

Understanding Your Journey in Care



*Learning about your
Rights, Responsibilities,
and Supports in Care*

Personal Belongings

What can I bring with me?

When you come into care, you can bring some of your personal things with you, like:

- Your teddy or blanket (something that helps you feel comforted)
- Clothes and personal items
- Your phone, computer, or anything that connects you to your world

What happens to my things?

Your things are safe with you! You have the right to keep your personal belongings private.



Staying in Touch with Important People

How Can I See My Friends and Family?

You can still stay connected with the people who are important to you, such as:

- Your friends
- Coaches, teachers or mentors



We can arrange:

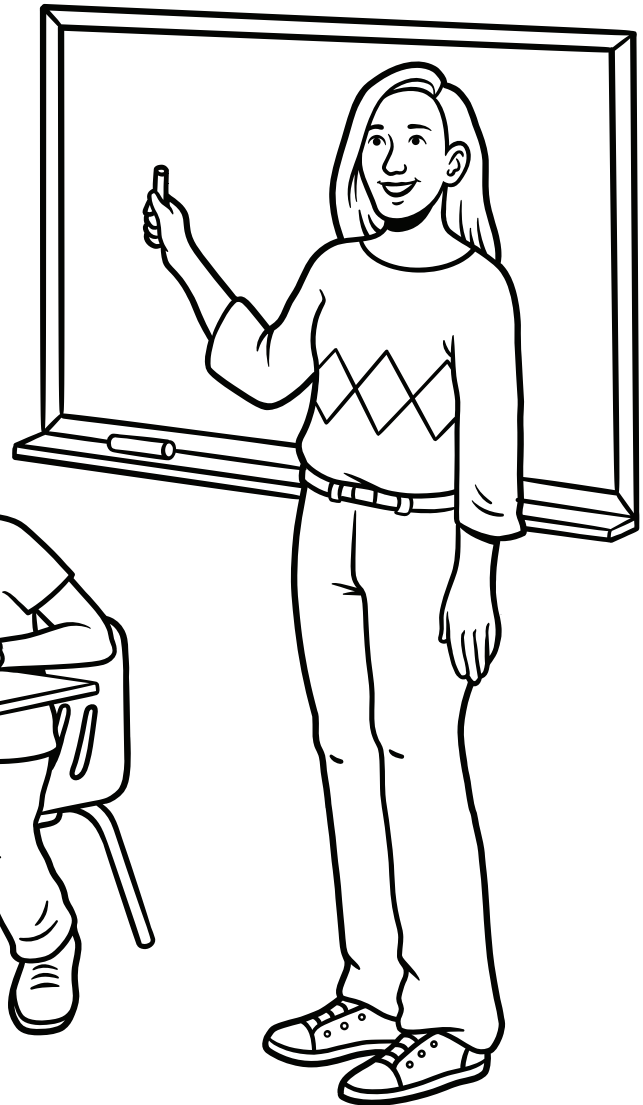
- Phone calls
- Video chats
- Visits (when it's safe and possible)

Your worker will help you arrange contact, so you're never alone!

My Education and Food

School and Learning

You have the right to go to school and learn. If you're in a new school, your caregiver will help you settle in.



Food from My Culture

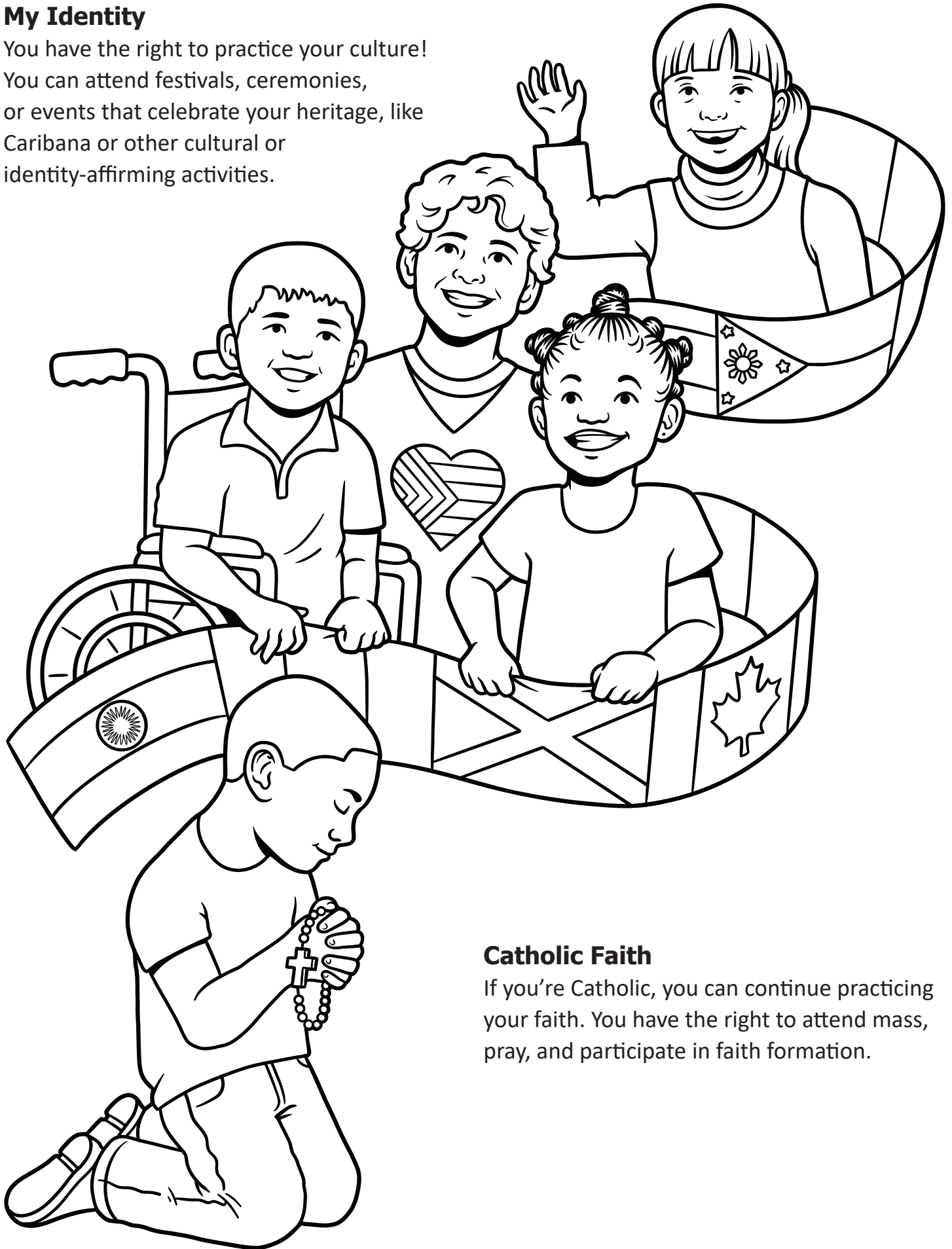
Everyone should have food that is healthy and special to them. Your culture's food matters too! Let your caregivers know what kinds of food you like or need, so you feel at home.



Celebrating Who I Am

My Identity

You have the right to practice your culture!
You can attend festivals, ceremonies,
or events that celebrate your heritage, like
Caribana or other cultural or
identity-affirming activities.



Catholic Faith

If you're Catholic, you can continue practicing
your faith. You have the right to attend mass,
pray, and participate in faith formation.

Rights and Responsibilities

What Are My Rights?

- You have the right to be safe and respected.
- You have the right to privacy – your own space, your mail, and your calls.
- You have the right to speak up, especially when decisions are made about your life.
- You have the right to food, school, health, and play.

What Are My Responsibilities?

- Be respectful and helpful to those around you.
- Go to school and try your best.
- Take care of your things and help out at home.
- Tell someone if something feels wrong.

Who's Here to Help You?



Getting Help

How Do I Get Help?

- If you have a concern, talk to your foster parent or your worker first.
- You can also contact your worker's supervisor or manager.
- If you need help with a letter or phone call, you can ask someone you trust.

- There are also other people, like a lawyer, who can help you.

I am not happy and need to talk to someone:

You can always ask for a placement review if you're not happy with where you're living, or contact the Ombudsman of Ontario to make a formal complaint.

You have the right to ask questions anytime!

MEET MY WORKER

YOU WILL HAVE A CATHOLIC CHILDREN'S AID SOCIETY (CCAS) WORKER WHO HELPS MAKE SURE YOU'RE SAFE AND SUPPORTED.

YOU CAN WRITE YOUR WORKER'S CONTACT INFO:

NAME:

PHONE:

YOUR WORKER'S SUPERVISOR IS ALSO AVAILABLE TO TALK TO IF YOU NEED HELP.

YOU CAN WRITE THEIR CONTACT INFO:

NAME:

PHONE:

You Are Special

No matter what happens, remember that you are important, and you deserve respect, safety, and kindness. You are never alone. Your worker, foster family, and others are here to help you every step of the way!

