

# FALL NEWSLETTER

## For Children's Sake of Virginia

Back to school, homework, sports, finally feeling like fall, and somehow it's soon to be the holidays! Here at FCSVA, it's been a busy season as well. Since our summer newsletter was released, we've approved 3 new foster families, hired two interns from George Mason University, a new administrative assistant, had one referred respite, and welcomed 7 children into our homes. We've attended PTA meetings, Toastmasters Clubs, County and City Fairs, accepted donations, and so much more. We couldn't have done it without the support of our fabulous communities. So thank you all—our foster parents, our volunteers, and our community advocates, for everything you do to help the families and children of Northern Virginia.



### Inside this issue:

Our New Foster Families	2
Our Staff	3
Our Community Involvement	4
Get Involved!	5
Become Part of Our Community	6
Training	7-8
Resource Center	9



# OUR NEW FOSTER FAMILIES!

We're pleased to announce our three most recently approved foster families. We know they're going to be incredible parents and make a huge difference for all the children in our care!

## The Herberts



Ronda Herbert and her daughter, Harmony, live in Fredericksburg and are excited to begin fostering. Here's what Ronda had to say about getting started at FCSVA; "I decided to become a foster parent because I have always had great passion for child care and am willing to help each child in any way. I know I can make a big difference in a child's life by talking to them with an open heart. I always encourage children to hold on and never give up because there is someone who is here and loves them deeply. A child's happiness and success is of the utmost important and I will do everything in my power to get them where they want and need to be."

## The Kirkpatricks

The Kirkpatricks live in Gainesville, VA with their two 9 year old daughters who were adopted from Haiti. They were previously foster parents in Louisiana for 5 years. They became foster parents because they believe "every child deserves a family and safe place to thrive."



## The Pattersons



Lynn and Kade Patterson, along with their 3 dogs, Nelly, Draco, and Finn, have recently moved to the area from their childhood state of Indiana! Here's what Kade and Lynn have to say about fostering; "We are excited to open our hearts and home to a child or children who are seeking a safe and nurturing environment. Our long term goal is to offer permanency for children who are seeking a forever home. We can't wait to complete our family with children who need the stability we can provide."

FCSVA staff are looking forward to placing foster/adopt children in these loving families. We thank each of our families for their dedication to Virginia's children!



## Mary Hakim



Mary Hakim is our new Administrative Assistant! Mary was born and raised in the northern Virginia area. She attended George Mason University for her undergraduate degree and George Washington University for her master's degree in School Counseling. Mary has worked with Fairfax County Public Schools and private preschools in the area. She enjoys working out, cooking, and spending time with her husband. She is honored to be a part of the FCSVA team and looks forward to serving her community.

*Fun Fact:* Mary and her husband are expecting their first child in February of 2019! Congrats from all of us at FCSVA for sharing your exciting news.

## Linda Munoz

Linda Munoz has just started as one of our interns for this year! She has a degree in Integrative Studies with a concentration in Elementary Education from George Mason University (GMU). She's now working on an MSW degree at GMU as well, and her future goal is to work with women and children who have been victims of sexual exploitation. She currently works as a Spanish and Math teacher at a private school. Linda likes hanging out with her friends, watching movies, traveling, and going to the beach.



## Katie Quinn



Katie Quinn is a first year MSW student at George Mason University and got her undergraduate degree in sociology and anthropology at North Central College in Naperville, IL. She previously worked in a treatment foster care program in Green Bay, WI, helping teach independent living skills to teens; and spent two years in the international adoptions program at a local adoption agency. Most of her free time is spent hiking and camping, and she recently completed a thru-hike of the Appalachian Trail. She is looking forward to getting to know and work with FCSVA families in the coming months.

## Staff Spotlight: Takia Parker!

We'd like to give Takia Parker, one of our case managers, a special shout-out for all she does every day to help children. This August, Takia used her vacation hours to go to Tunnelton, West Virginia, to volunteer working with children as part of a Vocational Bible School. She spent several days working with low- and middle- income children, doing Christian-based recreational activities. We're so grateful for all that she does to help children, even on her days off! Thank you, Takia, for being an outstanding example of living your faith every day!



# OUR COMMUNITY INVOLVEMENT

## Mark Your Calendars!

### October

**25th:** Speak at Fairfax County Federation of Citizens Associations Meeting

**29th:** Speak at Boulevard Manor Civic Association Meeting

**31st:** Halloween!

### November

*National Adoption Month!*

**5th:** Prince William County School's Office of Student Services Resource Fair

**8th:** Woodbridge Support Group for Established Foster Parents

**10th:** Great Falls Farmers Market Table

**11th:** Four Mile Run Farmer's Market Table

**13th:** Speak at West Springfield Elementary PTA, Salute to the Troops Prince William Chamber Event, Chantilly Support Group for Established Foster Parents

**14th:** Speak at Deer Park Elementary PTA

**22nd:** Thanksgiving

### December

**1st:** Del Ray Farmer's Market Table

**2nd:** First night of Hannukah

**4th:** Speak at Williamsburg Middle PTA

**8th:** Holiday Party for Established Foster Parents

**11th:** Speak at Terraset Elementary PTO Meeting

**22nd:** Falls Church Farmer's Market Table

**25th:** Christmas Day

**31st:** New Year's Eve!



Even our dogs support FCSVA at events! Be sure to come out to see us this year!

*Email [fcsvanow@gmail.com](mailto:fcsvanow@gmail.com) to let us know what events you'd like us to come out to!*

## Thanks to Our Donors!



We're so lucky to have such an amazing community support system in place here! Since our last newsletter, we've had school supplies donated by NOVA Playlabs' summer camp drive, 10 'Sweet Cases' of supplies for children first coming into care, donations of pillowcases, clothing, toys, and birthday supplies from participants in the Great International Scavenger Hunt, and a gift card from Costco donated to us. We're so excited to spread the joy of all of these items with the children in our care!

We'd also like to thank the Women in the Building Industry group and the Northern VA Building Industry Association for all of the donations towards our Fall Festival. While we unfortunately had to cancel the event due to possible bad weather, we are so grateful for all of the donations and can't wait to give them to the children in our care for birthdays, holidays, and other events. Your support and caring are truly appreciated!



## Donate

Call 703-817-9890 or email [cgallant@fcsva.org](mailto:cgallant@fcsva.org) to set up a time to drop off any of the following new items:

- Arts & Crafts supplies
- Toys & Board Games
- Diapers, car seats, cribs, or high chairs
- Gift cards for groceries or gas for our foster parents or to video game stores or clothing shops for the children in our care

You can also visit our website to donate online, or visit our Amazon Wishlists to gather inspiration and shop for specific items to be delivered to our front door! Be sure to set your Amazon account to donate a percentage of the proceeds from your cart every time you order by going to [smile.amazon.com](https://smile.amazon.com) and adding For Children's Sake of Virginia as your charity of choice!



The screenshot shows the Amazon Smile interface for the charity 'For Childrens Sake Of Virginia'. It includes the following information:

- Supporting:** For Childrens Sake Of Virginia
- Location:** Chantilly, VA | **Year Founded:** 1997
- Mission:** For Children's Sake of Virginia is dedicated to promoting positive environments for children and families that develop trust, stability, and independence.
- Programs:** Therapeutic Foster Care, Home-Based Therapy, Out Patient Therapy, Emergency Diagnostic Center
- [About AmazonSmile](#)

*Have you read this year's Annual Report? Check out some of this year's highlights!*

*Visit our website to see more!*

## Volunteer with Us

We're always looking for great volunteers to work with us! Here are some of our volunteering opportunities:

**Fundraising:** host a book drive in your local community, assembling birthday bags, organizing a dineout, etc.

**Community Outreach:** help us as we recruit foster parents by passing out flyers, partnering with local businesses, providing us with contacts at churches and PTAs, putting our flyers where you work, etc.

**Training:** Have a skill that our teens with Independent Living Goals could benefit from? We're always looking for trainers to come in and help them learn!

Interested? Reach out to [fcsvanow@gmail.com](mailto:fcsvanow@gmail.com) to learn more.

# BECOME PART OF THE COMMUNITY!

## We're Hiring!

If you're passionate about kids and helping others, we want you! Join our team of dedicated professionals, all working together to help those who need us most; children.

Right now, we're looking for **part-time community-based counselors** to join our team! A masters degree in social work or a related field is required.

For more information, or to send your resume, please contact Kelley Willis at [Kwillis@fcsva.org](mailto:Kwillis@fcsva.org).

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*Know someone who might be an amazing foster parent? Get a  
**\$300 REFERRAL BONUS**  
when the person you refer becomes an approved foster parent and receives their first  
placement.  
Foster Parents, remember you have referral cards to give out to prospective parents!*

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## Become a Foster Parent!

*Interested in becoming a foster parent?*

At FCSVA, you can attend our no-strings-attached training session to learn more about what fostering looks like and see if it's the right fit for you. If you love it, we help you through the application process and beyond—we provide continuous training and support to all of our foster families the entire time that they're with our organization—because, as a foster parent, **you** are our most valuable resource!

Reach out to our Foster Parent Training Specialist, Charlotte Gallant, at [cgallant@fcsva.org](mailto:cgallant@fcsva.org) or call 703.817.9890 to learn more and get started!

# NORMALCY TRAINING

Complete the following form using <https://www.drjohndegarmofostercare.com/blog/guest-blog-normalization-for-kids-in-care-by-tj-petri>

Email to [cgallant@fcsva.org](mailto:cgallant@fcsva.org) for **1 training hour!**

1. Normalization is accomplished as a byproduct of \_\_\_\_\_ and \_\_\_\_\_.

2. What are three examples of normalization listed in the article?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

3. What is one positive outcome that comes from building strong foundations?

\_\_\_\_\_

4. Using what you've learned in the article, describe a few ways you can help the children in your care build their confidence and self-esteem, so they can work towards normalcy.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# SEXUAL DEVELOPMENT TRAINING

Complete the following form using <https://docs.google.com/gview?embedded=true&url=https%3A%2F%2Fstatic.ptbl.co%2Fstatic%2Fattachments%2F178035%2F1527958471.pdf%3F1527958471>

Email to [cgallant@fcsva.org](mailto:cgallant@fcsva.org) for **1 training hour!**

What is one thing that influences a child's sexual knowledge and behavior?

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What is one common sexual behavior for a five-year-old?

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What are two basic pieces of information to teach your preschool-aged child regarding sexual health?

1. \_\_\_\_\_

2. \_\_\_\_\_

What are two pieces of safety information to teach your school-aged child regarding sexual health?

1. \_\_\_\_\_

2. \_\_\_\_\_

What are two traits of typical childhood sexual play and exploration?

1. \_\_\_\_\_

2. \_\_\_\_\_

What is one tactic to help stay calm before responding to a sexual behavior?

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# RESOURCE CENTER

All of our foster parents are required to complete **15 hours** of training every year. For any parent looking for additional training hours, you may read any of the following articles, write a paragraph about what you learned and how you can implement this with children in your care, and turn it in to [cgallant@fcsva.org](mailto:cgallant@fcsva.org) for **0.5 training hours**.

ADHD: <https://www.helpguide.org/articles/add-adhd/when-your-child-has-attention-deficit-disorder-adhd.htm>

Back-to-school: <http://foster-adoptive-kinship-family-services-nj.org/5-foster-parents-tips-to-prepare-for-back-to-school-for-foster-children/>

Childhood Trauma: <http://foster2forever.com/2017/05/early-childhood-trauma-effects.html>

Discipline: <https://www.verywellfamily.com/how-to-discipline-children-in-foster-care-1094929>

Family Visits: <http://foster2forever.com/2012/06/family-visits.html>

Healthy Boundaries: <https://www.childrenfirstffa.com/2017/07/19/foster-parenting-teaching-healthy-boundaries-shasta-county/>

Helping Children Heal: [http://lifelinechild.org/10-practical-ways-to-help-your-child-heal/?fbclid=IwAR2kYjp7iAo7XcGnkfkcb94h1yYsloyu0i9VWhEpJgASP8K\\_ViI6WYgii52k](http://lifelinechild.org/10-practical-ways-to-help-your-child-heal/?fbclid=IwAR2kYjp7iAo7XcGnkfkcb94h1yYsloyu0i9VWhEpJgASP8K_ViI6WYgii52k)

Making Homework Fun: <https://www.parenting.com/child/education/4-ways-to-make-homework-time-more-fun-kids?fbclid=IwAR1t6H7fxDIILAJ5VrvzFIpyLLm9OVEKL3iNed3s0CEn0hzIYCZkgGxmeGk>

The Importance of Play: <http://lifelinechild.org/playing-to-connect-and-heal/>

Reactive Attachment Disorder: <http://foster-adoptive-kinship-family-services-nj.org/foster-children-with-rad/>

Sibling Relationships Post-Placement: <http://lifelinechild.org/sibling-relationships-post-placement/>

Stress Management: <http://foster2forever.com/2011/08/stress-management-tips.html>

Teaching Life Skills to Foster Children: <https://www.childrenfirstffa.com/2017/04/17/foster-parenting-teaching-practical-life-skills-foster-kids-shasta-county/>

Teaching Emotional Intelligence: <https://www.childrenfirstffa.com/2017/05/15/foster-care-tips-teaching-emotional-intelligence-shasta-county/>

*Have any particular topics you want addressed in a training? Reach out to [cgallant@fcsva.org](mailto:cgallant@fcsva.org) with your ideas!*