

December 2025



Happy December to Everyone!

This holiday season is a time to reflect on what is truly important:

Focus on gifts of “time and love” and appreciate the people in your lives.

- ♥ Be forgiving and help the less fortunate.
- ♥ Do that little unexpected something for someone to make their day.
- ♥ Reach out to your parent, child, sibling, friend, neighbour and enjoy a good catch up, laugh or support them if that’s what they need.
- ♥ Reach out to your support system if that’s what you need.
- ♥ Enjoy life’s little pleasures; a hot bath, the smell of fresh coffee, baking cookies, climbing into bed with freshly laundered sheets, a good hug, a real belly laugh that brings tears to your eyes, listening to your favourite music, a long nature walk, your pets ~ the list goes on and on!
- ♥ Enjoy your kiddos however that looks. It could be enjoying their sense of wonder, creativity, laughter, quiet time just being together, spending time in nature with them ~ again the list goes on and on!



Our Carpe Diem Family would like to wish
you and your family a very
Merry Christmas and Happy Holidays!
Enjoy one another and life’s little pleasures.
We look forward to another year ahead with you!

CHRONICLES

ON - CALL

In the event that the pager is not working properly, please refer to the schedule below for the on-call list and dial the on-call worker directly. Thank you!

Dec 1 – 7	Janai Thompson	437-453-2584
Dec 8 - 14	Lutoya Jones	416-919-1581
Dec 15 - 21	Sarai Garcia	437-298-1227
Dec 22 - 28	Amber Poenn	416-436-6814
Dec 29 – Jan 4	Zoe Stewart	416-659-8856



Kim's Korner...

Any time there is a prescription for ANY type of medication, please upload the side effects to Case Manage through FILE MANAGEMENT. This should be obtained from the Pharmacy with EVERY prescription and is a Ministry requirement. Thank you!



Today's TO DO LIST:

1. SMILE
2. DON'T SWEAT THE SMALL STUFF
3. THINK POSITIVE
4. INSPIRE
5. LOVE
6. BE GRATEFUL
7. BE HAPPY

DATES TO REMEMBER:

December 9th

Resource Meeting Training
Potluck @ Carpe Diem

Office Christmas Hours:

December 24th – Closed at 12:00pm
December 25th – Closed
December 26th – Closed
December 31st – Closed at 12:00pm
January 1st – Closed

A Must-Have Resource for Every Foster Parent

You Are a Treasure is an essential companion for foster parents who want to create meaningful, healing relationships with the children in their care. Designed as both a guide and a keepsake, this book offers practical activities, reflective prompts, and connection-building exercises that help children feel grounded, understood, and emotionally safe.

Called “a quiet breakthrough for foster families” by early readers, this resource stands out for its simplicity, warmth, and its ability to transform everyday moments into powerful opportunities for bonding.



Co-authored by Theresa Coon and Angela Weber, seasoned professionals with decades of experience supporting children, youth, and families, the book reflects their deep understanding of trauma-informed care and the realities of the foster care journey. Theresa brings a compassionate, relationship-based approach that helps caregivers connect with children in ways that feel natural and meaningful. Angela’s rich frontline experience ensures the strategies are practical, doable, and effective—even on the busiest days.

Inside the pages of **You Are a Treasure**, foster parents will find tools that early readers describe as:

- “An instant game-changer in our home. The activities opened up conversations my foster daughter never felt safe enough to have before.”
- “Beautifully written, practical, and heartfelt. Every foster parent should have this on their shelf.”
- “The simple prompts helped our child feel valued and seen again.”

From bedtime reflections, to trust-building activities, to guided pages that allow children to express themselves safely, this book helps caregivers send a powerful message to every child: You matter. You belong. You are a treasure.



To order your copy, please email valuedlovedsafe@outlook.com