort and Conference Centre in Alliston. We thoroughly enjoyed our experiences at Geneva Park in past conferences and are hopeful that this year's accommodations will be top notch for all of you. We will use your feedback of the conference in planning future events.

To encourage you to register early we have an early bird registration date of April 1, 2014. Anyone who registers and pays in full by that date will have their respective FFA entered into a draw prize of \$500 payable to the FFA. The draw will be done at the conference.

Our only request of you is that you slow down and take the time to connect with each other as you enjoy the weekend. As we all aspire to inspire as part of the lifestyles we have chosen, we hope you will leave this weekend refreshed, motivated and with joy. We are your biggest fans and I thank you for coming.

Mike Paquette  
Co-chair  
LOFF



*LOFF Executive – Sara Hay, Mike Paquette, Pete Fortier, missing is Hans von Bornhoft*

# Reaching New Heights

## LOFF Conference

### Schedule

#### Friday, May 30, 2014

4:00 – 9:00	Main Registration
5:00 or 5:45	Dinner – 2 seatings (Select 1 <sup>st</sup> or 2 <sup>nd</sup> seating on registration)
7:00	Silent Auction Opens
7:30	United Foster Parents of Canada Corporation (LDF) Update and Q & A
8:00 – 10:00	Hospitality Suite

#### Saturday, May 31, 2014

8:00 – 9:00	Breakfast / Day Registration
9:00 – 11:45	Session One AM1 First Nation Youth AM2 How to be an Ally AM3 Conflict, Chaos and Crisis AM4 Bullied, Bully and Bystander
12:00 – 1:00	Lunch
1:15 – 4:00	Session Two PM1 Up, Up and Away PM2 How to be an Ally PM3 Conflict, Chaos and Crisis PM4 Substance Abuse and Infants
4:00 – 5:00	Cocktail Hour in the Resort Bar
4:45	Silent Auction Closes
5:00 or 5:45	Dinner – 2 Seatings
7:30	Dessert and Keynote Speaker Shy-Anne Hovorka
9:00 – 11:00	Hospitality Suite

#### Sunday, June 1, 2014

8:00 – 9:00	Breakfast
9:30 – 12:00	LOFF Annual General Meeting
	Box Lunches will be Provided

# Reaching New Heights

LOFF Conference

**Keynote Speaker**

## Shy-Anne Hovorka

Shy-Anne is a former First Nations Foster care child who was adopted into the Hovorka family at the age of six. She is now currently a working musician and educator.

Shy-Anne is an award-winning songwriter, multi-instrumentalist and performer, who has found her niche and passion in the realm of “Country Music”. Her third album “Interwoven Roots” has garnered six 2012 Aboriginal Peoples Choice Music Awards.



Shy-Anne’s previous two albums “Black

Thunderbird” and “Pseudo” have been nominated for 19 awards, multiple award wins, a lucrative licensing deal for the song “Can’t Change The World” in the “Blackstone” TV series.

She has appeared on various television shows including Breakfast Television & Global News and has been interviewed by numerous radio stations across Canada including CBC Radio. Her song “Can’t Change the World” won a coveted spot in the opening ceremonies of the 2010 World Interfaith G-8 Summit and the headline act for the 2010 Indigenous Festival with the Winnipeg Symphony Orchestra.

Shy-Anne has embarked on three previous Inter-Provincial & Multi-Provincial tours of Canada, winning the hearts of her fans and admirers. Her fourth tour to support her new album, included shows with the “Thunder Bay Symphony Orchestra” that showcased material from her 2012 “Interwoven Roots” album release.

She has performed as the featured soloist for the Thunder Bay Symphony and has won numerous awards for her performances at many Classical Musical Festivals. Shy-Anne holds, an “Honours Bachelor of Music” and “Bachelor of Education” degrees from Lakehead University. She also directs a community choir, is an accredited “Royal Conservatory of Music” teacher and educates in the Ojibwe language in her home community, when she isn’t touring.

# Reaching New Heights

## LOFF Conference

### Workshops

#### AM1 First Nation Youth in Care

Presenter: Cam Agowissa

A Historical Perspective: Gift from the Creator

- Introductions
- Opening prayer and smudge
- Family systems
- Deconstruction/Assimilation
- Restoration
- Your role as foster parents/families
- Closing the Circle

Cam Agowissa has been actively involved with the Simcoe County CAS for 10 years, as the Aboriginal representative to the Board and as the FNMI Liaison worker. Cam has 28 years experience in social work and is an active advocate for First Nation communities and families in Simcoe for over 15 years. One of his proudest moments was the formation of the FNMI protection and resource teams at Simcoe CAS, a dream many years in the making. Cam believes all Aboriginal children deserve a culturally safe environment in which to live, thrive and grow to their full potential. Cam is the proud father of three incredible children, two daughters, and one son. He is the very proud mishoomis (grandfather) of two beautiful noshen (grandchildren).

#### AM2 & PM2 How to be an Ally

Presenter: Dale Boyle

The Ally Campaign's Mission is to assist in creating a welcoming, safe, and inclusive environment within our communities, through the power of awareness and education of the LGBTTIQ2SA community. The Ally Campaign features the LGBT Awareness & Education Seminar, which covers Terminology, Historical Information & Statistics, Language and the Impact of Our Words, and How to Be An Ally.

Dale Boyle is a graduate of Georgian College's Business Administration Program, past President of his college's Gay Straight Alliance (GSA), educator on LGBT topics, and Youth Programs Coordinator at the AIDS Committee of Simcoe County (ACSC). In his position at the ACSC, Dale works with local GSAs, coordinates leadership programs for LGBT youth, performs education workshops, and facilitates social support groups for the LGBT youth across Simcoe County.

# Reaching New Heights

## LOFF Conference

### Workshops

<b>AM3 &amp; PM3 Conflict, Chaos and Crisis</b>	<b>Presenter: Landy Anderson</b>
<p>During this training session the relationship between conflict and child welfare and its impact on the child, biological parent, foster parent, agency and government will be examined. Everyone involved with the child is an “expert” and their expert opinions may not always match. In essence, the multi-disciplinary approach is a breeding ground for conflict.</p> <p>A foster parent’s ability to manage the three C’s…<b>Conflict, Chaos and Crisis</b> is a test of their of their ability to be a strong partner or a leader. It is critical that all members understand the role that the three C’s plays in our day to day work and explore how our actions contribute to improving or worsening matters.</p>	<p>Landy Anderson is a Manager at Native Child and Family Services of Toronto – Scarborough Child and Family Life Center and teaches part-time at Durham College. She has published “The Foster Parent Survival Guide: How to Navigate the Child Welfare Matrix”. Landy’s unique experience as a foster parent, child protection worker and supervisor contribute to her expertise and candid perspective in the delivery of quality foster care services. She is a strong advocate for foster parent rights and their inclusion as equal members of the service team.</p>
<b>AM4 Bullied, Bully and Bystander</b>	<b>Presenter: Diane Bigelow &amp; Mellissa Bthelette</b>
<p>The Bully, the bullied, and the bystander is a presentation based on the work of Barbara Coloroso. This presentation is a summary of the concepts discussed in Coloroso’s book. The book was created to help give parents a better understanding of the roles parents and teachers play in breaking the cycle of violence.</p>	<p>Diane Bigelow is a Group Facilitator with the Brighter Futures Program, a program of North Eastern Ontario Family and Children Services. Diane provides parent education, support and resources to parents. Diane has been with the Brighter Futures program since 1994 providing support as a home visitor, child care worker and group facilitator.</p> <p>Mellissa Bthelette is the Prenatal/Postnatal Facilitator with Brighter Futures providing education, support and resources to families who have children under the age of 18 months. She facilitates the prenatal program helping to prepare families for their upcoming birth, partnering with agencies such as the Temiskaming Health Unit.</p>

# Reaching New Heights

## LOFF Conference

### Workshops

#### PM1 Up, Up and Away

Shy-Anne Hovorka will speak to the importance of Foster Parents, Social Workers, Children's Aid and adoptive parents. How without them, her life would be very different from what it is now. Yes, the road gets bumpy and it is hard to keep going at times, or catch sight of what is important. However, with love and support, love conquers all. Shy-Anne will speak to her memories of being in foster care, being adopted, the culture shock, being bullied and the importance of empowering youth to follow their dreams. Shy-Anne's family worked hard to honour the different cultures that were brought into the family dynamic and encouraged her to find healthy ways to deal with issues through music. Shy-Anne will weave her music throughout the workshop.

#### Presenter: Shy-Anne Hovorka

Shy-Anne is a former First Nations Foster care child who was adopted into the Hovorka family at the age of six. She is now currently a working musician and educator. Shy-Anne is also the keynote speaker for the conference and a complete bio is included in the conference program on page #4.

PM2 and PM3 details are repeats AM 2 and AM3.

#### PM4 Substance Abuse & Infant Development

This workshop will provide participants with information to help identify and respond to the needs of infants whose development is or may be at risk. Participants will acquire an understanding of some of the factors that can impair an infant's development and impact on the healthy attachment between an infant and his or her caregiver. Participants will learn strategies for strengthening positive, nurturing infant-caregiver behavioural patterns.

#### Presenter: Marlyn Wall

Marlyn has been a Provincial Trainer with OACAS since February 2010 and in this role she has prepared and delivered OACAS curricula to child welfare professionals, private adoption practitioners and resource parents. Prior to joining OACAS she worked for the Association and Children's Aid Society of Ottawa as a Sessional Trainer, delivery of PRIDE and OnLAC.

A former Foster Parent with Children's Aid Society of Ottawa-Carleton and CAS Board Rep with Ottawa FPA. She has participated in child welfare practice, child development, leadership and facilitation training programs.

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## LOFF Conference

### Logistics

### Nottawasaga Inn Resort & Conference Centre

6015 Highway 89, Alliston, ON, L9R 1A4

Alliston: 705-435-5501

Toll Free: 800-669-5501

www.nottawasagaresort.com

**From Toronto:** Take Highway 400 north to Highway 89 (exit #75 west). Drive west on 89 for 14km. The Nottawasaga Inn Resort is on the south side of the highway.

**From Pearson International Airport:** Take Highway 401 east to Highway 400 drive north 75 km & exit westbound on Highway 89. We are located at 6015 Highway 89.

**From Barrie:** Take Highway 400 south to Highway 89 (exit #75 west). Drive west on 89 for 14km. The Nottawasaga Inn Resort is on the south side of the highway.



*Geneva Park 2013*



*Nottawasaga Inn Resort & Conference Centre*

Play a round of golf on one of our two golf courses offering 45 regulation holes of golf or participate in the non-stop recreational activities available within the 70,000 sq.ft. health and fitness centre.

Take an exhilarating ride down our 3 storey 100 ft waterslide, splash in the indoor Tropical Rainforest themed 25 m swimming pool, perfect your shot on our indoor mini-golf adventure, enjoy a relaxing massage or workout in our fully equipped gym featuring indoor squash and tennis courts.

### Wanted

Donations for the Silent Auction.

A sponsor letter is available for individuals to take to local businesses requesting donations for the auction. The letter will be posted on the web page.

Send in the name of sponsors so that they can be recognized at the conference.

Remember to please bring any donated items with you to the conference.



# Reaching New Heights

## LOFF Conference

### Advocacy Training

#### Training for Advocates

- Note taking, the backbone of advocate recording
- Discussion of our role as advocates within our respective CAS's.
- Amalgamation issues and the impact on advocacy programs.
- Natural attrition of advocates, problems recruiting new members.
- Fast Track
- Share best practices.

#### Thursday, May 29, 2014

5:00 – 6:00	Registration
6:30	Dinner

#### Friday, May 30, 2014

8:00 – 9:00	Breakfast / Day Registration
9:30 – 12:00	Morning Session – Sara Hay & Marie Fortier
12:00 – 1:30	Lunch
1:30– 3:30	Afternoon Session – Sara Hay & Marie Fortier

**Sara Hay** is a retired teacher, a foster parent, past President of the Muskoka Foster Family Association and an advocate. Sara is one of the founding members of LOFF and serves as the Secretary of the Executive Committee.

**Marie Fortier** has been fostering teen boys in Ottawa and Renfrew for the past 15 years. Along with her husband, they have 3 grown children and are currently fostering a 15 year old boy. Marie has been a Support Team Representative (advocate) with the Ottawa FPA for the past 11 years and is a Pride, and LAC Trainer.

\*Please note that the fee for this training is in addition to the conference fees. Costs are listed on the conference registration page.

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## LOFF Conference

### Registration Form

#### Select a Conference Package

- Double occupancy per person \$390.00  
Includes: Friday & Saturday Accommodation & Meals
- Single occupancy per person \$490.00  
Includes: Friday & Saturday Accommodation & Meals

Optional - Friday Advocacy Training (cost in addition to conference fees)

- Double Occupancy Thursday Accommodation & Meals \$195.00
- Single Occupancy Thursday Accommodation & Meals \$245.00
- Day Package Friday lunch \$105.00

**Workshop Selections:** (Please put a 1 beside your 1<sup>st</sup> choice and a 2 beside your 2<sup>nd</sup> choice)

AM		AM1 First Nation Youth	PM		PM1 Up, Up and Away	Please select dinner seating	
		AM2 How to be an Ally			PM2 How to be an Ally		05:00 PM
		AM3 Conflict, Chaos and Crisis			PM3 Conflict, Chaos and Crisis		05:45 PM
		AM4 Bullied, Bully and Bystander			PM4 Substance Abuse & Infant Dev.		

**Registration Deadline – April 20, 2014**

Make cheques payable to: LOFF

**Early Bird Registration – April 1, 2014**

Mail Registrations to:

Each person registered and paid in full by April 1, 2014 will receive an entry for their FFA/FPA in a draw prize of \$500 payable to the FFA/FPA.

Heather Legault  
#8 Parkinis Ave  
St. Thomas, ON N5P 1X4  
(519) 631-4078

(Registrations accepted based on space availability)

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

Address: \_\_\_\_\_ City/Town: \_\_\_\_\_ Postal Code: \_\_\_\_\_

E-mail: \_\_\_\_\_ Roommate: \_\_\_\_\_

Agency: \_\_\_\_\_

Please Indicate if you are:  Foster Parent  Youth  CAS Staff

For further information, please contact Heather Legault at (519) 631-4078.