

Inform' Accueil

**DEFENSE,
CARING
AND SUPPORT**

in a
100%
human way!



**VOLUME 11
NUMBER 01
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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*

The FFARIQ listens to you... The Inform'Accueil listens to you too!

Last year, through a survey, we asked you to evaluate the quality of the services we offer you and to make suggestions for improvements. We quickly reacted: your answers were even the basis for the development of the FFARIQ's three-year strategic plan. It couldn't have been any other way, because the FFARIQ... it's you!
Of all the actions we have taken to better meet your expectations and needs, two deserve your greatest attention.

THE FIRST is the implementation of some organizational changes, including the creation of a new position: the position of coordinator of the Local committees on concerted action (LCCA). Its mission is to assist the regional committees in certain matters, including practices and procedures. The goal is to standardize these practices, in order to ensure that they are the same from region to region so that no foster family and no child is penalized because of their region of origin. What the authorities are not doing, harmonizing practices, the FFARIQ will do by helping the regions to demand and obtain the necessary changes from their institutions. To carry out this mission, a committee was formed to identify the best candidate among all those received. The choice of this committee was made in favour of Mr. Jean-François Rioux, a wise decision given that he has been a foster family himself for 12 years. His knowledge of the reality on the field will be an invaluable asset in steering this harmonization.

THE SECOND action, which is also very concrete, is to refresh the very foundations of our organization, our identity, our brand image and even our communication tools. The purpose of this exercise was to respond to one of your requests: to improve communications between you and us.

Refreshing our foundations meant updating our vision, mission and values so that each foster family would recognize themselves and so that it would be clear to everyone that while we are a union (and even the most active, effective and respected union by the government authorities), we are also a large family that does not only defend your rights when there is a dispute, but works daily to improve your work conditions.

Refreshing our identity meant attaching a statement to it that clearly describes the purpose of the **FFARIQ: DEFENCE, CARING AND SUPPORT in a 100% human way!** A statement that clearly asserts our role: to defend your rights, to be most considerate of you, knowing that your contribution to the society and children you protect is overwhelmingly generous, and to provide you with all the support you need on a daily basis. All this in a 100% human way: we are not technocrats and the proof is that the majority of the people working for the FFARIQ are also foster families. Just like me!

More than ever, the *Inform'Accueil* will be a privileged channel of communication. Entirely rethought in its form and content, its chronicles will consolidate the bridges between you and us, but also between you, because we will talk about what you experience as a foster family and the reality experienced in the different regions.

Finally, in the context of the period of collective agreements' negotiation with government authorities, we are consulting you at this very moment about your needs and everything that you believe should be claimed, whether it be regulations to be modified, practices to adopt, assistance to claim or any other strategic component for the improvement of your working conditions. It goes without saying that the more people choose the FFARIQ, the more weight we will have to negotiate the necessary improvements.

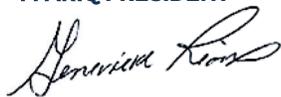
This consultation is carried out in many ways: via your region's private Facebook page, via your regional committee, but also during a tour I am currently doing in all the regions to meet you.

On that note, I wish you «good reading».

Kind regards,

GENEVIÈVE RIOUX

FFARIQ PRESIDENT



EVENTS

ANNUAL SYMPOSIUM AND ANNUAL GENERAL MEETING

Each year, your federation invites you to attend the Annual Symposium and Annual General Meeting (AGM) in large numbers. Last year, the event took place on October 20 and 21, 2018 at Hôtel le Chantecler in the magnificent Laurentians region. During this event, foster families had the opportunity to attend two relevant and very interesting conferences.

Conferences



Emotional intelligence and performance psychology

*Presented by the dynamic
Isabelle Fontaine*



Discipline and leadership for children

*Presented by
Nancy Doyon, family coach*

Cocktail



In the evening, your association had the pleasure of inviting you to the welcome cocktail, which was followed by a banquet and the presentation of door prizes. The evening continued in humour with P-A Méthot.



TO YOUR *agenda*

Many foster families told us they enjoyed this day of gathering. Well, this year, we want to offer you a completely different formula that we think you will like.

WHAT:

Annual Symposium and AGM

DATE :

September 28 and 29, 2019

PLACE :

Le Sheraton Hotel in Laval

PROGRAM :

Conferences, exhibitors' hall, cocktail, banquet, door prizes and orchestra will be on the menu.

FF: SAME / *not the same*

Same dedication, same love of children, same desire to help, but very different rules and procedures.

According to our survey ...

some resources would like to know the points that differentiate proximity families, family-type resources and mixed banks.



FAMILY-TYPE RESOURCES (FTR)

MIXED BANK (MB)

PROXIMITY FAMILY (PF)

DIFFERENCES BETWEEN FTR - MB - PF

Couple or individuals wishing to welcome and provide a service to a child who does not have a significant relationship with the person in charge of the resource. This family can accommodate up to 9 users.

Couple or individuals wishing to adopt a child. As such, they are registered as adoption applicants and agree to act as foster parents for a child at risk of abandonment whose life project is short- or medium-term adoption. The MB welcomes children of all ages, although it is those aged between 0 and 6 years who benefit most from this type of placement.

A family that provides services to a child in its care because of significant relationships already present between the child and the person or persons providing the support. More than one child could be taken in, including a sibling.

SOME RECOGNITION CRITERIA FOR BECOMING A FOSTER FAMILY

CRIMINAL RECORD

Not have a criminal record related to the skills and conduct required for the resource function. Criminal record checks of adults required to act as a volunteer, helper, substitute or employee, among other things.

Not having a criminal record related to the skills and conduct required for the resource function. Criminal record checks of adults required to act as a volunteer, helper, substitute or employee, among other things.

The criminal record checks of adults required to act as a volunteer, helper, substitute or employee, among other things, do not apply to a PF.

SOLVABILITY

Not have resorted, within the last three (3) years, to an insolvency law in Canada.

Not have resorted, within the last three (3) years, to an insolvency law in Canada.

Not applicable.

DECODED LAWS AND *regulations*

We use clear language to demystify your rights and obligations as a foster family and the powers and limits of your union.



NEW PROVISIONS ON TRANSPORT EXPENSES

Effective April 1, 2019, the kilometric allowance was increased to \$0.465 per kilometre and the basic allowance to \$11.63. Indeed, for each transport performed, the resource receives a fixed allowance of \$11.63 for a mileage of less than or greater than 50 km. If the mileage is greater than 50 km, the allowance of \$0.465 applies (for more details, please refer to article 3-8.04 of the collective agreement).

THE FFARIQ ...

Does it have to defend me even if I have not signed my membership card?

Yes

The FFARIQ defends the rights of all resources in all the regions it covers whether or not they have their membership cards signed. However, it should be noted that there are several advantages to signing the card.

Should it help me when the children placed in my resource are disorganized?

No

However, the FFARIQ regional committees can listen to you and support you in your dealings with the institution. In addition, the FFARIQ has set up Facebook groups to help you connect with other resources and share your success stories.

♡ See the happiness despite the hard times.

SONIA

FOSTER MOTHER
LAURENTIDES REGION

LIFE
Story!

An experienced foster family recounts its challenges and experiences, hoping that this sharing will be a source of inspiration and encouragement for new foster families. You want to share your experience? Contact your regional president.

«**We have more happiness than unhappiness. When you want to see the good times, you can.**»

- Sonia, 45 years old, foster family for 13 years; 2 children in regular foster care and 1 child in mixed bank since February 2018

Sonia and her husband welcomed their first child 13 years ago. Their baby was then 2 years old and had many traumas. He was self-mutilating, banging, biting, hitting his head on the walls, in addition to being hyperactive. A child psychiatrist diagnosed an attachment disorder in this child with an already heavy past.

At the age of 6 months, a first report had been made and the little boy went to live with a proximity family. Then, a second report was made under suspicion of abuse. It was at this time that the child was welcomed by Sonia's family. Two years later, the temporary placement became a placement until the majority when the toddler was 4 years old.

Dare to Seek Help

Sonia felt devastated and exhausted from seeing this little boy inflict multiple abuses on himself. She went to see a psychologist. «She listened to me, it gave me a boost. I felt less lonely,» she recalls. During this same period, the little boy started taking a medication that he is still taking. It took almost a year and a half to see the positive effects: self-harming behaviours stopped. However, the child remains impulsive. Socially, he makes many friends, but does not become attached to them. However, he loves his foster family, which is reassuring for him. His attachment disorder is accompanied by hyperactivity and anxiety. He has difficulty managing his emotions, especially in times of stress. Sonia wanted to know more about these disorders. She believes that there are solutions to everything, as long as you can explain a behaviour rather than stigmatize the child.

With her son, she participated in a study in the Department of Neuropsychology at the Université de Montréal. Its objective is both simple and complex: to better understand the child in their care in order to find resources and solutions to help them learn. Students, teachers and doctors assessed the child's and family's behaviour. Sonia suspects another disorder that would explain his difficulties with fine motor skills, writing, handling utensils, etc. She would like a precise diagnosis that will allow her to ask for measures to support learning in the school environment.

Set and Respect Your Limits

The impulsivity of the now young man has unfortunate consequences. He's already hit Sonia. The rules were clear: if he hit her, she called the police. That's what she did. «He regretted it. When the agents took him into the car, he was crying. He regretted it,» says Sonia.

Sonia had always given him consequences when he had bad behaviour, often resulting in increased impulsiveness. Not knowing what to do, she consulted a psychologist again. «She told me that at the root, it is often the parents who are the problem, not the child. It made me think and changed the way I did things. Instead of giving consequences to my son, I transfer responsibility for his actions to him. That letting go felt good. And he took responsibility. Today, he no longer pushes to the limit. He understood. He no longer wants to live what it means to suffer the consequences of his actions,» says Sonia.

Just Like a Real Family, One Child at a Time

Sonia has always wanted children, unfortunately, she could never get pregnant. Thanks to a harmonious, solid and fluid couple's relationship, she was able to create a real family by welcoming 3 children who, in the eyes of her family and that of her spouse, are full members of the extended family. For families wishing to take in children, she recommends taking one at a time. «Their past is sometimes very charged with suffering, as is the case for our son. If I had had all three of my children at the same time, I would never have made it through. And above all, don't be embarrassed to ask for help. »

For her son, the story is being written with much more light than in his early years. A handsome 15-year-old man, he was a model for the Souris Mini boutique, won a beauty contest and starred in the film X-Men. Thanks to a family that welcomed him with his strengths and weaknesses, which accompanied him in his personal development, which provided him with a stable environment and love, he was able to open himself to a world full of possibilities.

TIPS FROM the Pros



SUPPORTING A CHILD WITHOUT SINKING

Caring tips for overwhelmed adults

If there is one situation that completely disarms an adult, it is to see a child disorganize. You have to look at the scene from the outside to understand that the adult is as helpless as the child. Moreover, when he looks around, all he sees are furious eyes urging him to react! But where do we start? We sincerely question our power, our influence, our impact on the emotions of this fragile human being. Over the years, I have developed some tools to prevent certain types of behaviour. I have classified them into three main stages: Healthy Living, Connection and Caring.

Everyone says so, but who does so... truly?

It can be found everywhere in books, in the media, on social networks: a child's lifestyle is essential to his or her balance. Now, in our wild reality, who really respects it? Healthy living is addressed in three themes: sleep, nutrition and activity. The first two are fuels and the third is the exhaust pipe. By harmonizing these two functions, a ripple effect is created. This makes management easier.

To put all this in place, you have to establish a stable routine. We all think we have one and then, thinking about it, we have more days of exceptions than routine days: it's Saturday, it's soccer, it's camping... Yet these exceptions are often the source of emotional outbursts. Stability, even in exceptional cases, creates a solid anchor that allows the child to recognize his or her landmarks. Then, in a healthy and stable routine, we will include the number of hours of sleep the child needs. Several charters exist, but I think I can safely say that between 10 and 12 hours of sleep are necessary for the majority of school-age children. A rested child will have more control over his or her emotional flow. Also, he will feel less febrile and therefore, the adult will have more time to intervene in order to support him during confrontational events.

Then, a healthy and varied diet completes the good nights' sleep. By eliminating most of the prepared foods containing sugar, colourings and preservatives, many problems are avoided. Just take a few hours a week to prepare the menu, prepare vegetables and fruit and cook some snacks and desserts. Why not involve children who can choose the recipes they like and help prepare them?

To ensure a healthy lifestyle for our children, we must be able to ensure that they can spend this energy. Every day, children need to move for at least one hour at medium to high intensity. Also, a minimum of 2 to 3 hours of light to moderate activity is required. With 4 hours of movement per day, children eat and sleep better. Let's put on our sneakers, put Fido on a leash and go with the family, throw him the ball in the park. Even for us, moving feels good and helps us stay calm.

To conclude this point, I must mention that it is essential to limit the number of screen hours to one per day. If your child uses a laptop as a classroom support or stares at the interactive board for a couple of hours during the day, he or she is well over the recommended screen time. What to do about it? Take out puzzles, board games or peel potatoes as a family. Moreover, one hour before class and one hour before bedtime the screens should be closed, as they alter the quality of attention and sleep.

Waiting for connection...

Once the body is regulated, we must look at «emotional hygiene». A child, subject to crises or escape through the imagination, seeks to attach himself to something solid. Nothing is more certain than the heart. With an emotional connection, all messages get through more easily. At first, as an adult, we are more comfortable decoding someone to whom we are attached. Often, with a certain connection, we can find the right words to allow «the cat to get out of the bag without getting scratched».

For the child, this connection becomes the only channel for the evacuation of strong emotions, whether negative or positive. When the «connection» is healthy and based on a great respect for others, small miracles of dialogue can occur before the explosion. To connect, there is no secret, you have to take the time, the quality and open the door. A minimum of three 15-minute periods per day per child is required. Whether it is waiting for the bus near him in the morning, because we take the time to welcome him back from school, or by a story before going to sleep, the child who feels an open door on a heart ends up crossing it.

«I'm not going to let him do that...»

When I talk about caring parenthood, that's what I'm told every time. And my answer is always the same: «Oh no... few things are more damaging than laxity!» Caring is a positive disposition towards someone. Nothing and no one should «let a child do what he wants». A reassuring accompaniment, a stable presence, an empathic attitude, that's what kindness looks like. To achieve this, I will reveal a secret: it is not against you! One of the foundations of caring is that it should never be a personal matter.

Often, this is what I notice in the people involved: they believe that the crisis or the blow or scream is personally intended for them. I don't want to disappoint you, but that's rarely the case! The supper rice wasn't so bad, I can assure you. It has more to do with the disapproving look of the bus driver, followed by the friend who stole the hat, the 3/10 in English, the rain that chose the time of the school break to fall... rice is the last straw in an already very full vase! Put on your empathic glasses, open your heart wide and above all, be patient. The storm will pass and tomorrow, you can start explaining how to manage all these irritants because, in fact, caring is about accompanying children towards a serene «brain hygiene».

Finally, like medication, I cannot guarantee that by applying this today, everything will be perfect tomorrow. However, I can promise you that everyone will be better off. Also, keep in mind that well-ordered kindness begins with oneself.



CINDY LAROUCHE
EDUCATION CONSULTANT
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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

Hello everyone,

First of all, I would like to inform you that I take on this role as coordinator with pleasure and commitment. As a foster family for the past 12 years, I am well aware of the issues and concerns you are facing, either individually or collectively, by agreeing to play this important role.

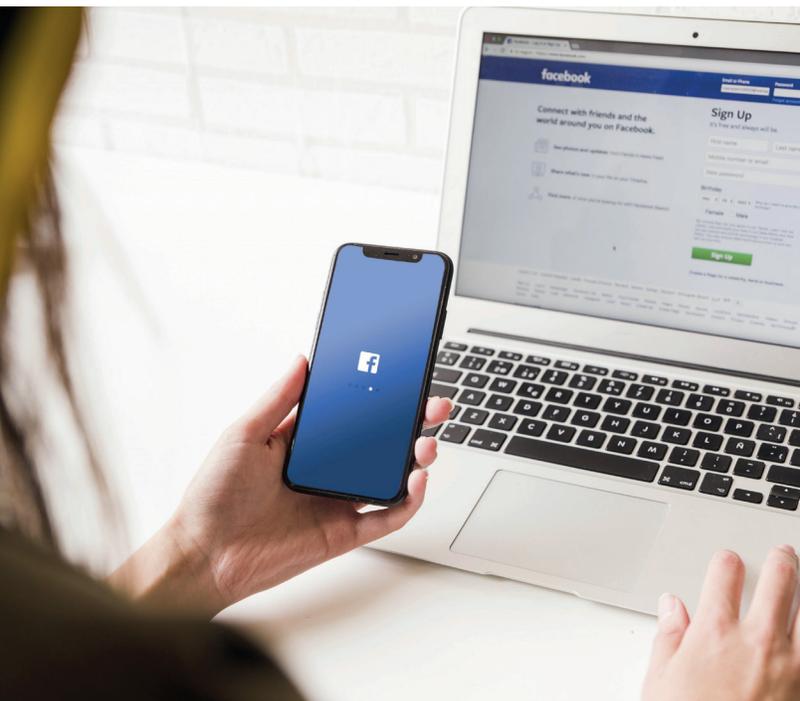
It is from this experience that I will support the regional committees in certain files in order to standardize practices and procedures between regions and institutions as much as possible.

This new position has already brought about significant changes that benefit the regions. For example, in the last few months, we have implemented a project in the Mauricie region for pre-authorization trajectories for expense reimbursement. In collaboration with the institution, we applied the Kaizen method to find the best way to reduce repayment times. We have managed to reduce this period from 10 to 15 days, as opposed to 3 or 4 months in the past. The satisfaction rate for this new process is 90%. A success that represents a great step forward for foster families. We are currently in discussions to implement this approach in the other regions, while respecting their respective characteristics.

Made up of three members of the FFARIQ, three members of the institutions and a liaison officer who acts as a link between the institutions and the ministry, the Local Committees on Concerted Action (LCCA) are responsible for developing and finding solutions to certain problems so that all regions can benefit from the same services while respecting their local identity. Among the files we are currently working on is the appendix to the specific agreement. In the next issue, we will present the progress that these concerted actions have made for the benefit of both regional committees and institutions.

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 président régional
Côte Nord	Mélanie Cagnon	mgagnon@ffariq.ca	Melanie Cagnon ffariq
Québec	Francine Boutin	fboutin@ffariq.ca	Francine Boutin
Gaspésie	Sylvain Bilodeau	sbilodeau@ffariq.ca	Sylvain Bilodeau président régional
Laval	Annie Blouin	ffariq13@outlook.com	Annie Blouin
Outaouais	Lucie Renaud	lucierenaud63@gmail.com	Lucie Renaud
Laurentides	Louise Fleurent	laurentides.ffariq@gmail.com	Laurentides FFARIQ
Batshaw	Ross Wilson	patriotic101@hotmail.com	Ross B Wilson

ECHO OF THE *regions*

Dear resources,

Training

First of all, let's talk about the training we've had in our beautiful region. The various training courses already carried out concerned the reference framework, classification, Ah-223, special expenses as well as reimbursements and APIC (Crisis Management). Following a discussion in the training committee and following ministerial directives, we plan to implement the following training courses in the fall or spring. These are practical training courses focusing on attachment theory (2 days), complex trauma (ARC) and abuse prevention, sexuality-behaviour, AH-223 and ADP management, terms of reference and classification.

IT IS IMPORTANT TO PARTICIPATE IN THESE MEETINGS IF YOU WANT TO BE INFORMED OF AUTHORIZED PRACTICES AND KNOW YOUR RIGHTS.

TOURS OF YOUR REGIONAL COMMITTEE

With regard to regional tours, it should be noted that the last one, which took place last February, focused on the themes of frequently asked questions on the regional Facebook. These topics are as follows:



- ✓ **COLLECTIVE AGREEMENT:**
 - (1) Temporary cessation of the provision of services and implementing rules;
 - (2) Limited or irregular availability of an unoccupied space;
- ✓ **SOCIAL EMERGENCY;**
- ✓ **MATCHING AND PAYMENTS;**
- ✓ **PRESENCE OF SOCIAL WORKERS / FREQUENCY OF VISITS.**

What's the use for our regional Facebook?

For those who are not yet part of the regional Facebook group, here is an example of a question asked on the site and the corresponding answer:

The question

of a resource following the update of the DARSSS insurance contract:

"Ok if one of our teenagers breaks down walls, I can have it repaired without paying a deductible?"

The response to the resource:

"Indeed, if the amount of the repair or damage is less than \$500, there is no deductible, it is the institution that reimburses the amount of the repair. If the repair or damage exceeds \$500, then the establishment will assume the \$500 deductible and the DARSSS will reimburse the difference."

Disagreements with the institution, what should you do?

In order to resolve your differences with the establishment, do not hesitate to inform us of any problematic situations you may be experiencing. Periodic meetings of the Local committee on concerted action are held for this purpose, approximately every 6 weeks, in order to settle these disagreements.

Thank you for your trust.



SYLVAIN BILODEAU
SYLVAIN BILODEAU,
FFARIQ REGIONAL PRESIDENT
MAURICIE AND CENTRE-DU-QUÉBEC

Sylvain Bilodeau

ECHO OF THE regions

Dear resources,

Temporary provision for children's medication

During our last meeting with the institution, we again discussed the subject of medication, which had been on our minds for a long time. In the interest of better representing you and protecting you properly, the institution offered to have the parents of the children in our care sign parental consent forms.

These consents will be used as authorization to allow the administration of non-prescription drugs (such as Tylenol, Advil, Hydrasense or any other non-prescription drug, with the advice of the pharmacist). This document is currently being distributed and we ask you to keep it carefully in your child's file. For the time being, the institution will do this until the ministry puts in place a procedure to follow. If a problem should arise in this regard, please do not hesitate to contact your regional president.

Training

According to what is written in your collective agreement in article 4.1-01 «The resource must maintain an adequate level of competence in response to the needs of users, and thus, participate in the continuous training or development activities implemented by the committee», it is very important for you to follow the training offered to you in order to provide a quality service. Even if there have been low participation rates in past training and this has contributed to the cancellation of some planned training, we remain confident and convinced that for the well-being of your dependent children and for the progress in your function, there will be enthusiasm for future training programs.

Target 2019 - 2020

For 2019-2020, we will focus on finding the right and best way to reach as many families as possible, whether you are a proximity family (PF), a family-type resource (RTF) or a mixed bank (MB).



Why do we have a Facebook group in our region?

In conclusion, I am happy with the existence of our Facebook group and even if several people contact me privately to inform me of certain situations, do not hesitate to ask questions of general interest directly on the group's page and thus allow many people to benefit from it. As an example, let's look at the post below:

Question

"What is an emergency place?"

Answer

"The resource must be available 24/7, the specific premium is 235.58\$ per month. In the event of an absence of the resource, a competent guard must be hired to respond to emergencies."

Through this question, we invited people interested in this type of service to contact the institution.

Thank's !



MÉLANIE GAGNON
FFARIQ REGIONAL PRESIDENT
CÔTE-NORD

Sylvain Bilodeau

ECHO OF THE *regions*

Dear ressources,

What a winter we have had, my friends! I know several people who have thought about moving south, I'll tell you first. I have just come from the meeting of the Board of Directors held in Quebec City and believe me, some very beautiful things are coming for all of us, members of the FFARIQ.

Training

In the last few weeks, several training sessions have been given, some of which were long overdue, namely: attachment disorder training. In any case, others that are just as interesting, such as training on ASD (Autism Spectrum Disorder), will follow and we are counting on your participation to ensure that you have more and more good tools to help you and make your daily life easier.

FFARIQ's President Visit

The last regional tour of the President of the FFARIQ in the Gaspésie was very interesting for the foster families who were present and thus Ms. Rioux was able to take the pulse of the region. We will visit the Îles de la Madeleine a little later.



Facebook Group for Our Region

We encourage you to register massively on the Facebook of the region where topics that concern you are discussed. You have for example, the following question:

Question

"Are we paid from the first kilometre during training?"

Answer

"We are paid starting on the first kilometre for training. On the other hand, we are paid starting on the 51st kilometre for the other trips."

Do you need special advice or information? What to do about it?

Finally, if you have any questions about your rights as a foster family, you can contact the members of your regional committee who will be happy to help you, or direct you to the person best suited to do so, or contact your union advisor at the FFARIQ directly. In addition, I will soon meet some of the families who have not yet signed their membership cards and this will give me the opportunity to discuss with them.

Yours sincerely,



GAÉTAN LUSSIER
FFARIQ REGIONAL PRESIDENT
GASPÉSIE / ÎLES-DE-LA-MADELEINE

ECHO OF THE regions

Dear foster families,

What's new in the board of the union?

It's with great pleasure that I welcome our new vice-president, Mélanie Gagnon and our Local committee on concerted action (LCCA) Counselor, Jean-Francois Rioux to our administration group.

Training and Upcoming Events

The training on CPR and the Grid Frame of Reference were very much appreciated by members who came in large number. They got clarification on how it is done and found it very beneficial and helpful for them. There are some events coming up, such as the soon visit of our president, Mrs. Geneviève Rioux in our area. Besides, we are preparing a commemorative dinner shortly after, as a tribute for what you do as foster parents. Please read our news letters to be aware on time.

Current Resolutions

In this regard, it is important to recall and note that the \$150 allocated to a child in foster care belongs to him totally, no matter the age. This sum dedicated to the pocket money and the haircut of the child, must be spared once these said expenses made and it is your duty to keep all receipts. All unspent money must be available to the child if he or she leaves your family.



Why do you need to join the Facebook group?

On our private Facebook page, managed by Mr. Ross Wilson, our vice-president, you will quickly find answers to many of your questions. As an example, this following question has been posted and replied on our Facebook:

Question

"Does anyone know how much the children's parents pay for them to be in care?"

Answer

"Parents pay a contribution calculated on the basis of their income and the number of days that the child spends in the resource. That's why we need to record the days and times when children go out to visit their parents."

Meeting with new members

The members of our executive and myself wish to welcome the new families. We are working hard and trying our best to meet everyone. You are all remarkable people with big hearts for raising other people's children.



CLAUDETTE GAUTHIER
 FFARIQ REGIONAL PRESIDENT
 BATSHAW

ECHO OF THE regions

Annual Regional Meeting 2019

In collaboration with the Quebec Regional Committee, I am proud to share with you the excitement around our annual regional meeting to be held on May 26 at the «Aquarium de Québec». To date, we have a good number of participants, but please note that there is still room for more. The invitation is for all of you, with your family and it's free. If you wish to participate in our wonderful event, you must confirm your attendance as soon as possible to Mrs. Patricia Anctil, by email at patricia.anctil@hotmail.com or by text 418-456-3455. For your information, there will be supervision for all children during the event. Here are the details: 9:30 am: welcome, 10:30 am to 11:30 am: assembly, 11:30 am to noon: surprise, noon to 1:00 pm: dinner for all and then a free and complete visit of the Aquarium de Québec. If you need any information, please do not hesitate to contact Ms. Anctil.

Training

As far as our training is concerned, it is the CPR that is mandatory, but I cannot ignore the organization of the lucrative and educational training 2018-2019, organized by the local training committee. The semi-active participation shows us that there is still some incentive to do, but I remain positive about the outcome of 2019-2020. Watch your newsletters.



Facebook Group in our Region

To our resources in the beautiful and great region of Quebec City, Portneuf and Charlevoix, thank you for coming forward on our private Facebook group for constructive exchanges between us, as reflected in the example below:

Question

"Hello, I was wondering if there was a place to find the standards for the DPJ house (e. g. floor-to-window measurement in basement rooms, floor-to-ceiling measurement, etc.) Thank you"

Answer

"Reference frame for rooms in the files on the criteria group 10 to 16 (page 54 and following), Quebec Building Code for standards of the house, stairs, heights and others"..

Events

Lunch meetings are important for networking and discussion. Last January, a lunchtime training on «crisis management» was held and was very much appreciated by all. We are at our last lunch before the summer and it will also take the form of a «crisis management» training lunch in Charlevoix on May 24th (Auberge chez Truchon, Malbaie). For any information, please contact Manon Dufour, Director, Charlevoix Region at (418) 665-3914.

We look forward to seeing you all again, have a great summer.



CHRISTIANE ROBITAILLE
FFARIQ REGIONAL
PRESIDENT QUEBEC

Christiane Robitaille

ECHO OF THE regions

Hello, dear resources,

Where can I find useful documents for foster families?

The FFARIQ and the institution are working hard to find solutions to improve communication and information transmission. With this in mind, the institution told us that several documents (Form and youth documentations) for the IR and FTR for children would be available on the CISSSO Outaouais website, in the «partners» window, under the title « accommodation-documentation resource ». Among other things, you will find, the pre-authorization forms that you can complete yourself and send them by email to your child's intervenor. The FFARIQ will add all documents relevant for your daily use in the file of the private Facebook account of Outaouais.

Be aware that the pre-authorization and reimbursement file are important to us and the institution has confirmed their desire to collaborate in improving the process and deadlines.

Your federation is at your disposal

In April, the provincial president and your committee went around the region to get to know your needs regarding us, your collective agreement and regarding the institution. It is essential that you seek the help of your union representative at the FFARIQ so that we can put in place effective operating procedures.



Why register on Facebook?

We invite you to join the FFARIQ-Outaouais Facebook group, where you will find answers to your questions, solutions to your problems and meet people who share their experiences similar to yours. For example, below is a question and answer asked on the Facebook account:

Question

"How do I manage ADP and pocket money with a teenager with a consumer problem?"

Answer

"This is case by case. I lived it for a while. The intervener advised me not to give her the money. I was buying what he wanted and what he needed. After a few months he understood."

Relaxation Activity

I would like to thank the resources who participated in the sugar shack event and the dinner and talks that took place in April. We had some good moments of exchange and solidarity.

See you soon.



DONATIENNE DUBÉ
FFARIQ REGIONAL PRESIDENT
OUTAOUAIS

ECHO OF THE *regions*

Hello everyone,

Acknowledgement of the Benefit

First of all, I would like to congratulate Laval's family-type resources and intermediate resources for their dedication and flexibility towards children and all those involved in the community.

Facilitating the performance of your duties is our mission.

The FFARIQ, as always, continues to work for you, as does your regional committee. Several points were discussed during the meetings of the local committee on concerted action with the institution in order to clarify and facilitate your work. One of the last topics discussed was the sibling visit to the resource, which is a new service that the youth centre would like to set up for the kids. With the announcement of this new provision, an overview was provided on the issue in order to address any problems that may arise.

Training

Several training sessions have been given in the past few months, including the classification tool, the attachment connection, opposing behaviour which was the most popular, and the latest one on financial aspects.

Event

The Laval Committee organized a great union meeting for members at the sugar shack on March 31. It was a great success, with more than 54 participants. We invite you to continue to participate in large numbers in events and activities that are essentially organized just for you. Also, keep checking our region's Facebook, which contains a wealth of information to help you in your role as a resource.

Finally, we invite you once again to join the regional committee as a member, it is a great experience that you will not regret.

Thank's !



VAUNETTE DURANDISSE
FFARIQ REGIONAL
PRESIDENT LAVAL

ECHO OF THE regions

To all resources,

Meetings and training sessions

A quick word to tell you that we are very proud of you. Your active participation in our meetings gives us the opportunity to reflect with you. There are more and more of you, it's excellent and particularly stimulating.

At one of our luncheon meetings, Louise Fleurent, the treasurer of our regional committee and Maude Delagrave, our union representative, explained the payment statement that we receive on the 15th of each month. Some terms and figures that seemed incomprehensible to you have been clarified and it has been a very beneficial training for all of you. In addition, there was the IR/FTR day at Mont-Gabriel, which was held on April 4, 2019, for those in charge of accommodation resources at CISSS des Laurentides, and the family outing to the sugar shack, which was also a great success. This last activity allowed us to get to know new resources.

Problem Management

We are working to find solutions to the problematic situations that exist in our community. Transportation issues are always a recurring issue in our region and together with the institution, we are working to find safe and sustainable solutions. For any difficulties related to this component, it is necessary to refer first to the collective agreement, in article 3-8.01. When it concerns a particular situation, you may contact the person in charge of the presence authorization who could bring a settlement to the case exposed. Rest assured that we are working to shorten the deadlines, as this is one of our objectives. We would like to take this opportunity to thank Maude Delagrave and Jean-François Rioux for their positive and significant involvement in the meetings with the institution's representatives.



Follow us on Facebook

We would like to inform you that the dates of the next meetings will be communicated on our Facebook group, the place where we can share information, ask questions and find solutions to our concerns, as indicated below:

Question

"Can a parent require you to feed his or her child with special food?"

Answer

"If it is not against his religion to eat what you do, I do not see an obligation for the resource to submit to this diet. This should be discussed with the social worker prior to integration into the resource."

Thank's !



**GHISLAINE PELLETIER
ROBITAILLE**
PRESIDENTE LAURENTIDES
REGION

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!



\$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
 * 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.



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 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 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 for all addresses.



LA VALLÉE SECRÈTE

10% off the regular admission price for adults and children on all courses. Visit 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



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



15% off the admission price for adults and children. Visit www.bioparc.ca



15% off the regular price of an individual or family ticket. Visit www.biodiversite.net for more information on activities.



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.



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/

REFERENCE *partner*

This professional offers services that will help you better understand the issues facing your children and develop caring strategies.



I work with youth, adults and families to help them overcome their unique social, emotional and behavioural challenges. My approach is based on coaching, support, trust and openness.

My passion for human development and the implementation of means to achieve it with respect support my methods of intervention.

Co-author of the «Maître à bord» collection published by Éditions de l'Homme, trainer and lecturer



SOPHIE DESGAGNÉ
SUCCESS CONSULTANT
FAMILY AND SCHOOL
mamansophie.com



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
Daphné Blanchard Beauchemin	514 360-5776, poste 30 d	bbeauchemin@gaggino.ca	Batshaw
Olivier Auchu	418 561-9311	oauchu@ffariq.ca	Québec et Côte-Nord
Maude Delagrave	581 998-1804	mdelagrave@ffariq.ca	Mauricie/Centre-du-Québec, et Gaspésie / les îles de la Madeleine
Raida Baklouti	418 554-6493	rbaklouti@ffariq.ca	Outaouais, Laval, Laurentides, et Bashaw

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.

