



FOSTER PARENTS SOCIETY OF ONTARIO

The dedicated voice of foster families in Ontario

FPSO Annual Fall Educational Conference

FPSO Annual Fall Educational Conference

October 17-23, 2026

Caring For All of The Foster Family

Chief Executive Officers Greeting

Here we are just enjoying the most wonderful time of the year; back to school!

I think this every year that I have school age children in the home; how peaceful it will be to pack lunches and backpacks, wave goodbye as my clean, nicely dressed littles look back through the bus windows; how nice it will be to think my own thoughts for a few hours.

Then the emails and phone calls start with all the appointments, meetings and demands on my time. Things that were seemingly on pause all summer just waiting to pounce on me in September. So much for a few peaceful hours in my day. These are just new requirements for a different kind of running around.

Here at FPSO as the school season hit, we focused in hard core on finishing up the last details of the Annual Fall Educational Conference. Reaching out to all of our excellent presenters to send in their bios, descriptions and photos.

Finally, we are here with a finished product. We are planning this conference with the theme of ***Caring For All of The Foster Family***. We have been aware for a very long time that if the caregivers are not taken care of there will be no one to care for the children. We are also aware that more often than not if we as caregivers do not take care of ourselves no one else is going to do it for us. This led us to plan a conference that had a dual focus on helping us care for the children and supporting us to care for ourselves.

We hope that you will find plenty of good training options in this package and look forward to seeing you all on screen.

In Friendship and Fostering

Vanessa Milley

FPSO, CEO

Conference registration link <https://forms.gle/cadXkB1g7T5SNWe87>

Caring For All of The Foster Family

COO/Training Coordinator Report

We are pleased to share that this year's fall conference is centred on a theme close to our hearts: caring for foster families. Foster parents are the heart and backbone of our child welfare system, offering steady care, compassion, and commitment that help children build brighter futures every day. As foster care systems around the world face growing challenges with recruitment and retention, this is a meaningful moment to come together, lift one another up, and reaffirm our shared commitment to supporting these extraordinary families. When foster parents feel valued, encouraged, and supported, the children in their care—and our whole community—are stronger for it.

At FPSO, our dedication to foster families is at the heart of everything we do. We provide meaningful training opportunities, knowledgeable support just a phone call away, and a strong voice at stakeholder tables so foster parents' experiences and insights can help shape the future of child welfare. Even during times of financial pressure, we have proudly kept membership dues at \$30 since 2019, we have frozen our dues rate for 7 years so our services remained accessible. Through eight free monthly trainings, discounted conference rates—including \$25 per virtual conference training—and year-round guidance, we continue to invest in the wellbeing, confidence, and resilience of foster families.

A special highlight of this year's conference is our panel day, created with foster parents' needs and experiences at the centre. Together, we will explore practical strategies for self-care and resilience, offering encouragement and tools to help you continue making a lasting difference in the lives of children and youth.

Your voice matters. We warmly invite you to join the conversation by attending the conference, sharing your experiences, and participating in our fall survey. Each week, we will ask three questions to help bring your perspectives forward and ensure foster parents' voices are heard.

For further inspiration and practical insight, we encourage you to explore a leading resource from the UK, where innovative approaches are recognizing foster parents as essential members of the care team and offering more intentional support. These global perspectives remind us that, together, we can continue learning, growing, and strengthening the supports that help foster families.

Regards

Elaine Pratt

COO, Training Coordinator

https://www.thefosteringnetwork.org.uk/blogs/new-draft-fostering-standards-in-england-summary/?fbclid=IwY2xjawUUH2dwZG9mBWV4dG4DYWVtAjEwAGJyaWQRMXRJcnFkUkZTTm1tcXRldEtzcnRjBmFwcF9pZBAyMjlwMzIxNzg4MjAwODkyAAEeWi_40vqCxKC4vAHEgL0xoEaO8QeLiA-08hse-0JqBzMxHuE9TfrTKVQNScY_aem_ZmFrZWR1bW15MTZieXRlcw

Caring For All of The Foster Family

When	Presenter	Workshop
Saturday Oct. 17 9:00-4:00	Vanessa Milley	Advocacy One – Advocacy Foundations
Sunday Oct. 18 1:00-4:00	Takiyah Wedderburn	Self Esteem & Confidence, Self-Image and it's Effects on Mental Health
Monday Oct. 19 9:00-12:00	Talia-Rae Farrow	When Kids Ask Big Questions Building Bonds: Strengthening and Encouraging Connections between your Biological and Foster/Adopted Children Heartbreak & Heartache: Helping Your Biological Children Navigate Grief and Loss
Monday Oct. 19 1:00-4:00	Katie McKeown	Beyond Picky Eating: Recognizing Eating Concerns in Children & Knowing When to Reach Out
Tuesday Oct. 20 1:00-4:00	Jackie Robertson	Beyond the Surface: Managing “Manipulative” Behaviours in Looked After Children Through a Trauma-informed Lense
Tuesday Oct. 20 7:00-10:00	Vanessa Milley	Before The Storm Hits
<i>When the Storm Hits workshop will also serve as the October Monthly Training – which is No cost to members – Fron non-members \$20.00</i>		
Wednesday Oct. 21 1:00-2:00	Nicole Hasmatali	Women's Midlife Wellness: Understanding the Changes Within
Wednesday Oct. 21 2:30-4:00	Sue Brown	Rested and Resilient: Sleep Support for Caregivers
Thursday Oct. 22 1:00-4:00	Rebecca Fidler	Navigating Caregiving Anxiety
Friday Oct. 23 9:00-12:00	Courtney Veszina	Understanding Developmental trauma Attachment & Attachment Disruptions. Reframing Misbehaviours & Positive Discipline Parental Stress & Self-care/Self-compassion
Friday Oct. 23 1:00-3:30	Kelly Tourney	At What Cost? Stress, Caregiving, and the System

Regular workshops are three hours long with either a mid-way break or two breaks at the 1/3 & 2/3 points.

Each of these workshops have a cost of \$25.00 for Members \$30.00 for Non-Members.

The Advocacy One virtual full day workshop will be 6 hours, with mid-morning and mid-afternoon breaks and a break for lunch.

This workshop has a cost of \$75.00 Members Only

Any workshops have less than 10 registrants, will be rescheduled for another time or cancelled.

Registration Link <https://forms.gle/cadXkB1g7T5SNWe87>

Attendance will be taken during workshops, certificates will be sent following Workshops
Invoices will be sent following the conference for all workshops attended

Caring For All of The Foster Family

Workshop #1

Advocacy Module One - Advocacy Foundations with Vanessa Milley	
When	Saturday October 17, 9:00-4:--
Who	Presenter biography Vanessa Milley is FPSO Chief Executive Officer, Chief Communications Officer & Governance and Policy Chairperson; and has served on the FPSO Board for the past 17 years. Vanessa has done many presentations on behalf of FPSO including Bill 170, and the Strengthening Family Based Care Brief, Bill 179 Adoption Openness, and participated in the Adoption Openness Advisory at OACAS where the adoption openness curriculum was developed. Vanessa has been on various boards for nearly 43 years. , Vanessa began fostering with a local areas CAS for 20 years, during which time she fostered 150 children alongside of raising her own 5 children 3 biological and two adopted. While fostering for the CAS Vanessa volunteered on her local FPA for 17 years 13 of those years as President, and 8 as regional FPSO Director. Vanessa has fostered in the Private Sector since 2018. Vanessa is an experienced advocate with 25 years' experience providing advocacy support to foster parents, and is privileged to have been able to train the FPSO Advocacy One training for the past ten years. 
What	Advocacy One – Advocacy Foundations This workshop is an introductory course into the field of Advocacy and takes a professional look at three main components, Communicator/Advocate, peer support and liaison. This course is designed to provide a comprehensive foundation for those considering becoming an advocate, those who are already advocates; as well as those interested in applying the advocacy principals and training to their own role as a foster parent. We will examine child protection issues and the responsibilities of the agencies, as well as explore:  The role of the communicator/advocate during an allegation or complaints procedure  The needs of the caregivers involved in an allegation  The types of supports and resources they will require. When you take this workshop, you will have the tools you need to:  Set up an Advocate program within your own FPA/FFA, or agency  To maintain your local area advocacy program.  To participate in your local area as an advocate.  To advocate for your foster parent peers  To advocate for and protect yourself.

Caring For All of The Foster Family

Workshop #2

Self Esteem & Confidence Plus Self-Image and it's Effects on mental Health With Takiyah Wedderburn	
When	Sunday October 18, 1:00-4:00
Who	Presenter Biography Takiyah Wedderburn is the Founder of Natural Kids Movement (NKM), a non-profit organization established in 2015 to address the overrepresentation of Black children in Ontario's child welfare system. With nearly 20 years of experience as a Child & Youth Care practitioner, Takiyah has dedicated her career to supporting and advocating for the well-being of vulnerable children, youth, and families in education, child welfare, and treatment care settings. Under her leadership, NKM has grown into a platform that empowers communities, uplifts marginalized voices, and advocates for systemic change. 
What	Self-Esteem & Confidence This engaging workshop is designed to help children and youth in care feel more confident, valued, and proud of who they are. Through supportive discussion and interactive activities, participants will be encouraged to recognize their strengths, celebrate their identities and cultural backgrounds, and build a stronger sense of self-worth. The session offers practical tools that can help young people feel more secure in themselves and better equipped to navigate everyday challenges. Self-Image and Its Effects on Mental Health How young people see themselves can have a powerful impact on how they feel, cope, and connect with others. This workshop creates a supportive space for participants to explore the connection between self-image, identity, and mental health, while considering the influence of culture, representation, and everyday experiences. Participants will leave with practical strategies for challenging negative self-perceptions, building resilience, and developing a healthier, more positive relationship with themselves.

Caring For All of The Foster Family

Workshop #3

When Kids Ask Big Questions;
Building Bonds: Strengthening and Encouraging Connections between your Biological and Foster/Adopted Children;
Heartbreak & Heartache: Helping Your Biological Children Navigate Grief and Loss

When	Monday October 19, 9:00-12:00
Who	Talia-Rae Farrow Talia-Rae has been a biological child in a foster/adoptive family for seventeen years. As a sibling to over 70 children aged newborn to eighteen, Talia-Rae brings a plethora of experiences regarding the role of biological children in foster/adoptive families. Now an adult, she loves using her voice and her platform to advocate for biological children and highlight the side of foster care and adoption that is often overlooked: the experiences of the biological children in the home. 
What	In this workshop Talia-Rae will be sharing from her experiences growing up in her parents foster/adoptive home. Each of the three areas that will be combined into this full morning workshop are areas Talia-Rae has recognized are worthy of conversation, and potentially at one time or another will affect the children growing up in the foster home. How are we as caregivers prepared for the “Big Questions”; What is our part in helping to “build bonds” among the children in our homes; Are we noticing the “Heartbreak or Heartache” and if we are how are we helping our children through it? Some of the answers to these questions and more will be discussed during this workshop, with the answers not coming from a textbook or articles; but from a place of lived experience, and reflections from the past seventeen years. The whole of child welfare is focused on child protection; however, the legal children of the foster parents are not generally a focus of child welfare, yet they are a significant part of a foster child’s life within our homes. This workshop is designed to help us help our legal children as we pull them along with us in our fostering journey.

Caring For All of The Foster Family

Workshop #4

Beyond Picky Eating: Recognizing Eating Concerns in Children & Knowing When to Reach Out **With** **Katie McKeown**

When	Monday October 19, 1:00-4:00
Who	Presenter Biography Katie McKeown is a Registered Psychotherapist and the founder of Modern Psych, a virtual mental health clinic serving clients across Ontario. Katie and the Modern Psych team specialize in supporting individuals struggling with disordered eating, anxiety, burnout, perfectionism, body image, and major life transitions. Katie's approach blends evidence-based psychotherapy with an understanding of neuroscience, psychology, nutrition and physiology to help clients understand not only what they are experiencing, but also why their mind and body may be responding the way they are. Her style is warm, candid, practical, and collaborative, with a focus on making complex psychological concepts understandable and useful in everyday life. 
What	Workshop Description When does picky eating become something more? For foster parents and caregivers, it can be difficult to know which eating behaviours are part of a child's preferences or adjustment and which may signal a more significant concern. In this practical and approachable workshop, we'll explore eating concerns that can show up in children and youth, including ARFID, anorexia, binge eating and other forms of disordered eating. Participants will learn what warning signs to watch for, how eating difficulties can affect a young person physically and emotionally, and when it may be time to involve a professional. We'll also discuss how caregivers can respond when they notice concerning behaviours, including what can be helpful to say and do, what can unintentionally make things harder, and how to create a more supportive environment around food and eating. The goal is to help parents and caregivers feel more confident recognizing when something may be going on, responding supportively, and knowing when and where to reach out for additional help.

Caring For All of The Foster Family

Workshop #5

Beyond The Surface Managing “Manipulative” Behaviours in Looked After Children Through a Trauma-Informed Lense	
When	Tuesday October 20, 1:00-4:00
Who	Jackie Robertson Jackie Robertson is a registered psychotherapist, clinical case consultant (TFC), educator/trainer with extensive experience working with parents, children and youth dealing with various life experiences, personal, and familial issues. She brings over thirty-two years of experience in adolescence mental health and child welfare, with focused work in mental illness, trauma, attachment and adoption. She works with teens and families (Biological, foster, kinship, kith ship, and adoptive parents) and is passionate about helping families becoming healthier. 
What	Beyond the Surface: Managing "Manipulative" Behaviours in Looked After Children Through a Trauma-Informed Lens Every behaviour is a language. When Looked After Children (LAC) utilize self-serving or seemingly manipulative tactics, they are not acting out of malice—they are deploying deeply ingrained, adaptive survival mechanisms. For a child who has experienced relational trauma, direct requests were often unsafe or ineffective; covert strategies became their only tool to secure control, predictability, and safety. This virtual workshop invites participants to shift from personalization to clinical objectivity. By decoding the emotional needs fueling challenging behaviours—such as splitting, triangulation, and guilt induction—participants will learn to interpret what a youth's actions are desperately trying to communicate.

Caring For All of The Foster Family

Workshop #6

Before The Storm Hits

With

Vanessa Milley

This workshop will be free to members and \$20.00 to non-members as it is also serving as the October Monthly Training

When	Thursday October 22, 7:00-9:30
Who	Presenter Biography Vanessa Milley will celebrate 30 years of fostering this coming December. Through these three decades she has fostered babies, toddlers, sibling groups, school age children, a few teenagers including one young mother and her baby. All while also raising her own 5 children (3 bio, 2 adopted). During this fostering life there has been a lot of time spent as an active member of the local the Foster Parent Association most of this was as President which included being lead Advocate. On top of this has been 17 years with FPSO, serving as Governance and Policy Chairperson and a variety of other leadership positions up to the current role of Chief Executive Officer. Over the last 27 years Vanessa has assisted countless foster families who were in crisis or under investigation. Ultimately participating in the rewrite of the Advocacy level One training and becoming the trainer for the past 11 years. 
What	Before the Storm Hits In Child Welfare there will be storms; because there is a great deal of inconsistency, a great deal of unpredictability, a frequent opportunity for conflict, a strong probability you will have a crisis or an investigation, maybe multiple investigations – no one is immune. As I have worked to support one family after another who are undergoing a crisis or are under investigation by the Children's Aid Society I have learned a few things along the way. Some of these things are packaged into the training for advocates, but not everyone is planning to be an advocate or willing to take the advocacy training. This workshop has been prepared for every and any foster parent; to share information gathered through experience, through sitting by the side of others on their own worst day. We will talk about things that are preventative, things that are protective, and things that will help get you through a crisis or investigation. I have witnessed people make poor decisions, innocent errors, naive actions and get themselves in harms way. I have also witnessed people under investigation dig themselves in so deep there was no way back. I would like to share with you the lessons I have learned through my work as an advocate and foster parent support; so you might be safer, so you might have a long career, so you might still be here to receive the child who is coming, the one you have not yet had a chance to meet, the one who will be needing you.

Caring For All of The Foster Family

Workshop #7

Women's Midlife Wellness: Understanding the Changes Within With Nicola Hasmatali

When Wednesday October 21, 1:00-2:00

Who I'm Nicola Hasmatali, founder of What the Gut - Women's Wellness and a Certified Holistic Perimenopause & Menopause Coach.

My journey into this work began with my own health.

For years, I struggled with anxiety, brain fog, poor sleep, weight gain, painful periods, low libido, and simply not understanding what was happening in my body. After years of searching for answers, and eventually having a hysterectomy at 41 for adenomyosis, I began connecting the dots and realized my hormones had been telling a much bigger story.



That experience changed everything.

I became a coach because I don't want other women spending years feeling confused, dismissed, or believing they just have to "push through." **My goal isn't to help women get back to who they were, it's to help them understand their changing bodies so they can move forward with confidence.**

That's why I created What the Gut - Women's Wellness.

As a foster mom of nine years, I also understand how much of ourselves we can give while caring for others, and why making space for our own health and well-being matters too.

Today, I work to:

Empower women with personalized support because no two menopause journeys are the same.

Educate partners to build understanding, communication, and connection.

Evolve workplaces to increase menopause awareness, reduce stigma, and create a culture of understanding for everyone.

What Women's Midlife Wellness: Understanding the Changes Within

Midlife can bring changes to a woman's body, mood, sleep, energy, confidence, intimacy and relationships—often before she even realizes that hormones may be playing a role. This conversation will explore perimenopause and the changes women may experience during this stage of life, while creating space for the people who love and support them to understand it too.

As a foster mom for the past nine years, I understand how easy it can be for women to spend years caring for everyone around them while putting their own health and well-being further down the list.

Perimenopause doesn't happen in isolation; it can affect relationships, families, workplaces and the way we communicate with one another. Whether you're a woman navigating these changes, a partner wanting to better understand what she may be experiencing, or simply someone who wants to learn more, this conversation is about education, understanding and opening up conversations we should all be having.

Caring For All of The Foster Family

Workshop #8

<u>Rested & Resilient: Sleep Support for Caregivers</u> With Susan Brown	
When	Wednesday October 21, 2:30-4:00
Who	Susan Brown Sue combines lived experience as a foster parent with evidence-informed nervous system education to deliver engaging, practical workshops for caregivers. After years of navigating the emotional demands of foster parenting, Susan understands firsthand the invisible weight many caregivers carry. Her workshops help participants understand why stress affects the body, emotions, sleep, confidence, and decision-making and, more importantly, what they can do about it. Participants leave with practical strategies they can begin using immediately to regulate under pressure, recover from chronic stress, and continue caring for others without losing themselves in the process. 
What	WORKSHOP DESCRIPTION Caring for children and youth can make it difficult to fully switch off at the end of the day. Even when the house is quiet, the body may still be carrying stress, responsibility, worry, and the emotional weight of caregiving. In this practical 90-minute workshop, foster caregivers will learn how stress affects sleep and why simply trying harder to rest often does not work. Participants will be introduced to simple, realistic tools they can use to help the body settle at night, create a more supportive wind-down routine, and respond differently when they wake during the night and cannot get back to sleep. The session is designed specifically for caregivers whose minds and bodies may remain alert long after the day is over. Participants will leave with practical strategies they can begin using immediately to support better rest, recovery, and overall wellbeing. PARTICIPANTS WILL LEARN HOW TO - Recognize how stress and caregiving demands can affect sleep and keep the body alert at night. - Use simple regulation tools to help the body settle before bed. - Create a realistic wind-down routine that supports rest without adding more pressure to the day. - Respond differently to middle-of-the-night waking instead of struggling to force sleep. - Build small recovery habits that support better rest, energy, and wellbeing over time.

Caring For All of The Foster Family

Workshop #9

Navigating Caregiver Anxiety With Rebeca Fidler	
When	Thursday October 22, 1:00-4:00
Who	Rebecca (Becky) Fidler is a Licensed Mental Health Counselor (6956) based in Massachusetts, USA where she has a private counseling and training practice. Becky has been practicing clinician since 2005 in a broad range of settings which has created her dynamic background. Her work with children, adolescents, adults, couples, families and school districts has her highly sought after for counseling, training services and speaking engagements. Becky's passion for the last decade has been to support school districts, community centers and foster parent/caregiver communities in various ways to help people feel more educated and informed around mental health symptoms and substance use risks. At the root of all that Becky does, she is committed to supporting others to better understand their own thoughts, feelings, and behaviors so that they can have more meaningful and connected relationships in their lives. 
What	Workshop Description – It is my intention to provide education regarding what is occurring in our minds and bodies when experiencing anxiety. After general education about anxiety in the body, we will explore how anxiety impacts caregiver dynamics and then review many coping strategies for de-escalating ourselves and our youth. A participant will leave feeling a deeper understanding of themselves as well as a deeper understanding of how to support youth in their lives. <u>Participants will gain:</u> 1- Knowledge of how anxiety is impacting the brain and body 2- Knowledge of the impact of trauma on anxiety 3- Understand the impact of anxiety on relationships and how it “shows itself” 4- Gain coping strategies to manage anxiety symptoms <u>Practical and Applicable skills that a participant will leave with:</u> -Language to appropriately label emotions -Strategies that can be applied independently and immediately to reduce anxiety - Identification of anxiety to reduce the “power” that anxiety has

Caring For All of The Foster Family

Workshop #10

Understanding Developmental Trauma Attachment & Attachment Disruptions Reframing Misbehaviour & Positive Discipline Parental Stress & Self-care/Self-Compassion With Courtney Vezina

When Friday October 23 9:00-12:00

Who **Presenter Biography**

Dr. Courtney Vezina Registered Psychotherapist

Courtney is a Doctor of Counselling and Psychotherapy, speaker, writer, and devoted biological and foster mother. With an academic background in psychology and advanced clinical training in counselling and psychotherapy, she specializes in developmental trauma, attachment, and trauma-informed care.

Courtney's research explores self-compassionate self-care as a foundation for caregiver resilience, particularly for those serving in high-demand roles like foster and adoptive parenthood. She is passionate about reframing self-care not as indulgence, but as stewardship: a sustainable way of caring for the hearts, homes, and roles entrusted to us.

Her connection to foster care is deeply personal. Courtney grew up as a biological child in a foster home and now parents as both a biological and foster mother herself. These layered experiences give her a unique perspective on the emotional realities and relational complexities woven into many dynamics of family life



What **Workshop Description**

Positive Discipline, Parental Stress, & Parenting Children with Attachment Disruptions

Including:

Understanding Developmental Trauma
Attachment & Attachment Disruptions
Reframing Misbehaviour & Positive Discipline
Parental Stress & Self-care/Self-Compassion

Participants will build a foundation for understanding children's behaviour by exploring how early experiences, trauma, and attachment shape development, emotional regulation, and relationships. This session emphasizes shifting perspectives on behaviour from simply "good" or "bad" to understanding it as communication of underlying needs. Participants will also be introduced to the core principles of positive discipline and begin exploring how caregiver stress and well-being influence parenting interactions, laying the groundwork for using self-compassionate self-care practices effectively.

Caring For All of The Foster Family

Workshop #11

At What Cost? Stress, Caregiving, and the System With Kelly Tournay	
When	Friday October 23. 1:00-3:30
Who	Presenter Biography Kelly holds a BA (Honours) from McMaster University, and a Diploma in Adult Education from St. Francis Xavier University. She began her career as a CAS Child Protection Worker, then moved into the role of COAST Mental Health Worker. Following that, Kelly held the positions of Elder Abuse Investigator, Partner Assault Response (PAR) Counsellor, and Alternative Dispute Resolution (ADR) Practitioner and Mentor. Kelly has been an OPR (Outside Paid Resource) Family Supervisor for six years. She is passionate about advocating for and empowering children, youth, and families, helping to ensure their voices are heard, valued, and respected within the systems that impact their lives. 
What	At What Cost? Stress, Caregiving, and the System Caregiving can be deeply rewarding, but navigating the child welfare system can also bring significant stress, frustration, and bone-deep exhaustion. This workshop explores the impact of system-related stress on caregivers, and asks an important question: At what cost? We'll look at common stressors caregivers experience while working within the system, and explore how ongoing stress can affect our ability to remain safe, regulated, connected, and engaged with the children and youth in our care. Caregivers play a critical role in helping children feel secure and supported, and to do this effectively, caregivers need to have the capacity to be their children's "external brains." This session will focus on the importance of self-care; not as an extra or a luxury, but as an essential part of caregiving. Participants will explore practical ways to recognize stress, protect their own well-being, and practice self-health, while continuing to advocate for and support the children and youth in their care. Most importantly, this workshop offers encouragement for caregivers who may feel overwhelmed or discouraged: Don't give up. You don't know who you haven't met yet. The children are worth it — and taking care of yourself is part of taking care of them. Key themes include: • Recognizing common sources of stress within the system • Understanding how stress affects caregiving and regulation • Being a safe, regulated and responsive caregiver • Supporting children by acting as their "external brain" • Building sustainable self-health and coping practices • Maintaining hope and resilience through challenging experiences • Remembering: Take care of yourself so you can take care of them.