



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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# THE ADVISOR

Information source for the South Shore English-speaking community

As we step into March, we're greeted by longer days, hints of warmer weather, and the fresh energy of a new season on the horizon. This edition of *The Advisor* is filled with opportunities to learn, connect, and grow together.

With the end of our fiscal year approaching, we have sent an email notifying members if their membership is expiring on March 31. **If you're not a member, now is the time to sign up!** Joining is a great way to support our initiative to sustain services, programs, and free activities for the English-speaking community, while receiving priority notifications and early-bird signup for activities. Would you like to join? The membership application is available on our [website](#). For more information, email [info@arc-hss.ca](mailto:info@arc-hss.ca) or call (514) 604-9455.

In **Greenfield Park, Senior Wellness** at St. Mary's continues in its larger space with highlights including a presentation on aging with dignity, a virtual trip to Ireland, and a housing rights session. Other programs this month include **Ancestor Hunters Genealogy Club, Cooking Demonstration, Mindful Together, Digital Skills: Spring Cleaning, French Conversation, Rock Painting, and Walk & Talk.** **Caregivers Café** also continues with supportive gatherings such as Songs for Caregivers, group discussions, a creative afternoon, as well as *Ask the Nurse!* We are also pleased to introduce **Alongside**, a six-week grief support program. See pages 2-4 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, Senior Wellness in Chambly** and **Clarenceville, Parlez-Vous? Let's Chat!**, and a special spring break line dancing event, there are meaningful ways to stay active and engaged. Full details can be found on pages 5-7.

This issue also highlights employment supports, including a **Career Transitions After 40 workshop**, the **Community Network Bursary Program**, and ongoing direct employment services. You will also find a mental health article exploring the role of peer support, along with community partner activities, and helpful resources.

Be sure to check out this month's events, updates, and opportunities to get involved. Whether you're attending a local gathering, supporting a community initiative, or simply enjoying the changing season, there's something for everyone. Here's to a month of growth, renewal, and community connection!

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

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., Greenfield Park. This large and comfortable space will allow us to welcome more participants safely. Join us on Wednesdays from 1:30 to 3:00 p.m. for engaging weekly activities designed to stimulate your mind, body, and creativity! Registration for all activities is **REQUIRED**. For more information or to register, contact Tania at [gpk@arc-hss.ca](mailto:gpk@arc-hss.ca) or (514) 213-3744.

- **March 5:** Join us for an **inspiring presentation** by a podcaster who brings honest, compassionate conversations about aging with dignity, empowering us to age with purpose, respect, and voice.
- **March 12:** *Please note that there will be no senior wellness activity on this day.*
- **March 19:** Celebrate the spirit of St. Patrick's by joining our **virtual trip to Ireland**, exploring its stunning landscapes and rich culture right from your seat.
- **March 26:** Join us for an informative **presentation by a lawyer** from the Community Justice Centre to learn about your housing rights in Quebec and the resources available to support you.

**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 **March 10** from 1:00 to 3:00 p.m. at 91 Churchill Blvd., Greenfield Park. To register, contact Tania at [gpk@arc-hss.ca](mailto: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 **March 10** from 10:00 a.m. to 12:00 p.m. at 91 Churchill Blvd., Greenfield Park for a watch-and-learn session on making stir-fries and with some delicious sauces. We will share a simple trick to ensure your vegetables turn out perfectly cooked — tender and vibrant, never mushy. Space is limited and registration is required. For more information or to register, contact Courtney at [info@arc-hss.ca](mailto:info@arc-hss.ca) or (514) 604-9455.

Join us on **March 11** at 1:30 p.m. for **Mindful Together**, an activity focused on mindfulness and self-awareness. Held at 91 Churchill Blvd., Greenfield Park and led by Brandon Stewart, 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. Space is limited and registration is required. To register, email Brandon at [cmttydev@arc-hss.ca](mailto:cmttydev@arc-hss.ca) or (438) 465-4514.

Is your device running out of space or feeling cluttered? Join our **Digital Skills Workshop: Device Spring Cleaning** with IT support specialist Anila on **March 24** at 1:30 p.m. This interactive session will help you organize your files, delete unnecessary items, and better understand how to manage storage on your smartphone, tablet or computer. Get hands-on guidance and leave feeling better organized. Register with Tania at [gpk@arc-hss.ca](mailto:gpk@arc-hss.ca) or (514) 213-3744.

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 Blvd. and enjoy good company and fresh air! Register with Courtney at [info@arc-hss.ca](mailto:info@arc-hss.ca) or (514) 604-9455.

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 Blvd., 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](mailto: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 Mondays from 1:00 to 2:30 p.m. at 91 Churchill Blvd., Greenfield Park. For more information, contact Thérèse at [outreachgpk@arc-hss.ca](mailto:outreachgpk@arc-hss.ca) or at (514) 605-9500. **Please note that there will be no Rock Painting session on March 23.**

*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](mailto:gpk@arc-hss.ca).*

## Caregiver's Café

March brings meaningful connection, creativity, and practical support to **Caregivers Café**, a welcoming space created especially for caregivers. Each week offers a chance to pause, share, and feel supported alongside others who truly understand the caregiving journey. Offered weekly on Wednesday from 10:00 to 11:30 a.m. at 91 Churchill Blvd., Greenfield Park.

**March 4 – Songs for Caregivers: Stories Behind the Music That Connects Us.** Gary White returns to the café with a heartfelt acoustic music experience created for caregivers.

Through storytelling, humour, and songs spanning the decades, Gary explores themes of joy, resilience, and healing. This special session invites caregivers to relax, reflect, and experience the power of music together.

**March 11 – Special Guest Presentation: Claire Webster, CDCC (PAC), CPCA.** ARC and Seniors Respite Montérégie are excited to welcome Claire Webster, founder and Ambassador of the McGill Dementia Education Program and McGill Cares, and Founder of Caregiver Crosswalk Inc. Claire is one of the most trusted voices in dementia education and caregiver support. Claire combines professional expertise with lived experience as a former caregiver to her mother with Alzheimer's. This is a must-attend session for anyone seeking practical information and strategies to support families navigating dementia and Alzheimer's.

**March 18 – Group Activity: Caregivers Create!** Creativity offers caregivers a chance to breathe, reconnect, and ease stress. This hands-on creative session encourages connection and creates space for reflection and healing, especially for those navigating caregiving challenges or grief. No artistic experience required, just curiosity and openness.

**March 25 – Ask the Nurse!** Join nurse Penny Fleming, for an informative and supportive session focused on practical caregiving topics. From medication management and home safety to nutrition and everyday concerns, Penny will answer your questions and share valuable tips to support both you and the person you care for.

**Alongside (Grief Support)** is a six-week program developed for ARC by Paul Simard, founder of The Canoe, to support members of the South Shore English-speaking community who are living with loss.

This is a welcoming space where grief is met without fixing, rushing, or minimizing. Participants are invited to be seen, heard, and supported as they navigate life after the death of a partner, child, parent, friend, or loved one. Alongside offers practical tools and gentle skills to help participants care for themselves, navigate difficult moments, and build greater confidence in living with loss. It offers a place to carry loss together, while gently making room for connection, learning, and growth.

Meeting weekly over six weeks, this program provides ongoing learning and support rather than a one-time conversation. Grief unfolds over time and finds greater healing when supported by the community.

Our first session begins on **March 19** from 1:30 to 3:00 p.m. at 91 Churchill Blvd., Greenfield Park. For questions or to register, contact Christine at [caregivers@arc-hss.ca](mailto:caregivers@arc-hss.ca) or (514) 608-9600.

**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](mailto:caregivers@arc-hss.ca).



# March 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

**GPK Legion**  
205 Empire,  
Greenfield Park

**Virtual via ZOOM**  
(email [info@arc-hss.ca](mailto:info@arc-hss.ca)  
for link)

**\*\* Affordable Produce Baskets from CAPL :**  
[capl.inter@gmail.com](mailto: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	4 Caregivers Café 10:00 - 11:30 am	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 Mindful Together 1:30 - 3 pm ** Affordable Produce Baskets ** 3:00 - 7:00 pm	12 Qigong 9:00 - 10:00 am Walk & Talk 10:30 - 11:30 am Community Luncheon 12:00 pm	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 Book Club (full) 1:30 - 3:00 pm	18 Caregivers Café 10:00 - 11:30 am	19 Qigong 9:00 - 10:00 am Walk & Talk 10:30 - 11:30 am Senior Wellness 1:30 - 3:00 pm Alongside (Grief) 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 Virtual Drawing 2:00 -3:30 pm (Zoom) Cribbage 6:00 - 8:00 pm	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 Alongside (Grief) 1:30 - 3:00 pm Virtual Gentle Yoga 2:00 -3:00 pm (Zoom)	27	28
29	30 French Conversation 10:30 - 11:30 am Rock Painting 1:00 - 2:30 pm Virtual Drawing 2:00 -3:30 pm (Zoom)	31				

# HAUT-RICHELIEU-ROUVILLE

## Review



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

- **March 4:** Travel back in time as we watch a documentary about the Montreal 1976 Olympics, followed by fun adapted Olympic-inspired activities.
- **March 11:** Join us for a virtual trip to Ireland featuring delicious food, lively trivia, and traditional music.
- **March 18:** Get your brushes ready and unleash your creativity as we collaborate in a lively pass-the-painting group art activity.
- **March 25:** Take part in an interactive presentation packed with practical tips on how to stretch your groceries further.

**Parlez-Vous? Let's Chat!** This month we're exploring visual art and building conversations around creative expression! Join us from 6:30 to 8:00 p.m. at the ARC office in St-Jean-sur-Richelieu (suite 201, 900 du Séminaire Blvd. North) for fun, informal conversation with guided doodling (**Thursday, March 5**) and vision board collage (**Thursday, March 12**) in a relaxed, informal setting. Then, on **Thursday, March 26** we will meet at the Musée du Haut Richelieu (182 Jacques-Cartier St. North, St-Jean-sur-Richelieu) at 6:30 p.m. to discover the city's rich ties to ceramics and to paint a pottery piece of our own, all while conversing *en français*. Participants pay for the piece they want to paint, but everything else, including museum admission, is on us! To register for Parlez-Vous, contact Céline at [hrr@arc-hss.ca](mailto:hrr@arc-hss.ca) or call (514) 980-8900.

**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! Each week, we explore songs, rhymes, and stories designed to support language development and bonding, all in a warm, welcoming environment. **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](#) or for more information, contact Thérèse at [stjean@arc-hss.ca](mailto:stjean@arc-hss.ca) or call (514) 605-9500.

**Family Wellness Saturday at the Saint-Jean Garrison sports centre** Ready, aim...fun! Families are invited to discover indoor archery on **Saturday, March 21** from 10:00 a.m. to 12:00 p.m. Learn the basics under the supervision of trained staff, with all equipment provided at no cost. Participants must be aged 8+ to try archery, but we will have games and a separate soft-play and gross motor 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 [hrr@arc-hss.ca](mailto:hrr@arc-hss.ca) or call (514) 980-8900 to get on the list!

**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](mailto:stjean@arc-hss.ca)

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

**PARLEZ-VOUS?** **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!

**MAR 5 Drawing: the art of doodling**  
6:30 p.m. Simple, guided doodles to build vocabulary and confidence. All materials provided. 201, 900 du Séminaire Blvd., St-Jean-sur-Richelieu

**MAR 12 Collage: create a vision board**  
6:30 p.m. Create an inspiring collage while practicing your French. All materials provided. 201, 900 du Séminaire Blvd., St-Jean-sur-Richelieu

**MAR 26 Point-your-own ceramic night**  
6:30 p.m. Relaxed conversation while painting pottery. Musée du Haut-Richelieu 182 Jacques-Cartier St. North Saint-Jean-sur-Richelieu

RESERVE YOUR SPOT TODAY!  
[hrr@arc-hss.ca](mailto:hrr@arc-hss.ca) (514) 980-8900

**LET'S CHAT!**



**ARC** FAMILY WELLNESS SATURDAY PRESENTS

**INTRODUCTION TO ARCHERY**

- All equipment provided
- Participants must be aged 8+ to handle bows and arrows
- Soft play and gross motor skills area for younger kids
- Bilingual instructors

**SATURDAY, MARCH 21**  
10:00 A.M TO 12:00 P.M.  
SAINT-JEAN GARRISON SPORTS CENTRE  
25 CHEMIN DU GRAND BERNIER SOUTH  
SAINT-JEAN-SUR-RICHELIEU

**RSVP REQUIRED**  
RESERVE YOUR SPOT TODAY!  
(514) 980-8900  
[hrr@arc-hss.ca](mailto:hrr@arc-hss.ca)

continued on following page...

## HRR Review *continued from previous page...*

**ARC Book Club – St-Jean:** Join us on **Thursday, March 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 *The Beautiful Ones* by Silvia Moreno-Garcia. Set in a glittering, old-world society of grand parties and rigid social rules, this enchanting novel blends romance, social intrigue, and subtle fantasy as a young woman with telekinetic powers navigates high society, first love, and dangerous illusions. 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 at [hrr@arc-hss.ca](mailto:hrr@arc-hss.ca) or call (514) 980-8900 to RSVP or for more information.

**Spring break special event: Line dancing for all ages – Clarenceville.** Join us **Wednesday, March 4** from 1:30 to 3:00 p.m. at the Clarenceville Community Centre (1A Tourangeau St.), for an all-ages line-dancing afternoon with instructor Carole St-Jean. Whether you’re new to line dancing or ready to show off your moves, everyone is welcome to come out, get active, and have fun together! For more information, contact Céline at [hrr@arc-hss.ca](mailto:hrr@arc-hss.ca) or (514) 980-8900.

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

- **March 4 – Line dancing:** This week’s session will take place at the Clarenceville community centre (1A Tourangeau St.), where we’ll mix and mingle with members of our community and learn to line dance with bilingual instructor Carole St-Jean. All ages are welcome to this one!
- **March 11 – Crafting together:** spring door wreaths - Let’s welcome spring with a relaxed and creative session making a seasonal wreath to brighten up your home. All materials will be provided.
- **March 18 – My hearing loss journey:** Pathways to Services - Think you may be experiencing hearing loss and not sure what to do next? Hear Quebec will guide us through the process of booking a hearing test, navigating referrals to audiologists and ENT specialists, and more - from understanding the process for obtaining hearing aids to exploring assistive technologies that can enhance everyday communication.
- **March 25 – The Stories Behind the Songs,** Canadian Folk Music Award-winning songwriter Rob Lutes will entertain us with his curated history of American (and Canadian) popular music, including blues, ragtime, jazz, country and rock and roll. You won’t want to miss it!

**ARC SAINT-JEAN-SUR-RICHELIEU BOOK CLUB**

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

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

Your \$5 membership to the Collectivement Elles women’s centre allows us to meet in their cozy, inviting space and gives you access to all of the centre’s programming, too!

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

Secrétariat aux relations avec les Québécois d’expression anglaise  
Québec

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

**SPRING BREAK SEMAINE DE RELÂCHE**

**LINE DANCE PARTY FÊTE DE DANSE EN LIGNE**

**ALL AGES WELCOME - POUR TOUS LES ÂGES**

- + No experience necessary
- + No partner needed
- + Bilingual dance instructor
- + Pas d’expérience nécessaire
- + Aucun partenaire requis
- + Instructrice de danse bilingue

**04 MAR** 13H30 - 15H00

COMMUNITY CENTRE  
CENTRE DES LOISIRS  
1A Tourangeau - Clarenceville

RSVP (514) 980-8900 [hrr@arc-hss.ca](mailto:hrr@arc-hss.ca) [www.arc-hss.ca](http://www.arc-hss.ca)

**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

**March**

Free Methodist Church  
1076 Front Street N.  
Clarenceville

- 4** Line-dancing for all ages! (meet at the community centre)  
LA DANSE EN LIGNE POUR TOUS LES ÂGES! (AU CENTRE DES LOISIRS)
- 11** Crafting together: Spring door wreaths  
BRICOLONS ENSEMBLE: COURONNES DE PORTE PRINTANIERES
- 18** My hearing loss journey: pathways to services  
MON PARCOURS AVEC LA PERTE AUDITIVE: COMMENT ACCÉDER AUX SERVICES
- 25** The stories behind the songs with musician Rob Lutes  
LES HISTOIRES DERRIÈRE LES CHANSONS, AVEC LE MUSICIEN ROB LUTES

Secrétariat aux relations avec les Québécois d’expression anglaise  
Québec

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

**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](mailto:hrr@arc-hss.ca).



# March 2026

St-Jean | Clarenceville | Chambly

## Locations / Notes:

- Chambly**  
[2000 Bourgogne Ave. Chambly](#)
- Clarenceville**  
[Free Methodist Church 1076 Front St. North Clarenceville](#)
- Adélarde-Berger Library**  
[180 Laurier St. St-Jean-sur-Richelieu](#)
- Collectivemnt Elles**  
[290 Georges-Phaneuf St. St-Jean-sur-Richelieu](#)
- St-Jean Garrison Sports Centre**  
[25 du Grand Bernier St. St-Jean-sur-Richelieu](#)
- Community Centre**  
[1A Tourangeau St. Clarenceville](#)
- ARC Office - St-Jean**  
[200-900 du Seminaire Blvd. N. St-Jean-sur-Richelieu](#)
- Musée du Haut Richelieu**  
[182 Jacques-Cartier St. N. St-Jean-sur-Richelieu](#)
- Virtual via ZOOM**  
([info@arc-hss.ca](mailto: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 Line Dancing 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
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 Family Wellness 10:00 am - 12:00 pm
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
29	30 Virtual Drawing 2:00 -3:30 pm (Zoom)	31 Kindaroo! Preliteracy Activity 10:30 - 11:15 am				

## Employment Services Update

As we move into March, we continue to provide practical opportunities and resources to support individuals at different stages of their employment journey. Whether you are exploring a career change, considering further education, or actively searching for work, we encourage you to take advantage of the services outlined below:

On **March 18** from 1:00 to 2:00 p.m., we will be hosting a workshop for individuals aged 40+ at 91 Churchill Blvd. in Greenfield Park, titled **Career Transitions After 40: Tools, Support and Direction**. This workshop is offered in collaboration with Vision Travail, an organization recognized for its expertise in career orientation, job search strategies, and professional integration. The workshop is designed for individuals navigating career transitions later in life and seeking practical tools, guidance, and access to local employment support.

We are also pleased to announce that the call for the **Community Network Bursary Program 2026-2027** is now open and can be viewed on the Dialogue McGill website. This bursary supports individuals who are currently studying or considering studies in the healthcare field. In addition to financial assistance, recipients gain access to mentorship, professional development opportunities, and a supportive network throughout their academic journey. For individuals planning a future in healthcare, this program offers both immediate financial relief and long-term professional benefits. The [Student Guide](#) and application forms are available here on the [Dialogue McGill website](#). Note that applications will not be accepted by ARC prior to March 26 and the deadline to send your applications to ARC is May 7.

Finally, ARC continues to offer **direct employment services**. We provide in-person or virtual appointments for CV and cover letter development, job search support, guidance on navigating job banks, and referrals to language or skills training. We also offer practical guidance on how to use AI tools effectively as part of a job search strategy. For more information about any of these services, or to book an appointment, contact [employment@arc-hss.ca](mailto:employment@arc-hss.ca) or call (514) 712-6575.

## Connect for your Mental Health

**Peer support programs** have grown in popularity as the need for mental health services has outpaced the number of practitioners available. These programs bring together people navigating similar experiences such as, such as mental health challenges, addiction, caregiving needs, acute illness, or disability, and are overseen by a trained worker with support from health professionals.

Peer support can reduce the need for care and treatments that take more time and are more expensive. Receiving peer support can shorten hospital stays and reduce the need for readmission. Mental health and substance use health care can be hard to find. It is often costly, and waitlists are long. If funded properly, peer support can be available when people need it and sooner than other kinds of care. Peer support workers provide many services, including:

**Practical Coping Strategies:** Peer supporters share practical coping strategies and resources that have worked for them. These firsthand insights can be more relatable and actionable than information provided in traditional therapy settings. Learning from peers can empower individuals to try new approaches to managing their mental health.

**Emotional Support:** Peer support offers comfort during difficult times. The camaraderie in peer relationships

provides a safe space for expressing feelings and venting frustrations. This support can be invaluable in navigating the ups and downs of recovery.

**Community Building:** Engaging in peer support creates a sense of community. It fosters social connections, reduces isolation, and promotes engagement in group activities. Being part of a supportive community can enhance well-being and quality of life.

**Being Role Models:** Peer supporters serve as role models, demonstrating that improvement is possible. They help break down stigma around mental health and addiction and educate the public about their impacts on daily life.

**Improving Communication Skills:** Communities built around peer support promote open dialogue, making it easier for individuals to express their thoughts and emotions. In these settings, individuals practise articulating their struggles and improving communication skills in a supportive environment. This improved expression extends beyond peer groups, positively influencing interactions with mental health professionals and family.

Our mental health resource guide available [here](#) has several organizations that provide peer support programs. For more information, contact [Therese](#) at 514-605-9500.

*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 [outreachqpk@arc-hss.ca](mailto:outreachqpk@arc-hss.ca).*

# Community Activities

**Spring Break** is just around the corner (March 2 to 6), and St-Lambert is turning up the fun! Get ready for a jam-packed week of sports and creativity, with FREE activities for everyone to enjoy. Whether you are feeling adventurous or artsy, there's something for everyone! Hit the snowy trails for cross-country skiing, glide across the outdoor skating rinks, or race down the sliding hills at Seaway Park, Logan Park, and St-Lambert Golf Club. *Snow* much fun in one place! Prefer to explore at your own pace? Borrow a pair of snowshoes from the library and blaze a winter trail, then warm up indoors with a variety of fun activities. For more info click [here](#).

**The Quebec Support Group for Celiac Canada** takes place on March 1 at 5:30 p.m. at the L'Agave restaurant in at 1052 Lionel-Daunais St., #101, Boucherville. Join us for a gluten-free meal by reserving [here](#).

Join **Our Harbour** on March 8 for **The Psychedelia 2026 Painting Event**, a fun and creative afternoon - where art meets experimentation. Come and make magic on a canvas through painting and printmaking with every day "found" objects. Ilana Kuska, an experienced Art Educator and Drawing Class Instructor with ARC, will guide and inspire artists of all skill levels. All supplies will be provided; guests only need to bring their inspired selves and any found objects to share! Tickets are \$40, and include a canvas (to keep), participation in the session, a free drink and access to a beautiful charcuterie/dessert spread. For all ticket inquiries, please contact [savannah.zavitz@ourharbour.org](mailto:savannah.zavitz@ourharbour.org).

**St-Lambert Horticultural Society:** March 19 via Zoom at 7:30 p.m. Christie-Anne Lovat: Pollinator gardens for spring, summer, fall, and winter. Click [here](#) to register.

**Exhibition of Nancy Landreville** at the multi-purpose centre (81 Hooper St., St-Lambert) March 19 to May 16 (Thursday: 5:00 to 8:00 p.m./Saturday: 10:00 a.m. to 1:00 p.m.) Starting with digital photography, Nancy then creates a new reality, inspired by nature, often including birds, which represent freedom, dreams, change, and adventure. Click [here](#) to learn more about the artist Nancy Landreville.

**Farmers' Market** at the multi-purpose centre (81 Hooper St., St-Lambert) on March 21 from 9:30 a.m. to 1:30 p.m. Fill up on fresh and processed products from the best agri-food producers in the Montérégie and surrounding areas. Click [here](#) for more info.

**A Creative Writing Workshop** with Jeanette Paul. Anecdotes already colour our daily conversations, often being true and personal stories that recount an incident that might be amusing, may stand alone, or can serve as to illustrate a more serious point. In this workshop the aim is to

have fun perfecting the written form with short exercises. For all levels. Thursdays from 2:00-4:00 p.m. March 26 to May 21 at the Greenfield Park Collective Community Centre, 330 Gladstone. Fee is \$30 for 9 weeks. Info: [jeanette-paul@yahoo.ca](mailto:jeanette-paul@yahoo.ca) or (450) 651 7044.

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

**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 p.m.; Zoom sessions - Mondays and Fridays 10:30 a.m. and 2:00 p.m. Contact Sandra at [taichirivesud@gmail.com](mailto:taichirivesud@gmail.com) or [www.taichi-qigong.ca](http://www.taichi-qigong.ca) for more info and to register. Your first visit is complimentary.

**Strength and stretch fitness class** (low impact, for all levels) at Randell Hall, 2000 Bourgogne Ave., Chambly. Saturday mornings from 8:00 - 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](mailto:devon.phillips@videotron.ca).

Randell Hall in Chambly is requesting **donations of books** for their upcoming sale. They can be left in the bin found in the entrance hall at 2000 Bourgogne, Chambly. Contact: [st.stephens1820@gmail.com](mailto:st.stephens1820@gmail.com) for more information.

**Hope & Cope - Men's Club in-person:** March 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.

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

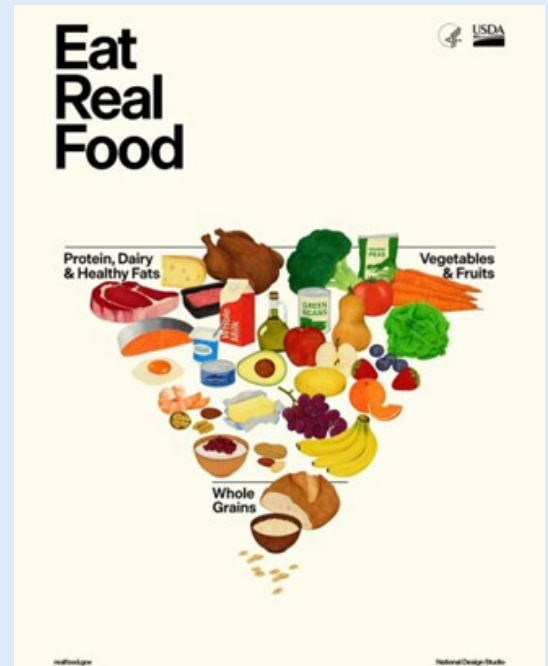
**AmiQuebec:** Mental Health AMI-Quebec helps families manage the effects of mental illness through support, education, guidance, and advocacy. All free of charge. For more information click on the [calendar](#).

**Éducaloi** has developed live workshops and e-learning courses to help better understand rights and responsibilities in everyday situations. Visit the [website](#) to choose an e-learning course just for you.

# The Last Word

**Dietitians of Canada** has announced "Nourish to Flourish" as the theme for the National Nutrition Month 2026, running throughout March. This campaign highlights the essential role of dietitians in community health, focusing on fostering positive relationships with food, supporting chronic disease management, and celebrating diverse culinary voices through a member-driven cookbook. This much-loved cookbook showcases the talent, creativity, and expertise within our community, from family favourites and cultural dishes, to go-to recipes to share. All submissions help highlight the diverse culinary voices that nourish, comfort, and bring people together. Throughout the month, dietitians across Canada will also share resources, host events, and spark conversations that emphasize the importance of evidence-based nutrition care. The campaign reinforces the message that food is more than fuel — it is connection, culture, and a foundation for lifelong health and well-being. For more information click [here](#).

**Helpful resources in English from the [CISSS](#)**, whose mission is to contribute to promoting, maintaining, improving and restoring the health and well-being of the population it serves by making a range of quality health and social services accessible. Click [here](#) for a low-fibre diet guide to download.



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