Zine & HEARD



We respectfully acknowledge that we reside on Treaty Six Territory; traditional lands of many First Nations and Metis people and we are committed to learning the true history of Canada and the true meaning of reconciliation.

WHO

Youth in care speaking out and making a difference.

WHAT

A zine to amplify our voices & raise awareness.

WHEN

We publish on or around the 15th of every

WHERE

We are based in Edmonton, AB, but are for youth in care everywhere.

WHY

Because we can. Our voices have been silenced for too long.



QUOTE: Jeff Woods

ARTWORK: Chasm Frazier

www.zineandheard.ca editor@zineandheard.ca Zine & HEARD on FB @zine&heard on Instagram

Editor

Penny Frazier

Contributors

A.B.

Chasm

Cheyanne

Christian

Jesse

Kenneth

Marcus

Michael

Shoshana Tyler

Winnie



RAISE THE AGE. LOWER THE STATS.

If all we are is dust in the wind, we are the dust in the tornado.

Youth in Care

SOCIETY'S NOBODY

Sitting on the steps in Winston Churchill Square You don't see me because I'm not there A total outsider I don't wanna be Total numbness in a weird sort of way I'm Society's Nobody

> Sitting at a table in the Stanley Milner You don't see me because I'm just filler A total outsider I don't wanna be Total numbness in a weird sort of way I'm Society's Nobody

> > Devoid of sensations Deprived of relations I've got a ghostly frame And you don't know my name Society's Nobody Society's Nobody Society's Nobod That's Me!

Are you looking for a seat on the Li

I know you don't want to sit with me

A total outsider I don't wanna be

Total numbness in a weird sort of way

I'm Society's Nobody

Devoid of sensations Deprived of relations I've got a ghostly frame And you don't know my name Society's Nobody Society's Nobody Society's Nobody That's Me!

Why can't life be a little more fair Sitting here in Winston Churchill Square Society's Nobody Society's Nobody Society's Nobody That's Me! That's Me! That's Me!

ON THE COVER

Man, I gotta lotta balls in that picture on the cover! Ha ha. It was taken while we were shooting a short documentary called <u>JESSE JAMS</u> which is all about me & my band, <u>Jesse Jams & the Flams</u>, getting ready to open the Interstellar Rodeo Music Festival in 2019. If you haven't seen the doc you can watch it on Vimeo or maybe Telus Originals which gave us the funding for the film. I really bared my soul because I hope it helps someone who might be struggling but it might be triggering for some people. You can also read my full story in the <u>Youth</u> in Care Chronicles.

I came into care at age 10 after my Grandma passed away. I moved around 45 times in 14 years including placements at EYOC, YYC, numerous foster homes & group homes & I have been homeless. I finally managed to settle in my own place for the last few years & it's good. I am also going back to school this month so I'm pretty proud of myself.

I have self harmed many times & thought about suicide too many times to recall. I mean, I don't want to die anymore but I still get down. I still get angry. I still lose hope some days. But I'm doing a lot better. It's a process & I wish you power in your process of getting through whatever you have to get through. You can beat the odds. Because I have been in care, have disabilities, am Indigenous, have mental health issues & I am trans - the statistics say I should be addicted, homeless, incarcerated or dead by now.

I'm 28 & I'm still standing. I'm still free. I am not a statistic.

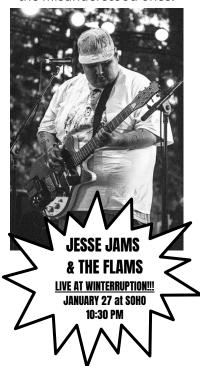
And yeah - raise the age of us aging out back to 24 and it will lower all those stats. Do the right thing.

Photos by LYLE BELL



JESSE JAMS Contributor Zine & HEARD

Also a musician & a bit of a song writer, a bit of a comedian, a bit of an actor.
Also loves animals of all kinds - especially the misunderstood ones.





I was placed into the system many times throughout my life. A lot of the times they were crucial stages of my life. A few times the system failed me. But the last time it saved me. I had amazing social workers and a supportive foster family. The justice system still let me down, but I gained the strength to keep going by seeing that there was a light at the end of the tunnel. I had almost let go. I learned that I was meant to live to help others. Fast forward a decade and a half, I graduated, married and divorced, have three amazing kids, earned 3 diplomas, and have an amazing partner who makes my life complete. I showed an interest in writing at a young age as it was something my brother did and it came naturally to me. Not only was it therapeutic and gave me an escape but it also made me look forward to a future. A future that I was able to create for myself the way I wanted. It is attainable.

If You Could See Me Now

Standing here today Not curled up in a ball Hiding in a corner

If you could see me now

The fears I have overcome
The anger I have turned
The tears I have wiped away

If you could see me now.

The silence I have endured The words I have spoken The screams I have fought

If you could see me now

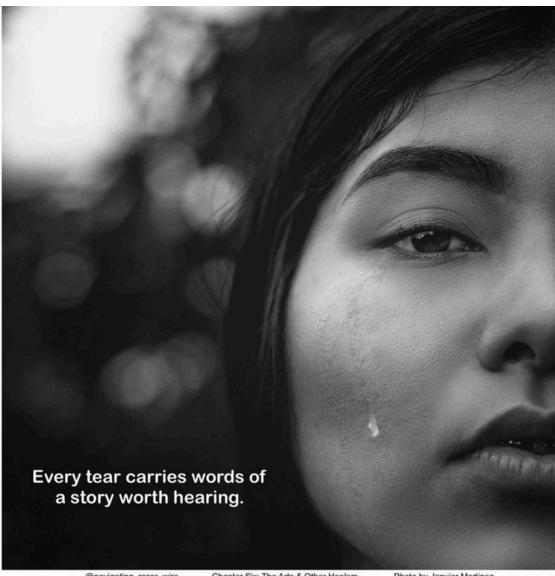
The doors I have closed
The roads I have crossed
The mountains I have climbed

If you could see me now

You would see the person I have become The strength I have gained The fire that fuels my desires

If you could see me now
I probably wouldn't be where I am today

(heyanne



@navigating_razor_wire

Chapter Six: The Arts & Other Healers

Photo by Janvier Martinez

Do you have lived experience in care that you would like to share in Zine & HEARD through your story, poetry, photography, music or artwork?

All submissions pay \$10.

You retain all rights to your work.

Please email editor@zineandheard.ca
or message us on FB or Instagram.

The Ballerina

During high school I started painting and working with different mediums. I started painting every time I was at school. I couldn't get enough of it.

When I needed a break which was every day, I would go to the art room and draw for a while.

The painting of the ballerina was painted on a door inside the bathroom. The harsh



lines of the painting and the heavy feel juxtaposes the idea of a dainty ballerina. The painting was done the year my father passed away when I was feeling so exhausted from constantly holding on to different problems.

The painting symbolizes how I felt; like I had to be strong and graceful while dealing with the chaos. The shadowed face represents the part that I had to hide of myself in order to get through.

Shoshana

Fix the TAP

In late 2019, the GOA (Government of Alberta) made the hasty decision to lower the age of supports for youth in care from 24 to 22. They wanted to make it effective in six months but a courageous, single mother in care and her pro-bono lawyer took the GOA to court and had the decision delayed. They fought the good fight but lost the battle in 2021 and the GOA proceeded to cut supports for youth in the midst of the pandemic.

This decision ie. money grab was made in "the public interest" even though the statistics regarding youth aging out of care would tell us it was not in the best interests of the public – never mind the youth. Among many other staggering outcomes for youth who age out of the child welfare system, the following is one that should have stood out during the GOA decision-making process and their concern for the public interest.

YOUTH AGING OUT OF THE CHILD WELFARE SYSTEM ARE 200 TIMES MORE LIKELY TO BECOME HOMELESS

Globe & Mail, August 9, 2017

Read that again and know that this decision impacts around 500 Alberta youth every year. So the money that was grabbed will have to be thrown back and then some and then some more. The longer youth are supported to transition out of care, the more safe, stable and successful they will be and the less money it will cost. The math is pretty simple as is the humanity.

Now the GOA have introduced a program called the TAP (Transition to Adulthood Program) that they are touting as the answer for youth aged 22 to 24. It is not. It offers "soft supports" which means they will help them figure out how to go back to school, get a job, find mental health supports and maybe secure some adult supports if they qualify and that's great, but there are no financial supports. That's where the TAP runs dry. It is like giving someone a car that is on empty with no money for gas, sending them on a 900 kilometre road trip and then wondering why they didn't make it.

What the GOA has done is employ a lot of consultants, managers, and child welfare workers to deliver a program that so gravely misses the mark.

This too is in the public interest I am guessing - never mind the youth.

Penny Frazier, Editor, Zine & HEARD



If the child protection system was a parent, it may well have its children taken away.

Jane Kovarikova
Founder of Child Welfare Political
Action Committee in Canada
& former youth in care



https://cwrp.ca/sites/default/files/
publications/en/report-exploring-youth-outcomes.pdF

-NEWS FLASH-

88% OF CANADIANS WANT MORE SUPPORTS FOR YOUTH TRANSITIONING OUT OF CARE. LET US REPEAT.

88%

Children's Aid Foundation of Canada Poll

https://cafdn.org/wp-content/uploads/2022/1/Focus-on-Youth-Report-2022 FINAL.pdf

RAISE THE AGE. LOWER THE STATS.

READ ALL ABOUT IT

Former youth in care in Alberta will soon be cut off from children's services at 22, not 24.

Toronto Star, October 31, 2019

"The government has been their parent and is now saying, 'we're done.'" Chris Tortorelli, Former Associate Director with Children's Services.

'They must be supported': Report on young adults leaving government care

CTV News, November 26, 2019

"You have to remember these are young people who have grown up in care.

They don't have family supports. They don't have the people there

to help them transition at a critical time."

Rakhi Pancholi, Official Opposition Critic for Children's Services.

Hundreds of former foster children to lose benefits as top court grants government's appeal

Calgary Herald January 27, 2021

"It was a contract that was made, as soon as I turned 18, that I would have this support until I was 24 years old," she said Wednesday. "I basically aligned my life up until this time that I turned 24 and where I go from there and what I do. It's something that you can't just take back."

A.C., Single mother in care who challenged this decision in court

Province appeals injunction suspending cuts to program for young adults leaving care

CBC, April 17, 2020

"One of the things that this government said repeatedly is that they're trying to help folks during this pandemic, emotionally, financially and particularly vulnerable people, but this action seems to be opposite to that," Nanda said.

"If anything, the government should be looking at more ways to help vulnerable youth survive during this period of time ... Without these



MORE ON TAP

Children's Services Failing Youth With New Program

There have been many significant changes for youth involved with Alberta Children's Services over the past few months; especially the most vulnerable that have struggled with chronic trauma from childhood. This has resulted in significant challenges in trusting people and building healthy relationships. Many battle with their mental health, addictions, and coming into contact with the justice system. Some also struggling with Fetal Alcohol Spectrum Disorder (FASD) or with cognitive delays.

Given their experiences, the world is seen as a lonely, frightening, and hostile place. Working with this population takes time and patience. Workers need to recognize that when they do let them into their world it is a big risk as, for them, this could result in further emotional harm. What

they desperately seek—connection—they often push away as being in a relationship one has to be vulnerable.
For these youth, being vulnerable can be seen as being weak, and when living on the streets and trying to survive on your own, this can get you harmed or killed.



Photo Credit: Dickens Sikazwe/Unsplash

While not with the government since May 2021, I saw this dynamic play out many time during my 32 years with Children's Services in Edmonton. Most of this time was focused on the "high-risk youth" population. A practice framework was developed to shift away from traditional punishment interventions to a relationship-based approach.

Heaping more shame on youth for which shame, guilt, and sense of failure follow them like a dark cloud over their heads, does not result in positive outcomes. Building connections and having youth feel safe can, and does.

Starting on April 4, 2022, Children's Services changed how youth turning 18 receive services. Previously, if the youth were still requiring support and services, they signed an agreement and stayed with their worker. For the youth and the worker this was critical after spending months and even years developing a relationship and building safety and trust. Now, at 18, the youth finishes with protection services and enters the new Transition to Adulthood Program (TAP), ending ties with their supports and starting over with a new worker.

I brought forward concerns to the Ministry that youth were made promises that they could continue to receive through support past 18, that the youth were not consulted (nor were front-line workers), and that they would be angry and feel betrayed, once again bringing up feeling of being rejected and abandoned. This is never far from their mind. This can exacerbate the feelings of isolation and feeling nobody cares leading to a return of old and destructive ways of coping including addictions, cutting, aggression, and homelessness.

Perhaps the youth feel they have nothing left to lose.

To their new workers this could look like youth being resistant and not wanting services, but this would be a negligent perception. In my experience youth want connection with healthy adults

but adults have typically
let them down
most of their lives,
so it takes time.

There are also concerns that TAP workers are not meeting youth at their home or looking for them when they are missing or in a dangerous situation. If youth are not complying there is already worry the system is slipping back to punishment interventions and deciding who is worthy of services and who is not.

For a system that will claim to be doing trauma-informed work, TAP would be an example of doing the opposite. In claiming to do strength-based practice, this would demonstrate the opposite. Agency staff do not know what to say to the youth as they feel as much in the dark as the youth do. Workers are angry and frustrated, and also struggling with leaving their youth without the time to say 'goodbye' is a respectful and meaningful way.

These potential concerns were brought forward and now they are playing out. Vulnerable youth are paying for the Ministry pushing ahead with a program that is not trauma-informed and that, for many, is doing harm. Who is benefiting from TAP and who is accountable to ensure youth are not falling into the big cracks that have opened up?



Peter Smyth MSW, is social worker and sessional instructor. He is the author of *Working with High Risk Youth: A Relationship Based Practice Framework.*

Article originally published on December 2, 2022 Peter Smyth LINKEDin

Alberta projects \$12.3B surplus

November 24, 2022 Global News

RAISE THE AGE.

LOWER THE STATS.



The average Albertan is not aware of the statistics that persist among children who grow up in the child welfare system but if they did, they would care. They would care that compared to their peers, youth in care are:

200 TIMES MORE LIKELY TO BECOME HOMELESS.

GLOBE & MAIL, AUGUST 9, 2017

50 TIMES LESS LIKELY TO GRADUATE HIGH SCHOOL.

PUBLIC SAFETY CANADA, JULY 26, 2022

5 TIMES MORE LIKELY TO DIE BY AGE 25.

THE TYEE, MAY 29, 2018

These are just a few of the statistics that studies have shown. There are many others but these are enough. Enough to know that if we raise the age of supporting youth in care to transition to adulthood back to where it was in 2019, it will lower the stats. The cost is low to prevent the costs that are so high. For more information on the outcomes of youth aging out of the child welfare system please visit visit the website of the Child Welfare Political Action Committee (Canada).

https://cwrp.ca/sites/default/files/publications/en/report-exploring-youth-outcomes.pdf

Brandi Morin

Award-Winning Journalist.
Best-Selling Author.
Filmmaker. Activist. Mother.
Former youth in care.



What do you love most about what you do?

Wow, how do I even narrow it down? There are so many things that I love about being a storyteller. First off, I'm exceedingly grateful that I've been blessed to walk this path. It's something that I take extremely seriously. The people I connect with and whose stories I interpret for the world to take in put their trust in me to tell these stories with accuracy and care. I love meeting everyone and learning about their lives and cultures.

Secondly, I love travelling! This year alone I've journeyed to Rome, South Dakota, Santa Fe, Arizona, New York City, Quebec, Iqaluit, Toronto, Winnipeg, Fort Chipewyan, Inuvik, Tuktoyaktuk, Northern British Columbia and Vancouver. It's been an adventure!



Accepting the Edward R.Murrow Award for Outstanding Achievement in Journalism - Feature Reporting 2022

Thirdly, I love the process of bringing the stories to life whether that's in the form of a feature story, documentary or podcast. When the stories are published, I have hope they can reach the hearts of the public and bring awareness to injustice and hopefully help make our world a better place.

Why is it important for us to share our stories

Stories are what helps us to make better sense of the world we live in. What divides many of our societies is ignorance or a lack of understanding about the intricate cultures, traditions, or way of life experienced by those outside our inner circles. I believe every human being longs to connect with other humans and one of the ways to create that connection is through storytelling. For me, when I was struggling or felt alone in the past, I would read biographies of people that overcame similar struggles and that gave me hope and encouragement. I wrote my book Our Voice of Fire: Memoir of a Warrior Rising for a few different reasons: I'm in a position of power and influence as a journalist and my story could reach a large amount of people. My aim was for them to gain insight into the life of a survivor and hopefully transform their beliefs around some of the adversity that our people experience. And I wanted to inspire others not to give up on their life goals or dreams, like I've been so many times when taking in the stories of others.



My family and I at a book launch for my book, Our Voice of Fire:
A Memoir of a Warrior Rising.

2022

What would you like to tell youth in care and former youth in care who are struggling?

I'd tell them to look deep within and pull forward the strength that was planted inside them by the Creator. This too shall pass. You are going through some hard things that no child should have to face. But stay the course. Because you can make an impact on this trouble world. You can help others with the unique gifts you have. That may be a writer, or you may grow up to be a nurse or doctor, a designer, a lawyer, a filmmaker, a counsellor, or you may one day invent something that will change the world! What are you naturally good at? That is key to discovering your gifts and you can tap into them now to help yourself and others. Cultivate those talents and you're already ahead of the game.



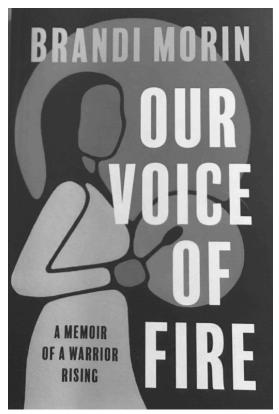
My mom and I when I was 13 and living in a group home.

Hold on, it gets better, trust me. I'm living proof.

If you could go back in time and talk to your younger self in care, what would you tell her?

I would tell her that she is so special. That she is brave, she is important and she is loved. So many times, I felt lost and alone as a child. But just because I went through some terrible things that didn't make me any less valuable than any other child. I'd tell her that she could accomplish anything she wanted to. To not let her past, or any silly mistakes hold her back from striving to rise above all of the storms of hardship.

Brandi Morin





"This memoir is indeed written in fire: it can warm and it can scorch." NAOMI KLEIN

We are so grateful that Brandi joined us in the first issue of Zine & HEARD. We wanted to feature a former youth in care who has risen above their adversities, followed their heart to pursue their passions, and aims to inspire others.

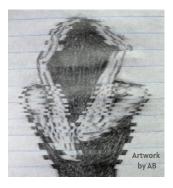
Brandi Morin came to mind immediately.

Read her book.

Follow her on Instagram <u>@bmorinstories</u>
Follow her on Twitter <u>@songstress28</u>
Be touched by her honesty, her courage, and her fire.

AGE IS JUST A NUMBER

(unless you grow up in care)



When the GOA lowered the age of supports from 24 to 22 they said it was because there was a "decline" in the numbers of youth who needed help up to age 24.

So how many were there that did need the help and why didn't they matter?

Penny Frazier, Editor, Zine & HEARD Toronto Star October 31. 2019

Why are we called "permanent" wards of the government if we aren't your permanent wards? When you decide to become our parents because you think you can do a better job - then you should be in it for life like good parents are - not completely turning your back on us whenever you decide we have "aged out". Christian, age 22

"It was a contract that was made, as soon as I turned 18, that I would have this support until I was 24 years old. I basically aligned my life up until this time that I turned 24 and where I go from there and what I do. It's something that you can't just take back." (Calgary Herald, January 27, 2021)

A.C., age 21, Single mother in care who challenged the GOA decision in court

I came into the child welfare system at a very young age. The stress of moving around so much and suffering a lot of abuse by workers and other youth seriously deteriorated my mental state over those many years. My supports were removed when I was 19 because I had been "doing good" for a few months. It was very stressful and I was upset because they said they would be there for me until I was 24. Basically, they were my parents and they abandoned me. I lost my job a month after being dropped by Children's Services and became homeless for six months because I had nowhere to turn. It was winter. I lost hope and my mental health continued to deteriorate. I ended up in and out of many psychiatric facilities for the next two years. I am doing OK now thanks to some good people in the health care system and my own determination but it's not easy. Youth in care have to count on the government to help them figure things out and in my case, they just weren't there for me when I needed them. I always felt unloved in care. Marcus, age 22

If you would like to share your experience of "aging out" of the system please email editor@zineandheard.ca or message us on FB or Instagram. Story may be edited for space restrictions. Pays \$10.

My 22nd Birthday

A birthday is something that is supposed to be fun. Something that you actually celebrate. But for me turning 22 in December was far from that. 22 was the age of revisiting abandonment, revisiting financial loss, revisiting the risk of being homeless again, pressure, instability and stress. You revisit the feeling of what it feels like to pushed out. You revisit the feeling of losing all your supports. You deal with the stress of trying to get everything you are entitled to in place before your 22nd birthday. You relive a lot of your childhood trauma. You reflect on all of the traumas you went through up until you are pushed out of the system. It's a bittersweet moment. There is no transition. Basically you wake up with no supports. No one checks on you anymore even though most of the time they only checked on you because they needed you to sign something. I feel like I am alone in the world again.

When they lowered the age from 24 to 22, I felt really sorry for the ones who were 21 or 22 and only had a very short time to figure out what they were going to do and where they were going to go. It happened really fast and that wasn't fair. I was 20 when that happened and I had my life all planned out to age 24. I planned to stay in my place and go to school. Now I do not have the same financial supports as I had. Now I will have to move. Now I have to work while attending school full time to make ends meet and still

be there for my daughter. I no longer have the supports or

transportation to get to my mental health appointments which are critical to my overall stability. I lost my caseworker whom I felt just walked away from me a couple of months before I turned 22. She just turned me over to my TAP worker

whom I will have until I am 24 which is good, but it is not the same kind of support.

It really hurt to feel like I no longer really mattered. Like I was just passed off with no real attention to any details of my life. I also lost my youth worker as she can no longer work with me because that is not one of the supports offered through TAP. It should be.

I think they should raise the age back up to where it was and give us a better chance to reach our goals and have a bright future. How much does it really cost and aren't we worth it?

Shay, age 22



Shay is working toward her BSW and a degree in Political Science with a Sociology minor. She wants to specialize in policy change. She has been a public speaker advocating for the rights of youth in care dozens of times.

What I love about working with youth that have been involved with the system is how real and authentic they can be. As these young folks have overcome so much adversity they tell it like it is - no "BS" - and have such significant insight. Although many had to grow up young, they've learned how to use this to their advantage and are so resilient. They know what they want and what they don't want - they've lived and experienced more than we can ever know and their wisdom is invaluable. Youth and young adults involved with the system are also the most compassionate people I have been fortunate to know and through their lived experiences, they are incredibly empathetic and understanding of others. I feel so lucky to have the opportunity to walk alongside them in their journey.

M. Mental Health Therapist & former caseworker

There are other things I could do but there is nothing I would rather do than work with youth in care. Those kids make you want to get up every day and try to be a better person.

S. Community Youth Worker

WHAT I LOVE ABOUT
WORKING WITH
YOUTH IN CARE

What I loved about working with youth in care is having the privilege to journey alongside our youth during their darkest and most traumatic life moments. And THEN, being able to be with them when they come out the other side - reimagining what strength, joy, and their future looks like JUST FOR THEM. Youth in care have been my greatest mentors. I am eternally grateful for all the life lessons these incredible young people have taught me.

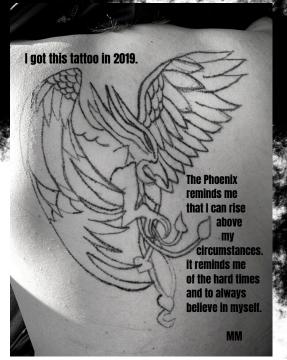
Rowena Cui
COO/Co-Founder,
Plan-it Sound Inc.
& Former Youth Program
Supervisor

MY INK

I got this tattoo when I was 20
and it represented how I was
feeling at the time.
I was a very toxic
person but I
was struggling
mentally. I felt
too toxic for
society. I felt
everyone was
affected by me
in some way.
It is still meaningful
because that's where I was.

Sometimes all you need is a hug. You are not handed anything you can't handle. It's what makes us unique. I choose to embrace what I am given and to keep moving forward no matter how hard it is.

It is OK to endure.
It is OK to hurt and
it is also OK to conquer.
That's why I am still
here because pain is real
and I chose to embrace it



GOT SOME INK TO MAKE US THINK?

If you are a former youth in care, we invite you to share your tattoo with us and tell us the story behind it. When did you get it? What does it mean to you? MY INK is an ongoing feature & we would like to share your stories. Pays \$10. Please email or message us on FB or Instagram & thanks.

GAME CHANGERS

One particular caseworker found it an easy and necessary decision to support me after hours at my parent-teacher interviews. This experience really changed the way I felt about caseworkers and allowed me to feel semi-normal at these events. I would tell my



peers that she was my mom. This caseworker impacted my life because she treated me with care and compassion and made me feel loved. She was committed and never made me feel like a burden. I needed support and she was able to provide what I had longed for. This person changed my life and I aspire to be like her in my future endeavors to become a social worker.

Winnie, Author excerpt from Youth in Care Chronicles

I only had two child welfare workers. The first one wasn't good, but my second one was great and I fought hard to keep him with me long-term. At that time, workers were only supposed to stay with kids for two years but he kept getting approved

and the WINNER is . . .

for more and he ended up having me on his caseload from the time I was 12 until I was 20. We built a relationship and I told him if he stayed, I'd be a lot better off because I have abandonment issues. We still maintain contact today. He was a great worker because he fought to keep my file and stay involved in my life. He always tried to get me anything I needed and was always concerned with my stability. When I went to school he was the one that made sure I stayed in the same school and he figured out how to get me there and back. I felt like he looked at me like more of a family member and he did meaningful work.

Tyler, Author excerpt from Youth in Care Chronicles

A lot of positive experiences came from my workers and other professional support systems I had while growing up. Some of the workers that stood out for me were the workers that were personable and honest. If I had a question, they



wouldn't give me a polite answer, they would give me the true and honest advice that I could integrate into my life. For example I had one caseworker advocate for my educational rights by setting me up with an advocate. With the help of the caseworker, I was able to get my education funded which helped me get my diploma. By doing this she taught me that education is important and that standing up for yourself can get you somewhere.

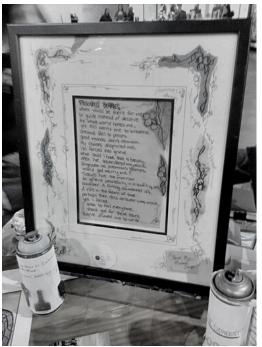
Shoshana, Author excerpt from Youth in Care Chronicles

Do you have a story about someone who made a difference in your life?

A worker, a teacher, a foster parent, a coach, a cop, a game changer?

Please email <u>editor@zineandheard.ca</u> or message us on FB or Instagram.

Story may be edited due to space restrictions. Pays \$10.



Michael Chase

Poisonous Berries

Whom would be there for me
to guide instead of decieve
for the whole world hates me,
yet still wants me to breathe.
My choices disgraced me.
I'm forced to greive.

What could I have that is beauty,
when I've squandered my peace,
engraven as poisonous berries,
would god marry me?
Today's not the morrow,

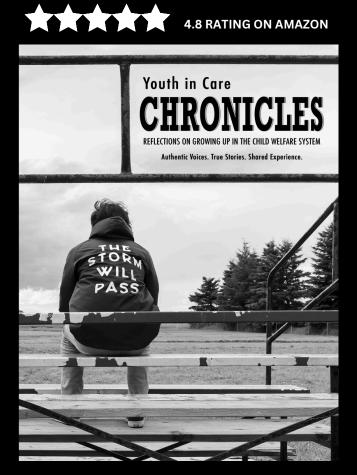
Today's not the morrow,
so grieve peacefully
in a swift quiet slumber.
A fitting asundered lift.
A rift in the fabric of time.
Perhaps then this answer
was mine, yet I failed.
I seem to fail everytime.
I thank god for these tears,
they've allowed me to write.

I identify as Two-Spirit and that's something that has been around since time immemorial. However, I think if you were to ask a lot of child welfare workers who are non-Indigenous they would see it as a new-age term that is like a new movement of identity which is not true. The term Two-Spirit is a term that is quite new because it's been adapted into contemporary English language so other people can understand it. It's not that we just became Two-Spirit in the 1990s.

Kenneth

18 AUTHORS AUTHENTIC VOICES TRUE STORIES SHARED EXPERIENCE

If you are a youth in care or formerly from care, someone who works with youth in care, or someone who would like to know what it is like to grow up in care, this book was written for you.



1. Get your copy at Audreys or The Glass Book Shop or from <u>Amazon</u>.

All profits are invested in projects to benefit youth in care.

In Praise of YOUTH IN CARE CHRONICLES

I am amazed when I hear young people talk about their experiences with the child welfare system. I am amazed by their honesty, their willingness to share what happened in their lives, their courage and their insights. I am especially amazed by their generosity in telling their stories; that they might bring comfort and hope to young people who have lived through similiar circumstances, and guidance to those who want to help them along their way.

The Youth in Care Chronicles tell us about how these young people lived, about being in care, about the trauma they faced, and the many burdens they carried in their young lives. But more than that, they tell us about where they found their strengths, their tenacity and hope, and how they were able to move towards what they really wanted. They tell us about the people who cared about them, and about what a difference the power of relationships made in their ability to transform their lives. And these young people tell us this with the power of their own voices, in a stark, straight-up, and unapologetic way ... as it should be. It's the best way for us to hear them.

I hope you read this. I hope you are amazed and changed by what these young people have to say.

Del Graff

Child & Youth Advocate of Alberta 2011 - 2022



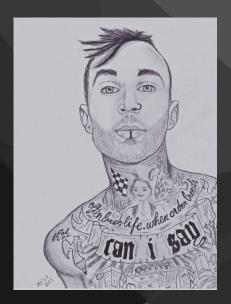
The authors of this book invite the reader into their intimate lived experiences caught up in the child welfare system. The authors shatter stereotypes and reveal humanity; humanity that was always there which this book reveals with strength and sensitivity. A poignant message and quote from the book, "I want people to know that we are people" demands that the readers stop and examine their biases and taken for granted discourses prevalent in society. The authors reveal humanity with words that have the power to change stories and change minds.

The authors affirm with the power of vulnerability and sharp intelligence that every child and youth in care is a multi-dimensional individual with unique attributes and potentials that need to be recognized and championed. This book does just that. This book will be a key addition in Child and Youth Care. It not only deserves but needs to be read with purpose toward change, on idividual, collective, institutional, and systemic levels. The authors are experts with heart, agency, and vision for endless possibilities.

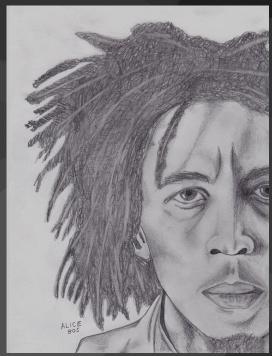
Dr. Ahna Berikoff

Associate Professor, Faculty of Child and Youth Care, Grant McEwan University

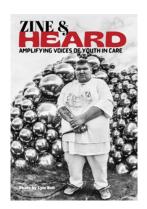




ARTS & MUSIC SAVES LIVES



I was in and out of care from the age of 16 to 21. I finally landed in a group home that gave me some hope. Art & music are my escapes from memories of horrific abuse in my childhood. When I draw I can put all my focus on my art. When I listen to music I feel like the artists actually know how I feel. I did these with an HB pencil about 10 years ago in that group home. Arts & music saves lives. For real.



Many thanks to the Friends of Zine & HEARD

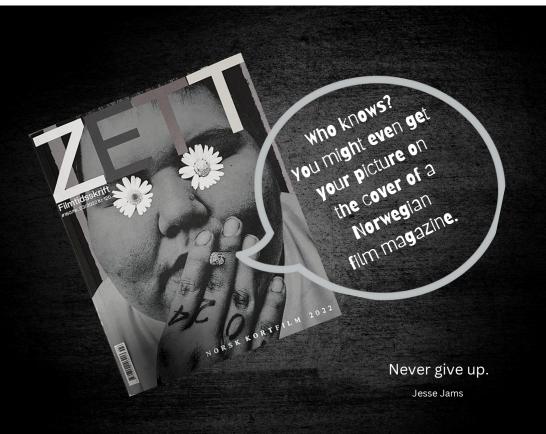
COLLEEN THOMPSON
MARLEY-JAY SUMMERS
BUD FRASIER & THE ELECTRIC RAZORS
TOMMY TWO DOGS
CORINNE CROSSMAN
ANONYMOUS X 3

BE A PART OF SOMETHING GOOD

Zine & HEARD is made possible by the donations of friends, limited advertising, occasional sponsorships & fierce passion.

Please contact editor@zine&heard.ca
for more info & thank you for your support.

Deadline for February issue is February 1st, 2023.



Hey.... it's OK to ask for help.

YOUTH EMERGENCY SHELTER (Y.E.S.S.)

780-468-7070 24/7 24 HOURS

ACCESS 24/7 - 24 HOUR

Crisis and Intake Services - 780-424-2424

KIDS HELP PHONE - 24 HOUR

Call 1-800-668-6868 Facebook Messenger

Text CONNECT to 686868

NACIS CRISIS LINE - 24 HOUR

780-422-2001

NATIONAL SUICIDE PREVENTION SERVICES

1-888-456-4566 24 HOUR

https://suicideprevention.ca/

780-482-4357 (HELP)

KICKSTAND CONNECT

mykickstand.ca/online-care#resources

OFFICE OF THE YOUTH & CHILD ADVOCATE

If you have questions about your rights as a young person, need legal help, or need to speak out, we're here for you.

Talk to Us: Toll-free: (800) 661-3446

Monday - Friday 8:15 AM - 4:30 PM

NORTHERN ALBERTA Call: (780) 422-6056

SOUTHERN ALBERTA Call: (403) 297-8435

ACCESS OPEN MINDS

ACCESS Open Minds Edmonton is a walk-in service for individuals 16-25 years old. Young people and their families can walk-in during open clinic hours and will be seen on a first come first serve basis.

MONDAY - FRIDAY 12:00-5:00PM 780-887-9781

NEED TO CONNECT? DIAL 211 24 HOURS



WE DON'T NEED ANOTHER REPORT ONWHAT YOUTH IN CARE NEED

In Canada, from 1987 - 2020, 75 reports have been written about youth in care aging out. Yes. 75.

"A Long Road Paved with Solutions"
'Aging out' of care reports in Canada
Prepared by Dr. Melanie M. Doucet
October 20, 2020

RAISE THE AGE. LOWER THE STATS.