



Mending the Tears in Our Hearts

www.youthnewsletter.net



Welcome to *Mending the Tears in Our Hearts*, the first Youth in Care Newsletter of Family & Children's Services of Cumberland County (Amherst, NS).

All of the articles and drawings were created by youth in care during a four-month period from October 2002 to February 2003 when we worked together as a group, talking and writing about our experiences and problems with the system.

We're all youth in care, living in group homes, foster homes, and independent living. The purpose of this Newsletter is to let people know about the system, and to make things better for other kids who are coming into care, so they won't have to go through what we've gone through. We'd also like you to use our ideas on how to handle kids in different situations.

Thank you, National Crime Prevention Strategy's Community Mobilization Program, Youth Employability Project, and Halifax Youth Foundation for your financial support of this project!

Oh—and one more thing. Please keep an open mind about what you're going to read...

A leaf hanging by a twig



by Rebecca Herrett

This is an excerpt from a longer article Rebecca wrote about discovering her family tree. Rebecca was adopted and then came into foster care as an adolescent.

I really don't understand how the parents get a choice on when they want to meet us cause if they don't want to meet us at age 19, then they don't have to, but what's up with that? I mean, they gave us away and never left anything saying why, confusing us so that we blame it on ourselves, and then when we turn 19, we are hoping that we can get this straightened out and actually start down the road of forgiveness. But how can this happen when they don't want to meet us? To read this whole article, go to: www.youthnewsletter.net



Illustration by Rebecca Herrett



Youth identified these feelings and emotions.

Hopeless

by Amanda Hunter

Sad – when you're hopeless you feel sad.
Tired – when you're hopeless you feel tired.
You don't want to go on.
Not excited about anything anymore.
Feel like no one wants your help, etc.

I have felt this way a lot before.

Loved

by Amanda Hunter

When I am loved I love it. It makes me feel great. It also makes me feel good about myself. I don't know what my experience with loved is, but when people tell me that they love me I believe it, and it brings a smile to my face. Or when they do something nice for me, that makes me feel loved.

So many things can make me feel not loved. Like, if people call me names or don't talk to me, or people talk about me behind my back or they say "I hate you and I want nothing to do with you."

My experience of loved is when I moved in with my real Dad, but what took me out of that feeling is when I had to go to a group home in New Glasgow. That made me feel not loved.

I love to feel loved. I want to feel that way all ways. But I find that I can't. Because it is hard for me to feel loved. I know people love me but it is just hard for me to feel loved. But I would love it if I did feel this way all the time.

Happy/Unhappy

by Mike Rogers, as told to Andrew Safer

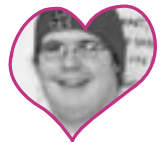


What makes me happy is: my social worker lets me go home, someone throws a party, or when a friend comes home. Then I stay happy for quite a while. At least once a day I feel this way. If I get married some day, I would feel that way more. I will feel that way if I have children, and when I'm around children in general. I would feel happy if I met my Dad.

Things that make me feel unhappy are: if someone hits me or shoots off and gets in my face, or if I didn't get enough sleep, and if I can't get hold of my social worker.

Living with young kids in care

by Kiley Kierstead



Living with kids in care under the age of 10 sucks because they get more love and attention. For example, you're used to getting drives whenever you want. Then a little squirt or two comes along and you get crap all, and have to find your own drive into town. Man, that peeves me off just thinking about it, because I went through the same thing.

their crying and their playing noisily. I know because I lived with a two and a four year old. I'm not trying to say kids are stupid or nothing, and I hope to have some, but this is different because you don't even know them. And your foster parents try to tell them that you're their brother, while you're wondering what the heck are they talking about, because they never came from the same family.

the kids start calling you Daddy, make sure you get the heck out of the house (laugh out loud).

Anyway, I'm going to end this by saying try to keep teenagers with their own, and kids with their own. That would probably keep teenagers out of trouble.

A couple of other things is: they wake you up in the morning between 6 and 6:30 with

Another thing I would like to add is when



Society: do they know?



by Samantha Baker

When I first came into care people constantly asked me and my foster parents how I got into care by usually asking, "What did she do?" What do they mean? How can they automatically assume I did something wrong to get in foster care? This happens to a lot of foster children. Society thinks foster children must have done something wrong to get in care. How can such a large group of people who are supposed to know so much, know so little?

Foster care is not a placement for troublemakers nor is it a correctional centre! Sometimes it's not the youth who are being irresponsible and destructive. Sometimes it's the parents in our universe that are in the wrong. Who would have thought that adults and even parents could be living among the world of immaturity?

Society has to realize that we all have different reasons for being in care, but for once the blame doesn't belong to evil spirited youth of today. Instead, in most cases, the blame belongs to parents and in even more cases, there is no blame because many foster children of today are just grateful to be away from their parents and those circumstances.

A lot of foster children I've met are in care because of their parents and other related reasons, none linking them to being sent to foster care as punishment.

Out of curiosity I randomly called a few people and asked them what they thought foster care was. I only called six people and out of those six people, only two had some kind of idea and those two people know me. Three were way off.

A retired man, 62, said: "I don't really know. Where kids can go to seek proper homes and families. Oh wait—isn't it where they put young offenders to serve out sentences instead of jail?"

A 47 year old woman who works in computer repair said: "Where troubled kids go to find better homes."

A 32 year old cabinetmaker said: "Where they stick kids who are always getting into trouble to try and straighten them out."

Society really doesn't understand and although some do, it seems most don't. Some foster children may be a little on the bad side, and some are definitely on the bad side, but that's the same with other children who are living with their parents. Not everyone's perfect and just because you're in foster care, that doesn't make you a criminal. Some foster children are bad because of their damaging childhood or rough circumstances they had to go through, but that doesn't mean it's always their fault.

The bottom line is: we didn't do anything wrong to get here, and we're not all criminals. Every different living situation may have their bad seeds but as a whole, foster children are not going to break into your home and terrorize your family. We're all people with

"Foster care is not a placement for troublemakers, nor is it a correctional centre!"

different motives, just like the rest of society.

One day, one of us may be counselling your family, doing your taxes or even being in charge of your life while you're on the operating table. If that sends back breaking shivers up your spine, society as we know it could be in big trouble because we are part of this, and will be for many more decades.

We are part of the future and if society keeps on going through life thinking we're all convicted criminals, they may never leave their homes again. Listen up, society: we're not all bad people and we're not in jail filling our sentences. We're in a home living our lives.

Foster care

by Rebecca Herrett



F-forever making people happy,
O-outstanding in every way,
S-standing strong they'll always be,
T-towards the future you will see,
E-everything that they mean to me,
R-remembering what they've done for thee.

C-caring and loving in every way,
A-always smiling brightening the day,
R-relax, don't move, they'll help you too,
E-everything they've done has made dreams come true.



Illustration by Samantha Baker

Youth in care speak!

So we could see what other youth in care think about a lot of the issues we've been writing about, we interviewed youth from foster homes, group homes (Mullins House and Cumberland Community Homes), and independent living, all in the Amherst-Oxford area. **Samantha, Rebecca, Amanda, and Kiley** interviewed: Keven Purnell, 19; Cory Rushton, 19; Joey Henderson, 18; Mike McCunn, 18; Janet St. Peter, 14; J.C. Horne, 13; Marko Allen, 12; and Tyler Smith, 11. Here's what they had to say...



Marko Allen

Janet St. Peter

J.C. Horne

Joey Henderson

Cory Rushton

Mike McCunn

"How did you end up in care?"

• "Just problems at home. My parents couldn't take care of me. When I was younger, I was really heavily into drugs and alcohol and I ended up beating up my mother's boyfriend one night so I got kicked out of their house and that's how I first made it into care. Then I left care for about a year and I got placed in jail and when I got placed back into care I went into a group home."

• "I got into a fight with my parents, and breaking windows."

• "Just my Dad. He can't get his act together."

• "My Mom used to beat me. When I was eating supper and I didn't finish it all because I didn't want it, because I was full, my Mom started to hit me and stuff."

• "No idea. I was about 9."

• "I wanted to be at my Mother's and then my Mother gave me away—well, she couldn't take care of me so she let me go and in 7 years I can visit her again. My foster family gave me to this group home cause I wanted to leave so much. She thought that it was a special place."

• "I just had problems at home and stuff and they sent me to Gary Migger (a social worker) who got me in care and I've been here since."

"What do you like about being in care?"

Marko: "Well, it sorta has its ups and downs, but my favourite is probably the treats."

Janet: "I have privileges, like I can do more things than I could at my Mom's. After school,

I can go to a friend's house and I wouldn't have to worry about having to get a drive home or the person having to say no.

"I could never do anything, and when I'm in foster care I can actually do stuff."

Tyler: "You get to go places more than you do at home." (Bowling, swimming and family visits are Tyler's favourite experiences in care.)

Mike McCunn: "Going to school, going out, going out on dates, everything. Being here in Amherst and skipping school."

J.C.: I got to go to Florida (cause my Mom let me). Being in care is fun. You get to go swimming at the Wandlyn, and you can get in there for free (with a pass)."

Cory: "Yeah, I like it all, man. You pretty much get what you want. Within reason, anyway. Within reason."

Keven: "A couple of years back, I went on a millenium trip with youth in care. That was a blast... I would agree that care is a pretty good place, but it doesn't prepare people for the outside world."

"What do you want to see changed about being in care?"

Janet: "Being able to see my social worker more often."

Marko: "Seeing my Dad more often."

Mike McCunn: "Let's see... The rules, the staff, stay up late, and let us smoke..."

Tyler: "Your allowances, and bigger bedtimes. There should be a longer bedtime every year. And I don't see my parents that much."

Joey: "Moving around a lot. When you keep on moving around you don't get to know as many people cause once you move somewhere you try to make friends and then you move again, and then you've got to start all over again."

J.C.: "In a group home I would like grounding to be changed. And the food. I'd like to get new chefs."

Keven: "Mostly the budgeting system, as well as the mentoring programs that they have for the youth in care. I feel that there should be a lot of mentoring programs for teens and the younger youth in care to get them more prepared for what care is going to be like. A lot of people find that after they leave care it becomes a whole lot harder for them because they are given pretty much everything they want in care. They ask for it and they get it. That's just the circumstance of how care is."

"There are quite a few kids in care that try to take advantage of the system. The system is pretty good with releasing orders and stuff like that, to get kids in care what they need. But the majority of the time, it's not needs, it's wants. So that's a big way of how budget is being wasted in the smaller offices."

"I guess if I had to change anything at all, it would be creating a better structure, like environments, for the youth in care and foster homes, as well as in group homes."

"I find the group homes to be a tad bit too institutionalized. It's too much like a jail, in a group home. I spent a good three years in a group home, and I hated it. You're being told when to go places, and how to do things. I'd just like to open up the aspect for the kids who do go to group homes, to be given more freedom than they are given."

COLLAGES ~



by Rebecca Herrett and Chris Cornish

- Five bucks allowance each week.
- Heart in hands – This shows that our hearts are in the hands of foster parents.
- Eraser – Erase all the bad memories.
- The map – Describes family trips that I've taken.
- The best things in life are basic family's – A title that I thought would fit well for how I feel towards families. You need them to survive.

by Mike Rogers



by Samantha Baker and Amanda Hunter

- Children coming together with people who help them belong to a family and a home. They get to spend time with parenting figures to help them grow emotionally healthy.
- Someone loves them and cares about them.
- Belonging to a family.
- Gives them more possibilities in their life.
- Some people in care have had it rough.
- Sometimes you can't see your real family.
- Foster care can be a saving angel to help children from bad situations.
- Children can have the chance to go to bed safely at night.
- Foster care is a recipe for love for those who had such a hard time with their real parents.
- Foster Parents and Social Workers discussing how things are going.
- Giving children a chance to learn and grow properly.

continued at: www.youthnewsletter.net

by Kiley Kierstead and Devin Schoenermarck



Paying for college

by Amanda Hunter



When you are in foster care, a lot of people wonder about college. Some of the questions that the kids have are:

- 1) Will I be going to college?
- 2) Who will help pay for college?
- 3) How long will they help?
- 4) Do I help and pay for some things?

Everyone will be going to college if they want to, and if they are in foster care. Just because you're in foster care doesn't mean that you won't be able to go to college.

If you're in foster care 'til you are 21 years of age, and you want to go to college or university, your social workers will help pay for your college. Some might pay for your first year, or more than that.

Your social worker will pay for your room, books, and classes. But there are some things that you help pay for.

For example, your food, clothes and if you have the right amount of money, then pay for whatever you need for school. But your social worker will help you out with paying for your college.

When the time is up for your social worker to stop helping you pay for your college or university, you might wonder, What am I going to do to pay for college? Or how? Well there is a thing called "Student Loan." It is where you borrow the money, but then you spend a lot of years trying to pay it off. There are also your grandparents and parents.

Amanda: "Do you think foster kids have just as much chance of getting into college as regular kids?"

JC: I think more, because they have parents. We don't. (He was comparing foster kids to group home kids.)

Janet: Foster care is for kids that are being abused and stuff, and for parents that won't pay for their schooling or for their food or clothes. If you are in foster care you have a much better chance of going to college.

Marko: It depends on what they do. If they just sit around and they're not doing anything, then I think that they should have

to work to get to college.

Amanda: "Do you think Social Services should help us pay for college?"

J.C.: "Yes. To help us get our education."

Janet: "I think they should help out, say, pay half the money—half or less. I think they

should pay for the first year, then, after that, if you're planning on staying longer, or if you have to stay longer, then you can pay."

Marko: "Well, it's sort of your own thing. I think you should have to pay for some on your own. Then your families can do some, or whoever can help."

Mike McCunn: "Yes. They should pay half, and the kids should pay half."

Attention, social workers!



by Rebecca Herrett

Social workers range from young to experienced (also known as old)! And so for a foster child you can get many different types of personalities in social workers. It can sometimes be for the worse.

There are the social workers that think that they know everything about you and then of course you've got ones that think they can solve anything. You've got your pushovers and the ones that are really bossy. But all in all, each social worker has one goal in mind, at least I hope they do, and that's to help each child in their own way. Even if it ends up making the problem ten times worse, at least they tried, right?

One of the many problems with social workers is that when you go to ask to go to someone's house it takes them about a month to get back to you and give you the answer and by then you're enemies with the person where you were going to spend the night, and so now you don't want to go anyways! I mean, you can't blame it all on the social workers because they have to ask their boss and then they have to ask their bosses, and I think you know what I'm getting at.

I think this problem could be easily solved by the social worker having complete control in that situation. They should be allowed to tell us if we can go or not.

I guess another problem around this situation is that your friends' parents have to have a police check. I can understand in a way why

they would need this done but come on, do you get your kids' friends' parents to have a police check before they can go spend the night? The system can easily solve this problem through trust. I know you can't trust everyone but that's what's gotten into this world. No one trusts anyone anymore. It would work a lot faster if the social worker just called the home and talked to the parents. It's not like they're not going to know where we are. Think of how much easier it would be and how many less mad foster children you'd have if they could actually spend the night at a friend's house.

I think the decision on whether the child goes or not should lie in the hands of the foster parents. They wanted us to feel like we are a family, so allow the foster parents to make some decisions when it comes to us.

My next topic is: where's your worker when you need them? Us youth always seem to be at school when the social workers are at work, and when we need to talk to them they're always not there. I know they have a lot of people on their case but that's why they need more social workers and only then do they have the right to either make a comment on the problem or even get at the child. They shouldn't have the right to say anything if they don't know what you're thinking. A way to solve this problem is to ask the child and seem interested (even if you're not). Let him/her know that you're there for support, not just to tell them what they can or cannot do.

continued on next page

When a problem does come up, then they probably will listen to what you have to say once they know you want to be more of a friend than anything else. You'll gain their trust. But make sure they know that they still have to listen to you, even if you're friends.

You have to be able to spend time with them. Foster children can have a lot of anger and confusion due to the fact they're not with their real family. This can be really hard and they really don't know how to deal with their feelings so they do something they normally wouldn't.

My suggestion to social workers is to try to understand what they're going through. Put yourself into their shoes and think of what you would be feeling like. Then times it by four and that's what they're feeling. So I guess I'm trying to suggest that social workers should be understanding of the foster child.

I believe it would be better for the social worker to actually start spending so many hours, say 30, hanging out with different foster children, so they get the feeling of what they're going to be working with. They'll also see many different types of situations that the children are going through.

Another way to get social workers and foster children to work together better is to match them up better, say, with experiences. If a social worker had a hard time in school then set them up with someone who's having a hard time at school. The social worker then would know exactly what the child is going through and may be able to give some good suggestions on how to make their way through school. The child would feel better being able to talk to someone that has had the same problem they have. Also the younger social workers seem to work better with teens, compared to the more experienced (!) ones.

Rebecca: "What qualities are important in a social worker?"

J.C.: "That they get to take care of people, and that they're kind."

Janet: "I'd like to see her make appointments with the kids she brings into care and sit and talk and have a little fun with them once and a while, even if it's only once a week. I'd also like to have a social worker who goes through the same problems. The biggest problem with them, I think, is that they don't understand."

Marko: "I don't think they should be able to just walk up and tell people who you are and everything about you."

Tyler: "My social worker is nice. She takes me places every time she comes, and next time she comes she's going to be buying me stuff."

Joey: "He'd be nice, and he'd have to know everything about me."

Joey: "To teach children how to learn and how to react without living with their real parents."

Keven: "I've gone through three social workers since I came into care. My new social worker, she's a younger social worker so I guess I have more in common with her, but she still doesn't really understand what it's like to be a teenager, growing up in this day and age, and I don't think any social worker does."

Rebecca: "If your social worker was sitting here right now, what would you say to him/her? What advice do you have?"

J.C.: "I like you the way you are. Be yourself."

Joey: "That he's done a good job so far."

Janet: "I'd like to see my social worker more often. If I was the boss I'd call the social workers myself and get them to come see the kids."

Keven: "Mostly, don't just jump into a situation with a foster kid. They have to build a relationship with the kid before they're gonna get anything out of it."



Illustration by Rebecca Herrett



Illustration by Rebecca Herrett

Social workers who care about their job and try to get involved with the foster kids are "Super Social Workers".

Selfishness

by Samantha Baker



There are many angles to selfishness in a lot of foster children, but one of the most annoying is the constant attempt to get more money. I can understand if it's a foster child who in all consideration actually deserves the money and may need it for a better purpose than just for the sake of having more money, but when we're faced with the selfishness of those who don't deserve any money, let alone more money, the whole money situation becomes incredibly ridiculous. Even though not all teenagers in foster care are like this, I've noticed a lot who are.

The teens that haven't matured or gained the trust of others all seem to want more for nothing. These same teens in a lot of cases are the troublemakers who don't know how to properly behave. It's just like what parents tell their young children: "Treat others the way you want to be treated". If these teens can't give back to the system respect and proper behaviour, why should the system respect their argument to have more money when they don't deserve it?

We need to make these particular foster children realize they will not be rewarded for bad behaviour and in doing that I have come up with a possible basic solution. A child in care must follow all rules such as no drugs or alcohol, not staying out past given curfew, participating in their education by going to school as well as completing homework assignments, definitely not breaking any

rules of the law and obeying the rules of the foster parent which, in all likelihood will be approved by Social Services first. The rules made up by the foster parent and approved by Social Services will vary according to each individual foster parent. The children who follow all of these rules and deserve their allowance, will receive their money.

The dollar amount of the allowance will increase with age and good behaviour. Also there is a maximum amount of money that the allowance can rise to. As long as the foster child continues to follow the rules, they will continue getting their money and even one day reach their maximum, a reward for good behaviour instead of bad. Foster parents can even reward them with privileges such as allowing them to stay out later, attend a special event or even give something back that was taken away on not such a good day. This allowance set-up can continue until adulthood, the maximum of age 18 or 19, because there's a whole new set of rules after age 19 that may not be compatible with the same rules for younger foster children and teenagers.

The largest role of Social Services would be to act as a supervisor by giving the final say on the foster parent's rules and to make sure the foster children aren't being taken advantage

of. Ways to help do this could be by meeting with the foster parents to discuss how the rules at their home will be set up and Social Services can decide what would be appropriate. If a foster family is quite new it could be a good idea to check in every few months

“In life, the world seems to give you what you deserve and if you work for it, what you deserve may be worth going that extra mile for.”

or so, to see how things are going and the social worker can also discuss matters with the child or teen to make sure everything is going smoothly.

This idea could help the way foster children think about trying to get something for nothing because if they don't follow the rules, they get nothing at all and since they all want their money they may give in to good behaviour to have that cash reward. We will no longer be supporting the idea that bad behaviour will be rewarded and maybe the foster children heading on the road of destruction will turn around their ways to receive the money they so desperately want. Maybe they'll learn that in life, the world seems to give you what you deserve and if you work for it, what you deserve may be worth going that extra mile for.



L-R: Kiley, Samantha, and Amanda • The flipchart paper behind them details the key points in the articles they were working on at the time.

The Angel of Foster Care



Illustration by Samantha Baker

Too much freedom



by Amanda Hunter

Today, when kids come into foster care and are going to their new foster homes, they think they should have more freedom than they really should have.

What I think should be done is a couple of things. First the social worker and foster parents should set down the kids and tell them all of the rules and what is allowed to happen. If those rules are not being followed, I think that the parent should take some of their privileges away from them. And they can work to get them back. But in some cases, I know; that doesn't work that well. It all depends on the kid(s) and where they came from.

Another thing that the foster parents can do

is watch every move that they make. What I mean is: get on their back. But a question that some parents may have is: "If they are already miserable, do you still get on their back?"

Well, it all depends...if they're just miserable because they have to have someone on their back, then keep doing it. But give them a little space. But if they are so miserable that they want to die, then by all means watch them and make sure that they don't do anything to hurt themselves. No matter what they say or do, keep watching them.

Kids can have freedom, but keep it to a limit. For example, the older the kid gets the more freedom he/she gets. A teenager will have more freedom than a 10 year old.

Amanda: "How do you feel about kids having too much freedom?"

Tyler: "It's pathetic. If they don't earn it, they don't deserve it."

Mike McCunn: "They get more into trouble if they're not in foster care."

Marko: "It's all right, but I just don't think they should be able to go out for a long period of time without being able to phone cause you never know what they're up to."

J.C.: "I love it. I love freedom."



Back to front: Kiley, Devin, and Chris
Cutting out images for their collages.



L-R: Amanda and Rebecca

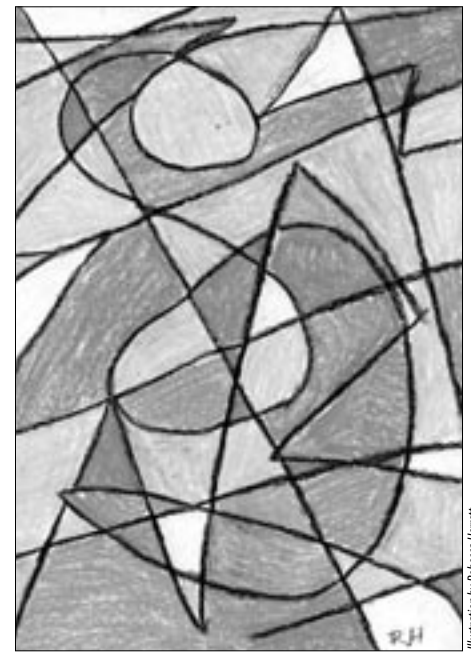


Illustration by Rebecca Herrett

Going to pot

These notes were taken while interviewing one of the youths in the program.

- Drugs - Stressful, being moved around everywhere.
- When he feels stressful he smokes pot. Sees things that aren't there.
- Does not think about the problem when smoking pot.
- After the pot wears off, he wants more. The

problem is still there.

- If pot is not there, then he'll resort to another drug.
- An everyday thing. There's one problem that's always there which never goes away.
- Drugs, violence, alcohol since he was 13.

Pot

by Albert Rodriguez

I picked pot (to write about) because it keeps us out of trouble. It keeps me in school because it mellows me out enough to listen to teachers. If I didn't have it, I would usually get in fights with teachers and foster parents. I myself think that pot should be legalized because it keeps a lot of people out of trouble.



Samantha Baker



Chris Cornish



Rebecca Herrett



Amanda Hunter



Kiley Kierstead



Mike Rogers



Devin Schoenermarck

My experience in foster care

by Samantha Baker

I've been in foster care for almost four years, since I was 15 years old. Before I came into care my family all moved to Sarnia, Ontario. I begged and begged not to go and after a lot of convincing and heartbreak, my parents let me stay in Amherst with my grandparents. When the summer came we all planned for me to go on a trip with my uncle to travel to Sarnia to visit my family. I stayed the whole summer in Sarnia with my family and I loved it. My family convinced me to stay with them, so I did.

Near the end of first semester I was really homesick for Amherst. I missed my grandparents, friends and all the places where I made memories in my hometown of Amherst and although I wanted to be with my family so bad, and it killed us to separate, I just couldn't stand living there away from where I belong. I got a ticket home by train.

I travelled from Sarnia to Amherst alone and when I got to Amherst I stayed with my other grandparents while Social Services made arrangements for a foster home, and that's how I first got into care. To read Samantha's full story, go to: www.youthnewsletter.net



L-R: Rebecca and Samantha • Pairing up the Newsletter's logo and title.

These youth in care participated in the Newsletter Project:

Samantha Baker, 19
Chris Cornish, 17
Rebecca Herrett, 18
Amanda Hunter, 15

Kiley Kierstead, 17
Mike Rogers, 15
Devin Schoenermarck, 16

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Helen Strickland, Children's Aid Society of Halifax
Darren Tower, Literacy Tutor
Robert Wright, Family & Children's Services of Cumberland County
Youth Employability Project

Thank you, Halifax Youth In Care Newsletter group, for putting our Newsletter onto the Web site!



If you liked this Newsletter, check out our Web site at:

www.youthnewsletter.net

There are a lot more articles and pictures there!

"Mending the Tears in Our Hearts" logo designed by Amanda Hunter; enhanced by Trevor Dakins

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