

Inform' Accueil

| Volume 21 | Number 01 | March 2025



**DEFENSE,
CARING
AND SUPPORT**
in a 100 humain way!



Fédération des familles d'accueil
et ressources intermédiaires
du Québec

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A Word from our President

A Great Start to the Year!

Hello dear foster families,

We're only a few months into 2025 and a lot has happened already! Let's start by wishing each other a wonderful year ahead!

New Region: Montréal

With the arrival of Santé Québec, the rules for regional representation have changed. Montreal now forms a single region. We had two choices: give up or fight to have Montreal foster families represented by the largest foster family association in Quebec.

As a result, foster families in the Montreal region are now represented by the FFARIQ. We are proud to welcome these new members. Welcome to you all, and a huge thank you to the 50 or so people who have worked in one way or another to inform Montreal's foster families about what the FFARIQ can do for them.

We know that a change of association can be unsettling. You have questions or concerns? Contact your Montreal-Batshaw regional committee. They can answer many of your questions and get you in touch with José Dionne in Member Services.

Sweet Spring Tour!

It's sugar shack season, and I'll be delighted to join you for a great time. Hope to see you there! Check your private regional Facebook page and this Inform'Accueil for the date of the activity in your area.

Pressure Tactics

We've begun our tour of deputies to help them understand the realities on the ground for foster families. Accompanied by members of the regional committees, I brought them children's drawings and balloons to illustrate the love and stability offered by you, our dedicated families. Thank you to the members who have welcomed us here today.

Alongside these visits, we continue to make our voice heard... your voice. A TV advert is airing on the LCN and QUB news channels to reach a large number of Quebecers.



Negotiations

Despite all its efforts (37 meetings to date), your negotiating committee is still coming up against a lack of serious signals about the CPNSSS's willingness to agree with the FTRs' position on normative priorities. The FFARIQ has therefore submitted a request to the Ministry of Labour for the appointment of a mediator.

I invite you to consult the Info-nego on the FB corpo page and the Laws and regulations section of this Inform'Accueil for more details.

ARR: Court of Appeal Ruling

On February 25, the Court of Appeal overturned the Superior Court's decision on the unconstitutionality of the ARR with regard to the right of association and negotiation. In short, what this means is that, if mediation fails, arbitration will be optional. So, the CPNSSS will be able to decide and impose the terms of the collective agreement.

Poll: Your Experience Matters!

Few foster families have so far responded to the short surveys we've shared with you. One is aimed at Mixed Bank foster families and the other at FTRs. The purpose of these surveys is to find out more about the issues you face, the support you actually receive and your needs. Therefore, it's important for us to collect as many responses as possible. We'll be sending out a newsletter in April to remind you on how to take part in these surveys. Thank you for responding in large numbers!

I wish you a bright and sweet spring!

Mélanie Gagnon
Provincial President

Decoded laws and negotiations

Mediation and Arbitration: A Binding Negotiation Process for Resources

The Act respecting the representation of family-type resources and certain intermediate resources (ARR) establishes a specific framework for the negotiation of collective agreements regarding foster families. The various representative associations can negotiate with the Ministère de la Santé et des Services sociaux, but their bargaining power remains limited by a strict legal framework, particularly with regard to mediation and arbitration.

In the event of an impasse, a party may request the appointment of a mediator by the Minister of Labour. Mediation is compulsory, and the parties must actively participate. The mediator has 60 days to try to reconcile positions, with a possible extension of 30 days. If no agreement is reached, a report is published, exerting public pressure on the parties.

However, if mediation fails, arbitration is optional. Both parties must agree to it and define its limits. Legal limitations on negotiable subjects, particularly concerning the organization of services and the financial aspects of collective agreements, favour the government. This raises the question of the government's interest in accepting arbitration in the event of an impasse on negotiable matters.

What's more, pressure tactics are severely restricted. Any action that compromises services to users is prohibited, making a strike impossible. Even minor measures, such as altering meeting times, can be deemed illegal.

The FFARIQ is fully aware of the constraints imposed by the ARR and the imbalance it creates in the balance of power between the parties. While legislative changes are necessary to make negotiations more equitable, it must, in the current state of the law, deal with the limited tools at its disposal. That said, on February 27, FFARIQ asked the Minister of Labour to appoint a mediator. Regardless of the bargaining regime that governs the parties, the mediation process remains a service that may prove useful in the discussions, in order to move towards a satisfactory settlement for its members within the framework of the renewal of the collective agreement.

Your negotiating committee

Life Story



Patrick Valiquette and Jimmy Ponte-Sausa
Foster family since 2022
Currently 2 children
Type: Mixed bank
Region: Laurentides

A Frantic Pace

"We were accredited at the end of May. On June 27, I received a proposal to welcome a newborn baby due on June 30. On the 30th, the child was born. I completed my day's work to finalize my departure and, on July 1st, we went to pick up Gabriel."

While dating, Patrick and Jimmy had discussed whether or not they wanted to have a child. With the pandemic and their advancing age, they made their decision. They researched their options, given the complexities of surrogacy. They turned to the mixed banks. After an information session, they embarked on this wonderful project.

Two Dads

Being a gay couple didn't pose any obstacles. "At the initial meeting, there must have been 60 people. We were the only gay people there. We didn't feel left out. Not until the evaluation process. They asked us questions and we weren't accredited beforehand. They asked us to read a book to discuss the difference between an adopted child and a biological child. This led to a short pause of 2 or 3 months for reflection. After that, it wasn't a long process. We sent the documents in February 2021, before the evaluation process. The first evaluation meeting took place in June 2021. There was a break from February to April 2022 approximately, and then we were accredited following the final meeting in May 2022" says Patrick. They were now ready to welcome a child, ideally between the ages of 0 and 1, of any gender and preferably with no known severe disabilities. "But, as many issues are diagnosed only after the age of 3, we didn't expect the child to have none," adds Patrick.

The Great Adventure of Welcoming the 1st Child

The couple's first proposed child had no known father, and his mother had a mild intellectual disability and hearing problems. According to the couple's research, the mother's known disabilities are not necessarily hereditary. The couple agreed to welcome the child. They were told it would be a girl.

On June 30, surprise! It's a boy! Jimmy takes the day off and changes the colors of the room and the clothes. The couple is ready to welcome the newborn!

In the late morning of July 1st, Patrick and Jimmy went to the hospital to pick up Gabriel and meet his biological mother. "My first instinct was to bang on the wall of his incubator to see if he was deaf. We were aware that we might not have an instant connexion, but when we saw him, we thought "Wow! That's our baby!" A beautiful 8.6-pound baby. At the medical examination, everything was perfect."

The Importance of Being Well Surrounded

When Gabriel joined the family, Patrick had just changed jobs. Therefore, Jimmy took the parental leave. However, for the first month, they both took time off to adjust to their new life together. Visits to the birth mother and the youth center were numerous: 3 a week for the first 6 months, then 2 a week at the youth center. "It was very busy! Fortunately, our close family came to help us. My parents are very present. Once or twice a week, family and friends would come to see us and support us," says Patrick.

Visit to Birth Mother: Gabriel's Emotional Yo-yo

Between court deadlines, visits and the new routine of shortened sleep, the couple were able to devote their time to caring for Gabriel, thanks to the support of their loved ones. "After the visits, Gabriel needed a lot of attention. We couldn't put him down, he would cry. Naturally, he never slept much, but after the visits, he became more irritable," recalls Patrick. These visits were hard on Gabriel, as his biological mother couldn't console him, didn't know how to prepare the milk, and didn't provide the diaper bag. At the pediatrician's, the mother was present. She couldn't console Gabriel. During the one-year vaccinations, the caregiver let Patrick take Gabriel for his own well-being. He wanted his daddy's arms.

In April, it will be 6 months since Gabriel last saw his mother. "The visits weren't going well. So, since December 2023, I've been there. At first, Gabriel would cry. He would approach the door to get out of the room. We had to stay at least 15 minutes out of an hour-long visit. When we got home, he needed reassurance. He would hang on to us."



The mother threatens to stop seeing him, even if she asks for more frequent and longer visits. Her absence is a means of pressure to obtain these contacts. The biological mother's threats to stop visiting and her disengagement lead the youth center to reconsider the life project.

The Challenge of Daycare

Around 14 months old, Gabriel started daycare. For the first year, there were tantrums every morning. Sometimes Patrick or Jimmy had to go back and get him. Since last fall, things have been going well.

Gabriel's socialization is going really well. Sometimes he needs to be in his own corner. Otherwise, he goes to see the educator and his friends.

Sharing Roles

Although the couple are in sync on parenting values, Patrick and Jimmy have a different style for discipline. "I'm more affectionate. When Gabriel gets hurt, he comes to me. Jimmy is more authoritarian. The interventions are different, but we practice positive parenting and we don't shout at home. We give Gabriel the space he needs to learn from experience."

Gabriel is a playful, smiling child. He has a big attitude. He knows what he wants and can say it. Patrick says he's very endearing and wants to help. Even more so now that he has a little brother!

The Arrival of Guillaume

The couple's 2nd child, Guillaume, arrived when Gabriel was due for a visit. The biological mother didn't show up, so Patrick drove Gabriel back to the daycare center. At 11 a.m., the youth center offered to take in a 2-month-old boy, 13 months younger than Gabriel. At 3 p.m., Patrick went to pick up Gabriel from the day-care center and extra clothes from his parents' home. Then Guillaume came into their lives!

Gabriel had a short period of adjustment to this new arrival, which affected his mild attachment disorder. However, it didn't last long, and the role of big brother caregiver was quickly established. A well-established routine meant he wasn't too unsettled.

A Life-Changing Experience

“What has the arrival of the children brought us? EVERYTHING! They didn't sleep here last night, because yesterday I had a dinner party with friends. It's hard to be away from them for more than 24 hours. We're told to take advantage of our freedom to do whatever we want, but at the same time, we can't see our lives without them. All we have to do is look at them, and we forget everything that can sometimes be difficult. I stopped training when we had Gabriel. But now that they're grown up, I can still train. The playroom is right next to the home gym. Yes, it's a bit of a step aside, but it's so much fun! And we're still open to having a 3rd child,” concludes Patrick.

Tips from the Pros

Performance Anxiety in Children

Performance anxiety is an increasingly widespread phenomenon among young people, whether at school, in sport or in the arts activities. The sources of this anxiety are just as numerous as the effects it has on children. We demystify it for you.

What is Performance Anxiety?

Performance anxiety occurs when a young person is under intense pressure to succeed or achieve a certain level of excellence. It can occur occasionally, for example during assessment periods, or chronically. It is characterized as follows:

- Fear of failure;
- Recurring negative thoughts;
- Physical symptoms such as nausea, palpitations, dry mouth, cold sweats, sleep disorders.

The Sources

In an increasingly competitive world, there are many occasions to experience anxiety-creating pressure:

- Comparison with peers, particularly through exposure to social networks;
- Caring parents who, unaware of the impact of their expectations, can create a fear of failure;
- Demanding school environment;
- High expectations in sports or other disciplines.

The Effects

Performance anxiety can have significant impacts on emotional, social and academic life, such as:

- Low self-esteem;
- Feeling discouraged;
- Social isolation;
- Headaches;
- Digestive disorders;
- Lack of energy.

If not treated in time, this anxiety can lead to more serious disorders, such as depression or eating disorders.



What You Can Do About It

The role of parents, coaches and teachers is crucial in helping children with anxiety. First, by recognizing signs such as excessive fear of failure, unusual irritability and withdrawal from social activities. Communication is then important, creating a safe space where the child can express their concerns without fear of being judged or reprimanded. Here are a few tips:

- Value effort, perseverance and the pleasure of learning, rather than focusing on results and perfection. This helps us to understand that failure is part of the learning process and does not call into question its value.
- Reduce pressure. Expectations must be adapted to the young person's age and abilities. It's essential to create an environment where the child feels supported and not observed under a microscope.
- Promote stress management. Teaching techniques such as deep breathing or mindfulness and encouraging physical exercise can help young people better manage their emotions and reduce their anxiety levels.
- Seek professional support if necessary. If anxiety persists, or if it becomes too difficult to manage on your own, a professional can provide support.

Want to learn more? IFSSS recommends reading *10 questions sur l'anxiété de performance chez l'enfant et l'adolescent* by Nathalie Parent, published by Éditions Midi Trente (2020).

Valérie D'Aoust

Clinical Coordinator

Institut de formation en santé et services sociaux

Did You know?



The Institut universitaire Jeunes en difficulté (IUJD), in collaboration with the Équipe de recherche sur le placement et l'adoption en protection de la jeunesse (ERPAPJ), has recently published new clinical tools to support toddlers experiencing supervised visits or family reunification.

Accompanying toddlers in care requires explaining complex realities to them: why do they no longer live with their parents? What do supervised visits mean? Why do they have to leave their foster family? **Finding the right words to approach these delicate subjects is a real challenge for adults.**

Aware of this reality, IUJD and ERPAPJ researchers and caregivers have developed two clinical kits for children aged 4 to 8. Each kit includes:

- An illustrated album telling a child-friendly story;
- Activity sheets to encourage discussion;
- A guide for accompanying adults.

An experienced-based initiative

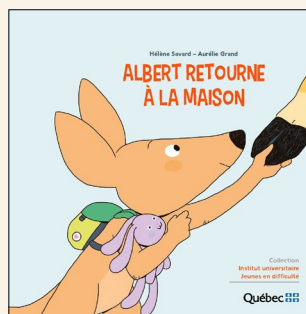
These kits were created in response to the concern of clinical teams who needed tools to address these complex realities with children. For example, one team found itself at a loss when two girls said they didn't want to return to their birth families after spending a year in foster care. Yet, for the adults involved, this reunification was good news!

"We looked for age-appropriate tools to explain and open up the discussion with them... and we couldn't find anything! That's when the idea of writing a children's story came naturally," reports Hélène Savard, Publishing Director and Head of the Montreal Implementation Department.

Thanks to the expertise of IUJD and ERPAPJ researchers, the story has been enriched with activity sheets and an accompanying guide. "We looked for studies that focused on the experience of young people in the context of family reunification and supervised visits, to ensure that the tools developed were in line with best practice. The tools were then created in close collaboration between researchers and practitioners," explains Marie-Pierre Joly, Publication Director and Project Manager at IUJD.

Two stories for a better understanding

Albert Returns Home



Albert, a young Kangaroo, has to live with the Panda family until his Kangaroo parents can look after him properly. When the big day comes and his caregiver, Madame Giraffe, takes him home, he's ready, but he's got ants in his tummy...

En Route to Your Visit



For all sorts of reasons, Silo and his friends don't live with their birth families... At first, they had a lot of questions, especially during supervised visits with their parents. It wasn't always easy! But they managed to find answers to help them understand what was going on, and tips on how to feel better before, during and after the visits.

Kits available

Foster parents wishing to use these kits can purchase them online at <https://ccsmtl-mission-universitaire.ca/fr/maison-deduction/collections/collection-institut-universitaire-jeunes-en-difficulte>

For further information, please contact marie-pierre.joly.ccsmtl@ssss.gouv.qc.ca.

Inter-regional and training

Between Commitment and Work

Being a foster family is a natural, human role. It's also a job that comes with obligations. You're taking in children who have been through a lot. They arrive with issues that we want to equip you to deal with, because we know how much you want to give them the supportive home they need.

Training: A Rewarding Opportunity!

Every year, the FFARIQ organizes free online training courses to help member foster families maintain an adequate level of skills in order to maintain and improve the quality of services. This is one of the ministerial expectations set out in the collective agreement. We choose subjects that touch your daily life and relevant trainers who are generous with tips and tricks. Unfortunately, we have a high absence rate.

We're looking for ways to help you remember your training courses, such as an e-mail reminder to put on your calendar.



Can you think of other ways? We welcome your suggestions! The unexpected is part of life. If you can't attend a training session, please let us know.

Don't forget that when you receive your training certificate, you'll need to send it to the institution for their records.

Upcoming Virtual Training Courses

April:

- Anxiety in children: understanding and intervening by IFSSS
- Better managing my emotions as an adult to help children better manage theirs by SOS Nancy
- The importance of your psychological well-being by Dr Nadia
- Adolescence and its challenges: understanding and intervening Module 2 by IFSSS
- Developing autonomy and responsibility in my child by CommeUnique
- Pas de chicane dans ma cabane by AVECtoi
- Demystifying ASD ID - Module 2 by IFSSS

May:

- Helping adolescents prepare for the transition to adulthood by Dr. Nadia
- Approach and intervention in crisis situations: behaviors and needs by IFSSS
- Supervising our teens without alienating them 12-18 years by SOS Nancy
- Oppositional behavior in children: Understanding and intervening by IFSSS
- Anxiety in children: understanding and intervening by IFSSS

This list is regularly published on regional private Facebook groups. Training courses can also be held face-to-face. You can request this from your regional committee.

VotreEspace: Registrations and More!

I would like to take advantage of the arrival of many new foster families to remind you what a user-friendly and practical tool VotreEspace.ffariq.ca is. You'll be able to sign up for training courses and find a wealth of information, such as the Savoir-être FF module, which covers insurance, payroll, the lexicon used by the network, guardianship, adoption, parental authority and its attributes, and much more. You'll also find access to your portfolio, inspirational reading, tips and tricks, activity calendars and more.

Register now. If you encounter any difficulties, please contact Karine Tremblay at ktremblay@ffariq.ca or 418 529-4734, ext. 108.

Satisfaction Survey

After your online training, you will receive a short survey by e-mail about your level of satisfaction and your training needs. Please complete it.

I wish you inspiring training sessions and a sweet spring!

Jean-François Rioux
Provincial Regions Coordinator
Training Manager
jfrioux@ffariq.ca



Christiane Robitaille
President/Administrator



Chantal Moreau
Vice-President
Marylène Laberge Giroux
Director



Francine Boutin
Treasurer
Patricia Anctil
Secretary



Québec Région

Dear foster families,



Our region is growing, and we sense a strong commitment on your part. The last few months have seen a great expansion of our region, with 37 new foster families who are or will soon be visited by a member of our regional committee. Alongside these new openings, 25 files have been closed.

Impact of the Quebec Health Act

The reorganization of Santé Québec also led to adjustments, with 11 families transferred to other regions, while we welcomed 11 new families from other sectors. As always, we are committed to supporting you, presenting our tools and inviting you to join our association.

An Activity that Made People Happy

In December, the holiday season brought us together for two special occasions. Our Christmas luncheon at La Sagamité restaurant brought together more than 75 members, providing a valuable opportunity to exchange ideas in a warm and friendly atmosphere. In addition, our big family Christmas party was a resounding success, with nearly 250 participants. It was a great opportunity to share, meet and celebrate together as families of the heart.

Sharing moments is at the heart of our priorities, and we want to **hear and exchange with you**. Your voice counts, and every interaction makes us stronger.

Dynamic Regional Committee

The Quebec City regional committee remains active and committed to you, and we continue to support foster families. You can count on our support in your essential role with the children you foster. We're here to support you, defend you and offer you solutions tailored to your needs.

Our regional president also continues to sit on the Local Committee on Concerted Action for the institution of the

Quebec City Youth Center to defend the interests of our beautiful region and find alternatives adapted to the realities on the ground.

Private Facebook

We remind you that our private Facebook group remains an excellent space for exchange and support between foster families. Asking a question, sharing an experience or asking for advice can often help several people at once!

Mark Your Calendars!

Our annual regional meeting will be held on May 30. Watch our private Facebook page for more information.

Spring Activity

Our sugar shack event took place on Sunday March 23 at Cabane à sucre Leclerc in Neuville. Two services were offered to accommodate as many families as possible. Once again, we had a great time with you!

Thank you to each and every one of you for your commitment and trust. Together, we're making our great region grow and evolve, from Charlevoix to Portneuf to Quebec City!

Christiane Robitaille

Regional President and Administrator

Quebec

Tel.: 418 262-4222

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Mélanie Gagnon
President



Roxanne Laforest-Bourgoin
Secretary

Cynthia Gagnon
Treasurer
MISSING

Côte-Nord Region

Hello dear foster families,



From Tadoussac to Kawawachikamach, via Forestville, Baie-Comeau and Sept-Îles, we're happy to be there for you!

In the last Inform'Accueil, we didn't mention the tour we made to Forestville and Sept-Îles to meet foster parents. We met eleven families.

New Foster Families

Since January, we've welcomed seven new foster families. We wish you a warm welcome! If you have any questions, give us a call and we'll be happy to guide you.

Important!

We have been informed by the institution that quality monitoring will soon resume. The purpose of these follow-ups is to ensure that the service provided to the child by all the people he or she comes into contact with is adequate: the caregiver, the foster family and the staff around the child.

Regional Tour Not to Be Missed

Mark your calendars for the regional tour. We'll be at Forestville's Danube Bleu on April 1st for lunch. We'll then visit Baie-Comeau on April 2 for lunch at Restaurant Blues. Finally, we'll be in Sept-Îles on April 2nd at 6 p.m. at the Centre socioculturel de Sept-Îles. We look forward to seeing you there!

Low Turnout

FFARIQ understands the needs of foster families. That's why we've put together a range of services adapted to your reality. However, we've noticed that, in our region, there's a low take-up of certain services that could greatly benefit you.

Training Courses: These are specifically designed to provide you with additional knowledge in a context where the children you welcome arrive with a heavy baggage. Make the most of them!

Dialogue: This free telemedicine service lets you consult a healthcare professional quickly and remotely. Whether it's for you, your biological children or the children in your care, this service is reassuring when emergencies arise.

VotreEspace: It's a veritable treasure chest! You can find everything: a library of books and games for children and for yourself, registration for online training courses, the perfect foster parent's kit, divided into modules to guide you in your role, the calendar of activities in your region and how to register for them, documentation to help you navigate the laws, glossaries, acronyms, etc. It's a user-friendly platform made especially for you.

Having trouble registering? Call us toll-free at 1-866-529-5868 and we'll help you, or contact IT support at soutien.ti@ffariq.ca

Mark Your Calendars!

Our annual regional meeting will be held on June 1, 2025 in Baie-Comeau from 9 a.m. to noon at Restaurant Blues.

Succession

Interested in getting involved with the Côte-Nord regional committee? Let us know. We need collaborators!

See you soon!

Mélanie Gagnon

Regional President and Provincial President

Côte-Nord

Tel.: 418-587-0209

mgagnon@ffariq.ca



Alain Richard
Vice-President
MISSING

Nancy Blais
President/Administrator

Jonathan Lafleur
Treasury
MISSING

Jolyane Tremblay
Secretary
MISSING

Gaspésie / les Îles-de-la-Madeleine Region

Dear foster families,



As we hope for a beautiful spring, we have some news to share with you.

Regional Committee Officials

I am pleased to inform you that our FFARIQ regional committee is now complete. It is composed of:

- Nancy Blais, President and Administrator
- Alain Richard, Vice-President
- Jonathan Lafleur, Treasurer
- Jolyane Tremblay, Secretary

Things are Happening in our Region!

In November and December, our region welcomed 7 new foster families, while 9 families closed their resource. As a result of reorganization under the Santé Québec Act, 3 foster families are now in other regions. Welcome to the new families! It will be a pleasure to meet you and listen to your needs.

Regional Tour

We held meetings on March 24, 25 and 26, following the Board of Directors' meetings. These meetings were attended by Annie Blouin, Acting Provincial Vice-President of the FFARIQ. Thank you to all the foster families who attended.

Don't Miss our Annual Regional Meeting

Your annual regional meeting will be held on May 26, 2025. We'll let you know more details via our private regional Facebook group.

We wish you a wonderful spring!

Nancy Blais

Regional President and Administrator

Gaspésie et les Îles-de-la-Madeleine

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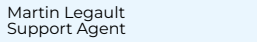
Sylvain Bilodeau
President/Administrator



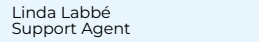
Jean-François Rioux
Vice-President



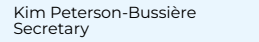
Véronique Hayes
Treasurer



Martin Legault
Support Agent



Linda Labbé
Support Agent



Kim Peterson-Bussière
Secretary



Mauricie/ Centre-du-Québec Region

Hello dear foster parents,



Since the last issue of the Inform'Accueil, we held our Christmas party in Drummondville. It was a great success, and I'd like to thank Véronique Hayes and Kim Peterson for organizing this huge event. I'd also like to thank one of our resources, Émilie Gélinas, who gave up her time to find a huge number of sponsors for the party. As a result, we were able to give gifts to the families in attendance. I'd like to take this opportunity to extend an invitation to all those who have time on their hands and would like to lend a hand with regional activities. You're always welcome!

Quebec Health Act

As a result of the changes brought about by the Act, we welcomed 16 new families from other CIUSSSs, and 5 families from our region moved to another region.

Regional Tour

As there was a raiding period throughout November 2024, the Board of Directors meeting did not take place. Therefore, there was no regional tour. However, we did hold a Board meeting on February 22, followed by a videoconference tour in March.

Annual Regional Meeting

In May, we'll be holding our annual regional meeting. Since there are no elections this year, it will be held by videoconference. You'll also have the opportunity to come to the office in person, as the meeting will be held there. We'll let you know the details later via our private regional Facebook group.

Sugar Shack

The spring sugar shack event will be held on Sunday, March 30 at 11 a.m. at Cabane Chez Ti-Père in Drummondville. Watch your private Facebook group for details.

Happy spring to you all!

Sylvain Bilodeau

Regional President and Administrator

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Annie Blouin
President



Fatiha Chilhai
Vice-President/Administrator

Mélanie Larivière
Treasurer

Natacha Étienne
Secretary



Laval Region

Hello to all our members,



As we enter 2025, we take a look back at the highlights of recent months. The Christmas party on December 14 was a great success, bringing together over 174 people. Good to see you!

Bill 15 and its Impact

Since Bill 15 came into force in December, we've welcomed many new members. As a reminder, Bill 15, also known as Quebec Health Act, aims to centralize and restructure the healthcare network, which has led to changes in our union organization. Henceforth, only one union is authorized per region, which required considerable adaptation work. As a result, FFARIQ has integrated 850 additional families in Montreal and 34 new families in Laval.

Training Courses Not to Be Missed

The year is off to a quiet start, but we're preparing training courses on attachment disorders in March and April.

Mark Your Calendars!

A great family activity is coming up: the sugar shack! We look forward to seeing you on Sunday April 13 at the Chalet des Érables sugar shack in Sainte-Anne-des-Plaines. Two services are scheduled, at 8:30 a.m. and 10:30 a.m.

Open Position

We are also looking for a secretary to join our committee. If you are interested, please contact us at ablouin@ffariq.ca.

We wish you a wonderful spring and hope to see many of you at our next meetings.

Annie Blouin

Regional President

Laval

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Claudette Gauthier
President/Administrator



Ross Wilson
Vice-President

Darlene Oliver
Secretary
MISSING



Brenda Gortler
Treasurer

Montréal/Batshaw Region

Hello dear foster families,



First of all, on behalf of myself and the regional committee, I'd like to welcome our new resources.

Impact of the Quebec Health Act

With the coming into force of the Quebec Health Act, a single union must now represent all of Montreal. We're pleased that foster families have chosen to join our association, the largest in Quebec dedicated to child foster families. Our region now represents 870 foster families. We are in the process of contacting all the foster families in the Greater Montreal area.

Foster parents from other regions represented by the FFARIQ came to lend a hand during the raiding season. Thank you all so much! It's proof that the FFARIQ is one big, strong family.

Transitional Committee

The Greater Montreal / Batshaw transitional committee until the next elections in 2026 is composed of:

- Claudette Gauthier, President and Administrator;
- Ross Wilson, Vice President;
- Darlene Olivier secretary;
- Treasurer.

Positions will be filled by resources who have expressed their desire to get involved in our Montreal / Batshaw regional committee:

- 4 liaison officer positions.

Annual Regional Meeting

Our Annual Regional Meeting (ARM) will be held on Tuesday, May 27, 2025, at 6 pm. An invitation will be sent to you with details of how to attend.

Christmas Dinner

In Batshaw, we had our Christmas dinner on December 15, 2024, at Scores. We welcomed 25 foster families. The participation of a member of the FFARIQ executive committee was appreciated.

Upcoming Activities

We're planning some great activities for next year, including a sugar shack outing. This will take place on Sunday, April 6 at 9:30 a.m. at the Chalet des érables sugar shack in Sainte-Anne-des-Plaines. The apple harvest on September 28, 2025, and the Christmas party on December 6, 2025 will of course be back this year! Invitations will be sent out in due course.

Private Facebook Groups

Our region now has two private Facebook groups: FFARIQ Montréal and FFARIQ Batshaw. We invite you to join to stay informed about upcoming activities, and to exchange and share tips with other foster families.

Votre Espace

I also invite new foster families to register on the VotreEspace. ffariq.ca platform. In addition to your file, you'll find an agenda of upcoming activities, training courses, tips and tricks, inspirational reading and more. If you encounter any difficulties in registering, please contact us at soutien.ti@ffariq.ca.

See you soon!

Claudette Gauthier

Regional President and Administrator

Montreal-Batshaw

Tel.: 514 796-4491

cgauthier@ffariq.ca



Sophie Quenneville
Interim President/Administrator



Caroline Laporte
Interim Treasurer



Jean-Pierre Beaulieu
Director



Chantal Crevier
Support Agent

Marie-Claude Guay
Interim Vice-Presidente
MISSING

Vanessa Martineau
Support Agent

Anabel Leclair-De Serres
Support Agent

Michelle Circé
Secretary



Laurentides Region

Hello dear foster families,



In December, we held our first Christmas party. Despite the short preparation time and the size of the hall available, the party was a success. We welcomed nearly 600 people in 3 blocks of hours. Nearly 320 children received gifts from Santa Claus. This major event was made possible by your regional committee, their families and the many volunteers from our foster families.

New This Spring

This spring, we're adding a new feature to our member meetings. You'll have the opportunity to choose the topics that resonate with you and get more specific information at several tables during the meetings. The aim is to go deeper into certain topics and ask questions specific to your situation. Among the topics discussed will be classification tool, refunds, passports, parental attributes, guardianship... to name but a few.

Sugar Shack - sweet treats to share

Building on the success of previous years, the 600 places for the sugar shack activity, to be held on April 5 at the Sucrerie Bonaventure in Mirabel, sold out in 3 days. To enable our resources in the Upper Laurentides to enjoy a sweet treat, we have added a day at the Érablière MS in Mont-Laurier on Sunday March 30.

Welcome to New Foster Parents

Since last January, we have welcomed 38 resources from the Montreal region. These are attached to the CISSS de Montréal, but are now represented by the FFARIQ according to the region where they live, i.e. the Laurentides.

We look forward to seeing you again, whether at the sugar shack or on our regional tours. Remember, we're here for you.

Activities in preparation

Our Annual Regional Meeting (ARM) will be held on June 4, 2025. An e-mail will be sent to you to inform you of the registration procedure.

Mark these two dates in your diary: Apples September 27, 2025 and our Christmas party on November 29, 2025. You will be invited in the preceding weeks with details of how to register.

Happy spring!

Sophie Quenneville

Interim Regional President and Administrator

Laurentides

Tel.: 514-734-1171

squenneville@ffariq.ca



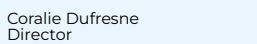
Carolle Desjardins
President



Josée Dorion
Vice-Présidente/Administratrice



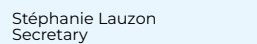
Éric Gosselin
Trésorier



Coralie Dufresne
Directrice



Line Waters
Directrice



Stéphanie Lauzon
Secrétaire



Outaouais Region

Hello dear foster families,



Winter is drawing to an end, and the maple water will soon be flowing! And it's already time to bring you news from your regional committee.

FFARIQ-OUTAOUAIS: Your Best Source of Information

The FFARIQ-OUTAOUAIS private Facebook group is the place to find a wealth of information. You can ask your questions, privately or to the whole group, talk to other foster families and find out about upcoming activities. Join the group now!

Dialogue – Telemedicine

Have you tried the Dialogue service and application? It's fast, easy and free! You have access to online consultations with healthcare professionals for personalized, quality care. If you're having trouble registering, contact us by e-mail or phone and we'll help you.

Welcome to Our New Foster Families!

Since December, we have received 34 new families, while 30 have closed, most of them proximity families. As of March 1, 2025, there were 404 foster families in our region, with a total of 683 occupied places (an increase of almost 50 over the last quarter) and 27 unoccupied.

Local Committee on Concerted Action

We had a meeting in December 2024, as well as weekly phone calls. Harmonious teamwork has been established between us and the youth center. We work as a team to respect the collective agreement and support our resources.

Regional Tour

We're preparing the next tours. We'll keep you posted on our private Facebook group and by e-mail. It's always a pleasure to meet and chat with you.

VotreEspace.ffariq.ca

If you haven't already done so, I invite you to register on our FFARIQ portal. This space has been set up for you, to offer you content exclusive to FFARIQ members. You can register and follow training courses online and sign up for any activities organized by your regional committee (ARM, Regional Tour, etc.). You can also access the documentation you need in your role as foster resource.

It's a platform worth discovering. Do you have any questions? Don't hesitate to contact us. If you have any problems registering, please write to soutien.ti@ffariq.ca

Upcoming Events

It's sugar shack season! On April 12, 2025, we'll be at Ti-Mousse in Papineauville. Our provincial president, Mélanie Gagnon, will be on hand to chat with you and answer all your questions.

ARM – Mark Your Calendars

In May, we'll be holding our annual Regional Meeting. The date and contact details will be sent to you by e-mail.

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

Your regional committee and I thank you for being among the people who will make a difference for our protégés. I would also like to thank the members of my current local committee for their unwavering support and hard work.

Carolle Desjardins

Regional President

Outaouais

Tel.: 819 923-5081

cdesjardins@ffariq.ca

ADVANTAGEOUS PARTNERS 2025-2026



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* These benefits are added to and combined with your health insurance plan. There are no enrolment fees.

*Present your membership card in an IRIS boutique!

IRIS boutiques are open by appointment only - click here to find a boutique: <https://iris.ca/fr/trouver-une-boutique>



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50% discount on online policy certificate applications. Call the FFARIQ for promo code. Visit us at <https://promo.idqc.ca>



Get 10% off shoes, boots and accessories at all **Yellow Cité** stores in Quebec on presentation of your membership card.



Valise du Prof offers a **15% discount** on all online purchases. To take advantage of the discount, please call the FFARIQ for the promo code. Visit <https://valiseduprof.com>



10% discount on everything except furniture, equipment and LEGO brand. To take advantage of the discount, please call the FFARIQ for the promo code. Visit <https://grenierdespetits.ca>



\$50 rebate on any purchase of \$500 or more. Valid in all Tanguay and Entrepôt Tanguay stores until March 7, 2026. This offer is valid at all times in the following departments: Furniture, Mattresses and Home Décor. Does not apply to previous purchases and cannot be combined with tax-paid promotions. Discount applicable before taxes. Limit one rebate per customer. PTR : 0441869. Delivery throughout the province of Quebec. Visit www.tanguay.ca



L'Atelier de Charlotte offers a **10% discount** with a minimum purchase of \$50 before taxes.

On 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.

Please note that this card must be used specifically by the foster family. The Federation is not responsible for any inconveniences that may arise with partners. Thanks to our Partners



L'atelier de Charlotte, 1111 boul. Jutras E, Victoriaville QC G6S

10% discount on regular admission for adults and children on all courses, on presentation of your privilege card. For more information on activities, visit www.valleescrete.com



The Biodiversity Museum offers a **15% discount** on individual or family entries on presentation of your FFARIQ privilege card. Visit <https://www.biodiversite.net>



Le **Strøm Spa Nordique** offers you access to an exclusive page, monthly contests, partner advantage discounts and reading material promoting balance and well-being. For your link to their partner benefits site. Please contact the FFARIQ. Visit us at <https://www.stromspa.com>



Minimo Motivation offers you **15% discount** on all online purchases! Call the FFARIQ to get your promo code. Visit <https://minimomotivation.com>



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The **Brin de folie** salon offers you a **\$100 gift certificate** for each \$500 purchase upon presentation of your membership card. MOROCCANOIL body & hair complete line retailer guylaineaylwin@hotmail.com (819) 479-9914



10% discount on first-aid kits, **10% discount** on the online youth program (Babysitter Beware and Be Alone), **15% discount** on Your Reading Your Adventure - Children's section **Forméduc** 1189 Irving Street, Quebec City, Qc G3K 1N6



Ascension Fitness offers you great promotions: We have set up a cumulative discount system, up to a maximum of **20%**, including: **5%** for registrations made directly following our open day. **5%** for each person referred, applicable to both the referrer and the referred person. **5%** for registration in a second consecutive session. **5%** for First Nations. **5%** for children from foster families. **5%** for registration in more than one course at Centre Ascension. **5%** for each additional child registered by the same family. **5%** for children enrolled in a school or educational program. **10%** for children whose parents work at the **Ascension Centre** 233 Saint-Laurent Street, Trois-Rivières



25% off FAMILIOZOO tickets (Valid from March 15 to September 1, 2025). **25% off** Complexe Atlantide tickets (Valid from June 21 to September 1, 2025) Call FFARIQ to receive your promo code. **Complexe Atlantide** 11155 QC-335 Saint-Calixte, QC J0K 1Z0



Need Help or Information?

Doubts, difficulties or disputes? FFARIQ is there for you

- General information;
- Questions relating to a difficulty;
- Administrative inquiry;
- Interventions in response to a report;
- Challenging the classification review;
- Disagreement.

Different ways to reach us

Telephone: 418 529-4734 or toll-free 1 866 529-5868
Fax: 418 529-0456
Toll-free fax: 1 866 388-8860

Quebec:

8500 Henri-Bourassa Blvd. Henri-Bourassa, Suite 265,
Québec (Québec) G1G 5X1
Entrance door #3 - 2nd floor

Trois-Rivières:

1350 Royale Street, Suite 300, Trois-Rivières, QC, G9A 4J4

E-mail: info@ffariq.ca

Website: www.ffariq.org

Corporate Facebook: www.facebook.com/FFARIQ

For FFARIQ members only

24-hour Service

Outside office hours, choose option 3. You'll be automatically redirected to the person in charge of the watch.

VotreEspace, the exclusive platform for FFARIQ members:

www.votreespace.ffariq.ca

Member services: info@ffariq.ca

Training: formations@ffariq.ca

Technical support for Dialogue, VotreEspace and Teams:

soutien.ti@ffariq.ca

Regional committees

Quebec: regionquebec@ffariq.ca

Mauricie and Centre-du-Québec: regionmcq@ffariq.ca

Batshaw: regionbatshaw@ffariq.ca

Montreal: regionmontreal@ffariq.ca

Outaouais: regionoutaouais@ffariq.ca

Gaspésie/Les Îles-de-la-Madeleine: regiongaspesie@ffariq.ca

Côte-Nord: regioncotenord@ffariq.ca

Laval: regionlaval@ffariq.ca

Laurentides: regionlaurentides@ffariq.ca

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