

Inform' Accueil

DEFENSE,
CARING
AND SUPPORT

in a
100%
human way!

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Fédération des familles d'accueil
et ressources intermédiaires
du Québec



Inform'Accueil

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

A WORD FROM *the president*

Dear families,

This is already your last Inform'Accueil of 2020. We can say that this year has been anything but ordinary! Thanks to all of you, to your kindness, your openness and your positivism, we were able to continue doing what we all care about: offering our children a warm and secure family environment where they can grow and evolve.

Provincial Election: Thank You for Your Trust

I am pleased to continue my work as President of the FFARIQ for the next four years. My desire to change people's perception of FF and to defend our rights and those of the children we welcome into our homes and hearts go back many years. I still have the same energy, desire and determination to make a difference. I have the ultimate conviction that I am where I need to be so that all of us, foster families, families at heart, are heard and the children are heard through our voice. Together, we will achieve great things.

Negotiations: Your Support Is Important

We have held 22 negotiation meetings with the Ministry. We are devoting a lot of energy to this and we will persist in our demands for the good of the FFs. This could result in an open period. So we will have to stick together and reiterate your confidence in us during this process which will be long but necessary. Five matters are on the table. These represent all of our requests. I am confident that we will reach an agreement that better represents who we are. I'll tell you more about the negotiations later in this Inform'Accueil.

2020 Review: phew!

This year has been a year of resilience and adaptation. This pandemic, which still keeps us at a distance from one another, has brought us its share of challenges, but these have not prevented us from moving forward. We have spoken out in the public arena to defend your rights, we have made your reality known to the Laurent Commission and to Minister Lionel Carmant, we have demystified your role with the empathetic and humane collaboration of Jean-Marie Lapointe, and we have forged alliances with major partners.

We have also developed our virtual communications in order to keep in touch with you. It was unthinkable for us not to hold a congress and we thank you for welcoming us in your home thanks to technology.

At the dawn of the holiday season, I wish you a nice and sweet time with your family. Spend time together, play outside, have fun, take care of yourself.

See you in 2021!

Love you guys,



GENEVIÈVE RIOUX
FFARIQ PRESIDENT

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

EVENT



OUR SYMPOSIUM AND AGM, STRAIGHT FROM YOUR HOME

Due to the pandemic, our congress had to be held virtually. Involvement, passion, caring and support couldn't happen without you and we did our best to make you feel it, even from a distance. We are pleased to have had as many registrations as last year's face-to-face conference with 125 people.

Passionate Speakers

We would like to take a moment to sincerely thank our speakers. Communicating one's passion through a camera rather than in front of an audience is quite a challenge and they did it brilliantly!



Nancy Audet, until very recently a sports journalist at TVA Sports, told us about her experience as a child from FFs. This woman of great resilience and resistance gave us a touching moment that brought tears of compassion.

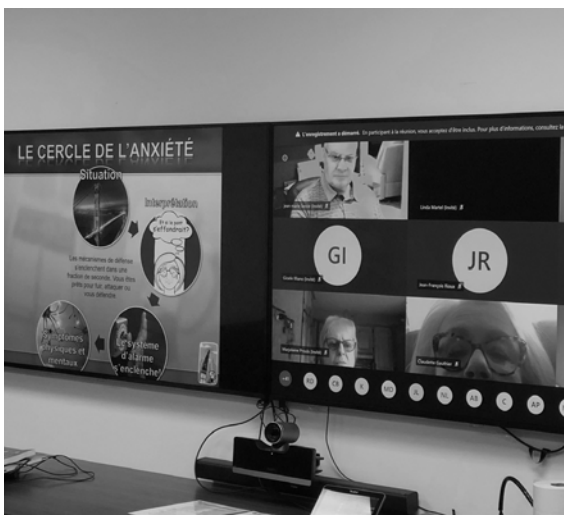


Danie Beaulieu, psychologist, is without a doubt close to people. She gave us concrete and relevant tips and tricks to help reduce the anxiety that spares few people in the current pandemic situation.

*We were also supposed to have a conference by Sophie Desgagné who had to cancel due to illness. She will eventually reschedule.

An AGM That Went Well

Our AGM was also held online. However, our president Geneviève Rioux, our secretary Francine Boutin and our treasurer Johanne Blais were in attendance, of course, in full respect of health standards.



The Participants' Opinion

We gathered feedback from participants with a small survey following the symposium.

Here are some of the comments received in response to the question «Do you prefer a face-to-face Symposium or a virtual Symposium?»

- «Both bring benefits.»
- «I don't think I would have been able to come with the kids and baby at home. Baby with fragile health and no babysitter yet.»
- «Super good in virtual, but I prefer face-to-face, the human approach is better than a computer (technology), but if there is still the pandemic, the virtual is okay.»



Our conclusions

As you know, this year was an experimental one. Next year, if the pandemic is behind us, we will offer a hybrid formula where you will have the choice of being on site or attending live virtually. This will allow us to reach even more families. This is another way for us to show you that we are working on:

Defend you - Support you - Be caring.

Several participation prizes were won, including \$250 and \$500 Visa cards, books, vouchers, etc. As our President so highly recommended, we hope that those who won Visa cards will benefit personally. Spoil yourself, do yourself some good, you deserve it!



FF: SAME / *not the same*



SAFE AND HEALTHY LIVING ENVIRONMENT FOR CHILDREN.

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

The family-type resource must provide a living environment that complies with the following laws and regulations:

- Building Act and Regulations
- Fire Safety Acts and By-laws that apply to accommodation facilities
- Hygiene and safety rules on food products

In addition, smoke detectors and fire extinguishers in sufficient number and functional must be installed in the living environment.

The FTR must apply the notices that are issued by the authorities responsible for health and safety.

PROXIMITY FAMILY (PF)

Compliance with building laws and regulations as well as safety, hygiene and sanitation are mandatory.

However, the situation of a proximity family may be evaluated on a specific case-by-case basis, taking into account the provisions acceptable to the community and the safety of the user.

DECODED LAWS AND *regulations*

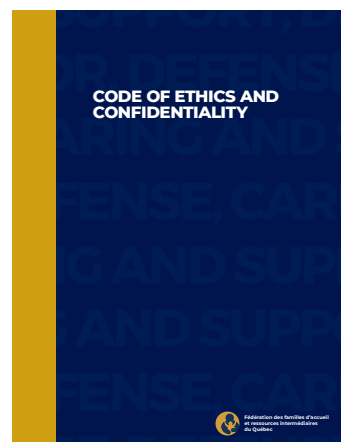
We demystify, in plain language, your rights and obligations as a foster family and the powers and limits of your union.



CODE OF ETHICS AND CONFIDENTIALITY

We presented our Code of Ethics at the last AGM. This solid foundation, based on our values, provides us with a common vision of the integrity and responsible behaviours to be adopted by administrators, elected members and staff. In particular, we set out the following guidelines:

- Public speaking and interventions on social networks
- Compliance with laws and regulations
- Harassment and discrimination in the workplace
- Conflicts of interest
- Confidentiality, use of and access to information



Negotiations: Make Sure You Have Signed Your Card

Be aware that when the FFARIQ believes it has reached a good collective agreement, it will have to go through you. You will have the chance to vote on whether or not you agree. Stay tuned, as you will know in the coming weeks when you will be able to make your voice heard and vote, in person or online.

LIFE story!

Francine and André, Mixed bank foster family
Mauricie Centre-du-Québec

Keep moving
forward despite
hardships

Unconditional and Unlimited Love to Give

Lilyanne: A Short and Memorable Journey

Lilyanne joined the Fleury family at the age of four and a half. In addition to loving adoptive parents, she saw her life enriched by two older brothers: Alek, the Fleury's natural son, Louis-Philippe, adopted son and Selena who was placed in the family until majority.

Although nothing is perfect, life was sweet for the Fleury tribe. Unfortunately, the beautiful Lilyanne was only passing by. Here is the short story of a little girl who has gone through more hardships in her life than most people.

THE DREAM OF A BIG FAMILY

Francine Bellemare and André Fleury met when they were 16 and 17 years old respectively. Francine was already dreaming of a big family. But it was without counting on the fate that nature had in store for her. After giving birth to Alek, Francine had a miscarriage. A little girl whom the couple named Frederik. Then came Mylène, a beautiful little girl who lived only two days. While many would have given up, Francine and André did not give up their desire for a big family. So they turned to adoption. They first welcomed Louis-Philippe and 2 years later Selena who even-

tually changed to a majority placement. Then, in 2006, little Lilyanne joined the family.



BEGINNING LIFE IN HOMELESSNESS AND REJECTION

Even though she was only 4 ½ years old when she arrived at the Fleury, Lilyanne had already had quite a life journey! From 0 to 2 years old, she lived with her natural parents and her two sisters in Montreal, in a situation of homelessness, until they were all three taken in charge

by a youth centre that placed them in FF. From the street, Lilyanne found herself locked in a closet most of the time. A year later, the natural parents moved to the Trois-Rivières area. The children moved to a different foster family... where the situation was not much better for Lilyanne. The little girl developed profound behavioural problems in this unhealthy climate.

It was at the age of four and a half that little Lilyanne had the chance to meet her new family. Francine, André and their three children had come together and decided to welcome this little lady. For parents with deeply rooted family values, it was essential for the family to make this commitment to Lilyanne together, who would be entrusted to them in a mixed bank, therefore for adoption.



FINALLY, A REAL PLACE FOR LILYANNE

The Fleury family went on vacation and as soon as they returned, they welcomed little Lilyanne. With her history of homelessness and confinement, some of the wounds were deep: attachment disorder, anti-social behaviour, self-harm and other behavioural problems. Francine and André took care to extend their vacation by one week to spend time with the child who was to become their daughter. It was important to them that Lilyanne felt welcome. And for the first time in her life, Lilyanne had a place of her own in a family.

The first years were difficult. The after-effects of the past were manifested by various behaviours for

which the family cat often took the brunt. Each time, Francine explained to Lilyanne with patience and love why it was not necessary to do this kind of thing. Francine had a daycare at home. At first, Lilyanne joined her group. Then Francine realized that she was prioritizing her little girl. Concerned about penalizing the other children, she put her daughter in public daycare for six months. This was a positive experience for Lilyanne, despite a few episodes of self-harm to which Francine, with her big heart as a mother, reacted by repeating to her daughter: «I'm not going to love you any less because you do this.»

STARTING SCHOOL

Lilyanne has struggled from the moment she entered kindergarten. She was expelled about every two weeks, eight times, when the teacher was overwhelmed and there were not enough resources to support her through this stage. This is what guided the Fleury family in their decision to register Lilyanne at the Point of Service in her first year. This regular school is used to dealing with heavier cases and has put in place a team of social workers, psychologists and specialized educators who advocate taking charge of the students rather than excluding them.

This supervision has been beneficial for Lilyanne, even though she has repeated her first year. Then, without achieving exceptional grades, she succeeded in her subsequent years. In Grade 5, Lilyanne no longer had behavioural problems. She was still dealing with learning disabilities for which she received private tutoring in addition to her school courses. She was working hard and was looking forward to a brighter future.



« You have to go with your  »



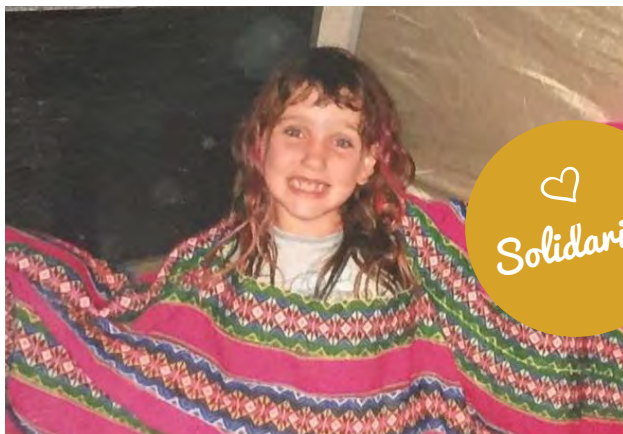
THE ILLNESS ENTERED LILYANNE'S LIFE

Despite her best efforts, Lilyanne will never get past Grade 5. April 2014, Lilyanne is 12 years old. One morning, she complains of hip pain. Francine's first reaction was to think it was a subterfuge to avoid going to school. However, the next day, Lilyanne screams in pain. Francine took her to see the pediatrician, who kept her for 24 hours, and then transferred her to Sainte-Justine's where a sample was taken and sent to Boston for analysis.

Then the verdict came down: Lilyanne had a rare form of cancer that usually affects men between the ages of 35 and 45. It is a source of consternation. Why Lilyanne? No one knows!

The prognosis is really not good: the life expectancy of people with this cancer is only one month. Since Lilyanne first showed symptoms two weeks ago, there is little hope. Finally, the family will have had four months to enjoy their time together and soothe Lilyanne's justified anger.

Lilyanne was a very endearing little girl and she has won people's sympathy. Family, friends, colleagues... all mobilized. From the students at her school who sold muffins to raise money, to all those who sometimes donated up to \$100 to buy a windbreaker



made by Francine, the solidarity was such that the Fleury family was able to build an access ramp to facilitate Lilyanne's movements, as she was now confined to a wheelchair. Sainte-Justine Hospital also allowed the family to receive subsidies for travel expenses to the care unit.

LILYANNE'S LAST TRIP: A FATHER-MOTHER-DAUGHTER DAY

One Sunday in August 2014, Francine goes to a store with Lilyanne. The goal: to offer her those high-heeled shoes that the pre-teen girl was so eager to wear. A wheelchair was certainly not going to stop her from making her daughter's dream come true! However, Lilyanne couldn't find shoes in her size, so she decided to get some nice earrings. The father-mother-daughter trio then went to eat at a restaurant that Lilyanne loved. These precious moments were the last time the young girl went out, and she died a few days later, on August 15th.

LIFE AFTER LILYANNE: PAIN, BUT ALSO A LOT OF LOVE TO GIVE

After Lilyanne's death, Francine closed her daycare. After this difficult experience, she needed to take care of herself and her children, to cultivate their little family cocoon. For a year, especially with Leucan's guidance, they slowly tamed the emptiness left by the loss of Lilyanne.

Despite everything, Francine and André still have a lot of love to give. So they opened the door of their home as a foster family for children aged 0 to 18. Currently, three beautiful teenagers aged 12-13 and 16 are at home. When they are all old enough to stand on their own two feet, Francine and André will be retiring.

Since January 2015, 40 children have been able to experience respite in the cocoon of the Fleury Family. On one of the walls of the house, a tree with many small leaves... one for each child who stayed with the family. On the tree, six ladybugs representing the six children of the family. Whether it is a few months or a few years, in the heart of this FF, they all have the same place of choice.

So what is the secret of such a resilient foster family that has agreed to continue despite this immense mourning?

« You have to go with your heart, because you have to have a lot of love to give and you mustn't despair,» says Francine. André and I are on a boat and we are rowing forward together... ».

TIPS FROM *the pros*

Dr Danie Beaulieu, Ph. D., Psychologist

www.academieimpact.com

Excerpt from her book *100 trucs pour améliorer les relations avec les ados* (Éditions de l'Homme, 2019)

RED AND GREEN BUTTONS

It is useful to know that all human beings have a green and a red button. Your respectful and calm behaviours trigger the other person's green button, creating a desire for openness, collaboration and closeness. When you criticize, judge, give orders or become aggressive, the other tends to respond with exasperation, which is characteristic of the red button.

To live more harmoniously with the other person, to get your messages and requests across, avoid using red buttons; instead, try to use green ones, which make life simpler and more pleasant. You will then see that certain opening gestures, certain «green» formulas have the almost magical power to bring people together.

✘ **EXAMPLES OF RED BUTTONS: VOS YOUR BEHAVIORS THAT ANNOY YOUR TEENS**

The “Adulocos”

They could also be called «loco adults». They represent comments, repeatedly used by adults, that irritate or upset teens, such as the «when you» they know so well: «You'll see, when you get an apartment,» «You'll understand when you have kids,» or «When you earn your own money...»

The «adultok's» (or adults OK) are much more effective. They reflect an adult's way of talking to a teen and expressing that

it is OK not to know everything, not to be able to control oneself completely, to make mistakes. It's OK that I help you feel OK and I will do my best to be OK with you. For example: «It's unfortunate that you didn't plan your weekend outing in terms of managing your finances. I feel like it's going to be hard for you not being able to join your friends. I too often get frustrated when I don't have as much money as I would like to so I can do whatever I want.» The parent then maintains this position regarding pressing demands: «But Mom, just this once, please.» The mother may respond, «Really, I feel sorry for you that you didn't budget for this outing. I think this experience will be very useful for you next time, my darling.» The adult is not judgmental, but empathetic.

The Compulsive NO

Many parents have the unfortunate habit of saying the word NO as soon as their teen opens their mouth to ask for something:

«Mommy, I...
— NO.

But, Mommy, I just want to...
— NO.

Well, let me...
- NO, it's NO! I know you, you're going to ask me again...»

In your opinion, do these responses trigger the adolescent's red or green button? Here's a tip: Save your NO for the big needs.

The «babyisms»

«Say hello to the lady.»
«What do we say to the man?»
In front of the waitress at the restaurant to whom he did not say thank you: «Didn't you forget something?»

These little infantilizing sentences are really unbearable and humiliating for the teenager. If you want to make these kinds of remarks, save them for your private discussions with them.

Excessive Control

Excessive control actually activates the red DARK button on the adolescent. The young person needs a lot of autonomy to grow, to practise, to experiment, to learn to make appropriate choices and to learn to use their mistakes to grow. But now the parent is getting out the handcuffs to try to dominate them. Adolescents really don't like this kind of reaction, which they find degrading, devaluing and infantile, especially in the eyes of their peers who are so important to them. What works much better than controlling the youth is empowering them through negotiated commitment.

Reproaches Intended to Shame Them in Front of Others, Especially Their Friends.

Your teen feels a tremendous need to be recognized and approved by his or her group of friends. If you belittle him or her in front of them or others, not only are you not solving the problem you wanted to solve, you are creating another one. Avoid talking about their love experiences, nonsense, sexual learning, their body or anything that embarrasses them in front of anyone.

Comparisons with Others (brothers, sisters, cousins, friends, etc.)

Mention your teen's good points and avoid pointing out his or her shortcomings, especially when comparing him or her to others. Strangely enough, our brains tend to retain what they hear most often. Don't forget that!



IN SUMMARY,
AVOID :

- Infantilizing sentences
- Excessive control
- Reproaches to shame them
- Comparisons with others





✓
IN SUMMARY,
ENHANCE :

- Don't speak in anger
- Establish a climate of trust
- Ask them their opinion
- Offer them quality time
- Respect their embarrassment

✓ EXAMPLES OF GREEN BUTTONS: YOUR BEHAVIOURS THAT PLEASE YOUR TEENS

You Are Not the Enemy!

«Before we begin our discussion, I want you to know that I am on your side.» If you have a discussion with your child, start with this. It will help reduce resistance. But don't tell him or her unless you mean it.

Stop!

«Why don't we talk about it when we're both in a better mood?» This question tells the other person that you want to protect your relationship with them by not reacting out of anger. You can also say, «I don't want to answer you now. You're too important to me to let anger do the talking for me.»

«Have fun!»

This wish helps create a climate of trust between the two of you rather than creating fear and anxiety in your adolescent. Avoid words like: «Be careful».

«And you, what do you think?»

Ask your teen's opinion before giving him or her yours. This will help your adolescent feel valued and develop or practise decision-making and thinking skills.

«Is there anything else?»

At the risk of repeating myself, I encourage you to use this magic question as often as possible. It will allow you to learn more about your youth than any direct question you've probably tried before (for example, «Where have you been?» or «What were you doing? «Who were you with?», etc.). This respectful approach helps them to feel more confident with you, to describe and get to know themselves more deeply.

Focus on Quality

Do you have any idea how many problems are solved this way? Here are a few suggestions to multiply these precious moments with your child:

Surprise them by going to dinner with them, make an appointment with them, share a sport with them, establish the ritual of a special moment, listen without judging, validate their emotions, stop blaming them, take long trips together, participate in activities they have planned, tell them stories from your childhood, watch their TV shows and childhood pictures with them, work less, play more, be available, go to concerts or baseball together, go to a flea market, let them teach you something, cook together, make the house comfortable for friends, work on mutual respect, invite them to come and see you at work, include them in your discussions, ask for their help, allow them to make mistakes, trust them, plan an event together, play board games with them, take time off work to be with them, go on a retreat together, take time just the two of you, let them show you how to use the computer or video, tuck them in before they go to sleep, offer them a massage, ask for advice, thank them often.

One Day at a Time

Work here and now and not by referring to later. Adolescents are sometimes short-sighted about the future.

Congratulate with Measure

Unlike younger kids, teens don't like to be talked about in public; it only increases their embarrassment.

- If the compliment is excessive, it can be demanding (e.g., «You're always so nice!»).
- Use non-verbal language to convey your words of affection, especially in front of others; invent a gestural code that only you will know.
- Praise him/her for the way he/she is coping with difficulties.

INTER- *regions*



More Accessible Training

Each year, it is strongly recommended that you take 13 training courses, some of which are mandatory. These training sessions often differ from one region to another and are limited in the time they are given, between 8:30 a.m. and 4:00 p.m. on weekdays, which means that you are not always available to take them. It is for these reasons that the FFARIQ will take charge of the training component. The same trainer will then be able to tour the regions so that you all have access to the same quality of information and tools.

In addition, hiring professional trainers will give us flexibility in scheduling. Thus, training will be offered according to a schedule that is better adapted to your daily life. In addition, some of these training could also be available online, for even more schedule flexibility.

The FFARIQ team is well aware of the reality of the FFs, because we ourselves are FFs. It is through concrete and adapted actions like these that we at the FFARIQ support our FFs. We will keep you informed of the progress of this project in the next Inform'Accueil scheduled for March 2021.

In the meantime, I wish you all the best for the holidays that we will all have to reinvent. We are with you wholeheartedly.

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.

Hello everyone,

I am pleased to announce that we are working on major projects that will begin in 2021. These projects meet the objectives we have set for ourselves:

- to make your daily life easier;
- to help you meet your FF obligations;
- to regularize and standardize services for all regions.

FF Space: A Wealth of Resources for You

In the next year, we should be able to create a virtual space, the FF Space, accessible to you in a secure way. You will find there a lot of information including:

REGIONAL SECTION	PROVINCIAL SECTION
Various training and certifications	Calendar of the Provincial Tour and Registration Form
Regional Tour Schedule and Online Registration	Information on the hybrid symposium (face-to-face and virtual) and access to its online version
Calendar of regional support meetings	Video capsules, live or pre-recorded conferences, etc.
Documentation specific to your region	And even more like an online store and specific documentation.



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

ECHO OF THE *regions*

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



In case ...

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

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

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

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

MAURICIE CENTRE-DU-QUÉBEC REGION

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

Dear foster families,

In the region, there has been no real positive experience with COVID, but rather lots and lots of complaining about the red zones as visits are maintained. It was explained that the situation is not like the one in March, when there was a ministerial ruling and the school was suspended, but this time it is not the case at the moment.

Regarding the elections that took place recently for the position of president and administrator, as there was no one else who ran I was elected by acclamation. As for the position of Treasurer, Johanne Blais kept her position in opposition to José Dionne who had run against her.

There were **no nominations for the Director position, so it is unfilled at this time.** I am looking for someone who will be able to take care of the social aspects, which means organizing activities, but he or she will be able to have the help of other people on the committee in his or her duties. Of course, he/she will have to refer to me for the realization of these activities and to Johanne for the financial aspect. Since this is a committee position, the person must have been accredited for more than three years to be able to apply. The applications received will be reviewed by the committee. For those who are interested, you can send your application to my email address sbilodeau@ffariq.ca expressing your motivation to be part of the committee and how you can contribute.

Facebook Question

« I am a new foster family and have just been approved to purchase a set of warm clothing for the child; if the child stays with me for the next spring-summer season will I be allowed to have another set for the warm season? »

No, the amount for the trousseau is only provided once and then the PEA will take care of the clothing purchase. Exceptionally, there may be another authorization for another kit amount in case of an excessive growth spurt or if the child deliberately damages his or her clothing due to a problem.



SYLVAIN BILODEAU
REGIONAL PRESIDENT
MAURICIE CENTRE-DU-QUÉBEC
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Sylvain Bilodeau

CÔTE-NORD REGION

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



Create
new
memories

Dear families,

We are already at the end of 2020, and 2021 is just upon us. Will it be an easier year? We don't know! But we've all developed a very different way of living our little routine, and our little ones are adapting well to it.

COVID-19 has brought us many new ways of doing things, but let's talk about this year's Halloween party while allowing me to share with you my little personal moment that has become a precious memory for me and that has put many stars in the eyes of the little ones. Normally, this is a moment that I always find chaotic. Quickly, they are coming from school. Quickly, we're having dinner and quickly we're dressing up. We do 8 make-ups, and once we finish with the last one, the one who went first is no longer ready anymore. Afterwards the crazy race to collect candies. And that makes an evening we do not enjoy too much, without forgetting that when we arrive home, there is the sorting of 8 marvellous bags of candies.



This year, even though the Côte-Nord region is in the yellow zone, we all decided to be cautious. Halloween was spent at home. What a great time we had! I had a great time cooking mummies, pasta, candy and clown pizzas to make them a meal that is far from ordinary. I had no choice but to do it so that it was not a sad moment, but rather an unforgettable memory. Afterwards, we all dressed up and had a lot of laughs. The children's eyes sparkled when they saw the table filled with all these things to eat, but even more so when I told them they could take everything, mix it all up and eat candy for dinner: «that's cool,» said one of my kids. This ensures that my entire crew will remember this Halloween 2020 as a happy time that will be remembered much more than any other Halloweens.

Our ARM was held on September 19 and we were pleased to welcome Ms. Mélanie Bezeau to our team as Treasurer. As for the position of Director, it remains vacant.

Although we have many families on our Facebook group, few questions are asked. Instead, we have questions in private. Here is one of the questions I received.

Finally, I wish you and your family a happy holiday season!

Facebook Question

« How can I access my foster family file? »

You must complete the form to this effect, have it signed by both spouses, even if the other is not on the contract, and send it to the institution. According to our collective agreement, you have the right to access your file free of charge once a year.



MÉLANIE GAGNON

REGIONAL PRESIDENT
CÔTE-NORD

Phone: 418 587-0209

mgagnon@ffariq.ca



GASPÉSIE / LES ÎLES REGION

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

Dear families,

I have been with you for a few months now and changes have been everywhere. The COVID-19 pandemic was the most important, of course, and some areas of your region have gone into a red zone, but at the time of writing you had returned to an orange zone. It's not easy. But once again dear families, you and your little ones have adapted, whether it was the withdrawal from school due to the outbreaks or the intense hygiene measures that demanded more and caused you a lot of concern.

This year's ARM was held on September 25, 2020, by videoconference. We used the Microsoft Teams platform to try to reach as many people as possible. Unfortunately, there were only four resources present, three of which were members of your regional committee. We hope to have a greater participation next year.

Currently, the Gaspésie regional committee is composed of the following members:

- Vice-president – Mr. Jean-Marie Lavoie
- Secretary - Mrs. Martine Boudreau
- Treasurer – Mrs. Sylvie Anglehart
- Director – Mrs. Sandra Bourdages

Unfortunately, **the position of President and Administrator is still unfilled** and we are still looking for someone. If there is an interested party among you, please contact me at 418 587-0209. In the meantime, I will continue to fill the position on an interim basis for the region.

It is important to know that there is training available in your area. I had the chance to do the training on anxiety which was a very good theme. In addition, with COVID, we were able to develop online training in the comfort of your home. The training on anxiety has reached about 15 to 20 families out of more than 150 in the Gaspé Peninsula. These are not mandatory trainings, but they are very enriching to seek tools to help us accompany and understand our children better. Let's hope that during the next ones, I will have the chance to see more participation from the families.

Our Facebook group has several members and I have managed to give you a lot of information via this network which is a great tool and place to share and ask your questions. So don't hesitate to join us if you haven't already done so to find answers to your questions.

I would like to wish you a nice holiday season! Enjoy every moment.

Facebook Question

«After the age of 2 are diapers still refundable?»

As provided in the Ministerial Circular, you automatically receive \$70 per month, but if you exceed this amount you must provide invoices to have the excess reimbursed. If after 2 years the diapers are still required, you must agree with the institution for reimbursement with supporting invoices.



MÉLANIE GAGNON

ACTING REGIONAL PRESIDENT

GASPÉSIE/LES ÎLES

Phone: 418-587-0209

mgagnon@ffariq.ca

Mélanie Gagnon

QUEBEC REGION

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

Dear families,

In the midst of this second wave of the COVID-19 pandemic, what more can we say than «don't give up». There is always a beginning and there is always an end! And yes, I understand the stakes, the insecurity of this situation, but you, the resources of the Quebec City region, know that your regional committee is with you more than ever! In short, the president's cell phone is open, Facebook is constantly active, emails and texts are read quickly, rest assured that you are being heard. Many cases are discussed during the consultation meetings and your well-being is important!

The Annual Regional Meeting was held on September 18 at the Beauport Ambassador Hotel, and more than 20 people attended in person, in addition to a dozen by videoconference. The positions that were up for election, i.e. President, Director and Secretary, were re-elected by acclamation, as no other nominations were received for these positions. Therefore, for the next four years, Mrs. Christiane Robitaille will remain as President, and Mrs. Patricia Anctil as Secretary.



Let me tell you an anecdote from a family in the region who, for the Halloween weekend, decided to adjust and reinvent themselves! They rented a beautiful cottage on the waterfront with magnificent views around it and on Saturday afternoon they organized a treasure hunt with riddles, charades, enigmas and a good dinner! Children and adults alike had an unforgettable weekend. How can we not remember the eyes in the soup, the blood on the cakes, the spiders in the dishes and the scary music!

For your information, following the Laurent Commission, the brief has been filed and you can consult it at: https://ffariq.org/application/files/5216/0441/3646/P-078_Memoire_FFARIQ.pdf

As the holiday season approaches, many of you feel the insecurity that swirls around users and families. Take time to take care of yourself, whether it be in the small moments, small gestures, small gifts. You are essential and they need you! For our part, information is transmitted on social networks as soon as we have it, so don't hesitate to use the private Facebook group.

On that note, I wish you all a happy and healthy holiday season!

Facebook Question

« What is the process for medical travel reimbursements? »

Since there is nothing written by the Ministry, we have to follow the institution's guidelines. This is where a written pre-authorization supports the service you are providing. In the event of a refusal, we can show them that the facility had pre-authorized the trip or that the facility is not ensuring that the children receive all the care they need because they are refusing to pay for medically prescribed care or transportation. Foster families have many responsibilities, but the facility keeps saying that the children belong to them.



CHRISTIANE ROBITAILLE
REGIONAL PRESIDENT
QUÉBEC

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crobitaille@ffariq.ca

Christiane Robitaille

BATSHAW REGION

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

Dear families,

I hope you are all in good health!

COVID-19 was difficult for everyone and for some more than others, both mentally and physically, and especially in terms of isolation, away from family and friends.

I would like to share with you what happened at the school my boys attend. There was one child who was reported to have had COVID-19, so the entire class had to be tested for the virus. Luckily, the answers were negative because it was just a cold, but it still scared us.

A thank you to the Ministry for sending us the instructions so that the FFARIQ can give us all the necessary information to fight against this danger. I cannot stress enough the importance of telling our children and repeating the importance of social distancing, wearing a mask and using hand sanitizer, which is as important to us as they are to others in order to protect us and keep us all safe - our lives depend on it. Thank you to Public Health and the FFARIQ who work hard to keep our families safe.

Our Annual Regional Meeting was held on September 25, 2020, and I would like to thank everyone who attended. During the meeting, a lot of information was exchanged and the question period was interesting as well. As you know, elections were held for the positions of President, Administrator, Treasurer and Director and I wish to announce that the members who ran for the positions were elected by acclamation without opposition, which means that I retained the position of President and Administrator. For the position of Vice President, Mr. Ross Wilson retained his position as well as Brenda Gortler who was acclaimed once again as Treasurer.

I would like to congratulate all the members of the executive for their appointment and especially thank you, the members, for your confidence in us. We will do our best to help you as we have always done in the past. Thank you for your support.

I would also like to welcome all our new families. I want to say how important it is to join our regional FFARIQ Facebook page where we share ideas with each other. On this page, you will also be able to get a quick answer to your questions. So please feel free to join us by making a request to our vice-president Ross Wilson.

Thank you all for what you are doing, it takes a special kindness to take care of other people's children. Little hearts come to us broken and we work our magic to repair them.

On this note, I say a big thank you from the heart.

Facebook Question

« Can we request access to our file? »

Yes, we are allowed once a year to apply and we all should. Once the request is made, the institution has 30 days to provide it to us. It's our right to have access to our file, as it will allow us to see what has been put in our file by the social worker. It will also allow you to see if there is any significant information that has been forgotten or third parties remove which you may be surprised at the results.



CLAUDETTE GAUTHIER

REGIONAL PRESIDENT

BATSHAW

Phone: 514 796-4491

cgauthier@ffariq.ca

Claudette Gauthier

OUTAOUAIS REGION

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

Hello everyone,

Although we are experiencing a second wave of the pandemic and are currently in the red zone, the Outaouais region is rather calm compared to the first wave last March.

On July 20th, letters were sent to members to solicit nominations for positions to be filled in our respective region, including, for some regions, the position of Administrator.

Here is the composition of your regional committee:

- President and Administrator: Carole Desjardins, elected by acclamation.
- Vice President position: Lucie Renaud, elected by acclamation
- Secretary position: Josée Dorion, elected by acclamation
- Treasurer position: Lucie Renaud

Telephone meetings for new foster families have resumed. In-person visits at the request of the resource are also made.

LCCAs resumed on November 18. It is important for us to ensure that our resources are informed as soon as possible of any changes and/or modifications to our daily work.

You were cordially invited to participate in our first Annual Regional Meeting by videoconference on October 8th. For a first experience, it was still good. A few members were present. Some improvements will have to be seen for a next meeting if necessary.

We're proud to be part of a great team, with union advisors who care about our cause, a local standing committee that listens to our needs and is ready to answer your questions 7 days a week. You can contact your regional committee at any time if you have any questions. We are more than ever involved and available for you.

On that note, I wish you and your family a happy holiday season!

Facebook Question

« In the red zone do you let your teens go out to see their friends? »

We don't have to keep them indoors, just let them understand the health and safety rules. And trust them!



CAROLLE DESJARDINS

REGIONAL PRESIDENT
OUTAOUAIS

Phone: 819 923-5081
cdesjardins@ffariq.ca

LAVAL REGION

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

Hello everyone,

The pandemic is forcing us to be very adaptive. Although it's not always easy, sometimes beautiful stories like this one come out of it:

During the first wave, one family had to work from home. Since that change, the quality of life for family members has greatly improved. In addition, working from home has increased work performance. This family will therefore continue to telework with all the benefits it has on their lives. This is great news for the employee and the whole family!

Annual Regional Meeting

On October 2nd, our Annual Regional Meeting was held. In order to respect the current health restrictions, we held it virtually. A good number of families participated in this first online experience.

This year, we had two positions up for election: vice-president and treasurer. The mandate of Mrs. Fatiha Chihai was renewed as vice-president.

At the treasury, we said goodbye to Mr. Pierre Thibodeau who decided to leave his position after many years. We thank him for his involvement. We welcome Mrs. Manon Lanthier who will now occupy this position.

I would like to take this opportunity to wish you and your family a happy holiday season and take care of yourself!

Facebook Question

«Why are there no mandatory health measures when visits are unsupervised? »

Visits in this context are considered shared custody and families must unfortunately accept the situation.



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

Annie Blouin

LAURENTIDES REGION

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

Dear foster families,

The second wave of the pandemic is well underway. Courage and hope, it is important to remain vigilant so that we can see our children and grandchildren again this holiday season. We are not alone in this battle and collectively we will defeat this pandemic.

This year, our Annual Regional Meeting (ARM) that was to be held last June has been postponed to October 2, 2020, due to the situation of the pandemic. We had to hold this meeting for the first time by videoconference. Future changes and new issues were discussed. I would like to thank the involvement of Ms. Patricia Cieslik, Vice-President, and Ms. Suzanne Picard, Director, who have left their respective positions.

Did you know that...

All members of your regional committee are first and foremost foster families?

Here is the composition of your committee:

- Céline Nadeau, Acting Regional President
- Louise Fleurent, Acting Treasurer and Secretary
- Chantal Derisse, Director (responsible for visiting new families)
- **Vice President, Vacant Position and Secretary, Vacant Position**

If you like to help and are interested in making phone calls and answering members' questions, you may be interested in joining your regional team. We always need help.

Also, did you know that we have protection with the DARSSS (Direction des assurances du réseau de la santé et des services sociaux) for all damages caused by a user?

Damage to the user's personal property caused by the user himself/herself :

a deductible of \$300 per claim applies and is reimbursed by the facility. Any amount exceeding \$300 is reimbursed by the DARSSS. You must have discussed this with your SW beforehand.

Damage to resource property caused by the user :

a deductible of \$540 per year applies and the excess amount is paid by the DARSSS. This must be discussed with your SW in advance.

You can call 514 282-4274 or go to the website:
<https://www.darsss.ca/.../ressource.../comment-rapporter-une>



Facebook Questions

Home Insurance

« Can the CISSS ask us for a copy of our home insurance »

Yes, to meet departmental requirements, the institution may request the documents as part of quality control (every 3 years). However, if they request them every 6 months - 1 year, it's not the same thing and the FFARIQ wants to know.

Placements

« Is there a pre-established order in the placements, i.e. 30 days, then 1 year, then another year and finally the placement until the majority? »

It is gradual and based on the situation. I don't want to disappoint you, but the proposed durations of 1 year and a half for an infant or 2 years for older children are not always respected. There are often delays and we must not forget that by law, the institution must have everything in place for the return of the children to their biological families before asking the court for a life project.

RESPs

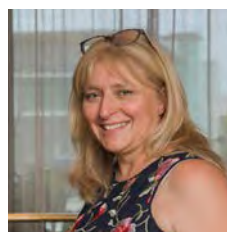
« What do you have to say about RESPs? I'm thinking of making a contribution for my two little ones to prepare them for later. »

Make sure you check... because if you don't have parental rights, usually the money placed in the child's name, the parents may have access to it.

Lois

« Can someone send me the link to the home regulations? E.g.: room size, fence, etc. »

You will find the document at: « santelaurentides@gouv.qc.ca » employee/partner space, Accommodation resources (foster family), Useful documents for resources.



CÉLINE NADEAU

ACTING REGIONAL PRESIDENT
LAURENTIDES

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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.



\$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 Ordivert computers or on in-store service. This discount is valid on regular price merchandise only and is not available in conjunction with any other promotion or sale merchandise.

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

Visit www.ordivert.ca to find our addresses.



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



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



LA VALLÉE
SECRÈTE

10% off the regular admission price for adults and children on all courses. Visit www.vallee-secrete.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/



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



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



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



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

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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.

ISE, CARING AND SUPPORT
SUPPORT, DEFENSE, CARING
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