

Inform' Accueil

**DEFENSE,
CARING
AND SUPPORT**

*in a
100%
human way!*

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Fédération des familles d'accueil
et ressources intermédiaires
du Québec



Inform' *Accueil*

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

A WORD FROM *the president*



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CONSTANTLY GROWING FOR YOU

We can say that fall 2022 has been a very eventful year for the FFARIQ. Always on the lookout for new trends, constantly listening to your needs and resolutely proactive in offering you all the support, listening and resources you deserve, we have taken on many challenges. Some of these challenges were imposed (hello COVID and influenza!) while others were the result of carefully considered decisions. One thing stands out strongly from all these changes: the regional committees and the FFARIQ staff are formed by people dedicated to the well-being of children who do everything possible to accompany foster families in their many challenges.

Here is an overview of what is happening in the largest group of foster families in Quebec.

A SYMPOSIUM FULL OF EMOTIONS, PLEASURES, AND INSPIRATIONS!

Our 2022 symposium was a great success! We will tell you more about it in the Events section. I will now focus on the Sunday plenary session. This year we chose to hold our Annual General Meeting separately from the symposium in order to take advantage of the presence of many foster families at the symposium to hold a half-day discussion on the collective agreement. We wanted to hear from you about your needs and expectations for the next round of negotiations, which is already upon us. The FFARIQ is working very hard to make the Ministry understand that children must be the first priority in

their work and not the biological parents. It is a radical change in their type of management that must be put in place. In the past year, we have submitted a brief in the context of the revision of the Youth Protection Act. We spoke out in this context because we believe that the children entrusted to our care should live in an environment where institutions and foster families work together rather than in a power relationship.

The FFARIQ is "crazy about its children". They are our priority. Always. And it is in this spirit that we work. Thirty years ago, in 1991, the Bouchard Commission's report *Un Québec fou de ses enfants* (A Quebec mad about its children) looked at the well-being of Quebec's children. In 2021, the Laurent Commission reaffirmed the importance of placing them at the heart of our actions. These are sources of inspiration for us who believe and care deeply about their well-being. We are therefore committed to ensuring that no one forgets the recommendations and we reaffirm our desire to be part of this essential change.

RAIDING

During the month of January, the raiding period will take place. This is the time when all of you have the power to ensure that the Federation remains the association that represents you for a long time to come. We invite you to sign your membership card to conti-

by and for foster families. The FFARIQ is proactive, innovative, and always working to improve its services to meet your needs, always keeping in mind the thousands of children you welcome into your family.

GREAT NEW FEATURES

We recently announced several new developments. First of all, the two positions on the provincial board of directors were filled at the provincial annual general meeting. Patricia Anctil was elected to the position of Treasurer and Mélanie Gagnon was reappointed as Vice President.

We opened a second office located in Trois-Rivières. Strategically located in the center of Quebec, this location will always be accessible by appointment. The Quebec City office remains open as well as each of our 8 regional offices.

Following a needs analysis of the resources and the low demand for Homewood services by our members, we have evaluated other avenues to better meet our commitment to offer you support in your daily life. The current pandemic environment and the difficulties in getting an appointment with a physician led us to choose a program that offers you and your family members telemedicine consultations and other health care services. We will provide you with all the details on how to benefit from this program.

STRATEGIC PLANNING 2023-2025

We took advantage of the Annual General Meeting to present our new strategic plan, which was established after a rigorous process that began with a survey in which we were able to measure your satisfaction with our organization in a neutral and factual manner. This was followed by a shoulder-to-shoulder survey involving regional committees, staff, and experts. We considered the results of the survey, your comments and suggestions, and your experiences in the field and in the office. Under the guidance of an expert, we have established our major work objectives for the next three years.

This major exercise is important to us in order to guide our actions to meet your needs and expectations. The growing

- Organizational performance
- Growth
- Proximity

number of reports, the aging of the population, and the issue of labour shortage bring additional challenges. In order to take all these elements into account, our strategic planning is based on 3 themes:

This busy year is ending on a positive note. I would like to congratulate all of you for your accomplishments, big and small. The coming year will bring us more great opportunities to meet. Until then, I wish you a wonderful holiday season and beautiful family moments with your little ones and grown-ups

**Thank you for your trust and for
letting us be your voice,**

GENEVIÈVE RIOUX
PRÉSIDENTE DE LA FFARIQ



EVENTS



AN INSPIRING SYMPOSIUM IN MANY WAYS

What a great time we had at our symposium in Saint-Hyacinthe! We welcomed a record number of participants, both online and in person. Couldn't join us? Follow us! We share with you our best memories!

Baffling Facts and Tips on Eating Disorders

We started the day with Mrs. Karine Pendleton from ANEB (Anorexia and Bulimia Quebec). Under the theme "Beyond appearances: understanding eating disorders", she taught us several things about eating disorders :

- Anorexia can begin as early as age 5 in girls and age 9 in boys;
- 45% of 9-year-old girls are dissatisfied with their body shape;
- 40 % of boys are dissatisfied with their muscle mass.

These numbers are impressive and remind us of the importance of being attentive in order to intervene quickly. We are sharing with you one of the slides presented by Ms. Pendleton on "How to intervene and best practices". Take the time to read it, it could guide you in case of need, without neglecting to consult a professional.

Furthermore, ANEB has an online forum that can be accessed at any time at <https://anebquebec.com/services/aide-en-ligne/notre-forum>. You or your child can find answers to your questions.



COMMENT INTERVENIR LES MEILLEURES PRATIQUES		
RECOMMANDATION	EXEMPLE - MIEUX AGIR	EXEMPLE - À ÉVITER
Choisir un environnement accueillant ainsi qu'un moment propice à une discussion.	Un endroit confidentiel, et qui convient bien à l'intervenant.e ou enseignant.e et au jeune (par exemple)	Dans les endroits publics avec beaucoup de circulation
montrer de la compassion et de l'ouverture	"D'ici me semble très éprouvant pour toi, merci de m'en parler." "Je te facilite de ton courage à venir me parler"	"Ce n'est pas grave", "Je sais exactement ce que tu ressens."
Utiliser le "je"	"Je suis inquiet.e pour toi"	"Tu n'inqûètes."
Mettre l'emphase sur les émotions et non les symptômes	"Comment te sens-tu dernièrement?" - Amotions à explorer: anxiété, solitude, tristesse	"Tu devrais simplement manger ce qu'il y a devant toi." "Combien d'aliments as-tu mangé aujourd'hui?"
Encourager l'aide et le soutien	"Je suis là pour t'accompagner mais j'ai également quelques ressources spécialisées qui peuvent t'aider."	Offrir votre aide qui est au-delà de vos capacités, surtout sur le long terme.



Gino Chouinard and the Fear of Failure

COVID (Yes, again!) forced Dan Bigras to cancel his participation in our symposium. So we invited Gino Chouinard, well known as the host of Salut Bonjour, but still a beginner in the world of speakers. He explained to us that it was the fear of failure and of looking crazy that kept him from doing conferences. And there are many people who are afraid of failure but go for it anyway: Pierre Lavoie says that "Discomfort makes you strong" and Jean-François Ménard (coach of Olympic athletes) says that "Failure is just for those who want to win". These people inspired Gino Chouinard to meet with specialists and to confront his fear of failure. Well, we can say mission accomplished! We were the first to see him at a conference and we confirm that he can do it. Success will be there!



Many Emotions with Josée Boudreault and Her Husband

It is fascinating to see how complementary, complicit, and loving Josée Boudreault and her husband Louis-Philippe Rivard are. When Josée suffered a serious stroke, they joined forces and showed their resilience. Their conference "Happiness even when life surprises you" shows a very united couple, deeply in love and stronger together. With humor, they took us from laughter to tears by sharing life lessons in all humility and reminding us that "happiness is not about being happy all the time, but about being aware of it when it passes" and that we must "look at what we have today, not what we had".



Being a Good Parent According to Martin Larocque

When people ask Martin Larocque if he is a good father, he answers: "You should ask me if I like being a father". The tone was set for this conference on the theme "When you educate, educate". He gently reminded us that wanting to be more than what we are leads to burnout. We must simply be what we are. By underlining that children do not listen to their parents, but imitate them, he expressed some good practices to live in happiness and pleasure. Here are 2 of them:

- Be YOU. It's the best way to start your day. Be proud of who you are;
- Find your can opener. Imagine your child is in a can. Your job is to open him to the world, to life, so that he can develop. And the first step is to find the can opener that suits you. For some, it's a seamless accompaniment to do homework and for others, it's to do sports or cultural activities.



Good food and lots of fun in good company!



We concluded our first day of the symposium with a cocktail reception followed by an excellent banquet dinner and a dance party with the Vibration Party Mix. This festive evening was also an opportunity to give out nearly \$9,000 in door prizes to our foster families thanks to the generosity of 27 companies that are touched and challenged by the work of foster families. Our heartfelt thanks to:

Here are some pictures of the wonderful evening we had!



	[Fm] communication marketing	Valeur de 1000 \$		Valeur de 1000 \$		Valeur de 1000 \$
	Valeur de 850 \$		Valeur de 750 \$		Valeur de 750 \$	
	Valeur de 700 \$		Valeur de 580 \$		Valeur de 500 \$	
	Valeur de 450 \$		Valeur de 440 \$		Valeur de 400 \$	
	Valeur de 370 \$		Valeur de 287 \$		Valeur de 200 \$	
	Valeur de 195 \$		Valeur de 190 \$		Valeur de 170 \$	
	Valeur de 150 \$		Valeur de 150 \$		Valeur de 150 \$	
	Valeur de 150 \$		Valeur de 100 \$		Valeur de 100 \$	



A more serious but essential Sunday!

Traditionally, the Sunday morning was devoted to the Annual General Meeting. This year we moved it to a virtual meeting on October 27 and used the time freed up during the symposium weekend to meet in plenary. We asked you to look at very specific sections of the collective agreement and ask how they could be improved in a realistic way.



The strength of the group was revealed in this most concrete of exercises. Hearing your ideas was very valuable for us, because soon we will start a new negotiation period: the 4th collective agreement for resources. Your comments and suggestions for solutions will be our backdrop in this laborious, but important, work aimed at recognizing resources as essential in the lives of the children you welcome into your homes.

We are happy and proud to be able to offer you each year these wonderful opportunities to meet, exchange and recharge your batteries. We are already looking forward to seeing you next year!

FA : SAME / not the same

Quick reminders

Dear Foster Families,

Whether you are a regular family-type resource, a mixed bank or a proximity family, the collective agreement is the guideline for institutions to follow.

Even today, we observe that some institutions have certain interpretations of the collective agreement that differ from ours. This is why we would like to remind you of the FFARIQ's position on certain articles of the agreement for which we must regularly intervene with our counterparts.

1-4.00

If a blame is issued to a foster family, it must be issued **within 90 days** of the institution's knowledge of the facts. The blame is for conduct and **is not related to the specific and common services in the classification instrument**.

1-7.13

The resource who is summoned to a meeting by the institution must know the reasons for this summons. If the meeting does not concern the condition of a child or to carry out its classification and the reason **is related to the conduct of the foster family**, it may be **accompanied by representatives of the FFARIQ**. The foster family must address its request to its regional committee.

2-1.01

e) Upon placement of a new child, the institution must **provide the foster family with a summary of information necessary for the care of the child within 72 hours** of arrival.

j) **The institution must respond in writing to any request the foster family makes in writing.** The FFARIQ recommends that resources address in writing any request for pre-authorization, or regarding a decision made for the child.

n) Following the departure of a child, **the institution must ensure that the child's belongings are recovered within 15 days.** The FFARIQ recommends that the resources cooperate in preparing the belongings so that the institution respects the deadline.

The place remains occupied until the belongings are picked up. This means that the foster family continues to receive the payment associated with that child.

q) **The institution must consult with the resource when developing the contact schedule** and when making changes to it.

2-2.03

The resource may request the removal or refuse the placement of a child for the following reasons:

- a) When the foster family **does not feel able to provide the services expected;**
- b) Where the foster family **considers that the presence of a child or the services to be provided to a child may jeopardize the services to be provided to other children;**
- c) When the foster family **has reasonable grounds to believe that a child poses a danger to the health, physical or psychological well-being** of persons living in the environment.

3-8.13

Upon placement, **if the child's services are already known** to the institution and are at **level 3, 4, 5 or 6, that level will automatically be applied upon arrival.**

If the child's services are not known to the institution, the daily rate for the first 60 days will apply. However, upon classification, **if the level of service is 3, 4, 5 or 6, that rate will be applied retroactively to the first day.**

Letter of Understanding B

Amendments to the agreement must be made by mutual agreement using the full addendum provided.

Letter of Understanding C

Any **period of unavailability** of one or more places must be requested in writing **by the foster family using the form provided and an agreement reached with the institution.**

***Please note that this letter of understanding does not cover sporadic leaves of absence for a day or a weekend.**

Letter of Understanding No. 1

A request for a classification review must be made in writing and include the reasons for **the review within 15 days of receipt of the classification instrument. If the review results in a change to the instrument, the change will be made retroactive to the effective date of the challenged classification.**

IMPORTANT! CAUTION!

When you need to sign a new specific agreement or if changes need to be made to it, the FFARIQ recommends that you let us know through: info@ffariq.ca. One of our representatives will be able to answer your questions and ensure that your specific agreement or form is consistent with the collective agreement and your reality.

LIFE Story!



Sonia Boucher, foster family since 2001
Family-type resource Québec

Sonia's family and her husband Roger, who was present despite his work outside the home, welcomed 33 children. She has 4 biological children and 1 adopted child + 4 foster children.


 A large
 and beautiful
 « multi-family »

Like an angel passing through the lives of families

When you look at her personal history, you can see that Sonia was destined to be a foster family. Her life background has given her not only the sensitivity to understand how children can feel when they come into a family they don't know, but also a deep desire to give back all the love she has received to children who need it. Add to that a background in law and special education that gives her additional tools, Sonia takes these children under her wing. Let's go into a few pages of Sonia's story and that of a sibling group of three that she took in.

A CHILDHOOD MARKED BY GRIEF

Little Sonia was left at the nursery by her biological mother. She was lucky enough to be adopted by a loving family. When she was only 4 years old, her adoptive father died. And as if fate had decided to take its toll on this little girl, her adoptive mom passed away when Sonia was only 11 years old. Fortunately, her adoptive mother wanted her daughter to grow up surrounded by love, so before she died, she made sure to find a foster family. This is how Yvette and Armand became Sonia's new family. They were very wise people who knew how to love the young girl and accompany her towards her adult life.

Today, grateful to all those who gave her the love and security that allowed her to blossom, Sonia is working to recreate the cocoon that allows biological families to recover.

THE STORY OF WILSON, LOUISE, AND MATHIEU

In the middle of the summer vacations, Sonia receives a call from the DYP. An emergency placement: the mother's neglect and drug use disorder. A sibling: Wilson 2 years old, Louise 4 years old and Mathieu 5 years old. "They will only be with you for 10 days. They are adorable," the DYP worker told her. Sonia opened her door and her heart to them.

The eldest, Mathieu, barely speaks. He only says "is thirsty". As for the other two children, they do not speak at all. The children show behavioural and oppositional problems and have regular seizures.

At the end of August, a judge determined that there was not enough evidence in the file to extend the placement and noted progress in the children. For example, when they first arrived at Sonia's home, the children were hypersensitive to water and noise. Taking a bath was an impossible task. It hurt them like needles. Through patience and kindness, Sonia had

Wilson return to their biological mother.

They started school in their neighborhood and then, in mid-September, the head of the neglect department called Sonia. She came out of court. The children have to be placed again. Fortunately, Sonia had not taken in any other children in the interim. This allowed the siblings to return to a family they already knew, an incredible opportunity that too few DYP children have. The placement, initially planned for 10 days, lasted 4 years.

EXTENSIVE DIAGNOSIS

Based on her experience as a special educator, Sonia quickly realized that the children had certain problems and were not doing well. She was lucky enough to quickly get an appointment with a neuropsychiatrist who assessed the children and diagnosed them with severe handicaps due to both genetics and neglect.

Mathieu was diagnosed with dysphasia, a language and speech disorder. Louise is diagnosed with severe oppositional disorder, dyspraxia, and dysphasia. She has difficulty walking and has reduced gross motor skills. As for little Wilson, he is diagnosed with a behavioural disorder and an oppositional disorder. And as if all that wasn't enough, little Louise developed violent behaviours that led her, at the age of 6, to be hospitalized at the Hôtel-

Dieu-du-Sacré-Cœur. She had stuck her fork in Sonia's hand while they were eating.

A NON-STANDARD EDUCATIONAL ENVIRONMENT

While the children had been at Sonia's home for two years, they were transferred to a nearby school. They had significant attachment disorders and were having great social and behavioural difficulties at school. As a result, we cannot intervene in the same way as we do with children who do not have this profile, in particular, we must absolutely not grant exceptions. A situation with Mathieu illustrates this well. One day, after everyone had received their snack at school, Mathieu asked the secretary for another apple because he was still hungry. In good faith, the secretary gave Mathieu an apple. The next day, he wants another apple and is refused. For Mathieu, this amounts to a drama. In his conception of reality, the second apple was his forever. Therefore, the young man returns to class, completely disorganized. He quickly made aggressive gestures, in a state of major crisis, which prompted the teacher to evacuate the entire class, as the situation was becoming dangerous for the other students.

The school principal contacted Sonia to come and get Mathieu. Fortunately, this principal believes that it is important to provide specific help to "different" children, even in a school system that is less flexible and where resources are limited. She decided to create a special class for Mathieu, his sister, his brother, and another child and hired three resources: a social worker, a special educator and a teacher.





This supervision made it possible to give more attention to each of the children. The children were aware, in the regular classroom, that they were unable to do what others were doing, which frustrated them and led to repeated crises. These exceptional services allowed them to experience

great success. However, when they returned to their biological mother, they were reintegrated into their former school where such a class was not implemented..

PRESERVING THE BOND WITH THE BIOLOGICAL FAMILY

One of Sonia's greatest accomplishments is gaining the trust of the biological parents in order to maintain the bond between them and their children for as long as it takes for them to live together again.

Through all the great upheavals experienced by Mathieu, Louise and Wilson, the biological mother felt threatened by Sonia. She was afraid of losing her place as a mother. She criticized the way her children were dressed, among other things.

Sonia's solution was to involve the biological mother more in the decisions about the children. She would pick her up and drive her home when the intervention plan had to be made or to go to appointments at the Hôtel-Dieu-du-Sacré-Cœur. In order to help the mother who, although she worked a lot, could not make ends meet because of her meager salary, Sonia contacted volunteer organizations and services so that the biological mother could have enough to feed her children and give them small gifts. Seeing that the biological mother's desire to keep her small apartment to welcome her children meant that she did not have enough money to feed them, Sonia gave a good push so that this right of access would not be taken away. For six months, every weekend that the children spent with their biological mother, Sonia bought groceries so that they could eat adequately. For her, keeping the connection with the birth mother was more important than anything else.

As time went on and Sonia helped in many different ways, she gained the trust of the birth mother. To this day, she is still in contact with this little family who got an angel on their journey to get them back on track.

"Almost every child I have fostered has returned to their biological family and I am proud of that. To me, that's a great accomplishment. In these cases, when I know that the families are able to recreate a life together, I am proud of their return to their biological family. The children are loaned to us, and I feel like I am part of their extended family by being a significant person to them," says Sonia.

Today, Sonia has four biological children, one adopted child and four foster children. "People sometimes say that a family is multicultural. I am multi-familial," she concludes.

TIPS FROM *the pros*

Learning to **solve problems** (no, I'm not talking about math!)

In order for a child to develop autonomy and maturity in the management of conflicts and everyday problems, we must not do things in their place or impose our solutions... But, we must not leave the child to his or her own devices, faced with his or her dilemma. Knowing how to effectively regulate a problem is not innate, and it requires learning and support.

Parents or foster parents should guide the child or teenager through the steps of problem solving. What are these steps?

FIRST

First, we can help the child identify what the problem is... It seems obvious, but it's not that obvious! The proof is that when there is a problem in a couple, one can name the problem in one way and the other in another! It is therefore important to teach the child to identify not only the signs that he or she is experiencing a problem, but the main source of that problem. The younger the child, the more help he or she will need from an adult in this regard.



SECOND

Second, the child can learn to generate a list (written or verbal) of solutions... at this stage, the child can be encouraged to let his or her imagination run wild and let him or her name ANY solution that comes to mind, no matter how crazy or unusual! This step will develop the child's creativity in finding solutions. If the crazy solutions make them laugh, well, this is a good opportunity to play down the problem a bit! This is what we call brainstorming. As an adult, you can generate solutions with the child, especially when the child is younger, to help him or her and give examples of creative solutions.





THIRD

Third, the child must weigh the "pros and cons," or costs and benefits, of each identified alternative. This step will help them make a rational and informed choice. If they are hesitant to choose what seems to be the best option because of the disadvantages, they can then think of ways to limit the impact of those disadvantages.



THEN

Then, they can choose one of these solutions and make a plan: where, when and how will they implement this solution? These questions will help them move from theory to practice. It is also possible to help the child foresee the obstacles that he or she might encounter in applying the solution, in order to avoid them or to get around them.



FINALLY

Finally, the child will be able to apply the solution... with your encouragement, of course! It will then be important for them to assess the results. Has the problem been solved, has the situation improved? If not, could he choose another solution from the list generated in the second step?

Following these steps in a methodical way may seem very "technical" and a bit artificial... sometimes, as an adult, you may tend to believe that children's little problems are too simple or too trivial to put forward all these sophisticated steps... but don't forget that for the child, their everyday problems are real ones, since they are experiencing them for the first time, without having your experience that allows you to find them so simple!

Know that this learning will be useful to the child all their life, and if they learn with simple problems... well, all the better! This will make learning the problem-solving method easier and more encouraging, which will prepare them for the more difficult problems of adolescence and early adulthood.

Nadia Gagnier, PhD
Psychologist



INTER-*regional*

Upcoming training : **diversity, relevance and quality**

Our training offer is constantly improving. Thanks to our partnerships with recognized trainers, we will cover a variety of subjects that are relevant to you and that meet the concrete needs of your daily life.

Here are the trainers who will share tips, tricks, and advice with you. To find out all the details about these trainings and to register, log on to VotreEspace.ffariq.ca

Our training courses can be offered in different formats :

The winter-spring 2023 season is shaping up to be inspiring for our foster families! We are offering you a calendar of online and in person trainings rich in content.

WINTER-SPRING **TRAINING 2023**

In person	in each of the regions served by the FFARIQ;	A "lunch and learn"	format lasting 45 to 60 minutes;
Synchronous training	i.e., live for 3.5 hours via a Teams link. Number of participants limited to 20 people;	Asynchronous training	lasting 3.5 hours, which you can attend at your convenience, either continuously or divided into several viewings;

DRE NADIA ACADEMY

You may have seen her on TV in her show Dre Nadia, psychologue à domicile. Dr. Nadia Gagnier has a doctorate in psychology and specializes in educational psychology. She is also interested in anxiety prevention in children and adolescents. She is a speaker, author, and teacher. With gentleness, humour, and scientific rigour, she explains psychology in a simple manner to help us better understand.

Training offered this winter :

- Preschool sexuality – Virtual mode (January 19, February 15, March 11, April 14, May 15)
- Dr. Nadia answers your questions for 2 hours (March 23)
- Aggressive behaviour in children: Understanding their causes, knowing how to prevent them and intervening - in-person (February 16 in Trois-Rivières, February 21 in Saint-Jérôme, March 14 in Drummondville, March 21 in Batshaw, March 30 in Québec City, April 11 in Gatineau, April 20 in Trois-Rivières)

Valérie Courtemanche – avectoi.ca

Valérie Courtemanche inspires, empowers, and accompanies all those who care about their well-being and the well-being of their children. Since 2006, she has been presenting conferences and training sessions in Quebec and abroad, using her experience acquired through numerous research, studies and years of teaching. With passion and a sense of humour, she presents concrete examples to help you approach your daily life differently.

Training offered this winter :

- Pas de chicane dans ma cabane – Virtual mode (February 23, April 4)

Happy Holidays with your family!



JEAN-FRANÇOIS RIOUX

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

IFSSS

The trainers at the Institut de formation en santé et services sociaux offer relevant training on a variety of subjects that directly affect your daily life. Accessible, these trainings provide tips and tricks.

Training offered this winter :

- Adolescence and its challenges: understanding and intervening – Virtual mode (January 18, February 11, April 5, May 12)
- Better understanding sensory integration and its impact on daily life – Virtual mode (January 27, February 22, March 22, April 29)
- Attachment and its implications in daily life - module 2 - in person (April 18 in Victoriaville, April 19 in Drummondville, May 4 in Blainville, May 9 in Gatineau)

IMAGO

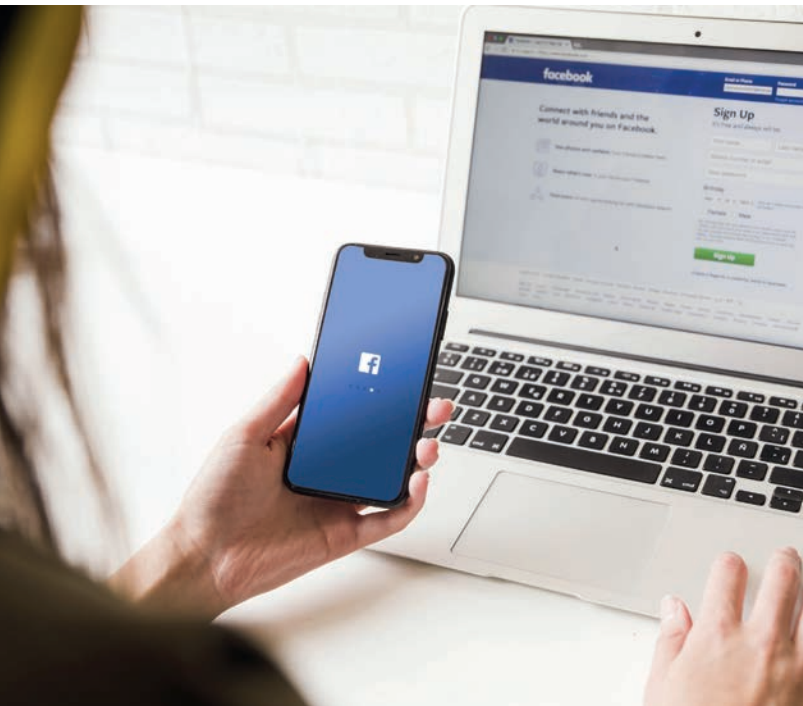
IMAGO helps resources couples develop their relationship skills and transform the quality of their interactions in order to face the challenges that will cross their path. The training offered to foster families will focus on the emotional security of children who have been exposed to neglect. This training consists of 7 sessions of one hour each.

Training offered this winter :

- Emotional security and preparation for a child with special needs - 6 to 12 years old - virtual (February 1, 8, 15 and 22 and March 1, 8 and 15)
- Emotional security and preparation for a child with special needs - 6 to 12 years old - virtual mode (February 4, 11, 18 and 25 and March 4, 11 and 18)

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	Melanie 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-Bussièrès (secretary) - José Dionne (director)

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Hello dear foster families,

Annual Symposium

First of all, I would like to thank you for your presence and participation at the FFARIQ 2022 symposium and the plenary session held at the Sheraton Convention Center in Saint-Hyacinthe on October 22 and 23. Once again, the Mauricie-Centre-du-Québec region was present in large numbers.

Regional Tour

The September regional tour took place in person. I would like to thank those who participated. It is an ideal opportunity to receive important information on everything that surrounds your role as a foster family. We have adapted to your reality by adding evening sessions in Drummondville and Trois-Rivières, which allows one spouse to stay at home with the children while the other attends the meeting. We hope to see more and more of you attend these meetings which are not only very useful for you, but also allow you to meet and exchange with other foster families.

*Finally, I wish you a very happy holiday season.
Enjoy this time with your families and friends.*



SYLVAIN BILODEAU

Regional President
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Sylvain Bilodeau

CÔTE-NORD REGION

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

©Photo credit : Audet photo

Dear families,

The year 2022 is coming to an end and 2023 is just around the corner. Let's hope that it will be mild and less difficult than the last few years.

Regional Tours

I would like to thank those who attended our tours. We need to hear from you to ensure that your rights are respected. We need you to make further progress.

VotreEspace.ffariq.ca

Since we are in a remote area, I invite you to register on VotreEspace.ffariq.ca so that you can find out about the great training sessions offered online and attend them in the comfort of your home.

Face-to-face Training

We are planning to offer face-to-face training with the trainer giving the course via Teams. This will be another great way to see each other!

I know that the last few years and months have been difficult for many of us. We often feel alone and left to our own devices with our cocoons in need. I invite you to contact us if you have any questions. We will see you soon for a lunch.

I wish you a wonderful holiday season and a year 2023 filled with health, peace and love.



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)

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Dear foster families,

Another year is coming to an end! The last few months were easier. We are back to our little life.

Regional Tour

The year 2022 allowed me to get to know many of you who attended our meetings. During my last tour, I had the chance to meet with more than 35 families. It is a real pleasure to spend time with you!

For the winter period, there will also be meetings, but it is our vice-president who will be present in person, and I will be there on screen.

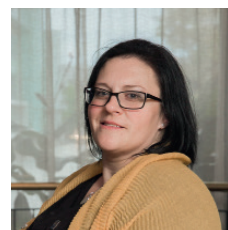
New Secretary for the Regional Committee

I would like to welcome Jolyane Tremblay to the position of secretary of our regional committee. Thank you for your involvement!

VotreEspace.ffariq.ca

I would like to remind you to register to the beautiful trainings that are available on VotreEspace.ffariq.ca. You will also find many tools to better respond to the needs of our kids.

I would like to conclude by wishing you a year 2023 filled with health, peace, and love. We are always here for you.



MÉLANIE GAGNON

Interim Regional President
Gaspésie/Les Îles
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Mélanie Gagnon

QUEBEC REGION

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

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Hello to you dear foster families,

This beautiful year 2022 is coming to an end and it is time to tell you about the achievements of your Quebec Region Committee and of the FFARIQ!

Regional Lunches

This year we have resumed our regional lunches and we have taken the time to visit you in Charlevoix and Portneuf! Keep on coming to see us. It is always a pleasure to talk with you, to inform you about your rights and to accompany you in some of the difficulties you have experienced. The dates for the year 2023 will be posted on the Facebook group and on VotreEspace.ffariq.ca in January!

Annual Provincial Symposium

The 2022 Annual Symposium held in Saint-Hyacinthe was a success, with great participation from you, our Quebec members. Thank you for being there! The renowned speakers and the event itself were very much appreciated. Be sure to check the dates of the next symposium in 2023! We are waiting for you!

Face-to-face and Online Trainings

Continue to follow your trainings. They are being restarted in person. Don't forget to claim your babysitting, meal, and mileage reimbursements when you attend a face-to-face training. This is part of the conditions negotiated for you, dear members! There are always virtual trainings available that allow you to participate in the comfort of your own home. It is therefore important to register on VotreEspace.ffariq.ca or directly at info@ffariq.ca!

Regional Facebook Group

The Quebec City Facebook group is still very active. If you haven't already done so, we strongly invite you to join it, as

many things are registered and announced through this group. To access it, look for Francine Boutin and she will guide you through the process!

2023 Activities

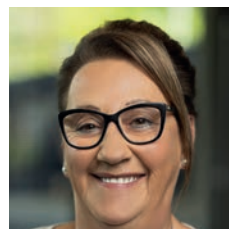
Your committee would also like to hear your suggestions for activities for 2023. Please let us know. We want to hear from you! We are here for you, don't hesitate to contact us!

Negotiating the Collective Agreement and Raiding

The collective agreement is about to be renegotiated. Raiding is just around the corner. Don't forget that the FFARIQ works for you. And as you have seen over the past few years, your interests are our priority.

The holiday season is a time to get together, to recharge your batteries with your loved ones. We wish you a very Merry Christmas and a Happy New Year!

Your Quebec Regional Committee



CHRISTIANE ROBITAILLE

Regional President
Quebec
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Christiane Robitaille



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)

Dear foster families,

Here it is, my dear members, another year gone by. COVID has gone on vacation for a while or rather to the neighbour's house...

From time to time, we experience situations that make us reflect on the life we lead. My sister recently passed away. When we lose a loved one, we realize that life is so fragile, that we are living on borrowed time. We wonder how we will be able to go on without that person, but at the end of our thinking we are able to go on for the people who are still around us... Just like the children who are entrusted to us, they don't always choose their path or even their family. For most of us we walk on gold, and they walk on clay. I can't tell you enough, YOU are doing the best job in the world! Is it easy? No. But with love and dedication, anything is possible. We do it for our future adults. Do you have any questions? Problems? No matter what type of questions you have, we are here for you. Your existing committee is always proactive, we have no office hours, your reality is ours.

Training



Everything is going well. The winter trainings are out. You have the chance to follow these from home, you should take advantage of it! So sign up on [VotreEspace Login](#) | [Votre espace FFARIQ](#)

Local Committee for Concerted Action

All situations are brought to the LCCA and are concluded in a positive manner. You should not be worried or even afraid to denounce situations that do not respect the negotiated agreements. Did you know that if you prefer to remain anonymous when reporting a situation, I can report it for you? Do not hesitate to contact us.

Annual Regional Meeting

Our annual regional meeting was held in person at CAMPUS 3, Gatineau. Great meetings!

Christmas Party

It's coming soon... December 11th at Beaujolais in Gatineau. To date we have 150 registrations. Will you be there? Santa Claus will be there and there will be surprises for the children.

Raiding

Soon, we will be renegotiating our collective agreement. As you can see, the FFARIQ works for your interests! The FFARIQ is run by foster families just like you. We know the REALITY of your needs; we live them with you. You are me and I am you... The more we are, the stronger we are.

The holiday season gives us the opportunity to pause in our daily tasks and worries, to give a little more space to human and spiritual values. Solidarity, generosity, inner peace, hope for the best...

I would like to take this opportunity to sincerely thank you for the quality of the work you accomplish throughout the year, often under difficult circumstances. Thank you also for your generosity towards the children, the constant support that you have given to your little ones. It is with all my heart that I wish you and your loved ones a happy holiday season and a happy, beautiful, serene, and warm year 2023.

Merry Christmas and Happy New Year from the Regional Committee.



CAROLLE DESJARDINS

Regional President
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MONTREAL/BATSHAW REGION

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

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Hello dear foster families,

What a great year we have had at the FFARIQ! A year that has been filled with hard work from the new team and, of course, from Mrs. Rioux, our provincial president. She has succeeded in bringing a new energy for the best of our foster families. If we go back to 2019: what a great achievement! And our work is never done in terms of relations with the institutions.

Make Your Voice Heard

I hope that in this new year, our foster parents will be present and active! The negotiation of our new collective agreement is your opportunity to speak up and be heard. It is important to make our voices heard through our private Facebook Batshaw and on the FFARIQ portal.

Activities

This year we had a great turnout for our Sugar Shack Day with the kids. Stay tuned for more activities to come.

Annual Symposium

We had a fantastic annual symposium in Saint-Hyacinthe with great family participation! We had some great speakers who were very motivating and informative for solutions to our needs and those of our children. Everyone had a great time.

Christmas Party

We will be announcing our Christmas party soon. The executive and I are looking forward to seeing you all as we close out the year in style.

Please join us!

For the upcoming year, make a resolution to connect with us and take advantage of all the tips, tricks and help you can get. Follow us on the regional Batshaw Facebook group, ask your questions, share your successes or your concerns. This group is for you! Also check out VotreEspace.ffariq.ca where you will find, among other things, all the upcoming activities and training sessions. And above all, when you have questions or uncertainties, call us. Don't wait for things to get worse. A simple discussion can solve a lot of things!

On that note, the executive and I would like to take this opportunity to wish you all a Merry Christmas and a Happy New Year.



CLAUDETTE GAUTHIER

Batshaw Regional President
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LAURENTIDES REGION

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

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Hello dear foster families,

I would like to welcome our new foster families. We look forward to answering your questions.

Regional Meetings

We would also like to emphasize that your presence at our meetings is very important, it could make things easier for you. The new challenges for all are great. Moreover, whether you are a family of proximity or regular, these meetings give you a space where you can benefit from the experience of those who, like you, have had to adapt to the needs of the day.

Please feel free to contact us, your regional committee, if any difficulties arise. We will try to direct you to the right people to help us find the right solutions. We will send you the dates of the next meetings soon.

VotreEspace and Facebook

Don't forget to register on the platform VotreEspace. ffariq.ca in order to follow all the information and activities given by the FFARIQ. The private Facebook of the Laurentides region is also a good way to be in contact with each other and a source of relevant information.

Reunion

A reunion was held on October 14th. It was a nice moment of sharing. We were able to update ourselves on the new information for the strategic

plan and hand out forms that can be found on the CISSS des Laurentides website.

In a few weeks, Christmas will arrive with all the intensity that this time of year brings. We wish you a wonderful holiday season with the young people who have the privilege of living with you.

Thank you in the name of all these children and grown-ups. Continue this beautiful mission.



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Regional President & Administrator
Laurentian Region

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Ghislaine Pelletier Robitaille

LAVAL REGION

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

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Hello dear foster families,

With the year 2022 coming to an end, it is time to highlight the main activities and achievements of the FFARIQ in the region.

Regional Meetings

First of all, there were many meetings where a growing number of participants were present to exchange on various subjects.

Annual Provincial Symposium

The annual symposium, held in Saint-Hyacinthe, as well as several fascinating and interesting conferences were also well attended in our region.

Trainings

The face-to-face training sessions that our members have been waiting for are finally back! They focus on topics that affect you in your daily life as a foster family.

New Foster Families

We would also like to welcome the 10 new foster families who have joined us in the past 6 months. Welcome to them!

This year, exchanges between the committee and its

members have increased and a feeling of trust has been created.

Your Laval FFARIQ committee is always there for you. Do not hesitate to contact us for any questions or concerns you may have.



ANNIE BLOUIN

Regional President
Laval

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ablouin@ffariq.ca

Annie Blouin

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!



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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

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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.



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



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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/



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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.



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