

## REISA's January Newsletter

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### In this newsletter you will find:

- REISA Youth Focus Groups
- Community Resources for English-Speaking Seniors
- Alzheimer's Groupe Workshop
- AMI Quebec Mental Health Support Groups
- Y4Y Youth Forum: Empowering English-Speaking Youth

### Youth Focus Group

REISA is seeking English-speaking youth (ages 16–29) from the East and North of Montreal to share their experiences accessing mental health services and social services. This focus group will complement our Youth Mental Health Survey and provide valuable insights to better support our youth.

#### Session details:

- 5–10 participants
- Refreshments provided
- End of January and early February

**FOCUS GROUP DISCUSSION**

**Topic:**  
*Mental health and social service access for English-speaking youth*

REISA is looking for English-speaking youth living in the East and North of Montreal to share their experiences accessing mental health and social services.

**Details**

- 5 - 10 participants per group
- When: End of January and early February

**Requirements to Participate**

- 1 Must be 18 - 29 years old
- 2 Must live on our territory (East and North of Montreal)
- 3 Must be an English speaker

For more information, contact us at:

- [youth@reisa.ca](mailto:youth@reisa.ca)
- [liaison@reisa.ca](mailto:liaison@reisa.ca)

**25\$ gift card for participation**

If you have any questions, feel free to reach out to us at [info@reisa.ca](mailto:info@reisa.ca)



**CHESN**  
SERVICES FOR HEALTHY AGING IN THE RIGHT PLACE (SHARP)  
Wednesday, Jan 15th, 2025  
10:00 am – 11:30 am (EST)

**SESSION OVERVIEW**  
Seniors have a unique experience when it comes to taking care of their own mental health. Isolation, aging, caregiving, and receiving care are just some of the struggles that exist as we grow older. The goal of this presentation is to bring forward some resources that exist within Montreal and online to allow for you to be able to better maintain and manage your mental health to focus on the important aspects of life.

**OBJECTIVES**

- put into words the realities of aging and mental health
- learn about the resources available to seniors related to their mental health

**ABOUT YOUR PRESENTER**  
Tony Alfonso is the Outreach Coordinator at AMI-Quebec. His main goal is to get people talking about mental health and stigma. He has a Masters in Youth Work and has over a decade of experience in intervention work with youth and has worked in the community sector in Montreal for almost twenty years.

**THINKING ABOUT YOUR MENTAL HEALTH? COMMUNITY RESOURCES FOR ENGLISH-SPEAKING SENIORS**  
Tony Alfonso  
AMI-Quebec

**RECOMMENDED RESOURCES**

- [The Yellow Door](#)
- [AMI-Quebec](#)

**UPCOMING SESSIONS**

Feb 19, 2025	Post-caregiving grief resources for supporting caregivers in their journey	Delia Freitas, CASSS-Centre-Quest & Jean-Denis, McGill University School of Social Work	<a href="#">Zoom link</a>
March 15, 2025	Bereavement, Loss, Bereavement and Repossession	Richard Goldman, EDUCAL/O	<a href="#">Zoom link</a>

A CHESN initiative funded through Health Canada's Official Languages Health Contribution Program 2023-2028



## Services for Healthy Aging in the Right Place: Workshop

**Webinar:** Community Resources for English-Speaking Seniors

**Date:** January 15th

**Time:** 10:00–11:30 AM

Join Tony Alfonso from AMI-Quebec for an online session exploring mental health resources for seniors. Learn how to manage mental health and focus on what matters most.

**Advance registration required on Zoom.**

[Register here](#)



**Webinar**

# Homologation 101: When, Why and How do we Homologate Mandates

Presented by:  
Mandy Novak-Léonard, MSW

Thursday Jan 16th  
12:00 – 1:00pm




### Homologation 101 Workshop by Alzheimer's Groupe

Learn the definition of homologation, when the right time is to homologate a mandate, what to do when you feel a loved one needs to be assessed. Why do people need to homologate mandates? What does the assessment look like? What is the process?

**Thursday, January 16th, 12:00pm - 1:00pm**

[Register here](#)

## Online Mental Health Support Groups by AMI Quebec

### Looking for support?

AMI Quebec's support groups provide a safe, confidential space to share, learn, and connect with others who understand your journey. Facilitated by those with lived or caregiving experience, these groups help you explore coping strategies, gain perspective, and discover community resources.

- **Start:** 6:30 PM
- **End:** 8:00 PM

[Learn more here](#)



## ONLINE MENTAL HEALTH SUPPORT GROUPS IN JANUARY

January <b>13</b>	<ul style="list-style-type: none"> <li>• Anxiety/OCD*</li> <li>• Bipolar Disorder*</li> <li>• Family &amp; Friends</li> <li>• <i>In person: South Shore Family &amp; Friends</i></li> </ul>
January <b>20</b>	<ul style="list-style-type: none"> <li>• Borderline Personality Disorder for Families</li> <li>• Depression*</li> <li>• Young Adults*</li> </ul>
January <b>27</b>	<ul style="list-style-type: none"> <li>• Hoarding*</li> <li>• Queer Group* (N/W/I)</li> <li>• Kaleidoscope (<i>anyone living with any mental illness</i>)</li> </ul>

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

**LEARN MORE: AMIQUEBEC.ORG/SUPPORT**



**Youth FORUM**

save **THE DATE**

**19 March 2025**

Funded by: **Canada Québec**

## Y4Y Québec's Annual Youth Forum 2025: Empowering English-Speaking Youth

Save the date for Y4Y Québec's Annual Youth Forum on **March 19, 2025!**

This exciting event brings together English-speaking youth from across Québec to connect, learn, and collaborate on the issues that matter most to them.

### What to Expect:

- ☀️ Insightful panel discussions on identity, democracy, and media
- 🌐 Networking opportunities with peers and professionals
- 🎨 The opening of a vibrant Youth Art Gallery showcasing young talent
- 💡 A platform to amplify youth voices Whether you're a student, a young professional, or someone passionate about making a difference, this forum has something for everyone.

For more information and to view the full agenda, visit [here](#)



## Job Board

Looking for a job? REISA's job board is your go-to resource! Updated often, it's designed to help English speakers find roles that match their skills and goals. Start exploring opportunities today: [Job board](#)



## Resource Guide

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

## REISA is funded by



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