

June 2026



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

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Happy
Father's
Day

father

[fah - th er] noun

Someone who gives great advice and is always encouraging and protective.



June 27

CANADIAN MULTICULTURALISM DAY



Information source for the South Shore
English-speaking community

THE ADVISOR

As June arrives, we welcome the beginning of summer and the chance to reflect on another meaningful season of connection, growth, and community engagement. This edition of *The Advisor* features important updates, upcoming events, and new services designed to support and strengthen our community.

We are excited to invite community members to ARC's **Annual General Meeting** on Wednesday, June 17, from 1:30 to 3:00 p.m. at Cynthia-Coull Arena in Greenfield Park. The AGM is an opportunity to learn more about our work over the past year, hear updates on programs and finances, and if you are a member, participate in Board elections, which will help shape the future of the organization. We hope you will join us. See page 8 for details.

This month, we are also proud to introduce ARC's new **Patient Navigator** service for English-speaking adults in the Montérégie-Centre region. The service will help individuals better understand and access healthcare and community services, including assistance with appointments, forms, and connecting to local resources. This important initiative reflects our ongoing commitment to improving access, support, and well-being within our community. See page 9 for more information.

We are also looking forward to **Community Health Day** on June 13 at Empire Park in Greenfield Park. This free outdoor event for youth and families promotes physical activity, mentorship, teamwork, and community connection through athletic activities, community kiosks, prizes, and family-friendly fun. Spots are limited, so be sure to register early. More information can be found on page 7.

As we wrap up our spring activities later in June, please note that all ARC offices will be closed for summer vacation from July 17 to August 2, 2026. Our offices will reopen on August 3, with activities resuming in September.

As Father's Day approaches on Sunday, June 21, we extend warm wishes to all fathers and father figures in our community. Thank you for the support and care you bring to those around you each day.

Be sure to explore this month's activities, workshops, and community events. Whether you're participating in a wellness activity, attending a special event, or simply connecting with others in the community, we encourage everyone to take part and make the most of the opportunities June has to offer.

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

What's new from the **GREENFIELD PARK OFFICE**



Senior Wellness Activities in GPK: Join us Thursdays at St. Mary's, 735 Miller St., Greenfield Park from 1:30 to 3:00 p.m. for weekly activities that encourage wellness, creativity, social connection, and community participation. Whether you are hoping to meet new people, share a few laughs, explore new activities, or simply enjoy a fun afternoon out, there is something for everyone. Registration is required for all activities. For more information or to register, contact Tania at gpk@arc-hss.ca or (514) 213-3744.

- **June 4: Indoor Summer Games.** Join us for a fun-filled afternoon of indoor summer games, laughter, and friendly competition. Activities will be light, inclusive, and adapted for all physical abilities so everyone can comfortably take part and enjoy the games.
- **June 11: Creative Card Making.** Join us for a creative afternoon as we make beautiful handmade cards to take home and enjoy. This special activity will be a wonderful way to celebrate the friendships, memories, and moments shared throughout the season before we say goodbye for the summer.
- **June 17: No session.** Please join us at ARC's Annual General Meeting in Greenfield Park! *Register for the AGM by emailing info@arc-hss.ca.*

Activities will return in September, and we look forward to another great season together.

Join Marie-Claude for **Craft, Create, Connect**, a monthly creative activity where you can explore artistic projects—no experience needed. On **June 3** from 1:30 to 3:00 p.m. at 91 Churchill, Greenfield Park, we will be fabric painting in a relaxed, welcoming setting inspired by nature. Registration is required, space is limited. Contact Tania at gpk@arc-hss.ca or (514) 213-3744.

Join us on **June 9** from 1:30 to 3:00 p.m. at 91 Churchill, Greenfield Park for our **Digital Skills Workshop** where we will review past sessions, highlighting everything Anila Patel, IT Support Specialist, has taught throughout the year. Participants will reflect on their learning and progress, with discussion around confidence using technology. A guiding question for the session will be: "What is one thing you learned this year that made technology feel less scary?" There is no need to have attended the other sessions to attend this one. Register with Tania at gpk@arc-hss.ca or (514) 213-3744.

Join us on **June 10** from 1:30 to 3:00 p.m. for **Mindful Together**, an activity that allows you a moment to pause and reconnect with yourself. Held at 91 Churchill Blvd., Greenfield Park and led by Brandon Stewart, these sessions explore the "art of being present". For our final session of the season, we'll explore every day mindful practices, grounding exercises, and share stories about our own experiences with mindfulness. You'll leave the session with a mindfulness worksheet that you can use to practice at home. Space is limited and registration is required. To register, email Brandon at cmttydev@arc-hss.ca or (438) 465-4514.

This month will be our third **Men's Café** activity; a space for men to connect, converse, and find some commonalities. Join us on **June 16** from 1:30 to 3:00 p.m. at 91 Churchill Blvd., Greenfield Park and enjoy an activity in a relaxed environment where we will come together to create a space built on mutual respect and understanding. This session, we'll continue swapping stories from Montreal's past and connecting over shared experiences. This space is all about exchanging, learning from one another, and discovering new things. For more information, contact Brandon at cmttydev@arc-hss.ca or (438) 465-4514.

Stay Active. Stay Connected.

Welcoming English activities designed for **adults 55+** to enjoy, connect, and thrive together.

ST. MARY'S CHURCH
735 Miller Street,
Greenfield Park

THURSDAYS
1:30 – 3:00 PM

JUNE 4

INDOOR SUMMER GAMES

Enjoy lighthearted games, laughter, and friendly competition in a welcoming space.

JUNE 11

CREATIVE CARD MAKING

Create handmade cards, connect with others, and celebrate the season together before our summer break.

Activities return in September – we look forward to seeing you again!

With financial support from
Secrétariat aux relations
avec les Québécois
d'expression anglaise
Québec

CHSSN

RESERVE YOUR SPOT TODAY!

(514) 213-3744
www.arc-hss.ca
gpk@arc-hss.ca
arcaccess

continued on following page...

GPk Activities *continued from previous page...*

Ready to get creative? Join us for **Ilana's Drawing Class** on **June 11** from 1:00 to 3:00 p.m. at 91 Churchill, Greenfield Park. A friendly art group where we draw, paint, and share inspiration together. To register, contact Courtney at (514) 604-9455 or info@arc-hss.ca. Spots are limited.

Our **Walk & Talk Group** meets each Thursday at 10:30 a.m. for an hour-long stroll around Greenfield Park. 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, Greenfield Park and enjoy good company and fresh air! Register with Courtney at info@arc-hss.ca.

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

Caregivers Café

Join us as the Caregivers Cafe closes out an incredible season with three inspiring Wednesday morning sessions designed to inform, support, and bring caregivers together. Held from 10:00 to 11:30 a.m. at 91 Churchill in Greenfield Park, this month's lineup offers practical guidance, emotional support, and an opportunity to connect before our summer break.

- **June 3—CAAP Montérégie Advisor Guylaine Roy** will discuss what caregivers and seniors need to know before signing a lease in a long-term care facility, including resident rights, services, advocacy, and how to avoid unexpected costs.
- **June 10—Rebecca Pimentia, MSW, TS from McGill University and Caregiver Grief Connexion** will lead a thoughtful conversation on navigating caregiver loss and grief, offering reflection, support, and tools for coping through the many emotions tied to caregiving.
- **June 17—We will close the season with a special acoustic live performance by Gary White**, featuring stories and songs that celebrate caregiving, resilience, and the comfort that music and community can bring.

This year has been our biggest and most rewarding yet. Caregivers Cafe has continued to grow into a warm and welcoming space for people from many different caregiving experiences and perspectives. Week after week, we've

Join us for **Qigong**, a mind-body exercise that combines movements, meditation, and deep breathing on Thursdays from 9:00 to 10:00 a.m. at 91 Churchill Blvd., Greenfield Park. **Registration is required.** For more information or to register, email taichirivesud@gmail.com.

Looking to improve your French in a relaxed, supportive setting? Join our weekly **French Conversation Group** Mondays from 10:30 to 11:30 a.m. at 91 Churchill, Greenfield Park. Practice speaking while building confidence and connecting with others on the same journey. For more information, contact Courtney at info@arc-hss.ca or (514) 604-9455.

seen new connections form, honest conversations unfold, and a stronger sense of community take shape.

Thank you to everyone who joined us, shared their experiences, supported one another, and helped make this such a special year. We are deeply grateful to be part of this community and look forward to welcoming everyone back in September with more great programming, new connections, and opportunities to learn, grow, and support one another together.

ARC caregivers cafe
Care, connection, and community.
WEDNESDAYS 10:00 - 11:30 AM | 91 CHURCHILL BLVD., GREENFIELD PARK
Join us this June at the Cafe

JUNE 3
WHAT YOU NEED TO KNOW BEFORE SIGNING IN LONG-TERM CARE FACILITIES & MORE!
WITH GUYLAINE ROY, ADVISOR - CAAP MONTRÉGIE
It's important to know all the facts before you sign a lease in senior housing or a long-term care setting. CAAP Montérégie supports seniors in residences and care facilities by helping them understand leases, services, and related concerns. Learn what to look for, what your rights are, and how to avoid unexpected costs. Learn how CAAP also assists with resolving disputes and supporting discussions with management.

JUNE 10
NAVIGATING CAREGIVER LOSS - WITH CAREGIVER GRIEF CONNEXION
REBECCA PIMENTIA, MSW, TS - MCGILL UNIVERSITY
We're thrilled to welcome Caregiver Grief Connexion back to the Cafe - an organization turning caregiving-related loss into education, support, and connection. This session explores the complex experience of grief while caring for a loved one who is still here, offering shared reflection and supportive tools to help you through this experience.

JUNE 17
SONGS FOR CAREGIVERS: STORIES BEHIND THE MUSIC THAT CONNECTS US
ACOUSTIC LIVE PERFORMANCE WITH GARY WHITE
Music has a way of healing and bringing people together, and Gary White has been a big part of what makes Caregivers Cafe so special. As we close out the season before summer break, we couldn't imagine our last Cafe without welcoming back our favourite performer. Join us for an acoustic set filled with song, storytelling, and connection.

Secrétariat aux relations avec les Québécois d'expression anglaise Québec
caregivers@arc-hss.ca
(514) 608-9600
@arcaccess
CHSSN

Christine Prince is ARC's Communications and Program Coordinator in Greenfield Park.
For information, please feel free to reach out to her at (514) 608-9600 or caregivers@arc-hss.ca.



June 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**
735 Miller
[Greenfield Park](#)

 **Jubilee Hall**
Cynthia Coull Arena
195 Empire
[Greenfield Park](#)

 **Empire Park**
195 Empire
[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 French Conversation 10:30 - 11:30 am Virtual Drawing 2:00 -3:30 pm (Zoom) Cribbage 6:00 - 8:00 pm	2 Ocean Presentaion 1:30 - 3:00 pm	3 Caregivers Café 10:00 - 11:30 am Craft, Create, Connect 1:30 - 3:00 pm ** Affordable Produce Baskets ** 3:00 - 7:00 pm	4 Qigong 9:00 - 10:00 Walk & Talk 10:30 - 11:30 am Senior Wellness 1:30 - 3:00 pm Potting Workshop 1:30 - 3:00 pm (FULL)	5	6
7	8 French Conversation 10:30 - 11:30 am Cribbage 6:00 - 8:00 pm	9 Digital Skills Workshop 1:30 - 3:00 pm	10 Caregivers Café 10:00 - 11:30 am Mindful Together 1:30 - 3:00 pm	11 Qigong 9:00 - 10:00 Walk & Talk 10:30 - 11:30 am Senior Wellness 1:30 - 3:00 pm Ilana's Drawing 1:30 - 3:00 pm	12	13 Community Health Event 2:00 - 4:00 pm
14	15 French Conversation 10:30 - 11:30 am Virtual Drawing 2:00 -3:30 pm (Zoom)	16 Men's Café 1:30 - 3:00 pm	17 Caregivers Café 10:00 - 11:30 am SHARP: Staying Active with Vision Loss 10:00 - 11:30 am ARC Annual General Meeting 1:30 pm ** Affordable Produce Baskets ** 3:00 - 7:00 pm	18 Qigong 9:00 - 10:00 Walk & Talk 10:30 - 11:30 am	19	20
21	22 French Conversation 10:30 - 11:30 am Virtual Drawing 2:00 -3:30 pm (Zoom)	23	24 SAINT-JEAN- BAPTISTE DAY	25	26	27
28	29 Cribbage 6:00 - 8:00 pm	30				

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 contact Tania at gpk@arc-hss.ca or (514) 213-3744.

- **June 3—Art with Arlene Baird.** Arlene will guide participants through a simple and easy art activity: introduction to watercolours.
- **June 10—**To end the season before we take a pause for the summer, we will finish with a **boat ride**. There will be two rides—one in the morning and one in the afternoon. **Registration with Tania is required.**
- **June 17—No session.** Please join us at ARC's Annual General Meeting in Greenfield Park! Register for the AGM at info@arc-hss.ca

Family Wellness Saturday - Join us **June 13** from 10:00 a.m. to 12:00 p.m. for our annual **ARC in the Park** season wrap-up at **J-Paul Beaulieu Park** (corner of Saint-Hubert and Grégoire Streets in Saint-Jean-sur-Richelieu). We'll have bubbles, sidewalk chalk, Zumba, games, and yoga provided by our friends at the **Saint-Jean Garrison sports centre**, where the activity will be moved in the case of inclement weather. **Registration before June 9 is required**, so please RSVP by e-mail hrr@arc-hss.ca or call (514) 980-8900 to get on the list!

Book Club Saint-Jean - Join us on **June 25** from 7:00 to 8:30 p.m. at the Collectivment Elles women's centre (390 Georges-Phaneuf St., Saint-Jean) to discuss **Anxious People** by **Fredrik Backman**. This warm and engaging novel begins with a failed bank robbery and an apartment open house gone wrong. As the story unfolds, the lives of a group of strangers become unexpectedly intertwined. To participate in our book club, you will need to purchase a \$5 Collectivment Elles membership, which grants you access to all of the centre's programming and resources until August 2026. Contact Céline at hrr@arc-hss.ca or call (514) 980-8900.

Senior Wellness Activities in Clarenceville take place Wednesdays from 1:30 to 3:00 p.m. in the lower level of the Free Methodist Church, 1076 Front St., Clarenceville. Wheelchair accessible.

- **June 3 – Mindful Together** - This session will explore mindfulness as a way of being present in the moment while learning to set healthy boundaries and self-regulate with intention. It's also a chance to strengthen your mental well-being and find calm and focus during life's more stressful moments.
- **June 10 – Musical Bingo!** - We're bringing back a crowd favourite for our grand finale of the season. Get ready to sing along to classic hits and dive into a dynamic game of Bingo!
- **June 17 – No session.** Please join us at ARC's Annual General Meeting in Greenfield Park! Register for the AGM at info@arc-hss.ca

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

WELLNESS 55+ CHAMBLY

Belong. Discover. Thrive.

Creating welcoming spaces for the 55+ English-speaking community in the Haut-Richelieu.

WEDNESDAYS 1:30 – 3:00 PM

Randell Hall 2000 Bourgogne Ave. Chambly, QC J3K 1Z8

CREATIVE WORKSHOP WITH ARLENE BAIRD
Join us for a fun and accessible art workshop with the talented Arlene Baird. Get step-by-step guidance including an intro to watercolour painting techniques.

BOAT RIDE & SUMMER GAMES
Our final activity before we say goodbye for the summer is a relaxing boat ride. You can choose between two rides: one at 11:00 a.m. and one at 1:00 p.m. Sports included, so be sure to sign up with Tania early. After the ride, stay for social games, coffee, and great company!

WEDNESDAY June 3 — Let's get creative together!

WEDNESDAY June 10 — A lovely send-off before summer!

With financial support from:

Contact us: (514) 213-3744 | gpk@arc-hss.ca | www.arc-hss.ca

FOLLOW ARC! @arccss

BOOK CLUB

ST-JEAN-SUR-RICHELIEU

WITH COLLECTIVEMENT ELLES

Thursday, June 25 7:00 to 8:30 p.m.
390 Georges-Phaneuf St. Saint-Jean-sur-Richelieu

Your \$5 membership at Collectivment Elles women's centre grants access to their welcoming space and all programming. A limited number of books are available for borrowing upon request* (*some terms apply)

Our June Selection
 FREDRIK BACKMAN ANXIOUS PEOPLE

With financial support from:

JOIN OUR GROWING COMMUNITY!
Contact us: (514) 980-8900 | www.arc-hss.ca | hrr@arc-hss.ca | @arccss

ARC 55 + CLARENCEVILLE

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 | **ACTIVITÉ SOCIALE HEBDOMADAIRE COLLATIONS, CAFÉ ET THÉ**

JUNE - JUIN | **WEDNESDAYS - LES MERCREDIS 13H30-15H00**

MINDFUL TOGETHER - WITH BRANDON STEWART
ENSEMBLE EN PLÈNE CONSCIENCE - AVEC BRANDON STEWART
Join us as we gently explore how to pause, connect, and discover easy ways to weave mindfulness into our daily lives. Rejoignez-nous pour explorer en douceur comment prendre une pause, se reconnecter et découvrir des moyens simples d'intégrer la pleine conscience dans notre quotidien.

MUSICAL BINGO! - BINGO MUSICAL!
We're thrilled to bring back one of our favorites for our grand finale group activity! Get ready to sing along to classic hits and dive into an exciting game of Bingo! Nous sommes ravis de ramener l'une de vos activités préférées pour notre grande finale de groupe! Préparez-vous à chanter des classiques et à participer à un bingo musical captivant!

NO SESSION IN CLARENCEVILLE - ARC ANNUAL GENERAL MEETING IN GREENFIELD PARK
PAS DE SESSION À CLARENCEVILLE - ASSEMBLÉE GÉNÉRALE ANNUELLE DU S.S.A.R.C. À GREENFIELD PARK
HAVE A WONDERFUL SUMMER - SEE YOU IN SEPTEMBER! AU PLAISIR DE SE REVOIR EN SEPTEMBRE!

WITH FINANCIAL SUPPORT FROM:

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



June 2026

St-Jean | Clarenceville | Chambly

Locations / Notes:

- Chambly**
[2000 Bourgogne Ave.](#)
[Chambly](#)
- Clarenceville**
[Free Methodist Church](#)
[1076 Front St. North](#)
[Clarenceville](#)
- Collectivement Elles**
[290 Georges-Phaneuf St.](#)
[St-Jean-sur-Richelieu](#)
- J-Paul Beaulieu Park**
[Corner of Saint-Hubert](#)
[and Grégoire Streets](#)
[St-Jean-sur-Richelieu](#)
- Jubilee Hall**
[Cynthia Coull Arena](#)
[195 Empire St.](#)
[Greenfield Park](#)
- Virtual via ZOOM**
info@arc-hss.ca for link)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Virtual Drawing 2:00 -3:30 pm (Zoom)	2	3 Senior Wellness Chambly 1:30 - 3:00 pm Senior Wellness Clarenceville 1:30 - 3:00 pm	4	5	6
7	8	9	10 Senior Wellness Chambly 1:30 - 3:00 pm Senior Wellness Clarenceville 1:30 - 3:00 pm	11	12	13 Family Wellness 10:00 am - 12:00 pm
14	15 Virtual Drawing 2:00 -3:30 pm (Zoom)	16	17 ARC Annual General Meeting 1:30 pm	18	19	20
21	22 Virtual Drawing 2:00 -3:30 pm (Zoom)	23	24 SAINT-JEAN- BAPTISTE DAY	25 St-Jean Book Club 7:00 - 8:30 pm	26	27
28	29	30				

Volunteers Needed



Connected Canadians
Canadiens Branches

Funded in part by the
Government of Canada's
New Horizons for Seniors Program

Canada

ARC

Do you want to help older adults with tech?

Assistance and Referral Centre (ARC) is seeking passionate volunteers to help seniors in our community

- Learn basic techniques for helping older adult with technology
- Build essential cyber safety knowledge and learn how to share it with new learners
- Attend online training modules and 1:1 practical support

WHY VOLUNTEER?

- Stay active, engaged, and connected
- Help older adults build digital confidence at workshops
- Contribute to your community

For more information, contact
Tania Blood at:
Email: gpk@arc-hss.ca
Phone: (514) 213-3744

We are **looking for volunteers to support older adults with technology**. This involves helping seniors become more comfortable navigating and using different digital tools in their daily lives. No experience is required — just patience, clear communication, and a willingness to help! Volunteers will be required to attend two mentor training sessions on **June 8 and 9** from 10:00 a.m. to 12:00 p.m.

The training will cover:

- Basic techniques for supporting older adults with technology
- Key cyber safety knowledge and how to share it with learners
- How to provide effective one-on-one support

After completing the training, volunteers will be able to offer practical one-on-one support to seniors in our community during our future workshops. If you are interested, please contact Tania at gpk@arc-hss.ca or (514) 213-3744.

Community Health Day

ARC is hosting a free outdoor event for youth ages 6-17 and their families, focused on physical activity, mentorship, and community connection. The event brings together local coaches and community organizations to support youth in developing confidence, teamwork and resilience through structured activities while giving families access to a range of community resources. A multi-station athletic mentorship event designed to build real world life skills including discipline, communication and goal setting. Throughout the day, families can also explore community kiosks offering information and support related to education, employment, housing, food security, and family services.

The event is free, offered in English with bilingual support available and open to all fitness levels. Activities will take place from 2:00 to 4:30 p.m. on **June 13**, with a backup date of June 14 in case of bad weather. The event will be held at Empire Park, 195 Empire St., Greenfield Park. Participants are encouraged to arrive early to allow time for check-in and to help ensure a smooth sign-in.

Community Health Day is delivered in collaboration with **Adrian Davis from the Athletic Academy**, the Flight School and the Greenfield Park Packers.

Spots are limited. Register [here](#) or call (514) 712-6575.

All registered participants will be entered into a prize draw, including one pair of Habs tickets, athletic gear and other giveaways. Families will also be able to purchase food and drinks from the Packers canteen to make the day more enjoyable.



COMMUNITY HEALTH DAY

JOIN US FOR A DAY OF CONNECTION, RESOURCES & COMMUNITY.

FLIGHT SCHOOL | AA ATHLETIC ACADEMY | ARC | GREENFIELD PARK PACKERS 50th ANNIVERSARY

★ ENTER FOR A CHANCE TO WIN ★

A PAIR OF TICKETS FOR ONE GAME IN THE 2027 SEASON!

LIVE THE TRADITION.

MONTREAL CANADIENS 2027 SEASON
SEC ROW SEAT
111 P 3

MONTREAL CANADIENS 2027 SEASON
SEC ROW SEAT
111 P 4

SUPPORT LOCAL ORGANIZATIONS. BUILD LASTING CONNECTIONS.
Explore programs, meet community leaders, and discover opportunities that empower individuals, families, and the next generation.

QR CODE

SATURDAY, JUNE 13, 2026
2:00 - 4:00 PM
CHECK-IN 1:00 PM

EMPIRE PARK
GPK - PACKER'S FIELD
GREENFIELD PARK, QC

FOR AGES 6-17
ALL ABILITIES
WELCOME!

COME CONNECT. HAVE FUN. BUILD A HEALTHY FUTURE.

Andre Bergeron is ARC's Employment Coordinator in Greenfield Park.

For information, please feel free to reach out to him at (514) 712-6575 or employment@arc-hss.ca.

Connect for your Mental Health

"I should be good at this. I should know how to talk to them about this. I should know how." We tend to make *should statements*, which can lead to stress, guilt, and unrealistic expectations. This often hurts our motivation and emotional well-being.

Should statements are inflexible rules we set for ourselves and others. They include words like *should*, *must*, or *ought*. These terms dictate how we, others, or the world should act. They often reflect learned societal norms or childhood lessons about being good or responsible. Thoughts like *I should exercise more* or *I should be successful* set strict standards. These often ignore personal context and preferences.

When someone often misses their own important goals, it can lead to feeling inadequate. Not *I made a mistake* but *I am a mistake*. The more you tell yourself these things, the more you feel like a failure when you can't meet those standards. You also feel anxious as you try to control the factors that affect those statements.

Here are some strategies to manage *should statements*:

Mindfulness: When you catch yourself using words like *should*, *must*, or *ought to*, pause and label it: I notice I'm using a *should statement* right now. This awareness creates space between you and the rigid rule, allowing you to examine it more objectively.

Cognitive restructuring: Question your *should statements*. Look at the evidence and the effects of these strict rules. Transform them into more flexible statements with words like prefer or want. Replace *I should exercise more* with *I will exercise because it makes me feel good*. This slight shift engages the brain's reward system more effectively, fostering a positive feedback loop.

Behavioural Experiments: Challenge your beliefs. Allow small imperfections or bend some of your *should rules*. Notice how your experience and self-esteem are affected when you let go of rigid expectations.

Radical Acceptance: Accept that life is inherently imperfect. Embrace the idea that mistakes and imperfections are not failures; instead, they are chances for growth and learning.

Self-Compassion: Be kind to yourself when things don't go as planned. Avoid harsh self-criticism.

Should statements might seem motivating, but they can make you too rigid in your expectations of yourself and others. They can cause high anxiety and may contribute to depression if you never allow yourself permission to adjust your expectations.

Source: www.agoodplacetherapy.com

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

Annual General Meeting

Join us for ARC's Annual General Meeting on Wednesday, **June 17**, from 1:30 to 3:00 p.m. at Cynthia-Coull Arena, 195 Empire St., Greenfield Park. The AGM is an opportunity for the community and its members to learn more about ARC's work over the past year, including the 2025–2026 Annual Report, financial statements, and the proposed 2026–2027 budget. Members will also participate in the election of Board members, the appointment of auditors, and updates to ARC's bylaws.

We encourage all members to attend and take part in shaping the future of ARC. To register, visit our [webpage](#), email info@arc-hss.ca, or call (514) 604-9455. On behalf of ARC's Board of Directors, thank you for your continued support and participation.

ANNUAL GENERAL MEETING



June 17, 2026
1:30 - 3:00 p.m.

At our AGM, members will have the opportunity to:

- ✓ Receive the 2025–2026 Annual Report
- ✓ Review auditor's report & financial statements, and 2026–2027 provisional budget
- ✓ Elect members to the Board of Directors
- ✓ Appoint auditors

REGISTER TO ATTEND

(514) 604-9455

info@arc-hss.ca

www.arc-hss.ca/agm2026/

AGM will be held at:
Cynthia-Coull Arena
195 Empire Street, GPK

ARC Launches New Patient Navigator Service

ARC is happy to offer a new **Patient Navigator** service for English-speaking adults in the Montérégie-Centre region.

Many people find the healthcare system confusing and hard to use, especially when services and forms are mostly in French. Seniors, people living alone, newcomers, and those with health or mental health challenges may need extra support. The Patient Navigator is here to help.

The Patient Navigator can help clients:

- Book and prepare for medical appointments
- Understand medical information and paperwork
- Fill out forms that may only be available in French
- Coordinate with community organizations offering medical transportation and other support services
- Connect with local health and social service organizations

The navigator may also go with vulnerable clients to appointments to offer support and help with administrative steps. While the navigator is not a medical interpreter, they will help clients ask for services and information in English whenever possible.

This project is part of the provincial **Patient Navigation Network**, coordinated by the Community Health and Social Services Network (CHSSN), which helps English-speaking communities across Quebec access healthcare services with ease.

ARC wants to ensure English-speaking residents feel supported, informed, and connected to the services they need. Information about the program will be shared through newsletters, social media, events, and partner organizations.

By helping people better understand and access services, the Patient Navigator program will improve health, well-being, and inclusion in our community.

For more information about the Patient Navigator service, contact Therese Callahan at (438) 459-1549 or pn@arc-hss.ca



Assistance and Referral Centre
Montérégie-Centre www.arc-hss.ca

PATIENT NAVIGATOR SUPPORT

Helping English-speaking residents
navigate healthcare **with confidence.**

HOW WE HELP



Understand
your healthcare
options



Navigate
appointments, forms
& services



Connect with
community and
medical support

**Need help navigating
healthcare in English?**

Contact our Patient Navigator today.



pn@arc-hss.ca



(438) 459-1549



Monday – Thursday
9:00 a.m. to 4:00 p.m.

“ I'm here to help
you find your
way to better
care – in the
language you
understand.

Therese Callahan
Patient Navigator



Secrétariat aux relations
avec les Québécois
d'expression anglaise



Supported by:



Community Activities

Hope & Cope - Men's Club in-person: June 2 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.

The Village Ringers Spring Handbell Concert: June 11 at 7:30 p.m. Saint-Lambert United Church 85 Blvd. Desaulniers, Saint-Lambert, Tickets are \$20 cash at the door.

Exhibition by Danielle Desharnais at the Multifunctional Centre (81 Hooper St., Saint-Lambert) until July 18 on Thursdays from 5:00 p.m. to 8 p.m. and Saturdays from 10:00 a.m. to 1:00 p.m. Danielle Desharnais's work is deeply inspired by nature, and more specifically by trees, symbols of strength and resilience. Her use of intense colours and organic forms reflects her desire to capture and translate all the beauty and depth of our environment.

Saint-Lambert Horticultural Society: June 27 - Members' Gardening Workshop in Marcelyn's garden. Click [here](#) to register.

Old Saint-Lambert's Farmers' Market at the Multifunctional Centre (81 Hooper St., Saint-Lambert) until October 15 from 3:00 to 9:00 p.m. Come and fill up on fresh and processed products from the best agri-food producers in the Montérégie and surrounding areas. Click [here](#) for info.

The **CFUW Montreal South Shore** is accepting donations of books and vinyl records for their annual book sale. Donations can be dropped off at Saint-Lambert United Church, 415 Mercille St. between August 2 and 8. Visit their [Face-book page](#) for more details.

Qigong with Sandra Mondays from 1:00 to 2:15 p.m. at 330 Gladstone St., Greenfield Park. For information about Qigong sessions, contact Sandra Mitchell at (450) 466-7200 or email taichirivesud@gmail.com.

Strength and stretch fitness class (low impact, for all levels) at Randell Hall, 2000 Bourgoigne 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 and Wednesdays at 6:30; Zoom sessions - Mondays and Fridays 10:30 and 2:00. Contact Sandra at taichirivesud@gmail.com or www.taichi-qigong.ca for more info and to register. Your first visit is complimentary.

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](#).

Celiac Quebec's Support Group can offer one-on-one peer support for the newly-diagnosed, including for their caregivers and/or families. Visit their shared [calendar](#) of events for updated information regarding support group activities and events.

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 their [website](#) to choose an e-learning course just for you.

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

Golden Jubilee Club – *Created by Local Seniors, Powered by Local Seniors!* Happening every Wednesday at Jubilee Hall, 195 Empire St. in Greenfield Park. Because staying active, socializing, and being part of a vibrant community is pure gold. For more information, contact Beverley at (450) 672-2679 or barmistead@videotron.ca.

Offered by the CHSSN's **Service for Aging in the Right Place (SHARP)**, this month's presentation will take place on **June 17** from 10:00 to 11:30 a.m. via Zoom. The topic will be *Staying Active with Vision Loss: Tips and Tools That Help*. To register for the Zoom session, [click here](#).

CHSSN
VIRTUAL LEARNING ON ZOOM

SHARP: SERVICES FOR HEALTHY AGING IN THE RIGHT PLACE
Providing tools and resources to support English-speaking older adults to age and live where they choose.

TOPIC
Staying Active with Vision Loss: Tips and Tools That Help

PRESENTED BY
Occupational Therapist

WEDNESDAY JUNE 17
STARTING AT 10:00 TO 11:30 AM

FOR MORE INFO
gpk@arc-hss.ca
(514) 215-3744

Health Canada

Services for Healthy Aging in the Right Place (SHARP) is a CHSSN initiative funded through Health Canada's Official Languages Health Contribution Program.

The Last Word

Health Awareness Days

Every year on June 27, Canadians celebrate **Canadian Multiculturalism Day** — a time to recognize the many cultures, traditions, and communities that make Canada vibrant and welcoming. First designated in 2002, the day honours Canada's commitment to diversity and inclusion, including becoming the first country to adopt multiculturalism as official policy through the Canadian Multiculturalism Act in 1988. Part of the "Celebrate Canada" program leading up to Canada Day, it is an opportunity to appreciate the contributions of diverse communities and celebrate the shared values that bring Canadians together. *Multiculturalism is one of Canada's great strengths.* Learn more by clicking [here](#).



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

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