



ARC is dedicated to assisting and empowering people of all ages to access health and social services, information, resources, programs, and activities in English on the South Shore, to promote well-being



THE ADVISOR

Information source for the South Shore English-speaking community

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February brings a season of connection and care, and this edition of *The Advisor* is filled with opportunities to support your well-being and stay engaged with your community. Inside you'll find a wide range of wellness, learning, and community activities designed to nurture both body and mind .

In **Greenfield Park, Senior Wellness** continues in its new, larger space at St. Mary's, offering a variety of engaging activities: from creative card making and a virtual trip to Norway to an introduction to artificial intelligence and an inspiring guest presentation.

We're also excited to launch **Mindful Together**, a new wellness activity introducing mindfulness, self-awareness, and healthy boundaries through gentle, accessible practices. You'll find these activities, along with **Walk & Talk, Digital Skills, Genealogy, French Conversation, and Rock Painting**, as well as our new monthly **Cooking Demonstration**, detailed on pages 2-4 of this edition of *The Advisor*.

Caregivers Café continues this month as a welcoming and supportive space to connect, share experiences, and gain practical knowledge. February's sessions include *Ask the Nurse!* with Penny Fleming, RN, conversations about advocacy and navigating the health system, as well as a special session with ARC Senior Wellness Coordinator Tania Blood, who will share how her personal caregiving journey shaped her work. Visit page 2 for full details.

In **Haut-Richelieu-Rouville**, families, seniors and learners of all ages will find plenty to look forward to. From **Kindaroo** and **Family Wellness Saturday** to **Book Club—St-Jean, Senior Wellness** programs in **Chambly** and **Clarenceville**, as well as a special **Parlez-Vous? Let's Chat!** which explores the performing arts—there's something for everyone. Full details of these activities can be found on pages 5-7.

This issue also highlights important updates, including an introduction to our new **direct employment** services. You'll also find a **mental health** article exploring the connection between nutrition and emotional well-being, along with community partner activities, and helpful resources.

We hope this edition provides practical support and meaningful opportunities for connection. As always, ARC is here to help you access information and services in English throughout the month.

Have questions or need support? Call us at (514) 605-9500 or email info@arc-hss.ca.

STAY WARM THIS WINTER

BASE LAYER
#1 OPT FOR THERMAL CLOTHING (LIKE WOOL OR FLEECE)

MID LAYER
CHOOSE INSULATING CLOTHES THAT TRAP YOUR BODY HEAT. #2

OUTER LAYER
#3 WEAR A WATERPROOF AND WINDPROOF JACKET OR COAT

ESSENTIAL ACCESSORIES

What's new from the

GREENFIELD PARK OFFICE



Our **Senior Wellness Greenfield Park** activity has relocated to St. Mary's, located at 125 Grove St. in Greenfield Park. This larger and more comfortable space will allow us to welcome more participants safely. Registration for all activities is **REQUIRED**. To register, contact Tania at gpk@arc-hss.ca or (514) 213-3744.

- **February 5: Creative card-making workshop**— facilitated by Gail Adams, where participants will design handmade cards in a relaxed and inspiring setting.
- **February 12: Artificial Intelligence (AI)** — Join us for an introductory workshop on Artificial Intelligence led by certified instructor Ruth Montas. This workshop is designed to make AI easy, practical, and approachable.
- **February 19: Virtual journey to Norway!** Explore its breathtaking landscapes, culture, and traditions from the comfort of your chair.
- **February 26: Health Care: Behind the scenes**—Join us for an engaging presentation with Christina, a retired nurse, who will share her experiences, insights, and stories from a lifetime in health care.

Join us on **February 4 at 1:30 p.m.** for the launch of **Mindful Together**, a new activity focused on mindfulness and self-awareness. Held at 91 Churchill Blvd. in Greenfield Park and led by Brandon Stewart, this introductory session will explore mindfulness as a way of being present in the moment with simple, low-mobility practices to support the mind-body connection. To register, email Brandon at cmytydev@arc-hss.ca or (438) 465-4514 .



Caregivers Café is a supportive space for caregivers and former caregivers to connect, share and learn. Offered weekly on Wednesday from 10:00 to 11:30 a.m. For more information, contact Christine at caregivers@arc-hss.ca or call (514) 608-9600.

ARC caregivers cafe

FEBRUARY

ASK THE NURSE! TWO SESSIONS
Health topics caregivers really face let's talk about the realities of managing medications, home safety, nutrition and more. ARC's in-house caregiving expert, Nurse Penny Fleming joins us to answer questions, share helpful tips and offer information that supports both you and the person you care for.

FEB 4 & 18

ADVOCACY & ACCESS
Finding resources and getting your needs recognized. Caregivers often feel unsure where to turn or how to be heard. In this open group conversation, we explore how to access community supports, navigate the health system and advocate for what you need. We learn from each other and every voice matters here.

FEB 11

FROM CAREGIVER TO PROGRAM COORDINATOR
Senior Wellness Coordinator Tania Blood discusses the complexities of caregiving, sharing her experiences as a family and palliative caregiver. She reflects on how this shaped her role as a program coordinator and provides an update on the 2026 Senior Wellness Program, emphasizing the importance of support and community.

FEB 25

Senior Wellness Initiative made possible through funding from HSSN

caregivers@arc-hss.ca (514) 608-9600

- **February 4 – Ask the Nurse!** Managing medications, home safety, and nutrition can feel overwhelming. Caregivers Cafe's in-house expert **Penny Fleming, RN**, answers your questions, shares practical tips, and provides guidance you can use at home.
- **February 11 – Advocacy & Access.** Explore community resources, navigating the health system, and advocating for what matters. Sharing experiences strengthens our community and helps every voice be heard.
- **February 18 – Caregiver Tools That Help.** Nurse Penny returns with hands-on tools and techniques that make caregiving more manageable. Gain skills and confidence for daily routines and communication with health care teams.
- **February 25 – From Caregiver to Program Coordinator** ARC Senior Wellness Coordinator Tania Blood shares her experience as a family and palliative caregiver and how it shaped her work as a program coordinator. She also provides insights you can carry forward.

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GPK News *continued from previous page...*

Join our **Walk & Talk Group** each Thursday at 10:30 a.m. Walking can boost heart health, strengthens muscles and joints, improves mood, reduces stress, and is a great way to make new friends and connect with others. Meet us at 91 Churchill Blvd. and enjoy good company and fresh air! Register with Courtney at info@arc-hss.ca or (514) 604-9455.

Ancestor Hunters Genealogy Club welcomes both experienced genealogists and beginners. Participants can learn to navigate archival resources and share research challenges with others. All experience levels are welcome. Join the group on **February 10 from 1:00 to 3:00 p.m.** To register, contact Tania at gpk@arc-hss.ca or (514) 213-3744.

Boost your digital confidence with our upcoming **Digital Skills Workshops: Mastering Zoom** on **February 3 at 1:30 p.m.** at **91 Churchill Blvd**, followed by **Introduction to Smartphones** with IT support specialist Anila on **February 24 at 1:30 p.m.** To register, contact Tania at gpk@arc-hss.ca or (514) 213-3744.

Join us for our monthly **Cooking Demonstration** featuring healthy, budget-friendly dishes with recipes and tastings, with no chopping required—just good food and good company. Join us on **February 10 from 10:00 a.m. to 12:00 p.m.** for a watch-and-learn session on making homemade gyros/donairs with tzatziki, hummus and pita. **Space is limited.** Register with Courtney at info@arc-hss.ca or (514) 604-9455.

Looking to improve your French in a relaxed, supportive setting? Join our weekly **French Conversation Group** every Monday from 10:30 to 11:30 a.m. Practice speaking, build confidence and connect with others on the same journey. For more information, contact Courtney at info@arc-hss.ca or (514) 604-9455.

Looking for a stress-free, relaxing activity? Let go of your thoughts and express yourself through **Rock Painting**, a fun, calming way to get creative and unwind. Join us every Monday from 1:00 to 2:30 p.m. For more information, contact Therese at outreachgpk@arc-hss.ca or at 514-605-9500.

*Tania Blood is ARC's Outreach Program Coordinator in Greenfield Parl.
For information, please feel free to reach out to her at (514) 213-3744 or gpk@arc-hss.ca.*

Employment Services Update

We are pleased to announce that ARC now offers **direct employment services**, strengthening our capacity to support individuals who are actively seeking employment or considering a career transition.

These services focus on practical, individualized support and include interview coaching, résumé and cover letter development, hidden job market strategies, job search assistance, and career counselling for individuals exploring new career paths. We also offer soft skills training and digital literacy support, including guidance on the appropriate use of AI tools for employment-related purposes.

The goal of these services is to reduce barriers to employment and help individuals feel more confident and prepared throughout the job search process. Support is flexible and tailored to individual needs.

To book an appointment or to learn more, community members can contact Andre by phone at (514) 712-6575 or by email at employment@arc-hss.ca.

In addition, the **Dialogue McGill Bursary Program** will be relaunching in March 2026. If you or someone you know is interested in, or currently pursuing, a career in

health and social services, this program offers an opportunity to have some of your costs covered.

For detailed information on eligibility, deadlines, and required application forms, please visit [Dialogue McGill](#).

Below is a testimonial from last year's bursary recipient, Marilou, who is currently pursuing a career in medicine:

"I am very grateful for the bursary I have received over the past two years from ARC. As a medical student, this support has significantly reduced financial stress and allowed me to focus more fully on my studies and on caring for patients during my training. The team has also been extremely helpful and easy to reach whenever I had questions. I truly appreciate this support in helping me continue my path toward becoming a physician."





February 2026 Greenfield Park

To register for an activity :
info@arc-hss.ca / (514) 604-9455

Locations / Notes:

ARC Activity Centre
91 Churchill
Greenfield Park

St. Mary's Parish
125 Grove
Greenfield Park

Virtual via ZOOM
(email info@arc-hss.ca
for link)

**** Affordable Produce Baskets from CAPL :**
capl.inter@gmail.com
(450) 486-1400 **

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 French Conversation 10:30 - 11:30 am Rock Painting 1:00 - 2:30 pm Virtual Drawing 2:00 -3:30 pm (Zoom) Cribbage 6:00 - 8:00 pm	3 Digital Skills Workshop 1:30 - 3:00 pm	4 Caregivers Café 10:00 - 11:30 am Mindful Together 1:30 - 3 pm	5 Qigong 9:00 - 10:00 am Walk & Talk 10:30 - 11:30 am Senior Wellness 1:30 - 3:00 pm Virtual Gentle Yoga 2:00 -3:00 pm (Zoom)	6	7
8	9 French Conversation 10:30 - 11:30 am Rock Painting 1:00 - 2:30 pm Virtual Drawing 2:00 -3:30 pm (Zoom) Cribbage 6:00 - 8:00 pm	10 Cooking Demo. 10:00 am - 12:00 pm Genealogy Club 1:00 - 3:00 pm	11 Caregivers Café 10:00 - 11:30 am ** Affordable Produce Baskets ** 3:00 - 7:00 pm	12 Qigong 9:00 - 10:00 am Walk & Talk 10:30 - 11:30 am Senior Wellness 1:30 - 3:00 pm Virtual Gentle Yoga 2:00 -3:00 pm (Zoom)	13	14
15	16 French Conversation 10:30 - 11:30 am Rock Painting 1:00 - 2:30 pm Virtual Drawing 2:00 -3:30 pm (Zoom)	17	18 Caregivers Café 10:00 - 11:30 am SHARP: Financial subsidies to help you live comfortably 10:00 - 11:30 am (Zoom)	19 Qigong 9:00 - 10:00 am Walk & Talk 10:30 - 11:30 am Senior Wellness 1:30 - 3:00 pm Virtual Gentle Yoga 2:00 -3:00 pm (Zoom)	20	21
22	23 French Conversation 10:30 - 11:30 am Rock Painting 1:00 - 2:30 pm Virtual Drawing 2:00 -3:30 pm (Zoom)	24 Digital Skills Workshop 1:30 - 3:00 pm	25 Caregivers Café 10:00 - 11:30 am ** Affordable Produce Baskets ** 3:00 - 7:00 pm	26 Qigong 9:00 - 10:00 am Walk & Talk 10:30 - 11:30 am Senior Wellness 1:30 - 3:00 pm Book Club (full) 1:30 - 3:00 pm Virtual Gentle Yoga 2:00 -3:00 pm (Zoom)	27	28

HAUT-RICHELIEU-ROUVILLE

Review



Senior Wellness Activities in Chambly take place on Wednesdays at Randell Hall, 2000 Bourgogne Ave., from 1:30 to 3:00 p.m. For more information or to register, please email [Therese](mailto:Therese@arc-hss.ca) or call (514) 605-9500. Here's what's coming up this month:

- **February 4:** Our very popular nurse facilitator, Nurse Penny, will join us to discuss some common health issues.
- **February 11:** We will do a fun and creative Valentine's craft. Bring your scissors!
- **February 18:** We welcome Ruth Montas, who will be leading a workshop on artificial intelligence (AI) safety.
- **February 25:** Brandon Stewart will facilitate a needs assessment and short physical activity

Stand Up! Chambly A 12-week exercise program designed to help adults aged 65 and over who have fallen or who fear falling improve their balance and overall coordination. From February 3 to April 9, the sessions will be held in English on Tuesdays and Thursdays at Randell Hall (2000 Bourgogne Ave., Chambly) from 1:00 to 2:30 p.m. A bilingual session will be held immediately after the English session. Registration and evaluation are mandatory. To sign up, please contact Therese at outreachgpk@arc-hss.ca or at 514-605-9500.

Family Wellness Saturday at the Saint-Jean Garrison sports centre: Celebrate Valentine's Day a little early with a morning of creativity and connection. On Saturday, February 7 from 10:00 a.m. to 12:00 p.m., families can make crafts, play games, and enjoy a light-hearted morning together. We'll also have a soft-play area for younger children to explore. **RSVP is required to access the military base**, located at 25 Grand Bernier South in Saint-Jean-sur-Richelieu. Email stjean@arc-hss.ca or call (514) 605-9500 to get on the list!

Kindaroo – St-Jean Our pre-literacy program for children aged 0–4 and their parents or caregivers is a wonderful opportunity to do something special with your little ones over the winter months! Join us every Tuesday until March 31 at the Adélarde-Berger Library, 180 Laurier Street in Saint-Jean-sur-Richelieu from 10:30 to 11:15 a.m. Register [here](mailto:stjean@arc-hss.ca) or for more information, contact Thérèse at stjean@arc-hss.ca or (514) 605-9500.

Introduction to Alpine Skiing – Special Event

Join us on **March 7 from 10:00 a.m. to 2:00 p.m.** at **Mont Saint-Bruno** for a fun introduction to downhill skiing! A limited number of spots are available. Our partners at PSP will provide all equipment, and their certified, bilingual instructors will guide participants aged **8 and up** through the basics of alpine skiing. Lift passes are included, and equipment must be borrowed free of charge from the PSP sports shop (by appointment only at 25 Grand Bernier South in Saint-Jean-sur-Richelieu). **Register by February 20** to ensure time for equipment fitting. This event is **free**, though participants must arrange their own travel to Mont Saint-Bruno. Contact [Céline](mailto:Celine@arc-hss.ca) to register your family today!

ARC
WEDNESDAYS
1:30-3:00

ARC 55+ COMMUNITY
2000 BOURGOGNE AVE.
CHAMBLY, J4L 1Z4

COME AND JOIN US!
✓ weekly social gathering
✓ activities designed to stimulate physical, cognitive and mental wellbeing
✓ snacks and coffee

514-605-9500
stjean@arc-hss.ca

The views expressed herein do not necessarily represent the views of the Government of Québec.

ARC
FAMILY WELLNESS SATURDAY
PRESENTS
Valentine's Day
CRAFT PARTY
FEBRUARY 7 10 AM TO 12 PM
SAINT-JEAN GARRISON SPORTS CENTRE
25 CHEMIN DU GRAND BERNIER SOUTH
SAINT-JEAN-SUR-RICHELIEU

R.S.V.P. REQUIRED
RESERVE YOUR SPOT TODAY!
stjean@arc-hss.ca or (514) 605-9500

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ARC
FAMILY WELLNESS SATURDAY PRESENTS
INTRODUCTION TO
ALPINE SKIING
SATURDAY, MARCH 7
10:00 A.M TO 2:00 P.M
MONT ST-BRUNO

Open to participants aged 8+
Participants must use equipment from the PSP sports shop
Equipment, lift ticket and instructor supervision included
Bilingual instructors
No transportation provided!

REGISTER BEFORE FEBRUARY 20
SPACES ARE LIMITED!
(514) 605-9500
stjean@arc-hss.ca

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HRR Review *continued from previous page...*

Parlez-Vous? Let's Chat! Our French conversation is back and this month we're exploring the performing arts as a way to build confidence and enjoy French in real-life cultural situations; all in a relaxed and supportive environment. Join us on **Thursday, February 5 and 12** from 6:30 to 8:00 p.m. at the Margo-Rock Chalet in Marquis-De Montcalm Park (280 Fortin Street, Saint-Jean-sur-Richelieu) to learn vocabulary and expressions related to theatre; to explore listings, reviews, and practice making reservations. Then, on **Thursday, February 26**, we will meet upstairs at Le Dorchester restaurant (232 Richelieu Street) to watch live improv games in French performed by the La Clic improvisation troupe starting at 7:30 p.m. Admission is free. Register for one session, or come to them all! All levels are welcome. To register for Parlez-Vous, contact Céline by [email](mailto:hrr@arc-hss.ca) or call (514) 980-8900.

ARC Book Club – St-Jean: Join us on **Thursday, February 19** from 7:00 to 8:30 p.m. at the Collectivement Elles women's centre (390 Georges-Phaneuf St., Saint-Jean-sur-Richelieu) to discuss *One True Loves* by Taylor Jenkins Reid, a moving novel that explores grief, second chances, and the question of whether we can have more than one true love. To participate, you will need to purchase a \$5 Collectivement Elles membership, which grants you access to all of the centre's programming and resources until August 2026. A limited number of books are available to borrow (some conditions apply). Contact [Céline](mailto:hrr@arc-hss.ca) to RSVP or for more information.

Senior Wellness Activities – Clarenceville Join us every Wednesday from 1:30 to 3:00 p.m. for engaging activities designed to support the physical, cognitive and emotional well-being of English-speaking seniors aged 55 and over. We meet in the lower level of the Free Methodist Church (1076 Front Street North, Clarenceville). Wheelchair accessible. Here's what's coming up this month:

- **February 4 – Film Screening: Ageless** We're thrilled to present an exclusive screening of *Ageless*, an inspiring film featuring real stories from remarkable individuals who prove that passion and purpose have no age limit. In English with French subtitles.
- **February 11 – Fraud Awareness and Prevention: Tips and Tricks** - Certified Fraud Examiner Eric Ouimet brings us a fraud awareness coaching session designed to help you anticipate, recognize, and prevent fraud with confidence. He'll also advise what to do if you fall victim to a scam.
- **February 18 – Hearts and hugs: a celebration of friendship** - A warm and welcoming session celebrating friendship, connection, and the many ways we care for one another. This gathering is a chance to honour companionship in all its forms; past and present.
- **February 25 – Health JEOPARDY! With Nurse Penny** Come test your knowledge on important health topics relevant to the 55+ community, led by our favourite R.N. Penny Fleming. The game show format makes learning about health simple, engaging, and stress-free.

For more information or to register for any of these sessions, please contact Céline at hrr@arc-hss.ca or (514) 980-8900.

PARLEZ-VOUS? **NEW SESSION STARTING FEBRUARY 5**

WEEKLY FRENCH CONVERSATION GROUP
Build your French skills each week through vocabulary, conversation and listening practice — all leading up to a fun, real-world outing.
All levels welcome! Open to native French speakers, too!

FRENCH TAKES THE STAGE! PERFORMING ARTS AND CONVERSATION

FEB 5 The language of theatre and improv
FEB 12 Practical language skills, from program to curtain call
Chalet Margo-Rock, 6:30 to 8:00 p.m.
Marquis de Montcalm park
280 Fortin St., Saint-Jean-sur-Richelieu

FEB 26 Group outing to see LIVE Improv - in French!
Le Dorchester restaurant, upper level
232 Richelieu St., Saint-Jean-sur-Richelieu
Show starts at 7:30 p.m. Free admission

RESERVE YOUR SPOT TODAY!
HRR@ARC-HSS.CA (514) 980-8900

LET'S CHAT!

ARC Canadian Heritage Patrimoine canadien Integration programme for military families Programme d'intégration des familles militaires

ARC Book Club SAINT-JEAN-SUR-RICHELIEU

Thursday, February 19
7:00 to 8:30 p.m.

Collectivement Elles
390 Georges-Phaneuf St.
Saint-Jean-sur-Richelieu

Your \$5 membership to the centre will give you access to all of Collectivement Elles' programming and resources and allows us to meet in their cozy, inviting space!

ONE TRUE LOVES
A NOVEL
TAYLOR JENKINS REID
THE SEVEN WIVES OF EVELYN HAWK

A limited number of books is available to borrow upon request, subject to conditions. RESERVE YOURS TODAY!

TO REGISTER: (514) 980-8900
hrr@arc-hss.ca

Secrétariat aux relations avec les Québécois d'expression anglaise Québec

ARC 55+

Activities in English designed to stimulate physical, cognitive and social well-being
Activités proposées en anglais, conçues pour stimuler le bien-être physique, cognitif et social

Weekly social gathering
Snacks, coffee and tea
Wednesdays, 1:30 - 3:00 p.m.

Activité sociale hebdomadaire
Collations, café et thé
Les mercredis de 13h30 à 15h00

February

Free Methodist Church
1076 Front Street N.
Clarenceville

4 FILM SCREENING: AGELESS (in English with French sub-titles)
PROJECTION EXCLUSIVE DU FILM AGELESS (en anglais avec sous-titres)

11 FRAUD AWARENESS AND PREVENTION: TIPS & TRICKS
SENSIBILISATION ET PREVENTION DE LA FRAUDE: CONSEILS ET ASTUCES

18 HEARTS & HUGS: A CELEBRATION OF FRIENDSHIP
COEURS ET CALINS: UNE CELEBRATION DE L'AMITIE

25 HEALTH JEOPARDY! WITH NURSE PENNY FLEMING
JEOPARDY! SUR LA SANTÉ AVEC L'INFIRMIERE PENNY FLEMING

TO REGISTER: POUR VOUS INSCRIRE:
(514) 980-8900
hrr@arc-hss.ca

Secrétariat aux relations avec les Québécois d'expression anglaise Québec

CHSSN

Céline von Engelhardt is ARC's Outreach Program Coordinator in Haut-Richelieu-Rouville (HRR).
For information, please feel free to reach out to her at (514) 980-8900 or hrr@arc-hss.ca.



February 2026

St-Jean | Clarenceville | Chambly

Locations / Notes:

- Chambly**
[2000 Bourgogne Ave. Chambly](#)
- Clarenceville**
[Free Methodist Church 1076 Front St. North Clarenceville](#)
- Adélar-Berger Library**
[180 Laurier St. St-Jean-sur-Richelieu](#)
- Collectivement Elles**
[290 Georges-Phaneuf St. St-Jean-sur-Richelieu](#)
- St-Jean Garrison Sports Centre**
[25 du Grand Bernier St. St-Jean-sur-Richelieu](#)
- Margo-Rock Chalet**
[280 Fortin St. St-Jean-sur-Richelieu](#)
- Le Dorchester Restaurant**
[232 Richelieu St. St-Jean-sur-Richelieu](#)
- Virtual via ZOOM**
(info@arc-hss.ca for link)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Virtual Drawing 2:00 -3:30 pm (Zoom)	3 Kindaroo! Preliteracy Activity 10:30 - 11:15 am	4 Senior Wellness Chambly 1:30 - 3:00 pm Senior Wellness Clarenceville 1:30 - 3:00 pm	5 Virtual Gentle Yoga 2:00 -3:00 pm (Zoom) Parlez-vous ! Let's Chat 6:30 - 8 pm	6	7 Family Wellness 10:00 am - 12:00 pm
8	9 Virtual Drawing 2:00 -3:30 pm (Zoom)	10 Kindaroo! Preliteracy Activity 10:30 - 11:15 am	11 Senior Wellness Chambly 1:30 - 3:00 pm Senior Wellness Clarenceville 1:30 - 3:00 pm	12 Virtual Gentle Yoga 2:00 -3:00 pm (Zoom) Parlez-vous ! Let's Chat 6:30 - 8 pm	13	14
15	16 Virtual Drawing 2:00 -3:30 pm (Zoom)	17 Kindaroo! Preliteracy Activity 10:30 - 11:15 am	18 Senior Wellness Chambly 1:30 - 3:00 pm Senior Wellness Clarenceville 1:30 - 3:00 pm	19 Virtual Gentle Yoga 2:00 -3:00 pm (Zoom) St-Jean Book Club 7:00 - 8:30 pm	20	21
22	23 Virtual Drawing 2:00 -3:30 pm (Zoom)	24 Kindaroo! Preliteracy Activity 10:30 - 11:15 am	25 Senior Wellness Chambly 1:30 - 3:00 pm Senior Wellness Clarenceville 1:30 - 3:00 pm	26 Virtual Gentle Yoga 2:00 -3:00 pm (Zoom) Parlez-vous ! Let's Chat 7:30 pm	27	28

One of the most overlooked aspects of mental health is nutrition. Food plays a significant role in our physical health, as well as our mental and emotional health. A person experiencing depression can feel overwhelmed when trying to think about preparing food let alone healthy food. Helping a friend or family member prepare healthy meals can be an essential tool to manage symptoms and support recovery.

Here is a small list of foods to consider adding to your diet or encourage your loved ones to include in theirs:

- **Fish:** Wild-caught fish, especially the oilier types such as salmon, mackerel, trout, sardines, and tuna (not canned), are great choices to help fight depression. Why? Because they are rich sources of omega-3 fats. Omega-3 fats are important for brain health and may be involved in the functioning of serotonin, a neurotransmitter that plays an important part in mood regulation.
- **Nuts:** Although other nuts such as cashews, Brazil nuts, and hazelnuts are helpful in supplementing omega-3 fats, walnuts seem to be the winner in this category. Walnuts are known to support overall brain health, being one of the highest plant-based sources of omega-3 and a great source of protein to help keep blood sugar levels at a healthy balance.
- **Beans:** Beans are a great source of protein and fibre. These can help to maintain stable and consistent blood sugar levels, making them a great depression-fighting food. In addition to helping minimize the blood sugar spikes and dips that can affect our mood, beans are also great sources of folate. Folate is a B vitamin that helps the body produce blood cells, DNA, and RNA, and metabolize proteins.
- **Seeds:** Flaxseed and chia seeds are great sources of omega-3 fats. Additionally, pumpkin and squash seeds are a great way to increase tryptophan, which is an essential amino acid that helps create serotonin, a neurotransmitter that plays a role in regulating healthy sleep and a balanced mood.

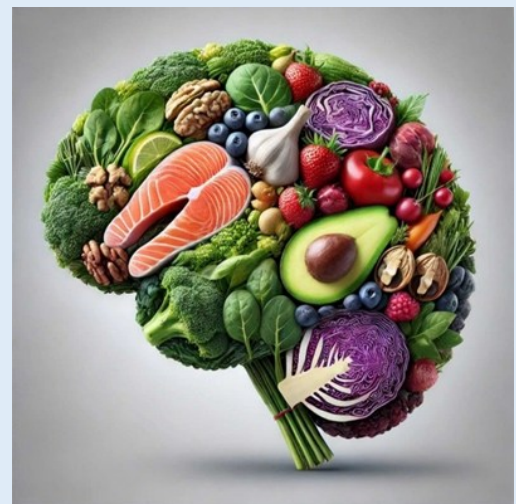
- **Poultry:** Chicken and turkey are both great sources of lean protein that can help to stabilize blood sugar levels, keeping your mood well balanced during the day. In addition to being trusted sources of lean protein, turkey and chicken breasts are known to provide high amounts of tryptophan.
- **Vegetables:** Folate, fibre, and other nutrients make vegetables—especially the darker leafy greens—a wonderful choice when looking for foods to help improve and stabilize mood. Leafy green vegetables are also high in omega-3 fatty acids. When considering vegetables to help increase your omega-3s, the most powerful players are Brussels sprouts, spinach, kale, and watercress.

Foods to limit:

- Added sugars
- Alcohol
- Excess caffeine

It is a good idea to talk with your medical provider before making significant changes to your diet. Remember to be patient with yourself as you begin to try new foods and give your body time to adjust to the changes you are making. Making better food choices can help your overall health as well as make a positive impact on your emotional wellness.

Source: Pattermore, Chantelle. 2021. [9 Foods That Could Help You Manage Depression | Psych Central](#)



Therese Callahan is ARC's Outreach Program Coordinator and oversees the mental wellbeing initiative. For information, please feel free to reach out to her at (514) 605-9500 or outreachgpk@arc-hss.ca.

Community Activities

Hope & Cope - Men's Club in-person: February 3 at 4:00 p.m. (bilingual activity). This group offers a safe, supportive space where men coping with a cancer diagnosis can confide in each other, learn, and connect. The group meets every first Tuesday of the month. Click [here](#) for more info.

Honouring Black Culinary Traditions: February 11 at 7:00 p.m. at the multi-purpose room, Brossard Library, 7855 San Francisco. Free conference with Sandrine Staco, Dietitian, to celebrate the rich heritage, cultural significance, nutritional value, and show different ways of eating healthy. Register [here](#). For information contact Michèle Tibblin at michele.tibblin@brossard.ca or call: (450) 923-6311 ext. 6280.

National Film Board/Jireh Gospel-Hearts in Chorus: (English with French subtitles) February 16 at 7:00 p.m. at the multi-purpose room, Brossard Library, 7855 San Francisco. Free intimate look inside the Jireh Gospel Choir, where voices from Montreal's Black community unite in faith, music, and resilience under the luminous direction of Carol Bernard. Register [here](#). For information contact Michèle Tibblin at michele.tibblin@brossard.ca or call: (450) 923-6311 ext. 6280.

Saint-Lambert Horticultural Society: February 19 via Zoom at 7:30 p.m. - Kevin Kavanagh discusses *How to Succeed with Plants in the Shade*. Click [here](#) to register.

Qigong with Sandra & Gentle Yoga with Linda: Mondays at 330 Gladstone St., Greenfield Park. Qigong 1:00 to 2:15 p.m. followed by Gentle Yoga 2:30 to 3:30 p.m. *Bring your own mat* For information about Qigong sessions, contact Sandra Mitchell at (450) 466-7200 or email taichirivesud@gmail.com. For information about Gentle Yoga sessions, contact Linda Zsar at (438) 368-9606 or email linda.zsar@hotmail.com.

Strength and stretch fitness class (low impact, for all levels) at Randell Hall, 2000 Bourgogne Ave., Chambly. Saturday mornings from 8:00 to 9:00 a.m. The cost is \$5/class and proceeds go to St. Stephen's Anglican Church. To join, email Devon at devon.phillips@videotron.ca.

Tai Chi/Qigong Classes: Movement disciplines for the body, mind and soul. Saint-Bruno United Church - Mondays at 4:30 and 5:30 p.m. and Wednesdays at 6:30; Zoom sessions - Mondays and Fridays 10:30 a.m. and 2:00 p.m.. Contact Sandra at taichirivesud@gmail.com or www.taichi-qigong.ca to register. Your first visit is complimentary.

Spring Break Camp in Saint-Lambert Musical Theatre Camp from March 2 to 6 for Ages 7–12. For kids who love to sing, dance, act, and create, this camp offers a full, immersive

performance experience. Small camp size (maximum 40 participants) for focused attention - Fully staged performance of Disney's *The Aristocats KIDS* - Audition opportunity for speaking roles (in English) - Collaborative, creative process led by professional instructors. A unique opportunity for young performers to build confidence, skills, and real stage experience during spring break. Details and registration on our [website](#).

Arthritis South Shore: Adaptive exercises and adaptive dance. Click [here](#) to consult the calendar for dates, times, and zoom links.

AmiQuebec: Mental Health AMI-Quebec helps families manage the effects of mental illness through support, education, guidance, and advocacy. All free of charge. For more information click on the [calendar](#).

Éducaloi has developed live workshops and e-learning courses to help better understand rights and responsibilities in everyday situations. These workshops and courses can also help build skills to tackle legal situations with confidence. Visit the [website](#) to choose an e-learning course just for you.

A non-profit organization and registered charity La mère à boire /Moms for milk is the perfect place to begin your parenting journeys, feel empowered, and connect with a warm, inclusive community. Click [here](#) for more information.

A virtual zoom presentation, **Service for Aging in the Right Place (SHARP)**, will take place on February 18 from 10:00 to 11:30 a.m. The February topic will be *Financial subsidies to help you live comfortably*. This presentation is offered by the CHSSN. To register - click [here](#).

The poster features the CHSSN logo at the top left. Below it, the text reads: "Services for Healthy Aging in the Right Place (SHARP) invites you to". The main headline is "Financial subsidies to help you live comfortably". A blue speech bubble icon is next to the word "FREE". The date and time are listed as "Wednesday, February 18, 10:00 - 11:30 am". At the bottom, contact information is provided: "For more info: gpk@arc-hss.ca (514) 213-3744". Logos for Health Canada, Santé Canada, and ARC are at the bottom. A small line of text at the very bottom states: "A CHSSN initiative funded through Health Canada's Official Languages Health Contribution Program". The background of the poster shows a photograph of an older man and a woman sitting at a table, looking at a document together.

The Last Word

Health Awareness Days

Heart & Stroke Month in February raises awareness about preventing heart disease and stroke, two leading causes of death that affect people of all ages. Up to 80% of premature cases are preventable through healthy habits like eating well, staying active, not smoking, managing stress, getting enough sleep, and knowing your health numbers. Learn the warning signs of heart attack and stroke (FAST) and how to act quickly in an emergency. This February, take a step toward lifelong heart and brain health by booking a check-up, making one positive change, and sharing awareness - it could save a life. For more information, click [here](#). **Beat heart disease/Beat stroke/Beat as one.**

Helpful resources in English from the [CISSS](#), whose mission is to contribute to promoting, maintaining, improving, and restoring public health and well-being by making a range of quality health and social services accessible to all.

For a comprehensive guide to understanding strokes, click [here](#).



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