

# 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  
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du Québec**

# A WORD FROM *the president*

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## Let's All Take Care of Ourselves!

### Dear foster families,

At the time of writing this, the government has announced (once again) that health measures will be relaxed. Let's rejoice, but let's not forget to take care of ourselves! The last two years of yo-yoing have forced us to dig deep to keep our courage and optimism. I believe we deserve to put aside the pressure and focus on loving ourselves and others. Together, let's be kind to ourselves and to those around us. This is what we wish for you.

The year 2022 is already well underway and many issues are on our agenda, to which we will certainly add current events to which we will react when we consider that it is in the best interest of the well-being of foster families and children. Defending, supporting and caring for you is always at the heart of our priorities.

### 2023-2025 Strategic Plan

The last few years have been busy for the FFARIQ. Our achievements and commitments have been numerous, guided in particular by the objectives that we had set for ourselves in our last strategic plan.

It is now time for the Board of Directors and Regional committees to meet in order to determine our orientations for the coming years. In order to inform our thinking, we have asked you to complete a survey. We thank you for taking the time to do so. We will keep you informed of the progress of this file at the next annual meeting.

### Reform of the YPA

As you may have read on our social networks, the Ministère de la Santé et des Services sociaux invited us to comment on Bill 15 (PL 15) to amend the Youth Protection Act. Grateful for this vote of confidence in our expertise and in order to ensure the well-being of children, we decided to take the matter further. I therefore presented and tabled a brief on this subject on February 9th in the National Assembly. This brief is the result of a careful study that we made of PL 15 and that you can read on our website in the News section <https://ffariq.org/en/news>. I also invite you to consult our rigorous follow-up of what will come out of the Laurent Commission at <https://ffariqcommissionlaurent.com/en/>

## Regional and Provincial Elections

I invite you to read carefully the event section in this Inform'Accueil. There you will find the list of open positions for the regional and provincial elections. This year, and this is one of the positive aspects of the pandemic, the elections will be held in person and virtually to allow more of you to participate despite your schedule constraints.

The provincial Annual General Meeting (AGM) will also be new this year. We have found that after the Symposium, many are tired and anxious to get home. In order to meet this legitimate need and to allow you better access to this democratic exercise, we will now hold the provincial AGM in September, in person and online.

### ARR: Still Pending

We are still awaiting the decision of the Quebec Superior Court on our application for a declaratory judgment to the effect that the Act respecting the representation of family-type resources and certain intermediate resources and the process of negotiating a collective agreement respecting them (ARR) contains certain unconstitutional elements limiting the power of FTRs to negotiate their group agreement. We are following this file with attention.

### Upcoming Training

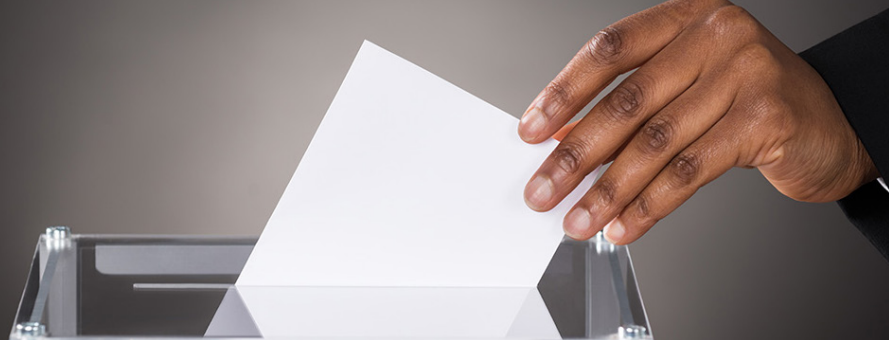
You will find in the Inter-regional section of this issue of the Inform'Accueil the list of current and upcoming training. I would like to take this opportunity to remind you to register to YourSpace via the FFARIQ website in order to be able to register to these trainings. Hurry up! Places are limited.

I would like to conclude by wishing you a warm spring which, I hope, will bring about better conditions for getting together, spending time with our loved ones and taking good care of ourselves.

Let's enjoy the beautiful days that are coming back!

**GENEVIÈVE RIOUX**  
FFARIQ PROVINCIAL PRESIDENT

# EVENTS



## Mark your Calendars: regional and Provincial Elections

Here is everything you need to know about the 2022 elections. First of all, the regional committees of each of the eight regions represented by the FFARIQ will contact their members shortly. You will be invited to attend the regional assembly in a room located in your region.

In order to make the regional meetings more accessible to families with schedule or travel distance constraints, we are now offering

a hybrid format. This is one of the positives of the pandemic that has allowed us to develop new ways of doing things! You will be able to participate online. In addition, if you did not have the opportunity to vote by mail before the regional meeting, you will be able to do so online or in person, during the meeting.

Our President Geneviève Rioux will address you a short word at the opening of each ARA and will talk about her vision for the coming year.

### Positions Up for Election in 2022

REGION	POSITION	INCUMBENT	DURATION OF THE MANDATE
03 - Québec	Vice President	Johanne Bouffard	4 years (2022-2026)
	Treasurer	Francine Boutin	4 years (2022-2026)
	Director	Ginette Gagnon	4 years (2022-2026)
04- Mauricie	Vice President	Jean-François Rioux	4 years (2022-2026)
	Treasurer	Johanne Blais	2 years (end of mandate 2022-2024)
	Secretary	Christiane Houle	4 years (2022-2026)
06 - Batshaw	Vice President	Ross Wilson	4 years (2022-2026)
	Secretary	Darlene Oliver	4 years (2022-2026)
07 - Outaouais	Vice President	Lucie Renaud	4 years (2022-2026)
	Secretary	Josée Dorion	4 years (2022-2026)
	Treasurer	Vacant	2 years (end of mandate 2022-2024)
09 - Côte-Nord	Director	Valérie Tremblay	4 years (2022-2026)
	Président	Mélanie Gagnon	4 years (2022-2026)
	Secretary	Annie Bernatchez	4 years (2022-2026)

REGION	POSITION	INCUMBENT	DURATION OF THE MANDATE
09 - Côte-Nord	Director	Vacant	4 years (2022-2026)
11 - Gaspésie	President	Mélanie Gagnon (intérim)	4 years (2022-2026)
	Secretary	Vacant	4 years (2022-2026)
13 - Laval	Director	Annie Blouin	4 years (2022-2026)
	President	Annie Blouin	4 years (2022-2026)
	Secretary	Natacha Étienne	4 years (2022-2026)
15 - Laurentides	Director	Ghislaine Pelletier-Robitaille	4 years (2022-2026)
	President	Ghislaine Pelletier-Robitaille	4 years (2022-2026)
	Vice President	Vacant	2 years (end of mandate 2022-2024)
	Treasurer	Louise Fleurent	4 years (2022-2026)
	Secretary	Vacant	2 years (end of mandate 2022-2024)

## Provincial Election : Positions Up for Election in 2022

POSITION	INCUMBENT	DURATION
Vice President	Mélanie Gagnon	4 years (2022-2026)
Treasurer	Vacant	4 years (2022-2026)



## Checklist Regional and Provincial Elections

STAGES	REGIONAL	PROVINCIAL
<b>Sending out nominations</b>	April 1 to 29, 2022, 5 p.m.	June 13 to July 22, 2022, 5 p.m.
<b>Voting period</b>	From May 6 to May 18, 2022, 5 p.m.	From August 1 to September 9, 2022, 5 p.m.
<b>Deadline for receiving postal and online votes</b>	May 18, 2022, at 5 p.m.	September 9, 2022, 5 p.m.
<b>Annual meetings, voting and ballot counting by tellers.</b>  <b>Those attending the ARM and AGM will be able to vote at this time, both in person and online.</b>	May 20, 2022	September 16, 2022

## Provincial Election

This year, the Annual General Meeting (AGM) will be held separately from the Annual Symposium. We have noticed that many families are anxious to get on the road and go home after the Symposium, and rightfully so! We will now hold the Annual General Meeting in September.

We are also changing the format to allow more people to attend. The Annual General Meeting will be held by video conference from the office. Each region will meet in a room and connect with the Executive Committee. You will be able to attend the AGM either at the location in your region or directly from your home.

The Annual General Meeting can bring us all together, no matter where you live.



# FF: SAME / not the same

Dear Foster Families,

The FFARIQ is pleased to address the foster families that it represents in order to remind you of certain gains obtained in the new 2020-2025 group agreement.

**From now on, the Inform'Accueil will have a section concerning the group agreement so that you can assert your rights, while respecting what was agreed upon during the last negotiation period.**

In addition, this section will allow us to follow up with the resources on the evolution of the discussions concerning the interpretation and application of the group agreement with the MSSS and the institutions, among other things, concerning transportation, specific places and the use of the addendum, which are currently priority subjects during our meetings.

Therefore, in this month's issue, we begin with the following articles:

SECTION NO.	BEFORE	NOW
<b>Fundamental principles</b> 1-3.02	In the previous agreement, the relationship between the resource and the institution was based on values such as fairness, good faith, humanism, respect and trust. Both the institution and the resource had to declare that they would <b>prioritize these values</b> in their relationship.	Now, the agreement not only states that one should strive for these values, it confirms that the institution and the resource are actively involved partners, <b>while each retaining their autonomy, in achieving a common goal.</b>
<b>Reproche</b> 1-4.01 1-4.02	In the previous agreement, blame was not defined. Thus, a foster family could be <b>blamed</b> as much for its service delivery as <b>for the services expected (IDC) as for its conduct.</b> In addition, the blame remained on file and could be invoked at any time.	Blame is now defined. <b>Blame can be placed on the conduct of the resource</b> and not on the services provided to the child. The blame is <b>removed from the foster family's file after 12 months.</b> It is therefore important to consult your file.
<b>Associative life and concerted action activities</b> 1-7.13	In the previous agreement, the foster family could be <b>accompanied by FFARIQ representatives in two circumstances: during a classification review or during an investigation.</b>	Now, the foster family can be <b>accompanied by representatives of FFARIQ at meetings called by the institution that do not concern the child's condition.</b> It is important that the institution tell you the reasons for the meeting when it is called.



SECTION NO.	BEFORE	NOW
<p><b>Institution responsibilities</b> 2-1.01</p>	<p>In the previous agreement, most foster family requests <b>were made verbally to the institution, with the exception of pre-approvals</b>. Not having a written request regularly led to problems and undue delays before the resource received a response.</p>	<p>j ) The institution must respond in writing, as soon as possible, to any <b>written request</b>. Therefore, the foster family must formulate its requests in writing so that there is a <b>traceability</b> of the exchanges between the resource and the institution's representatives.</p>
	<p>In the previous agreement, because there was no time limit for <b>retrieving the child's property and assets</b>, it could take months to do so. This meant that the foster family had to store the child's belongings in their home after the child left.</p>	<p>n ) Following the child's departure <b>the institution must retrieve the child's belongings within a maximum of 15 days</b>. The <b>place remains occupied</b> as long as the belongings have not been removed, which means that the foster family continues to be paid.</p>
	<p>In the previous agreement, the institution developed and modified schedules in consultation with the biological parents only. Rarely was the resource consulted.</p>	<p>q ) The foster family <b>must be consulted in the development of each child's entry/exit</b> schedule or when <b>changes</b> are made. The worker must therefore take your comments into account.</p>
	<p>In the previous agreement, there was <b>no mention of the institution's responsibilities to verify the child's accounting of personal expense allowances</b>.</p>	<p>Institutions are <b>now required to audit these records twice a year</b> or as required by their policy. In addition, the institution's representative plus, <b>must sign the logbook certifying that no discrepancies</b> have been identified.</p>
<p><b>Visits in the environment</b> 2-1.02</p>	<p>Under the previous agreement, any representative of the institution wishing to visit would normally do so by appointment. <b>However, they could show up without an appointment, simply by providing a reason to the resource, even if they had to meet with the resource.</b></p>	<p><b>Now, if the institution wants to talk to the people in charge, it is mandatory to make an appointment</b>, unless the law provides otherwise. This is a very important addition, as unannounced visits can have a significant impact on the organization of the living environment.</p>

# DECODED LAWS AND regulations

## Bill 15

### amending the Youth Protection Act

In the wake of the Laurent Commission, a bill (PL 15) amending the Youth Protection Act is being studied by provincial elected officials. The FFARIQ is one of the 18 organizations that have been invited to make their comments during public hearings held at the National Assembly. This action is a logical continuation of all that the FFARIQ has been doing for many years to improve the living conditions of children in foster care.

We have carefully studied Bill 15 and have not only shared our comments during the hearings, but we have also submitted a brief which includes the following main elements:

- That the amendment to the YPA have a concrete and significant impact;
- That section 91 of the YPA ensures that a child and the persons to whom he or she is entrusted receive help and advice from day 1 of the placement;
- That the rules governing confidential information be made clearer to ensure that FAs can obtain important information that will guide their interventions from day 1 of placement;
- That the definition of a child be broadened so that the child can remain with his or her foster family until the age of 21;
- That the DYP gain autonomy and independence and that it reports directly to the Ministry in order to reduce internal management and procedures.

We conclude our report by proposing that the reflection of elected officials on this proposed amendment to the YPA be guided by the numerous recommendations made by the Laurent Commission as well as the reports of committees and commissions developed over the past 40 years in order to achieve a real improvement in the conditions ensuring the well-being and stability of children.

## MÉMOIRE

### de la Fédération des familles d'accueil et ressources intermédiaires du Québec (FFARIQ)

Présenté à

Commission de la santé et des services sociaux  
Dans la cadre des consultations particulières sur le Projet de loi n°15,  
*Loi modifiant la Loi sur la protection de la jeunesse et d'autres  
dispositions législatives*

Québec, le 4 février 2022.

Fédération des familles d'accueil  
et ressources intermédiaires  
du Québec



# LIFE Story!

How to  
Love a Child  
Who is Afraid to  
be Loved

*Gabrielle Pruneau and Alexandre Mourant,  
foster family since November 2012*

*Type: personal guardianship*

*Region: Côte-Nord*

## Lots of Love to Share

It was at the age of 19 that Gabrielle realized that one day she would be a foster family. It was during a trip to Peru where she met a little girl with whom a very strong bond was created. Gabrielle knew then that blood ties were not necessary for her to want to share all the love she had inside her with children who needed it.

Then Gabrielle became an elementary school teacher. Taking care of her students, reassuring them, understanding them, explaining in their words what they are feeling is second nature to her. In fact, at school, it is often Gabrielle who is entrusted with children who exhibit so-called problematic behaviors.

In 2012, Gabrielle and her husband Alexandre became a foster family. Today, the Pruneau-Mourant family has four children: one adopted, one in care, one in guardianship and one biological.

### **Nicolas\*, the little boy who is afraid of love**

Gabrielle tells us the story of Nicolas. When he arrived at Gabrielle and Alexandre's home, Nicolas was only two

years old, but he had been through a lot of emotional disruptions for such a small child. At the age of nine months, he had been taken away from his mother and temporarily placed with his grandmother. Three months later, he was placed in a foster family where he stayed for only a few months before being sent to another foster family for nine months. By the time he arrived at the Pruneau-Mourant home, Nicolas had already experienced four different families... in just two years!

The experiences of the first few months of life have a profound effect on a child's ability to form attachments. It is thus wounded by his life journey that Nicolas arrived at Gabrielle and Alexandre's home on June 13, 2016, for an exploratory day. Gabrielle had given birth to her daughter a few months earlier and already had another boy at home. The family was not interested in fostering another



child at this time, but the social worker made a special request to Gabrielle. She was convinced that the couple was the right fit for Nicolas's special needs. So the Pruneau-Mourant family adjusted in full force and made a place for this little guy.

Well informed by the social worker, the family had a good idea of the dynamic they were getting into. This pairing work led by the social worker had one goal: to prevent Nicolas from experiencing any more separations.

On June 15, 2016, Nicolas officially entered the family. The next two to three years were difficult. Suffering from a severe attachment disorder, Nicolas was literally afraid of love. Why would he let himself be loved when every time it had happened in his short life, he had been abandoned? It took a lot of time, patience and resilience to secure this little guy who would test the real love of his foster parents with actions like throwing rocks at cars or bringing home an injured animal that he would "finish off." It takes a lot of empathy and understanding to recognize that behind these actions there was no malice, but rather a great uncontrollable fear of love and the risk of losing it.



### The Importance of Training on Attachment Disorder

Gabrielle has read a lot about attachment disorder. It is necessary to understand what motivates the behaviours of a child with an attachment disorder, not only to support the child, but also to protect the child from the judgment of others by explaining the situation properly.

A child with an attachment disorder will be quite charming with strangers, but as soon as he or she forms relationships with people who become significant to him or her, he or she will behave in a mean way. **"You have to understand that when he's being naughty, it means he loves you," says Gabrielle.** It's a time of vulnerability, he's afraid of losing you so he's trying to force you to leave him to protect himself, because that's what he knows." Since he has deduced from his past experiences that adults abandon him and don't care for him, he seeks to distance them from him and run things his way.

When Nicholas was four and a half years old, Gabrielle and Alexander requested personal guardianship until he reached the age of majority, or until the age of 21 if Nicholas is in school. This decision was made in collaboration with Nicolas and his biological mother. By obtaining guardianship, Gabrielle can now be autonomous in making decisions about Nicolas's daily life. She no longer has to go through heavy administrative procedures when she wants to consult a health specialist, register the young boy in school or in an activity that he likes, or even go on a trip with him. With guardianship, Gabrielle and Alexander have parental rights over Nicholas, but the filiation link remains with the mother.



The trusting relationship between Nicholas and his foster family and the bond that developed over time became so strong that the boy asked to take Alexander's last name. This is an unusual step, but it was accepted by the judge who made his decision based on a recommendation from Nicolas's psychologist.

As for the biological parents, Gabrielle tries to preserve the relationship. They are not very present and Nicolas sees his biological mother about once a year. However, Gabrielle has a good picture of the biological mother, so she tries to keep a balance between preserving the link with the mother and thinking about Nicolas's well-being.

### The Importance of Surrounding Yourself With the Right People

Gabrielle and Alexandre are undeniably a solid couple who manage to provide Nicolas with a good framework. Not only are they resilient, but they also take the situation well in hand by getting the necessary tools and making the people around them aware of the reasons for the boy's behaviour.

Before Nicolas started school at the age of 5, the couple saw a psychiatrist to have Nicolas evaluated and he was diagnosed with ADHD and an attachment disorder. With medication, the boy's behaviours have changed dramatically. Gabrielle believes that without the medication, Nicolas would not have been able to function properly at school. Now, he is friendly and evolves better in the different areas of life. He integrates well, makes friends and succeeds in his classes with help and sustained effort.

Gabrielle also makes a point of explaining to those around her what an attachment disorder is, thus putting Nicolas's behaviours, crying and screaming fits, and sometimes mean attitudes into context. Teachers, neighbors, relatives and friends know that Nicolas sometimes reacts disproportionately or unexpectedly when he has an overflow of emotions. Different strategies can be adopted such as presenting him with things in small steps so that he accumulates small personal successes at each step.

Gabrielle says that for a certain period of time, Nicolas was screaming every night until 10 p.m. The crisis lasted several minutes. It is by repeating tirelessly to Nicolas that even if he shouted like that, she would continue to love him that he finally calmed down. It took a lot of strength, patience, and resilience for the Pruneau-Mourant couple to get through this period. It was necessary to make the other children understand Nicolas's special needs so as not to disrupt the rest of the family. It was also necessary to make the neighbors aware of what an attachment disorder is so that they would understand the situation. As a result, the family has created a supportive network around them.

Even the seasonal neighbors at the campground are part of this comforting net around them! When the couple went to their camping neighbors to explain Nicolas's behaviour and tell them they were going to leave so as not to disturb their peace, the neighbors protested, saying, "Don't do that, what you're doing is hard, but it's great. Enjoy your vacation. Which tells Gabrielle that when we share our reality with others, taking the time to explain things well, we silence judgment and find allies. Now, Nicolas has made friends at the campground as well as a grandmother and a grandfather who love him very much.



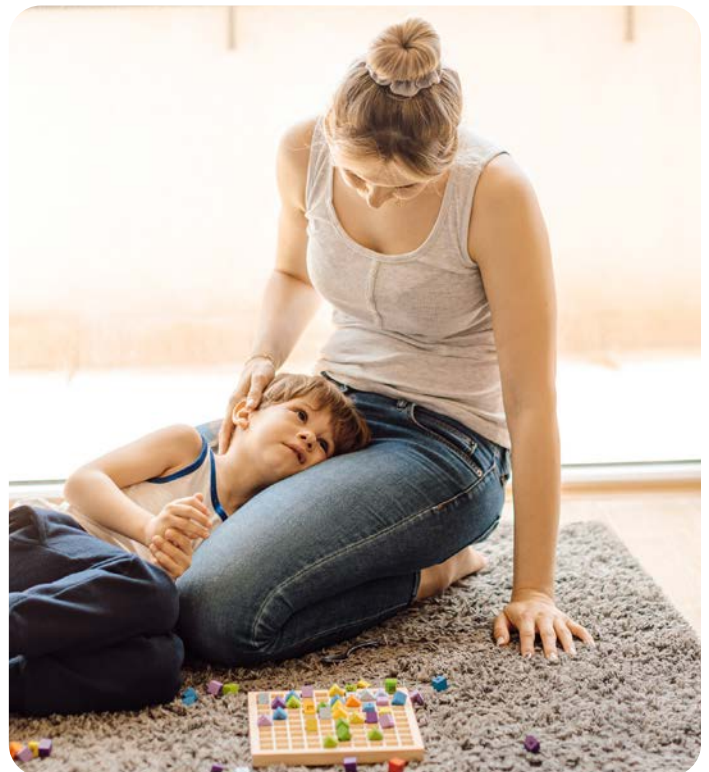
### Nicolas's Peace of Mind: A Team Effort

**"We are a persistent couple," says Gabrielle. "The social worker understood that. We didn't really know why she chose us. Today, we understand".**

This perseverance, resilience, strength of the couple and ability to work together and coordinate their efforts that the social worker detected helped give Nicolas an environment where he can slowly, but surely, take root and feel that he has a place.

Today, Nicolas is 8 years old. He is getting better and better. He is appreciated at school and has friends. And he is still learning to be loved.

\* In the interest of confidentiality, the first name has been changed.



# TIPS FROM *the pros*



## Train Your Brain to Improve Your Mental Health

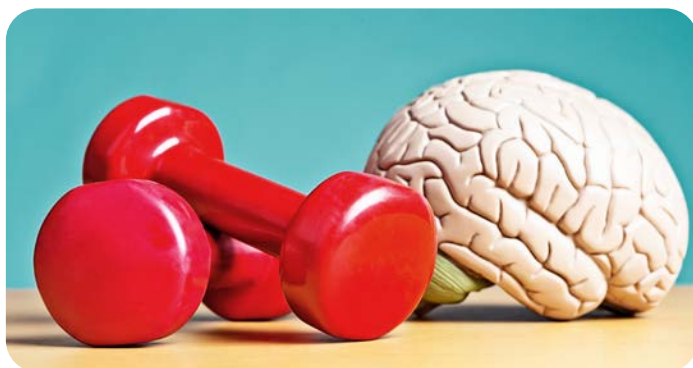
In these times of uncertainty and collective anxiety due to the pandemic, in addition to the stressors of everyday life, we thought it would be useful to remind you that your brain is trainable, even if it is not really a muscle in itself. All you need to do is know how to do it and commit to our brain-training program!

### Small Reminder from the Bio Class

Our brain is the most complex organ of our body and also the most indispensable. Everything in our day is controlled and regulated by it. From our movements to our speech, to problem solving, not to mention the fact that we BREATHE! It also receives, processes and interprets all the stimuli received by the different senses. It is therefore a key player in our emotions, our reactions and our behavioral choices. Finally, the more your brain is put to work, the more neuronal connections are created (synapses) and the more brain activity that keeps us going. This is called brain plasticity.

That being said, it is possible to train it for many things like improving our memory or helping it stay more alert. In fact, we can also train ourselves to see the positive in more difficult or stressful situations. This has the effect of increasing our sense of well-being and decreasing our sense of helplessness.

So, how do we get to the point where we can see the positive in situations where there seems to be no way out?







First of all, it is important to know that in order to "reprogram" our brain, the same action or effort must be placed for a minimum of 21 days. After that, the brain is able to assimilate the new information and apply it to daily life. It takes consistency and effort, but it pays off!

The first thing to do is to find a time during the day, it could be when you get up, before bed or during the kids' nap, to allow yourself to reflect and write down things you are grateful for. The more you practice doing this, the easier it will be to come up with ideas and it will allow you to see these small victories on a daily basis. If this type of exercise appeals to you a little less, it is always possible to find another small ritual that makes you feel good and that you have time to do every day. All means are good, the important thing is that they reflect the positive experience of the day.

Secondly, being aware of the negative or disabling thoughts that we may have is already a great start! Once you are able to identify them, you must now get to work on transforming them. Negative thoughts often come first in our minds, as it is much more demanding for the brain to see the positive in a situation.

#### **Take this situation as an example:**

Today I lost my patience with the kids, I'm really not a good example for them!

In fact, there could be dozens of reasons why you lost your patience. So we can replace this thought with this one:

I need to rest and take care of myself to spend quality time with the kids.

It is by changing our internal messages that we have an impact on our attitude, our behaviors and our emotions.

Finally, we must not neglect the importance of physical exercise and a healthy diet. Yes, the fact of moving allows our brain to secrete hormones such as serotonin, endorphins and dopamine which have a major impact on the happiness we can feel!

Hopefully, these tips will help you see life a little more clearly...

Marie-Pier Gagnon and  
Valérie D'Aoust  
For your team of  
trainers from





# INTER- regions

It's our job to ensure that each of the regions we represent is treated fairly. Find out here about the latest advances in harmonization of procedures and the new training programs that have been implemented for you.

## HELLO TO YOU ALL,

First of all, I would like to draw your attention to the new orientation of this column. It will continue to present the progress of the LCCA's files and a section announcing the new trainings offered will be added. This is one of the ways in which we are ensuring that there is real equity for all foster families in Quebec.

### Implementation of the New Group Agreement

This issue has been a major focus of the LCCA's activities for the past few weeks, if not months. We are working in close collaboration with the institutions and are discussing our respective ways of interpreting the group agree-



### JEAN-FRANÇOIS RIOUX

Provincial Coordinator of the regions and Responsible for training  
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ment. This is part of the obligation of the institutions to work in partnership with the FFARIQ and not in collaboration as was the case before. The relationship has thus become one of equals favouring discussion rather than one of subordination between the FFARIQ and the institutions.

The agreement has been in effect since September 22, 2021. We have had meetings with the LCCAs in each of the eight regions and we can say that to date things are generally going well. We are seeing openness, synergy and good communication.

### New Training Courses Adapted to Your Needs

You probably know that the FFARIQ is now responsible for providing training to foster families, rather than the DYP. Inspired by our daily lives as foster families, we are working very hard to develop trainings that truly meet your needs and that are offered in a way that will benefit as many of you as possible.

### New Training in March: Children's Emotional Safety

This new training is specifically designed for families who care for children aged 0 to 5 years. It will be given according to a new concept of seven live online meetings of one hour each.

The trainer, Catherine Desrosiers, is a graduate in mental health and a Certified Instructor education in group care (Niels Peter Rygaard, Auth, DPA clinical psychology, Fairstart). She has 20 years of experience in intervention and support for children exposed to neglect, abuse and special needs.

The workshop will include topics such as how to increase safety in the child who has been exposed to neglect, what are the risk and protective factors and how to promote resilience, social skills and emotion regulation in the vulnerable child.

- **Starts: Saturday morning, March 12 or Wednesday evening, March 16**
- **Duration: 7 consecutive Saturdays or Wednesdays, depending on the choice made at registration**
- **Places are limited, so register quickly via [VotreEspace.ffariq.ca](https://votreespace.ffariq.ca). Not yet registered to YourSpace? Go to the FFARIQ website, click on the YourSpace tab and follow the instructions.**

I wish you a rejuvenating spring and a great learning experience during our trainings.

See you soon!



# ECHO OF THE *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	Melanie 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	laurentides.ffariq@gmail.com	Laurentides
Batshaw	Ross Wilson	patriotic101@hotmail.com	Ross B Wilson

# MAURICIE CENTRE-DU-QUÉBEC REGION

From left to right : First row : José Dionne (director) - Linda Labbé (North shore reception manager) - Vélany Lafrenière (BM reception manager) Second row : Johanne Blais (treasurer) - Christiane Houle (secretary) - Sylvain Bilodeau (president) - Jean-François Rioux (vice-president) - Martin Legault (South shore reception manager)

© Crédit photo : Audet photo

## Hello to you dear foster families,

Here are a few points that we bring to your attention in this issue of the Inform'Accueil.

### VotreEspace.ffariq.ca

First of all, I invite you if you have not already done so to register on our FFARIQ portal. This space was created for you, to offer you exclusive content to you, the members of the FFARIQ. This space is used to register and follow the online training and will also be used for face-to-face training when the health measures are lifted. This space is also used to register for all activities organized by your regional committee (ARA, Regional Tour...).

You can also access all the necessary documentation in your role as a host resource.

If you have any problems connecting or if the system does not recognize the information you have entered, I invite you to send me an email at [sbilodeau@ffariq.ca](mailto:sbilodeau@ffariq.ca) so that I can verify and correct everything, since I am already doing this for all the regions of the FFARIQ.



### Strategic Planning

Secondly, for your information, all the elected officials of FFARIQ will meet next June to review our strategic plan, if it is still relevant, how we can improve it, etc.

### Regional Elections

Thirdly, I would like to announce that there will be an election this year at the annual regional meeting which will be held on the same date for all the regions of the FFARIQ, that is to say

on Friday, May 20th from 9:30 a.m. to 1:30 p.m. We anticipate an extra hour since there will be an election and ballots will be counted on the place.

### The positions to be elected are:

- Vice-president (4-year term),
- Secretary (4-year term)
- Treasurer (2-year term).

We should meet face to face during the next regional tour and I will be happy to answer your questions regarding these positions. It is always possible to communicate by email.

The committee and I look forward to seeing you on the regional tour in person as this will be possible with the announcement of the deconfinement. Until then, thank you for being present and for supporting us in what we are putting in place.



### SYLVAIN BILODEAU

Regional President

Mauricie Centre-du-Québec

Phone : 819 696-8592

[sbilodeau@ffariq.ca](mailto:sbilodeau@ffariq.ca)

*Sylvain Bilodeau*



## CÔTE-NORD REGION

From left to right : Mélanie Gagnon (president) – Annie Bernatchez (secretary)- Valérie Tremblay (admin and vice-president)

Absent from the photo : Mélanie Bezeau (treasurer)

© Crédit photo : Audet photo

### Dear families,

The year 2022 is already well underway, let's hope that it will be kinder to us.

### Regional Elections

In May 2022 the Annual Regional Meeting (ARM) will be held and with it the Côte-Nord regional elections. The positions up for election are President, Director and Secretary.

The ARM will be held on May 20, 2022, from 9:30 a.m. to 1:30 p.m. in Baie-Comeau, at the restaurant Le Blues. Lunch will be offered to you.

### Offered Trainings

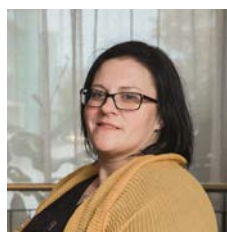
Have you visited our new platform? We will have some great trainings there! Currently, we have training on attachment, on opposition and on socio-emotional development that you can follow in the comfort of your home. And soon, there will be new courses on [VotreEspace.ffariq.ca](http://VotreEspace.ffariq.ca). It's a great way to keep up to date and to see regional and provincial information.

### Quarterly Meeting

In March we will be holding our quarterly meeting either by Teams or in person. Keep an eye on your Facebook.

In closing, I would like to inform you that in June we will be reviewing our strategic plan which is coming to an end. All the committees will be called to work on the role and the values of the FFARIQ.

I wish you a nice end of winter and a sweet spring.



### MÉLANIE GAGNON

Regional President  
Côte-Nord  
Phone : 418 587-0209  
[mgagnon@ffariq.ca](mailto:mgagnon@ffariq.ca)

*Mélanie Gagnon*

# GASPÉSIE / LES ÎLES REGION

From left to right : Nancy Blais (vice-president) - Mélanie Gagnon (Interim president)  
Absente de la photo : Martine Boudreau (secretary) - Sylvie Anglehart (treasurer) - Sandra Bourdages (director)

© Crédit photo : Audet photo

## Dear foster families,

Spring is at our doorstep and the warm weather is approaching. How nice it will make us feel after another not so easy winter!



### Regional Elections

We will have a busy spring with the regional elections. Here are the positions available in our beautiful region:

**President:** this is the link with the institution, the person who often accompanies the families in different moments, who presides over the regional committees and the members' meetings. It is the pillar and the support.

**Secretary:** this is the person who has to keep the minutes of the meetings and who supports the president in different tasks, if needed.

To apply for one of these positions, you must have the signatures of 5 resources that approve your application. A letter will then be sent to you on how to apply.

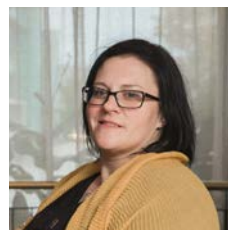
The annual regional meeting will be held on May 20 at 9:30 a.m., in person at the Chandler Motel and by video conference. I will be attending via Teams. For those who will be in person, a lunch will be served.

### Trainings

I also invite you to confirm your profile on YourSpace.ffariq.ca. Great trainings are currently offered on social-emotional development, attachment and opposition.

### Quarterly Meeting

YourSpace FFARIQ also announces all upcoming activities. In fact, a quarterly meeting will be held in March, by Teams or in person. You can also keep an eye on our private Facebook page, we will post the details soon. You can also use this page to ask us your questions. Don't hesitate, we are here for you.



### MÉLANIE GAGNON

Interim Regional President

Gaspésie/Les Îles

Phone : 418 587-0209

mgagnon@ffariq.ca

*Mélanie Gagnon*

## QUEBEC REGION

From left to right : Francine Boutin (treasurer) – Johanne Bouffard (vice-president) – Patricia Ancil (secrétaire) – Christiane Robitaille (president)  
Absent from the photo : Ginette Gagnon (Charlevoix director)

© Crédit photo : Audet photo

**Hello everyone,**

In addition to the easing of sanitary restrictions, what could be more encouraging than: finally spring!

### Training and activities meetings

Yes, dear foster families, what a hope to finally start the breakfast tours like we love them! Some dates will be announced shortly. Watch the YourSpace portal through [ffariq.ca](http://ffariq.ca)!

You should know that the arrival of the portal at FFARIQ allows you to register for the training courses offered, to follow your file as a resource and also to plan, because all the dates of the meetings are listed. What a great way to plan your meetings with us!



### Regional Elections

This year is an election year. Three positions are up for election on the Quebec City Regional Committee:

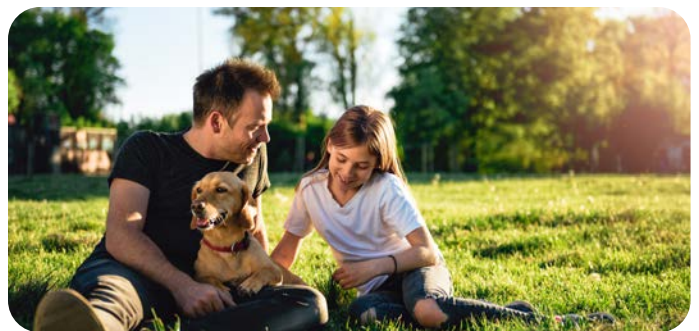
- Vice President, 4 years
- Treasurer, 4 years
- Director (Malbaie region), 4 years

All the details will be sent to you soon! Important information: the date of our annual regional meeting is May 20th from 9:30 a.m. to 1:30 p.m. A lunch will be offered and the location will be known very soon. Hearing from you, seeing you, and being

able to discuss face-to-face with you on topics concerning your reality as foster families is always appreciated!

Social networks are an excellent means of communication. You can always refer to our private Facebook page. Questions and topics are always in the news!

I wish you a sweet spring and I look forward to seeing you!



### CHRISTIANE ROBITAILLE

Regional President  
Quebec  
Phone: 418 262-4222  
[crobitaille@ffariq.ca](mailto:crobitaille@ffariq.ca)

*Christiane Robitaille*



# MONTREAL/BATSHAW REGION

From left to right : Claudette Gauthier (president) – Darlène Olivier (secretary)  
Absent from the photo : Ross Wilson (vice-president) - Brenda Gortler (treasurer)

© Crédit photo : Audet photo

## Dear foster families,

The pandemic seems to be slowly easing off with health measures loosening up, much to our delight, to get us off to a good start this spring.

With the collective agreement signed, thank you for everyone's contribution, for the time and effort spent at the information sessions and for your presence.

## Regional Elections

This is the time of year when regional elections are required for two positions on our executive committee. These people have done a great job so far:

- **The position of Vice President, held by Ross Wilson.**
- **The position of Secretary, which is held by Darline Oliver.**

The annual regional meeting will be held on May 20 from 9:30 a.m. to 12:30 p.m., in person and via video conference. We will provide you with more information on this subject.



## Strategic Planning

Once the new positions are filled, all elected regional committees and the provincial Board of Directors will meet to work on strategic planning in June.

## VotreEspace.ffariq.ca

Please join the platform where you will find all the regional and provincial information of the FFARIQ.

## New foster families on the regional private Facebook

I would also like to remind you that our private FFARIQ Batshaw group is a space reserved for foster families where we will answer all your questions on topics such as the group agreement, etc. To join, contact Ross Wilson. He will add you.

Take care of yourself!



### CLAUDETTE GAUTHIER

Regional President  
Batshaw

Phone: 514 796-4491  
cgauthier@ffariq.ca

*Claudette Gauthier*

## LAVAL REGION

From left to right : Manon Lanthier (treasurer) – Natacha Étienne (secretary) – Fatiha Chihai (vice-president) – Annie Blouin (president)

© Crédit photo : Audet photo

### Hello dear foster families,

Our role as a regional committee is to inform, educate and provide outreach to our members. All this for their benefit and to collaborate with the institution to support foster families.

### Regional Elections

Several positions on the committee will be coming to the end of their terms this year, namely those of director, president and secretary.

The President, who is also an administrator, provides services to the members and attends the various Board meetings. The secretary is responsible for the newsletter published in the Inform'Accueil, the minutes of the regional committee meetings as well as those of the members' meetings. We invite you to come and vote for your representatives.

Our annual regional meeting will be held on May 20th. It will be available in person and by videoconference to review the activities and news of the year 2021. The location and details of this meeting will be sent to you shortly.

### Strategic Planning

Members from each region will also be invited to a shoulder-to-shoulder meeting to be held in June to discuss the FFARIQ's strategic plan. This will consist of defining the tasks of each member and determining the tools to offer a better service to members. We will inform you of the details soon.

### Training and Activities

A lot of tools and information are available for all families on the portal YourSpace.ffariq.ca. It is possible to find relevant

training sessions in person or online, an upcoming calendar of regional and provincial activities, the replay of certain conferences presented during the congresses and your foster family file. Don't forget to validate the information in your file.

### Facebook

Finally, during the last few months, we have received questions about finances and feedback. Many of these have been answered on our Facebook page. In order to update you on the latest developments, a meeting with the members will be held on March 15th. We look forward to seeing you there.

In the meantime, if you have any questions or comments, do not hesitate to contact your committee members who will be happy to answer you.



**ANNIE BLOUIN**  
Regional President  
Laval  
Phone: 514 292-3564  
ablouin@ffariq.ca

*Annie Blouin*



## OUTAOUAIS REGION

From left to right : Lucie Renaud (vice-president) - Carolle Desjardins (president) - Josée Dorion (secretary)

© Crédit photo : Audet photo

### Dear foster families,

A new memo is due, my pen does not want to go that way. Is there a worse feeling than being faced with a blank page when writing a memo? I have to find inspiration... 0:23... 4:18... Is it long? No! Sorry, baby was thirsty. My inspiration was simple, very simple even! YOU.

That's right, YOU. To me, you are an inspiration, seeing day after day the hard work you do. You are all a source of inspiration.

The COVID-19 crisis has not been kind to the CISSSO: changing regulations, new instructions every week. Anything to order a case of Advil! The good news is that we are starting to deconflict quietly but surely.

### Regional Elections

This year there will be elections for the regional committee, but not me. I am here to stay! The position of **Treasurer** will be open. This position consists of filling out reports, keeping track of the region's expenses and books, checking requisitions and communicating with the Quebec City office as needed.

So, if we are talking about an election, we are talking about an annual regional meeting. On May 20th, simultaneously, there will be the ARM in person and via Teams. Two meetings are scheduled, one at 9:30 a.m. and one at 1:30 p.m. The rest of the information will be sent to you in the near future.

**" He who wants to succeed finds a way. The one who wants to do nothing finds an excuse "**





## Strategic Planning

The strategic plan which ended in 2021 requires that we meet to make the next version 2023-2025 which will be worked next June with the new elected members of the FFARIQ.

## Training and Activities

The trainings are going well. New trainings will be posted on the regional private Facebook page and on [VotreEspace.ffariq.ca](https://votreespace.ffariq.ca). Visit YourSpace on the FFARIQ website. There are useful documents for your daily life and many information about the trainings. If you have trouble creating your access account, contact me.

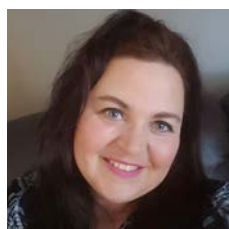
## Welcome to the New foster families

Several new families have joined us during 2021. For 2022, the Youth Center has informed us that our family will grow with new families. A move is planned for the YC office. You will be informed in due course.

Do not hesitate to contact us. The committee

is always there for you, to answer your questions and guide you if needed.

I hope that the committee will be able to resume its normal activities, until then I wish you a great new year!



### **CAROLLE DESJARDINS**

Regional President  
Outaouais  
Phone: 819 923-5081  
[cdesjardins@ffariq.ca](mailto:cdesjardins@ffariq.ca)

# LAURENTIDES REGION

From left to right : Louise Fleuret (treasurer) – Ghislaine Pelletier Robitaille (president) – Chantale Dérissé (director)

© Crédit photo : Audet photo

## Hello dear foster families,

I hope that everything is going well. We wish you to keep your beautiful energy. Know that we are always here to listen to you. We were very happy to meet you during the group agreement tour. Since then, we have responded to many issues with the institution, phone calls, requests for coaching for the classification tool reviews and more, more...

## Regional Elections

Here is a very important message for you. You need to put the following date on your calendar: May 20, 2022. This will be our Annual Regional Meeting (ARM) in person and via video conference. From 9:30 a.m. to 1:30 p.m., lunch will be provided. We will inform you about the progress of this meeting. At this time, regional elections will be held.

### Here are the positions up for election:

- **President: Ghislaine Pelletier Robitaille**
- **Director: Ghislaine Pelletier Robitaille**
- **Treasurer: Louise Fleurent**
- **Director: Chantal Derisse**

### Also, two positions are to be filled:

- **Vice-president**
- **Secretary**

It would be very important to think about it if you are interested in a position. We need you very much. We are a large region. We have 500 resources. Member service is a priority for the FFARIQ. We want the best for you. Filling all positions would benefit all resources. You surely have skills. We definitely need a new generation of people with

great energy. If you need more information. Call me at 450 858-3644.



## Strategic Planning

A strategic plan will be worked on in June with all the elected members of the FFARIQ. Don't forget to go to the portal [YourSpace.ffariq.ca](https://YourSpace.ffariq.ca). We will come back to you soon for an invitation.

You will understand that there are only three of us, so the organization remains more complex. We look forward to seeing you.



## GHISLAINE PELLETIER ROBITAILLE

Regional President & Administrator  
Laurentian Region  
Phone : 450 858-3644  
[gpelletier@FFARIQ.ca](mailto:gpelletier@FFARIQ.ca)

*Ghislaine Pelletier Robitaille*

# PARTNERS *benefits*

Discounts and privileges: one of the benefits of being part of the big FFARIQ 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!



**l'Assembleuse**  
— offrir la mémoire —

10% discount on products offered if you mention the promo code. Drawing at the Annual General Assembly. Prize: 1 Adoption diary and 1 Life diary, each containing 40 pages of photos, texts, sweet words, notes, etc., to record the memories and key moments of the adopted child's life or the child in care.

Promo code: FFARIQ10

For more information: [www.lassembleuse.com](http://www.lassembleuse.com)



\$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.

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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.

**TANGUAY**

\$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.

**ORDI  
vert**

30% discount on all refurbished Ordivert 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 ORDIVERT DÉPÔT stores.

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

**Yellow**

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

**HANGAR-29**

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.valleescrete.com](http://www.valleescrete.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 cannot be combined with any other promotion and excludes sale, promo and decoration merchandise. Bedding, towels and washcloths are allowed. The discount is valid for children of host families only and the head of the family must present their FFARIQ privilege card when purchasing. Visit <https://www.modechoc.ca/> to find our addresses.

## REFERENCE *partner*



The mission of Quebec-based SOSO MIMI Inc. is to develop products and educational programs that will help parents cultivate their children's emotional intelligence and self-esteem, and help change the world, one child at a time.

Human emotional intelligence (EI) is at the heart of its business model, which is supported by the following pillars: science, education, skills, and awareness. SOSO MIMI is also honored to collaborate with various experts to provide tools and information on emotional intelligence from different perspectives. Whether it is from the point of view of a psychoeducator, a sophrologist, a psychologist, a neuroscientist, etc. Each specialist brings an important value.

Moreover, **nature** is at the heart of its products. First, its products are created around **five charming forest animals** that, based on an approach that is both educational and fun, help children understand and verbalize their emotions. Second, the company **favors the use of ecological and recyclable materials, local production** and responsible suppliers.

Its vision? To create a world where our children would become adults with a high emotional intelligence. What a better world that would be!

For more information, please visit: <https://sosomimi.ca/>

# NEED HELP or information ?

Any question is good to ask !

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

The role of the FFARIQ is to answer your questions and to assist you whenever you need. Whether it is responding to general information requests, to give advice in difficulties encountered or to support you in conflict situations and disagreements, they are there for:

- General information;
- Questions about a difficulty;
- Administrative inquiry;
- Interventions during a report;
- Contestation of the classification review;
- Disagreement.

## HERE ARE SOME WAYS TO REACH US.

### PHONE

418 529-4734 or toll free at 1 866 529-5868

24-hour service

After hours, choose option 3. You will be automatically redirected to the person who is in charge of the emergency service.

### CONTACT DETAILS

8400, boul. Henri-Bourassa, Office A-212, Québec (Québec) G1G 4E2 -

Email : [info@ffariq.ca](mailto:info@ffariq.ca)

Website : [www.ffariq.org](http://www.ffariq.org)

Fax : 418 529-0456 - Toll free Fax : 1 866 388-8860

## FFARIQ COMMUNITY

### OUR SPACE

YourSpace is available ONLY to FFARIQ member foster families at [www.votreespace.ffariq.ca](http://www.votreespace.ffariq.ca).

You will find there:

- Information and training that enriches your daily life;
- Suggestions for educational games and inspirational books;
- The calendar of regional and provincial activities;
- The online registration platform for training and other activities;
- Documentation to support you in your daily administrative work;
- Literature providing tips and tricks to accompany children in their multiple challenges and sufferings.

### FACEBOOK PAGES

Public corporate page : [www.facebook.com/FFARIQ/](https://www.facebook.com/FFARIQ/)

To be kept informed, on a weekly basis, of the latest news, of the progress made with the DYP, of the training courses we offer, of the articles published in the newspapers, etc.

#### Regional Private Pages

Reserved exclusively for FFARIQ member foster families in each of the eight regions we represent. They are a closed space where you can ask your questions, express yourself on difficulties you are experiencing or simply exchange with other foster families from your region. If necessary, for example if the regional committee or the other families in the group cannot answer your questions, the regional president can have a confidential meeting with you.

