



FOR CHILDREN'S SAKE OF VIRGINIA WINTER NEWSLETTER



Some of our staff wanted to share their FCSVA New Year Resolutions!

Deb (CEO): To review all of our service contracts and ensure we are getting the best prices possible. I would also like to learn something new!

Kelley (Program Director): At least once a month, go visit a foster family to check in and make sure they know how much they are valued and appreciated!

Marcia (Compliance): Enjoy the everyday moments. We're all busy and have tasks to accomplish and goals to meet. But that doesn't mean we shouldn't enjoy the small moments of each day.

Gabby (Foster Parent Specialist: To find ways to expand our community youth group programs! ... and keep my desk organized :)

Mary (CM Supervisor): To continue to learn and grow in my new supervisor position.

SNEAK PEEK

**02 FCSVA Holiday
Party**

**03 FCSVA Family
Picnic**

**04 Foster Parent
Spotlight**

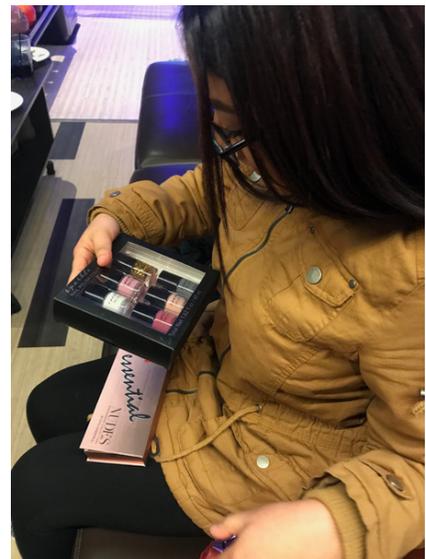
05 We're Hiring!

06 Training



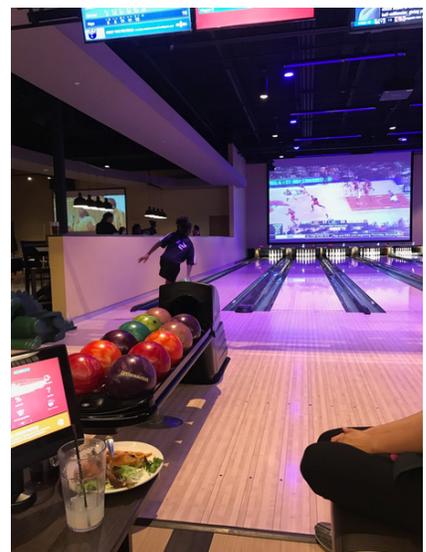
FCSVA HOLIDAY PARTY

On December 16, 2017, For Children's Sake of Virginia hosted our annual holiday party with our staff and foster families at Uptown Alley in Manassas, VA. Attendees enjoyed an afternoon of delicious food, bowling, laser tag, and arcade games. It was wonderful to see our foster families and children meeting one another, eating well, having fun, and forming new friendships. We learned we have some excellent bowlers in our FCSVA family!



We would like to give a special thank you to the Mom's Club of Alexandria - South for their generous donation of over 80 gifts that the children were able to open during the party. This is the second year that the Mom's Club of Alexandria - South helped FCSVA with gifts and we could not be more grateful!

*Thank you Mom's Club
of Alexandria - South!!*



KNOW SOMEONE WHO WOULD MAKE AN AWESOME
FOSTER PARENT? EARN A

\$300 Referral Bonus

WHEN THE PERSON YOU REFER BECOMES AN APPROVED
FOSTER PARENT AND RECEIVES THEIR FIRST PLACEMENT



FCSVA FAMILY PICNIC

On September 30, 2017, FCSVA foster families and staff enjoyed beautiful weather during our annual "End of Summer" picnic. Following delicious BBQ catered by "The Bone," attendees enjoyed music and dancing, a photo booth, yard games, and a jungle gym. Although we were sad to see summer go, everyone enjoyed their time outside with friends and family.

We would like to give a special thank you to the following businesses that donated to our picnic raffle prizes: Open Blooms, Go Ape!, Mom's club of Alexandria - South, Bowl America, and Monster Mini Golf.



FOSTER PARENT SPOTLIGHT

Our Foster Parent Spotlight this issue is Ms. Barbara Goins. Ms. Barbara has been with For Children's Sake of Virginia for over a year, and fostered previously for four years. She was inspired to become a foster parent because of her goddaughters recommendation that Ms. Barbara does so well with her goddaughters foster child, that she would also make a great foster parent. Previously, Ms. Barbara fostered teenagers, however, she took on a new challenge of fostering five children ranging from 11 months to 11 years old. When asked how she manages all five children, Ms Barbara stated, "By loving each one no matter what, having a lot of patience, and making the time." Ms. Barbara stated that she always wanted a big family, and that you can't think of fostering that many children as a "chore," but think of them all as your own children, and do what has to be done to meet their needs and support them.

One of Ms. Barbara's favorite memories of fostering over the years is having children that she fostered previously call, text, or visit, and say how much they appreciated what Ms. Barbara did for them, even though they didn't quite show it while in her home. Ms. Barbara offered some advice to those thinking about becoming foster parents. Ms. Barbara said, "Be all in, and in it for the long haul. Treat your foster children like they are your own. Kids will open up their hearts to you and may say things that hurt, but you need to be able to brush it off and keep loving them."

"Be all in,
and in it for
the long
haul."



Conduct Disorder Training (1 hr)

<https://www.cdc.gov/childrensmentalhealth/behavior.html#defiant>

Please read the above web link and answer these questions for 1 training hour.

List 3 examples of Oppositional Defiant Disorder:

- 1.
- 2.
- 3.

List 3 examples of Conduct Disorder:

- 1.
- 2.
- 3.

What treatment works best for young children who have disruptive behavior disorders? Explain what this treatment does.

What are three healthy ways to help manage symptoms of disruptive behavior disorders?

- 1.
- 2.
- 3.

List 3 risk factors that can lead to a child developing a disruptive behavior disorder:

- 1.
- 2.
- 3.

Please return the completed training to: **Gabby Grimaldi**
ggrimaldi@fcsva.org