

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*



An Eventful Summer and Autumn

A lot has happened since our June Inform'Accueil! I'd like to take the opportunity of this last issue of 2023 to look back at some of the highlights.

ANNUAL SYMPOSIUM

What a great time we had at our symposium held in October at the Delta Mont-Sainte-Anne! Under the theme Together on the same beat! many of you listened with emotion to our inspiring speakers and shared stories from your daily lives. It was beautiful and moving to see you talking to each other. Doesn't it feel good to be with people who really understand our situation in just a few words?

We are also proud to have found a formula that enables us to meet the needs of our members who are more comfortable in English than in French. The solution we have placed in place this year has enabled our English-speaking families to benefit from quality translation in real time.

We were delighted to see a 14% increase in participation. This confirms the relevance of creating an opportunity for FF to get together. I invite you to read the Events section for a glimpse of a few moments captured on film. The many smiles on our faces are sure to make you want to join us in October 2024 to celebrate FFARIQ's 50th anniversary with a masquerade ball.

NEGOTIATIONS: WHERE DO WE STAND?

At the time of writing, we have had a dozen meetings with the Ministry. Negotiations are continuing. You'll find more details in the Laws and negotiations section.

BILL 37: WELLNESS COMMISSIONER

We welcome Bill 37 tabled by the Minister responsible for Social Services, Lionel Carmant, creating the position of Commissioner for Children's Welfare and Rights. This responds to one of the FFARIQ's long-standing demands. In fact, the Laurent Commission listened carefully to our request during FFARIQ's presentation to its members, and this was reflected in its recommendations, notably that a commissioner be placed in charge of children's welfare and rights. We'll be following developments closely to ensure that the commissio-

ner's mandate meets the needs of our little ones. The FFARIQ will take the necessary action to ensure that children's interests are heard and respected.

ANNUAL GENERAL MEETING (AGM)

We held our online AGM on October 30 at 1:30 p.m., during which we reviewed some important events:

- The 3 main areas of focus for our 2023-2025 strategic plan;
- The opening of a new service outlet in Trois-Rivières and its training room;
- Tailor-made training courses in French and English: 19 different courses for a total of 52 virtual and face-to-face presentations;
- The regional committees, backed up by our seasoned member support team, are on the front line, guiding you on a day-to-day basis;
- Free telemedicine service for FFARIQ members. Some are already benefiting. I invite those who haven't yet registered to do so;
- Speaking in the media on hot topics where our expertise is sought. You can consult these speeches in the News section of our website at <https://ffariq.org/fr/actualites>
- Our growing online community. Follow us too: <https://www.facebook.com/FFARIQ>.

You'll find a full report on the past year's activities in the activity report available on VotreEspace: <https://votreespace.ffariq.ca>

On behalf of myself and the entire FFARIQ team, I'd like to wish you a warm and happy holiday season. Take advantage of your little family cocoon to create beautiful moments.

GENEVIÈVE RIOUX
PROVINCIAL PRESIDENT

Welcome to YOUR symposium 2023

EVENTS



Inspiration, Laughter, and Line Dancing!

There's no doubt about it: our 2023 symposium was a huge success! Held under the theme "All on the same beat", we vibrated together to the emotions felt by our inspiring speakers and shared many laughs to the rhythm of the country dance!

For the duration of the symposium, simultaneous translation was offered to our foster families who were more at ease in English.

Our president Geneviève Rioux opened the symposium with an overview of the 3 major projects of the 2023-2025 strategic plan:

- Meeting the challenge of organizational performance in a context of shortage of manpower and resources for the benefit of children;
- To be even closer to foster families, by personalizing human and technological services according to the type of family (PF, FTR, MB);
- Raising the profile of the FFARIQ so that even more of us speak with one voice.

We then welcomed 3 speakers:

MATHIEU GRATTON - "LIFE WITH A CHILD DIAGNOSED WITH AUTISM; A BEAUTIFUL DETOUR".



Mathieu Gratton shared his emotions with us on the birth of his son Benjamin. First, he told us he didn't want to have children. So it was quite a shock when he found out that his son had autism. Mathieu withdrew into himself, threw everything overboard and went through a descent into hell. When he realized he had to fight for his son's right diagnosis, it was the catalyst that got him back on track. Today, he is proud to see Benjamin develop to his full potential. Mathieu even became a foster family for 1 ½ years, to offer other children the same model of guidance and support that Benjamin had.

To remember:

- Saying "I'm sorry" is the key to harmony and teamwork.
- Everyone has potential, you just need someone and the confidence to develop it;
- The acquisition of autonomy and learning takes place one small step at a time: washing one's hair, washing one's body, grooming oneself, paying with one's ATM card, taking public transport alone, going alone to get a pizza in a restaurant and paying for it, finding a job, taking the metro alone;
- Don't compare or anticipate because life changes plans.

You can follow Le monde de Benjamin (<https://www.facebook.com/lemondedebenjamin>) on Facebook, where it has 203,000 subscribers.

JOSÉLITO MICHAUD - "HOW TO REINVENT YOUR LIFE TO FACE ADVERSITY".



Josélito Michaud shared his experience as a child whose mother abandoned him in a crèche, where he was told to be nice in order to be "adoptable". He was bounced from one foster family to the next without understanding why he had to leave. No one explained to him why, each time, he was taken away. He was lucky enough to have some great foster families, but abandonment creates a hole that needs to be filled. He tells his story in his book "Dans mes yeux à moi".

He also told us about his daughter, whom he adopted from Vietnam to give a child a chance of finding security and a loving home. She tells him, "Love, you are my home", and he replies, "I hope my home is the right temperature".

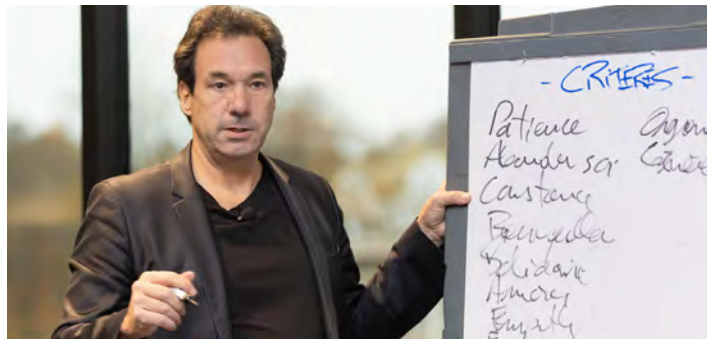
He is aware that there is a lot of prejudice against foster families. People ask how much a foster family earns, implying that it's all about the money.

Josélito is working on a series to open people's eyes, demystify this environment, and help them understand the great involvement of these families in a system with major shortcomings that leave their mark on their children.

With a great deal of openness, emotion, and simplicity, he talked to the foster families about subjects such as grief as a foster family at seeing a child leave home, what you can give these children without "wearing yourself out", how to refocus, take a break.

These discussions gave rise to some wonderful testimonials, including that of Mélanie and Claude, an emergency foster family who have taken in 105 children to date. We share her story in the **Life Story** section on page 7. Ghislaine, aged 81, also shared her story with us. She has been a foster family for 25 years. She reminded us that "there is no age to be FF and to love from the heart".

MARC-ANDRÉ MOREL - BECOMING THE FAMILY WE WANT TO BE



Marc-André Morel concluded the day with a talk in which he made us aware of the power we have over our success.

WHAT DOES IT TAKE TO BE A FOSTER FAMILY?

In a workshop, Marc-André Morel got us thinking about our role and the qualities we need to perform it well. You named, among others,

patience, humility, consistency, love, availability, understanding, resilience, organization, adaptation, courage, listening, letting go, self-sacrifice, non-judgment and commitment.

Together, we realized that our criteria for success are almost all based on how we are, on who we are or who we choose to become. We therefore have power over the way we approach life.

AN EVENING OF COUNTRY MUSIC TOGETHER!



After a series of inspiring talks (simultaneously translated for our English-speaking families), the curious were able to take a few country dance lessons to get ready for the evening! The pleasure of moving and having fun was visible on everyone's faces.

The evening was a great success! We heard parents sharing their experiences with other foster families. We saw people hugging each other, saying "I understand you and my heart goes out to you". The precious moments we experience at each of our symposia are followed by relationships of mutual help, support and sometimes friendship.

Our ears and hearts also resounded with laughter as we let ourselves be carried away by the country rhythms of The Moonshiners until the wee hours of the morning.



A good meal and an evening where everyone played the game in their best country attire: hats, boots, costumes... we were even treated to a Woody from toy history whose mission was to make people laugh! A "bounty hunter" -themed photobooth immortalized these beautiful moments, making for precious memories!



What more could you ask for to recharge and energize? Take a look at the magnificent photos and we'll see you next year!

PLENARY



Sunday morning was an opportunity to meet in plenary. This meeting with the foster families present was rich in suggestions to help us in the current negotiations. We also took the opportunity to tell you how the negotiations are progressing.

**Thank you for your warm participation!
See you next year for the 50th anniversary gala!**

GIFTS FROM GENEROUS SPONSORS

Thanks to the generosity of companies and organizations wishing to highlight the immense dedication shown by foster families, we were able to award prizes with a total value of \$6,955.

A huge THANK YOU to all our sponsors and congratulations to the winners!

Valeur de 750 \$	Valeur de 500 \$	Valeur de 500 \$	Valeur de 500 \$	Valeur de 450 \$
Valeur de 400 \$	Valeur de 400 \$	Valeur de 400 \$	Valeur de 375 \$	Valeur de 300 \$
Valeur de 300 \$	Valeur de 250 \$	Valeur de 250 \$	Valeur de 250 \$	Valeur de 250 \$
Valeur de 200 \$	Valeur de 150 \$	Valeur de 150 \$	Valeur de 100 \$	Valeur de 150 \$
Valeur de 80 \$				

LAWS AND *negotiations*

AN AGREEMENT WORTHY OF OUR FOSTER FAMILIES FOR CHILDREN

By December 2023, the Fédération des familles d'accueil et des ressources intermédiaires du Québec and the Ministère de la Santé et des Services sociaux (MSSS) will have participated in a dozen negotiation meetings. At the very beginning of the process, the FFARIQ submitted its orientations and priority issues. However, we had to wait a few weeks before being able to take note of the MSSS's orientations.

The FFARIQ then made a presentation highlighting the reality of the foster **families** it represents. Your representatives made a point of illustrating with concrete examples the difficulties encountered daily by foster families, whether in connection with travel requests, transportation, the specific agreement, or other matters.

In order to pursue discussions and move the work forward, the FFARIQ is innovating by proposing an interest-based negotiation model to find solutions that are adapted **to foster families or children** and that cannot be part of a standardized collective agreement covering all adult and child resources. The fact that our members have to deal with the application of the **Youth Protection Act** is a major issue that adult FTRs do not face. The clientele our families care for has specific characteristics that can no longer be ignored.

To date, this way of working has made us aware of the lack of procedures to ensure the safety of our resources, which are increasingly under threat, the financial precariousness of certain resources, and the investigation and termination procedures for specific agreements.

We will continue to keep you periodically informed through our trading news.

Happy Holidays to all!

Your Negotiating Committee.

LIFE Story

MÉLANIE AND CLAUDE, FOSTER FAMILY SINCE 2004
EMERGENCY FAMILY | LAVAL

Mélanie and Claude are in their early fifties. A couple for 35 years, they have two grown-up biological boys and a granddaughter. Since 2004, they have welcomed over 100 children.

« Our boys are the most generous beings. They were proud of their parents. »

Emergency foster family: saying goodbye more than 100 times!

When he was younger, Claude said he didn't want children. "I didn't know my father"; my mother had a lot of problems. In high school, I had a friend, Étienne. Around the age of 12-13, I went to stay with him. His parents welcomed me like a son. They even included me in their will. As for Mélanie, her parents took in children from the DYP. So she was already sensitive to the cause.

The turning point came in 2004. The couple were visiting one of Claude's cousins in the Laurentides. She was a foster family with two children. "One of the children jumped into my arms. I was so touched. That's when we started the process, but first we needed the agreement of our two boys. We consulted them and they agreed very openly. They were 9-10 years old. They knew we loved them" says Mélanie.

2004-2008 – Life plan

The couple began the process of becoming foster families for girls aged 0 to 5, who were placed with them until they came of age. The first two girls to join their family were aged 4 and 5. A year later, one of them was found to have fetal alcohol syndrome. The girls had suffered neglect and abuse. Their biological mother died of an overdose at the age of 36. Between 2004 and 2008, Mélanie and Claude took in three little girls with life plans.

2008-2018 – Emergency family for girls 0 to 5 years old

With a few years' experience now as a foster family, the couple felt able to change direction and open their home for emergency placements.



What does it take to be an emergency foster family?

- Be benevolent.
- Having a vocation.
- Be a solid couple.
- Be on the same page. If not, withdraw and discuss.
- The ability to turn things around quickly.

Between 2008 and 2018, Mélanie and Claude took in 87 babies urgently removed from their biological families following a referral. These babies sometimes stayed for two or three days, sometimes for a week. The longest emergency placement was 3 years. During this period, the parents are assessed by the DYP. By living with these toddlers on a daily basis, Mélanie was able to collaborate with the DYP in the assessment by sharing her observations. The couple experienced all kinds of placement situations: neglect, physical abuse, cocaine with drawal, and even scabies.

On their contract with the institution, Mélanie and Claude had four places plus an emergency place. Seeing the extent of the need and their ability to adapt quickly to all kinds of situations, they decided to open a fifth place, this one for extreme emergencies. Their large eight-bedroom home can accommodate girls who need to be removed quickly, offering them security, love and caring as they make the transition to FTR or mixed-bank placement.

2018 to present - Emergency family for teenage girls 14-18 years old

After 10 years of caring for toddlers, the couple is taking a new path with very different challenges by opening their home to teenagers aged 12 to 18, an age when the often-difficult life paths of these young girls have left deep scars. To date, Mélanie and Claude have welcomed around 20 teenagers in transition to an FTR.



EMERGENCY FAMILY FOR - MIXED BABY 0 TO 5 YEARS OLD

SKIN AND BONES

Among all the children taken in by the couple, some stories particularly touched Mélanie and Claude. For example, that of an 8-month-old girl abandoned by her mother at Sainte-Justine Hospital. The little girl lived with her impaired father. She was malnourished and had only skin and bone. When Mélanie and Claude went to pick her up at the hospital, the biological mother, who had signed a release leaving the child with the father, was there. So they had to be very delicate. They took the little girl home and force-fed her. A month later, she had put on weight again. The couple wanted to keep her for a while, to **build the bond and give her a big dose of love**. She stayed for a year before moving into a stable foster family.

KIDNAPPED

Then there was little Marina (not her real name), aged 4. Her story is like a film script! She had been kidnapped by her father in Morocco. Interpol was looking for her in Montreal. A neighbor reported her because he could constantly hear a child crying. The father was arrested and Marina was entrusted to Mélanie and Claude, where she lived for a month. The couple then took her to the airport, from where she left for Morocco with two escorts and a social worker, to be reunited with her mother, from whom she had been separated for 7 months!

EMERGENCY FAMILY FOR - TEENAGE GIRLS 14-18 YEARS OLD

VIOLENCE

The couple also remembers this beautiful 14-year-old girl, removed from a family where she received a lot of punishment, even whippings from her brothers. When she arrived at Mélanie and Claude's home, she didn't speak. She had greatly missed out on cuddles and affection.

The Daily Life of an Emergency Family

Mélanie and Claude have a special way of welcoming children. It's important for them to take the time to experience this moment. Their birds and two dogs are part of this welcoming process. Animal therapy is a way of coaxing children and connecting with them through the natural affection that animals give.

The couple have also established clear regulations which they apply assiduously: girls must be dressed decently, and Claude never stays alone with a teenage girl to avoid creating opportunities to make up stories. The couple's values are lived out every day: respect, mutual help, honesty, affection. "I hate lies! I'd rather know the truth and deal with it than live a lie," Mélanie points out.

For the couple, it's also essential to take care of each other, to find each other. "There must always be connivance within the couple. My husband will always come before my children. One day, the children will leave. I don't want to live with a roommate! We have to take care of ourselves and look after our relationship," says Mélanie.

"We do it for the kids"



During the symposium, Josélito Michaud took the opportunity to chat with some of the families in the room, including the couple Mélanie and Claude. When he asked them how they could go on when they so often have to say goodbye to the children they welcome, Mélanie replied that they do it for the children's well-being.

But these many little bereavements are not always easy. Claude remembers the departure of little Isabelle (not her real name). She had to leave while Claude was at work. He couldn't say goodbye. When Mélanie called Claude to tell him the news, he was in his car. He stopped and burst into tears. "I had to take a break, take a step back to think about whether or not I could live through regular departures without being torn apart," he recounts.

The couple therefore decided to see fostering these children as a step towards enabling other foster families to open their homes to these children in life plan or mixed bank, for the greater good of these families and the children.

Mélanie and Claude get a lot out of their vocation with these children who spend a short time with their family. Gratitude above all. "One of our daughters now works in a youth center. She often says thank you for looking after her and her sister," says Claude, who sees his role as an emergency foster family as a way of giving back to the next generation and showing the girls in their temporary care that it's possible to look ahead and make your own way.

Raising Awareness Through Volunteering

For several years now, Mélanie and Claude's family have had a Facebook page on which they collect clothes. The girls then prepare bags, add a little note of their own, and set off as a family to give these bags of clothes to the homeless, directly on the street. "The girls are touched, they see people's gratitude for the value their gesture represents," Mélanie concludes.



TIPS FROM *the pros*

Consistency in discipline... why is it so important?

All parents of young children are lectured about **the sacrosanct consistency of discipline**: specialists, psychologists, pediatricians, educators... and even sisters-in-law who don't yet have children saturate their ears with this concept!

And yet, all these **stage managers have a point!** In fact, the importance of consistency in education is very simple to understand... just put yourself in your child's place and take the example of an inconsistent situation at work: if your boss's expectations of you weren't clear, and your job description varied from day to day, you'd have no choice but to proceed by "trial and error" to get the job done. Acquiring a sense of efficiency and competence would be a much slower process. Needless to say, your days would be much more stressful, not knowing whether what you were doing was acceptable or reprehensible. This stress could even make you more irritable with others, affecting the quality of your relationships with colleagues and bosses.

So, as long as he doesn't know where **your limits are** and how you react to this or that behavior, your child proceeds by "trial and error" and tests your limits. Contrary to what some may think, he's not trying to provoke you on purpose... in fact, he's trying to please you, without having any instructions! To provide him with this instruction manual and help him learn more quickly where the limits are, there's nothing like clear instructions, consistency in their application and predictability in your reactions.

Some parents are reluctant to establish boundaries, fearing that limits will "traumatize" their child. In fact, limits will frustrate him, but if they're **applied with kindness**, they won't traumatize him... frustrations are part of life and your child must learn to **regulate this emotion!** What's more, supervision is essential, if only for safety reasons.

When they are constant and the child knows where they stand, limits are even reassuring for him, because they enable him to know how to get his parents' positive attention and eventually how to act in different social contexts. In short, the framework imposed by his parents teaches him how to live in society... because limits are everywhere, even for adults. The highway safety code is just one example among hundreds. Are you very traumatized when you have to brake your vehicle at a traffic light that turns red? Frustrated perhaps, but certainly not traumatized!

Parents often complain that there are no instructions on how to raise a child. Well, children don't have a manual for knowing where their parents' limits are, and how to distinguish good behavior from bad! It's a framework with clear limits, applied with kindness, love and - I'm really sorry to say this again, but... - **consistency**, that will teach them!

See how simple it is? You don't need a psychology course to understand that! But putting it into practice is another story altogether... **Everything is in the details**, as the saying goes!

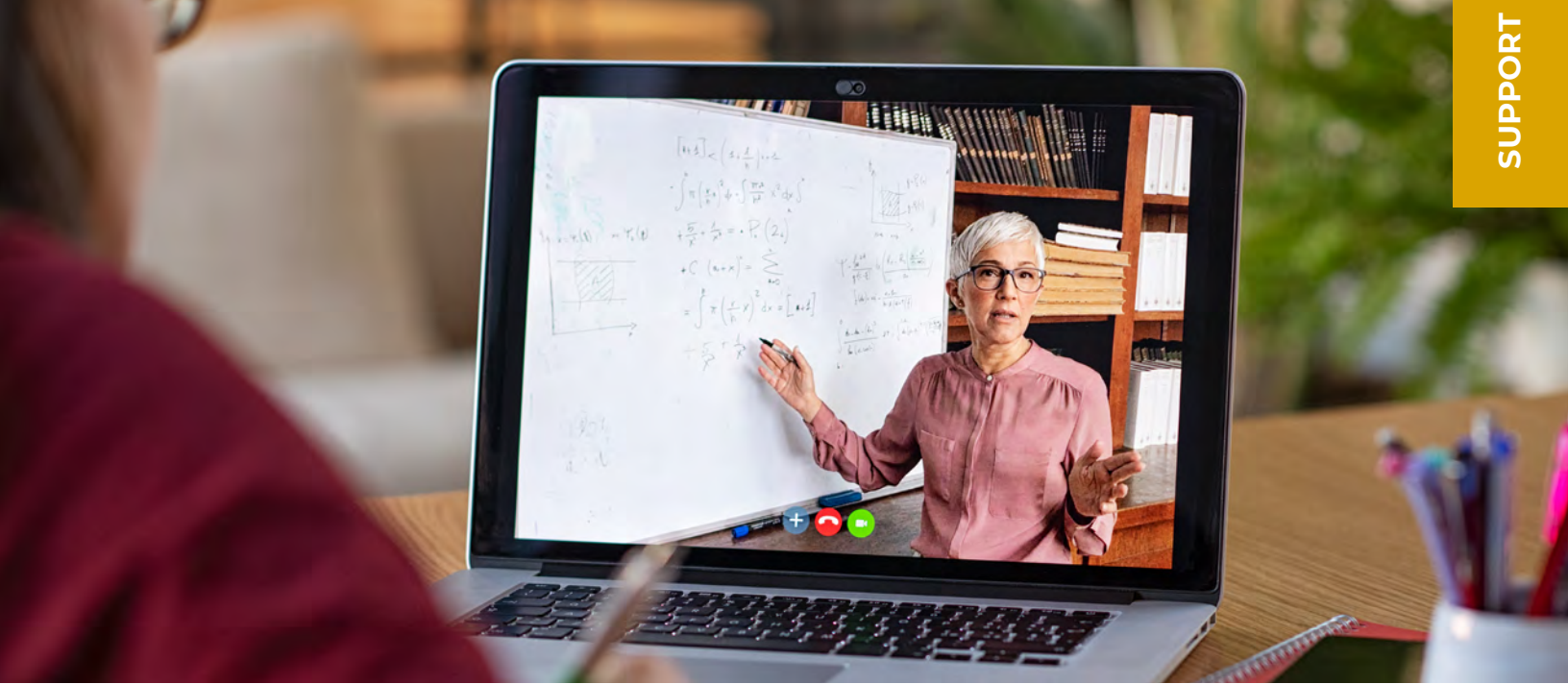
Rest assured, **there's no such thing as a perfect parent**, and you're entitled to make mistakes. Even child psychologists can find it difficult to apply this consistency to their day-to-day work! Believe me, I know all about it!

The important thing is to do your best!

SÉBASTIEN BOLDUC, B.A.A.

CO-CHAIRMAN

ACADEMY DR. NADIA GAGNIER



INTER-*regional*

Your resolution for the upcoming year? **Take a training course!**

The calendar on VotreEspace shows training courses available until May. Take advantage of the holiday season to choose the one that appeals to you most and register! They're all free when you're a member of the FFARIQ. The course on emotional security for 14-17 year-olds and the training course Pas de chicane dans ma cabane (No squabbles in my tree house) are a real success!

Keep your eyes peeled for upcoming training sessions in the Know-How module in preparation for the FA role: payment statements and tax status.

Tell Us Your Preferences

We're currently working on developing new training courses, including a face-to-face offering that will be adapted to suit each region. Is there a particular topic you'd like us to cover? Have you seen training elsewhere that you think is relevant to foster families? Share your suggestions with your regional committee. And let us know when you'd like to hold a face-to-face training session: evening, weekend, a special day during the week?

English Courses

Did you know that 86% of our trainers can offer their training in English? So don't hesitate to get together (minimum 20 people) and ask us, again via your regional committee.

Form: Better Equip Regional Committees

We are in the process of setting up Form refresher courses for each of our regional committees, so that they can lend a hand to our high-volume member services department. They will be able to assist you with any uncertainties or concerns you may have regarding the grading procedures, as well as when contesting your grading according to ministerial criteria.

Spotlight on Training Legal Aspects: Parental Authority and its Attributes



Objectifs de la capsule



Démystifier l'autorité parentale et ses attributs



Reconnaître les limites et les conséquences de l'autorité parentale



Appliquer les rôles et responsabilités des attributs parentaux

Does your foster child need emergency surgery for appendicitis? Can you legally authorize the doctor to intervene?

Does your teenager in temporary care bring you an authorization to participate in an activity with his or her school group? Do you have the right to sign it as parental authority?

You're planning to take your family to the U.S. East Coast this summer. Do you need to ask the biological parent's permission to bring your child, who is in a majority placement?

Little Gabriel, aged 4, has arrived at your home for a temporary placement. He could really use a haircut. Can you take him to your hairdresser without the biological parent's permission?

Are you obliged, as a foster family, to accept parental attributes?

As a foster family, you'll have different parental responsibilities. Our training course on this subject is available online at *VotreEspace*. It's free for FFARIQ members, and you can take it at your own pace. You'll be better equipped to make the right decision.

« *I'd like to take this opportunity to wish you a very happy holiday season. Enjoy every beautiful moment with your family!* »



JEAN-FRANÇOIS RIOUX

PROVINCIAL COORDINATOR

TRAINING MANAGER

jfrioux@ffariq.ca

ECHO FROM *the regions*

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



In case ...

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

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

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

REGION	ADMINISTRATOR	EMAIL	IDENTIFICATION
Mauricie/ Centre du Québec	Sylvain Bilodeau	sbilodeau@ffariq.ca	Sylvain Bilodeau
Côte Nord	Mélanie Gagnon	mgagnon@ffariq.ca	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	Carolle Desjardins	cdesjardins@ffariq.ca	Carolle Desjardins
Laurentides	Sophie Quenneville	squenneville@ffariq.ca	Sophie Quenneville
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 resources,

Another year is drawing to a close. On behalf of your regional committee, I'd like to take this opportunity to wish you a wonderful holiday season and a happy new year in 2024. Have a wonderful time with your family.

Regional tours

I'd also like to take this opportunity to thank all those who took part in our regional tours in June and September. As is our custom, we held meetings in 4 locations each time: Shawinigan, Trois-Rivières, Drummondville and Victoriaville. These meetings are also available virtually. So you can join us in whatever way suits you best. We hope more and more of you will join us! These meetings are important because they enable us to provide you with a wealth of information relevant to your role as a foster family, so that we can better support you.

Win a weekend at the 2024 symposium!

As evidenced by the very large turnout at our last symposium, we're delighted to offer you another opportunity to win symposium weekends at our annual regional meeting on May 24, either in person at Drummondville's Centre des congrès Le Dauphin, or virtually. Each participation in a regional tour, whether in person or virtually, entitles you to a participation coupon. In 2024, we'll be celebrating 50 years of FFARIQ. All the more reason to take part in our regional tours!

New foster families

The Mauricie-Centre-du-Québec region has welcomed **88 new foster families** since January 2023. We make a point of meeting each new foster family individually, in person or virtually, to explain your role, your power, your rights and the support that the FFARIQ can give you. We're completing our rounds of new families who have agreed to take the time to benefit from this pertinent information, particularly on the administrative side, which is often difficult to navigate. You are a new foster family and would like to meet?

If you have any questions, write to us, we're here for you: regionmauricie@ffariq.ca



The questions that nag at you the most

Some very pertinent questions often come up among our foster families, including the following:

- The contact schedule, for which responsibility lies with the institution, which must consult with the resource to determine the times of entry and exit, and before making any changes to the agreed schedule.
- Threats to your file. FTRs are sometimes blackmailed when they request a move, and told by the institution that it will close their place. Such behavior is unacceptable. Our latest collective agreement includes mechanisms for dealing with harassment, incivility, or violence. Ask that the institution's comments be sent to you in writing, so that we have the proof we need to assert your right to request a move.



Thank you for placing your trust in the FFARIQ. It's a pleasure to work with families like you, who are so involved with the children in your care.



SYLVAIN BILODEAU

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

CÔTE-NORD REGION

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

Dear families,

Already winter is upon us and another year is drawing to a close.

Your committee was delighted to prepare two Christmas activities for you. It's always a pleasure to be together to enjoy these moments, surrounded by our little ones. Their smiles show us what an invaluable asset your work with them is. It's not always easy, but seeing their little eyes light up gives us confidence in the future.



Christmas party in Sept-Îles

The party took place on November 19 in the gymnasium of the sociocultural center. Over 50 families and children attended. There were inflatable games, and each family brought a gift for Santa to give to their child. The children really enjoyed themselves. They had stars in their eyes! While the children were having fun, the parents were able to talk to each other about their reality. The party was a great success!

Christmas party in Forestville

On November 26, we gathered at the Polyvalente des Rivières gymnasium in Forestville. Nearly 25 people took part in the activity organized for children and their parents.

Inflatable games, cotton candy, snacks, and gifts for the kids. It's always a good time to get together as a family, to see the happiness in the youngsters and parents who share their open-minded reality with their peers.

Other activities take place throughout the year. Talk to other foster families in your area. It's always great to share festive moments and chat with other families who really understand our reality!

Training and tools



Once again, I'd like to take this opportunity to remind you that the FFARIQ offers various training courses and tools to support you in your day-to-day work. If you haven't yet registered, there's still time to do so on the VotreEspace platform, designed for you by the Federation.

New foster families

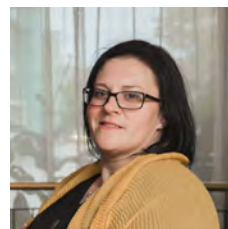
Since January 2023, the Côte-Nord region has welcomed **34 new foster families**. Meetings are held on an individual basis, mostly face-to-face and sometimes virtually, for geographical reasons. These meetings are ongoing.

If you are a new foster family and would like to meet us, please write to us to arrange a meeting. We'll be happy to explain everything FFARIQ can do to make your life easier and support you in your role as a foster family.

If you have any questions, please write to us at: mgagnon@ffariq.ca



In closing, on behalf of myself and the regional committee, I wish you a wonderful holiday season. Enjoy every moment with your little ones, your families, and your loved ones. Don't hesitate to contact us, we're here for you.



MÉLANIE GAGNON

REGIONAL PRESIDENT
CÔTE-NORD

Tel. : 418 587-0209

mgagnon@ffariq.ca

GASPÉSIE / LES ÎLES REGION

From left to right : Nancy Blais (vice-president) - Mélanie Gagnon (interim president)
Missing from the photo : Jolyane Tremblay (secretary) - Sylvie Anglehart (treasurer) - Sandra Bourdages (director)

© Crédit photo : Audet photo

To you, dear families,

Another wonderful year draws to a close as President of the beautiful Gaspésie/Les Îles region. It's always a pleasure for me to accompany and support you in your reality.

Regional tour

Meeting you in person is also a great pleasure! During our last tour in September, we had the chance to meet over 35 foster families. These meetings aren't just for socializing, they're also a great help to us in getting to know your needs better and adapting our support by informing you of your rights and responsibilities as a foster family. Together, we can make things happen.



Christmas party

We held our Christmas party on the afternoon of November 26 in Sainte-Anne-des-Monts, at the Centre laser tag. Over fifty people registered. While the older kids played laser tag, the younger ones had fun in the ball pool. Of course, Santa Claus stopped by to present each child with a gift donated by their parents.

Classification: a problem?



We received over 25 requests for classification reviews this year, which is much higher than usual.

This seems to reflect a trend seen in other regions to under-classify the duties and responsibilities of foster families, which vary depending on the child being cared for. In order to ensure proper classification, I strongly advise you to send me your classification as soon as you receive it. I'll make sure that it matches your daily duties.

New families

The Gaspésie/Les Îles region has welcomed **26 new foster families** since January 2023. We have met with them individually, virtually, and occasionally face-to-face when location permits. Unfortunately, there are still some foster families we're having trouble reaching. If you have foster families in your circle who need support, please invite them to contact us.

If you have any questions, please write to us at: mgagnon@ffariq.ca

Inform us

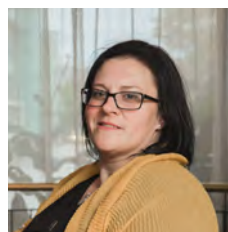
Sometimes, the landline numbers the institution gives us are not answered. We would very much appreciate it if you could provide us with your cell phone number to ensure that we are able to follow up with you. Don't forget that if you move, you also need to notify us of your new address. You can do this by sending me an e-mail or via YourSpace.

Training

To take full advantage of all the support offered by the FFARIQ, I invite you to visit VotreEspace, where a number of tools and training sessions created just for you are available to foster families. We play a vital and essential role with our little ones. Often, we have to "repair" the little ones who are greatly injured. Having the right tools is an asset.



I'd like to close by wishing you, on behalf of your regional committee and myself, an excellent holiday season. May it be sweet and pleasant for you, your little ones and all those you love. We can never thank you enough for all you do. A merry Christmas and a year of adventure in 2024!



MÉLANIE GAGNON

ACTING REGIONAL PRESIDENT

GASPÉSIE/LÉS ÎLES

Tel. : 418-587-0209

mgagnon@ffariq.ca

QUEBEC REGION

From left to right : Chantale Moreau (vice-president) – Francine Boutin (treasurer) – Christiane Robitaille (president) – Patricia Anctil (secretary)
Missing from the photo: Andrée Bouchard (regional director)

Dear resources,

Ho! Ho! Ho! Quebec! Our beautiful region from Charlevoix to Portneuf! We're proud to represent and work with exceptional foster families. That's why it's so important for us to meet you on our tours, so we can talk about your reality. A number of dates will be published soon for the 2024 meetings. Keep an eye on your mailbox or e-mail!

A first thank you

Many of you attended the 2023 symposium held at Mont-Sainte-Anne. Thank you for taking part in this great gathering, dressed in your best country kit!

Family Christmas morning

Thank you again for attending our Christmas morning at the Centre de foire de Québec on December 10. Once again, we had a great turnout, making this event a success! Over 200 people registered for Santa's visit. Seeing you as a family is important and gratifying! It's a precious moment for us, between us. Thanks to our sponsors, we were able to offer gifts to the children.

New foster families

We'd like to welcome the **86 new foster families** who have joined the FFARIQ family since the beginning of the year. We have met many of them and are in the process of meeting all of them. Are you a new foster family or do you know a new family? You can request a welcome and information meeting to find out more about FFARIQ and how we can help you get to grips with this new role. Write to us to arrange a meeting.

If you have any questions, write to us, we're here for you: regionquebec@ffariq.ca

On the front line for our foster families

We can see that your sense of belonging is growing all the time, and that makes us extremely happy! We're delighted to be able to support you. The Quebec City regional committee wants to be an important pillar for foster families, working in concert with all of you to provide the support you need. As for the team at the provincial office, in addition to looking after your rights and needs, they continue to negotiate.

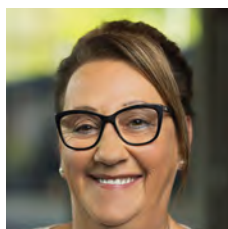


Take a moment

At a time when the hustle and bustle of daily activities can sometimes exhaust us, it's essential to remember the importance of cultivating unique and unforgettable moments as a family. Whether it's sharing a meal, playing games, making art, or going on an adventure, every moment is a precious opportunity to create lasting memories. Every moment shared, every smile exchanged, every challenge overcome together creates a chapter in the book of our lives.



As the year comes to an end, the Quebec City regional committee wishes you a wonderful holiday season and a happy 2024!



CHRISTIANE ROBITAILLE
QUEBEC REGIONAL PRESIDENT
Tel. : 418 262-4222
crobitalle@ffariq.ca

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,

Another page of history is added! That's right! Time flies. I've been your president for 4 years, and I've met foster families who are going through such difficult situations, and who can't even ask for help. Sometimes, in the middle of a storm, you can't even recognize your needs, let alone your rights. I'm here for you, to understand you, help you and look after your well-being.

Foster family meetings

We have welcomed **63 new foster families** since January 2023. The more the days go by, the more I realize how important it is to have meetings, alone or in groups. The regional committee is there to meet new families, but also those who feel the need, to accompany and support them. So don't hesitate to call on us.

If you have any questions, write to us, we're here for you: regionoutaouais@ffariq.ca

Regional tours

The tours continue. We've been in touch with several families since September, as well as holding meetings in the Gatineau region in October and in Maniwaki. In the Petite-Nation region, we met with families individually. In the coming weeks, we'll be contacting families in Pontiac.



Moving children

After discussions and meetings, I see that the questions that come up are mainly about requests for relocation: can we refuse to allow a user to return following a runaway? You shouldn't be afraid to ask for a move. You won't be prejudiced in any way. This right is enshrined in your collective agreement (point 2-2.00). If you find yourself in such a situation, don't hesitate to ask us for help.

Classification Form

Many of you have discovered that the youth center makes classifications at lower levels than they should be. You have 15 days, from receipt of your classification (or category for former families), to contest it. I can help you with this process.

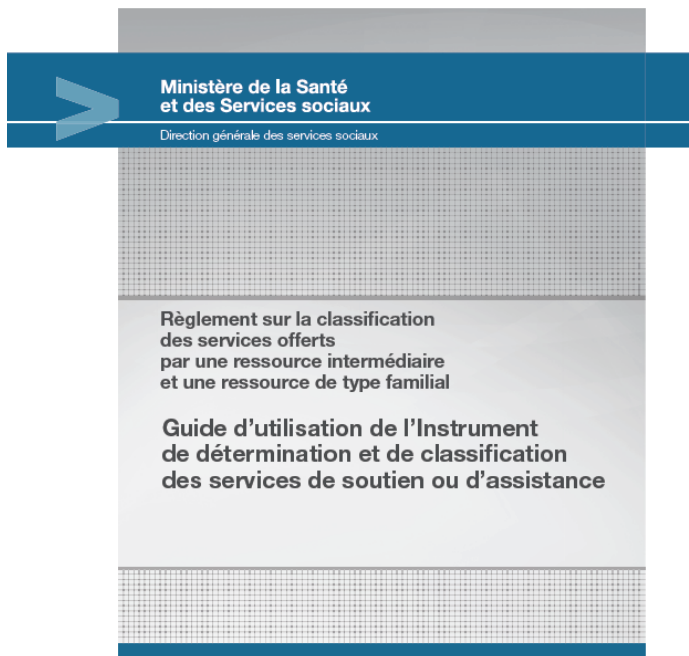
A magical Christmas moment


Christmas time! It's getting colder outside and Christmas is just around the corner. The elves and I have been working hard to make Christmas magical. Over there at the North Pole, we had a very busy schedule, making toys just for you. A total of 215 of you attended the wonderful party at Parc Moussette on December 17. A visit from Santa Claus, a mother elf singing with the children, Mrs. face painting and Mrs. balloon making. With a varied menu, crafts and games, we had a lot of fun! Thanks in part to a donation from the Ville de Gatineau, we were able to buy gifts for the foster families. The children also each received a gift.



Upcoming activities

- A training session on the classification tool (IDC) will be given shortly in collaboration with the institution. We'll let you know the dates via VotreEspace as soon as we have them.
- There will be ongoing tours of the region in various sectors. Stay tuned to your e-mail.



 ***I'd just like to conclude by thanking you for being one of our foster families. Your experience and knowledge are an asset to our foster children. It's not an easy job, but we do it with our hearts. With this determination, nothing will stop you. There's no end in sight!***

Thank you and happy holidays!



CAROLLE DESJARDINS

REGIONAL PRESIDENT
OUTAOUAIS

Tel. : 819 923-5081

cdesjardins@ffariq.ca

MONTREAL/BATSHAW REGION

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

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Hello everyone,

Time flies! Fall is already over and Christmas is just around the corner. We've had a good year at FFARIQ, and negotiations have begun and seem to be going well so far.

I'm very excited, because 2024 will bring new challenges and plenty of surprises. Remember, we'll be celebrating 50 years of the FFARIQ!

Christmas party

On December 10, we held our Christmas dinner at the Saint-Hubert in Lasalle. Several foster families attended, and we distributed gifts. We also had a visit from Mélanie Gagnon, provincial vice-president. Thanks to all the families who came out and helped make the party a success! Keep an eye out for more activities to come!

Facebook page

In fact, a great way to stay in touch with what's happening in Batshaw is to join our regional Facebook page. Spread the word to your friends! This page is there to facilitate contact between you and us. We're all in this together, and we're here to support you when you're going through something unpleasant, whether it's challenges with the children or issues with the institution.

A bilingual symposium!

As you know, we've overcome the language barrier by finally offering our conferences and meetings in English at our last symposium. It's been a tough road to find a solution that meets our needs, but we've succeeded, and I'm very proud of it!

New foster families

The Batshaw region has welcomed **34 new foster families** since January 2023. Meetings are underway. Are you a new family and would like us to meet with you to explain what FFARIQ is and how we can help you tame your new role? Contact us to arrange a meeting.

If you have any questions, write to us, we're here for you: cgauthier@ffariq.ca

Information to be sent

Have you moved? Changed your phone number? It's important to make sure that the FFARIQ provincial office has your contact information, as they regularly have important information to send you. You can make sure we have your correct contact details (address and cell phone number) by sending an e-mail to info@ffariq.ca to update your file.



I'd like to thank my committee for all their hard work. Thanks to Ross, our Vice-President, and Brenda, our Regional Treasurer, as well as Darlene, our Secretary, for their support. Without you, my job would be three times harder.

I would also like to thank the head office staff for their presence.

Kind regards,



CLAUDETTE GAUTHIER
REGIONAL PRESIDENT
BATSHAW
Tel. : 514 796-4491
cgauthier@ffariq.ca

Claudette Gauthier



LAURENTIDES REGION

From left to right : Sophie Quenneville (vice-présidente) - Chantale Dérissé (secrétaire) – Ghislaine Pelletier Robitaille (présidente)
Missing from the photo : Jean-Pierre Beaulieu (director)

Dear resources!

We live in one of Quebec's most beautiful regions, the Laurentides. You are among the people who have the privilege of welcoming these many young people with great needs with open hearts. Thank you on their behalf!

That's why we're here for you. The FFARIQ is committed to providing you with the best possible service.



Essential meetings for you

Our meetings with you are becoming increasingly enriching. Four meetings a year keep you well-informed about the services we offer and the latest developments that will help you in your role as a foster family. These are privileged moments during which we pass on to you the latest information on provincial issues, but also on changes or updates in our region.

In addition, we address topics that raise questions for you. It's also a time for us to stock up on the information we need to continue meeting your needs. During these meetings, we observe the pleasure you take in sharing with resources whose daily lives are similar to yours. Links are forged. We're counting on your valuable presence to help us become even better.

Lightning Christmas dinner

On December 8, a dinner was held at the Best Western for foster families from the greater Laurentides region. A door prize was drawn: a weekend at the symposium for a couple, including babysitter, mileage, and overnight stay. It was much appreciated!

New foster families

The Laurentians region has welcomed **116 new foster families** since January 2023. In the form of a dinner in Saint-Jérôme, we held two special meetings with new foster families, one in June and the other in October. This is a much appreciated formula, as the families' questions are enriching for the whole group. Some families come back to the meetings with the old families, motivated to assimilate all this information. We hand out the kits and explain the IDC, the expense form, how pay slips work, member services, the trajectory, the youth center's partners, and so on. These dynamic meetings and the sharing between foster families are much appreciated.

Are you a new foster family and would like a private meeting? Write to us to arrange a meeting where we'll explain what FFARIQ is and what we can do to help you get to grips with your new role.

If you have any questions, please contact us at:

squenneville@ffariq.ca ou gpelletier@ffariq.ca

To join the private regional Facebook:

[ffariq_r.15@ffariq.ca](https://www.facebook.com/ffariq_r.15)



Since the start of a new year is a time for resolutions, your Laurentian regional committee has set itself the goal of doubling the number of resources at our meetings by 2024. Help us make it happen! We'll make more juice and more coffee :-)

I wish you a 2024 filled with love, energy, and peace.



GHISLAINE PELLETIER ROBITAILLE

REGIONAL PRESIDENT
LAURENTIDES

Tél. : 450 858-3644

GPELLETIER@FFARIQ.CA

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 families,

As 2023 comes to an end, we'd like to take a moment to thank all Laval-area families for their growing participation.

Members' meeting

We took advantage of one of the meetings following the Board meetings to organize an apple picking trip. Just goes to show you can always combine business with pleasure! Your exceptional participation in this activity - there were 50 of you - was greatly appreciated. It's always a pleasure to be able to keep you properly informed on the various subjects dealt with at the provincial level, and to update you on what's happening in our region. And what a great opportunity to exchange ideas! We also had a surprise visit from our provincial president, Ms Geneviève Rioux, with her children. Fun and laughter were the order of the day.

New families

Since January 2023, the Laval region has welcomed 33 new families. It's always a pleasure to meet you, to welcome you and answer any questions you may have about the new role you're taking on.

We're always there to support our families, both new and experienced. When you're going through a situation with the institution, or if you're summoned, I can support you by meeting with you before and after your summons. So don't hesitate to ask.

If you have any questions, write to us, we're here for you: ablouin@ffariq.ca

Training

I invite you to consult your YourSpace platform to access the training calendar. Once again this year, a variety of training courses are being offered to help you in your role as a foster family. You'll find a wealth of information: interactive capsules, short courses, conferences and much more.

Symposium

What can we say about our symposium held in Mont-Sainte-Anne, where many families came for a well-deserved break. Our day included conferences that were closer to our reality, and an evening showcasing our line-dancing talents. We look forward to seeing you all next year at the symposium celebrating FFARIQ's 50th anniversary e at nearby Mont-Saint-Sauveur!



Remember, your committee is there for you.



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

Annie Blouin

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

Québec :

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

Trois-Rivières :

1350, rue Royale, bureau 300, Trois-Rivières, QC, G9A 4J4

Email: info@ffariq.ca

Website : www.ffariq.org

Fax : 418 529-0456 - Télécopieur sans frais : 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.

