

Inform' *Accueil*

DEFENSE,
CARING
AND SUPPORT

in a
100%
human way!

VOLUME 17
ISSUE 04
DECEMBER 2021



Fédération des familles d'accueil
et ressources intermédiaires
du Québec



Inform' *Accueil*

SUMMARY

- 03 A WORD FROM THE PRESIDENT
- 05 EVENTS
- 07 LIFE STORY
- 10 TIPS FROM THE PROS
- 11 INTER-REGIONAL
- 12 ECHO FROM THE REGIONS
- 13 MAURICIE CENTRE-DU-QUEBEC REGION
- 14 CÔTE-NORD REGION
- 15 GASPÉSIE / LES ÎLES REGION
- 16 QUEBEC REGION
- 17 MONTREAL/BATSHAW REGION
- 18 OUTAOUAIS REGION
- 20 LAVAL REGION
- 21 LAURENTIDES REGION
- 22 REFERENCE PARTNERS
- 24 NEED HELP OR INFORMATION?



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

A WORD FROM *the president*

© Photo credit : Audet photo



This Year Was Busy and Productive!

Dear foster families,

It is with a good dose of the energy received during the symposium and the satisfaction of having accomplished many positive and constructive things for you that I write to you in this last Inform'Accueil of 2021.

At our provincial AGM, we, of course, presented the accomplishments of the 2020-2021 year, but we also took the opportunity of the presence of many of you to review what has been done since the end of the fiscal year on March 31, 2021.

The year has been very busy, but it is ending with a number of issues settled: the group agreement has been signed; a private portal exclusive to foster families has been put online to help you in your role (VotreEspace.ffariq.ca); the hybrid symposium gave us quite an experience; the challenge to the Act respecting the representation of resources has been pleaded and is awaiting judgment, and the report of the Laurent Commission has been tabled.

On this last point, we were pleased and proud to see that the report took into account the brief we submitted as well as several of our recommendations. We are now on the lookout to ensure that this report does not gather dust on a shelf, you can count on me!

The Group Agreement Explained

As you already know, the FFARIQ team has the privilege of touring the regions we represent. It is a real pleasure to meet with you to present the group agreement with Chantale St-Pierre, a valuable collaborator who accompanied us to the negotiating table with the Ministère de la Santé et des Services sociaux. She is the right person to answer your questions about the agreement.



Your FFARIQ Space: *Specially Created for You!*

Have you visited our platform VotreEspace.ffariq.ca? We are very proud of this tool, which was designed based on our observations of the training needs of foster families. These needs were the subject of a recommendation adopted by the Laurent Commission.

This space is made exclusively for you, dear foster families. It is an indispensable tool to help you in your daily life. You will find information such as the dates of the regional tour for the presentation of the group agreement, which you can register for directly on the platform. You will also see the training sessions offered in your

A WORD FROM *the president*



region in person as well as online or recorded sessions.

You will also be able to access all administrative and accounting information and documents: classification tool, activity report, information on your file as well as the possibility to easily update your personal data.

Does this all sound big and complicated? **Don't worry about it!**

We have provided a Frequently Asked Questions (FAQ) page that will help you navigate the platform in a user-friendly way and answer your questions. You will also see a video that explains how to enter and what you will find. This video can also be found on our corporate Facebook page along with a live I did for the launch of the platform.

Go to ffariq.ca and click on YourSpace to request your access code now. And don't hesitate to ask us questions about YourSpace during the regional tour. We'll be happy to answer them!

We Have Spoken on Your Behalf

Throughout the year, we took advantage of opportunities to speak to the television, radio and print media by responding to interview requests from journalists across the province. The work we have done in recent years to increase our visibility and awareness has made the FFARIQ a reference point for being the voice of foster families in Quebec. We work very hard to have your role recognized in many ways. The media has realized that this voice, your voice, is essential to know the reality of foster families and the children you so warmly welcome and accompany towards a better life.

We also gave a conference to explain that being a foster parent is a high-risk job. Psychiatrists, doctors, social workers and foster families were present. This shows how much your reality touches and challenges people. Another year ends with the feeling that we have brought our cause forward.

Now, let's take advantage of the holiday season to reconnect with ourselves, get together with family and friends, share good times and have fun...

I wish you happy holidays, lots of love, health and kindness around you.

See you next year!

GENEVIÈVE RIOUX
FFARIQ PRESIDENT

EVENTS

© Photo credit : Audet photo



Symposium 2021: What a Pleasure to See You!

The 2021 symposium is already behind us! It was so good to get together that these two days in your company went by much too quickly! We were 145 people in person and another 20 or so in virtual mode at this first hybrid edition. We are proud to see that you were a little more numerous than last year.

In spite of some small technical issues, we came out of this experience with a lot of positivism and great learning for the next editions.

Popular Conferences

Geneviève Vohl's lecture on the prevention of cyberaddiction and Christian Martineau's lecture on non-verbal communication to understand what children don't say were both relevant and appreciated.

The Minister of Health and Social Services, Lionel Carmant, also made an appearance. He spoke to us about the changes that are being put in place as a result of the Laurent Commission. These changes will be beneficial for both the children and the foster families.



Thank You to our Generous Sponsors!

Once again this year, we were fortunate to benefit from the generosity of many sponsors both at the banquet and during the AGM. We were able to draw prizes offered by: author Nancy Audet, éditions Midi Trente, Isabelle Danis, Éduc et Joue, L'Assemblée, Boutique Mère Hélène, Pharmacie Brunet Carrefour Charlesbourg, Rôtisserie St-Hubert, Aquarium de Québec, Maman Sophie, Boutique Joëlle, Villea Nature - Spa nordique, Le Kinipi, Chalets Confort, Euro-Spa and the FFARIQ.

Assessment and Comments

We would like to thank everyone who took a few minutes to complete our satisfaction survey. It is important for us to know your thoughts after such an event so that we can always improve.



- 45 respondents, including 8 virtual participants, gave their opinion. Overall, the satisfaction rate, virtual and face-to-face, was 87.6%.
- When asked if participants wanted to be able to choose between face-to-face and virtual courses next year, 37 said they wanted to have the choice, while 8 people preferred face-to-face events.

The virtual version of the symposium has experienced various technical difficulties. We have taken note of all these problems and are already in solution mode for next year.



On the Spot: A Glimpse of the Joy of Getting Together!

Technical problems? There are no problems when your president is such a good improviser! Geneviève knew how to keep her listeners tuned in. Another hidden talent!

The showroom continues to be inspiring: organizations to help us in our daily lives as well as inspiring and hopeful sharing by Nancy Audet, former journalist, through her testimonial book on what a caring FF has meant in her life.

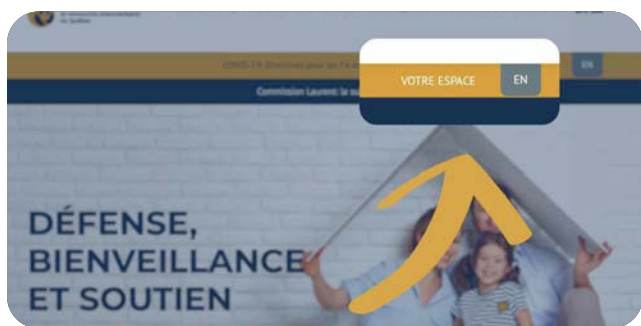
It felt so good to dance around (still masked!) to the music of the band Famous!

The meal was a pleasure, both for the mouth and the eyes!

The AGM held on Sunday explained several key elements of the past year including the money we will receive from the new group agreement, the balance sheet for 2020-2021, budgets, etc.

VotreEspace.ffariq.ca

The launch of the [VotreEspace.ffariq.ca](https://www.votreespace.ffariq.ca) platform. A whole year's work that is really worth it! Training tools, the provincial and regional activities calendar with a link for registration, information... all at your fingertips! If you haven't registered yet, do it now! www.ffariq.ca and click on YourSpace to request your access code. And visit FFARIQ's corporate Facebook page (<https://www.facebook.com/FFARIQ/>) to watch the live launch by Geneviève on November 8, followed by a short video that goes over the different sections of the extranet.



Symposium 2022

What a great symposium! Mark your calendars now for the next edition, which will be held on October 21, 22 and 23, 2022, at the Saint-Hyacinthe Convention Centre in Montérégie.

LIFE Story!

© Photo credit : Audet photo

Carole Duguay, 53 years old, foster parent for 5 years
Katarina Poitras, 29 years old, foster parent for 2 years
 Family-type resources (FTR)

Offering kids
a chance to
get out.

Being a FF: a Family Affair!

This is the story of two women, a mother and her daughter. The first becomes a foster parent after her two biological daughters leave the family nest. The second, inspired by her mother and touched by the children she meets in her job as a social worker, also becomes a foster parent. Meet Carole and Katarina, two women who have a lot of love to share.

CAROLE'S STORY

Carole Duguay and her husband live on the Côte-Nord. They have two daughters: Katarina and Anabelle. When they were old enough, they left the family home to pursue their studies. Carole therefore has space in her house and, above all, plenty of space in her heart to welcome children. We must mention that her role as a figure skating coach for 33 years has allowed her to become the confidant, friend, nurse, psychologist and sometimes part-time mother to young skaters.

As she is aware that some children are neglected by their parents: no breakfast, infrequent baths or showers, little or no care when they are sick, isolation and not being allowed to see people, etc., Carole is considering becoming a foster family. She discussed this with her husband and their daughters, even though they no longer lived at home. For her, it is important for the whole family to

be involved in this decision, which requires a great deal of commitment and will change the dynamics of their family. It is therefore with the agreement of all that Carole asks, in 2015, to become a foster family. She welcomed her first children in 2016, two little girls. Then, in barely a year, five children found refuge and love with Carole.

KATARINA'S STORY

Katarina left the family home at 17 to study social work in Jonquière. Then, she continued her studies: a bachelor's degree in social work every other weekend for three years in Baie-Comeau. That's how passionate she is about this career!

Every day, Katarina works with very vulnerable families, children left to their own care. She accompanies these



families, gives them tools, educates them. This means in some cases to teach a mother something as basic as how to feed a child. And sometimes she has to report things.

A mother of two herself, she is touched by what she sees. "How will these children be raised? They need to be taken care of to give them a chance." Inspired by her mother, Katarina offered to be a foster parent in addition to all the other aspects of her life as a mother and social worker.

ELIZABETH'S STORY

Carole first took in two sisters, aged 5 and 9. Six months later, two more little girls were entrusted to Carole's care: Elisabeth, 6, and her 5-year-old sister. They also had a little brother whom they were worried about leaving behind, which caused them a lot of pain. A few months later, Carole told the workers that she was open to take the little guy so that the siblings could be reunited if the need arose. The little boy was then placed in a foster home with an elderly couple. It took only five days for everything to be in order and for the siblings to be reunited.

Elisabeth and her sister know Carole well as she teaches them figure skating. They are so happy to be living with her! They came to a familiar environment with friends at home. What a dream!

This safe environment for them gave them confidence. They opened their hearts and talked about their lives before. This is valuable information for Carole since the YPD does not provide information on the children's past to the FFs. And yet! It would be so much easier for foster families to interact with a child in the most appropriate way if they knew what the child had been through and what they had experienced!

Elisabeth, despite being 6 years old, was a parent to her sister and brother. She even changed diapers! When she arrived at Carole's house, Carole had to reframe her role as a child, freeing her from her role as a parent so that she could resume her role as a little girl who goes to school and has fun with her friends.

Elisabeth was also experiencing some difficulties at school, but the support she received changed all that. While she had a grade of 18% in French on her first report card, she scored 60% on the second and 80% on the third. An enormous rise! The educators at the daycare centre noticed the difference. They finally see Elisabeth smiling, having friends, being

clean. Now 11 years old, Elisabeth has not started a grade over and will finish elementary school this year, all the while learning to live with a diagnosis of ADHD and a language disorder.

A PLACEMENT TO MAJORITY AS A GIFT

Elisabeth's parents no longer have contact with their children. Therefore, a placement to majority was requested. However, before this is granted, the child must have been in her FF for a certain period of time. This time varies according to the age of the child. Therefore, while her little brother and little sister already knew that they could stay with Carol until they were eighteen, Elisabeth still had to wait.

"Elisabeth didn't want to leave," says Carole. "She didn't understand why if her sister and brother could stay, she couldn't either. She said, 'I'm going to go talk to the judge and tell him I want to stay in my foster home. When she was 8 years old, she went to the reviser, who is the social worker's superior, to ask her to stay and the message got through to the judge who thought she was very brave.'"

Carole went before the judge to testify that everything was going well for the child in her home. Little Elisabeth's request was heard. Carole returned home with good news to celebrate! She gave Elisabeth a card with a big ribbon. In the card was the judge's decision: Elisabeth could stay with Carole until she came of age. This emotionally charged news left an indelible impression on the little girl who still looks at this card with Carole and says, "Do you remember, Mamika? "

Recently, as the whole family returned from a stay at the cabin, Elisabeth said upon arriving home that she felt the same way as when she first arrived.

"It feels good to be home," she said spontaneously. Yes, she is home, in a loving, calm and secure environment!

THE IMPORTANCE OF TRAINING

Children who come into care are often medicated and have various disorders such as ADD/ADHD, anxiety, attachment disorder and multiple traumas. An attachment disorder will cause a child to have difficulty accepting affection because they are not used to receiving it. Because he was ignored by his parents, a child with an attachment disorder seeks the attention of adults at all costs. Thus, tantrums and self-sabotage will be frequent, because this is the way they know to get a reaction from adults. A reaction that is often violent in nature. This explains why the child rejects the signs of affection he receives in his foster family because he does not believe

he deserves them or because he is afraid of being abandoned once again.

"You have to be persistent and do little things every day, like giving them hugs," says Carole. At the beginning, the child does not react, he remains insensitive. Then, slowly, they will end up reacting and believing."

To find ways to deal with angry children, Carole took courses in crisis management: "There comes a time when you don't know how to react when a child throws a tantrum regularly. You can't tell them to stop, or that it's silly. It is not! We don't know what to say, we feel like everything we say only makes the crisis worse! So I took a course to get some tools, to know how to do it better. What works for us is that the child goes to their room until the crisis is over until they regain composure. Then we talk. With a clear head. And we take one small step at a time."

Carole's story shows how important it is for a FF to be well informed about the child's experience in order to help the child regain his or her composure and live a real life as a child. This is a battle that the FFARIQ is fighting and that seems to have finally found an attentive ear with the Commission Laurent.



THE GREAT RESILIENCE OF CHILDREN

From her experience as a FF, Carole remembers the great resilience of the children. "They adapt so quickly! They came in and knew I would be there for them. After three weeks, the girls didn't want to go back to their parents. They knew that here they wouldn't have to worry, that there would always be something to eat. It gives you a great deal of love to give these children what they haven't received. If they're sick, I'm going to take care of them, which is something their mom didn't do."

Among her fond memories with her five little hearts, Carole remembers the first holiday season with them: "Seeing the children dancing while making the Christmas tree and saying that it's the happiest day of their lives is such a precious moment!"



Happy holidays dear foster families. We wish you all the best for these precious moments!

TIPS FROM *the pros*

Here comes the holiday season!

It's a time for family reunions, sometimes large ones, around a lit tree, glittering decorations, music, good food shared, not to mention the exchange of gifts and wishes for the New Year.

For the little ones, these moments can sometimes be highly anticipated or a source of more difficult emotions and anxiety. No matter what this creates in our children, depending on their life history, it is an important moment of stimulation, sometimes even of overstimulation, and we want to remain vigilant to help them adapt to all this intensity.

Sight, a highly developed sense in our children, is very much in demand. It sends back to the brain a multitude of images and information that the brain can have difficulty processing, especially if these are mixed with painful memories or fear of the unknown. Kids and adults alike can have all sorts of anxiety-provoking questions. Will I see my family? Will I be comfortable in my new home? Will I get presents?

The following signs should be watched for in order to intervene: fatigue, nervousness, insecurity, difficulty concentrating, sudden changes in behaviour and isolation. To help children verbalize their emotions and worries, it is important to be present for them, to have little individual moments when possible to know what the holidays mean to them. You can tell a story to the youngest children and explain how the holidays are spent at home, especially if it is the first Christmas in your home. It is important to create moments of discussion to understand how the child feels and to be able to reassure them as much as possible while allowing them to have more negative emotions about this normally joyful time. Listening without judging is a good way to build trust.

It is also recommended to maintain a certain routine even if you are on school holidays, you can also prepare a gift/craft/photo montage for the biological family if the child wants it.

Observe, listen and allow the child to participate as much as possible in the organization of the festivities (decorating, cooking, wrapping small presents for those who are important to them).

During festivities, sounds, laughter, children playing and music, for example, add to the varied information that the brain tries to process and classify.

Some children are more sensitive to all this stimulation and may have difficulty enjoying the moment.

There are some things that can help you at this time:

- Offer a moment of rest: we propose a quiet time out, away from the noise.
- We take the opportunity to look outside, the movement of the clouds or the snow falling.
- We listen to soft, soothing music or simply silence.
- If sometimes energy needs to be channelled, dancing is an excellent way to get back to balance.

With these tips, we wish you a wonderful holiday season filled with love and the pleasure of being together in the present moment.

Happy holidays from your entire IFSSS training team!



Rachelle Brisson, Clinical Coordinator Health
Caroline Gauthier, Director of Social Training





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.

HELLO EVERYONE,

We are in the middle of a regional tour to present the new group agreement and I must say it is great to see you all! As I write this, we have visited every region. Did you miss our visit in your area? Our virtual presentation will take place on December 16th. Write to us at info@ffariq.ca to register and to learn all about the application of this agreement.



JEAN-FRANÇOIS RIOUX

LCCA COORDINATOR FOR THE
FFARIQ AND REGIONAL VICE-PRE-
SIDENT MAURICIE AND CENTRE-DU-
QUÉBEC

Phone : 819 696-8594
jfrioux@ffariq.ca

More Quality Training Courses Available

Thanks to the new platform VotreEspace.ffariq.ca, we are able to better equip you in your role as foster parents. The training offer is evolving rapidly and many new features are to come.

First of all, the training sessions will be bilingual so that all Quebec foster families represented by the FFARIQ can have equal access to this valuable information.

We have also chosen to present you with different content formats such as mini-training of 15 to 30 minutes in the form of interactive capsules to be watched online that will fit more easily into your busy schedule. We will also be offering 3-to-5-hour training sessions as well as face-to-face training sessions to develop certain subjects in greater depth and offer you even more tips, tricks and concrete tools to apply in your daily life with children. We are convinced that these various training sessions will meet a crying need for support and effective tools.

At the beginning of 2022, the first capsules on the socio-emotional needs of children will be available. They will be quickly followed by other training on fiscal, legal and psychological issues such as:

- How to read a pay stub;
- What is the process for becoming a mixed bank family?
- Guardianship issues, is it good or bad;
- How an adoption process works;
- What is the DAA and the OPA;
- How to accompany an addiction problem;
- Sexual issues;
- Transidentity, transsexualism, homosexuality, etc.

Mandatory Training

We would like to take this opportunity to remind you that some training provided by the institutions is mandatory, such as CPR, or strongly recommended, such as the classification and Frame of Reference.

Currently, we are working with institutions to resume face-to-face training that stopped during the pandemic. Some institutions are still telecommuting, which means that it is more difficult to offer time slots for foster families to attend these trainings. We are working very hard to ensure that you are well served.

I would like to take this opportunity to wish you and your little ones a wonderful holiday season. Take advantage of every little moment of happiness: eyes wide open, teasing, playing in the snow, making cookies, laughing... This time when crazy schedules are put aside is a great opportunity to recharge your batteries. We meet again after the holidays, ready to take on new challenges together!

ECHO OF *regions*

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



In case ...

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

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

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

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

MAURICIE CENTRE-DU-QUÉBEC REGION

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

© Crédit photo : Audet photo

Hello to you dear foster families,

First of all, I want to thank you for coming in such large numbers to our annual symposium in Lévis. It was very refreshing to see you all.

Group Agreement

As you probably know, the group agreement has been signed. We are on tour to explain the implementation of this agreement. I am pleased to see that many of you are participating. This will give you all the resources you need to know your rights and the new measures in the agreement.

Important Reminders

I would like to remind you of two important elements in order to accompany you to the institution.

First of all, whenever there is a modification or addition to your specific agreement (contract) as well as when it is renewed, don't forget to send me a copy before signing it. I will make sure that what you are asked to sign is in accordance with the terms and conditions of the group agreement. Once you have signed your contract, it is too late to go back.

Secondly, before making an expenditure, you should always request a pre-authorization. The only exception is in the case of an emergency. In this case, you ask for proof

of presence, which you attach to your pre-authorization request afterwards.



Holiday Greetings

I would like to take this opportunity to wish you a very happy holiday season. Enjoy this time with your families and friends.



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) – Annie Bernatchez (secretary)– Valérie Tremblay (admin and vice-president)

Absent from the photo : Mélanie Bezeau (treasurer)

© Crédit photo : Audet photo

Dear families,

Here we are already at the end of the year. Even if it has not been easy all the time, it has gone by so fast once again.

Group Agreement

We have finally signed our new group agreement. Now we have to put it into practice. I will be happy to accompany you and inform you of the things that have changed to ensure that your rights are respected.

2021 Symposium

We had our Symp, a wonderful time where we could really take a break. Conferences to accompany us in our life as a foster family and what can I say about the evening show! After two years of sitting around doing nothing, I can tell you that we were able to stretch our legs.

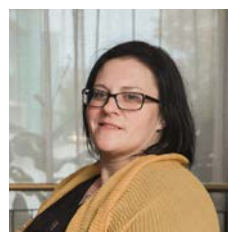
2022 Symposium

Next year, will you be with us on October 22-23, 2022, for the symposium? Taking the time to recharge and meet other families who are going through the same thing as us, I tell you it feels great!



Holiday Greetings

Finally, I would like to personally, and on behalf of the entire FFARIQ Côte-Nord team, wish you a wonderful holiday season. Enjoy the moments with your family. And may the year 2022 bring the best to each of you.



MÉLANIE GAGNON

REGIONAL PRESIDENT

CÔTE-NORD

Phone : 418 587-0209

mgagnon@ffariq.ca

Mélanie Gagnon

GASPÉSIE / LES ÎLES REGION

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

© Crédit photo : Audet photo

Dear foster families,

Here we are already in December. How time flies! A lot has happened since the last Inform'Accueil.

Group Agreement

Our agreement is signed after 18 months of intensive work by the negotiating team. We can finally see an improvement in recognition. We all know that being a foster family is not always easy, but to be recognized for what we do for our little ones is a big step.

We also did a great tour to introduce you to this agreement. I was very happy to be able to meet you at last and share again together.

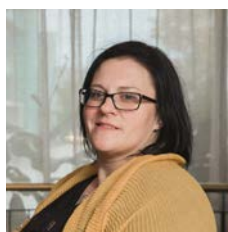
New Recruit

I would also like to welcome Ms. Nancy Blais, who is now part of the Gaspé/Les Îles team as vice-president and administrator. She will be a great help.



Holiday Greetings

I would like to personally, and on behalf of your regional committee, wish you all a wonderful holiday season and wonderful family time. May the year 2022 bring health, peace and love to all.



MÉLANIE GAGNON

INTERIM REGIONAL PRESIDENT

GASPÉSIE/LES ÎLES

Phone : 418-587-0209

mgagnon@ffariq.ca

Mélanie Gagnon

QUEBEC REGION

From left to right : Francine Boutin (treasurer) – Johanne Bouffard (vice-president) – Patricia Anctil (secrétaire) – Christiane Robitaille (president)

Absent from the photo : Ginette Gagnon (Charlevoix director)

© Crédit photo : Audet photo

Hello dear foster families,

What can we say about the past year with all the worries and uncertainties about health and the endless health procedures. Certainly, we can say that our foster families have been strong and FFARIQ is proud to know that you are holding on!

New Group Agreement

With a new group agreement recently signed, the meetings are very important for us to explain and understand the improvements we have achieved. The luncheons are gaining in popularity, so we will still be close to you in 2022. Watch for the dates coming soon!

VotreEspace.ffariq.ca

A portal is available for you since a few weeks. Go to it! Take advantage of this beautiful space where everything is announced! You can even check your personal information as a foster family! And for the trainings, EVERYTHING is there: registrations, broadcasts and more!

2021 Symposium

The 2021 symposium took place this year with almost 150 people present and about 20 people virtually for all the activities as well as for the general assembly on Sunday morning. I consider it important to say that in the present situation we are very happy and grateful to have welcomed you.



Holiday Greetings

The 2021 holiday season should be warmer than 2020. We wish you all a Merry Christmas, a Happy New Year 2022, but most of all health and happiness with your little ones!



CHRISTIANE ROBITAILLE

REGIONAL PRESIDENT

QUEBEC

PHONE : 418 262-4222

crobitaille@ffariq.ca

Christiane Robitaille

MONTREAL/BATSHAW REGION

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

© Crédit photo : Audet photo

Dear foster families,

Symposium

A great turnout of families made our two days in Levis very enjoyable at the AGM. Our speakers provided us with very useful information. Thanks also to the families who took a virtual tour with us.

Our day was enhanced by family participation, followed by a great dinner and a live band to which we danced the night away with music for all ages. We are very grateful for the support and assistance that the office staff provided in time and preparation for this wonderful event.

Group Agreement

Our group agreement is now signed, thank you Ms. Geneviève Rioux for all your dedication and perseverance. Thank you for never giving up for the well-being of our foster parents in order to improve our situation.

Facebook

Once again, I would like to remind everyone of our FFA-RIQ Facebook page. To join us, just send a message to Ross Wilson, our Vice President, and he will add you. Remember, our group is strictly private.



Holiday greetings

I would like to take this opportunity to wish you all a Merry Christmas and a very Happy New Year from the Batshaw Executive.

Ross Willson, Vice-President
Brenda Gratter, Treasurer
Darline Oliver, Secretary



CLAUDETTE GAUTHIER

REGIONAL PRESIDENT
MONTREAL/BATSHAW
Phone : 514 796-4491
cgauthier@ffariq.ca

Claudette Gauthier



OUTAOUAIS REGION

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

© Crédit photo : Audet photo

Dear foster families,

This year is about to end!

I don't need to tell you that I didn't see this year go by! It seems like I went to bed yesterday, January 1st, 2021, and woke up 10 months later.

Don't think I didn't do anything, on the contrary! The FFARIQ is in a great turning point: trainings, negotiation of the group agreement, a new system to manage the files and without forgetting your personal space.

There is only one thing I can say for sure: keep going, keep going, keep going... I am learning every day and the more time passes, the more I want to continue to be there for you! FFARIQ's innovation will one day be the envy of others.

Agreement in Principle

On July 20, the members of the Fédération des familles d'accueil et ressources intermédiaires du Québec voted 98.4% in favour of the agreement in principle reached with the Secrétariat du Conseil du trésor. The signing of the group agreement was supposed to take place approximately 90 days after the acceptance of the agreement, which took place on September 22.

To date, we have received the new group agreement in the mail.

2021 Annual Symposium and AGM - a Unique Dual-mode Experience

The 2021 edition of the FFARIQ Annual Symposium was held on October 16 and 17, both virtually and in person. We are proud to have welcomed a total of 150 partici-

pants. A number that exceeds our expectations considering the situation.

ALWAYS ONE STEP AHEAD FOR YOU!

This was the theme of our symposium, because at the FFARIQ, we are not only concerned with meeting the needs of FFs, but also with looking beyond them to improve the recognition of your role and your working conditions.

We can humbly say that the goal has been achieved!

Thank you to our speakers, our partners and, of course, all the participants.



Training

The offer of trainings is still ongoing. New trainings will be online. We have received many thanks from resources who have taken trainings.

Meeting of the Regions

We will be touring in the first week of December with Ms. Chantal St-Pierre who will be pleased to present the new group agreement. We look forward to seeing you.

Facebook

Facebook is an effective means of communication. If you have any questions, please feel free to ask them on the group. Note that everything must be done with respect. No question should be left unanswered. You don't have the answer you need? You can contact us by Messenger.



Wishes

It's hard to believe that the year is already coming to an end! If I had been asked to predict how this year would go, I could have imagined all sorts of things happening, but not all the new things that have come about during the year. Needless to say, I am proud to be part of the FFARIQ family!

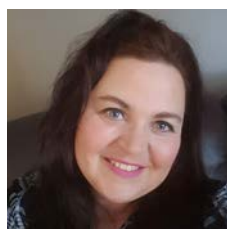
It is on this note that I end my memo. I hope you have a wonderful holiday season with your family and loved

ones. Take the time to rediscover happiness in small, simple pleasures. To laugh and to participate with the children either by baking Christmas cookies or others (the mess is not serious). Time passes too quickly, don't wait to start new traditions that will be in everyone's heart, permanently engraved.

May this holiday season be as bright, sweet and happy as possible for you and your entire family.

Merry Christmas
Sweet thoughts from your regional committee.

Your committee, which is there for you, with you.



CAROLLE DESJARDINS

REGIONAL PRESIDENT
OUTAOUAIS
Phone : 819 923-5081
cdesjardins@ffariq.ca

LAVAL REGION

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

© Crédit photo : Audet photo

Hello dear foster families,

2021 Symposium

It was a great pleasure to finally meet in person, after several months behind our screens. Four members from our region were present in addition to the entire committee.

The humour and constant calm of our president brightened our days despite the various obstacles we encountered. The conferences were stimulating and interesting, but our favourite was without a doubt the group Famous who animated the evening. The musical themes allowed us to go back in time and relive nostalgic moments.

Communication Between You and the Members of Your Region

Several means are used to communicate with our members, the Facebook account, where questions are asked and announcements are posted. There are also meetings in person or through a virtual platform that allow us to share with you the latest news from the region. And finally, by telephone, to ask questions or discuss a situation you have experienced. Whatever the means or tool used, there is always the possibility of communicating with the committee team.

New Group Agreement

On November 5, a meeting with the members was held with Mr. Jean-François Rioux and Ms. Chantale St-Pierre to present the main points of the recently ratified group agreement. This meeting generated a lot of interest and questions.



Holiday Greetings

As 2021 is close to an end, we would like to wish all of our members a happy holiday season and a wonderful 2022. May this new year bring you happiness and health in abundance. We would like to remind you that your team is always there for you. If you have any questions or comments, please do not hesitate to contact us.

Facebook Question

Has the group agreement been accepted?

The group agreement was accepted by the majority of members and was signed by the President of the FFARIQ and the Minister of Health.



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

Annie Blouin

LAURENTIDES REGION

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

© Crédit photo : Audet photo

Hello dear foster families,

In a very short period of time, a lot has happened. You have many questions and very often you have to deal with delays that are out of our control. We are working hard to avoid these irritants.

2021 Symposium

The 2021 Symposium in Lévis gave us the opportunity to meet and share with foster families in our region. The speakers were close to our experience. Overall, it was a great success.

Group Agreement

On September 22, 2021, our group agreement was signed. In early November, we received a hard copy. This allowed us to pre-read it to better benefit from the explanations that were shared with us during the tour in our region.

Holiday Greetings

In a few days, we will be very close to Christmas and New Year's Day. We take this opportunity to say thank you on behalf of all the children for whom you open your hearts and offer the warmth of your home. We wish you small and great joys in your daily lives. May the transfer of energy from your young people become positive energy for you for the duration of your journey in their lives.

Merry Christmas!
Happy New Year 2022!
See you at the sugar shack in the spring.

Ghislaine, Louise and Chantal



GHISLAINE PELLETIER ROBITAILLE

REGIONAL PRESIDENT
LAURENTIDES
Phone : 450 858-3644
GPELLETIER@FFARIQ.CA

Ghislaine Pelletier Robitaille

PARTNERS *benefits*

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

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



l'Assembleuse — offrir la mémoire —

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

Promo code: FFARIQ10

For more information: www.lassembleuse.com



\$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 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.

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.valleesecrete.com for more information on activities.



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



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.fdm.ca/>



Get 10% off the price of clothing in store. This discount is valid on regular-priced merchandise only and cannot be combined with any other promotion and excludes sale, promo and decoration merchandise. Bedding, towels and washcloths are allowed. The discount is valid for children of host families only and the head of the family must present their FFARIQ privilege card when purchasing. Visit <https://www.modechoc.ca/> to find our addresses.



Get a 10% discount on your online purchases. To take advantage of the discount, please call the FFARIQ for the promo code. Visit <https://lassembleuse.com/>



NEED HELP or information ?

Any question is good to ask!

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

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

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

FFARIQ TEAM

Me Raida Baklouti, lawyer
rbaklouti@ffariq.ca

Chantale St-Pierre, consultant
cstpierre@ffariq.ca

Jean-François Rioux, coordinator for the CLC
jfrioux@ffariq.ca

José Dionne, member advisor
jdionne@ffariq.ca

Marie-Joelle Cossette, project manager
mjcosssette@ffariq.ca

Line Grégoire, accounting clerk
lgregoire@ffariq.ca

Patricia Anctil, executive assistant
panctil@ffariq.ca

Raymonde Kabageni, receptionist
rkabageni@ffariq.ca

Geneviève Rioux, provincial president
grioux@ffariq.ca

Mélanie Gagnon, provincial vice-president
mgagnon@ffariq.ca

Johanne Blais, provincial treasurer
jblais@ffariq.ca

Francine Boutin, provincial secretary
fboutin@ffariq.ca

Not to mention the external collaborators who come to support our team with their cutting-edge expertise.

FFARIQ HEADQUARTERS

CONTACT DETAILS

8400, boul. Henri-Bourassa, Office A-212, Québec (Québec) G1G 4E2 - Email : info@ffariq.ca

Phone : 418 529-4734 - Toll free : 1 866 529-5868

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

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.