

# Inform' Accueil

DEFENSE,  
CARING  
AND SUPPORT

*in a*

**100%**  
*human way!*

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Fédération des familles d'accueil  
et ressources intermédiaires  
du Québec



# Inform'Accueil

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**Fédération des familles d'accueil  
et ressources intermédiaires  
du Québec**

# A WORD FROM *the president*

## **A New Year Marked by SUPPORT.**

The challenges you face on a daily basis are numerous. In the past year, the pandemic has added many more. The supporting role we have pledged to you is even more important and we are determined to devote all the energy and resources necessary to be there for you.

## **Negotiations with the Ministry**

Since the beginning of the year, we have been working hard with the Ministry to negotiate the clauses of the new collective agreement. Initiated last year, these negotiations include many items that, we hope, will better meet your needs. Both we and the Ministry are looking forward to completing the negotiations. A schedule is in place, and things are moving along nicely. As soon as we have reached a result that is acceptable to the parties, we will present our work to you as members, so you can vote for the acceptance of the new agreement.

## **COVID-19: Keeping You Informed Is a Priority**

When new directives or adjustments are issued by the Ministry regarding the sanitary conditions to be respected according to the regions, we make sure to inform you quickly. Follow us on our private Facebook pages as well as on our website.

## **And taking care of you as well!**

We know that this COVID has daily impacts on your family: parents who have to adapt their home with sanitary measures, children who have to study online. These are major sources of stress and anxiety. The loss of landmarks for children who find themselves away from their school friends, the necessary adjustments with natural parents... all of this has repercussions that add to the challenges that our children experience and face every day.

We hear that some families are overwhelmed. That sometimes, they tango towards a request for the emergency transfer of children. We are here to listen to you!

Please ask for help! This is important. Do not wait until you are at the end of your rope. We know it is hard to ask for help. That is why the FFARIQ has put in place tools and actions for you. Because supporting you is also our role!

- Regional committees to guide you.
- Private Facebook pages to ask for help. Someone will contact you privately.
- The Homewood program to help you at all times. This front-line service is free and completely confidential. The only information we receive from them is the number of FFs that have used the programs. Names, requests or issues are not shared.
- The free online training provides you with the means to deal with different problems you encounter with your children such as Opposition Disorder, etc. Information about training dates is communicated to you through private Facebook groups.
- Once a month, we will have a book or a game drawn to introduce you to different tools that can help you in your daily life with children.

My role is to work on means and actions that will contribute to make your job easier, to give you solutions and to SUPPORT you.

If you need support, call us! We are here for you.

We love you!



**GENEVIÈVE RIOUX**  
FFARIQ PRESIDENT

A handwritten signature in black ink that reads "Geneviève Rioux".

# FF: SAME / *not the same*



## DIFFERENCES AND SIMILARITIES IN CONTRACTUAL AGREEMENTS.

### FAMILY-TYPE RESOURCE (FTR)

Type of places provided for in the agreement: regular and can therefore be occupied by any child who meets the criteria of the specific agreement.

Possibility of having a child specifically identified: **YES.**

Duration of the specific agreement: 3 years, renewable once.

### MIXED BANK (MB)

Type of places provided for in the agreement: specifically identified to the children that the MB takes in, because of the intention to adopt.

Possibility of having a child specifically identified: **YES.**

Duration of the specific agreement: as soon as the child is officially adopted.

### PROXIMITY FAMILY (PF)

Types of places provided for in the agreement: specifically identified to the children that the PF takes in, because of the pre-existing significant relationship.

Possibility of having a specifically identified child: PFs only take in children who are already part of their entourage.

Duration of the specific agreement: until the departure of the foster child.

# Life story!



Accepting  
help

*Nancy Audet was one of the speakers at our 2020 Symposium. We share here a summary of her testimony as a foster child. She also launched her book (in French) : "Plus jamais la honte. Le parcours improbable d'une petite poquée" on March 9.*

## From a Lost Child to an Accomplished Woman

Nancy Audet is 43 years old. She is a television journalist and since 2019, she has been involved with the Fondation du Centre jeunesse de Montréal. Why is she involved? Because she has been there. And because it is thanks to their open arms that she reached out for help and embraced the fact that she was able to make her dreams come true.

### REJECTED BY HER MOTHER AT BIRTH

With tears in her voice and emotionally charged silences, Nancy tells her story. "When I was born, my father told me that my mother cried when she saw me. She didn't want a girl; she wanted a boy. My dad thought it would pass and that she would grow attached to me, but it never happened."

It was the beginning of a long history of neglect, abuse and abandonment. "My first memory of abuse was when I was almost 4 years old. My mother threw me down the stairs. I remember crawling up to my room. My head hurt so bad, I cried. I ended up falling asleep," Nancy says with emotion. When her father came home from work, he became concerned about Nancy's condition and took her to the hospital.

When the authorities asked him what had happened, he lied because he was afraid of reprisals. Nancy returned to her abusive mother.

At the age of 5, Nancy was repeatedly sexually abused by a man from the village to whom her mother drove her. When someone dared to denounce the situation, the mother said she was lying to get attention.

Then someone made an anonymous report. In front of social workers from the DYP, Nancy's mother stood up and said, "I want more from that child anyway. Find her another family." Nancy was 9 years old.



### **THE FIRST PERSON TO OPEN HER ARMS: ROSE-AIMÉE**

This is when Rose-Aimée came into Nancy's life. "Rose-Aimée took me in to care for the little wounded animal that had just been abandoned by her mother in an office, just like they abandon a dog at the SPCA," recalls Nancy. Rose-Aimée was a quiet force. She wasn't a woman who gave a lot of affection, but she was a woman you felt safe with."

Unfortunately, in small communities, what people say weighs heavily. Nancy's grandfather is pressuring her to come home. "I was pretty upset about going back to my house because you know, when a parent lacks integrity towards a child, the child doesn't stop loving the parent, the child stops loving himself. And my biggest wish was that one day my mother would realize that I was a good little girl and I was worth loving. My heart was full of hope," Nancy says with a tremor in her voice.

The dynamic did indeed change: her mother left behind the physical violence that leaves visible traces to indulge in psychological violence. "She used to say to me, "If I had known I was going to have a child like you, I would have had an abortion." She broke my soul piece by piece."

### **A SECOND STAY WITH ROSE-AIMÉE**

When Nancy is 15 years old, her parents are separated, and she lives with her mother. One day, she stands up to her mother. "I saw the look in her eyes,

and I was afraid for my life." She ran away for two weeks. The police found her. When they contacted her mother, her mother said, "I don't want her, deal with her. She deserves a good lesson."

The police took her to the youth centre and then Rose-Aimée agreed to take her in.

*"She saved my life. She told me to take responsibility; that my life belonged to me and that it was time for me to make decisions for my life, that I could stay as long as I wanted."*

A few months later, Nancy ended up in Montreal where she enrolled in a high school where there was a good basketball program, a sport she loves. The following year, she returned to her hometown to finish high school. She met a boy who encouraged her to go to CEGEP. The boy's parents welcomed her while she was attending college in Gatineau. "I was so happy to have this opportunity. I was speechless to discover what a home filled with love was like."



### **TOO MUCH LOVE NOT KNOWING HOW TO HANDLE IT**

At the age of 19, Nancy decided to return to Abitibi. "I felt very confronted by their love. I felt like I couldn't take it. I always felt like they gave me this love because they felt sorry for me, because I didn't have a family. I still don't know why I made that decision."

This was the beginning of four years in which Nancy sank to the point where she thought she would die. That was the trigger for her to decide to apply for journalism in Ottawa. She was in the Dominican Re-



It takes a  
lot of  
love 

public when she found out she was accepted. "I ran to a phone booth and made a collect call to someone I knew would answer." She reached Manon in Ottawa, who, far from being angry about Nancy's departure four years earlier, told her to come over, that she had a room for her.

Manon often told Nancy that if she had had a daughter, she would have wanted her to be just like her. "Every time she said that to me, it would hit me in the heart, and I would go and hide in my room and cry. I would think to myself: why is she telling me this, how could she have wanted a daughter like me when my mother didn't want me? Last year, when I read her Christmas card, I cried. For the first time, I believed her. It took me 25 years to believe in this woman's love!"

## Nancy's Message



### *to Foster Families*

"What I want to tell you today is that you plant small seeds every day. And sometimes the seed is frustrating because it's not going to flower right away. It takes a lot of love and patience to love a little lost girl like me. You are my heroes, thank you for what you do. Thank you for accepting them as they are. Thank you for being patient, for planting seeds every day to help them rebuild their confidence. You are changing lives, it's extraordinary!"

# TIPS FROM *the pros*

## TIPS FROM A PRO: THE 4 STEPS TO TAKE CARE OF YOURSELF FOR GOOD!

Taking care of ourselves is essential to fulfill our mission as caregivers, especially in the context of a global pandemic where our landmarks and habits have been shaken up. Most will agree that it is indeed especially important and that it should be done more often or more effectively. To be done with the famous "Easier said than done", we present you the 4 steps to follow to finally get there and maintain this good habit.

First of all, we must understand that the state of inner well-being is a much less abstract concept than we think! In fact, this state is related to the hormones secreted in the brain. When we think, plan, and start an action that we find pleasurable, the pleasure circuit in our brain is activated and secretes dopamine. When the fun activity comes to an end, serotonin is released to do the work, which has a great impact on our mood. We then feel satisfied, serene and, above all, motivated to take action to return to this state. Doing activities that are pleasant for us is making our own chemical reinforcement system.

### 1. SELECT YOUR ACTIVITIES

To integrate new habits, we need a game plan! The first step we suggest is to make an inventory of the activities that you remember enjoying, regardless of their nature:

physical, artistic, relaxing... all ideas are good! Be sure to categorize these activities in two: short activities (5 to 15 minutes) and long activities (1 hour or more). Here are a few examples to help you:

- Gardening, outdoor maintenance
- Listening to music
- Working with wood
- Walking in nature
- Reading
- Taking a bath
- Practising a sport
- Going to the spa
- Eating your favourite meal
- Chat with a friend
- Writing positive thoughts
- Singing or playing an instrument
- Meditate



### 2. PLAN YOUR ACTIVITIES IN YOUR AGENDA

*Because the words go away, but the writing remains.*

One of the best ways to make sure you get into action is to write it down and make a commitment to yourself! So I'm



adding a short activity to do every day at the most appropriate time for me. If you are a fairly early riser, set your clock about 20 minutes before the family gets up; take those quiet minutes for yourself before the routine kicks in. If you are a late sleeper, pull the plug earlier than usual to end your long day with your candy activity. Avoid activities that require screens, so you do not interfere with falling asleep. Are you teleworking? Take advantage of your breaks during the day to fit your activities into the day's schedule!

For longer activities, try to schedule at least one per week to start. You can then increase your frequency depending on how you organize your time.

To create a habit, maintain your new routine for 21 days. So even though it is harder to get started at first, you don't give up! It will get easier and easier for you to become a stronger support for your family!



### 3. KEEP AN OBSERVATION JOURNAL

When we start a new activity or routine to create a new habit for our well-being, it is important to be aware of the benefits of this change. It will increase our motivation to start the action again! We can note the duration, our state of mind before and after and put a mark from 1 to 5 on our overall appreciation.

Activity	Duration	Before *	During *	After *	Appreciation /5
Ex. : Walking	15 min.	Preoccupied	Relaxed, tingling, serene	Smiling, energized, more focused	★★★★★

\* State of mind, sensations, mood...

If we have not been able to get into action, we do not start feeling bad. We simply note what our intention was and what slowed our momentum. We work on our positive thoughts and encourage ourselves to get back on track as quickly as possible rather than entering the circle of guilt that is detrimental to our motivation and state of mind.



### 4. RE-EVALUATE OUR CHOICES AND MOMENTS

According to my chart and my schedule, I review what was most beneficial for me at the end of the week or month. This way, I can readjust my choices of activities that have a better rating and have brought me more benefits. If I realize that the moments of the day I had chosen are not appropriate, I revisit my schedule to make it work better for me. I make sure I do not forget the 21 consecutive days to create a new healthy habit for myself and by extension, my family!

You are now ready to take action and get your daily dose of dopamine and serotonin to become a better version of yourself every day!

What is the deadline I give myself to put my plan into action?

Which activity will I do first for myself?

Who could help me take action to take care of myself?

We look forward to supporting you throughout your process with the various training sessions and clinical supervision that will be offered to you.

Marie-Pier Gagnon, psychoeducator & trainer  
For your team of trainers from the





CÔTE-NORD

MAURICIE  
CENTE-DU-QUÉBEC

OUTAOUAIS



QUÉBEC



BATSHAW



LAURENTIDES

LAVAL



GASPÉSIE / LES ÎLES

# INTER- *regions*

To ensure that all foster families are treated fairly from one region to another, we are working to harmonize practices and procedures and implement solutions to some regional inconsistencies. Discover the latest advances.



## JEAN-FRANÇOIS RIOUX

LCCA COORDINATOR FOR THE FFARIQ  
AND REGIONAL VICE-PRESIDENT  
MAURICIE AND CENTRE-DU-QUÉBEC  
Phone: 819 696-8594  
jfrioux@ffariq.ca

**Hello everyone,**

For several weeks now, I have been managing a very big and beautiful project for all the resources represented by the FFARIQ.

We know how important it is to have well-trained resources. Our foster children are a source of constant adaptation and we are aware of your need for training, exchanges, and advice. You have certainly already noticed the implementation of training on Opposition Disorder. We thought it was important to implement training quickly, but I am announcing to you today that this is only the beginning.

We are currently in the process of implementing a platform where it will be easy to register for all the training courses offered to you. Unfortunately, we cannot tell you everything today, as discussions with the Ministry and the institutions are underway. However, it is important for us to offer a standardized training program for all FFARIQ members, regardless of their region. Bilingual training will be given in person (when COVID allows us to do so) and online.

My role in this matter is to standardize and collaborate with institutions, develop partnerships with trainers, but above all to ensure that the training sessions meet your needs as simply, easily, and regularly as possible, depending on your environment, your children and your availability.

Stay tuned, great announcements are coming soon!

# ECHO OF *regions*

Find out what's happening in each region: training, regional tour, issues of concern to foster families and, of course, answers.



## *In case ...*

**you have not yet subscribed to the private Facebook group in your different regions and would like to become a member now, here is the procedure to follow:**

- 1 Sign up by sending an email to the local Facebook account manager;
- 2 Search Facebook by entering the administrator's ID and then make a friendship request. When it is accepted, you can be included in the group and you can ask your questions.

## THE INFORMATION NECESSARY FOR ACCESSING THE FACEBOOK OF THE REGIONS IS AS FOLLOWS:

REGION	ADMINISTRATOR	EMAIL	IDENTIFICATION
Mauricie/Centre du Québec	Sylvain Bilodeau	sbilodeau@ffariq.ca	Sylvain Bilodeau
Côte Nord	Mélanie Gagnon	mgagnon@ffariq.ca	Mélanie Gagnon
Québec	Francine Boutin	fboutin@ffariq.ca	Francine Boutin
Gaspésie	Mélanie Gagnon	mgagnon@ffariq.ca	Mélanie Gagnon
Laval	Annie Blouin	ffariq13@outlook.com	Annie Blouin
Outaouais	Lucie Renaud	lucierenaud63@gmail.com	Lucie Renaud
Laurentides	Louise Fleurent	laurentidesffariq@gmail.com	Laurentides
Batshaw	Ross Wilson	patriotic01@hotmail.com	Ross B Wilson

# MAURICIE CENTRE-DU-QUÉBEC REGION

*From left to right: Martin Legault (South Shore reception director), Johanne Blais (treasurer), Linda Labbé (North Shore reception director), Jean-François Rioux (vice-president), Sylvain Bilodeau (president), Nadia Perron (social committee), Vélany Lafrenière (BM reception director), Christiane Houle (secretary), Sylvain Cadoret (com. and social committee director). Absent : José Dionne (director)*

## Dear foster families,

Since this is the first issue of the Inform'Accueil for the year 2021, let me wish you, on my behalf and on behalf of my regional committee, a very happy and healthy new year. We would also like to remind you that we are always there for you, to answer your questions or to reassure you in case of concerns, within the limits of our available means.

As a reminder or for those who did not have the numbers, here are the phone numbers of the regional committee:

- Sylvain Bilodeau, Regional President and Director 819 696-8592
- Jean François Rioux, Regional Coordinator and Regional Vice-President 819 696-8594
- Christiane Houle, Regional Secretary 819 609-8418
- Johanne Blais, Regional and Provincial Treasurer 819 448-3542
- José Dionne, **our new Regional Director since February 2021** 819 818-7522

Also, here are the phone numbers of our new resource coordinators:

- Martin Legault, South Shore 819 479-0322
- Linda Labbé, North Shore 819 379-3597
- Vélany Lafrenière, Mixed Bank 819 698-3875

Also, do not forget that during office hours you can contact our union representative, Mrs. Maude Delagrave at the toll-free number 1 866 529-5868 or on her cell phone number 581 998-1804.

For the next regional tour, which was supposed to take place at the end of February, I am waiting for instructions from public health to see if the region will change its colour code, because currently no union meetings can be held in our region as long as we are in the red zone. If after the school break, there is no sooner date announced for the colour change, then the regional tour will be done by videoconference with Microsoft Teams. Anyway, I have delayed a bit, as we prefer to meet in person rather than by videoconference.

## Other Topics to Talk about.... The Raiding.

Mrs. Rioux talked about it, we are in an open raiding period, and this since last December 31st. We will be



open until the next collective agreement under negotiation with the Ministry is signed. The reason I must tell you about this is that the ADREQ (CSD) has sent you (and me) resignation cards from the FFARIQ and membership cards to join their ranks.

In the Mauricie region, you have trusted us for many years. You are the most active group on Facebook. You are present in satisfactory numbers during our regional tours. In short, I ask you to reiterate your confidence in us for a long time to come. Moreover, I have already made it clear during our regional tours that neither I nor any member of my committee will change allegiance to another union body. We will remain FFARIQ. So, if you hear the opposite, it's a lie (I'll make it clear, because it's been said and done in the past). You still have our phone numbers to ask us about this.



I would also like to congratulate the winner of the book "Milo en famille d'accueil" who is Mrs. Patricia Houde!



### Regional Facebook Question

What can we do when we have conflicts with a social worker?

The best course of action is to contact the head of the department to discuss the conflict, and if that doesn't work, you contact us (me, Jean-François or Maude Delagrave, our union representative) and we'll see where we can go from there.



#### **SYLVAIN BILODEAU**

REGIONAL PRESIDENT  
MAURICIE CENTRE-DU-QUÉBEC  
Phone: 819 696-8592  
sbilodeau@ffariq.ca

*Sylvain Bilodeau*

## CÔTE-NORD REGION

From left to right: Mélanie Gagnon (President) and Valérie Tremblay (Director and Vice-President)  
Absent: Annie Bernatchez (Secretary) Mélanie Bézeau (Treasurer)

### Dear families,

Spring will soon be here, and the mild weather will do us all a great deal of good after these months of confinement. I would like to remind you that I understand very well all the questions that COVID-19 has brought to your attention. Sometimes we don't always have the answer you want, and you are concerned. Please know that we are always there and never hesitate to contact us.

With the arrival of COVID-19, we too have had to adjust, so we will organize virtual meetings via the Teams platform for you, dear families. We will always send you an invitation, because for us it is important to keep you informed. Last December, at the Teams meeting, there were around 15 families present.

As we are still in the negotiation period, there is the raiding period going on and you have probably received a letter or a call from other unions inviting you to join their association. I am pleased with the confidence you have in us.

As you have seen, the FFARIQ is innovating by offering you training. I invite you to follow the dates on our regional Facebook page and to register quickly, because the seats are filling up fast.



In addition, during the recent draw held by Ms. Rioux on Facebook, Ms. France Beauvage was the lucky winner of the book "Milo en famille d'accueil" for the Côte-Nord region. Thank you for your participation, and I invite you to stay tuned for all our news and updates.

### Regional Facebook Question

What is the code to get the Identité Québec rebate?

Please note that this code is given to each one individually, so you must contact the FFARIQ or me directly to get it.

On that note, I wish you a sweet spring!



### MÉLANIE GAGNON

REGIONAL PRESIDENT

CÔTE-NORD

Phone: 418 587-0209

mgagnon@ffariq.ca

*Mélanie Gagnon*

# GASPÉSIE / LES ÎLES REGION

From left to right: Jean-Marie Lavoie (Vice-President), Martine Boudreau (Secretary) and Sylvie Anglehart (Treasurer)  
Absents: Mélanie Gagnon (Acting president) and Sandra Bourdages (Director)

## Hello dear families,

The year has started off strong in your beautiful region with the raiding. I would like to personally thank each one of you who put their trust in us. Seeing how much the FFARIQ means to you is essential in our role as your representative. The raiding period is still open, and I ask you to remain vigilant.

It has been a year since we learned how to deal with COVID-19, which is not always easy with all the health rules that sometimes lead us to ask a thousand questions. Know that we are here to support you, accompany you and look for answers for you.

Last January, we had a virtual meeting with the Teams platform and five families were present. At the next one, I hope to have more. With the arrival of COVID, these virtual meetings with the Teams platform are a new experience because we had to adjust. So, these meetings will be held to keep you informed while we wait to resume our face-to-face activities, which I am sure we all miss.

You should receive either by mail or email, depending on your choice of correspondence, an invitation to which you must confirm your attendance in order to receive a link to attend these meetings. It is important for us to keep you informed of FFARIQ developments and more.



You may have noticed that lately, the FFARIQ has had several new developments. Whether it is through video vignettes, training sessions or even a draw. I would like to take this op-

portunity to congratulate Angeline Lejeune, who won the book "Milo en famille d'accueil". It is our pleasure to offer you these little treats for your role as a foster family. I invite you to follow your regional Facebook page to get all the latest news from the FFARIQ.

I wish you a beautiful end of winter.

## Regional Facebook Question

What are the rates by classification level?

- Level 1 : \$ 37,66
- Level 2 : \$ 47,09 \$
- Level 3 : \$ 56,49
- Level 4 : \$ 65,92
- Level 5 : \$ 75,32
- Level 6 : \$ 84,75

And the amount for the first 60 days is \$51.71.



### MÉLANIE GAGNON

ACTING REGIONAL PRESIDENT

GASPÉSIE/LES ÎLES

Phone: 418-587-0209

mgagnon@ffariq.ca

*Mélanie Gagnon*

## QUEBEC REGION

From left to right: Francine Boutin (Treasurer), Christiane Robitaille (President) and Patricia Anctil (Secretary) Absent: Johanne Bouffard (Vice-President) and Ginette Girard (director)

### Hello dear families,

The current COVID-19 containment situation is demonstrating the importance of staying in active communication with our resources. Having social networks is wonderful and timely, but even more so as the regional committee continues to meet regularly to be ready for activities that we hope will soon resume. We were planning a meeting by the end of March. Watch for your mail and email!

As you know, we are with you and we know that there are many difficulties at the moment. All families are affected and tired, but know that we are available for you, for any questions or accompaniment you may need.

The regional committee takes advantage of this communication to inform you that Mrs. Ginette Gagnon will follow up with the resources of the Charlevoix region. We welcome her as Director of the Charlevoix region! We would also like to take this opportunity to thank Mrs. Manon Dufour for her years of service on the committee and for the resources and we wish her all the best!

The support of the FFARIQ is constant, negotiations are ongoing, training is offered (stay tuned on Facebook) and regular follow-ups are taking place every week or so! In one of its follow-ups, the FFARIQ (Geneviève Rioux) drew the book "Milo" and Nathalie Bilodeau is our lucky one, congratulations!

As mentioned, keep writing to us. Ms. Francine Boutin is very efficient in answering your questions and together with Ms. Christiane Robitaille, we do everything we can to ensure that you do not go unanswered and unsupported!

### Regional Facebook Question

Hello, quick question about transportation. You told us that from now on we must always have proof that the social worker on the file authorizes transportation in order to be reimbursed. We told you that this was an exaggerated request from the institution and that even the workers were not aware of this instruction. I made a request by email to get the authorizations and I never got a response from the social worker. What is going on with this file?

Thank you for clarifying!

First, the institution requested that claims be pre-authorized.

When the resources approached the workers (I did too) they saw the impact this had. So, they responded that in the collective agreement it is clearly stated that transportation is authorized and that the resource must obtain pre-authorization, except in emergencies. Then they said that the transports listed in the classification are already authorized.

Long story short, if you have a transport already indicated in the classification or if it is for an emergency, there is no need for pre-authorization. You can claim directly on your form. For other matters, it will be important to have the authorization of the worker at the specific appointment, and if it is recurrent, to have it noted at the classification. As for the elements of the specific fees, it is well specified to have a pre-authorization (dentist, glasses, diapers (up to 2 years old), orthotics, etc.) to obtain a reimbursement. You can request pre-authorization at [ri-rtf.ciusscn@ssss.gouv.qc.ca](mailto:ri-rtf.ciusscn@ssss.gouv.qc.ca) identifying the youth's file number, information, and a submission from the provider if necessary.



**CHRISTIANE ROBITAILLE**  
REGIONAL PRESIDENT  
QUÉBEC

Phone: 418 262-4222

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*Christiane Robitaille*



## BATSHAW REGION

From left to right: Ross Wilson (Vice-President), Brenda Cortler (Treasurer), Claudette Gauthier (President) and Darlene Oliver (Secretary).

### Dear foster families,

Greetings from the Batshaw region! We hope you are all well and safe!

First of all, I would like to remind you that your Batshaw regional committee is always there for you in every way possible. If you need any help or information about COVID-19 or anything else, do not hesitate to contact us, we are here to help you!

For those of you who were present at the Symposium and Annual General Meeting on October 24th and 25th, I hope you enjoyed your virtual experience. The number of foster families that participated was incredible; I hope you took advantage of our guest speakers who I personally enjoyed. I hope we have more in the future.

### New Members

I would also like to welcome our 38 new members to the FFARIQ family of Batshaw.

### Testimony

As for COVID-19, it has not been easy for all of us. With the outbreak of this second wave, there was a person at my children's school who was reported to have contracted the virus. So home schooling took over by reducing the number of days in high school to only 2 days and online schooling to 3 days. With this mea-

sure in place, this helped to reduce the spread of this terrible virus.



### Book Draw on Facebook

I would like to congratulate Ms. Céline Dumas who won the draw prize for our region for the book entitled "Milo en famille d'accueil", the first draw of 2021! There will be more to come.



Good luck to all of you and wish you all the best,



### CLAUDETTE GAUTHIER

REGIONAL PRESIDENT

BATSHAW

Phone: 514 796-4491

cgauthier@ffariq.ca

*Claudette Gauthier*

## OUTAOUAIS REGION

From left to right: Josée Dorion (Director), Lucie Renaud (Treasurer)  
Absent: Carole Desjardins (President)

### My dear foster families, my dear friends, The New Year has begun!

#### "Milo en famille d'accueil"

The Federation has discovered a book that is particularly helpful for children aged 2 to 6 years old who are about to experience a foster care placement. This cute little book tells the story of Milo the Hedgehog who enters a foster family since his family nest was recently destroyed by rain. Themes such as fear, sadness and the stages of foster care are gently addressed. Finally, the story is intended to promote a predictable and secure placement for the child and to increase the child's understanding of this change. A book was offered for a draw and the grand prize winner is: Stéphanie Lauzon-Goselin. Congratulations!

#### Negotiation

As you know, we are currently negotiating our new collective agreement. Yes, we are! Since we have your interests at heart, nothing will be signed for the Ministry's pleasure. So, this gives rise to other labour bodies trying to come and mix you up, misinform you and fill your head. Have no fear, we are always there and very strong. It is only weakness that frightens the other centres and that is why they will do everything to have you with them. When I say "weakness", I mean lack of membership. The more members we have, the stronger we will be to achieve our demands and to challenge any refusal from the Ministry. Do not believe everything you read. Go check the source: your regional committee. No decision is made by one person alone. On the contrary, each region has a representative and all decisions must be voted on and accepted. When we are satisfied with the decisions of the Ministry, therefore when we have an agreement in principle, we will send you a message by email or by mail to present the whole thing to you and to proceed to the vote.

#### COVID

Solutions had to be found quickly, but this may have caused some delays. Remember the hard work of Geneviève Rioux, provincial president, with her TV and radio appearances and



meetings with the Ministry, creating a kind of Wild West. But it was all worth it. As well as for her team with whom we worked so hard to respond adequately to the needs and demands of the resources. We had to make up for it as best we could, from exceptional measures to exceptional measures, but at least we did it. That in itself was comforting.

#### Training

New! The will to carry out innovative actions marked important news, the step of a new project for all: e-learning. Many have registered and it continues.

#### Meeting of the Regions

We had a Teams meeting in the fall. A next meeting will take place soon. You will receive the information by email.

It is on this note that I end my memo. The last year was a year of helping each other, listening and compassion. The year ahead will no doubt be the same, but with the knowledge and skills we have acquired, we will be able to guide you as you deserve to be guided, with diligence.

You are outstanding members, keep up the good work and together we will reach our destination.

Your committee is there for you, with you.



#### CAROLE DESJARDINS

REGIONAL PRESIDENT

OUTAOUAIS

Phone: 819 923-5081

cdesjardins@ffariq.ca

## LAVAL REGION

From left to right: Fatiha Chihai (Vice-President) Annie Blouin (President) and Natacha Étienne (Secretary) Absent: Manon Lanthier (Treasurer)

### Hello dear foster families,

We are pleased to communicate with you through this article. We would like to say that we are here for each and every one of you. If a question comes to your mind, if you have any concerns, if you need clarification or information, please do not hesitate to contact us. Contact your committee who will be able to listen to you and provide guidance.

In order to strengthen the link between the members of the region, virtual meetings via the Teams platform will be organized on a regular basis. These meetings will allow us to update you on new developments within the Federation and within our region. We are very happy to see that the number of participants is constantly increasing during these meetings. We would like to strongly encourage you to attend the next meetings that will take place. We will discuss topics that are important to you and topics that are of concern to you. If you have ideas for future topics, please let us know.



Recently, the draw for the book "Milo en famille d'accueil" was held on our Facebook page and the lucky winner is Guylaine Choquette. We would like to take this opportunity to congratulate her and wish her a good time reading.



In conclusion, we wish you all the best and assure you: everything will be fine!

### Regional Facebook Question

Several questions were received in relation to the costs incurred for masks and disinfectants. Who is responsible for these costs?

Since a COVID-19 bonus is paid to each foster family, this amount helps defray the costs associated with these products.



**ANNIE BLOUIN**  
REGIONAL PRESIDENT  
LAVAL  
Phone: 514 292-3564  
ablouin@ffariq.ca

*Annie Blouin*

# LAURENTIDES REGION

From left to right: Céline Nadeau (Acting President) Louise Fleurent (Treasurer)  
Absent: Chantal Derisse (Director)

## A warm hello dear hearty families,

Spring is at our doorstep, be brave...

In these crazy times of the pandemic, I want to reassure you that we are always there for you. Our work is often done behind the scenes, but we are always available to answer your questions or provide you with information. And we are here to help you, if you ask us.

All of you, dear families, and your regional committee, we must work together for our beautiful region. Without your precious help, we cannot guess at every situation. Your eyes are extremely valuable to see what is happening and to keep us informed. Together we will get there.

## Did you know that...

### FFARIQ Provincial Board Follow-up

Presidents from all regions meet six times a year in the Board of Directors meetings with the provincial president and executive members. Following each board of Directors meeting, a virtual meeting via the Teams platform will be organized to allow you to get acquainted with each other and to keep you informed of the latest news and developments of the FFARIQ. I hope to see you there in large numbers.



### Testimony of Mrs. P. M. from Hautes-Laurentides (regular resource)

I am a single parent with a pre-teen child.

For me, the 2nd wave made me feel concerned, because there was a lot of loosening of the population and that worried me.

Being a single parent, I cannot be sick. So, I looked for a plan B and asked my family and friends to see if it would be possible for them to look after my foster child if I got sick. I received several positive responses. I prepared my plan:

- I have made a list of contacts and what they can do.
- I've set out the complete routine at home in writing, indicating where things are.
- I indicated where important papers are.
- I have completed a mandate in case of incapacity.
- I made sure that there would be someone at home.

When I asked the institution what is provided for users, I was told that there is a children's centre with hot and cold zones. This is not what I want for my child.

Afterwards, I felt liberated.

With school starting again, my child has a practically normal life. Children are often more rigorous than some adults.

I felt like we were going to get through it. When the parent feels safe, the child is safe.

We have kept the same way of living, except that we respect health instructions and our meetings with family and friends are done via Skype.



I do all my shopping online and sometimes I can have it delivered, while for groceries I get car service.

We have kept our same recreational activities, such as outdoor activities. We vary our activities and choose things that we both enjoy.

I have also prepared a schedule of activities to prevent my child from being on the screens too often, for example: exercise, reading, guitar/singing...

### Regional Facebook Question

#### Specific Agreement

My specific agreement expires soon. I wanted to know if the DYP is sending out a new agreement before it expires. Do I have to call somewhere, or does it happen automatically? I was a PF who became a regular foster family. This is new for me because the agreement ends when the users leave.

I invite you to communicate with Mrs. Raida Baklou-ti, the union representative, at the following number: 418 554-6493. In order to answer properly, we need some information on your current agreement. Thank you.

#### Proximity Family

When we are a proximity family, do you know when we receive T4's for tax purposes?

Yes, you will receive a Statement 29 by the end of February or early March.

In conclusion, the presence of the children gives us the strength to draw on our inner resources to continue to give the best and minimize the impact of such a strange time on our children who are already in protection.



#### Book draw on Facebook

I would like to congratulate Ms. Josée Lajeunesse, winner in our region for the draw for the book "Milo en famille d'accueil" that took place on the regional Facebook page in February.

#### Prescription

A friend of mine is a proximity family. The little girl she took in needs special soles for her shoes. Do you think the DYP will reimburse her if she buys them? And the little one is also taking medication. Last month it went through the RAMQ, but not this month. She had to pay. Is that normal?

Prescription = reimbursement, regardless of the type of foster family. With pre-authorization or in the case of medication, we cannot foresee so they must reimburse and take the steps to understand and regularize the situation.



**CÉLINE NADEAU**  
REGIONAL PRESIDENT  
LAURENTIDES  
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# PARTNERS *benefits*

Discounts and privileges: one of the benefits of being part of the big FFA-RIQ family.

Upon presentation of the FFARIQ privilege card, these merchants have agreed to give discounts to members of the Fédération des familles d'accueil et ressources intermédiaires du Québec. A big thank you!



\$150 on a full pair of prescription glasses or prescription sunglasses - \$25 unifocal lenses - \$50 progressive lenses - \$50 contact lenses - \$50 non-prescription sunglasses of \$100 or more - \$25 for 3 or more bottles of Eye Omega product - \$10 glasses for blue light filtration - \$250 laser vision correction service at the IRIS ophthalmology clinic in Laval. Offers cannot be combined, are not applicable to safety glasses and do not apply to contact lens service contracts or professional services.

Unconditional Guarantee  
IRIS - Interest-free financing - To benefit from your advantages, you must register at [www.iris.ca/avantages](http://www.iris.ca/avantages)  
\* Offer valid for all members of your family.



\$50 discount on any purchase of \$500 or more. Also valid in branches of Maurice Tanguay and Liquida-meubles until December 31, 2019. This offer is valid at all times in all departments.

Does not apply to previous purchases and cannot be combined with promotions offering the taxes paid. Discount applicable before taxes. Limit one discount per customer. PTR: 441869. Delivery throughout the province of Quebec.



30% discount on all refurbished Ordi vert computers or on in-store service. This discount is valid on regular price merchandise only and is not available in conjunction with any other promotion or sale merchandise.

The discount is valid for foster families only. The person in charge of the foster family making the purchases must present his FFARIQ privilege card. This discount is valid only in ORDI VERT DÉPÔT stores.

Visit [www.ordivert.ca](http://www.ordivert.ca) to find our addresses.



10% off the regular price of all merchandise at regular price. This discount does not apply during a promotion. Visit [www.yellow.ca](http://www.yellow.ca) for addresses. Offer valid for all members of your family. Ref. no.: 5033



Payment of both taxes for you on all merchandise at regular price. This offer cannot be combined with any other promotion. Please visit : [www.hangar-29.ca](http://www.hangar-29.ca) for all addresses.



LA VALLÉE  
SECRÈTE

10% off the regular admission price for adults and children on all courses. Visit [www.valleesecrete.com](http://www.valleesecrete.com) for more information on activities.



\$80 discount on the annual subscription (\$33.32 per month) in all centres across Quebec. Upon presentation of the registration letter and the FFARIQ privilege card. This rate is also applicable to spouses and persons 16 years of age and over residing at the same address. [www.energiecardio.com](http://www.energiecardio.com)



Take advantage of exceptional discounts on subscriptions to major newspapers and magazines. You can get up to 90% off the newsstand price. These discounts are guaranteed to be the lowest on the market. Please refer to your brochure or visit [www.rabaiscampus.com](http://www.rabaiscampus.com)



Take advantage of an annual Boomerang network access subscription at \$22.11 + taxes every two weeks. A savings of \$75 plus a \$1.20 discount on each visit! Upon presentation of the registration certificate and the FFARIQ privilege card. Contact us to obtain the registration certificate.



15% off the regular price of an individual or family ticket. Visit [www.biodiversite.net](http://www.biodiversite.net) for more information on activities.



AU PAYS DES MERVEILLES  
ATTRACTION PARK

2 discount on the regular admission price (adult or child 2 years old and over). Please note that the amusement park is open from June to September. Visit [www.paysmerveilles.com/fr/](http://www.paysmerveilles.com/fr/)



50% discount on your online police certificate requests. Visit <https://promo.idqc.ca/>. Call the FFARIQ to get the promo code.



15% off the admission price for adults and children. Visit [www.bioparc.ca](http://www.bioparc.ca)



A 10% discount for any online purchase on the regular price on in-stock items. To take advantage of this discount please call the FFARIQ to get the promo code. Visit <https://www.fdm.ca/>



Get 10% off the price of clothing in store. This discount is valid on regular-priced merchandise only and is not valid in combination with any other promotion. It excludes merchandise on sale, promotion and decoration. Bedding, towels and facecloths are allowed. The discount is valid for children in foster families only and the parent must present his or her FFARIQ privilege card at the time of purchase. Visit <https://www.modechoc.ca/> to find our addresses.

## REFERENCE *partner*

**The Institut de formation en santé et services sociaux: a passionate team to accompany you in your daily challenges!**



The IFSSS was created out of longstanding expertise in specialized intervention and health, but above all out of a shared passion for providing a place for learning and sharing that is accessible to all. The Institute, also teaming up with the Fondation Véro et Louis, which helps people living with an autism spectrum disorder, wanted to support foster families, equip them, and thus relieve the stress of daily life.

The association with the FFARIQ now allows us to develop an exceptional partnership with you, dear families, and to set up tailor-made training courses adapted to your real life. Each of the training courses offered is developed with everything that could be useful to you to improve your understanding of children's needs. Each trainer member of the IFSSS team has the mission to accompany you in making new learning, to allow you to acquire knowledge and skills to facilitate the integration of the children you welcome with open arms. It is a real privilege to be able to work closely with your union accreditation to offer weekly capsules to answer your questions and even stimulating articles that will appear regularly in this beautiful magazine.

In addition, customized training as well as clinical supervision in subgroups is already offered to you and we thank you for already actively participating in its success. Supervision will give you the opportunity to come and find concrete and specific tools to face daily challenges, but also to realize the strengths you already have that allow thousands of children to have a better life.

The IFSSS team of trainers is looking forward to making new knowledge available to you on all subjects relevant to your personal and family growth, human development being at the heart of our priorities!

**We look forward to meeting you and, above all, to accompanying you!**

# NEED HELP or information ?



Any question is good to ask!

Doubts, difficulties or disputes? The FFARIQ is there for you.

## UNION REPRESENTATIVES - YOUR ADVISERS

NAME	PHONE	E-MAIL	REGIONS
Olivier Auchu	418 561-9311	oauchu@ffariq.ca	Quebec and Côte-Nord
Maude Delagrave	581 998-1804	mdelagrave@ffariq.ca	Mauricie/Centre-du-Québec, et Gaspésie / Îles de la Madeleine
Raida Baklouti	418 554-6493	rbaklouti@ffariq.ca	Outaouais, Laval, Batshaw and Laurentides

## SO DON'T HESITATE TO CALL UPON THEM!

The role of union representatives is to answer your questions and assist you if necessary. Whether it is to answer general requests for information, to advise you in the event of difficulties encountered or to assist you in situations of litigation or conflict, they are there for you:

- General information;
- Questions about a difficulty;
- Administrative inquiry;
- Interventions during a report;

- Contestation of the classification review;
- Disagreement.

## COMMITTEE EXECUTIF - FFARIQ

NAME	PHONE	NAME	PHONE
Geneviève Rioux, President	819 691-6958	Johanne Blais, Treasurer	819 448-3542
Mélanie Gagnon, Vice-president	418 587-0209	Francine Boutin, Secretary	581 998-5238

## FFARIQ HEAD OFFICE - QUEBEC

Telephone 418 529-4734  
Toll-free 1 866 529-5868  
Fax 418 529-0456  
Toll-free 1 866 388-8860  
Email info@ffariq.ca

Maryse Breton, Accountant, mbreton@ffariq.ca  
Nathanielle Lacmale, Executive assistant, nlacmale@ffariq.ca  
Anne Cecile Zagouta, Advisors assistant  
Isabelle Lamontagne, receptionist-secretary, ilamontagne@ffariq.ca

## NEED TO BE supported ?

If you have a difficulty or disagreement, you not only have the right to be accompanied by a representative, but it is even preferable. Feel free to exercise your right, and call us.