

ASSISTANCE & REFERRAL CENTRE

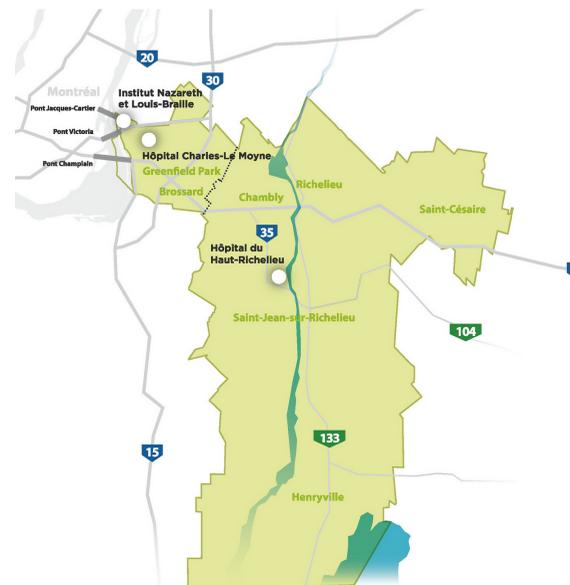
OUR MISSION

OUR OFFICES



With over 60,000 English speakers living in the Montérégie-Centre, we are dedicated to assisting and empowering people of all ages to access health and social services, information, resources, programs and activities in English.

TERRITORY



Greenfield Park

Main office

106 Churchill Blvd.
Greenfield Park, QC J4V 2L9
(2nd floor, above the café)

(514) 605-9500
info@arc-hss.ca

Activity Centre

91 Churchill Blvd.
Greenfield Park, QC J4V 3L8

(514) 951-9711
admincoord@arc-hss.ca

Haut-Richelieu-Rouville

927-B du Seminaire Blvd. N.
St-Jean-sur-Richelieu, QC
J3A 1B6
(Entrance at the rear of the building)

(450) 357-0386
stjean@arc-hss.ca

FUNDERS



SENIORS * MENTAL HEALTH * CAREGIVERS
YOUTH and EMPLOYMENT SERVICES
EARLY CHILDHOOD and FAMILIES * PARTNERSHIPS

www.arc-hss.ca

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Activities and Services for Seniors

- Seniors Wellness Centre activities offered weekly at two locations.
- Weekly drawing, arts and crafts workshops.
- Monthly activity at a long-term care residence.
- Provide assistance to navigate the health and social services system.
- Social cooking classes.
- Weekly physical activities: walking group 'Walk & Talk', gentle yoga, Tai chi/Qi Gong.
- Community super supper.
- French conversation club, information sessions and more.

Youth and Employment Services

- Facilitate access to employment services for English speakers.
- Promote careers in the health and social services sector for students through the Dialogue McGill Program.
- Facilitate access to the Community Leadership Bursary Program for students studying in health and social services.

Caregivers Program

- ReCharge Program for Caregivers – interactive educational workshops on health and self-care topics facilitated by professionals. The program can also be taken at your own pace with borrowed materials: USB/DVD/YouTube channel.
- Caregiving Community Support Group – An opportunity to engage with other caregivers in monthly themed sessions led by a clinical social worker.
- Grief Support Group – monthly sessions open to all.
- Conferences and activities during Caregivers Week.
- Support materials.

Early Childhood and Families

- Support early youth partner to offer the Mother Goose program and storytime activities.
- Family wellness activities.
- Moms and tots walking group in two locations.
- Community Language Development Program workshops, facilitated by a Speech Language Pathologist.
- Workshops and other resources for families.

Mental Health Support

- Facilitating access to mental health services for English speakers.
- Well-being facilitated talks twice a month.
- Mental Health Café twice per month in collaboration with Our Harbour.
- Mental health first aid courses.
- Creative activity with intention.
- Life skills: Monthly cooking class in partnership with Our Harbour.
- Support and activities for groups from the CISSS Montérégie-Centre.

Partnership and Representation

- Host the Building Community Together fair.
- Chair a health and social services table and a mental wellness table for community partners on the South Shore.
- Partnership and advocacy role through representation on various regional and local committees and partnership tables.
- Lunch hour English conversation clubs offered three times per year for 10-weeks at the CISSS Montérégie-Centre for health professionals.
- Support the capacity of community partners to offer more services in English.
- Partnership for the delivery of affordable produce baskets.
- Support monthly volunteer-based activities.