

Inform' Accueil

| Volume 21 | Number 02 | December 2025

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



Fédération des familles d'accueil
et ressources intermédiaires
du Québec

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A Word from our President

Dear families,



The past year has been very busy. We had the opportunity to meet on several occasions: apple picking, sugar shack, Christmas party, symposium, regional tours. I am very happy about that! You are the heart and soul of the organization, and it is essential to talk to you to find out what concerns you. You are the pulse of our organization.

To that end, in January, we will need your help to determine how we can continue to better meet your needs. You will receive a survey that will allow you to tell us what is important to you and what your needs are. It will be mailed to families who have requested to receive communications by mail. For others, you will be able to fill it out online. Thank you for sharing your opinion with us. It is really important to us.

Let's take a look back together. The results for the year are impressive!

Agreement and New Region

First of all, we have completed negotiations. It was a real obstacle course! After more than 50 meetings with the Comité patronal de négociation de la santé et des services sociaux (CPNSSS), the FFARIQ requested the appointment of a mediator on March 31, 2025. FFARIQ members accepted the mediator's proposal, and we are now waiting for the new minister, Sonia Bélanger, to sign it.

On January 21, we welcomed foster families from the Montreal area, who joined the Batshaw region. We are very happy about this!

Public Relations and Media

On the political front, I met with several members of Parliament and ministers to share with them the field reality and the concrete impact that a broken system has on foster families and children. We also denounced inconceivable situations in the media to raise public awareness of your reality.



Advertisements were also broadcast with significant impact. We thank Minister Carment for trying to do something in the turmoil of this system. He created the position of Child Welfare Commissioner. He implemented certain elements of the Laurent Commission report. However, there is still so much to be done! We hope that our voices will be heard even more.

International Influence

The actions and positions taken by the FFARIQ do not go unnoticed. In November, Chantal St-Pierre, Annie Blouin, and I welcomed a group of 15 Japanese visitors from the Shiseido Child Foundation. These professionals who work with children chose to meet with us after evaluating the reputation of various Canadian organizations. They wanted to learn about our services and the support we offer to foster families. We are proud that the work carried out over the past 51 years by our presidents and their teams has had such an impact. Our visitors appreciated our caring approach and our forward-thinking actions. This recognition of our relevance is a great way to end the year!

My Wishes for 2026

If laws and regulations were adapted to foster families, there would be fewer tragedies and fewer neglected children. We want equality for all types of foster families. We want all neglected children to be supported and foster families to receive adequate support to care for children who have experienced multiple traumas.

I wish you a very happy holiday season. Take this time to rest, spend time with your loved ones, and cook delicious meals with your family. Take good care of yourselves during this busy time.

Mélanie Gagnon
Provincial President

Event!

2025 Symposium: A Great Success!



On October 18 and 19, our symposium was held at the Delta Trois-Rivières. With the theme **Between Duty and the Heart**, this event was an opportunity to recharge, be inspired, and have fun.

Navigating Between Feelings and Obligations

From the outset, our president, Mélanie Gagnon, recognized the immense work done by foster families who, every day, must find a balance between their heartfelt vocation and the duties imposed on them by laws and regulations. A foster family opens its home and privacy to children who are suffering. It offers them warmth, comfort, and security. While mending broken hearts and frayed emotions, they ensure that they provide a place for development that is guided by the DYP framework.

More and More Children Need Us

Ms. Gagnon took the opportunity to highlight some figures from the 2024-2025 DYP Report. In one year, reports increased by 5%. This means that 6.3% of young Quebecers aged 0 to 17 were the subject of at least one report. That's huge! Of this number, 8,104 children were referred to family-type resources and proximity families. FFARIQ foster families opened their doors and hearts to 6,500 of these children. Without you, these children would not be able to live in a safe and loving family environment. You are invaluable!

A Message From the Minister

Minister Lionel Carmant was unable to attend the conference but sent a video message to foster families, which you can view on the FFARIQ website: https://votreopinion.ffariq.org/ministre_congre2025.mp4 and <https://ffariq.org/en/event>



A Wealth of Useful Tools!

The presentation by Marie-Pierre Joly, Ph.D. in Social Work, project manager at the Institut universitaire jeunes en difficulté, and Marie-Andrée Poirier, director of the School of Social Work and full professor, provided a wealth of tools to help our foster families in their daily lives.

Under the theme **Between foster family and biological family: how to support the child**, the speakers proposed a method for dealing with the challenges of the complex family environment in which foster children live. Between family

reunification, supervised visits, and foster care in general, there are many challenges for foster parents, children, and professionals.

Through bibliotherapy or reading stories to address complex or sensitive issues with children, it is possible to meet these challenges.

“Stories and activities allow us to address complex topics that could reawaken trauma without triggering alarm bells,” explained the speakers.

Two kits were presented at the conference:

- *Albert retourne à la maison* helps recognize the emotions associated with family reunification. Success, joy, sadness, grief for parents. Complex and ambiguous emotions for children who often leave without really being informed.
- *En route vers ta visite* opens the discussion on the conflicting emotions that children may experience during supervised visits: happiness at seeing their parent, fear, misunderstanding, conflict of loyalty, stress. It also allows foster parents to address the challenges and emotions that this raises, as well as the difficulty of understanding and supporting the sometimes intense reactions of children.

Practical Tips for Staying Strong

Under the theme ***When the mission demands a lot: how to stay strong***, speaker David Bernier adapted his experience to the lives of foster families. Taking in children with heavy baggage can turn your personal, professional, and family life upside down.

Drawing on the research of Dr. Richard Wiseman, he helped us understand how our perceptions can distance us from our intentions. Among other things, he suggested a method for anchoring ourselves in the present, staying focused, and eliminating stress: the 3Rs.

! Ralentir – Respirer – Relaxer (Slow down – Breathe – Relax)

Cardiac coherence is a concrete technique presented for the breathing component. It consists of inhaling for 5 seconds, holding your breath for 5 seconds, then exhaling for 5 seconds. Do this for 5 minutes a day, which is very little for at least 5 hours of well-being! The RespiRelax+ app helps you breathe better to manage stress more effectively, and it's free! Give it a try.



An Evening of Emotions and Fun

We were touched in the evening by listening to Victoria, a foster child with her parents Suzie Boyer and Laurent Thibodeau. She took to the stage to perform a song she wrote expressing what it's like for a child whose family opens their home and hearts to children who are just passing through. You can hear it on the FFARIQ website: https://votreopinion.ffariq.org/chanson_congre2025.mp4

The 1950s-themed evening was a huge success! You could easily see it in the delighted faces of the people who had donned their retro costumes. People danced the twist until the wee hours of the morning.



Great Turnout at the AGM

Held on Sunday, both online and in person, our annual general meeting was very well received. The information presented, such as the 2024-2025 Activity Report, can be viewed at [VotreEspace.ffariq.ca](https://votreEspace.ffariq.ca), exclusively for FFARIQ members.

Once again this year, we were able to spoil our foster families. Thank you to the 43 sponsors who enabled us to give gifts worth \$16,420.

See you next year in Montreal!

Decoded laws and negotiations

Santé Québec: A Challenge for Resource Representation

Since the creation of Santé Québec on December 1st, 2024, the health and social services network has been undergoing a significant period of adjustment. It is still too early to measure its concrete effects on foster families and the children entrusted to their care.

Notable Effects on FTRs

That said, for family-type resources (FTRs), the creation of Santé Québec has had notable effects on both associative representativeness and the collective bargaining process. The law provides that there be only one representative association per category of resources — for children or adults — in each health and social services region.

This new mechanism has led to significant inconsistencies between the representativeness of resources, the collective agreement applicable to them, and the professional monitoring of the children entrusted to them.

From now on, the representativeness of a resource depends on its health and social services region of residence, so that the applicable collective agreement becomes that of that region, even when the child in care belongs to another institution.

The institution responsible for the professional supervision of the child thus finds itself applying a collective agreement to the resource caring for the child that is different from the one to which it is normally bound.

To overcome this difficulty, several institutions have created additional local consultation committees so that they can apply different agreements depending on where these resources reside, sometimes up to four separate collective agreements, which has made management more cumbersome.

Approaches to the MSSS

These changes occurred in the midst of collective bargaining and the deployment of concerted pressure tactics, when the FFARIQ bargaining committee had already held more than 50 meetings. This administrative redefinition added further complexity to a framework already constrained by the Act respecting the representation of family-type resources and certain intermediate resources and the negotiation process for their group agreements (ARR).

True to its mission, the FFARIQ has twice raised the issue of the representativeness of resources by health and social services region with representatives of the Ministry of Health and Social Services (MSSS), in the hope that a solution can be found in the short term. Nevertheless, it remains vigilant and does not rule out, if necessary, bringing the issue before the appropriate authorities if the required adjustments are not made in a timely manner.

ARR: Political Representation

At the same time, it is continuing its political commitment to ensuring compliance with one of the recommendations of the Laurent Commission, which proposed evaluating the impact of the ARR on the reality of foster families and services to children—a reflection that the FFARIQ wishes to continue in favor of a more balanced negotiating framework and more stable services for children and resources.

These complementary measures aim to restore consistency to the representation framework and ensure a clearer, more stable, and fairer system for all resources and the children entrusted to them.

Your negotiating committee

Life Story

Pamella-Marie Gill
Single-parent foster family since 2022
7 children, including 2 biological and 1 adopted
Type: Family-type resource AND Proximity
foster family
Region: Laval

There is no doubt that life is very busy for this young woman who is bursting with energy, love, and plans!

“They are my children, they are my family.”

Pamella-Marie Gill is 31 years old. She always dreamed of having a big family, living on a small farm, and having animals. Part of her dream has come true. As a single-parent foster family, Pamella-Marie has 7 children at home, aged between 6 months and 15 years: two biological children (an 8-year-old girl and a 6-month-old boy), three 4-year-old girls in temporary foster care until they turn 18, one child in proximity foster care (her 15-year-old nephew), and one adopted 2-year-old child.

There is no doubt that life is very busy for this young woman who is bursting with energy, love, and plans!

An Unusual Journey

“I always wanted to have a big family. I have always been committed to protecting children. I had a daughter and was a single parent. I was ready to undergo solo insemination when, suddenly, I was asked to take in my nephew. I quickly agreed. And I thought to myself, if I'm doing this for my nephew, why not do it for other children?” says Pamella-Marie. That was in 2021. In 2022, she was officially accredited.

The single mother did not follow the same path as other foster families. She was evaluated by a psychologist before applying to become a foster parent. It must be said that her journey was slowly but surely guiding her toward this vocation. Pamella-Marie has a bachelor's degree in social work and is a member of the Order of Social Workers. She did an internship at the Montreal Youth Center and worked as a daycare educator. She also has a certificate in criminology and a college diploma in early childhood education.

The PFA to PF accreditation process took a year. Two weeks later, in August 2022, she was accredited as a FTR and welcomed her first child on October 3. A placement until majority.

Pamella-Marie and her little family moved from their 4½ to a house she rented. There, she opened an accredited home

daycare. The family grew, and the mother benefited from a few exemptions because the number of rooms was limited. During the same period, she realized her dream of having animals and opening a cattery for breeding Tonkinese-Siamese cats. “The children love cats! They are part of our family life.” In March 2025, she bought a house, and the family moved in on October 31, 2025. Finally, she closed the daycare center in September 2023, as the hours were not compatible with the various obligations related to the appointments and challenges of the children she cared for.

Ian: The Bright Child with a Dark Beginning

In 2023, Pamella-Marie received a call from the DYP. Although she was not an emergency foster family, she was asked to take in a three-day-old baby boy. She agreed, to help out. At one week old, she took him to the pediatric ward because of severe diarrhea. Ian made two more trips to the pediatric ward without the cause of the problem being found.

Over the weeks, Pamella-Marie noticed that Ian was not using his arm much. During a routine medical appointment, she mentioned this to the doctor, who referred her to a pediatrician. The diagnosis was hypotonia, or weakness of the trunk and jaw muscles. Ian was underweight because he had difficulty feeding.

Very early on, professionals entered Ian and Pamella-Marie's lives: occupational therapists, nutritionists, and physical therapists. They were very present, coming twice a week to give tips on how to get Ian to drink, enrich his milk, feed him properly, and develop his muscles, mainly on his right side. “It was a real team effort. Then, over time, the pediatrician diagnosed fetal alcohol spectrum disorder, which was later confirmed by specialists at Sainte-Justine Hospital. The prognosis was very bleak,” says Pamella-Marie.

Adopting Ian

Despite all the warnings from specialists about Ian's genetic baggage, his fetal alcoholism, and the possibility of mental and motor delays, Pamella-Marie was determined. She wanted to adopt Ian. “He's my son,” she said.



An administrative issue also complicated the process: she was not registered as a mixed bank. Regardless, Pamela-Marie did not give up. After a few weeks, she was allowed to adopt Ian. On July 16, he officially became her son and took the name Gill.

Ian is now two years old. He started walking late, at around 19 months. He is beginning to talk. He is also starting to run, even if he falls a little, and the signs of fetal alcohol syndrome are visible on his face. But he is part of a loving family that spares no effort to help him. "He's super smart, funny, and very sociable. He's happy and has a great love for life. His main strength is his determination. He could have given up on his challenges, but when he falls, he gets back up. He's determined, endearing, and affectionate," Pamela-Marie proudly describes him.

Despite a difficult start in life, Ian was lucky enough to cross paths with Pamela-Marie. She is a woman for whom having a family is as much a matter of the heart as it is of genetics.

The Many Highs and a Few Lows

"Being a foster family means being a family for life. There are ups and downs. Children have challenges. You always have to be innovative and creative to keep everyone happy and content. What I want to show the children is that, despite our difficulties, we are a family. No family is perfect, but I wouldn't go back for anything in the world!" says Pamela-Marie.

She calls the children she takes in her own children. For her, they are simply in shared custody with their biological parents. This is also the case for the extended family, particularly Pamela-Marie's mother, who comes to help the little family three times a week.

In addition to being well supported, Pamela-Marie is careful to protect her biological children. "I once had an emergency placement that lasted eight months. My daughter got along

very well with her. When she left, my daughter was very upset. So I asked to only have children in long-term placements. I don't want my daughter to suffer," she confides.

The role of a single-parent foster family is not always easy and can create tension between families. The responsibility is twofold: protecting the child while maintaining ties with our own family. This sometimes puts single-parent foster families in uncomfortable situations.

Recommendations for Those Who Want to Become Single Foster Parents

- You must not be afraid of commitment.
- Be very organized.
- Choose to devote your life to children. There are a lot of appointments, so you need to be flexible.
- Surround yourself with a good support network.
- No one is perfect. Give warmth, love, and quality time.

Bernita: the witch who gives children missions

Pamela-Marie creates a whole world by writing children's stories. Her main character, Bernita the magical witch, and her friend Mylos, a friendly skeleton, have all kinds of adventures as Christmas approaches. Flying broomsticks, a train that smells like Christmas candy and is soft enough to go anywhere, talking snow... As a bonus, she offers an inspiring creative activity at the end of each story for children ages 4 to 8!

Tips from the Pros



Financial Support for Young Children

The **DYP Youth Foundation** is delighted to partner with the FFARIQ to support its members who care for children aged 0 to 5. To this end, financial assistance has been available for several months now to directly support the needs of these young children.

The work, dedication, and commitment of foster parents to children is simply tremendous and is not sufficiently recognized. That is why the **DYP Youth Foundation** is sincerely happy to offer a helping hand to these families through the Leclerc-Racine Fund, project 0-5 years old.

These funds enable foster families to purchase the materials, equipment, and support that are essential to the situation of the child in their care and that are not covered by the government.

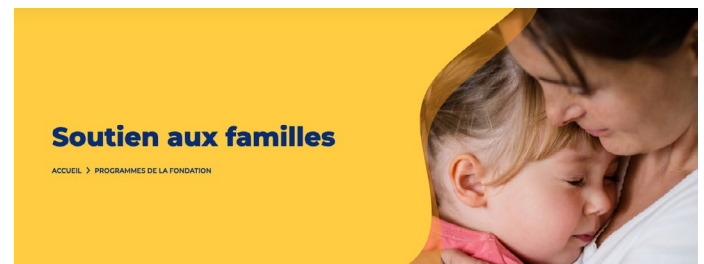
Examples of eligible expenses:

- Funding for equipment adapted to the specific needs of the child or for specialist consultations, provided that such equipment and professional services are not already covered by the government. Respite care for families could also be funded from this amount, if necessary.
- Purchase of 0-5 year old global development kits, including materials adapted to the child's needs and age. These kits will be used by practitioners and families to assess and ensure the child's cognitive, motor, language, neurological, and socio-emotional development by the family and intervention staff.
- Stimulation games, sensory objects, adapted equipment, specialized professional support, etc.

The FFARIQ has full responsibility for the funds made available to you. It is responsible for reviewing requests submitted to it in the various regions where it operates and responding to them in a spirit of fairness, efficiency, and transparency.

From April 2025 to June 2026, a maximum of \$100,000 will be made available to FFARIQ members. So don't hesitate to submit a request to your regional office. And hurry, because funds are running out fast!

To learn more about the work of the DYP Youth Foundation, visit their website: www.fondationjeunesdpj.ca



Inter-regional and training



Dear foster families,

Appreciated and increasingly popular training courses

Last March, in the latest edition of InformAccueil, we reminded you of the relevance of the training courses we organize. We are delighted to see that more of you took advantage of the training courses offered last spring.

Upcoming Training Courses

This year, from September 2025 to May 2026, FFARIQ will offer 48 customized training courses to member foster families. A diverse offering that will enrich your toolbox! The range of training courses in English continues to grow, and we are prioritizing the development of these courses so that our English-speaking foster families can benefit from them.

Several virtual training courses are coming up in the next few months. For a detailed training schedule, please write to formations@ffariq.ca

Registration, Attendance, and Certification

Registering for one or more training courses couldn't be easier! Just go to VotreEspace.ffariq.ca.

You will receive a reminder email shortly before the scheduled training date. If you are unable to attend the training, please let us know. This will allow us to give your spot to someone on the waiting list.

Finally, once you have received your training certificate, don't forget to send it to your institution.

Popular Training

Our Complex Trauma training with Delphine Collin Vézina is in high demand. We are considering a new format that would provide even more material tailored to foster families. We will keep you informed.

Reviews!

In October, we set up a survey that is sent to you when you receive your certificate. Here are some comments from participants:

"I liked the trainer's expertise and her ability to explain things in layman's terms for families who are unfamiliar with the subject." (Self-Esteem training with Nadia Garnier)

"I liked the neurological explanations and the different approaches to take." (Emotion Management in Children training with Joannie Lachance)

"A competent and lively person... dedicated (you could feel it!). Content that I believe is necessary for our vocation (working with children with challenges and needs)." (Training course Roots and Wings: Supporting the Identity Development of Children in Care with Nadia Garnier)

You have suggestions for training courses or trainers to add to our offering? Write to us!



Inter-regional and training

ONLINE TRAINING COURSES IN FRENCH

- › Supporting a teenager as they transition to adulthood
- › Overcoming sleep challenges with your child... without losing your mind
- › The calming power of routine and rituals: Creating a safe haven for your child
- › Spirit Syndrome 1: Dealing with a defiant child
- › Fostering resilience in children: Understanding needs and building on strengths
- › Supporting a child with autism spectrum disorder
- › Parent-Guide / Parent-Partner
- › Adolescence and its challenges: Understanding and intervening – M-01
- › Sensory Integration in Children: Intervention Strategies
- › Sexuality in teens: A practical guide for foster families
- › ADHD: Strategies for Calming, Organizing, and Managing Emotions
- › Screen management: Intervention and prevention strategies for the whole family
- › Body image... your power to prevent and take action
- › Nutrition and eating behaviors in children
- › Approaches and interventions in crisis situations: Behaviors and needs
- › Demystifying ASD ID – M-02
- › Roots and Wings: Supporting Identity Development in Children in Care
- › Stress without distress and academic success
- › Spirit 2 Syndrome: Crisis and Behavior Management
- › No fighting in my cabin
- › Preventing Substance Abuse Problems in Teens
- › The impact of ADHD on family life
- › Adolescence and its challenges: Understanding and intervening – M-02
- › Positive mental health... much more than just preventing mental health problems
- › Brain 101
- › Preparing for school from birth to the end of preschool
- › Adolescence and its challenges: Understanding and responding – M-03
- › Bullying... preventing and taking action as a foster parent
- › Parent leader: Becoming the head of the family pack
- › From Support to Success: Your Key Role in Your Child's Educational Journey

- › Anxiety in young people: Understanding and responding
- › Developing self-esteem (US)!
- › Aggressive behavior in children: Understanding its causes, knowing how to prevent it, and intervening
- › Sexual and gender diversity
- › Tech generation: Impact and screen management. Ages 5 and up
- › My family, my team!
- › Attention deficit disorder, with or without hyperactivity: Myth or reality
- › Bullying and encouraging assertiveness
- › Developing, nurturing, and strengthening self-esteem in children and teens
- › Helping children develop social skills

ONLINE TRAINING COURSES IN ENGLISH

- › 8 powerful strategies to thrive in your role as a parent
- › Root and wings: Supporting identity development of children in foster care
- › Tip & Trick: Interventions for children with ADHA
- › Addressing attachment as a tutor of resilience
- › Aggressive behaviours in children
- › Supporting the social and emotional development of children
- › Understanding and addressing oppositional behaviours in children

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Christiane Robitaille
Presidente/Administrator



Chantal Moreau
Vice-Présidente
Marylène Laberge Giroux
Director



Francine Boutin
Trésurière
Patricia Anctil
Secretary



Québec Region

Dear foster families,



It is with great pride that I would like to highlight the remarkable work accomplished by our committee throughout the year. Their commitment, availability, and dedication enable the FFARIQ to continue to evolve, support, and accompany families with heart and conviction. I would like to sincerely thank them for their essential contribution.

Participation in Activities: A Strong Community

I would also like to remind you how valuable the presence of resources is at our various activities. Whether at breakfasts, lunches, dinners, sugar shack outings, Christmas parties, or any other gathering, your participation creates a strong, vibrant, and supportive community. These shared moments strengthen our bonds and remind us of the importance of supporting one another.

Upcoming Activities

Mark our upcoming activities in your calendar now! Please note that the activity schedule is subject to change. Information will be provided in the weeks leading up to each activity.

DATES	ACTIVITIES
April 18, 2026	Sugar shack:
June 4, 2026	Annual regional meeting:
September 26, 2026	Apple picking outing:
December 12, 2026	Christmas party:

Our Best Wishes

During this festive season, I would like to take this opportunity to offer you my warmest wishes. Happy Holidays to each and every one of you! You are at the heart of our mission, and your role with young people is invaluable. Please know that the FFARIQ is here to accompany, support, and assist you in all projects and challenges related to the children you care for.

Thank you for being the caring force that changes lives, one day at a time



Christiane Robitaille

Regional President and Administrator

Quebec

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Mélanie Gagnon
President



Roxanne Laforest-Bourgoin
Secretary



Cynthia Gagnon
Treasurer

Côte-Nord Region

Dear families,



Christmas is just a few days away, a time when many little eyes will light up with joy at the wonderful moments spent with family.

To you, foster families who are the breath of fresh air for so many children, I hope that life rewards you for all the good you do around you. You know, supporting our little broken hearts is no easy task, but for the love and well-being of the children, you rise to the challenge with open arms and hearts.

Regional Committee

First, my best wishes go to my regional committee. Thank you for accompanying me on this adventure with our families. The last year has not been easy for tours, but we will continue to work hard to find new recruits. I wish you health, love, and many beautiful moments with your loved ones.

Regional Activities to Recharge Your Batteries and Help Each Other

A few days ago, we held a Christmas tour. It was a great pleasure to see you all. My wish for the coming year is that you will participate more in these tours. Your participation makes them more enriching, and you learn a lot. What's more, you get to meet other families who, like you, are going through many challenges that are not always easy. Give yourself the gift of taking a moment to come and meet the committee members

who support you in your lives as foster families. Whether you are a mixed foster family, a local foster family, or a family-type resource, there will always be something that the meeting will bring you.

Upcoming Event

Mark your calendars now for this upcoming event! Please note that the event schedule is subject to change. Details will be provided in the weeks leading up to the event.

DATES

June 4, 2026

EVENT

Annual Regional Meeting

**On behalf of myself and your regional committee,
I wish you a happy holiday season.**



Mélanie Gagnon

Regional President and Provincial President

Côte-Nord

Tel.: 418-587-0209

mgagnon@ffariq.ca



Alain Richard
Vice-President
MISSING

Nancy Blais
Presidente/Administrator

Jonathan Lafleur
Treasurer
MISSING

Jolyane Tremblay
Secretary
MISSING

Gaspésie / les Îles-de-la-Madeleine Region

Dear foster families,



During this holiday season, we send you our best wishes for happiness, health, and peace. May this time be filled with warmth and beautiful memories shared with your loved ones.

Regional Committee

We would like to sincerely thank the members of our regional committee for their commitment and exceptional work throughout the year. Your involvement is essential to supporting our foster families and promoting our mission.

Regional Activities: Exchange, Support, Strength

It is important to participate in regional activities. These meetings are unique opportunities to exchange ideas, support each other, and strengthen our network. They allow us to share experiences, find answers to our questions, and build an even stronger foster care community together.

Each meeting is an opportunity to build relationships and make your voice heard.

Together, we make a difference! Be there—your participation counts !

Regional Activities Calendar – 2026

Mark our upcoming activities in your calendar now! Please note that the activity schedule is subject to change. You will be notified of any changes in the weeks leading up to the activity.

DATES	ACTIVITÉS
March 9, 2026	Dinner Sainte-Anne-des-Monts
March 10, 2026	Dinner Gaspé
March 11, 2026	Breakfast Chandler
March 12, 2026	Dinner Carleton
May 11, 2026	Dinner Sainte-Anne-des-Monts
May 12, 2026	Dinner Gaspé
May 13, 2026	Breakfast Chandler
June 4, 2026	ARA Carleton
September 19, 2026	Apple Picking Activity Carleton
September 21, 2026	Dinner Sainte-Anne-des-Monts
September 22, 2026	Dinner Gaspé
September 23, 2026	Breakfast Chandler
November 30, 2026	Dinner Sainte-Anne-des-Monts
December 1, 2026	Dinner Gaspé
December 2, 2026	Lunch Chandler
December 3, 2026	Dinner Carleton

Nancy Blais

Regional President and Administrator

Gaspésie and Îles-de-la-Madeleine

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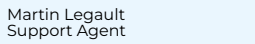
Sylvain Bilodeau
President/Administrateur



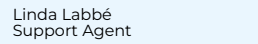
Josée Parent
Vice-President



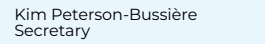
Julie Côté
Treasurer



Martin Legault
Support Agent



Linda Labbé
Support Agent



Kim Peterson-Bussière
Secretary



Mauricie/ Centre-du-Québec Region

Dear foster families,



During this season of light and human warmth, I would like to offer you, on behalf of myself and all the members of your regional committee, our most sincere wishes for a **Merry Christmas** and a **Happy New Year**.

May this holiday season be a time of comfort, sharing, and love with those who are dear to you.

Regional Committee

I would also like to express my heartfelt thanks to the members of our regional committee for their ongoing commitment, their valuable time, and their dedication to the cause of foster families. Thanks to you, our meetings and activities come to life and help strengthen the sense of belonging in our beautiful region.

Regional Activities: Building Relationships

It is essential to attend regional activities, as these moments allow us not only to build bonds between families, but also to exchange ideas, support each other, and make our voices heard. Every participation counts: it enriches our community, strengthens our solidarity, and reminds us that, collectively, we make a real difference in the lives of the children and youth we welcome.

Upcoming Event

Mark your calendars now for this upcoming event! Please note that the event schedule is subject to change. More information will be provided in the weeks leading up to the event.

DATES

EVENT

June 4, 2026	Annual Regional Meeting:
March 30, 2026	Sugar shack
October 3, 2026	Apple picking

Thank you to each and every one of you for your generosity, patience, and commitment. Together, let's make the coming year a time of collaboration and shared pride.

With my deepest gratitude and best wishes,

Sylvain Bilodeau

Regional President and Administrator

Mauricie-Centre-du-Québec.

Tel.: 819-696-8592

sbilodeau@ffariq.ca



Annie Blouin
President



Fatiha Chihai
Vice-President/Administrator

Stéphane Gagnon
Treasurer

Vanessa Charles
Secretary



Laval Region



Hello to all our foster families

I am very pleased and happy to be here during this holiday season, which is a very exciting time for us, our children, and our little ones.

First, I would like to say that we are very fortunate to welcome 15 new foster families to Laval this year. These are kind-hearted people who are eager to take on this wonderful and exciting challenge. We extend a warm welcome to you from the bottom of our hearts.

Regional Committee

I would like to welcome and thank two people who joined our committee this year: Vanessa Charles as secretary and Stéphane Gagnon as treasurer. These warm-hearted, dynamic, and dedicated individuals are also foster families.

Of course, I can't forget to mention our wonderful vice-president, whom you probably already know, Fatiha Chihai, an extraordinary person who supports and assists me at all times. Thank you, Fatiha!

As you know, in Laval, we are a small family of 155 foster families. We have a wonderful committee that is here to serve you. Please don't hesitate to contact us, whether you have a simple question or a more complex situation. We are here for you.

Activities to Strengthen Bonds

Each year, we organize three major activities aimed at creating bonds and promoting fraternization among foster families. These gatherings allow us to realize that we are not alone in facing certain situations. These activities are chosen to give you a moment and a space to vent with other foster families about the challenges and realities that are often misunderstood by those around us. We strongly encourage you to participate in large numbers.

Upcoming Activities in 2026

One of the most popular activities within the FFARIQ is the sugar shack. This year, the outing will take place on April 12, 2026, at the Chalet des Érables.

The annual regional meeting will be held on June 4, 2026.

We also have apple picking, which always takes place at the Gibouleau orchard and will be held on September 27, 2026, starting at 9 a.m.

Of course, there is our wonderful Christmas party, which will take place on December 6, 2026.

Information will be provided in the weeks leading up to the activity.

Exchange Dinners

In addition to the exciting activities listed above, we are also organizing two dinners at restaurants to meet with you. The dates for these dinners will be announced at a later date. The purpose of these dinners is to update you on the progress of the FFARIQ.

Provincial President Mélanie Gagnon will be delighted to join us at each of these events. As you know, she is very close to her members in all regions. Ms. Gagnon is the voice of us all and is more than available to answer your questions.

On that note, I would like to say a huge thank you! Thank you to all of you, dear members, for your trust and your presence. Thanks to you, in Laval, we are one big, beautiful family. Thank you also to the committee members for your commitment.

We look forward to seeing you again and continuing to serve you. We wish you all a happy holiday season, as well as good health and happiness.

Proudly, your representative,

Annie Blouin

President

Laval

Tel.: 514-292-3564

ablouin@ffariq.ca



Mathieu Bolduc
Vice-Président
MISSING

Claudette Gauthier
President/Administrator

Darlene Oliver
Secretary
MISSING

Mukarugwiza Perpétue,
Support Agent
MISSING

Montréal/Batshaw Region

Dear members,



With Christmas fast approaching, I would like to take this opportunity to wish you all a very Merry Christmas, a Happy New Year, and a very safe holiday season.

It's not easy being a foster parent. Children come to us broken, and day after day, we try to put the pieces back together. You are my heroes! Well done!

Regional Committee

I would also like to take this opportunity to thank the members of our committee for their outstanding work:

- Darlene Olivier, Secretary
- Ross Wilson, Vice-Chair
- Brenda Gortler, Treasurer
- Christine Cahill, Alternate Treasurer

Merger of Regions

Despite all the help provided and the bonds forged over the past few years, some foster families are no longer with us due to transfers. But we have been enriched by many new families.

I would like to extend a special thank you to our provincial vice president, Annie Blouin, who has given us so much of her time to bring Batshaw and Montreal together.

Past Activities

We have had many activities over the past year to get to know each other. Several activities have allowed us to introduce ourselves to the Montreal foster families and discuss a wide variety of issues in an informal setting

Upcoming Event

Mark the upcoming event in your calendar now! Please note that the event schedule is subject to change. You will be notified of any changes in the weeks leading up to the event.

DATES

June 4, 2026

EVENT

Annual Regional Meeting

Several other events will be offered in the coming year. You will be notified by email.

As I write these words, Christmas is approaching. I am very excited to meet you and your children. Many surprises are planned for this festive day.



Claudette Gauthier

Regional President and Administrator

Montreal-Batshaw

514-796-4491

cgauthier@ffariq.ca



Sophie Quenneville
Interim President/Administrator



Caroline Laporte
Interim Treasurer
Marie-Claude Guay
Interim Vice-President



Chantal Crevier
Director
Michelle Circé
Secretary

Suzie Boyer
Support Agent
MISSING



Laurentides Region

Hello dear foster families,



The holidays are fast approaching. This is the time of year when we have the privilege of seeing the stars in our children's eyes and helping them build beautiful memories. Take advantage of this well-deserved holiday break to fill up on love and sweet moments with your family.

Christmas Party

We recently held our second Christmas party. It was a great success again this year, with over 500 participants.

I would like to take this opportunity to thank all the volunteers who contributed to this success. A special thank you to the members of the Laurentians committee who work very hard and are deeply involved in all our activities. None of this would be possible without their invaluable help.

Upcoming Activities

Mark our upcoming activities in your calendar now! Please note that the activity schedule is subject to change. You will be notified of any changes in the weeks leading up to the activity.

These are special opportunities to recharge your batteries and share our experiences. Here are the dates of our upcoming meetings and activities:

DATES

ACTIVITIES

December 11, 2025	Member meeting in Saint-Jérôme
January 19, 2026	Member meeting in Mont-Laurier
April 26, 2026	Sugar shack (Sucrerie Bonaventure)
June 4, 2026	Annual regional meeting
September 19, 2026	Apple picking outing
November 28, 2026	Christmas party

Information will be provided in the weeks leading up to the activity.

Don't miss these opportunities to get together, exchange ideas, and share a good time with people who understand your reality.

We look forward to seeing you there!



Sophie Quenneville

Interim Regional President and Administrator

Laurentides

Tel.: 514-734-1171

squenneville@ffariq.ca



Carolle Desjardins
President



Josée Dorion
Vice-President/Administrator



Éric Gosselin
Treasurer

Coralie Dufresne
Director

Stéphanie Lauzon
Secretary



Outaouais Region

Dear foster families of the Outaouais region,



In the gentle silence of winter nights, when snow weaves silver carpets and the air fills with the scent of gingerbread cookies, we send you our warmest wishes. May Christmas be a wonderful tale for you, where every laugh sparkles like a star and every moment is enveloped in warmth and tenderness.

As the holidays approach, I would like to take a moment to acknowledge your exceptional commitment, kindness, patience, and dedication. Thank you for providing a warm and safe home for our children.

Thanks to your invaluable support, these young people can thrive in an environment filled with love, stability, and respect. Your role goes far beyond providing shelter: you become pillars of support, role models, and sources of hope. It takes heart, time, and boundless generosity to accomplish what you do every day.

Your generosity is like a flame that warms hearts, offering children and young people a refuge where love and stability watch over them like silent angels. Thank you for being the constellations that guide their steps in the night.

Regional Committee

I would also like to take this opportunity to acknowledge the members of your regional committee and the importance of their role. This moment of recognition is well deserved! These artisans of light have, throughout the year, spread sparks of solidarity and strength throughout our unique region.

Regional Activities: Building Connections

These gatherings are much more than events: they are opportunities to build relationships, share experiences, and feel supported by a community that shares the same values. Together, we are growing a network that shines like a thousand

stars in the holiday sky. Your presence helps build a strong and supportive community, where everyone can find a listening ear, advice, and encouragement.

Upcoming Event

Mark your calendars now for this upcoming event! Please note that the event schedule is subject to change. More information will be provided in the weeks leading up to the event.

Annual Regional Meeting: June 4, 2026

Why Participate in Regional Meetings and Tours?

Because these moments are bright spots on the winter road:

- To stay up to date on the latest news and discover services that can enrich your daily life.
- To forge bonds, exchange ideas, and never feel alone in this wonderful mission.

Because by listening to you, we know that our Outaouais region is unique... and together we can make it shine even brighter.

"Every day is a new chance to create something beautiful."

Carolle Desjardins

Regional President

Outaouais

Tel.: 819-923-5081

cdesjardins@ffariq.ca

ADVANTAGEOUS PARTNERS 2026-2027

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



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

EXCLUSIVE OFFERS FOR FFARIQ MEMBERS

Save \$250 on laser vision correction. On vision correction with Ultralasek surgery or Trans PRK.

Save \$250 on vision correction with intraocular lens implantation per eye. On vision correction with specialty intraocular lens implantation.

Save \$150 on each pair of prescription glasses, prescription sunglasses and custom-made eyewear. When purchasing frames and lenses

Save \$50 on sun protection. When you buy non-prescription sunglasses worth \$100 or more.

* 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!



FDMT <https://fdmt.ca>

Get **10% off** all online orders. Call the FFARIQ for promo code.



L'ASSEMBLEUSE <https://lassembleuse.com>

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



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YELLOW www.yellowshoes.com/fr

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



SALVATORÉ <https://salvatore.com/fr/>

Get **5% off** your online purchases. To take advantage of the discount, please call the FFARIQ for the promo code.



GRENIER DES PETITS <https://grenierdespetits.ca>

10% discount on everything except furniture, equipment and LEGO brand. To take advantage of the discount, please call the FFARIQ for the promo code.



TANGUAY www.tanguay.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 always valid 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.



LA VALLÉE SECRÈTE www.valleesecrete.com

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



MUSÉE DE LA BIODIVERSITÉ <https://www.biodiversite.net/>

The Biodiversity Museum offers a **15% discount** on individual or family entries on presentation of your FFARIQ privilege card



STROM SPA NORDIQUE <https://www.stromspa.com/>

Le Strom 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.



MINIMO MOTIVATION <https://minimomotivation.com/>

Offers you **15% discount** on all online purchases! Call the FFARIQ to get your promo code.



TOPLA! <https://topla.com/fr/>

Get **5% off** your online purchases. To take advantage of the discount, please call the FFARIQ for the promo code.

ADVANTAGEOUS PARTNERS 2026-2027



Jack le coq

JACK LE COQ <https://jacklecoq.com/>

Get **5% off** your online purchases. To take advantage of the discount, please call the FFARIQ for the promo code.



FORMÉDUC <https://www.formeduc.ca/>

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

NOS MARQUES / OUR BRANDS



ARBRASKA – THE TREKKING GROUP <https://arbraska.com/>

Allows guests to book up to 4 times (4 uses per guest). The **15% discount** will apply to a maximum of 9 items in the cart.



COMPLEXE ATLANTIDE www.complexeatlantide.com/

25% off FAMILIOZOO tickets. **25% off** Complexe Atlantide tickets (Valid only in summer) Call FFARIQ to receive your promo code.



L'atelier de Charlotte latelierdecharlotte.ca/

Offers a **10% discount** with a minimum purchase of \$50 before taxes.



iDentité Québec

IDENTITÉ QUÉBEC: <https://promo.idqc.ca>

50% discount on online policy certificate applications. Call the FFARIQ for promo code.



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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et ressources intermédiaires
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