

FAMILIES, A COLLECTIVE WEALTH!

Every day, community-based Family Resource Centres (FRCs) celebrate the collective wealth that families bring to society by taking a people-centred approach based on respect for each individual, including their pace and potential strengths. FRCs recognize the fundamental contributions that families make to Québec's society.

- Families are every person's first interpersonal and social environment, and they form the basic building blocks of society.
- Today's families come in different shapes and sizes: nuclear, single-parent, blended, intercultural, same-sex parents, etc.
- The family is a shared emotional social experience between parents and children.
 - Parents play an important role in transmitting culture, language, values, knowledge, and skills.
 - Children also teach their parents, helping mothers and fathers tap into new emotions and inner resources they didn't even know they had.
- Families promote mutual aid at various stages of life for each family member.
- Families are inspiring for the courage and hope they instill.
- Families are agents of development because they are involved in their community and promote social solidarity.

Families encourage us all to get to know and understand ourselves better so we can grow and thrive!

PROUD OF THEIR PRACTICES, PROUD OF THEIR KNOWLEDGE!

MISSION

Family Resource Centres (FRCs) help families at all stages of life and play a pivotal role in improving the social fabric of communities. The Fédération québécoise des organismes communautaires Famille (FQOCF) strives to recognize the work FRCs do and the measurable social impacts they have on families, communities, and society as a whole.

UNIQUE FAMILY SUPPORT PRACTICES

In pursuit of its goal of social transformation, the AGORA Project (2011–2019) sparked an impressive mobilization of knowledge based on the foundations laid out in the 2008 *Reference Framework for Autonomous Community Action Practices for and with Families*. The FQOCF and its members, backed by the research team of the Centre d'études interdisciplinaires sur le développement de l'enfant et la famille at the Université du Québec à Trois-Rivières, have carried out a co-construction approach to help develop, clarify, and broaden FRCs' collective knowledge and bolster their support practices specifically tailored to Québec families.

ENRICHING AND PRESERVING KNOWLEDGE

The *Reference and Facilitation Toolkit on Autonomous Community Action for and with Families* (ACAF) is the result of this collective push to build up the knowledge so central to FRC practices. Like every other tool in the toolkit, *Understanding ACAF: An Overview of the Reference Framework on Autonomous Community Action Practices for and with Families* reflects the desire to recognize, support, enrich, and document autonomous community action practices for and with families.

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A MOVEMENT FOR AND WITH FAMILIES!

UNDERSTANDING ACAF

AN OVERVIEW OF THE REFERENCE FRAMEWORK ON AUTONOMOUS COMMUNITY ACTION PRACTICES FOR AND WITH FAMILIES

FÉDÉRATION QUÉBÉCOISE DES ORGANISMES COMMUNAUTAIRES FAMILLE

AUTONOMOUS COMMUNITY ACTION FOR AND WITH FAMILIES

Family Resource Centres: Agents of Social Transformation

The Family Resource Centre (FRC) movement has made significant contributions to the vitality of Québec communities since the 1960s. Its global and preventative approach is based on solid expertise.

FRCs ARE EFFECTIVE AT:

- Creating close, special bonds with families
- Analyzing and understanding the changing realities Québec families face
- Innovating for and with families to develop solutions that foster their well-being and help them achieve their aspirations
- Working with partners to develop knowledge and initiatives to support parenting and empower families

Vibrant, Welcoming Spaces

BASED ON SHARED VALUES AND CONVICTIONS, FRCs:

- Are open and accessible to all families on a free and voluntary basis
- Provide flexible support and guidance aimed at promoting the role of parenting and child-rearing at every stage of family life: pregnancy, childhood, adolescence, young adulthood
- Recognize the experiences of mothers, fathers and children while taking into account the autonomy and pace of each person involved
- Provide spaces for discussion, sharing, listening, mutual aid, and engagement where all are free to experiment, learn, make choices, and participate in decision-making
- Promote the social, community, and civic engagement of families to empower individuals and communities

“ My Family Resource Centre is a place that both nurtures and challenges me, where my experiences and my skills are valued. ”

“ It’s a place where we are free to say what we think and feel. We are heard and accepted just as we are. ”

VALUES

- Welcoming families: openly, attentively, and with respect
- Recognition and promotion of families' strengths
- Personal and collective empowerment
- Egalitarian social relations
- Free and voluntary relationships
- Self-governance and autonomy
- Rooted in the community
- Flexibility and innovation
- Solidarity, democracy, and social justice
- Liberty, integrity, and cohesion between FRCs

CONVICTIONS

- As the basic building block of society, families are a collective wealth.
- Parents are first and primary educators of their children.
- Families need time and spaces where they can build relationships based on trust, sharing, and mutual support.
- Empowering families is a necessary process for the development of a more just and vibrant community.

FAMILIES: THE HEART OF THE FRCs' MISSION

IMPACTS

FRCs play an important role in improving the social fabric and living conditions of families.

Their efforts pay off on many levels:

- Parents and families that are proud of their capabilities, experiences, and agency
- Enriched and supported parent-child relationships
- Families that value learning and culture
- Families that help one another and get involved in their communities
- Families that welcome one another regardless of their diverse realities, forms, and backgrounds
- Families that help make their communities vibrant and proactive

ACTION PRINCIPLES

FRCs use both formal and informal practices to:

- Encourage and promote the sharing of the many facets of the parental experience
- Take into account the realities, living conditions, and aspirations of all families, as well as the economic, political, social, cultural, and environmental context in which they live
- Create spaces for open dialogue that encourage acceptance, free expression, and togetherness
- Work with families to establish and uphold the organization's code of conduct
- Support mothers, fathers, and children and help them get involved in the organization
- Value and support each and every contribution families make to collective and social transformation initiatives

GLOBAL APPROACH

THREE FOUNDATIONS

Welcoming Spaces
+
Enriching the Parental Experience
+
Popular Education