

Inform' *Accueil*

**DEFENSE,
CARING
AND SUPPORT**

*in a
100%
human way!*

VOLUME 18
NUMBER 02
JUNE 2022



Fédération des familles d'accueil
et ressources intermédiaires
du Québec



Inform'Accueil

SUMMARY

- 03 A WORD FROM THE PRESIDENT
- 04 EVENTS
- 06 FF: SAME/NOT THE SAME
- 08 DECODED LAWS AND REGULATIONS
- 10 LIFE STORY
- 13 TIPS FROM THE PROS
- 15 INTER-REGIONAL
- 16 ECHO OF THE REGIONS
- 17 MAURICIE CENTRE-DU-QUÉBEC REGION
- 18 COTE-NORD REGION
- 19 GASPÉSIE / LES ÎLES REGION
- 20 QUÉBEC REGION
- 21 MONTREAL- BATSHAW REGION
- 22 LAVAL REGION
- 23 OUTAOUAIS REGION
- 25 LAURENTIDES REGION
- 26 REFERENCE PARTNER
- 28 NEED HELP OR INFORMATION?



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



Some News Before the Summer

Hello dear families!

The sun is shining. The weather is warming up. We are almost back to a "normal" way of life. How good that feels! Just before I let you go on vacation, I would like to share with you some news.

ARM and Regional Elections

The annual regional meetings were held on May 20th in all regions represented by the FFARIQ. Once again this year, we were both online and in attendance in order to better respond to the reality of FFs.

One region held elections, namely Quebec City:

- In Quebec City, Chantale Moreau was elected vice-president.

For the remaining seven regions, the positions that were up for election were filled either by reappointment of the incumbent or because only one person applied for the position.

I am very excited to welcome new people who are willing and ready to invest in resources and happy to continue our work with those who have chosen to continue their commitment to you. We congratulate all of the new people and thank them for their involvement. You will meet them shortly.

Annual General Assembly (AGA)

This year's AGA will be presented in virtual mode only. It will be held on September 16 from 9:30 a.m. to 2:00 p.m. The purpose of this meeting is to inform you of the actions of the FFARIQ over the past year, to learn about upcoming projects, to review the budgets, to exercise your right to vote and more. This year, elections for the positions of treasurer and provincial vice-president will be on the agenda.

The nomination period for the positions up for election will run from June 13 to July 22. Voting will be open from August 1 to September 9, 5 p.m. More information is forthcoming. Door prizes will be available. We look forward to seeing you.

VotreEspace.ffariq.ca

At the annual regional meetings, we launched a new section. It is called "Tools." This section offers different resources and topics to support you in your daily life. The FFARIQ is aware of the stakes, the numerous problems, the adaptation that you have to show in front of the various challenges that the children bring to us. This is why we try to give you access to means to help you such as literature, activities, games with stimulating material. Go visit it, rate your reading with the integrated star system and give us your comments and suggestions.

You haven't activated your account yet? Here is a great initiative from Carole Desjardins, Outaouais Regional President.

Capture the QR code right here with your phone's camera. You will be directed directly to the login page. There you will find an explanatory video. Follow the steps. It's simple and resourceful for you!



Strategic Meeting

In order to respond to your needs and requests and thus improve our service offer, the Board of Directors and the regional committees held a "Lac-à-l'épaule" on the weekend of June 3rd. The objective of this great gathering was to welcome the newly elected members of the regional committees, to train the whole team on different subjects, to exchange on the realities of the regions, but also to take part in the reflection exercise leading to the 2022-2025 strategic planning.

It is important for me to mention that this great reflection began with a detailed study of the results of the survey that you completed in large numbers. It is your feedback that is the foundation of our thinking. We have done our self-examination, identified our strengths and weaknesses, and determined where we will focus our efforts in the coming years. We look forward to presenting the results of this work to you at the Annual General Assembly in September.

Annual Symposium: October 22 and 23 in Saint-Hyacinthe

New this year: we have changed the format of our symposium. This will give us even more time to exchange, socialize, share, recharge and, of course, have fun!

We will have four renowned speakers and then the Saturday will conclude with a banquet and a show. On Sunday, we are adopting a new and exciting format by holding a plenary session. We'll let you know the details of the event and registration over the summer. Reserve your babysitter now!

I wish you a beautiful summer filled with happiness, pleasure, and love.
Take care of yourself!

GENEVIÈVE RIOUX
FFARIQ PROVINCIAL PRESIDENT

EVENTS



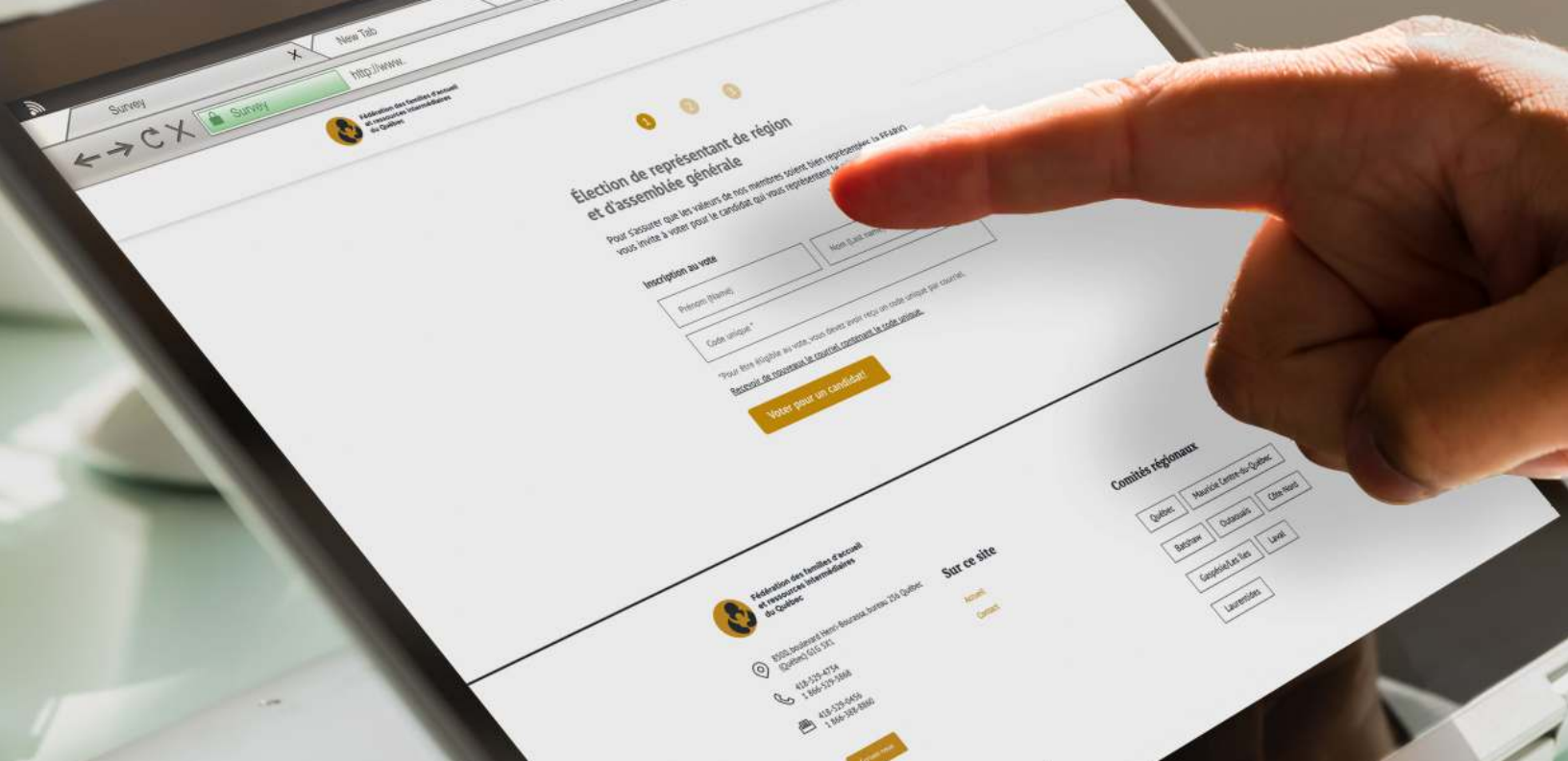
ARM 2022: We Introduce You to Your Regional Representatives

On May 20th, the annual regional meetings were held. Thank you for attending this important meeting to review the past year. It was also the opportunity to proceed to the election of the vacant positions in the regional committees. Congratulations and

welcome to all our newly elected members and good luck to those whose mandate continues. Your involvement is invaluable in the realization of our commitment to foster families: Defence, Caring and Support in a 100% human way.

Filled Positions on the 2022 Regional Committees

REGION	POSITION	INCUMBENT	DURATION OF THE MANDATE
03 - Quebec	Vice President	Chantale Moreau	4 years (2022-2026)
	Treasurer	Francine Boutin	4 years (2022-2026)
	Director	Vacant	4 years (2022-2026)
04- Mauricie	Vice President	Jean-François Rioux	4 years (2022-2026)
	Treasurer	Véronique Hayes	2 years (end of mandate 2022-2024)
	Secretary	Kim Peterson-Bussière	4 years (2022-2026)
06 - Batshaw	Vice President	Ross Wilson	4 years (2022-2026)
	Secretary	Darlene Oliver	4 years (2022-2026)
07 - Outaouais	Vice President	Lucie Renaud	4 years (2022-2026)
	Secretary	Stéphanie Lauzon	4 years (2022-2026)
	Treasurer	Éric Gosselin	2 years (end of mandate 2022-2024)
	Director	Josée Dorion	4 years (2022-2026)
	Director	Line Waters	4 years(2022-2026)



REGION	POSITION	INCUMBENT	DURATION OF THE MANDATE
09 – Cote-Nord	Administrator	Vacant	4 years (2022-2026)
	President	Mélanie Gagnon	4 years (2022-2026)
	Treasurer	Cynthia Gagnon	2 years (end of mandate 2022-2024)
	Secretary	Roxanne Laforest-Bourgoin	4 years (2022-2026)
	Director	Vacant	4 years (2022-2026)
11 - Gaspésie	President	Mélanie Gagnon (intérim)	4 years (2022-2026)
	Secretary	Vacant	4 years (2022-2026)
13 - Laval	Administrator	Annie Blouin	4 years (2022-2026)
	President	Annie Blouin	4 years (2022-2026)
	Secretary	Natacha Étienne	4 years (2022-2026)
15 - Laurentides	Administrator	Chislaine Pelletier-Robitaille	4 years (2022-2026)
	President	Chislaine Pelletier-Robitaille	4 years (2022-2026)
	Vice President	Sophie Quenneville	2 years (end of mandate 2022-2024)
	Treasurer	Vacant	4 years (2022-2026)
	Secretary	Chantale Derisse	2 years (end of mandate 2022-2024)
	Director	Vacant	2 years (end of mandate 2022-2024)

FA : SAME / not the same

Dear foster families,

Here is the second presentation of the same / not the same grid from the collective agreement in its new version.

ARTICLE NUMBER	BEFORE	NOW
Statements of certain responsibilities of the institution 2-1.01	<p>In the previous agreement, the institution informed the resource and provided a copy of the policies, directives, and procedures with respect to its service provision.</p> <p>However, it was stated that failure to provide a copy of the policies, directives and procedures did not render them inapplicable.</p>	<p>In the current agreement, the second paragraph has been deleted to require institutions to provide a copy of any policies, procedures or guidelines that relate to resources' service provision, prior to implementation.</p>
	<p>In the previous agreement, the institution was required to inform the resource of any changes to policies, procedures, and guidelines.</p> <p>However, again, it was stated that failure to provide a copy did not render them inapplicable.</p>	<p>In the current agreement, the institution must notify the resource of any new and updated policies, guidelines or procedures and provide a copy of the relevant documents to the resource after discussing them with the association at a local committee for concerted action. The second paragraph was also deleted.</p>
Statements of certain responsibilities in relation to placement and relocation 2-2.01	<p>In the previous agreement, the institution had to consider the people in charge of the resource and the users in its matching/pairing. It did not have to worry about the impact on other people living in the environment.</p>	<p>In the current agreement, the institution must, in its matching and pairing activities, analyze the anticipated impacts of the integration of a new child, so that this integration does not risk disrupting the balance of the living environment, particularly by considering the risks to the health, safety or physical or psychological integrity of the resource, of the other users present in the resource, if applicable, and other persons living in the resource.</p>



ARTICLE NUMBER	BEFORE	NOW
<p>Statements of certain responsibilities of the resource 2-3.03</p>	<p>In the previous agreement, there was no pressure on the institution, and it could take months for the property, assets and information to be collected.</p>	<p>In the current agreement, after the final departure of a user, the resource must give the institution all the information regarding the user. The institution must acknowledge receipt in writing. Therefore, the goods must have been picked up. The institution has 15 days to do so.</p>
<p>Definitions 3-1.01</p>	<p>In the previous agreement, the institution terminated the placement and therefore the payment of the remuneration even before the goods were moved.</p>	<p>In the current agreement, for the occupied place, there is a significant change. The place remains occupied, as long as the goods have not been moved. The placement will therefore end upon final departure.</p>
<p>Compensation for the first 60 days 3-3.07</p>	<p>In the previous agreement, a median rate of \$59.01 was set for the first 60 days regardless of the classification level the user had in the previous resource.</p>	<p>In the current agreement, when the child already had a classification level, 3, 4, 5 or 6, this classification will be applied in the new resource. If the classification level was below the median rate of \$59.01, i.e., a level 1 or 2, he/she will receive the more advantageous median rate of \$59.01. If the child is not known to the institution, he/she will receive the median rate and then, if the classification is higher than this amount - i.e., a level 3, 4, 5, or 6 - the institution will pay the difference to the resource retroactively upon arrival.</p>



DECODED LAWS AND *regulations*

Toward a real negotiation of the collective agreement

The Fédération des familles d'accueil et ressources intermédiaires du Québec (FFARIQ) is deeply relieved by the decision of the Honourable Justice Eric Hardy of the Quebec Superior Court on April 27.

The Court ruled in favour of the vast majority of FFARIQ's demands regarding the provisions of the Act respecting the representation of family-type resources and certain intermediate resources and the negotiation process for their group agreements (ARR).

For several years, the FFARIQ has argued that certain sections of this law infringe on the freedom of association of the resources it represents under our Charters of Rights and Freedoms.

"We salute the work, the commitment and the decision of Judge Hardy. That is why we ask that this ruling be respected. It is essential for the safety and well-being of the children fostered by FFARIQ members that the Quebec government look after their best interests by amending the ARR so that it finally corresponds to the reality of foster families," says Geneviève Rioux, President of the FFARIQ.

First, Judge Hardy states that the limitation or exclusion of collective bargaining on certain subjects in a group agreement infringes on the freedom of association of the resources:

« *The Tribunal finds that the limitations imposed by the ARR on the right of Resources to bargain collectively over all of the scheduled components of their compensation, as well as the duration of the specific agreements, substantially interfere with their right to collective bargaining. It also concludes that these limitations are not justified under section 1 of the Charter and section 9.1 of the Quebec Charter.* »

Second, "In any negotiation, it is essential that both parties have remedies in order to negotiate on equal terms. In this case, the ARR gives all the power to the Ministry of Health and Social Services. Fortunately, the judge saw what the FFARIQ saw and found that the Ministry cannot afford to prolong the impasse by refusing arbitration or at least imposing undue restrictions. This could force foster families to give up," said Ms. Rioux.

In this context, Judge Hardy rightly points out, with reference to the FFARIQ, the following passage:

« Resources are key players in our health and childcare system. They operate 365 days a year, 7 days a week, 24 hours a day. They are the individual citizens for whom freedom of association is so important. Being deprived of the right to strike, an alternative mechanism must be offered to them to allow them to negotiate with the state on a more equal basis. The mechanism provided for in the ARR does not allow them to do so. The Tribunal will therefore declare sections 46 and 53 of the ARR unconstitutional because of their combined effect. »

The resources, whose mission is to welcome children into their homes, have very little contact with other resources like their own. They are isolated from each other and do not interact on a daily basis. This is why it is so important that they be able to fully enjoy the right of association that they have.

"The FFARIQ would like to congratulate the other associations with which it has worked closely to advance the cause of foster families and intermediate resources in Quebec. This is a great victory for us all. The FFARIQ is celebrating today a great step forward for foster families and their children and hopes that the Ministry will prioritize the well-being of our children and adults by not appealing this decision," reiterates Ms. Rioux.



LIFE Story!


 a life
dedicated to
children

Ghislaine Pelletier-Robitaille and André Robitaille, 79, foster family since November 1998.

Ghislaine is regional president

Type : Family-type resource

Region : Laurentides

« One day, i will bring one home »

The couple has fostered 36 children. They have 3 biological children and 5 grandchildren.

Ghislaine made a career of teaching first grade. Unfortunately, she has seen many neglected and unloved children. She remembers, among others, a little boy who always had food on his face, in his hair, on his clothes. She would greet him by saying, "Come on, let's get the toads off. This playful metaphor made the moment "lighter". So, with a little water that toads love, she could erase these traces of the morning meal... or the day before, who knows.

Then she would take care of this little boy's lunch. He arrived each day with a can of lunch. To make sure he had a real meal for lunch and didn't eat his cold can, she would take the can to the cook so she could incorporate it into the day's meal.

"I often told my husband that one day I would bring a child home. This little boy gave me pause for thought and allowed me to see that I would be able to foster one..."

After Retirement, Giving Back Remains a Priority

Ghislaine retired 25 years ago. "I was hyperactive," she says. I took advantage of it. I skated on the lake, we travelled with our children and grandchildren. Then, one day, life sent her signs. First, a report on TV in which the DYP was asking for foster families. Then, a little boy in the catechism class she was giving as a volunteer at the parish where her husband

was churchwarden. She had asked the group of children in front of her, "Do you know anyone who lives the way Jesus did? The little boy replied, "My daddy helps young people with their problems." That's how she met her father, a psychologist at the youth centre, who guided her toward becoming a foster family.

Ghislaine and her husband André jumped into the adventure. Their wish: to welcome children from 0 to 5 years old. It was on Friday, November 13, 1998, that little Patricia came into their lives. Born on November 7th, she was only 6 days old. "All she had was a hospital gown, a blanket, a hat and a pacifier. I had set up a crib, bought clothes and everything else needed to welcome a newborn. And I was shaken! The hospital was demanding that we give back the clothes they had provided for the baby."

Patricia's Story

"We didn't know how long Patricia would be with us. It could be five days, 30 days...we didn't know, but we knew we didn't want to adopt her." So the couple opened their hearts and homes wide for the little girl whose biological mom Maryse had a mild disability. With a significant alcohol problem and overweight, she didn't realize she was pregnant until she gave birth in the ambulance her mother had called because Maryse wasn't feeling well. As for Patricia's biological father, he was struggling with drug use.

The little girl showed some signs of fetal alcohol, such as having her eyes close together. However, she did not have to be weaned from alcohol in her first days of life. She also had very long arms compared to other babies and was not expressive.



As Patricia came into contact with the other children, she became more expressive. She had a great temperament. She was affectionate, knew how to take her place and was not afraid of anything. At the age of one, she didn't speak much, but around 15 months, she started to say a few words. She learned a lot by mimicry from the other children in the FF. With her curly blond hair, blue eyes and endearing personality, Patricia was very cute despite her difficulty following directions.

At the age of 5, Patricia met with a neuropsychologist. Her behaviour at the doctor's office was disturbing: she climbed on the bookcase. Something she never did at home. After an evaluation, she was diagnosed with mild impairment and anxiety. At 17, a full evaluation confirmed the diagnosis of disability and added dyscalculia, a learning disability in mathematics.

Despite solutions provided by Ghislaine and her husband, such as providing Patricia with an ATM card since she could not calculate the return of change when making purchases, this difficulty with mathematics limited the young girl in various aspects of her life, including preventing her from



realizing her dream of becoming an orderly, since she had failed the math test. This step was a real grief for her.

Making Room for the Biological Mom

In her early years, until the age of 6, Patricia did not want to see her mother. Her mother would visit her at Ghislaine and André's home, but Patricia had a conflict of loyalty. To remedy the situation, Ghislaine asked that the visits be made at the youth centre, under supervision. "I asked the YPB to react and to make sure that the biological mother would no longer come to the house. It didn't make sense! Patricia was hiding. Then, with the supervised visits, Patricia developed a special bond with her mom."

On December 25, 2017, Patricia turned 18. At that time, she participated in the 24/60 special hosted by Anne-Marie Dussault. Patricia testifies to her mother that she loves her, that she is important to her, that she does not feel abandoned or cheated.

I always told her that her biological mother did not know how to take care of babies, but that she had a place for her in her womb," says Ghislaine. We always spoke positively about her biological mother, quite simply. We love her mom like our daughter. She trusts us. She is an important part of Patricia's life. She always had little attention for me on my birthday. She would buy a gift that was always relevant for Patricia to give to me. It is a very nice gesture. Today, Maryse no longer has a drinking problem. The bond that was created between Patricia and her biological mother is a success. As FF, we must respect the mother. We must not judge her. She has a story, and the impact will last forever."

Patricia, 23 Years Old, Independent

Today, Patricia is still part of Ghislaine and André's life. She lives on the first floor of their bigenerational home with another foster child who has the same dynamic. They get along very well. Together, the two young women support each other and have gained independence.

Patricia goes to adult school. She has completed secondary 3 in French. In math, she has a grade 3 level. Last summer, she worked in recreation with seniors. She loves it.

Ghislaine and André

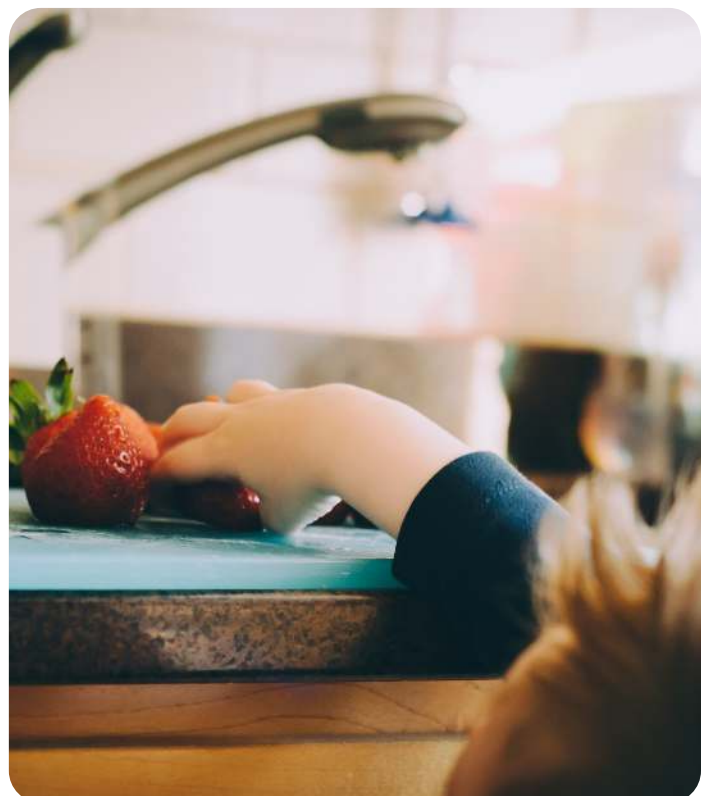
The couple has always been very solid. From the very beginning of their marriage, Ghislaine introduced the sharing of tasks, which was quite avant-garde at the time! "My in-laws couldn't believe it! André and I dated for 4 years before getting married. We already had a beautiful complicity. My husband was zen, joyful, funny, and brilliant. Coming from a large family of 12 children, for him having children in FF was not a big mystery! He was always very present with the children playing outside, walking in the

forest. In the evening, he would tell them stories, sitting on the ground, with the children sitting on and around him. It was beautiful to see. We have always taken care of our relationship by allowing ourselves some time alone while a babysitter took care of the kids. At other times, we would take the whole family with the kids to the seashore. They loved it. We would rent a house, and all get together.

If Ghislaine speaks of André in the past tense, it is because he is increasingly absent from reality. "12 years ago, I saw that my husband was losing bits and pieces. I told him we needed to find out what was wrong with him and when we got the results, we would go to Ottawa for a few days to either cry and take care of ourselves or to celebrate. Eventually, André was diagnosed with Alzheimer's. Naturally, from that moment on, the youth centre was notified that we would not be able to welcome any more children.

For a while, Ghislaine was able to reconcile all of this and continue with family outings and trips. After all, being vigilant and caring is in her nature! Then came the time when that was no longer possible. Since 2019, André is in a CHSLD. And Ghislaine is adapting to her husband's absence.

"I go to see him regularly. I live his illness in a positive way. We had a good life. Right now, he recognizes me by my voice and by my touch. I told him that if we hadn't been together, I wouldn't have been able to manage the children at the youth centre. We were accomplices. We were lucky. Providence is good to me; it gave me health. You know, life is full of mysteries, positive things, and challenges..."



TIPS FROM *the pros*

Guide for parents

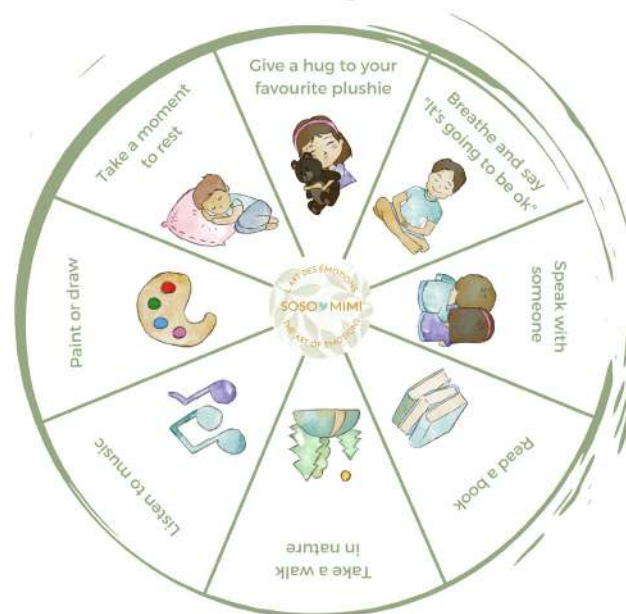
Does your child throw tantrums sometimes? Does he scratch his head or bite his nails? Does he often cry inconsolably just because you told him it's time for bed or because you don't want to buy him a toy?

As children, we are not equipped to understand or express what is happening to us. Children's brains are immature. It is not able to manage all the emotions they feel. The prefrontal cortex, the part that helps us regulate our emotions, is the last part of the brain to develop in adulthood. This is why it is important as a parent to accompany our children through their emotional reactions so that they are not overwhelmed by their emotions.

These are the foundations of emotional intelligence that are essential to their growth and development. **In this article, I will share with you 3 tips that will help you accompany your children in cultivating their emotional intelligence.**

TIP No. 1

Start by explaining to your children what an emotion is and what it is used for. Here's one way to explain it: "Do you know what an emotion is? An emotion is a feeling you get inside your body, in your head and in your heart. There are no bad emotions. Some are pleasant, and others are simply more difficult to live and to go through. But all emotions are important because they express how we feel inside."





TIP No. 2

There are no bad emotions, so it is crucial not to ask your children to suppress or bottle up their emotions. Very often we do this because it is uncomfortable for us to have to "suffer" a crisis. Remember that **our children need to feel all types of emotions** and **practise enduring them** to develop self-regulation and emotional intelligence.

TIP No. 3

One of the best ways to help your child is to **coach him/her on how to manage his/her emotions**. This is called emotional coaching. Here **are 5 steps to coaching your child to cultivate emotional intelligence**.

1. Be mindful of your child's (and your own) emotions

Observe how different emotions are expressed (facial expressions, body language, etc.)

2. Recognize emotion as an opportunity to connect or teach

Encourage your child to talk about their emotions. Offer them guidance before their emotions lead to inappropriate behaviour. Do not ask the child to suppress their emotions by telling them to "stop crying" or "stop yelling," this only devalues their feelings.

3. Demonstrate empathy and understanding

Take the time to listen to your child. Avoid criticizing and judging the emotion felt.

4. Helping your child verbalize emotion

After a good listening, help your child to become aware of his/her emotion and to find the vocabulary to communicate it.

5. Help your child find solutions while setting limits

All emotions are acceptable, but not all behaviours are. Use the tip wheel on the next page to provide your child with options for self-regulation.

I would like to conclude with this: in order to cope with the demands of parenthood, it is essential to cultivate your own emotional intelligence, because as a parent, you are the primary tool and example in your children's lives.

Take care of yourself!

Lisa Stott,
President & Founder
SOSO MIMI Inc.
Expert & Coach in
Emotional Intelligence





INTER- régions

Hello dear foster families,

I would like to take advantage of this space to tell you a little about the training. First of all, we are slowly resuming the face-to-face trainings. We are starting with a few targeted regions - Mauricie, Laval, Outaouais and Laurentides - in order to see how receptive and interested the FFs are. Starting this fall, face-to-face training will be offered everywhere.



JEAN-FRANÇOIS RIOUX

Provincial Coordinator of the regions
and Responsible for training
Phone: 819 696-8594
jfrioux@ffariq.ca

Ongoing Training Courses

Some training courses are currently being given. You can get all the information about them on YourSpace. The topics covered in these trainings concern intellectual disabilities (ID) and autism spectrum disorder (ASD).

Upcoming Training Courses

With the help of YourSpace, we are developing a varied training offer in face-to-face and online, conferences and more to meet your needs and your daily reality. We are working on the planning of new training sessions that will be offered starting in September. Some of the themes that have caught our attention are the different addictions such as drugs, gambling, alcohol, pharmacology and cyberaddiction. We will also address the topic of sexual development according to age groups in order to know how to work with children who are victims of criminal and sexual acts.

As you may know, I am working very hard with the FFARIQ team to standardize the understanding and application of the new group agreement. My main objective is to develop collaboration and partnership with the institutions so that together we can support and respond to your needs in relation to your reality and the ever-increasing needs of children. It is by working on the procedures, by proposing solutions and alternatives, by making sure that your concerns and requests are well heard and understood by the institutions that I intend to achieve this goal.

I wish you a great summer. Enjoy it, have a good time and get some rest.

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 : Jean-François Rioux (vice-president) – Véronique Hayes (treasurer) – Sylvain Bilodeau (president) – Kim Peterson-Bussières (secretary) - José Dionne (director)

Hello to you dear resources,

During the annual regional meeting which, this year, was held simultaneously on May 20, 2022, in all the regions represented by the FFARIQ, we were able to welcome in person and by videoconference the resources wishing to join us.

In an election year, we are pleased to announce the reappointment of Jean-François Rioux as vice-president and the arrival of Kim Peterson-Bussière as secretary, elected by acclamation. Véronique Hayes has agreed to join us as Treasurer. As provided for in the FFARIQ General Regulations, she was appointed by the Board of Directors following the recommendation of the Regional Committee and supported by the signatures of 5 members from our region. She will complete the mandate for the next two years.

Your Activity Ideas

Your regional committee is looking for the family activity that would meet your needs and your reality. We also are always looking for interesting speakers that we could invite for a coffee meeting. You can send your suggestions to our director José Dionne who will present them at the regional committee meeting.

Acknowledgements and Wishes

Thank you all for the involvement you have in the lives of these children entrusted to us, you all do a wonderful job with them. You have opened your hearts and your homes to them in the hope that they will have a better life.

I would also like to take this opportunity to wish you all a wonderful summer with your little ones, creating beautiful and unforgettable moments with them and helping them discover new things. A very nice summer to all, see you in September for the next regional tour.



SYLVAIN BILODEAU

Regional President
Mauricie Centre-du-Québec
Phone : 819 696-8592
sbilodeau@ffariq.ca

Sylvain Bilodeau

CÔTE-NORD REGION

From left to right : Cinthia Gagnon (Treasurer) - Roxanne Laforest-Bourgoin (secretary) - Mélanie Gagnon (president)

© Photo credit : Audet photo

June. Finally, the sun is with us. A beautiful summer is at our doors with the end of classes and our little ones running around.



Regional Elections

Now let's talk about you. I would like to take a moment to inform you that I have been re-elected by acclamation. It will be my pleasure to represent you for another 4-year term. Thank you for your confidence.

I also want to thank my treasurer Mélanie Bezeau who left due to her move. I wish her all the best. Thank you also to Annie Bernatchez who has been a member of our committee for many years. Her support and availability were very much appreciated.

Your New Representatives

Elected by acclamation, I welcome Ms. Roxanne Laforest-Bourgoin as Secretary and Ms. Cynthia Gagnon as Treasurer. Thank you for wanting to make a difference for our resources on the North Shore and welcome to the FFARIQ team.

YourSpace

I would like to take this opportunity to remind you to register on the YourSpace portal on the FFARIQ website. You will find there the trainings and a lot of information on the region such as the tours, but also on everything that is happening at the FFARIQ at the provincial level. This is another tool developed especially for the resources of the FFARIQ to meet your needs.

The convention is coming up. It is not right around the corner, but so rewarding and a great opportunity to represent our beautiful region.

The next tour will be in October. We look forward to seeing you and spending time together. Until then, don't forget that I am here for you.

Have a great summer!



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)
Absentes de la photo : Martine Boudreau (secretary) - Sylvie Anglehart (treasurer) - Sandra Bourdages (director)

© Photo credit : Audet photo

Dear foster families,

Summer is here. It is time to take a moment to recharge our batteries. The past two years have not been easy.



ARM and Elections

Our annual regional meeting was held in Chandler on May 20th. Thank you to everyone who attended. Although elections have been announced for the positions of Secretary and President of the Region, I am sorry to report that the position of Secretary remains unfilled. As for the position of president, in the absence of someone determined to take over, it is my great pleasure to continue with you and to continue to hold the position on an interim basis. Discovering your beautiful region and people dedicated to children like you can only motivate me to continue with your committee.

As the position of secretary is still to be filled, any interested person is invited to contact me at 418 587-0209. It will be my pleasure to explain to you what the position entails.



YourSpace

On another note, I invite you, if you haven't already done so, to register to our platform YourSpace by clicking on the link located on the top right corner of the golden-yellow band on the FFARIQ website. You will find a lot of information, available trainings, and news. It is a place that we try to make welcoming and facilitating for our role with the children and our relationship with the institution.

For the summer, we are taking a break from touring. We will be back in the fall. We look forward to seeing you there! In the meantime, don't hesitate to contact me if you need anything.

Have a great summer!



MÉLANIE GAGNON

Interim Regional President
Gaspésie/Les Îles
Phone : 418-587-0209
mgagnon@ffariq.ca

QUEBEC REGION

From left to right : Chantale Moreau (vice-president) – Francine Boutin (treasurer) – Christiane Robitaille (president) – Patricia Ancilil (secretary)

© Photo credit : Audet photo

Hello to you dear foster families,

The June newsletter is always the most pleasant to write: the warmth, the presence of the sun late in the day, the vacations that are felt... In short, the summer season is upon us and makes most families happy. We must not forget to say that the pandemic seems to want to stabilize and give rise to living again, going out, and this, in a certain calmness!



ARM and Elections

The annual regional meeting on May 20th was held at the Montmorency manor and was once again well attended by all. It allowed us to conclude the 2022 regional elections for the position of vice-president within the Quebec City regional committee.

Two candidates ran and the elected candidate for the next term 2022-2026 is Chantale Moreau. Congratulations and welcome to the committee. At the same time, we are pleased to announce that Francine Boutin, elected by acclamation to the position of Treasurer of the Committee, has been re-elected for another 4 years. Thank you very much for your time and investment. Your work is greatly appreciated!

We would like to thank Ginette Gagnon for her involvement in the regional committee over the past 4 years!

Provincial AGM

Attention! Watch for the invitation to the Annual General Meeting which this year will be held only

virtually, on September 16th. Details will be sent to you shortly.

FFARIQ Symposium

Please note that the FFARIQ annual conference will be held in person on October 22 and 23 at the Saint-Hyacinthe Convention Center. More information will follow in the coming weeks.

Lunch Meetings

The luncheon meetings were held last March, and members responded well to the invitation in Quebec City, Charlevoix and Portneuf. Thank you for your attendance! The next tour will take place in September and rest assured that we will take the time to visit you in order to spread the news about your FFARIQ!

Have a great summer!



CHRISTIANE ROBITAILLE

Regional President
Quebec
Phone: 418 262-4222
crobitaille@ffariq.ca

Christiane Robitaille

MONTREAL/BATSHAW REGION

From left to right : Ross Wilson (vice-president) - Claudette Gauthier (president) - Brenda Gothler (treasurer) - Darlene Oliver (secretary)

© Photo credit : Audet photo

Hello dear members,

To begin, I would like to thank the members who won the draw and came to the sugar shack event. We are happy to have welcomed you. A good meal, good company and the mini-farm for the children's pleasure: what more could you ask for?

I was very happy to see you in good health. This COVID-19 period that has isolated us in the last two years has taken a toll on communication, response to your needs and personal contact. On the positive side, this difficult period allowed us to question ourselves, to modify our ways of doing things and to realize the importance of modernizing ourselves. The committee in place is planning more activities and meetings for the coming year.

Training Courses in English

At the request of your committee and always with the desire to improve, the FFARIQ has placed a series of online training sessions in English, especially for our region. It is unfortunate that few people seem to be interested and that we have to cancel these meetings due to lack of participation. As you know, training courses such as general first aid and CPR are very important. YourSpace, the platform set up by the FFARIQ, offers you a variety of information in English and French. Register now!

Important Reminder

As provided in the collective agreement in clause 3-8.07, the institution cannot require you to provide transportation for visits with the biological family. It is the responsibility of the institution to provide transportation for the child or parents. In the event that you are comfortable doing so, your expenses will be reimbursed as outlined in the collective agreement.

Partnership and collaboration with the child's caregiver are paramount. If you are experiencing difficult situations, contact the FFARIQ. We will try to find solutions!



Regional Elections

This year, the positions of Vice President and Secretary were up for election. Since only the incumbents nominated themselves, they were elected by acclamation for

another term. They are Ross Wilson as Vice President and Darlene Oliver as Secretary. Congratulations to both of you!

Plan Your Vacation!

A quick reminder: the vacations are coming. Please plan to notify the social worker if you are planning a family vacation.

To all the foster families in Batshaw, did you know that we have a private Facebook group dedicated just for us FFARIQ members? It's a place to exchange, share, receive information and more. Only foster families can join so don't worry. In addition, the FFARIQ team will be able to answer your questions quickly. Our administrator is Ross Wilson at patriotic101@hotmail.com. Contact him, he will be happy to accept your request.

In closing, I wish you all a happy summer and take care of yourselves,



CLAUDETTE GAUTHIER

Batshaw Regional President

Phone: 514 796-4491

cgauthier@ffariq.ca

LAVAL REGION

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

© Photo credit : Audet photo

Hello dear foster families,

The Laval region has resumed many of its face-to-face activities this year, on several levels.

Training Courses

First of all, many trainings have been planned, such as those that took place in the last few months: the training Concept of protection and associated impacts as well as Attachment and its implications in everyday life. Details of other upcoming training sessions, in person or online, will be available on the FFARIQ's YourSpace portal.

Meetings and Information

In addition, your committee met within two weeks following the provincial board of directors. These meetings allow for the sharing of information on new developments, issues and decisions on the orientations of the FFARIQ in order to better respond to the needs of resources. A dinner was then held with the members to share information and gather comments from the families. Meetings, information sharing, and exchange are essential elements in our service to members.

Upcoming Activities

In order to always be close to our members, several activities will be planned for the coming months. We invite you to participate in large numbers :

- **September 24, an apple picking trip**
- **November 1st, a members' supper meeting**
- **December 13, a Christmas dinner**

More details on the location and time of these activities will be provided shortly.



Regional Elections

Finally, elections were held to determine the next members to serve as president and secretary for the next 4 years in our region. The results were announced at the regional meeting on May 20, 2022, with Natacha Étienne as secretary and Annie Blouin as president. Thank you to the entire committee for your commitment and dedication to the resources.

Finally, we would like to remind you to regularly check the YourSpace portal as well as the Facebook group dedicated exclusively to our resources in order to keep you informed of the activities taking place within the FFARIQ but also to exchange, share and stay informed of what is happening in the world of foster families.

Have a good summer!



ANNIE BLOUIN

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

Annie Blouin

OUTAOUAIS REGION

From left to right : Stéphanie Lauzon (secretary) - Line Waters (director) - Carolle Desjardins (president) - Josée Dorion (director) - Éric Gosselin (treasurer) - Lucie Renaud (vice-president)

© Photo credit : Audet photo

Dear foster families,

Spring is at an end! The beginning of the long-awaited summer is almost here. This heralds the end of the school year, the pleasure for many of our little coons. Often a burden for many, but often a joy for others like me for whom it is a less stressful time: no more lunches, no more get up, get dressed quickly and so on!

The work we do is rewarding, we pass on everything to our kids to the best of our knowledge so that they become our future adults. I have this intense need to help and accompany my kids so that tomorrow will be a better life for them. I tell myself: tomorrow when I am old and/or sick, which one will be a doctor to take care of me, which one will teach my grandchildren, which one will become a foster family? Ask yourself that question. I know they are only a minority, but you never know.

Training Courses

The bandwagon has left! Many of you have attended trainings and/or workshops. Face-to-face trainings will start in the Outaouais region on May 11th. Several online trainings are still available.



2022 Regional Elections

This year, two mandates were up for renewal for a period of 4 years, namely the positions of vice-president and secretary. The Treasurer's position was not up for election as it was an interim term for a period of 2 years.

The regional committee welcomed new members to the local committee. By acclamation, we have Lucie Renaud who retains her position as Vice President.

New faces joined the team, Stéphanie Lauzon as secretary, Éric Gosselin as interim treasurer and Line Waters as director.

Congratulations to the new members of the Outaouais Regional Committee!

The committee's activities

The next committee activity will take place shortly with the help of our future directors. The committee will be resuming face-to-face meetings for new families. The first one was held on May 9th at the Hotel V. More meetings are planned. A discussion with the institution has been initiated to have the meetings done jointly with them. This will avoid delays in meeting new families.



Facebook

This is the place to find a lot of updated information for you.

Do you have any questions? You can contact us privately and/or share your questions on the group. To join the private FB in your area: FFARIQ-Outaouais

YourSpace

This section on the official website of the FFA-RIQ is your personal space to find: registrations for trainings, activities, upcoming meetings, and much more. It is a platform to discover. Do you have any questions? Do not hesitate to contact us. To register on YourSpace, you just have to click on the QR code to register.



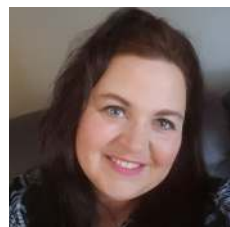
A Word From the President

For me, COVID has allowed me to relax a bit: fewer outings, fewer classes here and there. But COVID

also made me think about the need to see people, how important it is for our development. COVID has changed the lives of our youth, either for the better or for the worse. Socialization is vitally important for the proper development of our future adults. For me, for my user, this has been very detrimental to the point of starting education again on things like how to talk to a friend, how to socialize. I will get there!

Attachment! Phew! I always had a hard time understanding attachment disorder. It seems like it was easy for a social worker to say...ah it's an attachment disorder. It is confusing. On May 11, I attended the face-to-face training on attachment disorder and its implications in everyday life. Wow! A light just went on. Thank you IFSSS and Valérie D'Aoust. I understand even better what it is all about.

"If you put your heart into the realization of your projects, if the passion devours you and nothing stops you, success will come.



CAROLLE DESJARDINS

Regional President
Outaouais
Phone: 819 923-5081
cdesjardins@ffariq.ca

LAURENTIDES REGION

From left to right : Sophie Quenneville (vice-president) – Louise Fleuret (treasurer) – Chantale Dérisse (secretary) – Ghislaine Pelletier Robitaille (president)

© Photo credit : Audet photo

Hello dear foster families,

We have just completed an important step in our journey as a regional committee for our Laurentides region.

We have worked very hard to update ourselves to better inform you. Our face-to-face meetings have allowed us to see you again and to have nice, frank discussions with you. We don't always have the answers on the spot. Please know that we try to do our best.

We have received many calls, many comments on Facebook. We appreciate feeling your presence and that resources are on the lookout for new information. We want to be there for you, and support you in the difficulties, because you always care about becoming better.

LCCA Meetings

I want you to know that when I meet with the CLC, I am always ready to be your spokesperson to defend and ask for what is best for the resources. Hopefully, our daily lives will become a little simpler. However, we must be patient, the answers do not always come as quickly as we would like.



ARM and Elections

We had a nomination period that ended on April 29, 2022. The positions of President, Vice President, Treasurer, Secretary were open. It was not necessary to hold an election as only one person was nominated for each position. Here are the names of the people who form your regional committee:

- Ghislaine Pelletier-Robitaille as president
- Sophie Quenneville as vice-president for a 2-year term
- Chantale Derisse as Secretary for a 2-year term
- The position of treasurer is still vacant

Thank you for your dedication and commitment.

Sugar Shack Day

I would like to conclude by underlining the great outing of April 30. Our sugar shack day at the Sucrerie Bonne Aventure was a complete success. The number of 404 participants was very impressive. Happiness for all! It was a great conclusion for our regional committee. The more you will be at our invitations, the better or at least better our service will become.



GHISLAINE PELLETIER ROBITAILLE

Regional President & Administrator
Laurentian Region
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

IRIS
LUNETTERIE • EXAMEN DE LA VUE
CHIRURGIE AU LASER

\$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.

**ORDI
vert**

30% discount on all refurbished Ordi vert computers or on in-store service. This discount is valid on regular price merchandise only and is not available in conjunction with any other promotion or sale merchandise. The discount is valid for foster families only. The person in charge of the foster family making the purchases must present his FFARIQ privilege card. This discount is valid only in ORDI VERT DÉPÔT stores. Visit www.ordivert.ca to find our addresses.

Yellow

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

HANGAR -29

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


**LA VALLÉE
SECRÈTE**

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

REFERENCE *partner*



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

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

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

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

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

NEED HELP or information ?

Any question is good to ask !

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

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

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

HERE ARE SOME WAYS TO REACH US.

PHONE

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

24-hour service

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

CONTACT DETAILS

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

Email : info@ffariq.ca

Website : www.ffariq.org

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

FFARIQ COMMUNITY

OUR SPACE

YourSpace is available **ONLY** to FFARIQ member foster families at www.votreespace.ffariq.ca.

You will find there:

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

FACEBOOK PAGES

Public corporate page : www.facebook.com/FFARIQ/

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

Regional Private Pages

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