

Inform' *Accueil*

**DEFENSE,
CARING
AND SUPPORT**

*in a
100%
human way!*

VOLUME 12
NUMBER 01
MARCH 2020



Fédération des familles d'accueil
et ressources intermédiaires
du Québec



Inform' *Accueil*

SUMMARY

- 03 A WORD FROM THE PRESIDENT
- 04 EVENT
- 05 FF: SAME / NOT THE SAME
- 06 DECODED LAWS AND REGULATIONS
- 07 LIFE STORY
- 09 TIPS FROM THE PROS
- 11 INTER-REGIONAL
- 12 ECHO OF THE REGIONS
- 13 MAURICIE CENTRE-DU-QUÉBEC REGION
- 14 COTE-NORD REGION
- 15 GASPÉSIE / ÎLES-DE-LA-MADELEINE REGION
- 16 BATSHAW REGION
- 17 QUEBEC REGION
- 18 OUTAOUAIS REGION
- 19 LAVAL REGION
- 20 LAURENTIDES REGION
- 22 PARTNERS
- 22 REFERENCE PARTNER
- 23 NEED HELP OR INFORMATION?
- 24 COVID-19**



Fédération des familles d'accueil
et ressources intermédiaires
du Québec

A WORD FROM *the president*

Stronger Together

Last fall was a very intense period! I am proud of each and every one of you who contributed to promoting our mission of **defending, caring and supporting foster families in a 100% human way**. Together, we were able to rally the 8 regions of Quebec that we already represented. We therefore maintain our position as the union that defends and accompanies the most FFs in Quebec, that is 50% of them.

Many thanks to the members. By mobilizing with the committees in your region, you have done a remarkable job! Your calls and visits to the FFs to remind them of the advantages of being a member of the FFARIQ have been echoed by the foster families who have signed their cards. In fact, after this period we have had a significant increase of 76% to 90% in the number of members in the regions we serve in Quebec.

Thank you to the members of the Board of Directors: Mélanie, Johanne, Francine, Christiane, Sylvain, Claudette, Carolle, Valérie, Gaëtan, Annie and Céline for their support.

A special thanks to Chantal and Jean-François who supported me in a wonderful way.

Sincere thanks to the FFARIQ staff: Maryse, Nathanielle, Anne Cécile, Isabelle, Olivier, Maude, Raida. Your dedication to supporting people in the field and responding to requests contributed to the success of our raiding campaign.

And thanks also to YOU, the FFs. Thank you for believing in your federation. Each one of you and your little ones are the deepest reasons why every day gives us the energy to fight for the improvement of your conditions.

Now is the time for negotiations for the signing of the new collective agreement. Last year, you shared your views with us on the improvements needed. We have grouped them into 5 major issues that are part of the draft agreement that we have prepared with the help of experts:

1. Clarify the role of institutions and FFs in order to improve the quality of their partnership.
2. Promote effective and transparent communication through the implementation of clear and comprehensive communication tools that avoid ambiguity and interpretation.
3. Establish clear and universally known guidelines that will provide a fair and equitable framework for clinical and administrative processes.
4. Establish and ensure the maintenance of service delivery conditions that will ensure the health and safety of FFs, the stability of children and the quality of services.
5. Adjust the remuneration of FFs, as well as the methods and modalities of payment, so that they are adapted to their reality.

2019 Symposium: rejuvenation, inspiration and fun

What a pleasure it was to meet you at our last symposium! Many more of you joined us this year for this moment of renewal and exchange. Thank you to our speakers who generously shared with their «hearts and minds».

Mark your calendars now for the next event: **October 23, 2020, at the Sheraton Convention Centre in Lévis.**

Elections: an improved process

You will find the calendar of the election process on the Events/Your Agenda page. This year, it will be easier for a large number of less mobile foster families to exercise their right to vote thanks to the addition of online voting.

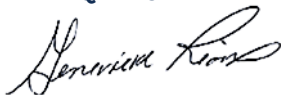
We are ready to start negotiations this year with the ministry which will conclude the raiding process. We will keep you informed. Your renewed confidence this fall has given us wings! We look forward to taking on new challenges for you!

We love you!



GENEVIÈVE RIOUX

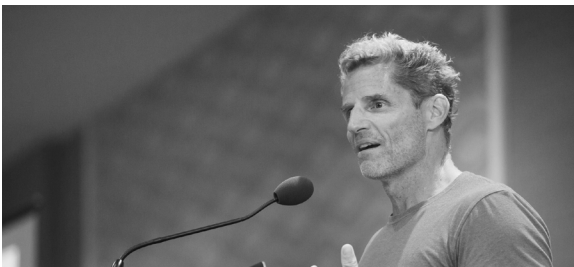
FFARIQ PRESIDENT



EVENT

2019 SYMPOSIUM: THOSE MOMENTS WE LOVED SO MUCH!

Many of you took advantage of this opportunity last fall, and we thank you for that. The FFARIQ organizes this event to create an opportunity to get together, help each other, share, learn, have fun and experience emotions of all kinds. Here are a few moments taken on the spot. They will surely make you want to be present at the 2020 edition!



INSPIRING SPEAKERS

Jean-Marie Lapointe blew us away during his lecture. What a real gift he gave us with this generous presentation highlighting the gift of self in relation to your daily life.

Hélène Allard gave you tips to help you live your daily life better.



THE EXHIBITION HALL

We were very successful with four times more exhibitors than last year. The demand was so high, both for the FFs and for the companies present, that we were asked to allow more time next year. We are taking note of this!

EVENING

An emotional evening with great testimonials, which ended in a festive way.



REMINDER

Regional and Provincial Elections

THE STEPS OF THE REGIONAL ELECTION PROCESS	REGIONAL DEADLINE	PROVINCIAL DEADLINE
Sending a nomination	From April 3, 2020	From June 27, 2020
Deadline for receiving nominations	May 1, 2020	July 29, 2020
Voting period	From May 8, 2020	From August 14, 2020
Deadline for receiving postal and online votes at FFARIQ offices	May 22, 2020	September 4, 2020
Annual meetings and counting of ballots by scrutineers	Regional Assemblies May 29 to June 29, 2020	General Assembly October 25, 2020

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.



TRAINING

PROXIMITY FAMILY (PF)

PFs, or proximity families, are made up of one or two persons who have been assessed by a public institution after having been entrusted with a child under the Youth Protection Act for a specified period of time. As part of their assessment, the institution shall take into consideration, among other things, the significant relationship that the child has with the designated persons.

For PFs, training in cardiovascular resuscitation and general first aid is not mandatory, but it is strongly recommended by the Ministère de la Santé et des Services sociaux. In addition, according to the collective agreement, they must achieve and maintain an adequate level of competence in response to the needs of the children and must participate in continuing education activities.

MIXED BANK (MB) AND FAMILY-TYPE RESOURCE (FTR)

Like PFs, mixed banks and family-type resources must achieve and maintain an adequate level of competence in response to children's needs and must participate in ongoing training activities.

However, unlike PFs, they must have current training from a recognized organization in cardiopulmonary resuscitation and general first aid. In addition, they must guarantee the constant presence in the living environment of at least one person with up-to-date training from a recognized organization in cardiovascular resuscitation and general first aid, except in a situation where the person in the living environment intervenes with users for a short period and occasionally.

In addition to CPR training, the FFARIQ strongly recommends that all foster families, whether they are mixed bank, PF or family-type resources, to follow the Frame of Reference and the training related to the *determination and rating of support and assistance services*.

DECODED LAWS AND *regulations*

We demystify, in plain language, your rights and obligations as a foster family and the powers and limits of your union.



Can all FFARIQ foster families vote at the Annual Regional Meeting?

No

Only FFs who have signed their membership cards are entitled to vote. If you belong to one of the 8 regions represented by the FFARIQ, we automatically defend your rights. However, to participate in activities, including the Annual General Meeting and Annual Regional Assemblies, you must sign your membership card.

Does the provincial elect the regional committees?

No

Regional Committees are elected by the FFs that are members in the regions when regional positions are open.

AMENDMENTS TO THE YOUTH PROTECTION ACT (YPA)

New rights have been granted to foster families following representations made by the FFARIQ to the public authorities. Thus, as a FF, you can now:

- ✓ Participate in the judicial process;
- ✓ Attend the hearing;
- ✓ Testify and make submissions;
- ✓ Be assisted by a lawyer.

The FFARIQ assures you that we will continue to remain proactive and vigilant with respect to the continuous improvement of the YPA.

LIFE story!

The Long Wait for Adoption

Choosing to foster a child in a Mixed Bank means giving him or her a permanent place in the family by committing to adopt the child when possible. However, the process can be long and difficult.

Annie knows the drill: she was placed in foster care as a child and was eventually adopted. She and her husband Martin did not have any natural children. Since Annie wanted to be able to allow children from dysfunctional families to live in a loving foster home, Martin immediately agreed to join the adventure.



ANNIE AND MARTIN

MIXED BANK FOSTER PARENTS,
QUEBEC CITY REGION

BEING ABLE TO WAIT

Annie and Martin applied to become foster parents in 1997. It took nine years (yes, nine years!) before they were called and told that a child would be coming to live with them... the next day! Thanks to their network of friends, they were able to be ready to welcome little Fanny (fictitious first name) within 24 hours. Since that day, another child has joined Annie and Martin's family.

Fanny arrived in their family nest at the age of 2 ½ weeks. She is now 13 years old. Fanny comes from a family of six children, from two different fathers, who have all stayed in group homes. One of them has known no less than 12 foster families! Fanny's father, now deceased, has been away from home a few times for prison stays.

Annie and Martin have been waiting 13 years to adopt Fanny. It's a long and complex process. The children placed in the Mixed Bank continue to have contact with their natural parents, it's an obligation. And it is the parents who must agree to have their child adopted. Which is not that simple for a variety of reasons.

Fanny is no exception to the obligation of contact with her birth parents. Supervised visits of an hour and a half every three weeks are then arranged. Each time it's the same story: Fanny keeps her coat on, doesn't talk to her birth parents and hides under a desk. When she returns to Annie and Martin's house, she doesn't want to eat and it takes several days for her to regain her stability. To the point where the visiting day had to be changed to Friday so that she could take advantage of the weekend to get back on her feet.

WILL ADOPT, WON'T ADOPT?

Fanny's biological father agreed to let Annie and Martin adopt his daughter. Then he died when Fanny was 4 years old. The little girl, who has a severe anxiety disorder, then had a lot of pain and developed a fear that Martin would die too.

As for Fanny's biological mother, she applied for a review to regain custody of her daughter when she was 18 months old. Before the judge, Martin testified that Fanny was like their daughter to them. Judgment was rendered two months later: the biological mother's application was denied. Fanny stays with Annie and Martin.

« Annie and Martin are taking care of Fanny with all the love they can get »

When Fanny is 11 years old, she has to go back to court. She doesn't appreciate the time she spends with her birth mother and she throws tantrums. Fanny's social skills are lacking: relationships with others, both at school and at daycare and with her friends, are difficult. Returns from visits with her birth mother are difficult: Fanny says bad words. The judge asks her what she likes to do. Fanny says she likes to shop. The judge then suggests that she goes shopping with her birth mother. Fanny flatly refuses. Once again, the placement with Annie and Martin is maintained.

LOVE AND HOPE

To this day, the biological mother still refuses to allow the adoption of her daughter. Of course, Fanny could ask to be adopted by Annie and Martin, but Annie and Martin cannot tell her that she has the right to do so, which could be interpreted as an inducement on their part for Fanny to deny her biological mother.

The couple's only option was to ask that Fanny be allowed to stay with them until she turned 18. Then she can decide what she wants. In the meantime, Annie and Martin are taking care of Fanny with all the love they can get. The little one is very anxious and has a problem with misophony or selective sound sensitivity syndrome, which means that certain sounds make her very angry, aggressive to the point of outright rage. The causes are not clearly known, but this syndrome is often associated with children with sensory integration disorders, developmental delays, post-traumatic stress disorder or obsessive-compulsive disorder.

Fanny's anxiety demands that her environment be as stable as possible: every small change becomes a huge mountain for her to climb. A new worker in her file or a change of teacher at school causes Fanny to close in on herself. The whole bond of trust has to be rebuilt on a base weakened by the fear of being abandoned that grips the little girl.

Fanny comes from a dysfunctional environment that leaves its traces. Although she came out of it very quickly, she has many after-effects. In addition to misophony, she is afraid of the wind, balloons, trucks, to name but a few. She consulted a psychologist for some time and now that the government has released a budget for child psychiatric care for children in FF, Fanny will soon be able to get a proper follow-up.

In the meantime, Annie and Martin are giving her the best things they have: their love and a place where Fanny can hope to have a more peaceful life one day.



TIPS FROM *the pros*

YOU'RE NOT MY FATHER, YOU'RE NOT MY MOTHER! THAT HURTS...

Taking care of someone else's child shows extraordinary dedication. It is normal that adjustments have to be made, since the child in your care did not start his or her story with you, but rather continues on his or her path.

Being a foster parent brings many challenges, some of which can test your patience. The child may sometimes show violent behaviour, use hurtful words or simply close in on him or herself.

As a foster parent, your first reflex might be to expect recognition or obedience from the child. However, the first thing to remember before intervening is to consider that the child did not ask to be in the situation he or she is in, that is, to be in a family other than his or her own. It is an experience that is out of the normal course of development and the child's ability to adapt can be severely tested.

Beware of warning signs! If you feel negative emotions coming on, take the time to get down before you intervene. Otherwise, these emotions could interfere with your efforts to be a positive and stable parent. Act with caution. The child has memories, has received a different upbringing and, most importantly, has experienced the separation from his or her biological parents. Time is your best ally. Don't rush anything, you may be doing too much. Remember that no one is perfect and that there are no guidelines for these difficult situations.

HERE ARE A FEW TIPS TO HELP YOU:

BE YOURSELF

You're not the mother, you're not the father. You don't want to be a friend to him or her either. Be sincere and true, children feel it. Help him to put into words what he or she feels and verbalize what is going on inside. Children are still learning; they need to be able to express themselves in a non-destructive way, which is far from easy in these turbulent times.

LEARNING TO KEEP QUIET FROM TIME TO TIME

There is no point in reacting strongly if you want to create a real relationship with the child. You must act calmly and patiently. When the tone rises, lower your voice. The risk of escalation will be minimized if you remain calm.

TRUSTING EACH OTHER

Advice and tips will be offered to you by your entourage, your colleagues, your friends. However, the experience of a family dynamic like yours is far from being similar to that of more conventional families. What really counts is to trust your instincts. Never forget that you made a thoughtful and deliberate choice to embark on this adventure. Look at your deepest motivations for starting a family. Communicate effectively and respectfully. Team up!

CONSIDER EACH OTHER'S BAGGAGE

Children and adults alike, everyone has their own luggage, experiences, wounds, dreams and desires, which you must consider. The goal is to gently grow comfortable with each other. Children who observe and participate in a healthy relationship will be able to model their own relationships with others on your relationship as they grow older.

«Your little one needs you like a lighthouse to light his way back to a less turbulent sea. Through your attitudes and words, you can help him to contain himself so that he can better face the storm». ¹



MAMA SOPHIE
SCHOOL AND FAMILY SUCCESS
COUNSELLOR
PIERRE-BERTRAND MEDICAL
CLINIC, QUEBEC

1. Extract from the book *The parent captain's guide*, published by Éditions de l'Homme, in April 2019.



INTER- *regions*

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



JEAN-FRANÇOIS RIOUX
LCCA COORDINATOR FOR THE FFARIQ
AND REGIONAL VICE-PRESIDENT MAURICIE AND CENTRE-DU-QUÉBEC
jfrioux@ffariq.ca

Hello everyone,

In this spring period, I am pleased to say a few words to inform you of the progress on certain files and new mandates that will be worked on shortly.

As you probably already know, my role is to standardize collaboration and procedures with the institutions, while taking into account certain regional specificities. Thus, a major issue has been settled: the parental contribution form is finished! It was a big mandate and for some regions, the adjustment period took a little longer. However, discussions between the FFARIQ and the Ministère de la santé et des services sociaux led to a consensus and from now on, it is the institutions that are responsible for filling out this form. A few small tie-ups remain to be done in one region and the file can be closed.

I also had the mandate to integrate the new CRDI Jeunesse foster families by introducing them to the FFARIQ. Remember that these FFs have integrated our organization and are now under the same collective agreement. My mandate was also to make sure that their rights and procedures were the same as those of all our other FFs. There are still a few details to be worked out with certain institutions, but work is progressing well. I would like to take this opportunity to mention to the families attached to the CRDI Jeunesse who may have some problems with the institutions to contact their regional FFARIQ committee or our Quebec City office. The staff in place will be able to guide you.

Current Mandate: Training

I am currently working with the regional committees on a mandate that is really close to my heart: the training given to our foster families. As you probably know, the Minister allocates an annual training budget. Of course, we have rules and themes to follow, including training on the Frame of reference and the classification tool guide, as well as CPR courses. We are currently working to develop partnerships with specialists in fields relevant to FFs in order to improve the training offer, make it more interesting and consistent from one region to another. Some regions have already been able to receive new training, such as attachment training, which has proven to be very successful.

We are also working to set up training for our English-speaking foster families and to translate certain relevant working documents, including the Frame of Reference and the Classification Tool guide, which are now available in English. This is a great step forward for our english-speaking FFs!

Thank you and see you next time,

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 Cagnon	mgagnon@ffariq.ca	Melanie Cagnon
Québec	Francine Boutin	fboutin@ffariq.ca	Francine Boutin
Gaspésie	Sylvain Bilodeau	sbilodeau@ffariq.ca	Sylvain Bilodeau
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: Martin Legault (South Shore reception director), Johanne Blais (treasurer), Linda Labbé (North Shore reception director), Sylvain Rivard (director), Jean-François Rioux (vice-president), Sylvain Bilodeau (president), Nadia Perron (social committee), Vélany Lafrenière (BM reception director), Christiane Houle (secretary), Sylvain Cadoret (com. and social committee director).

Dear Foster Families,

Successes with the Institution

We had two meetings with the direction of the youth centre accompanied by the directors of different services. We began to identify some irritants for us and for our foster families. We will see in the future if these meetings are successful. I will follow up in future issues of the Inform'Accueil.

Training That Took place

Two-day training on attachment disorder by Denis Breton: excellent! Everyone loved it and it will be repeated in the next training plan.

Petas:

The various training subjects given in the Petas framework are also appreciated by our resources.

Positions Up for Elections

This year we will hold our regional elections. The positions up for election for a four-year term are: President, Treasurer and Director. Details will be communicated to you shortly.

Regards,

Facebook Page

Can we be accompanied by the FFARIQ during a file review?

If it's a review, **no**. If it's for a classification review (dispute), **yes**.



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

Sylvain Bilodeau

CÔTE-NORD REGION

From left to right: Mélanie Gagnon (President), Valérie Tremblay (Director and Vice-President), Maxime Savard (Treasurer) Absent: Annie Bernatchez (secretary)

Dear families,

Resolutions

As you know, we have had meetings with the institution and I am particularly pleased to announce that we will proceed as before with the purchase of glasses. Here is what the procedure would be: a pre-authorization from the institution will be given to you for the appointment. Afterwards, you will have to provide them with the quotation you received at this appointment. You will have to pay for the glasses and the institution will reimburse you according to departmental policies, i.e. \$125 for children 0-11 years old and \$150 for children 12-18 years old. Corrective lenses are fully paid for. Therefore, no family will have to claim the \$250 amount, which, it should be remembered, is valid for two years. The department will take care of claiming it all directly.

Available Positions

This year, the positions of vice-president and treasurer are up for election for the Côte-Nord region. The election will take place in June at our ARA in Sept-Îles. You will soon receive the nominations and you will be invited to vote if more than one person is running for a position.

Media Output

As many of you already know, I have been invited to work with the institution on their foster care recruitment campaign. This gave me the opportunity to do an interview with TVA Nouvelles. I was able to discuss the ins and outs of what it means to be a foster family while also giving my own testimony about my life and involvement over the past 18 years as an FF as well as my work as provincial vice-president of the federation.

Facebook Page

On our Facebook group, we have been talking about telephone supervision by you, the foster families. Please be aware that you are not obliged to do this but if you do it, it is completely voluntary for you. However, if you decide to do it or if you do it at the request of the child's caregiver, you will have to be registered on the descriptor for 17 appointments, mention that you are asked to do supervision and the number of times per week that you do it.

Have a great winter!



MÉLANIE GAGNON
REGIONAL PRESIDENT
CÔTE-NORD
Phone: 418 587-0209
mgagnon@ffariq.ca

Mélanie Gagnon

GASPÉSIE / LES ÎLES REGION

From left to right: Jean-Marie Lavoie (Vice-President), Martine Boudreau (Secretary), Sylvie Anglehart (Director) and Gaétan Lussier (President) Absent: Gisèle Oignac (Treasurer)

Hello dear foster families,

Spring will soon be upon us, it will be the time for a long-awaited renewal. The children will be in the last stage at school and the excitement will gradually begin to set in. The foster families will also turn their backs on a winter that never ends and will soon welcome the beautiful days.

Success with the Institution

I cannot forget to mention the excellent cooperation from our counterparts in the institution. Whether it is during our LCCAs (local committee for concerted action) that are used to resolve certain situations of concern for the foster families or to draw up the calendar for the next training sessions that will meet their very specific needs. Everything is done with the respect and involvement of all.

Training

Looking back on past training sessions and meetings, I have to admit that we receive only good feedback. The foster families appreciate the fact that the trainings bring them a lot in their daily life, because they are really connected to the everyday life with these children. They feel more and more listened to and involved in their development.

Positions Up for Election

Please note that some positions on our regional committee will be up for election this year. So, if you feel like getting involved and learning more, you will have the opportunity to do so, as there will be a nomination period coming up and you will be informed in due course.

Laurent Commission

On February 12, a public evening concerning the Laurent Commission was held in Gaspé. About a dozen participants from various backgrounds attended, including two resources, one from the Gaspé region, and myself. It was very interesting and throughout the evening we had the opportunity to be heard. The first thing that came out was the arrival of the CISSS, which turned upside down many ways of working in terms of procedures that had been established for a long time and that had proven their worth. The heavy workload of stakeholders has resulted in many of them leaving to offer their service and experience in much more pleasant places to work.

It should not be forgotten that we were also very affected by this turmoil. What about the change in the work of the resource workers? With them, we at least had the impression that we weren't just numbers and that we could count on someone who could listen to us and guide us properly when needed. I remain hopeful that they will get a second breath and that things will at least get back on track, and this is in everyone's interest. There are certain successful formulas that should not be abandoned when working with humans, but that can always be improved.

Facebook Page

Can we have a child go to camp and get reimbursed by the institution?

YES, as long as it is clinical, i.e., it is based on the child's development and is included in the child's intervention plan, but not on the child's caregiver's part.

Anyway, I wish you all a wonderful spring.

Don't forget that the FFARIQ is working tirelessly to improve the day-to-day operations of the resources.



GAÉTAN LUSSIER
REGIONAL PRESIDENT
GASPÉSIE/LES ÎLES
Phone: 418 752-6023
glussier@navigue.com



BATSHAW REGION

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

Dear foster families,

First of all, I would like to take this opportunity to thank Me Daphné Blanchard of the law firm Gaggino for the exceptional work she has done as the FFARIQ union representative for the Batshaw region over the past few years. As you know, the contract has come to an end and she will be greatly missed. At the same time, I would like to inform you that Raïda Baklouti, union representative and lawyer for the FFARIQ, also based in Montreal, has taken over. On behalf of myself and the regional committee, we welcome her to this great new beginning with us.

I would also like to thank Mr. Jean-François Rioux who brought a great deal of knowledge to our table and to other divisions across Quebec during our LCCA meetings. His expertise is an asset and we make a great team. I am also pleased to say that the President, Ms. Geneviève Rioux, has done an excellent job representing us at the Ministry, which has led to great progress. You have probably also seen her advocate for us in the media.

Upcoming Trainings

- Classification Tool scheduled for March 25th, from 9:30 a.m. to 1:30 p.m.;
- CPR Training March 23rd and 24th;
- Frame of Reference March 30th and 31st.

All training sessions will take place at the Weredale Auditorium.

Elections 2020

This year will be the year of regional elections and the positions that will be up for election for our committee are: President, Treasurer and Director. A nomination will be mailed to you shortly.

Facebook Page

How big should the child's room be?

For 1 bed - 80 square feet, 2 beds - 120 square feet and every room must have a 3.77 square foot window.

Stay active and keep asking us your questions, we answer fairly quickly. For those of you who still haven't joined the page, I invite you to make a friend request to our Vice-President Ross Wilson who will add you to it. Please be advised that this page is strictly confidential and monitored by me on a daily basis.

We all work very hard to represent foster families and to be recognized for the hard work we do every day for the well-being of the children. We will continue to do so in the years to come. Thank you in advance for your support and I look forward to seeing you at our next meetings.

Yours sincerely,



CLAUDETTE GAUTHIER

REGIONAL PRESIDENT

BATSHAW

Phone: 514 796-4491

cgauthier2014@gmail.com

Claudette Gauthier

QUEBEC REGION

From left to right: Francine Boutin (Treasurer), Christiane Robitaille (President), Patricia Anctil (Secretary) and Manon Dufour (Director) Absent: Johanne Bouffard (Vice-President)

Hello dear foster families,

With spring on our doorstep, the regional committee is pleased to communicate with you a few important points from the last few days.

Successes with the Institution

To answer questions about how to complete the «Expense Reimbursement» form, we invited a manager of agreements and compensation from CIUSSS, CRDI site, who gladly agreed to come and present it to us. This form is essential for those who have monthly claims to make. The manager will take the time to explain what information must be properly demonstrated on the form and how to submit it.

Upcoming Trainings

The local training committee works hard for you, the families, to ensure that your level of service is at its best (Oppositional Defiant Disorder, Mood Management, ADHD), as well as to facilitate relationships with your children (crisis management, interacting with the behavioural disorder and people with difficulties), and so that you encounter less conflict with the institution (classification tools, frame of reference). All of these trainings are available free of charge. However, even in the last year, the expected participation has not been reached. The new calendar 2020-2021 will be released very soon and we wish everyone to participate. Regardless of your status, the training is beneficial for all of you!

Positions Up for Election 2020

The positions of president and secretary are up for election this year. Notice to interested parties. Nominations will be sent to you shortly.

2020 ARA

Spring means ARA... Yes! Again this year we are preparing for our annual regional meeting in Quebec City. It will be held in late May or early June. The official date will be sent to you shortly. Be on the lookout, because we are planning a great family time with you!

The regional committee continues to work hard so that the resources can have the necessary support to embellish your family projects. This way, you can count on us at all times. We are also attentive to the progress of the Laurent Commission, so don't hesitate to contact us for any information.

Regional Facebook Page

Our Facebook group currently has 228 members and is doing very well. Keep asking your questions, it's always a pleasure to answer you to the best of our knowledge.

We look forward to meeting you soon!



CHRISTIANE ROBITAILLE
REGIONAL PRESIDENT
QUÉBEC

Phone: 418 262-4222
crobaille@ffariq.ca

Christiane Robitaille

OUTAOUAIS REGION

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

Dear foster families,

It's been a year full of changes. We are beginning a new era, so a new format of meetings and an action plan will be quickly put in place. We will have the opportunity to demonstrate to members that we are at their service. We will have the pleasure of meeting with members in our regions at the change of season and according to the needs of the regions.

A first meeting was held on February 26 in Gatineau. It was very interesting to hear the families present share their concerns and questions on various subjects. We had the privilege of having the provincial president, Geneviève Rioux, with us. The other regional meetings will be held on March 9 in Maniwaki and March 10 in Pontiac. The Petite-Nation meeting was cancelled due to the weather, and the next regional tour will take place in May.

LCCA Meetings

These meetings allow us to improve various points for our members and, at the same time, to serve the children. Teamwork must be carried out in partnership with the youth centre. One subject most often brought up was the question about reimbursements that are made over a period of 60 days or more. The YC has reportedly rectified several delays, but the work is not complete. We will continue to work on maintaining and respecting the FTRs and respecting the application of the collective agreement. The next LCCA meetings are scheduled for April and June.

Regional Election

As in all regions, the year 2020 will be the year of regional elections. For the Outaouais region, the positions of director, president, vice-president and secretary will be up for election.

Training

During the summer of 2019, some resources participated in the Charlotte in Action training, which theme was I move and grow. It went very well and the resources found it very informative.

Upcoming training: Financial training (understanding and completing documents).

Please be advised that we are in preparation for the 2020-2021 training schedule and, as you know, there have been some changes at the YC. Therefore, several training sessions related to each person's needs and interests are planned. Topics will be sent to you as soon as they become concrete.

Facebook Page

Is it true that the CPR course is 16 hours in duration?

Every three years you must repeat your CPR training. Problem: The Youth Centre required a 16-hour CPR training. This is **FALSE**, the course is 6 to 8 hours long. Please note that CPR and general first aid training offered by the various recognized organizations do not all have the same title. See the list of skills related to general first aid. Document on our Facebook page.

Activity

The Christmas party was a success and I would like to thank you for your great participation! Seeing the smiles on the children's faces was all we needed to understand that the work we do is rewarding. Thanks to all of you and for your trust. Altogether we are one big family.

We wish you all the best,



CAROLLE DESJARDINS
ACTING REGIONAL PRESIDENT
OUTAOUAIS

Phone: 819 923-5081
cdesjardins@ffariq.ca

LAVAL REGION

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

Dear foster families,

Another big year for the Laval region in 2019-2020! In the sense that we have had a very busy program: several training sessions, several meetings and always present for our members.

Resolutions

Our resolution for the year 2020 will be to involve and invite as many families as possible to join our group in Laval. We are very happy to see that over the last few months, a significant increase in participation has been observed at the various meetings and activities held. This year, we want to contact an even greater number of families.

Training

Training such as CPR, LAC, classification, attachment, frame of reference, anxiety with Dr. Nadia, bullying with Jasmin Roy and the financial aspect were presented. There was a high rate of participation from our members for these different trainings.

As for the meetings of the Local Committee for Concerted Action, several meetings were held this year and went well. Our region has a very good relationship with the institution. A harmonious atmosphere prevails for the exchanges between the institution and the committee.

At the regional committee level, we met as a board of directors at least five times during the year in order to share the latest information, news and situations in the region. These meetings take place the week following the provincial board of directors meeting so that the regional administrator can update the regional committee as quickly as possible on any changes or news from the FFARIQ.

A wide variety of activities were offered to families. Activities were organized this year: an apple outing in September, a dinner organized at the restaurant Chez Minh where the regional coordinator, Jean-François Rioux, and the union representative, Raïda Baklouti, discussed new developments with the members present. In December, the big Christmas party was held at the youth centre where we had the highest participation rate of our members since the beginning of this activity.

Positions Up for Election

To conclude, two positions will be filled for the region in the coming year: Vice-President and Treasurer. All those who are interested in taking up a new challenge while helping and informing foster families in Laval are welcome.

We look forward to meeting you!



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

Annie Blouin

LAURENTIDES REGION

From left to right: Céline Nadeau (President) Louise Fleurent (Treasurer)
Absent: Patricia Cieslik (Vice-President) and Suzanne Picard (Director)

Dear families,

As you probably already know, it is with pleasure that I have agreed to take over as President of our wonderful region. I want to welcome Patricia Cieslik, Vice-President, and Suzanne Picard, Director, for their help with the visits of the new families, not to mention our excellent Treasurer Louise Fleurent who has been on the committee for several years.

Training

Remember that your CPR training must be renewed every three years and is a government requirement. Exception for proximity families commonly known as PFs: in your case, CPR training is not mandatory, but highly recommended.

Good news! CRA (Attachment, Regulation, Competencies) training has been added to the 2019-2020 training plan. This means that all resources who have taken this training have the opportunity to claim the costs inherent to the training in accordance with the guidelines.

The invitation and details for the next training sessions will be sent to you by mail at the end of the summer. It is hoped that each foster family will follow at least one training course per year. We are expecting a large number of you.

Regional Tour and Social Gatherings

Last December, your committee had the pleasure of meeting with you near your home. We went to Mont-Laurier, Sainte-Agathe and Saint-Jérôme in the presence of your union representative, Raïda Baklouti, and your provincial coordinator, Jean-François Rioux. The exchanges were very enriching and some shortcomings came to light. Please know that we are working very hard to have your rights respected. Congratulations to the door prize winners.

Your committee would like to meet with you more often, and to do so, there will be more discussion meetings to keep you informed of new developments. You will soon receive an invitation for an upcoming meeting.

ARA (Annual Regional Assembly) and Elections

Our next ARA (Annual Regional Assembly) will be held in June 2020. If you would like to get involved, please note that the position of secretary is still vacant and will be up for election as well as the post of vice-president and director.

Facebook Group

Did you know that we have a private Facebook group «FFARIQ - Laurentides» exclusively for foster families in our region? This group was created for you. It's an important and quick communication tool that allows you to get news, invitations to meetings and talks or to exchange with other families living the same realities as you and to ask your questions. I see that there are still too many foster families who do not take advantage of this Facebook group. How can I join? It's easy! Just call me and I will send you an invitation to join the group.

I look forward to meeting many of you soon!



CÉLINE NADEAU
REGIONAL PRESIDENT
LAURENTIDES
Phone: 450 491-4647
cnadeau@ffariq.ca

C. Nadeau



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



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 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/



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



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

REFERENCE *partner*



**iDentité
Québec**

*Criminal background verification
and certification*

FFARIQ members, did you know that iDentité Québec specializes in criminal background checks?

We have over 75 years of policing experience at the federal, provincial and municipal levels. In addition, we are accredited by the RCMP and recommended by the Sûreté du Québec.

We also offer the services of:

- ✓ Fingerprinting;
- ✓ Private detective;
- ✓ Drug and alcohol testing;
- ✓ Credit investigation;
- ✓ Pardon and waiver accompaniment;
- ✓ Fraud investigation;
- ✓ Cyber-investigation to identity theft.

NEED HELP or information ?



Any question is good to ask!

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

UNION REPRESENTATIVES - YOUR ADVISERS

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

SO DON'T HESITATE TO CALL UPON THEM!

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

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

- Contestation of the classification review;
- Disagreement.

COMMITTEE EXECUTIF - FFARIQ

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

FFARIQ HEAD OFFICE - QUEBEC

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

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

**NEED TO BE
supported ?**

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

COVID-19

WHEN EVERYONE HAS TO STAY AT HOME,

except our little one!



While the Prime Minister François Legault and the director of the public health Horacio Arruda hammer message to young people to stay at home in order to avoid the spread of COVID-19;

While artists and influencers such as Coeur de Pirate, broadcast messages on the Internet urging people, including young people, to stay at home; Here, there have been some conflicting messages about your obligations as an FF, particularly regarding visits with biological parents. At the FFARIQ, we acted quickly by contacting the government to obtain clarifications and by presenting your reality to the media. Defending yourself and ensuring your safety and that of your little ones is our primary mission.

Many of you have been on the social media calling on the public authorities to give you clear directives. Thank you, together, our voice is stronger.

At the time sending this Inform'accueil number to the printing press, we were still awaiting clear instructions. The situation is changing so quickly and the guidelines can change so quickly that we have implemented means so that you can find the **right** information **quickly**.

WHERE TO GET INFORMATION?

Make sure that you are a member of your regional **private Facebook group**. We will regularly disseminate relevant and verified information regarding the COVID-19 crisis, including measures for visits with biological parents.

Call us at **1 866 529-5868** to give us your email addresses. We will regularly send you a COVID-19 newsletter which will keep you informed of all the instructions that concern you as an FF.

On our website, you will find a page dedicated to **www.ffariq.org/covid19**. Check it on a daily basis so that you can be informed of the latest developments.

Once again, thank you for your mobilization to ensure the well-being and health of all.

Take care of yourself and the children.
We love you!

GENEVIÈVE RIOUX
FFARIQ PRESIDENT