



F.a.c.e.s.
Foster a Child to Excel in Society

The FACES Foster care awareness campaign

May 2021

Support & Resources

What if a public awareness campaign changed the foster care narrative from hopeless to hopeful, and from worthless to worth it?

All Parents start out wanting their children to grow up in a world that respects their past, honors their life journey, and believes in their future. Children deserve to be valued in their communities. Our society needs to learn how to embrace children who were previously or presently marginalized.

By bringing awareness to the dire situation that is the foster care system, there are current support, documents and resources that prospective and current foster families may refer to with the goal to bring help and love to these children.



admin@fosterchildtoexcel.org



Help and resources in the event of sexual assault¹



Provincial Helpline for Victims of Sexual Assault 1 888 933-9007

Emergency 9-1-1

Sexual assault is an act of abuse that subjects a person to one's own sexual desires without having obtained that person's prior consent.

In some situations, although the perpetrator claims to have obtained their victim's consent, there is nevertheless a case of sexual assault. For instance:

- if the person did not give their consent at the time
- if the person is a minor (see "legal age of consent")
- if the person is under the influence of alcohol, drugs or medication
- if the person is taken by surprise
- if the person feels frightened

Certainly, sexual assault can be committed through physical contact but, contrary to popular belief, it can also be committed without physical contact. For example, when a person exposes their genitals to another person or they masturbate in front of another person without that person's consent, this is considered sexual assault. However, for a sexual assault to be deemed a criminal act, it must involve the following elements:

- use of force against a person
- presence of sexual context (as opposed to aggravated or armed assault, or common assault, etc.)
- absence of the person's consent

Note that there is no typical profile for victims of sexual assault. Women and children are more likely to experience assault, but men can also be victims.



organizations that help victims of sexual assault²

Some community organizations also provide psychosocial support to victims of sexual assault. These organizations are there to:

- Provide information about what resources are available
- Help you overcome the consequences of a recent or past sexual assault and help you regain control over your life
- Support you in your medical or legal efforts or in any other efforts you wish to undertake

01 – BAS-SAINT-LAURENT

[CALACS Rimouski](#)

Phone: 418 725-4220

Email: calacsri@globetrotter.qc.ca

02 – SAGUENAY-LAC-SAINT-JEAN

[CALACS Entre Elles](#)

Phone: 418 275-1004 or Toll-free: 1 866 666-1004

Email: calacsentreelles@bellnet.ca

[Maison ISA](#)

Phone: 418 545-6444

Email: maisonisa@bellnet.ca

03 – CAPITALE-NATIONALE

[CALACS de Charlevoix](#)

Phone: 418 665-2999

Email: calacscharlevoix@videotron.ca

[Viol Secours](#)

Phone: 418 522-2120

Email: info@violsecours.com

04 – MAURICIE-ET-CENTRE-DU-QUÉBEC

[CALACS Entraid'Action – Shawinigan](#)

Phone: 819 538-4554

Email: info@calacs-entraide.ca



CALACS Trois-Rivières

Phone: 819 373-1232

Email: calacs@cgocable.ca

CALACS Unies-Vers-Elles de Victoriaville

Phone: 819 751-0755

Email: calacsvicto@cdcbf.qc.ca

[CALACS La Passerelle de Drummondville](#)

Phone: 819 478-3353

Email: info@calacs-lapasserelle.org

[Emphase Mauricie Centre-du-Québec](#)

Phone: 819 519-4273 or Toll-free: 1 855 519-4273

Email: info@emphasemcq.org

05 – ESTRIE

[CALACS Estrie](#)

Phone: 819 563-9999

Email: info@calacsestrie.com

[CALACS Granby](#)

Phone: 450 375-3338

Email: info@calacs-granby.qc.ca

[SHASE Estrie - Soutien aux hommes agressés sexuellement durant l'enfance](#)

Phone: 819 933-3555

06 – MONTRÉAL

CALACS de l'Ouest de l'Île

Phone: 514 684-2198

Email: info@calacsdelouest.ca

Phone: 514 684-2198



[Centre pour les victimes d'agression sexuelle de Montréal \(CVASM\)](#)

Phone: 514 934-4504
Email: info@cvasm.ca

[Centre Marie-Vincent](#)

Phone: 514 285-0505
Email: reception@ceasmv.ca

[CRIPHASE](#) (pour les hommes abusés sexuellement dans l'enfance)

Phone: 514 529-5567
Email: info@criphase.org

Mouvement contre le viol et l'inceste

Phone: 514 278-9383
Email: mcvi@contreleviol.org

[Trêve pour Elles](#)

Phone: 514 251-0323
Email: trevepourelles@videotron.ca

07 – OUTAOUAIS
CALACS Vallée-de-la-Gatineau

Phone: 819 441-2111 and for emergency: 1 888 933-9007
Email: calacsmaniwaki@bellnet.ca

[Centre d'aide et de lutte contre les agressions sexuelles de l'Outaouais \(CALAS Outaouais\)](#)

Phone: 819 771-1773 or Toll-free: 1 866 757-7757
Email: calas@bellnet.ca

[Centre d'intervention en abus sexuels pour la famille \(CIASF\)](#)

Phone: 819 595-1905 or Toll-free: 1 855 595-1905
Email: info@ciasf.org



08 – ABITIBI-TÉMISCAMINGUE

CALACS Abitibi

Phone: 819 732-7889

Email: calacsabitibi@cableamos.com

Assaut Sexuel Secours

Phone: 819 825-6968

Email: info@assautsexuelsecours.com

CAPACS-AO or CAPACS de la Sarre

Phone: 819 333-3773

Email: capacs-ao@tlb.sympatico.ca

Point d'appui, Rouyn-Noranda

Phone: 819 797-0101

Email: info@pointdappui.org

CALACS du Témiscamingue

Phone: 819 622-0777

Email: calacs@temiscamingue.net

09 – CÔTE-NORD

Lumière boréale - CALACS de Baie-Comeau

Phone: 418 589-1714 or Toll-free: 1 800 563-0443

Email: calacs09@globetrotter.net

La Pointe du jour - CALACS de Sept-Îles

Phone: 418 968-2116

Email: calacs7iles@globetrotter.net



11 – GASPÉSIE-ÎLES-DE-LA-MADELEINE

[CALACS La Bôme Gaspésie](#)

Point de service de la Côte-de-Gaspé

Phone: 418 368-6686 or Toll-free: 1 866 986-6686

Point de service de Ste-Anne-des-Monts

Phone: 418 763-7675

Point de service du Rocher-Percé

Phone: 418 689-3144

Point de service d'Avignon et Bonaventure

Phone: 418 364-2424 or Toll-free: 1 877 759-1330

CALACS L'Espoir des Îles, Îles-de-la-Madeleine

Phone: 418 986-6111

Email: calacsdesiles@ilesdelamadeleine.ca

12 – Chaudière-Appalaches

[CALACS Rive-Sud](#)

Phone: 418 835-8342 or Toll-free: 1 866 835-8342

[CALACS Chaudière-Appalaches](#)

Phone: 418 774-6856 or Toll-free: 1 855 474-6856

Email: info@calacsca.qc.ca

[Partage au masculin](#)

Phone: 1 866 466-6379

13 – LAVAL

[Centre de prévention et d'intervention pour les victimes d'agression sexuelle \(CPIVAS\) de Laval](#)

Phone: 450 669-9053



14 – LANAUDIÈRE

CALACS Coup de cœur

Phone: 450 756-4999 or Toll-free: 1 866 756-4999

Email: info@calacscoupdecoeur.com

CALACS La Chrysalide

Phone: 450 964-7888 or Toll-free: 1 866 964-7888

Email: calacs.chrysalide@videotron.ca

Parents-Unis Repentigny

Phone: 450 755-6755 or Toll-free: 1 844 662-6755

Email: purl@parentsunisrepentigny.qc.ca

15 – LAURENTIDES

CALACS L'Ancre

Phone: 450 565-6231

Email: info@calacslancre.ca

CALACS L'Élan

Mont-Laurier

Phone: 819 623-2624 or Toll-free: 1 866 431-2624

Email: mtlaurier@lelan.org

Sainte-Agathe

Phone: 819 326-8484 or Toll-free: 1 866 915-8484

Email: steagathe@lelan.org

CETAS (Parents-Unis) Laurentides

Phone: 450 431-6400

16 – MONTÉRÉGIE

CALACS La Vigie

Phone: 450 371-4222

Email: calacslavigie@rocler.qc.ca



[CALACS Châteauguay](#)

Phone: 450 699-8258

Email: info@calacs-chateauguay.ca

[CIVAS L'expression libre du Haut-Richelieu](#)

Phone: 450 348-4380

Email: expressionlibre@videotron.ca

[La Traversée – Rive sud](#)

Phone: 450 465-5263

Email: info@latraversee.qc.ca

[Centre d'aide pour victimes d'agression sexuelle \(CAVAS\) Richelieu-Yamaska et Sorel Tracy](#)

Phone: 450 778-9992

Email: cavas@cgocable.ca

FOR ALL REGIONS OF QUÉBEC

[Regroupement québécois des centres d'aide et de lutte contre les agressions à caractère sexuel](#)

Phone:

Montreal area: 514 529-5252

Outside Montreal (toll-free): 1 877 717-5252

Email: info@rqcalacs.qc.ca



Help and resources in the event of a crime³



Crime Victims Assistance Centres, or CAVACs, offer front-line services to any crime victim or witness. Help from CAVACs is available whether the perpetrator of the crime has been identified, apprehended, prosecuted or convicted.

The CAVACs work in collaboration with experts from the legal community, health and social services networks and community organizations.

CAVACs treat victims of crime with respect for their needs, and they proceed at a pace that is comfortable for each person they assist. The assistance centres believe in the victims' abilities to manage their own lives and make the decisions that affect them.

CAVAC services⁴

Accompaniment

During approaches with the police and different available resources, support throughout the judicial process, particularly for testimony in court.

Post-traumatic and psychosocial Intervention

Evaluation of your needs and resources to offer you an intervention adapted to reduce the consequences of the crime and favour your recovery.



CAVAC services (cont'd)⁴

Legal information

Filing a police complaint, follow-up of different steps of the court proceedings and decisions that concern you.

Technical assistance

Support to help you file applications or produce documents to exercise your rights (IVAC / compensation for victims of crime, victim impact statement, etc.).

Information on your rights and remedies

Compensation programs, judicial process and other remedies.

Referral to specialized resources

To meet your more specific needs of a legal, medical, social or other nature.

You can call 1.866.LE.CAVAC (1.866.532.2822) to find the CAVAC closest to your home.



admin@fosterchildtoexcel.org



Help and resources for new parents⁵

Becoming a parent

This guide provides an overview of government programs and services available to new and future parents.

You can also consult the guide From Tiny Tot to Toddler (PDF 10.83 Mb) published by the Institut national de santé publique du Québec (INSPQ). It contains the chapter “Becoming a parent: Government programs and services.”

On this page:

Health and Social Services

Labour

Justice and Civil Status

Tax Credits

Education

Childcare Services

Adoption in Québec

Adoption Outside Québec (interprovincial or international)



From Tiny Tot to Toddler⁶



The guide is given free of charge as soon as pregnancy checkups begin. Depending on the region, the guide will be handed out at your doctor's office, CLSC, test center, birthing center, or ultrasound appointment. For those who plan to adopt, the guide is available at youth centres and certified international adoption agencies.

The guide is for sale for \$22.95. You can buy From Tiny Tot to Toddler and Mieux vivre avec notre enfant de la grossesse à deux ans from Les Publications du Québec, in bookstores, by telephone at 418-643-5150 or 1-800-463-2100 or on their website publicationsduquebec.gouv.qc.ca.

Online English and French versions of the Tiny tot guide can be consulted or downloaded free of charge on the website of the Institut national de santé publique du Québec at: inspq.qc.ca/en/tiny-tot.



Help and resources for medical consultations⁷

Info-Santé 811 is a free and confidential telephone consultation service.

811 is the only telephone number for this service. Dialling 811 promptly puts you in contact with a nurse in case of a non-urgent health issue. However, in the event of a serious problem or emergency, it is important to dial 9-1-1 or go to the emergency room.

The service is available 24 hours a day, 365 days a year. Anyone living in Québec can call Info-Santé 811 for themselves or a family member.

Info-Santé 811 nurses evaluate your health situation and give advice based on your condition. They can answer your questions about your health and direct you to the most appropriate resource in your region. Calling Info-Santé 811 often helps avoid going to a medical clinic or emergency room.

Here are a few examples of situations in which you can call Info-Santé 811:

- You have a seasonal flu that persists several days and you are wondering if you should go see a doctor
- Your child wakes up with a high fever and you are wondering if you should take them to emergency
- You are wondering what to do in order to relieve itching and swelling caused by an insect bite
- You have questions regarding health network resources



HOW A CALL IS HANDLED

An Info-Santé 811 call lasts 12 to 16 minutes on average. The call takes place in 3 or 4 steps. The nurse:

- Collects certain personal information
- Assesses your needs
- Responds to your needs
- Refers you to an appropriate resource, if necessary

COLLECTION OF PERSONAL INFORMATION

The nurse will ask you if you accept giving some personal information:

- Your first and last name
- Your date of birth
- Your postal code
- Your telephone number
- Personal information remains confidential. However, it is not mandatory that you give it. If you wish not to do so, mention it to the nurse.

ASSESSMENT OF YOUR NEEDS

The nurse listens and asks questions regarding your situation. She collects the necessary information in order to better understand your needs and to clarify your request. The nurse then assesses the situation in order to determine the immediate problem(s), the urgency of the matter and the appropriate response.

RESPONSE TO YOUR NEEDS

The nurse informs you about your health issue. She may also advise you on measures for monitoring the evolution of your situation and improving your health.

REFERRAL TO AN APPROPRIATE RESOURCE

If necessary, the nurse will direct you to a resource (a medical clinic for instance) where you can receive care or required services.



quebec child welfare resources⁸

TO REPORT SUSPECTED CHILD MALTREATMENT: Call the Director of Youth Protection (child protection agency) for your area. For services in English in Montreal, call 514-935-6196. For services in French in Montreal, call 514-896-3100.

MINISTÈRE DE LA SANTÉ ET DES SERVICES SOCIAUX (HEALTH AND SOCIAL SERVICES):

787, boulevard Lebourgneuf

Québec, QC G2J 0B5

Québec calling area: 418-644-4545

Montréal calling area: 514-644-4545

Elsewhere in Québec: 1-877-644-4545 (toll free)

TTY: 1-800-361-9596

COMMISSION DES DROITS DE LA PERSONNE ET DES DROITS DE LA JEUNESSE:

360, Saint-Jacques St, 2nd floor

Montréal QC H2Y 1P5

Access for disabled persons:

361, Notre-Dame St West

Phone: 514-873-5146, toll free: 1-800-361-6477

E-mail: accueil@cdpdj.qc.ca



REFERENCES

- ¹ [HTTPS://WWW.QUEBEC.CA/EN/FAMILY-AND-SUPPORT-FOR-INDIVIDUALS/VIOLENCES/HELP-AND-RESOURCES-FOR-SEXUAL-ASSAULT-VICTIMS-AND-SEXUAL-ASSAILANTS/COMMUNITY-ORGANIZATIONS-THAT-HELP-VICTIMS-OF-SEXUAL-ASSAULT/](https://www.quebec.ca/en/family-and-support-for-individuals/violences/help-and-resources-for-sexual-assault-victims-and-sexual-assailants/community-organizations-that-help-victims-of-sexual-assault/)
- ² [HTTPS://WWW.QUEBEC.CA/EN/FAMILY-AND-SUPPORT-FOR-INDIVIDUALS/VIOLENCES/HELP-AND-RESOURCES-FOR-SEXUAL-ASSAULT-VICTIMS-AND-SEXUAL-ASSAILANTS/COMMUNITY-ORGANIZATIONS-THAT-HELP-VICTIMS-OF-SEXUAL-ASSAULT/](https://www.quebec.ca/en/family-and-support-for-individuals/violences/help-and-resources-for-sexual-assault-victims-and-sexual-assailants/community-organizations-that-help-victims-of-sexual-assault/)
- ³ [HTTPS://CAVAC.QC.CA/EN/](https://cavac.qc.ca/en/)
- ⁴ [HTTPS://CAVAC.QC.CA/EN/SERVICES](https://cavac.qc.ca/en/services)
- ⁵ [HTTPS://WWW.QUEBEC.CA/EN/FAMILY-AND-SUPPORT-FOR-INDIVIDUALS/PREGNANCY-AND-PARENTHOOD/PARENT/](https://www.quebec.ca/en/family-and-support-for-individuals/pregnancy-and-parenthood/parent/)
- ⁶ [HTTPS://CDN-CONTENU.QUEBEC.CA/CDN-CONTENU/SERVICES_QUEBEC/MV_EN_2020.PDF?1580918331](https://cdn-contenu.quebec.ca/cdn-contenu/services/quebec/mv_en_2020.pdf?1580918331)
- ⁷ [HTTPS://WWW.QUEBEC.CA/EN/HEALTH/FINDING-A-RESOURCE/INFO-SANTE-811/](https://www.quebec.ca/en/health/finding-a-resource/info-sante-811/)
- ⁸ [HTTPS://CWRP.CA/PROVINCIAL-AND-TERRITORIAL-ASSISTANCE#QUEBEC](https://cwrp.ca/provincial-and-territorial-assistance#quebec)

