

April 2021



ARC is dedicated to assist and empower 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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Don't forget to
check our activity
calendar!

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Information source for the South Shore
English-speaking community

THE ADVISOR

With the relaxing of some governmental restrictions, ARC will be hosting a weekly **Afternoon Social** at the Legion in Greenfield Park on Tuesdays, between 1:00 and 3:00 p.m. This is an opportunity for the community to socialize, participate in games, enjoy tea, coffee and snacks. All health and safety measures will be in place, advanced registration and masks are mandatory. See page 11 for complete details.

ARC as an organization couldn't do all that we do without the contribution of our wonderful volunteers and as the world slowly opens up again, we will be looking for volunteers for various activities coming up this year. If you feel this is a commitment you would like to make, please contact us to be added to our **Volunteer Pool**. Contact arc.coord@gmail.com or (514) 605-9500.

On Wednesday, April 21, CHEP will be presenting, **The Expanding Role of your Community Pharmacist**, with speaker Jean-Marc Belanger, Pharm D., Community Pharmacist. This presentation is offered by Zoom from 10:00 to 11:30 a.m. Registration information will be sent out when it becomes available.

April 6 is National Caregivers Day. There's a good chance that everyone who is reading this knows at least one. On this day, we honour and recognize the hard work and dedication that caregivers offer all year round.

Speaking of caregivers, did you know that we are now offering our **Recharge Workshop for Caregivers** in 5 different ways? In addition to taking the workshop on Zoom, you can also follow the complete training on our YouTube Channel, through borrowed DVDs or USB keys, and when permitted, back to in-person training. Full details of the options are available on page 4.

We're counting down to **ARC's 10th Anniversary Celebration**, planned for November 2021. For a trip down memory lane, have a look at the latest installment on page 6.

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

What's happening in Haut-Richelieu-Rouville

Spotlight on a Health and Social Service

Familles à Cœur, 130 rue Saint-Georges, Saint-Jean-sur-Richelieu, (450) 346-1734, familleacoeur.qc.ca

As a family centre, this organization has a lot to offer families. From a drop-off daycare (Halte-Garderie) to *Zumba with Baby* and short conferences on family mental health, you are likely to find something interesting. They also have a support group for parents of children with ADHD as well as supporting a shelter for single fathers. Although their workshops and activities are all held in French, they have a coordinator who provides one-on-one services to families and is able to assist people in English.

Activity in Haut-Richelieu-Rouville

In March, ARC was able to present the Star Program Award to several individuals and organizations who make a difference for the Anglophone community. In the Haut-Richelieu area, this award was presented to Cathy Ducharme (pictured left) and Deena Butler of the "Friends of Saint



John's", a group that supports families of the Saint John's School through various initiatives. ARC was also pleased to be able to include the "Friends" as part of the food initiative sponsored by the CHSSN, by helping with their Christmas baskets, snacks for students and a

food hamper. To nominate someone or for more information: <https://fr.surveymonkey.com/r/TNYYYH5>

If you want to explore this beautiful region, why not to go for a hike on Mount St. Gregoire. Be sure to check out the trail conditions and opening hours when making your plans, (<https://cimehautrichelieu.qc.ca>). Or another suggestion is to explore the beautiful border town of Lacolle. A bilingual historical self-guided tour is available wherein you can view and learn about the many patrimonial buildings (maculture.ca/wp-content/uploads/2016/04/Depliant-circuit-lacolle-REDUIT.pdf). Just print it off or download it on your phone and go for a drive!

Coming Up

April 7 – The ARC Wellness Centre will be held in person with health measures in place at St. Stephen's with St. James Anglican Church, 2000 Bourgogne Avenue in Chambly. For those who are more comfortable being on-line, you can also attend by ZOOM!

WELLNESS CENTRE - ACTIVITIES FOR MIND & BODY

We are pleased to bring you a Wellness Centre both **in person** (with health guidelines in place) and by ZOOM

When: Every Wednesday 1:30pm-3:30pm
(April 7th, 14th, 21st, 27th, 2021)

Where: St. Stephen's with St. James Anglican Church,
2000 Bourgogne Avenue, Chambly.

Enjoy refreshments and join us to talk a little, learn a little. You can also attend via ZOOM

Be sure to join us April 14th to hear a guest speaker from the Complaint Assistance and Support Centre (CAAP).



Because of health directives, **registration is mandatory.**
If attending by ZOOM, the link will be sent to you when you register
Registration: arc.programcoord@gmail.com
or 450-357-0386



April 14 – The Wellness Centre will have a guest speaker talking about the services of CAAP, explaining the complaints process regarding health and social services.

April 14 – The new session of Mother Goose is starting. See the poster below for details.



 **Southshore Reading Council**
non-profit literacy program serving Montreal's southshore communities

Mother Goose

Wednesdays 10:45-11:30

April 14 to June 16, 2021 by ZOOM

Register by email starting on March 29th: lhewitt.clc@gmail.com

All parents/ grandparents with their children 0-3 are welcome!

The South Shore Reading Council Mother Goose pre-literacy music program gathers parents and their young children (ages 0-3) together in a community setting. Professional animators model songs, finger plays, rhymes and simple dances to teach language, reduce isolation and provide parents with tools to interact with their young children in the most positive way.

It's free to participants.

southshorereadingcouncil.org



Fostering Communication with your Child Series



Written by a social worker, these information tools describe forming a secure attachment with your child as the basis of fostering good communication. This begins early in life and you can start right at birth!

These and other valuable documents are available to view and download from our website: www.arc-hss.ca/youth-and-family-programs.



www.arc-hss.ca/youth-and-family-programs

The Free Fatigue Super Conference – April 19 to 25

Feeling tired but wired? Struggle with brain fog, sleep, sensitivities or pain? Suffering with long COVID? Join the biggest online conference ever on fatigue related conditions.

For more information: fatiguesuperconference.com

- The Fatigue Super Conference 2021 - April 19-25 (Free & Online)
- Watch 40+ world-class fatigue experts
- Access to 40+ exclusive talks
- 7 life-changing days
- All under one (virtual) roof
- Explore fatigue, sleep, brain fog, food sensitivities, immune issues and much more.

Did you know?

- Every human being spends a third of their lifetime sleeping. So, if you're 60, you've spent 20 years sleeping.
- You can't sneeze while you're sleeping.
- Humans are the only mammal on the planet that willingly delay our sleep.
- It's normal for us to feel tired at 2:00 p.m., even if we haven't done anything. No wonder we feel like napping after lunch.

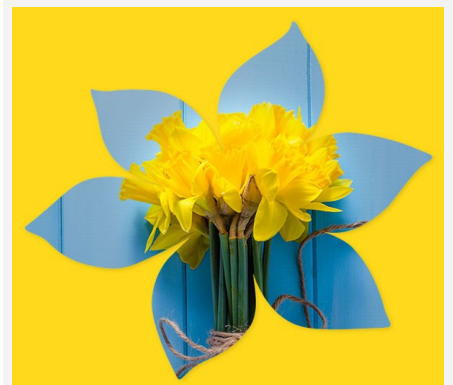
National Caregivers Day April 6 – How to Celebrate

Most caregivers especially unpaid ones do not expect any form of recognition. They do what they do because it needs to be done and it's the right thing to do.

Simple ways to celebrate National Caregivers Day:

- ♦ Give a simple thank you to anyone you know who is a caregiver in any capacity
- ♦ Send a thank you card by email
- ♦ Let them enjoy their day
- ♦ If you are an organization, recognize these caregivers with a certificate
- ♦ A little thank you goes a long way and will help your caregiver feel special and appreciated

April is:

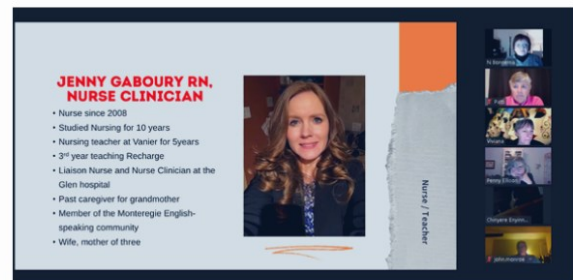
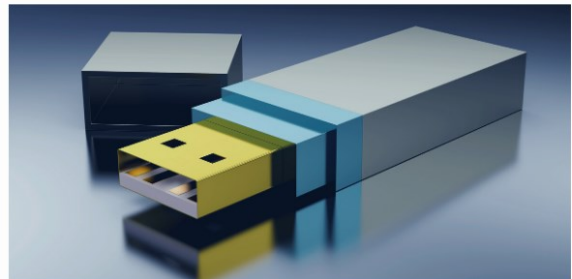


[Canadian Cancer Society](http://CanadianCancerSociety.ca) - Daffodil Days Cancer Awareness Month
[Parkinson Canada](http://ParkinsonCanada.ca) - Parkinson's Awareness Month
[Canadian Hemophilia Society](http://CanadianHemophiliaSociety.ca) - World Hemophilia Day

5 DIFFERENT WAYS TO TAKE RECHARGE WORKSHOPS FOR CAREGIVERS

ReCharge, a series of 7 workshops for Caregivers, was traditionally provided in-person throughout the Montérégie-Centre, but the pandemic changed everything and we started giving the workshops by Zoom, but now, to make it even better and easier for you, we have not just 1 but 5 different ways in which you can take the training:

- 1 If you don't have an internet connection, no worries, we can lend you a set of **DVD's** that contain the complete Recharge training, included the mindfulness activities.
- 2 Don't have the a DVD player? Not a problem, we also have the complete training on **USB keys** that can also be lent to you.
- 3 Maybe you're unable to attend the training on Zoom or don't like Zoom. EASY! We can give you access to **our YouTube Channel** and you will be able to take the training at your own pace.
- 4 If you prefer the interaction, we are still giving the training online, by **Zoom**.
- 5 In Person? As soon as the authorities give the go ahead, we're going to go back to **in-person** training. Stay tuned!



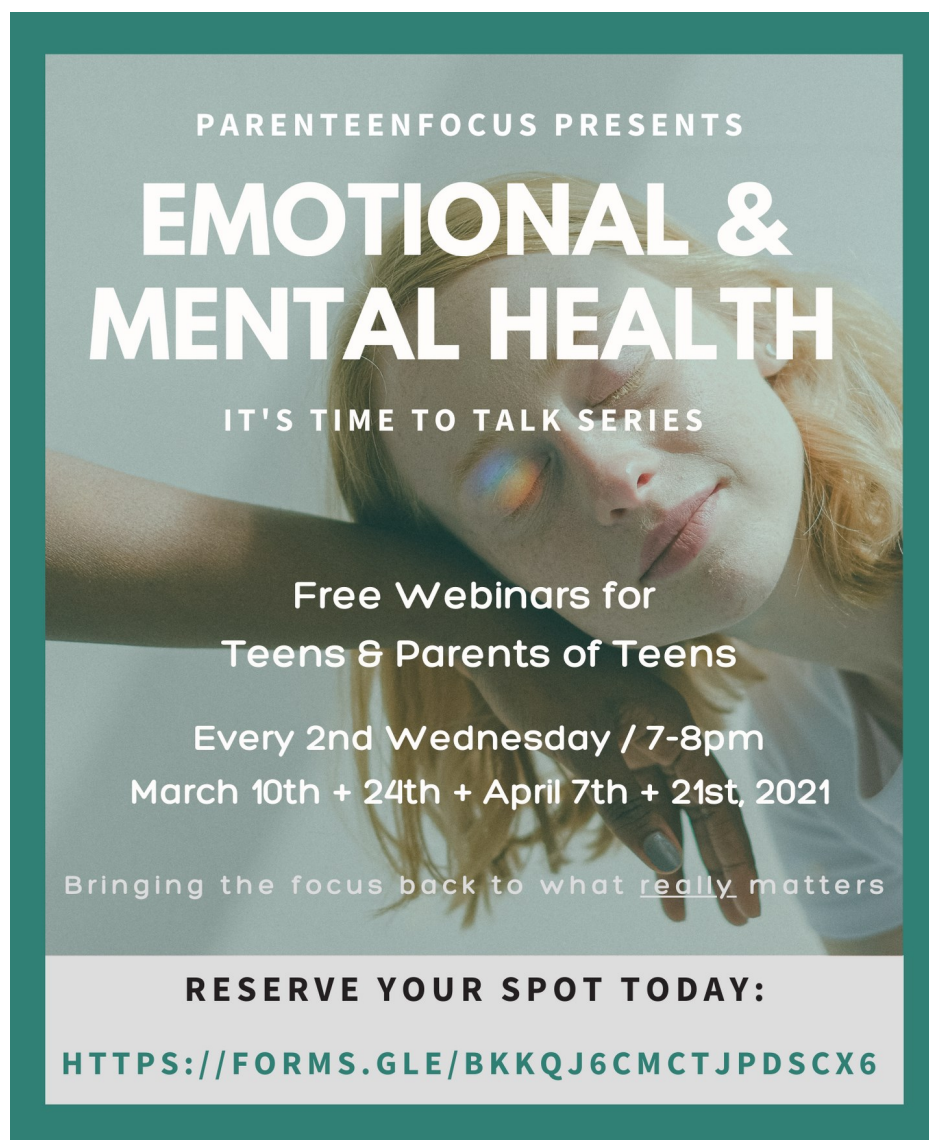
For more information call or email:
514-608-9600 arc.projectcoord@gmail.com



This program is made possible,
thanks to the financial support of:
L'APPU POUR LES
PROCHES AIDANTS
D'AMÉRIQUE
MONTÉRÉGIE

Teens & Parents of Teens Webinar Series

In March ARC began offering a 4-part webinar series, entitled Emotional & Mental Health for teens & parents of teens. You can still register for the last two sessions in April. Reserve your spot today! <https://forms.gle/BkKQJ6cMcTjpDscx6>

A poster for the 'EMOTIONAL & MENTAL HEALTH' webinar series. It features a background image of a young woman with blonde hair, her eyes closed, with a rainbow-colored light effect over her face. The text is overlaid on this image. At the top, it says 'PARENTEENFOCUS PRESENTS'. Below that, in large white letters, is 'EMOTIONAL & MENTAL HEALTH'. Underneath that is 'IT'S TIME TO TALK SERIES'. Further down, it says 'Free Webinars for Teens & Parents of Teens'. Then, 'Every 2nd Wednesday / 7-8pm' and 'March 10th + 24th + April 7th + 21st, 2021'. Below that is the tagline 'Bringing the focus back to what really matters'. At the bottom, in a white box, it says 'RESERVE YOUR SPOT TODAY:' followed by the URL 'HTTPS://FORMS.GLE/BKKQJ6CMCTJPDSCX6' in green.

PARENTEENFOCUS PRESENTS

EMOTIONAL & MENTAL HEALTH

IT'S TIME TO TALK SERIES

Free Webinars for
Teens & Parents of Teens

Every 2nd Wednesday / 7-8pm
March 10th + 24th + April 7th + 21st, 2021

Bringing the focus back to what really matters

RESERVE YOUR SPOT TODAY:

HTTPS://FORMS.GLE/BKKQJ6CMCTJPDSCX6



This ARC Assistance and Referral Centre initiative is made possible with funding from Health Canada through the CHSSN



Teaching Nurse Needed

For the last 2 years, ARC has been offering a caregiver program consisting of 7 workshops called ReCharge. Each workshop is 3 hours in length. Ninety minutes is dedicated to nursing techniques, followed by a mindfulness activity. This program repeats itself five times during the fiscal year.

ARC is looking for a certified nurse, active or retired, who would be interested in offering some of the sessions. We may also film sessions in order to be able to offer them to caregivers who may not be able to attend the live sessions.

If this position interests you, please view the complete job description on our website: arc-hss.ca/teaching-nurse-job



**Calls to HELP
Break Isolation**

During these times, many can feel isolation on a level that even those close to them are not aware. We have busy lives, work, errands, zoom meetings and families.

Do you know someone who could benefit from a call? A simple hello, how are you, can make all the difference to those vulnerable to feelings of isolation.

ARC is currently reaching out by phone to those in need. If you know someone that would appreciate a check-in and chat, send us their contact info and we will be happy to reach out to help reduce the loneliness!

Contact:

- * Fiona at (514) 605-9500 for Greenfield Park and surrounding area
- * Lynn at (450) 357-0386 for Haut-Richelieu-Rouville

World Health Day — April 7

April 7 of each year marks the celebration of World Health Day. From its inception at the First Health Assembly in 1948 and since taking effect in 1950, the celebration has aimed to create awareness of a specific health theme to highlight a priority area of concern for the World Health Organization.

Over the past 50 years this has brought to light important health issues such as mental health, maternal and child care, and climate change. The celebration is marked by activities which extend beyond the day itself and serves as an opportunity to focus worldwide attention on these important aspects of global health.



This month, we will be featuring a testimonial from Chuck Halliday, Coordinator of Community Business at New Frontiers School Board.

In the beginning, we (New Frontiers School Board) learned the CHSSN wasn't truly represented by an organization in our area, and we worked towards advocating for new & additional support for our citizens, which encompasses a large English-speaking community. I can vividly remember the day when I was advised by my CHSSN contact that a new organization (and the first from CHSSN) would now be created to represent the CHSSN for part of our school board's territory. In addition, this new organization would encompass a territory that would stretch from Chateaugay in the West towards Brossard in the East. I was happy and surprised at the same time. Happy that our territory was now being recognized, mobilized, and supported to help improve services, but at the same time, a little worried that this newly formed organization's territory was not historically an area that had worked holistically together.

I then had the privilege of being an original member of the new ARC board of directors representing the Chateaugay area, we worked to help improve access to health and social services for English speakers. ARC's organization evolution to become an effective service provider, referral service, partnering organization, and advocate for English speakers on the territory was a welcomed and beneficial addition.

Over time relationships were built, projects were done together, and we built off our networks, expertise, and common goals to help build sustainable partnerships. With this regional growth and success, the Montérégie has now fortunately grown to be represented by three organizations working together for the betterment of our communities as part of the CHSSN family: MEPEC (Montérégie-East), ARC (Montérégie-Centre) & MWCN (Montérégie-West).

Our communities now have more support, capacity, and ground-level personnel working for them. And when I look back over the progression and growth of services available to our citizens, ARC is part of a wonderful success story of relationships being built, partnerships maintained, funding and support services added, and the creation of a sustainable organizational infrastructure embedded working together for the FUTURE success of our citizens.

Chuck Halliday



Historical Views—Anthology of Quebec Heritage News

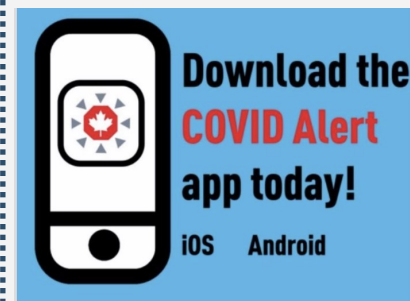
The long-anticipated Quebec Heritage News anthology is now available to order! This two volume collection features over 150 articles and illustrations from The Quebec Heritage News over the last 20 years. Featured is the rich and valued contribution of the English-speaking community throughout Quebec history. With commentaries from every region, including the South Shore. A wonderful memento for proud English-speaking Quebecers.

Follow the link for pricing and details on how to order: <http://qahn.org/image/long-awaited-quebec-heritage-news-anthology-now-available-order-now>.

COVID Alert Mobile App

As you may be aware, the Government of Canada, in collaboration with other levels of government, has developed a nationwide mobile app known as [COVID Alert](#). COVID Alert is a tool that empowers Canadians to help reduce community spread and play a role in keeping themselves and their communities safe and healthy. As of January 11, it has been downloaded more than 6 million times.

COVID Alert uses strong measures to protect the privacy and confidentiality of any data it collects. The app does not track a user's location nor does it collect personally identifiable information. The Office of the Privacy Commissioner of Canada continues to be engaged on COVID Alert, and supports its use by Canadians.



Veterans Affairs Canada

If you're a Veteran, there are services to support you with mental health, finances, education and more.



Activity Calendar

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!

April 2021						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 TBN Café Our Harbour Recharge for Caregivers via Zoom 6:00-8:00 pm	2	3
4	5 Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm	6 Afternoon Social @ GPK Legion 1:00-3:00 pm Jerry's Line Dancing via Zoom 1:30-3:00 pm	7 Wellness Centre in Chambly & via Zoom 1:30-3:30 pm Linda's Gentle Yoga via Zoom 2:00-3:00 pm Time to talk series for teens & parents via Zoom 7:00-8:00 pm	8 Addie's Virtual Colour Café via Zoom 2:00-3:30 pm	9	10
11	12 Mother Goose GPK x2 English Conversation@ CISSS x3 Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm	13 Mother Goose Brossard English Conversation @ CISSS Afternoon Social @ GPK Legion 1:00-3:00 pm Jerry's Line Dancing via Zoom 1:30-3:00 pm Recharge for Caregivers via Zoom 6:00-8:00 pm	14 Mother Goose St-Jean English Conversation @ CISSS Wellness Centre in Chambly & via Zoom 1:30-3:30 pm Linda's Gentle Yoga via Zoom 2:00-3:00 pm Support Group for Caregivers 7:00-8:30 pm	15 English Conversation @ CISSS TBN Café Our Harbour	16	17
18	19 Mother Goose GPK x2 English Conversation@ CISSS x3 Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm	20 Mother Goose Brossard English Conversation @ CISSS Afternoon Social @ GPK Legion 1:00-3:00 pm Jerry's Line Dancing via Zoom 1:30-3:00 pm Recharge for Caregivers via Zoom 6:00-8:00 pm	21 CHEP: The Expanding Role of your Community Pharmacist via Zoom 10:00-11:30 am Mother Goose St-Jean English Conversation @ CISSS Wellness Centre in Chambly & via Zoom 1:30-3:30 pm Linda's Gentle Yoga via Zoom 2:00-3:00 pm Time to talk series for teens & parents via Zoom 7:00-8:00 pm	22 English Conversation @ CISSS Addie's Virtual Colour Café via Zoom 2:00-3:30 pm	23	24
25	26 Mother Goose GPK x2 English Conversation@ CISSS x3 Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm	27 Mother Goose Brossard English Conversation @ CISSS Afternoon Social @ GPK Legion 1:00-3:00 pm Jerry's Line Dancing via Zoom 1:30-3:00 pm Recharge for Caregivers via Zoom 6:00-8:00 pm	28 Mother Goose St-Jean English Conversation @ CISSS Wellness Centre in Chambly & via Zoom 1:30-3:30 pm Linda's Gentle Yoga via Zoom 2:00-3:00 pm	29 English Conversation @ CISSS	30	

For information or to register, please contact our Administrative Assistant at: arc.admassistant@gmail.com or call: 514-951-9711

These activities are made possible thanks to our funders:

Health Canada through the CHSSN, Canadian Heritage, Secretariat for Relations with English-speaking Quebecers, APPUI Monteregie, McGill and Bright Beginnings.

ARC Activities This Month



free
BY ZOOM

- April 4 - May 25
- 6 pm to 8 pm

ReCharge
Workshops for

If you are taking care of a loved one, a family member, a neighbour or a friend; for a few hours per week or full time; at home or not, YOU ARE A CAREGIVER

To register:
514-608-9600
arc.projectcoord@gmail.com

ARC

This program is made possible, thanks to the financial support of:
L'APPU POUR LES PROCHES AIDANTS D'ANCIENNES
MONTRÉGIE

CAREGIVERS SUPPORT GROUP
April 14th from 7:00 pm to 8:30 pm

Topic:
Managing emotions in times of uncertainty and stress



To register:
514-608-9600
arc.projectcoord@gmail.com

ARC

L'APPU POUR LES PROCHES AIDANTS D'ANCIENNES
MONTRÉGIE

Virtual
DRAWING
Classes



EVERY MONDAY IN APRIL FROM 2:00 TO 3:30 P.M.

To register:
514-951-9711
arc.admassistant@gmail.com

This initiative is made possible with funding from Health Canada through CHSSN

CHSSN

ARC

GENTLE YOGA



with Linda

Join us every Wednesday
2:00-3:00 p.m.
(April 7, 14, 21, 28)

To register contact:
arc.admassistant@gmail.com or (514) 951-9711


ARC

Disclaimer: ARC offers this program to the general public with the understanding that participants assume all risk of personal injury and agree to release and discharge ARC from any and all claims or causes of action.

This initiative is made possible with funding from Health Canada through CHSSN

Canada Health Canada Santé Canada CHSSN

LINE DANCING
WITH JERRY ALFONSO



**By Zoom, every Tuesday from 1:30 - 3:00 p.m.
(April 6, 13, 20, 27)**

This initiative is made possible with funding from Health Canada through CHSSN

CHSSN

ARC

Registration:
514-951-9711
arc.admassistant@gmail.com

VIRTUAL COLOUR CAFE



Free registration:
514-951-9711
arc.admassistant@gmail.com

Thursday
April 8 & 22
2:00 to 3:30 p.m.

This initiative is made possible with funding from Canadian Heritage

Canada Canadian Heritage Patrimoine canadien

ARC



VSF Foundation is offering **free Virtual Yoga every Saturday morning from 8:30-10:00 a.m.** Sign in as of 8:15 a.m. to socialize before the practice. Each week, there will be a combination of short motivational talks, super brain yoga and laughter yoga. These courses are accessible to all levels of physical ability. For more information and to receive the zoom link, contact 450-468-7539.

Cyber Seniors offers daily webinars that are both educational and fun! **From learning to use new apps, to fitness classes and trivia games, there is something for everyone.** Follow the link for details on how to register: <https://cyberseniors.org/webinars>

Mood Journals for Young Caregivers with Ami Quebec April 1 & 8, 6:00-7:30 p.m. Are you aged 18-30 and have a family member, friend, or partner with mental health issues? Then this new workshop is for you! Reflect upon and analyze your caregiving experience through words and drawings in your own personalized mood journal to better understand and manage your situation and emotions. To register: <https://amiquebec.org/moodjournals>

YES Montreal is offering a free online workshop: **Job Search Strategies During Covid-19 on Tuesday April 6 from 10:00 a.m. to 12:00 p.m.** Job hunting under normal circumstances is never easy and the coronavirus pandemic is creating challenges unlike any we've ever seen. Discover how to succeed in your job search despite uncertainty in the economy and job market by developing a strategic job search action plan. Pre-registration is required as spaces are limited. To register visit: www.yesmontreal.ca/en/events

Join **Creative Expression with Ami Quebec April 7, 6:00-8:00 p.m.** on Google Meet. It can be difficult to care for a loved one who is living with mental illness. Zen collage uses your intuition to create small cards. You will also learn to "read" your cards to discover what personal and hidden meanings your Zen collage card reveals to you. It is an innovative and creative way to explore your own challenges and how they can be overcome. No art experience required! To register visit: <https://amiquebec.org/creative>

The South Shore Reading Council presents: **Pack Your Bags, Southern Edition.** This monthly Zoom program for "Snowbirds" takes you on a virtual tour of WARM world destinations.

Tuesday, April 13 12:00-1:00 p.m.

To register: <https://form.123formbuilder.com/5770947/form>

Meditation with Ami Quebec starts April 14 and runs for 10 weeks 11:00 a.m. to 12:00 p.m. How do we gain the strength to work with life situations that are difficult and stressful? Meditation is widely used today for stress reduction or to help cope with pain, anxiety, or depression. This workshop will use meditation to help participants get in touch with their unknown strengths and develop their resilience.

To register: <https://amiquebec.org/meditation>

Join the Saint-Lambert Horticultural Society for: **"The New Vegetable Garden."** This month's virtual meeting will be presented in both French and English in collaboration with Réseau Eco-Citoyen. **April 15 at 7:30 p.m. via Zoom.** For details on how to register visit: www.hortistlambert.wixsite

The South Shore Reading Council is hosting **Ted Circles. April 27 12:00-1:00 p.m. via Zoom.** To register visit: <https://form.123formbuilder.com/5778749/sslrc-ted-circles-registration>

The Augustine Series: Get Started on Your Own Business! Exploring Entrepreneurship and Leadership Styles. Have you ever thought about starting your own business? There has never been a more exciting time to venture into entrepreneurship, with all its rewards and challenges! Join in to examine the different types of businesses and how to determine which one is the right fit for you. You will learn about the steps involved in setting up a business and how legal structures, market research and start-up costs come into the equation. You will also gain an understanding of the different leadership styles and how each one has a role in ensuring your entrepreneurial success. **Sunday April 25th at 2:00 p.m.** This presentation is part of a series of free monthly conferences on Zoom that will inform and inspire you in 2021. To reserve your place and to receive the Zoom link please send an email to: augustineseries@bellnet.ca

South Shore Retired Educators' Next session: **"Serving a State Banquet" Queen Elizabeth II's 95th Birthday. Thursday April 15, 1:00 to 3:00 p.m. via Zoom**

Anyone who has worked in elementary and high school education as a teacher, support staff, administrator, school board personnel or those who have worked with students or staff, are all eligible to join. Meetings are 6 times a year. Very interesting speakers & snacks! A nominal annual fee applies.

For information: southshoreretirededucators@gmail.com

Arthritis Rive-Sud is offering **Adapted Fitness Exercises every Tuesday in April from 10:00-11:00 a.m.** Registration is required for new participants only at info@arthriterivesud.org. The weekly session is available on video for those who are registered.

Canadian Mental Health Association has put together some resources and suggestions to help support your mental health during this time of uncertainty. A pandemic is a very stressful event for individuals and communities. It's normal to feel some stress and anxiety. It's also very common for people to display great resiliency during times of crisis.

We should remember that this is absolutely the time to lean on each other. Even if we can't be close physically, we need to stay close emotionally. So, while you're staying in, stay in touch with each other, and reach out if you need support.

We encourage you to share this page. They will be updating it regularly, so please check back for new resources:

www.cmha.ca/news/covid-19-and-mental-health

8-1-1: Info-Santé

This service is available 24 hrs/365 days a year and gives you access to nurses and social workers.

Coronavirus disease situation in Quebec for everything you need to know visit: www.quebec.ca/en/health

AQPS (Association Québécoise de Prévention du Suicide)

Contact: 1 (866) APPELLE (277-3553), www.aqps.info

April is Parkinson's Awareness Month From diagnosis to discovery they are there every step of your Parkinson's journey. They provide education and services to support you, your family and your health team, online, by telephone and in person. Visit Parkinson Canada at www.parkinson.ca

April is also IBS Awareness Month and The CDHF (Canadian Digestive Health Foundation) is Canada's trusted resource on digestive health. Committed to providing useful, up-to-date information and research to help Canadians better manage digestive conditions and live healthier lives. Visit www.cdhf.ca

AMI Quebec offers services to individuals facing challenges due to mental illness.

Telephone Montreal: (514) 486-1448

Toll Free: 1 (877) 303-0246

Website: www.amiquebec.org

Get your Bilingual Public Health Information updates online! Subtitled video clips on COVID-19 are available on the Public Health Facebook and YouTube channel: <https://youtu.be/D8gdWAKmgjk>.

Community Services

Y4Y Québec is a non-profit youth network committed to addressing the issues facing English-speaking youth, ages 16 to 30. Become a volunteer, listen to their podcast or join their slack channel! Lots of ways to connect with other young anglophones. Visit: www.y4yquebec.org

Maison du Pere L'Espoir is an organization, based out of Longueuil, offering food baskets for \$15. For more details contact (514) 233-6703

PAIR offers a free automated calling service to seniors living alone, to make sure they are okay. This program is organized by the Centre de Bénévolat de la Rive Sud. Subscribers receive a call one or more times a day, if there is no answer, then an alert is launched to the family or to 9-1-1.

Visit: www.benevolatrivesud.qc.ca

2-1-1: Community Organizations and Public Services

Information and referral services available 7 days a week from 8:00 a.m. to 6:00 p.m.

Pavillon Marguerite de Champlain is a shelter for women who are victims of conjugal violence, and their children. Confidential, free and bilingual. 24-hour telephone service, 7 days a week.

Call (450) 656-1946 or visit www.pavillonmarguerite.com

Éducaloi is a charitable organization that has played a leading role in improving access to justice since it was founded in 2000. Its core mission is to explain to Quebecers the law, their rights and their responsibilities.

Visit: www.educaloi.qc.ca

Maison le Point Commun offers support, activities and supervised living for those with severe mental health issues. Call (450) 346-5706 or visit www.maisonlepointcommun.org

Amika, a personalized homecare service, offers meal preparation, light housekeeping, personal care and hygiene, assistance with mobility and continuous monitoring and respite services. Visit www.soinsamika.com/en



Project Logis des aulniers A Promising Social Project in St. Lambert

The need for adapted housing is increasing and a significant portion of the population is aging and/or experiencing health problems. The number of housing units for these clients with reduced mobility has therefore become insufficient.

In May 2020, the St. Lambert City Council adopted a resolution supporting the project, a partnership between Logis des aulniers and the Centre de bénévolat de la Rive-Sud (45 Argyle Street), two non-profit organizations that are joining forces to achieve their respective objectives.


Logis des aulniers is quality adapted housing for people with reduced mobility (MS, Parkinson's, accident victims with permanent limitations), an involvement in the downtown area that will boost local business, a collaborative project between two organizations, and an architecture that will stand out for its refinement and adaptation to its surroundings will make Logis des aulniers and the Volunteer Centre an emblematic project.

We can assist if you need help applying for lodging. Call Fiona at (514) 605-9500 or email arc.coord@gmail.com.

For more information on the project, visit their website for more information at www.logisdesaulniers.org.

Weekly Afternoon Social Activities

ARC will be commencing Afternoon Social activities starting April 6 from 1:00 p.m. to 3:00 p.m. at the Greenfield Park Legion located at 205 Empire Street. Afternoon Social activities will have all safety protocols in place. Social distancing, masks, hand sanitizing and washing. We look forward to once again being able to meet with you in-person and help break the isolation that COVID has forced on us this past year. Space will be limited so registration will be required until further notice and attendance limits are lifted. Please check our Activity Calendar and email your attendance request to arc.coord@gmail.com or call (514) 605-9500. Updates will be posted on our Facebook page.



Afternoon Social Presents
Only for the Wise

TRIVIA DAY


Swing by The Legion Branch 94 at 205 Empire in Greenfield Park and join the fun!

Limited spots available so please email arc.coord@gmail.com or call (514) 605-9500 to book your seat (due to health directives, registration is mandatory).

APRIL 6TH | 1:00 TO 3:00PM

See you there! Coffee, tea and cake will be served.

This initiative is made possible with funding from Canadian Heritage



Canadian Heritage
Patrimoine canadien

PHOENIX KIDS' CLUB





APRIL THEMES

4TH-NO KIDS CLUB (HOLIDAY)

11TH-SPRING CRAFTS

18TH-FRIENDSHIP

SPECIAL EVENT

25TH-DINOSAURS



VIRTUAL ONLINE PROGRAMMING

SUNDAYS 2PM-3PM

TO REGISTER PLEASE CONTACT JESSICA BICKFORD

438-935-0372 OR DIR.PHOENIXPROJECTS@GMAIL.COM OR WWW.PHOENIXPROGRAMS.CA

Easter Word Search



F	L	O	W	E	R	S	G	N	I	R	P	S	Z	O
S	K	C	I	H	C	T	E	B	P	A	R	A	D	E
Y	T	P	B	Z	E	T	M	P	M	G	E	H	Y	S
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Y	L	I	M	A	F	A	S	P	E	E	P	S	E	M

Basket

Bonnet

Bunny

Candy

Chicks

Chocolate

Daffodil

Decorate

Ducks



Dye

Easter

Egg Hunt

Eggs

Family

Flowers

Grass

Happy

Jellybeans

Lily

Parade

Peeps

Rabbit

Spring

Sunday

Tradition

Tulips



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Greenfield Park

106 Churchill Boul., 2nd Floor

Greenfield Park J4V 2L9

Tel: 514-605-9500

info@arc-hss.ca

Haut-Richelieu-Rouville

927-B du Séminaire Boul.

St-Jean-sur-Richelieu J3A 1B6

Tel: 450-357-0386

arc.programcoord@gmail.com



www.arc-hss.ca, info@arc-hss.ca

*This ARC Assistance and Referral Centre initiative is made possible through the financial contribution from
Canadian Heritage.*

Stay in touch and follow us on social media



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