

November 2023



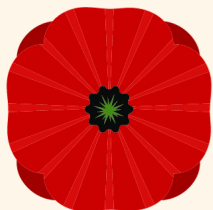
ARC is dedicated to assisting and empowering people of all ages to access health and social services, information, resources, programs, and activities in English on the South Shore, to promote well-being

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## LEST WE FORGET

REMEMBRANCE DAY



Commemorating the sacrifices of members of the armed forces and of civilians in times of war.

11 NOVEMBER



Information source for the South Shore  
English-speaking community

# THE ADVISOR

**November**, the last month of autumn, but the beginning of a new adventure; time to take a risk and do the unexpected.

This month we are hosting an all-ages **Community Supper** on Saturday, November 18 from 4:30-10:00 p.m. in Greenfield Park with the True North band in the house! Adults: \$15.00, children 8 and under: \$7.50. Space is limited. Reserve your spot on our [website](#), email [info@arc-hss.ca](mailto:info@arc-hss.ca) or call (514) 951-9711.

ARC and Senior Respite Monteregrie have teamed up to offer a special webinar event on **Speech, Language and Caregiving**, hosted by the dynamic Kristy Findlay from Centre Mosaïque. Read more about this activity on page 7.

Are you looking for a job or courses to take to help improve your job prospects or search? In partnership with Renaissance, we're hosting an **Employment Clinic** on Thursday, November 2, from 4:00-7:00 p.m. at the Activity Centre in Greenfield Park. Read more and obtain the link to register on page 8.

Did you know that we hold a **Family Wellness Saturday** activity each month at the St-Jean Military College? This month it'll be held on November 18, with a special guest animator from Dino-versaire, bringing fun with exotic animals and wacky science experiments. Read more on page 6.

**Seniors Wellness** activities for those 55+ are held on Wednesday afternoons in both Chambly and Greenfield Park. Details are on pages 5 and 6.

**Ignite Your Courage** on November 22 is an online empowerment workshop for caregivers in collaboration with Connexions Resource Centre in the Outaouais. See page 7.

**Early Childhood Week** is November 20-26 and we're proud to be involved with so many partners and community organizations that protect the rights of children and make early childhood their mission. We'll be visiting them during the week, distributing materials and hosting free Baby Tai Chi activities in two locations.

November is **Domestic Violence Month** and we have an informative article on page 4 with many community resources if you need help.


Those in need can apply for a **Christmas Basket** through a number of organizations on the South Shore. Have a look at the bottom of page 3 for details.

*If you have been forwarded this newsletter and wish to **subscribe**, [send us an email](#).*

# November Activity Calendar - Page 1

Activities in **bold** are open to everyone. Additional activities may be made available throughout the month, watch for our emails, or check out our website and social media for updates!

**For information or to register, please contact our**  
Administrative Coordinator at: [info@arc-hss.ca](mailto:info@arc-hss.ca) or call (514) 951-9711

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>These activities are made possible thanks to our funders:</p> 					
			<p>1 Mother Goose on Zoom English Conversation @ CISSS <b>Caregivers Café @ Activity Centre 10:00-11:30</b>  SWC @ GPK 1:30-3:00 SWC @ Chambly 1:30-3:30 ReCharge Workshop for Caregivers via Zoom 7:00-8:30 pm</p>	<p>2 Mother Goose St Lambert English Conversation @ CISSS <b>Tai Chi/Qi Gong 9:00-10:00 @ GPK Community Centre</b> <b>Walk &amp; Talk @ GPK 10:30-11:30</b> <b>Stand Up! @ Activity Centre 1:30-3:00 pm</b>  Linda's Gentle Yoga via Zoom 2:00-3:00 pm <b>Employment Clinic @Activity Centre 4:00-7:00 pm</b></p>	3	4
5	<p>6 Mother Goose GPK English Conversation @ CISSS <b>Moms &amp; Tots Walking Club (GPK) 10:00 am</b>  French Conversation Group @ Activity Centre 10:30-11:30 am  Rock Painting Workshop @ Activity Centre 1:00-2:30 pm Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm</p>	<p>7 Mother Goose Brossard English Conversation @ CISSS <b>Cook Cave @ Activity Centre 10:00-12:00</b>  Baby Tai Chi (St-Jean) 10:00-11:00 <b>Stand Up! @ Activity Centre 12:00-4:00 pm</b>  Conversations About Grief via Zoom 7:00-8:30 pm</p>	<p>8 Mother Goose on Zoom English Conversation @ CISSS <b>Caregivers Café @ Activity Centre 10:00-11:30</b> <b>Mommy &amp; Me Walking Club (St-Jean) 10:00-11:00</b>  SWC @ GPK 1:30-3:00 SWC @ Chambly 1:30-3:30 <b>Addie's Colour Café via Zoom 2:00-3:30 pm</b>  Affordable baskets @ Activity Centre 3:00-7:00 pm <b>ReCharge Workshop for Caregivers via Zoom 7:00-8:30 pm</b></p>	<p>9 Mother Goose St Lambert English Conversation @ CISSS <b>Tai Chi/Qi Gong 9:00-10:00 @ GPK Community Centre</b> <b>Walk &amp; Talk @ GPK 10:30-11:30</b> <b>Stand Up! @ Activity Centre 1:30-3:00 pm</b>  Linda's Gentle Yoga via Zoom 2:00-3:00 pm  TBN Café Our Harbour 2:00-4:00 pm</p>	10	11
12	<p>13 Mother Goose GPK English Conversation @ CISSS <b>Moms &amp; Tots Walking Club (GPK) 10:00 am</b>  French Conversation Group @ Activity Centre 10:30-11:30 am  Rock Painting Workshop @ Activity Centre 1:00-2:30 pm Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm  AmiQuebec @ Activity Centre 6:30-8:00 pm</p>	<p>14 Mother Goose Brossard English Conversation @ CISSS <b>Social Cooking with Jody @ Activity Centre CLASS A 10:00 am-12:00 pm</b>  Baby Tai Chi (St-Jean) 10:00-11:00 <b>Stand Up! @ Activity Centre 1:30-3:00 pm</b>  Caregivers Support Group via Zoom 7:00-8:30 pm</p>	<p>15 Mother Goose on Zoom English Conversation @ CISSS <b>Caregivers Café @ Activity Centre 10:00-11:30</b> <b>Mommy &amp; Me Walking Club (St-Jean) 10:00-11:00</b>  SHARP: Via Zoom Thinking about your home and community...Resources for fall prevention 10:00-11:30 pm  SWC @ GPK 1:30-3:00 SWC @ Chambly 1:30-3:30 <b>ReCharge Workshop for Caregivers via Zoom 7:00-8:30 pm</b></p>	<p>16 Mother Goose St Lambert English Conversation @ CISSS <b>Tai Chi/Qi Gong 9:00-10:00 @ GPK Community Centre</b> <b>Walk &amp; Talk @ GPK 10:30-11:30</b> <b>Stand Up! @ Activity Centre 1:30-3:00 pm</b>  Linda's Gentle Yoga via Zoom 2:00-3:00 pm  Seniors Activity @ CHSLD 2:00-3:00 pm  <b>Book Club (St-Jean) 7:30 -8:30pm</b></p>	17	18
						<p><b>Family Wellness Saturday @ St-Jean Military College 10:00-2:00 pm</b>  <b>Super Supper @ Legion GPK 5:00-10:00 pm</b></p>

# November Activity Calendar - Page 2

Sun	Mon	Tue	Wed	Thu	Fri	Sat
19	20 Mother Goose GPK English Conversation @ CISSS Moms & Tots Walking Club (GPK) 10:00 am French Conversation Group @ Activity Centre 10:30-11:30 am Rock Painting Workshop @ Activity Centre 1:00-2:30 pm Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm	21 Mother Goose Brossard English Conversation @ CISSS Social Cooking with Jody @ Activity Centre CLASS B 10:00 am-12:00 pm Baby Tai Chi (St-Jean) 10:00-11:00 Stand Up! @ Activity Centre 1:30-3:00 pm	22 Mother Goose on Zoom English Conversation @ CISSS Caregivers Café @ Activity Centre 10:00-11:30 Mommy & Me Walking Club (St-Jean) 10:00-11:00 SWC @ GPK 1:30-3:00 SWC @ Chambly 1:30-3:30 Addie's Colour Café via Zoom 2:00-3:30 pm ReCharge Workshop for Caregivers via Zoom 7:00-8:30 pm	23 Mother Goose St Lambert English Conversation @ CISSS Tai Chi/Qi Gong 9:00-10:00 @ GPK Community Centre Walk & Talk @ GPK 10:30-11:30 am Stand Up! @ Activity Centre 1:30-3:00 pm Linda's Gentle Yoga via Zoom 2:00-3:00 pm TBN Café Our Harbour 2:00-4:00 pm	24	25
26	27 Mother Goose GPK English Conversation @ CISSS Moms & Tots Walking Club (GPK) 10:00 am French Conversation Group @ Activity Centre 10:30-11:30 am Rock Painting Workshop @ Activity Centre 1:00-2:30 pm Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm	28 Mother Goose Brossard English Conversation @ CISSS Social Cooking with Jody @ Activity Centre CLASS C 10:00 am-12:00 pm Baby Tai Chi (St-Jean) 10:00-11:00 Stand Up! @ Activity Centre 1:30-3:00 pm	29 Mother Goose on Zoom English Conversation @ CISSS Caregivers Café @ Activity Centre 10:00-11:30 Mommy & Me Walking Club (St-Jean) 10:00-11:00 SWC @ GPK 1:30-3:00 SWC @ Chambly 1:30-3:30 ReCharge Workshop for Caregivers via Zoom 7:00-8:30 pm	30 Mother Goose St Lambert English Conversation @ CISSS Tai Chi/Qi Gong 9:00-10:00 @ GPK Community Centre Walk & Talk @ GPK 10:30-11:30 am Stand Up! @ Activity Centre 1:30-3:00 pm		

## Christmas Baskets 2023

Below is the list of telephone numbers to apply for a Christmas basket. Please remember to only make *one request per family* (a Christmas basket or a Gazette Christmas Fund cheque).

### Greenfield Park

(450) 463-7100 #2327  
 Registration from October 25 to December 14.  
 Tuesday-Wednesday-Thursday, 11 a.m. to 4 p.m.  
 People must present themselves at Cynthia Coull Arena, 195 rue Empire to register.  
 Distribution will take place on December 20.

### Saint-Lambert

(450) 671-5721 #0  
 St-Thomas d'Aquin Parish.  
 Call from November 15 for registration and distribution information.

### Brossard

(450) 445-7124  
 Call from November 20 for registration and distribution information.

### LeMoyne

(450) 486-1400  
 capl.infos@gmail.com  
 Registration from November 1 to 30.  
 Distribution on December 19-20-21.  
 For Le Moyne residents only. Free of charge.

### Saint-Hubert

(450) 800-6113  
 From October 22 to November 18.  
 Leave name, address and phone number on voicemail, and a volunteer will call back within a week.  
 Free or voluntary donation.





## November is Domestic Violence Awareness Month

In Canada, 44% of women and 36% of men over the age of 15 report experiencing domestic violence. Domestic violence, also known as intimate partner violence (IPV), is identified by a pattern of continuing abusive behaviour toward another person in an effort to gain and maintain power and control. Perpetrators of the abuse most often is the current domestic partner, or someone who lives with the victim such as a family member or roommate. There are five forms of domestic violence including emotional abuse, physical abuse, sexual abuse, financial abuse and spiritual abuse.

One of the most important causes of mental health problems linked to IPV is the loss of agency. Agency is the technical term for the feeling of being in charge of your life: knowing where you stand, that you have a say in what happens to you and some ability to shape your circumstances. Agency starts with what scientists call interception, our awareness of our subtle sensory, body-based feelings - the greater that awareness, the greater our potential to control our lives. Trauma can shut down the inner compass and remove a person's ability to imagine something better.

Not being able to discern what is going on inside your body can cause a person to be out of touch with their needs and make taking care of themselves difficult, whether it involves eating the right amount at the right time or getting the sleep they need. This failure to be in touch with their bodies contributes to a well-documented lack of self-protection and high rates of re-victimization as well as difficulties feeling pleasure, sensuality, and having a sense of meaning. More than half of women who seek help for their mental health have experienced intimate partner violence. Mental health diagnoses that are given often include anxiety, depression and post-traumatic stress disorder (PTSD).

Partners who have experienced domestic violence are not the only member of the household who can experience mental health impacts. Children who live in situations of family violence can not only suffer physical harm but they can also experience short and long-term emotional, behavioural and developmental problems. It is now known that witnessing family violence is as harmful as experiencing it directly.

In order to begin healing from the experience of domestic violence, a person needs to be able to leave the home and seek community resources to rebuild their lives. Here is a list of resources that can help you if you need to leave a domestic violence situation:

### **Pavillon Marguerite de Champlain**

Services are intended for women who are experiencing intimate partner violence and their children. Located in St-Hubert. Telephone: (450) 656-1946, Website: [www.pavillonmarguerite.com](http://www.pavillonmarguerite.com)

### **Maison Simonne Monet Chartrand**

Services include support and emergency shelter for women experiencing intimate partner violence. The home is located in Chambly. Telephone: (450) 658-9780 Website: [www.maisonsmc.org](http://www.maisonsmc.org)

### **La Maison Hina**

Emergency shelter in Saint-Jean-sur-Richelieu that offers free support 24/7 for

women who experience intimate partner violence. Maison Hina offers a telephone line, community support and emergency shelter. Telephone: (450) 346-1645, Website: [www.maisonhina.com](http://www.maisonhina.com)

### **SOS Domestic Violence**

Helpline: 1 (800) 363-9010 (24/7) Text Helpline: 1 (438) 601-1211 (24/7), chat available. Email: [sos@sosviolenceconjugale.ca](mailto:sos@sosviolenceconjugale.ca), Website: [www.sosviolenceconjugale.ca](http://www.sosviolenceconjugale.ca)

### **Inform'elle**

A non-profit organization working in the Montérégie in order to make family law information accessible and understandable. Telephone: (450) 443-3442, Legal infor-

mation hotline: (450) 443-8221 or 1 (877) 443-8221 (toll-free), Email: [droit-pourelle@informelle.osbl.ca](mailto:droit-pourelle@informelle.osbl.ca)

### **Pro-gam**

An organization based in the CIUSSS Centre-Sud de Montreal with services in French, English and Spanish that helps men who are victims of domestic violence or who are committing domestic violence in their relationships. Telephone: (514) 270-8462, Website: <http://www.pro-gam.ca/en/history-mission.html>

**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).



Join us for another **Community Supper** at the Greenfield Park Legion on Saturday, November 18, with a special appearance by the True North band. Supper will be spaghetti with a choice of meatballs or vegetarian sauce, garlic bread, salad and dessert. \$15.00 for adults and \$7.50 for children 8 and younger. Doors open at 4:30 until 10:00 p.m. Limited number of tickets, [reserve on our website](https://www.arc-hss.ca/true18/), email [info@arc-hss.ca](mailto:info@arc-hss.ca) or call (514) 951-9711 before November 9.



**Our 55+ Seniors Wellness** activities take place on Wednesdays from 1:30-3:00 p.m. These are the activities being offered this month:

- November 1: Know your rights as a tenant in a senior's residence or apartment before signing a lease. We will be welcoming CAAP Montérégie who will speak on tenant rights and obligations in senior residences.
- November 8: How well can you remember songs from the 70s, 60s or even the 50s? Come test your knowledge at our music trivia, the winner gets to choose a prize. Make sure to wear comfortable shoes to follow along with some dancing videos.
- November 15: We will welcome back nurse Penny for part 2 of her presentation followed by a Q&A.
- November 22: Rachel W. from South Shore Literacy Council will join us for an activity to promote writing entitled, *Memory Preserves*.
- November 29: Come learn useful tips, that you will wish you had known sooner! Followed by *Never Have I Ever* themed Bingo. Question: Have you ever played *Never Have I Ever* themed Bingo? Bet you haven't, so come try it out!

The ACW/COG collect items throughout the year to be put aside for the men's and women's shelters, families, the homeless and also to be given out upon request or just kept for **St. Paul's Church Christmas basket campaign**. Many people benefit from this great endeavour and there's an ever-increasing need. If you would like to participate in November, they are collecting Angel Tree gifts, which are gifts purchased for a named child, at a cost between \$15 and \$20. Monetary donations for food gift cards are also appreciated. Twenty-five families will be receiving Christmas baskets this year. You can bring items to St. Paul's on any Wednesday between 11:30 and 1:30. For more information, please Contact Gloria Kidd at (450) 678-2460 or [gkidd71@yahoo.com](mailto:gkidd71@yahoo.com).

Learning to cook for one is a difficult task for anyone. At the **Cook Cave**, you will learn recipes and techniques to help you reduce food waste while sharing with others in the same situation. Join us on the first Tuesday of the month from 10:00 a.m. to 12:00 p.m. Call (514) 605-9500 to register.

**SHARP** (Services for Healthy Aging in the Right Place) will hold a zoom session on Wednesday, November 15 at 10:00 a.m. on **Thinking about your home and community—resources for fall prevention**, presented by Dr. Jose Morais, Professor and Director, Division of Geriatric Medicine McGill, MUHC & JGH. Register with the following [link](#).



**Tania Blood** is the Community Outreach Coordinator in our Greenfield Park office, covering the cities of Greenfield Park, Brossard, St-Lambert and St-Hubert. Contact her with any questions at [gpk@arc-hss.ca](mailto:gpk@arc-hss.ca) or call (514) 213-3744

# HAUT-RICHELIEU-ROUVILLE

## Review



### ARC's Presence in the Border Area

According to one of the government's websites, the Haut Richelieu is described as; "Vibrant, diverse and original, where culture transports us beyond the expected" (...) "When it comes to atmosphere and discovery, St-Jean-sur-Richelieu is the place to stop. Whether it's for a gourmet or refreshing break, or simply to strike a pose and window-shop, it's grandiose, unique and over-the-top." Which, in large part, is true.

In contrast, the Haut-Richelieu area is also considered one of the poorest municipalities in Quebec, where in many places people don't even have access to safe drinking water. A large part of our English-speaking community lives in the Haut-Richelieu region and represents, according to Statistics Canada, 4.3% of the population, about 5,120 people; of which more than 300 live in Clarenceville, and, like their French-speaking neighbours, are forced to buy drinking water on a regular basis; which costs the average family about \$5,000 per year. This is not a new issue for the people of this area and there are no magical solution that will change the difficult situation the communities of this area face .

Attending the needs of our community, from our office in St-Jean-sur-Richelieu, ARC has begun a process of accompaniment to the community in the border area. A mobile service point will be present once a week alternately in the municipalities of St-Georges-de-Clarenceville, Noyan and Lacolle. We will be there with our activities and programs, benefiting not only the English-speaking community, but allophone and bilingual alike, by contributing to the long term social development of this breathtakingly beautiful part of our territory.

Do you want to meet with us and learn more about our services? Call (450) 525-1176 for more information, or stop by to visit us on November 19 and 25 at the Centre d'Actions Benevole Interaction (CABI), in St-Georges-de-Clarenceville, 100 Principale Street. Click [here](#) for more info.

This month at the **Senior Wellness Centre in Chambly** we have a wide variety of activities happening:

- November 1: Get Empowered and learn hands-on techniques from Nancy Gagnon of Alpha Contact and discover senior's self-defence.
- November 8: Yves Beaudin of Beaudin Groupe Conseil will be hosting a legal workshop discussing ways to protect yourself from fraud, how to identify scams and the important documents everyone should have in place. Also offered on Zoom. Contact us for the link.
- November 15: Isolation and loneliness can affect everyone at times, especially as we move into winter. With a special emphasis on sharing with those around us, we will also create a small gift that can be given to let people know they are not alone.
- November 22 and 29: We will be playing games, sharing snacks and best of all laughing together with a Christmas-themed 'escape room' and BINGO.

At the **Family Wellness Saturday on November 18**, we will have a special guest animator from Dino-versaire join us, bringing fun with exotic animals and wacky science experiments. It's going to be a great time! Register for this event by calling (450) 357-0386 or email [stjean@arc-hss.ca](mailto:stjean@arc-hss.ca).

### Tai Chi Chuan together with your baby

Tai Chi is an ancient martial art of Chinese origin that has countless health benefits, relaxation techniques and helps reduce stress and anxiety while increasing flexibility and physical and mental balance.

Practicing this discipline with your baby helps to create an energetic bond with your baby, as the practice of Tai Chi is about, among other things, the harmonization of the body and mind, and of vital energy.

This November we will have our Winter session every Tuesday of the month. Sign up: (450) 357-0386 or email [stjean@arc-hss.ca](mailto:stjean@arc-hss.ca).

**Alexi Utrera** is our Senior Coordinator in St-Jean-sur-Richelieu. She can be reached at (450) 525-1176 or [stjeanseniorcoord@arc-hss.ca](mailto:stjeanseniorcoord@arc-hss.ca)

**Lauren McTaggart** is our Outreach Coordinator in Haut-Richelieu-Rouville. She can be reached at (450) 357-0386 or [stjean@arc-hss.ca](mailto:stjean@arc-hss.ca).



# CAREGIVERS CORNER

"Caregiving is a constant learning experience."

- VIVIAN FRASER

We launched our **Caregivers Cafe** this past September and we've been meeting some really amazing people along the way. It's a chance to meet people you can relate to, discuss important topics and even learn a little something over a cookie or two. Drop by the Activity Centre at 91 Churchill Blvd. on Wednesdays from 10-11:30 a.m. and see what the Caregivers Cafe is all about. It's a safe space and a welcoming community that's open to caregivers and former caregivers working in partnership with our friends at Senior Respite Montérégie. Our November schedule is Nov. 1, 8, 15, 22 and 29. See you at the Cafe!

Have you lost a loved one and are in need of some friendly support? Or perhaps grief has been part of your life for a while as your circle of people close to you gradually gets smaller? Our monthly online support group **Conversations About Grief** takes place on Tuesday, November 7 at 7:00 p.m. and is hosted by grief support guides, Leigh Bulmer (drama therapist) and Emma Pepall-Schultz (social worker). Sometimes when you reach out, people reach right back and you find a community. You can register here: <https://forms.gle/hHLPvWGpiBqfWds36>.

We have two caregiver collaborations coming up in November and we're featuring exciting new content to add to your caregiver's toolkit.

Are you ready to **Ignite Your Courage**? We've teamed up with our friends at Connexions Resource Centre in the Outaouais for an empowering online workshop for caregivers featuring special guest speaker, Marquis Bureau. He'll talk about transformative change, and personal evolution and help motivate you to navigate those important life transitions that come with being a caregiver. Join us on November 22 at 7:00 p.m. for some inspiration. You can register here: <https://forms.gle/UgW7DAqiC3dSSZXN7>.

## Speech, Language and Caregiving - Webinar Event

People with cognitive decline (dementia, Alzheimer's), complex illnesses such as Parkinson's, or even those with normal aging can experience progressive difficulties in communicating their needs and sadly, some lose their ability to speak altogether. But what if there's a way to make communication more impactful and even help those you love retain their ability to speak a little longer? ARC and Senior Respite Montérégie have teamed up to offer a special webinar with one very dynamic host, speech-language pathologist Kristy Findlay from Centre Mosaïque de Québec. If you're a family caregiver, in the professional caregiver or non-profit field, or interested in learning more about supporting the aging population or people in your community, then this webinar is for you. It's an important topic that's not widely covered in informal and professional caregiver education and we're excited to welcome a wide audience, so let's get communicating with our guest expert Kristy - you can read more about her here: <https://www.centremosaicque.ca/en/speech-therapists/kristina/>. Register for the webinar here: <https://forms.gle/kmXqzZ6vPbV5ygnD6>.

Are you new to online activities or not sure how to get started with the registration process? Don't let that stop you from connecting. Our Caregivers Program Coordinator Christine is here to help get you started. Her contact information is below.

**Christine Prince** is ARC's Caregivers Program Coordinator and oversees the Caregiving Community Programs and grief support group. For information, please feel free to reach out to her at (514) 608-9600 or [caregivers@arc-hss.ca](mailto:caregivers@arc-hss.ca).



# Youth and Employment

## A glimpse at the Labour market for September 2023

Regionally, provincial employment was led by Quebec, followed by British Columbia, and Ontario.

Employment by province	Monthly change, thousands	Change vs pre-Covid, thousands	Change vs pre-Covid, %
Quebec	39	184	4.2
British Columbia	26	148	5.5
Ontario	20	457	6.1

Source: Statistics Canada; Canadian Chamber of Commerce Business Data Lab

In Quebec employment rose well above market expectations in both full-time and part-time positions. The sectors in which employment increased the most, in terms of numbers, were wholesale and retail trade, manufacturing and accommodation and food services. The increase reflects that more women +1.1% then men +0,6 % are working.

Canadian unemployment rate %



Are you looking to make ends meet by taking a part-time job or actively looking for a full-time job and need some help?

Join us at the **Employment Clinic** hosted by Renaissance and ARC on November 2 at our Activity Centre. [Registration is required!](#) See flyer below for more information.

*Souper*  
**Pizza**  
*Souper*

**Clinique d'emploi/  
Employment Clinic**

*T'as besoin d'aide pour  
trouver un emploi ou  
une formation ? / Need  
help finding a job or  
courses?*

Gratuit / Free

Viens nous rencontrer!! Pizza + Brevages... Inscris-toi!  
Come meet us and enjoy a slice of pizza ! Register here!

Jeu 2 novembre / Thursday November 2  
91, boul. Churchill, Greenfield Park  
4 - 5 pm - Ados / Kids 14-17  
5 - 7 pm - Adultes

ARC RENAISSANCE

Median hourly wages by province or territory

Province/territory	Median hourly wages as of May 31, 2023
Alberta	\$28.85
British Columbia	\$27.50
Manitoba	\$23.94
New Brunswick	\$23.00
Newfoundland and Labrador	\$25.00
Northwest Territories	\$38.00
Nova Scotia	\$22.97
Nunavut	\$35.90
Ontario	\$27.00
Prince Edward Island	\$22.50
Quebec	\$26.00
Saskatchewan	\$26.22
Yukon	\$35.00

Compared with last month, the unemployment rate rose by 0.1% to 4.4% in Quebec. In Canada, it remained stable at 5.5%. The latest information available on salaries is from the Government of Canada and is prior to May 31, 2023. It established the median hourly wages by province or territory. In Quebec it corresponds to \$26.00.

Source: Statistics Canada

**Karine Parent** is ARC's Youth and Employment Coordinator.

For information, please feel free to reach out to her at (514) 712-6575 or [gpk2@arc-hss.ca](mailto:gpk2@arc-hss.ca).





# discover community activities for all

**National Film Board Film: *The Colour of Ink*** by Brian D. Johnson on November 6 at 7:00 p.m. This film uncovers the medium's mystery and power through the eyes of Jason Logan, a visionary Toronto inkmaker. Working with ingredients foraged in the wild - weeds, berries, bark, flowers, rocks, rust-he makes ink from just about anything. Brossard Library, 7855 San Francisco, Multi-purpose room. Free. Contact: Michèle Tibblin at (450) 923-6311 ext. 6280 or by email at [Michele.tibblin@brossard.ca](mailto:Michele.tibblin@brossard.ca)

**Basic Computer Classes for beginners** on Mondays (November 5, 12, 19, 26 and December 4) from 9:00 a.m. to 12:00 p.m. Brossard Library, 7855 San Francisco, Multi-purpose room. Free. Contact: Michèle Tibblin at (450) 923-6311, ext. 6280 or by email at: [Michele.tibblin@brossard.ca](mailto:Michele.tibblin@brossard.ca)

**South Shore Retired Teachers Guest Presentation on November 9** will be Guylaine Roy, Complaint Counsellor for CAAP. The Centre for assistance and support for complaints (CAAP Montérégie), is a community organization mandated by the Ministry of Health and Social Services to assist users who wish to register official complaints through the Ministry's Complaint Processing System. For information contact: Norm Haslam, SSRE President at: [southshoreretirededucators@gmail.com](mailto:southshoreretirededucators@gmail.com)

**Christmas Market and Bake Sale: Greenfield Park United Church**, 335 Springfield, GPK, on November 11 from 9:00 a.m. - 2:00 p.m. Call Joanne to rent a table (450) 670-7837.

Come and celebrate **Our Harbour's 20th Anniversary**, When they opened their doors 20 years ago they welcomed they welcomed their three first residents. Now, in 2023, they manage 10 apartments and serve 30 people. The **20th Anniversary FUNdraising Gala: The Roaring 20s!** is on Thursday, November 16, from 6:00 - 9:00 p.m. at 440 Notre Dame in St. Lambert. Tickets are \$40.00 in advance online or \$45.00 at the door: includes wine, fine appetizers, live music and dancing. Live auction and raffles including: WESTJET Gift of Flight: One round trip flight for two guests to any regularly scheduled and marketed WestJet destination! \*Restrictions apply. Manoir d'Youville, weekend for two with meals included. Vintage jewelry, pearls Esthetique Michele Noonan, 3 x \$125 gift cards, Newland Coffee Roaster taster packs, Famous Players Cinema tickets (4 sets of tickets for 2 people) Golf St. Lambert voucher for a four-

some, 9 holes with electric golf cart, gorgeous full size sampler quilt from the Chateauguay Quilters Guild, Tour of Parliament and lunch for two as guests of Alexandra Mendes, MP Brossard-St. Lambert. Click [here](#) to order your tickets.

**Christmas Market: St. Lambert United Church**, 415 Mercille, St. Lambert, on November 18 from 10:00 a.m. - 4:00 p.m.

**Country Christmas Sale: St. Paul's Church**, 321 Empire, GPK, on November 25 from 9:30 a.m. - 1:30 p.m. Call (450) 678-2460 for more info.

**Christmas Fair: St. Augustine of Canterbury Women's Guild**, 1741 Roberval, St. Bruno, on November 25 from 10:00 a.m. - 3:00 p.m.

**Men's Health Talk. November 25**, with Dr. Keith Matthews (McGill Urologist), from 2:00 pm - 4:00 p.m. at Maison Internationale de la Rive-Sud (MIRS), 317 Lawrence, Greenfield Park (Near Taschereau Blvd.). Hosted in partnership with South Shore Black Community. Open to all. Talk in English. For information, call SSCPN at (450) 466-1325.

**Mission New Generation (Brossard)**, near the Champlain Mall, is looking for volunteers for their busiest day, Tuesday, for distribution of food from 2:00 to 7:00 p.m. The Mission is a bilingual organization and offers support to all south shore families plus local food banks. To register, click [here](#).

**The Ville de Saint-Lambert** is seeking owners of single-family homes or multiplexes who would be willing to have the City install a water meter on their building, at no cost to them. The addition of a meter is not a pretext for a water tax but will rather serve to help them understand the significant unfavourable disparities between the city's average water consumption and that of other municipalities in Quebec. Under the provincial government's 2019-2025 Drinking Water Conservation Strategy (Stratégie québécoise d'économie d'eau potable 2019-2025), the City is obligated to conduct an analysis of these disparities. Unless a sufficient number of water meters are installed in Saint-Lambert within a year, the City will lose the right to request much-needed government grants for the renewal of its underground infrastructure. Write to the city and provide your address at: [eau@saint-lambert.ca](mailto:eau@saint-lambert.ca).

## Notable Dates and Interesting Tidbits

**November 11** is Remembrance Day. A day to honour those who defended our freedom. Take a moment on your own to pause, reflect, and remember.

Join us on Friday, **November 3** for an evening of inspiration and celebration as we highlight the advancements inflammatory bowel disease (IBD) research has had on the **Crohn's disease** and ulcerative colitis community and all those affected by IBD in Canada. Click [here](#) to register.

**National Pain Awareness Week** Toolkit Let's work together this national pain awareness week to #PrioritizePain **November 5-11** is National Pain Awareness Week in Canada, a time to raise awareness of chronic pain and its impact on the one in five Canadians who live with it. Click [here](#) for more info.

**Celiac Canada Chat Hour** will take place on Wednesday **November 15** at 8:00 pm on Zoom. Get the link at: [quebecsupportgroup@celiac.ca](mailto:quebecsupportgroup@celiac.ca). Theme: Gluten-Free Holiday Baking and Cooking Celiac.

**Canada's free Annual Virtual Conference - November 18** from 12:00 - 4:30pm on Zoom. Register at: [www.celiac.ca](http://www.celiac.ca)

**Hope & Cope** is a beacon to anyone touched by cancer. They are recognized as a leader in peer-based psychosocial care and contribute new knowledge and research to this evolving field. Their activity calendar is available [here](#).

**AMI-Québec's support groups** provide a warm welcome to everyone and aim to help participants feel less alone and better understood so that they can improve how they cope with the effects of mental health challenges and mental illness in their daily lives. Like all of their programs, the support groups are free! Groups begin promptly at 6:30 p.m. and they do not allow people into the groups after 6:45 p.m. Meetings end at 8:00 p.m. If you have any questions, give them a call at (514) 486-1448 during business hours (Monday-Thursday 9:00 a.m.-5:00 p.m. and Friday 9:00 a.m.-4:00 p.m.). View AMI-Quebec's activity calendar [here](#).

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**Greenfield Park (Main Office)**  
106 Churchill Blvd., 2nd Floor  
Greenfield Park J4V 2L9  
Tel: (514) 605-9500  
[info@arc-hss.ca](mailto:info@arc-hss.ca)

**Activity Centre**  
91 Churchill Blvd.  
Greenfield Park J4V 3L8  
Tel: (514) 951-9711  
[info@arc-hss.ca](mailto:info@arc-hss.ca)

**Haut-Richelieu-Rouville**  
927-B Seminaire Blvd.  
St-Jean-sur-Richelieu J3A 1B6  
Tel: (450) 357-0386  
[stjean@arc-hss.ca](mailto:stjean@arc-hss.ca)

[www.arc-hss.ca](http://www.arc-hss.ca)

*This ARC initiative is thanks to funding provided by Canadian Heritage and the Secrétariat aux relations avec les Québécois d'expression anglaise.*

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