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REISA's October Newsletter



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- REISA is Hiring an Early Childhood Storyteller
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Have questions or feedback? Want to connect with someone from our team?

We're available by phone every **Tuesday and Thursday from 9 AM to 4 PM**. Give us a call at **514-955-8370, ext. 2217**, we'd love to hear from you!

REISA Events & News



REISA is Hiring: Early Childhood Story Teller

Come join our team! We are hiring a part-time Early Childhood Storyteller to animate story time sessions in the Rivière-des-Prairies daycares.

Apply now by sending your CV to info@reisa.ca

Job Description

Workshop: Staying Active and Preventing Falls as we Age

The Services for Healthy Aging in the Right Place (SHARP) program invites you to join us, Wednesday, October 15 from 10 am - 11:30 am for an online workshop!

This presentation will explore how simple movement and healthy eating can help prevent falls and support independence. You'll learn easy exercises that improve balance and strength, along with practical nutrition tips that boost overall confidence and well-being.

The goal is to provide strategies anyone can use at home to stay active, safe, and independent.

[Register Here](#)

Partner Events & Promotion

Survey: Workplace Access & Inclusion for Students with Disabilities

The Quebec Association for Equity and Inclusion in Post-secondary Education (AQEIPS) is conducting a survey to better understand how students with disabilities perceive access to employment and integration in the workplace.

Disability, the workplace & me

 SURVEY on disabled students' perceptions in relation to accessing employment and integration within the workplace

This survey is aimed at students with disabilities who are:

- ✦ Preparing to enter the workforce after or during their studies
- ✦ Currently employed or pursuing an internship
- ✦ Seeking employment or an internship



Complete the Survey

ONLINE MENTAL HEALTH SUPPORT GROUPS IN OCTOBER

- October 6**
 - Anxiety/OCD*
 - Bipolar*
 - Family & Friends
 - South Shore Family & Friends (in person)
- October 20**
 - Borderline Personality Disorder for Families
 - Depression*
 - Young Adults*
- October 27**
 - Hoarding*
 - Kaleidoscope (anyone living with any mental illness)
 - Queer Group* (NEW!)

* For family, friends, and people living with mental illness

LEARN MORE:
[AMIQUEBEC.ORG/SUPPORT](https://amiquebec.org/support)



AMI-Quebec's Support Groups

AMI-Québec is offers **free online support groups** throughout the year for individuals living with mental illness, as well as for family and friends.

 Upcoming support group dates:

October 6, 20 and 27

 **Learn more**

here: amiquebec.org/support

ami québec
Alliés en santé mentale
Allies in mental health

WORKSHOPS COMING UP AT AMI

OCTOBER 2025

- Meditation**
Starts October 8
Online, runs for 10 sessions on Wednesdays
- Express Yourself!**
October 14, 21, 28, and November 4
At the AMI office in Montreal
- Write From Your Heart**
Starts October 16
Online, runs for 8 sessions on Thursdays
- NEW: Loss and Grief Throughout Life**
October 23
At the AMI office in Montreal
- NEW: Young Carers Workshop (10-14 year olds)**
Oct 29, Nov 12 and 26, and Dec 10
At the AMI office in Montreal

Learn more and register now!
ami.quebec.org/workshops

AMI-Quebec Workshops

These workshops are designed to support family members and caregivers of individuals living with mental health disorders.

This month's topics include:

- Meditation
- Art Expression for Caregivers
- Writing Expression Workshop
- Loss & Grief Navigation
- Young Carers Workshop

👉 Learn more and register here: [Workshops - AMI-Quebec](https://ami.quebec.org/workshops)



Job Board

Looking for a job? REISA's job board is your go-to resource! Start exploring opportunities today: [Job board](#)



Resource Guide

Looking for support in health and social services? REISA's Resource Guide lists services servicing English speakers, connecting you to essential services. [Click here to explore the resource guide](#)

REISA is funded by





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