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[www.arc-hss.ca](http://www.arc-hss.ca), [info@arc-hss.ca](mailto:info@arc-hss.ca)

This month we are entering our 10<sup>th</sup> year as an incorporated community organization. ARC has grown and evolved in the last decade and will continue to do so in the coming years. We are planning a 10<sup>th</sup> Anniversary Celebration for November 2021. Keep an eye out in future issues for more information.

Don't forget to **turn back your clocks** before going to bed this Saturday. And the fire departments recommend changing the batteries in your fire detectors at the same time.

On October 1, in honour of National Seniors Day we delivered 62 care packages to seniors in our community. It was so much fun for the staff and volunteers to bring a meal with a dessert and some goodie bags (and even a balloon, because a celebration is not complete without a balloon). It was good for us to see people in person again, even while maintaining social distancing.

We received fabulous feedback on the October 21 Community Health Education Program (CHEP) session, with 36 participants from our community. Thank you to those who participated. The next session is on November 18 and the topic is **Moving Well During the COVID-19 Pandemic**. To register or if you need more information, send an email to [arc.coord@gmail.com](mailto:arc.coord@gmail.com) or call 514-605-9500.

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

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COMMUNITY HEALTH EDUCATION PROGRAM (CHEP)

## Moving Well During the COVID-19 Pandemic

Christina Weiss, M.Sc., CSEP-CEP, FKQ-Kinesio­logist

**WEDNESDAY, NOVEMBER 18**

10:00 - 11:30 a.m.

ATTEND VIA ZOOM

**Register** at [arc.coord@gmail.com](mailto:arc.coord@gmail.com) or 514-605-9500

How do we practice healthy lifestyle habits to manage stress in the middle of a global pandemic? Concordia University PERFORM Centre's Christina Weiss shares strategies related to staying active. Join us to learn how COVID-19 impacts your daily habits and ways to change.



A CHSSN initiative funded through Health Canada's Official Languages Health Contribution Program 2018-2023



WHAT'S HAPPENING IN  
*Haut-Richelieu-Rouville*

- **Centre d'Action de Bénévole de Saint-Jean-sur-Richelieu (CAB)**  
640 rue Dorchester, local 301, Saint-Jean-sur-Richelieu J3B 5A4  
450-347-7527, <https://cabstjean.org>

In October, the Assistance and Referral Centre met with the Executive Director, Patrick Darrigrand, and toured the St-Jean Centre d'Action de Bénévole. They offer a large range of services including meal delivery to residents of St-Jean and the surrounding area, medical transportation and support for caregivers. They also have a professional kitchen and a food counter with delicious goodies made in-house.

- **Activity in Haut-Richelieu-Rouville:** On October 1, we were able to deliver 20 meals and gift packages to seniors in the region to celebrate National Seniors Day! Here is a picture taken by a senior of the package she received.
- Reminder: **Mother Goose**, an English-language program for parents and children 0-3, will be starting in HRR in January. The region will have its very own animator, Deborah Arnould, who was hired recently and animators are being trained this fall to be ready for the winter session. Spread the word to anyone you know with children of this age.



Please also remember that you are welcome to attend any of the virtual activities offered by ARC that you will see highlighted in this newsletter and in the activity calendar!

**We invite you** to nominate an employee, volunteer or a team at a community or public organization who made a special effort to improve the health and well-being of our English-speaking community in the Montérégie.



Selected candidates will receive a certificate of congratulations, a gift card as a token of appreciation, and they will be featured in the newsletter publications and Facebook pages of diverse health organizations across the Montérégie

To nominate a candidate or a team, please complete the form at <https://fr.surveymonkey.com/r/TNYYYYH5> or call us at 514-605-9500 for more information.

*Star Program, an initiative of the Regional Health and Social Services Partnership Table (RHSSPT), is a program that highlights individuals or groups who demonstrate support for the Montérégie English-speaking community.*

# TRAINING FOR CAREGIVERS now Online via Zoom!

**ReCharge - Workshops for Caregivers** consists of seven workshops of a variety of basic health care techniques and practices for people that are taking care of their loved ones, as well as mindfulness activities that help them recharge their own energy.

This program is offered to the English-speaking community and is free, thanks to the funds received from L'Appui Montréal.

**Next training date:** Each Monday from November 2 to Dec 14th from 6:00 p.m. to 9:00 p.m. (or less, depending on interactions). There will be a short break during the session.

**To register:** 514-608-9600 or [arc.projectcoord@gmail.com](mailto:arc.projectcoord@gmail.com).



**ReCharge Caregiver's Online Support Group**

*With the theme "Kicking caregiver guilt to the curb and what to do when it arrives at your door".*

Wednesday November 4  
From 7:00 pm - 8:30 pm

514-608-9600  
[arc.projectcoord@gmail.com](mailto:arc.projectcoord@gmail.com)

This initiative is funded by L'Appui Montréal and VIRC (Homeless and Referral Centre for Women and Children).

## ReCharge Caregiver's Support Group

Held monthly, this online support group will discuss *Kicking Caregiver's Guilt to the Curb*.

Wednesday, November 4

7:00 p.m. to 8:30 p.m.

**To register:** 514-608-9600 or [arc.projectcoord@gmail.com](mailto:arc.projectcoord@gmail.com).

Whether out of love, solidarity or necessity, each of us can be called upon to become the caregiver of a parent, child, friend or even neighbour.

Being a home caregiver is no easy task. Caregivers deliver a variety of duties from personal care to medical services with compassion and professionalism. Their days may be long and demanding, but they provide support to those who need it most.

In honour of National Caregiver Week, from November 1 to 7, we would like to thank you for the work you do to care for your loved ones.

**Thank you!**

# Community Activities

- **Veterans' Week**, November 5-11. We remember those who fought and died so that we may live in freedom. Veteran's week marks 75 years since the end of the Second World War. **Remembrance Day** is observed on November 11. Lest we forget!
- **Saint Hubert Legion**, St-Hubert Royal Canadian Legion - Branch 159 will not be holding a ceremony this year at the Cenotaph on November 7, as originally planned.
- **South Shore Retired Educators**, November 12 session topic is **Fraud Prevention** via Zoom (presentation given by MEPEC). 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 six times a year, usually Thursday afternoons from 1:00 p.m. to 3:00 p.m. Nominal fee. For information email [southshoreretirededucators@gmail.com](mailto:southshoreretirededucators@gmail.com). Future dates: December 10, February 18, April 15, May 20.
- **Seniors Respite Montérégie** invites you to attend their Coffee Meetups every Monday and Wednesday from 10:00 a.m. to 4:00 p.m. for people aged 55+. Meet new friends for coffee and conversation. Respite care is still being offered at the centre and in-house. At the centre it is on Tuesday, Thursday and Friday each week, from 9:30 a.m. to 4:30 p.m. Visit their website for more details <https://adultdaycare.ca>.
- **The South Shore Women's Circle** will hold its next virtual gathering on Monday, November 23 at 7:00 p.m. Via Zoom, we'll take time to connect and support one another during these challenging times. To learn more about the Women's Circle, please reach out to Julie at [womenswayscirclemtl@icloud.com](mailto:womenswayscirclemtl@icloud.com). Newcomers always welcome. Meetings are on the 4th Monday of each month. The Circle connects like-hearted women of all ages and backgrounds by providing a space to share their lives openly and authentically. For more information or to confirm attendance, please contact Julie at [WomensWaysCircleMTL@icloud.com](mailto:WomensWaysCircleMTL@icloud.com). Newcomers most welcome.



With Professional Line Dance Instructor  
**JERRY ALFONSO**

**FREE**

**LINE DANCING**  
Via Zoom

Thursday, November 5 and 19  
from 1:30 p.m. to 3:00 p.m.

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

**CHSSN**  
Community Health and Social Services Network  
Réseau communautaire de santé et de services sociaux

**ARC**

Registration: 514-951-9711 or  
[arc.admassistant@gmail.com](mailto:arc.admassistant@gmail.com)

## M&M Food Market: Providing a Helping Hand to Seniors

Through the Quebec Community Health and Social Services Foundation, ARC received \$25 gift cards for purchasing items at M&M Food Market for a total value of \$575.00. ARC was then in contact with local food banks and community groups that aided seniors and families in our community to see if we could provide added help. We also contacted the Frozen Meals and local Meals on Wheels programs to see if they knew of seniors who could benefit from added assistance.



Recipients: Anna Stevens (standing) & Nicole Bazinet

This outreach had an added importance since the Meals on Wheels program had to close down during COVID, in order to protect their older volunteers. Since ARC was already running a food program, delivering meals to seniors and persons at risk, we took on this initiative.

We have two M&M Food Market stores on the South Shore: one in Brossard and another in St-Hubert, but because of the need to take public transport or arrange for a driver to get the meals, it was decided we would go one step further and go to the store and pick up the meals to deliver to our seniors.

We contacted the various seniors in advance to see what type of meals they would prefer, since each gift card could purchase 4-5 single serving meals. Most popular were the pasta dinners, like macaroni and cheese, and cabbage rolls. We also picked up frozen vegetables and a few desserts to complete the meal.

We thank Kevin Hackett and Arthur Quinn, our volunteer drivers, who picked up the meals at M&M and then delivered them around our community.

We also acknowledge our appreciation to both M&M and the QCHF for their valuable donation.

Kevin Erskine Henry



Driver volunteer: Arthur Quinn

**Acrylic painting class with artist  
Addie Malkus**

Thursday, November 12 and 26  
2:00 p.m. to 3:30 p.m

**Virtual  
Colour  
Café**

Class and starter kits provided **FREE** of charge

**Registration:**  
514-951-9711 or  
[arc.admassistant@gmail.com](mailto:arc.admassistant@gmail.com)

This initiative is made possible with funding from Canadian Heritage

 Canadian Heritage Patrimoine canadien



# PHOENIX KIDS' CLUB



## THEMES

### NOVEMBER

8TH-FAIRIES AND GOBLINS

15TH-ORIGAMI

22TH-FUN WITH COLORS

29TH-JUNIOR CHEF



ONLINE PROGRAMMING

SUNDAYS 2:00PM-3:00PM

TO REGISTER PLEASE CONTACT JESSICA BICKFORD

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



THIS INITIATIVE IS FUNDED BY ARC ASSISTANCE AND REFERRAL CENTRE THROUGH A FINANCIAL CONTRIBUTION FROM BRIGHT BEGINNING INITIATIVE

PHOENIX KIDS' CLUB SPECIAL EVENT

## FROZEN FOLLIES

FOR CHILDREN 5 - 12

AN AFTERNOON OF GAMES AND CRAFTS  
WITH ANNA, ELSA AND THE WHOLE GANG

SUNDAY NOVEMBER 29TH, 2020

3:00PM - 4:00PM

COST \$15 PER CHILD

INCLUDES-ACTIVITY KIT WITH ALL SUPPLIES  
-DELIVERY OF ACTIVITY KIT  
-ANIMATION OF ACTIVITIES

REGISTRATION DEADLINE NOVEMBER 20TH

TO REGISTER PLEASE CONTACT JESSICA AT  
DIR.PHOENIXPROJECTS@GMAIL.COM OR 438-935-0372



# ARC Art on Display

We are pleased to show off more art work created by participants in our classes this year. This month we are featuring the work of Joyce Malouin, Shirley Pow Chong, Kathryn Gasse and Gilles Audet, who are all taking ARC's Drawing Class. If you are interested in exploring your artistic side, contact us for information at 514-951-9711 or [arc.admassistant@gmail.com](mailto:arc.admassistant@gmail.com).



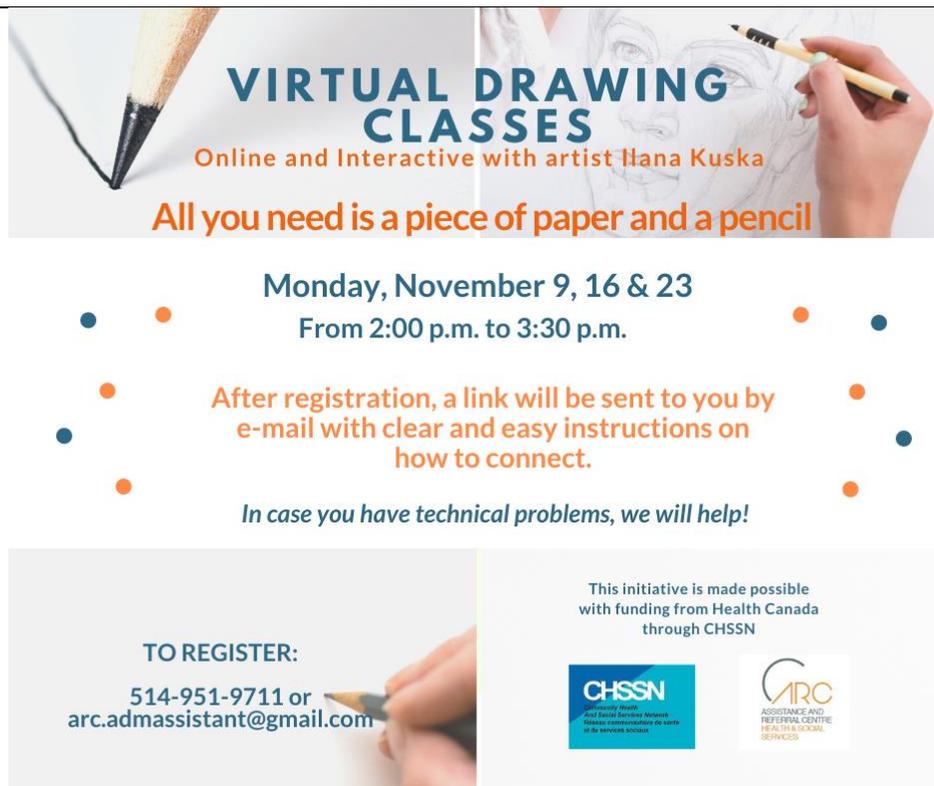
- The **flu vaccination** campaign starts on November 1.  
How to make an appointment?  
Go to the website [www.clicsante.ca](http://www.clicsante.ca)  
Select the "seasonal flu vaccine" service  
Enter your postal code and choose the appropriate facility.  
People who do not have access to the Internet should call 1 844 VACCINES (822-2467).
  - **The nursing students at Cégep Édouard-Montpetit** (located at 945 Chemin de Chambly) will be holding vaccination clinics at the CEGEP. There are 5 dates on the calendar, between November 6 and December 2. To make an appointment: 450-679-2631, ext. 2903, ext. 2636. Diane Lévesque, Clinic Coordinator, [diane.levesque@cegepmontpetit.ca](mailto:diane.levesque@cegepmontpetit.ca)
  - **Coronavirus disease situation in Quebec** for everything you need to know visit: [www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus](http://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus)
  - **CHIP** (Communicaid for Hearing Impaired Persons) offers assistance and workshops in English for persons who experience hearing loss. They provide resources, communication tools and training. While based in Montreal, they will reach out to the South Shore English-speaking community. Call 514-488-5552, visit [www.hearhear.org](http://www.hearhear.org) or email [info@hearhear.org](mailto:info@hearhear.org).
  - **Parkinson Disease**—A bilingual Quebec-based social worker is available for people living with Parkinson's, their care partners and healthcare professionals at 514-357-4291 ext. 3411, 1-800-565-3000 ext. 3411 or by email [infoQC@parkinson.ca](mailto:infoQC@parkinson.ca). Support groups online or by telephone.
  - **Talking About Suicide Saves Lives**  
Do you need help? Are you, or is someone you know, experiencing a suicidal crisis? Are you mourning, due to someone's suicide? The AQPS call number is 1-866 APPELLE (277-3553). This service is available in English and French and open to all Quebecers across the province regardless of where you live.  
<https://howtotalkaboutsucide.com>.
- Montreal**  
Call Suicide Action Montreal: 514-723-4000  
On the web at: [www.suicideactionmontreal.org](http://www.suicideactionmontreal.org)  
Association québécoise de prévention du suicide: [www.aqps.info](http://www.aqps.info)
- **Arthrite Rive-Sud/Arthritis South Shore** offers an informal chat about arthritis and stress. Do you feel like talking or listening or sharing your emotions, impressions and experiences, or taking stock? Then join us. As Jacques Michel said in his song "Amènes-toi chez nous" if life is hard, alone we know little but maybe together we will find how to handle it. The first coffee will be in **English on October 30** and the second in French on November 13, at 1:30 p.m. via TEAMS (virtual). For those who are not familiar with TEAMS or virtual meetings, we will have technical support. Register free of charge, at [info@arthriterivesud.org](mailto:info@arthriterivesud.org) and we will send you the TEAMS link.  
**Arthrite Rive-Sud** is a non-profit organization run by volunteers who want to make a difference in the lives of people with arthritis. Email - [arthriterivesud@gmail.com](mailto:arthriterivesud@gmail.com), Telephone 438-630-7215.
  - **Mental illnesses often present many challenges for family members.** Periods of remission may be followed by relapses, and hope then turns to despair. Family members play a critical role in helping loved ones seek help and embark on a journey of recovery, but it's not easy. For information on various **AMI Quebec** programs and services visit [www.amiquebec.org](http://www.amiquebec.org). Call 514-486-1448, or if outside Montreal, call 1-877-303-0264. Here is their calendar of workshops and support groups [www.amiquebec.org/calendar](http://www.amiquebec.org/calendar).
  - **The Canadian Celiac Association** is the national voice for anyone adversely affected by gluten and is dedicated to improving diagnosis and quality of life. For information visit [www.celiac.ca](http://www.celiac.ca) or email [info@celiac.ca](mailto:info@celiac.ca).

- **Com’Femme** is a bilingual group whose mission is to improve the living conditions for women residing in the Montérégie (Brossard, St. Hubert). They support various projects such as “knitted knockers” for breast cancer survivors. For more information, please contact 450-676-7719 or visit [www.comfemme.org](http://www.comfemme.org).
- **The Yellow Door** has moved some of their wellness groups online—free, all welcome and intergenerational! Find them here: [www.facebook.com/YDActivities](http://www.facebook.com/YDActivities).
- **The South Shore Alzheimer Society’s** (Brossard) mission is to support, help and guide people with Alzheimer’s disease or other neurocognitive disorders. They offer telephone consultations and counselling services for individuals, families and caregivers. Training workshops and in-home respite services are also offered. For more information call 450-445-6660 or email [brossard@alzheimerriivesud.ca](mailto:brossard@alzheimerriivesud.ca). Offices located at 6955 Taschereau Blvd., suite 4, Brossard (near the auto park). Visit [www.societealzheimerriivesud.ca](http://www.societealzheimerriivesud.ca). (website in French only)
- **Looking for a Family Doctor?** Recent data confirms that the Montérégie-Centre, at 25%, has the highest number of residents who do not have a family doctor off the Island of Montreal. When searching for a doctor, we suggest:
  - **Register to find a family doctor.** To find a family doctor who is accepting new patients, you can put your name on the waiting list: [www.quebec.ca/en/health/finding-a-resource/registering-with-a-family-doctor](http://www.quebec.ca/en/health/finding-a-resource/registering-with-a-family-doctor).
  - **Telephone** the CLSC Samuel-du-Champlain at 450-443-7414. Visit a local medical clinic or CLSC until you find a doctor who is taking on new clientele. We suggest to be very proactive by calling medical clinics and even asking people you know if their doctor is welcoming new patients.
  - **Visit this link for local information** on medical clinics and services. <https://santemonteregie.qc.ca/en/services>.

**Did you know:**

- 66% of people aged 65+ take 5 or more medications?
- 38% of people aged 85+ take 10 or more...
- 1 in 143 people hospitalized are due to the harmful effects of their medications.
- There are safe alternatives to taking some medications...

To find out more and to learn about what you can do to reduce your risks go to [www.deprescribingnetwork.ca](http://www.deprescribingnetwork.ca)



**VIRTUAL DRAWING CLASSES**  
 Online and Interactive with artist Ilana Kuska  
 All you need is a piece of paper and a pencil

**Monday, November 9, 16 & 23**  
 From 2:00 p.m. to 3:30 p.m.

After registration, a link will be sent to you by e-mail with clear and easy instructions on how to connect.

*In case you have technical problems, we will help!*

**TO REGISTER:**  
 514-951-9711 or [arc.admassistant@gmail.com](mailto:arc.admassistant@gmail.com)

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




# How are Canadians with long-term conditions and disabilities impacted by the COVID-19 pandemic?

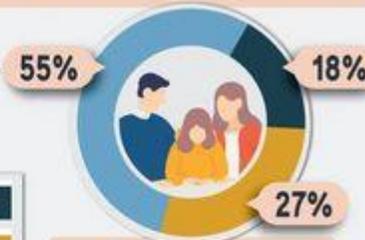
From June 23 to July 6, 2020, Statistics Canada collected information via a crowdsourced questionnaire on the experiences of Canadians aged 15 and over with long-term conditions and disabilities during the COVID-19 pandemic.<sup>1</sup>

## Self-reported general health status<sup>2</sup>



Almost half (48%) of participants reported their general health is worse than it was prior to the start of the pandemic.

## Self-reported mental health status



Over half (57%) of participants reported their mental health is worse than it was prior to the start of the pandemic.



**77%** of participants needed but did not receive one or more therapies or services for their condition.



Women were more likely than men to report difficulty meeting their financial obligations or essential needs.<sup>3</sup>

**8%** of participants were unable to get COVID-19 related testing or medical attention due to their condition.



**54%**

Among those experiencing a monthly household income decrease, over half reported difficulty in meeting their food and grocery needs.



**38%** reported an impact in their ability to meet their personal protective equipment needs.



Notes: 1. Included in this analysis are participants who reported a difficulty and self-identified as a person with a disability, no specific difficulty but identified as a person with a disability, a difficulty but did not identify as a person with a disability.  
2. The percentages do not sum to 100% due to rounding.  
3. Includes participants who reported a "major" or "moderate" impact on their ability to meet their financial obligations or essential needs.

Source: Impacts of COVID-19 on Canadians – Living with Long-term Conditions and Disabilities.

© Her Majesty the Queen in Right of Canada, as represented by the Minister of Industry, 2020

# COVID Alert: Canada's COVID-19 exposure notification app

## Let's protect each other

The new COVID Alert app is designed to let Canadians know whether they may have been exposed to COVID-19. Download it today to protect yourself and others.

### How the app works

1. The app uses Bluetooth signals to exchange random codes with nearby phones with the app installed.
2. If someone you've come in close contact with later tests positive for COVID-19, they will receive a one-time key from their local health authority that they can enter into the app.
3. You and others who have spent time (more than 15 minutes, less than 2 metres apart, over the past 14 days) near this person will then be notified through the app that you may have been exposed.



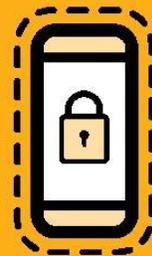
### Your privacy is protected

COVID Alert does not collect personally identifiable information about you.

It has no way of knowing:

- Your location
- Your name or address
- The place or time you were near someone
- Your health information

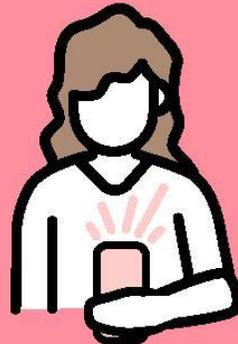
No information is shared without your consent.



### What to do if you test positive

You will get a one-time key to enter into the app.

The app then notifies other app users that they may have been exposed. Notifications are based on having spent more than 15 minutes less than 2 metres from another user in the past 14 days. **Your identity is not revealed.**



### What to do if you may have been exposed

If the app notifies you about potential exposure, you should follow the guidance from your local public health authority.



## Why you should download the app

The app is another tool Canadians can use to help limit the spread of infection and prevent future outbreaks as we ease restrictions and restart the economy. The more Canadians who install the COVID Alert app on their phones, the better we can limit the spread of COVID-19.

Download the app and help others use it too. Find out more at [canada.ca/coronavirus](https://canada.ca/coronavirus).

# The Funny Page



COFFEE IN HAND, SUPPLIES AT THE READY,  
ALICE SETTLES IN, WAITING FOR THE  
FIRST TELEMARKETER TO CALL.

The struggle is real. . . . 😞



*Tensions are high in the produce section  
as no one dares to lick their fingers*



Time to eat children!



Commas save lives.

SCRIBENDI

- **CAAP—Montérégie** (Complaint Assistance and Support Centre) The Complaint Assistance and Support Centre can help you formulate your complaints or to use the recourse mechanisms available. This organization is appointed by the Québec Health and Social Service Minister. Services are free, bilingual and confidential. Call 450-347-0670 or 1-800-263-0670.
- **Our Harbour** offers English-language support and housing services for persons living with mental illness on the South Shore. They have 8 apartments, which are presently occupied but more are expected at a later date. If you know of a person or persons who may benefit from this program, please contact them. Volunteers and supporters are always welcome. Call 450-671-9160, email [info@ourharbour.org](mailto:info@ourharbour.org) or visit [www.ourharbour.org](http://www.ourharbour.org).
- **The Mission Nouvelle Génération**, the Community Food Bank in Brossard (near the Mall Champlain), 1423 Provencher, is open on Thursdays from 1:00 p.m. to 5:00 p.m. and 6:30 p.m. to 8:30 p.m. Tuesdays from 4:00 p.m. to 8:00 p.m. The content varies weekly. If you are interested in the food bank, you can book an appointment for an interview to determine if you are eligible. The telephone number is 450-486-7667. Also, if you have any gently used items, we suggest you donate them to their thrift shop. The items may be sold at a low cost and the funds go right back into the community. You can drop items off from 10:00 a.m. to 4:00 p.m., Tuesdays and Thursdays. Volunteers are welcome, very bilingual! [www.missionnouvellegeneration.org](http://www.missionnouvellegeneration.org).
- **211** is an easy number to remember. The 211-telephone referral for community services is available for residents of the Greater Montreal area, including the South Shore. By calling the 211-telephone line, you receive information on community and social resources, such as home support and housing for seniors, support associations for people with intellectual or physical disabilities, psychosocial support for victims of domestic violence and sexual assault. Treatment for addiction and mental health advocacy groups. The service is free, multilingual, and is available seven days a week from 8:00 a.m. to 6:00 p.m. Residents can visit the website for more information [www.211qc.ca/en/about](http://www.211qc.ca/en/about).



To be added to our contact list, please [email us](#) with your name, and if possible the city in which you live.

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[www.arc-hss.ca](http://www.arc-hss.ca), [info@arc-hss.ca](mailto:info@arc-hss.ca)

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

Follow us on social media [@arcaccess](#)



Canadian Heritage  
Patrimoine canadien