

Inform' Accueil

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**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

Dearest families of the heart,



The year is already well underway, and in the coming weeks, I look forward to meeting with you. These moments are an incredible source of energy for me to continue working on our many initiatives and projects.

Back Pay Adjustments

The classification rates established upon signing the collective agreement have been in effect since April 1st, 2023. As a result, many foster families received a retroactive payment on February 15. If you have not received it, please notify the finance department in your region. If the issue remains unresolved, contact our office team.

Collective Agreement Presentation Tour

In March, we began a tour of our eight regions to present the collective agreement. This is an essential tool for foster families, as it outlines your rights and obligations. Chantal St-Pierre and I will be present at these meetings to explain the various points and answer your questions. Visit the FFARIQ Facebook page for the tour dates.

View the agreement at <https://ffariq.org/en/member/collective-agreement>

Survey

Thank you for participating in our survey! This year, from January 22 to February 14, many of you shared your opinions, which are essential to us. This is the 3rd survey since 2018. It will help us understand your needs so we can address them or direct you to the right resources. Your feedback regarding healthcare institutions and your expectations will help us in our interactions with them.

Santé Québec and its impacts

The creation of *Santé Québec* continues to bring its share of upheavals. The transition to the new procedures is more difficult in certain regions. If you have any questions, please do not hesitate to contact your regional committee or our team at the provincial office.

My duty is to advocate for and represent all types of foster families so that they all receive the same services. We have observed regional inconsistencies in the implementation of new policies and procedures. We intend to be part of the



solution and untangle these issues. It is by representing you effectively that we can safeguard the best interests of the children.

Farewell to a Trailblazer

Claudette Gauthier has been dedicated to the FFARIQ for many years. As president and administrator of the Montreal/Batshaw region, she has been a pioneer of change and has been there to defend, support, and guide foster families. She has also been a valuable resource for English-speaking foster families.

Thank you, Claudette, for your dedication and determination to help foster families.

Your File – Your Training – Your Activities – Your Documents – Your Tools

The FFARIQ website, specifically the [Votreespace.ffariq.org](https://votreespace.ffariq.org) section, is a wealth of information to help you in your role, including supportive training to effectively support children with multiple traumas. If you have trouble accessing the *VotreEspace* platform, give us a call. We'll help you.

A quick reminder of everything you'll find on *VotreEspace*:

- Schedule of videoconference training sessions and registration.
- FF Soft Skills Modules covering financial matters, insurance, compensation, etc.
- Tips and tricks on various topics, including puberty and sexuality, challenging children, etc.
- Upcoming events and registration.
- Useful resources regarding your relationship with the DYP, the MSSS, and the FFARIQ.
- Tools and suggestions for children and families: books, games, activities, and various materials.
- Your profile, which includes your activities, training, and personal information.

I wish you a lovely spring. Take advantage of this to play outside and enjoy some wonderful, energizing moments!

Take good care of yourselves!

Mélanie Gagnon
Provincial President

Event!

Mark your Calendars:

Regional and Provincial Elections

Here's everything you need to know about the 2026 elections. First, the regional committees for each of the eight regions represented by the FFARIQ will be contacting their members shortly. You will be invited to attend the regional meeting at a venue in your region.

To make regional meetings more accessible to families with scheduling or travel constraints, we are now offering a hybrid format. You will therefore be able to participate online.

Additionally, if you were unable to vote by mail before the regional meeting, you will be able to do so online or in person during the meeting.

Our president, Mélanie Gagnon, will address you briefly at the opening of each annual regional assembly (ARA) and share her vision for the coming year.

Positions up for election in 2026

REGION	TITLE	INCUMBENT	TERM
03 - Québec	Vice-President	Chantal Moreau	4 years (2026-2030)
	Treasurer	Francine Boutin	4 years (2026-2030)
04 - Mauricie	Vice-President	Josée Parent (acting)	4 years (2026-2030)
	Secretary	Kim Bussière-Peterson	4 years (2026-2030)
06 - Batshaw	Vice-President (Montreal)	Mathieu Bolduc	4 years (2026-2030)
	Secretary	Vacant	4 years (2026-2030)
07 - Outaouais	Vice-President	Josée Dorion (acting)	4 years (2026-2030)
	Secretary	Stéphanie Lauzon	4 years (2026-2030)
09 - Côte-Nord	Vice-President	Annie Bernatchez	4 years (2026-2030)
	Secretary	Roxanne Laforest-Bourguoin	4 years (2026-2030)
11 - Gaspésie	President	Nancy Blais (acting)	4 years (2026-2030)
	Secretary	Jolyane Tremblay	4 years (2026-2030)
13 - Laval	President	Annie Blouin	4 years (2026-2030)
	Secretary	Vanessa Charles (acting)	4 years (2026-2030)
15 - Laurentides	President	Sophie Quenneville (acting)	4 years (2026-2030)
	Treasurer	Caroline Laporte (acting)	4 years (2026-2030)



Provincial Election

This year, the Annual General Meeting (AGM) will be held on Sunday, October 18, 2026, during the weekend of our annual symposium.

The Annual General Meeting will be held in person and via videoconference to allow more people to attend and vote in the provincial election. Whether in person or virtually, each

member must register according to the procedures that will be communicated in the notice of meeting.

The Annual General Meeting will bring us all together, no matter where you live.

Positions up for election in 2026

TITLE	INCUMBENT	TERM
Vice-President	Annie Blouin (acting)	4 years (2026-2030)
Treasurer	Carolle Desjardins (acting)	4 years (2026-2030)

Reminder

Regional and Provincial Elections

ELECTION PROCESS STEPS	REGIONAL DEADLINE	PROVINCIAL DEADLINE
Submission and nomination period	April 1st to April 29, 2026, 4:00 p.m.	April 1st to August 30, 2026, 4:00 p.m.
Voting period	From May 6 to May 16, 2026, 4:00 p.m.	From September 16 to September 30, 2026, 4:00 p.m.
Deadline for receipt of mail-in and online votes	May 16, 2026, at 4:00 p.m.	September 30, 2026, at 4:00 p.m.
Annual meetings, voting, and ballot counting by scrutineers.	June 4, 2026	October 18, 2026
Those attending the ARA and the AGM will be able to vote at that time, both in person and online.		

Decoded Laws And Regulations

Reporting, Administrative Investigation, and Continuation of Placement

When a foster family is the subject of a report, there are two distinct but complementary administrative processes, as well as a component regarding the child's continued placement or relocation. These mechanisms operate independently but may interact. The FFARIQ can assist you only in certain situations. Let's demystify all of this together.

The starting point is the report filed under the Youth Protection Act (YPA). This intervention is aimed exclusively at protecting the child. The DYP conducts the assessment and may impose immediate measures, including the removal of the child from their living environment.

Assessment of the Report by the DYP

As a foster family, you must cooperate with the assessment, even if the allegations concern you, while exercising caution if there is a risk of a criminal investigation or prosecution. You may have someone accompany you, and in some cases, the DYP will allow this to be a representative from the FFARIQ. However, this representative will not be able to provide you with legal advice. We recommend that you consult a private-practice lawyer, particularly in a criminal context.

Administrative Investigation by the Institution

When the facts reported to the DYP raise questions regarding the foster parent's compliance with contractual obligations to the institution, the institution has 90 days after becoming aware of the facts to initiate an administrative investigation independent of the one conducted by the DYP. This investigation aims to assess the quality of services and determine whether administrative measures are warranted. This must be conducted in a formal and fair manner for the foster family: clarity regarding the allegations, reasonable access to relevant information, and the opportunity to present their version of the facts. The foster family may be accompanied by a representative from the FFARIQ, but this representative may not provide legal advice.

Retention or Placement of the Child

In principle, the foster family must be consulted before a child is transferred. If the case goes to court, they must be notified and may present their observations to the court. This situation is not covered by the collective agreement. Therefore, only a private lawyer can represent you. The child's best interests, particularly their stability, guide the court's decisions. If the court decides to keep the child in their current environment, any decision affecting the contractual relationship between the foster family and the institution must be made with strict consideration of this reality.

Éric Martineau, Attorney at Law

Life Story



Josée Lajeunesse and Stéphane Slight
9 children: 3 biological, 2 PF, and 4 FTR
and Emergency foster family for 26 years
Region: Laurentides

P.S. The names of the children and the birth mother have been changed to protect their privacy.

Children are the best thing in the world!”



It was a twist of fate that led Josée Lajeunesse and Stéphane Slight to become a foster family. Josée already had three children from a previous marriage. At age 26, she met Stéphane, who moved in with her and her children. This family life was enough for him; he didn't want to have a baby.

Then, one day, Josée's mother told her about one of her cousins, Marie-Claude. Josée wasn't close to this cousin, but her mother saw her regularly and told her that Marie-Claude was having a hard time adjusting to the arrival of her second child, a girl. So Josée offered to take little Marion into her home for a few days so the mother could rest. After a week, she had to call Marie-Claude to find out when she wanted her daughter back. Marie-Claude told her that the DYP was calling her constantly. So Josée went with her to meet the DYP social worker, and it was agreed that she would keep Marion for a 30-day placement, which was extended for another 30 days, and then for a permanent placement with supervised visits from the biological mother. Josée and Stéphane were now a proximity foster family (PF).

For Stéphane, who didn't want a baby, Marion's arrival was a revelation. "He was very happy because Marion was becoming his little girl. It was love at first sight; she was like the love of his life, his reason for living. He loved my three children, but he had never had a newborn, and he realized what it meant to give her all his love, to be able to raise her," recalls Josée.

Five years later, Marie-Claude became pregnant again. "She asked me if I would agree to take in her new child. I said yes. On the day I was supposed to bring Marie-Pier home from the hospital—a Saturday—the social worker refused. She wasn't aware of the case, and my cousin had changed her mind. We were worried because my cousin was disorganized. The social worker told me, 'But, ma'am, this child isn't yours.' On Monday, I called the caseworker back to tell her I wanted to pick up Marie-Pier. The hospital staff asked me if I was capable of caring for a newborn. I offered to give her a bath. That reassured them," says Josée.

Emergency Foster Family

After Marion arrived, Josée and Stéphane began taking in children in emergency foster care. "I did that for 9 years, until my husband was diagnosed with bone marrow cancer at age 36. That's when we stopped. He had two bone marrow transplants and chemotherapy treatments. The doctors gave

him three years; it's been 18 years now. We took in little ones, including a young Indigenous girl who stayed with us for seven months," recalls Josée. The family then began taking in emergency foster children again. In total, they opened their doors for 26 years to little ones, whether for a night or a few weeks. "When a young person arrived, we'd go to the store to buy new clothes and shoes. I was poor when I was young. I know what it means for a child to have new clothes. I'd also cook their favorite meal and sometimes desserts, even if they were only there for a few days. I tell myself that at least they had some happiness."

It doesn't take much to make a child happy. It just takes being there, showing love, and playing with them. You can't give up. As a parent, you have to be very resilient."

Being a PF 30 Years Ago vs. Today

When Josée and Stéphane took in Marion, they were, of course, evaluated by the DYP. "We weren't rich. We were renting a floor of a house. We couldn't afford to buy new clothes back then. At first, Marion's mom would bring me milk and diapers. I wasn't doing this for the money. Eventually, we received \$20 a day. Back then, they called it a specialized foster family. I also had an amazing social worker. She was amazed to see how things were going at our house. My biological children were in love with the two girls. All the children here are part of the family."

Emergency Foster Family

After that, becoming an emergency foster family happened quickly. "They didn't ask me if I had room; they asked me if I wanted to take in a little girl. It's not like today, where you need a bedroom. Back then, if we had a playpen for her to sleep in, that was fine."

Guardianship

Josée has noticed that, increasingly, the DYP is seeking to have foster families become the legal guardians of the children they take in until they reach the age of majority, which can be a good thing for some children. The problem with this arrangement is that the DYP absolves itself of



all responsibility toward the child, particularly regarding support from psychologists and other professionals, as well as relations with the biological family. If the biological family changes its mind, the foster family must then handle the situation on its own and at its own expense.

Frédéric, the First Child Placed in FTR

Once Stéphane had recovered, the couple took in four children under the FTR program. The first to arrive under their roof was Frédéric. Josée was his 5th foster family. “It was a very difficult case. I didn’t get much help from the youth center... in fact, zero help. He came from a family of five children who were living in conditions akin to a motel. There was no responsible adult; the children fought among themselves. The adults spat on them. Frédéric didn’t speak; he hadn’t received any positive stimulation... a bit like a little wild animal. Two weeks later, his brother Christophe arrived at the house. He was 15 months old.”

Frédéric didn’t fall asleep until 11 p.m., sometimes midnight. He screamed every night. He spat on Josée and Stéphane, and it made him laugh. The couple had to put up a fence, screw down the baseboard to stop Frédéric from pulling it up, remove the desks from the bedroom, and lock the closet so he wouldn’t pull all the clothes out. The little boy would pee on the bench, scratch the paint off the walls, poop on his stuffed animal, and wrap it up.

“At that point, I spoke to the social worker, who told me it wasn’t that serious! So I searched everywhere until I found a specialized home for children with ADHD. That organization really helped me a lot. These children have been through a lot of trauma. We don’t know everything they’ve been through,” says Josée.

Josée spent an entire year sleeping only 4 to 5 hours a night. Until the day the social workers told her she could give melatonin to the children, who were 3 and 4 years old. “It was a miracle! The children slept like babies. What a joy!”

The Family Today

Today, Josée’s biological children are 37, 35, and 33 years old. Marion is 30 and has just completed a bachelor’s degree in criminology after studying and working for a few years in agriculture. She wants to work to help Indigenous people achieve a better quality of life. She will begin her master’s degree soon. Marie-Pier is 25. She is pursuing a bachelor’s degree in social work. Very talented, she always gets A’s on her exams. Thanks to the recognition of their Indigenous status, Marion and Marie-Pier receive scholarships for their studies.

At the Lajeunesse-Slight household, family meals are lively. Eighteen of them regularly gather around the table, where biological children, grandchildren, and foster children come together with joy and a strong sense of camaraderie. Respect has always been an important value.

“Our marriage is our foundation. We’ve been together for 33 years. We have a great bond. I’m the disciplinarian, and Stéphane is the doting dad! Since his cancer, he’s been considered permanently disabled. He helps me around the house and takes me shopping at Costco to take my mind off things when things get tough. We’re a great team!”

Tips from the Pros

The bond of attachment: Understanding to Better Support

By Nadia Gagnier, Ph.D
Psychologist

Attachment can be defined as the emotional bond that develops between a child and their parents, based on the quality and reliability of the basic care provided, as well as the response to the child's emotional needs: eye contact, hugs, and expressions of affection.

The critical period for establishing a strong bond is between 0 and 18 months, but this bond continues to develop throughout life. A secure attachment helps the child explore their environment with confidence, better regulate their emotions, and develop self-esteem.

It is also this bond that will lay the foundation for their future understanding of interpersonal relationships: "Can I trust others? Am I worthy of support and love?"

When attachment is compromised

Several situations can compromise the development of a secure attachment:

- Premature birth or health issues requiring hospitalization, delaying the time when parents can provide care in a calm and loving environment.
- Parents who struggle to meet their child's basic needs (for example, physical or mental health issues, substance abuse, domestic violence, poverty, isolation).
- Parents who have not developed a secure attachment with their own parents... because it is difficult to offer what one has not received oneself.

Such situations can have negative consequences for the child, who may subsequently suffer from social, emotional, behavioral, and learning problems.

Repair is Possible

Fortunately, if the child's living situation improves, the attachment bond can be repaired, and the child can gradually develop a sense of security. The younger the child, the easier it will be for them to trust again, but even older children can make progress.



Strategies for Foster Families

For foster parents, supporting a child experiencing attachment difficulties is a major challenge. It requires having strong self-esteem, staying calm, and being reliable and loving... and, of course, it demands a great deal of patience and kindness. Here are some effective strategies:

- Create a calm, tension-free environment.
- Establish reassuring routines and a great deal of stability.
- Encourage positive, brief, and frequent interactions with the child, especially when they are receptive.
- Offer a listening ear and support whenever they express a need for it.
- Validate their emotions, even those that trigger disruptive behaviors.
- Show the child that you accept them just as they are.
- Stay informed, equip yourself with resources, and recharge regularly.

A Message of Hope

Foster families, your role is deeply human and demanding... but it is essential, and your impact is real. Every act of kindness, every moment of stability you provide helps gently heal the wounds of the past. Even if progress sometimes seems slow or imperceptible, know that your constant, loving presence plants seeds of trust in these children's hearts.

The young people entrusted to your care often possess an innate capacity for resilience. With your patience, your unconditional love, and your commitment, they can not only heal but also thrive and develop healthy relationships for the rest of their lives.

You are much more than a foster family: you are agents of change, builders of hope! Thanks to your small daily gestures, every child you support can become living proof that human warmth and kindness can help overcome many of the challenges caused by a difficult start in life.

... and that is a credit to you!

Nadia Gagnier, Ph.D
Psychologist



Reflec tion

How Foster Families Ensure Children's Rights are Upheld



I'd like to share some **thoughts on the role of foster families**, based on children's rights. When you really think about it, without children, foster families wouldn't exist. Children are the focus of your mission. They are your very essence.

The Youth Protection Act stipulates that every decision made on behalf of a child must be made with respect for the child's rights and best interests.

Ultimately, what truly gives meaning to a right is the ability to exercise it. Recognizing rights without the means to exercise them is like planting a tree without water or soil. The right is proclaimed, but it can neither take root nor bear fruit.

Children have the same rights as adults and benefit from additional legal protections. Despite all their rights, children remain dependent on those who have the means to ensure they are upheld. A child's right that cannot be exercised remains symbolic and is worthless.

While some view foster families as organizations, self-employed workers, or care providers, in light of children's rights, you are rather the means, the vehicle that makes the respect for their rights possible.

Without your care and your family, children would not benefit from their right to protection, safety, and attention.

Without your help in scheduling their appointments and providing transportation, children would not be able to access their right to social services and healthcare. How could they access speech therapy, pediatrics, child psychiatry, and neurology without you?

Without your kindness, how could they maintain connections with the people who matter most to them?

Without all those hours spent teaching them to read, write, count, walk, talk, and manage their emotions, there would be no evidence or witness to their daily lives. You are a goldmine of information that allows us, the children's advocates, to assert their rights.

Without you, these children do not exist.

Your care saves lives.

Your commitment protects.

Your steadfastness provides stability.

You are an anchor for the exercise of children's rights.

It's not just about housing, clients, resources, circulars, or guidelines. You put children's rights into practice. Thanks to you, their rights cease to be theoretical. They exist.

When you really think about it, without foster families, children's rights cannot be realized.

Mylène Leblanc L.

Leblanc Attorney



Did You know?



Complex Trauma: Providing Safety to Break Down the Armor

That's just how nature works: whether in the animal or human world, when danger arises, coping mechanisms kick in to protect us. These survival mechanisms manifest themselves in various behaviors, ranging from outbursts of anger to apathy and even flight.

Last January, the University Institute for Youth in Crisis hosted an online lecture by Dr. Delphine Collin-Vézina on trauma titled *Surviving the Impossible: The Many Faces of Traumatic Coping in Youth*.

Dr. Delphine Collin-Vézina, PhD, is the director of the Centre for Research on Children and Families at McGill University, a clinical psychologist, and a full professor at McGill University's School of Social Work. Last January, she presented an online lecture on complex trauma.

Here is a summary of her presentation.

What is complex trauma?

Complex traumas are life experiences that are deeply ingrained in the lives of the children in your care. These experiences impair the child's functioning across multiple areas of their life.

Complex trauma is characterized by its chronic nature. It is often inflicted by a caregiver who betrays the fundamental bond of trust the child had in them. Repeated neglect and physical violence, sexual or physical abuse, chronic exposure to violence or family dysfunction, repeated placements, or major family instability are situations that give rise to this type of trauma.

The 7 Survival Strategies for Coping with Danger

A child who has been exposed to this type of event has had to develop strategies to cope with danger. These strategies are adaptive, meaning they have enabled the child to survive and grow up in a dangerous, even hostile, environment. In this context, the child has developed certain survival strategies to cope with situations they perceive as dangerous, stressful, or threatening.

They can be grouped into seven categories:

- **Fighting** to confront the danger and attempt to control it, which can lead to behaviors such as anger, defiance, control, aggression, and intimidation.
- **Flight** to escape danger at all costs, which can lead to avoidance, restlessness, anxiety, and difficulty settling down.
- **Freezing** to disconnect from reality when fleeing or fighting is impossible, which can lead to behaviors such as zoning out, dissociation, apathy, and emotional detachment.
- **Submission** to appease danger through docility, to buy peace. This manifests as an excessive need to please, dependency, and self-effacement.
- **Collapse**, that is, resignation after the failure of other strategies. The child may not move, not speak, experience sensory blurring, or feel despair.
- **Freezing** in the face of an extreme threat. The child then feels internal panic, intense fear, and remains motionless.
- **Fainting** to completely disconnect from the body. This is the ultimate strategy, manifesting as a loss of consciousness or extreme dissociation.

Changing our perspective to intervene more effectively

By putting on our glasses that allow us to see the complex traumas hidden behind the coping strategies used for survival, we can implement appropriate interventions that will create a sense of safety for the child. This way, they can let down their defenses and, with your help, will gradually develop better-suited strategies to cope with situations they perceive as stressful or threatening.

Healing doesn't mean the wound never existed. Healing means the wound no longer controls us."

You can watch the conference on complex trauma, "Surviving the Impossible: The Many Faces of Traumatic Adaptation in Youth," presented by the Institut universitaire Jeunes en difficulté, and access resources by visiting the following link: <https://share.google/qmJxXjNvIDpqzGkWA>

Inter-regional and training

Your Upcoming Training Sessions

- Do you have teenagers at home and wonder how to broach topics like sexuality, gender identity, and substance use?
- Are you unsure how to manage your children's screen time?
- Are you dealing with your child's tantrums?

Several highly relevant training sessions for your role as a foster family are coming up before summer break. Led by professionals, these sessions are packed with tips and tricks to expand your toolkit.



Sign up now! It's free!

You can view the detailed schedule of upcoming online training sessions and register by logging in to VotreEspace.ffariq.ca

ONLINE TRAINING IN FRENCH

- Parent Leader – Becoming a Family Leader with SOS Nancy
- From Support to Success – Your Key Role in Your Child's Educational Journey by Dr. Nadia
- Preventing Substance Use Problems in Teens by Dr. Nadia
- Anxiety in Youth: Understanding and Intervening by IFSSS
- Building Self-Esteem (US!) by CommeUnique
- Positive mental health... much more than just preventing mental health issues by Dr. Nadia
- The Soothing Power of Routine and Rituals: Creating a Safe Haven for Your Child by Dr. Nadia
- Fostering Resilience in Children: Understanding Needs and Building on Strengths by IFSSS
- Aggressive Behaviors in Children: Understanding Their Causes, Knowing How to Prevent Them, and Intervening by Dr. Nadia
- Sexual and Gender Diversity by Dr. Nadia
- Tech Generation: Impact and Screen Management, Ages 5 and Up by SOS Nancy
- Sensory Integration in Children: Intervention Strategies by IFSSS
- Roots and Wings: Supporting the identity development of children in foster care by Dr. Nadia
- ADHD: Strategies for Calming, Organization, and Emotional Management by IFSSS
- Screen Time Management: Intervention and Prevention Strategies for the Whole Family by IFSSS

- My Family, My Team! by Anouk Berthiaume of CommeUnique
- Attention-Deficit/Hyperactivity Disorder: Myth or Reality by Dr. Nadia
- Teenage sexuality: A practical guide for foster families by Dr. Nadia
- Bullying and Encouraging Assertiveness by SOS Nancy
- Developing, Nurturing, and Strengthening Self-Esteem in Children and Adolescents by Dr. Nadia
- Helping Children Develop Social Skills by SOS Nancy

What Foster Families Think

"The trainer is knowledgeable and explains things clearly."
(Training on Aggressive Behaviors with Dr. Nadia Garnier)

"Wow! I loved the topic. It's so important to learn more about trauma and these children who all react differently. I loved the examples and tools provided."

(Training: The Heavy Burden of Children and Teens in Foster Care with Delphine Collin-Vézina)

Everything was explained very clearly and within the specific context of foster families."

(Training: Positive Mental Health with Dr. Nadia Gagné)

Great training sessions and have a great summer!

Jean-François Rioux

Provincial Regional Coordinator

Training Manager

jfrioux@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 Ultralase 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>

Yellow

À VOS PIEDS DEPUIS 1916



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

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.

ADVANTAGEOUS PARTNERS 2026-2027



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>

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

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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 9. 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

Here

for you
and your
children



Fédération des familles d'accueil
et ressources intermédiaires
du Québec

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