



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



THE ADVISOR

Information source for the South Shore English-speaking community

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Welcome to the January edition of **The Advisor**! As we begin the new year, this issue is packed with updates, learning opportunities and winter activities to help you stay informed and connected across the South Shore English-speaking community.

In **Greenfield Park**, we're happy to share that **Senior Wellness is moving to a larger space at St. Mary's** and will resume on Thursday afternoons—please note that registration is required. This month also includes a variety of practical and engaging sessions such as **Caregivers Café**, a SHARP Zoom presentation with tips for active listening and reducing social isolation, and a **Digital Workshop** to help you feel more confident using Zoom. You'll also find plenty of opportunities to stay involved and connected throughout the month. See pages 2 and 3 for full details.

In **Haut-Richelieu–Rouville**, there are exciting updates to the **ARC Book Club** in Saint-Jean, now meeting in a warm new location with a refreshed schedule—and a great upcoming read. Families can look forward to **Kindaroo**, returning Tuesday mornings for the winter session, as well as **Family Line Dancing** and ongoing **Senior Wellness** activities in both Chambly and Clarenceville. Read more about these activities and much more on pages 3–5.

And don't miss one of the season's big highlights: the **Winter Carnival**! It's a wonderful chance to enjoy the outdoors, celebrate the season and take part in fun community activities for all ages. See page 5 for more information and how to register.

This issue also features a Mental Health article on **building resilience** on page 7—a timely reminder that resilience is something we can strengthen through daily habits, supportive relationships and connection. You'll also find many additional learning opportunities, support sessions, exercise programs and creative activities offered by partner organizations in our community. For a full list, see page 8.

Finally, January is **Alzheimer's Awareness Month**, an important time to raise awareness, reduce stigma, and support individuals and families living with dementia. As always, ARC is here to help you access information and services in English—and we hope this issue offers encouragement, ideas and connection throughout the winter months.



What's new from the

GREENFIELD PARK OFFICE



Our **Senior Wellness Greenfield Park activity** is relocating to St. Mary's, located at 125 Grove St., Greenfield Park. After the break, sessions will resume on Thursday afternoons from 1:30 to 3:00 p.m. at St. Mary's. This larger and more comfortable space will allow us to welcome more participants while ensuring improved safety. Please note that space is still limited and registration for all activities is **REQUIRED** with Tania at gpk@arc-hss.ca or (514) 213-3744.

This January, we're excited to offer:

- January 15: Qigong with certified instructor Sandra Mitchell
- January 22: Vision board workshop to kick off 2026, facilitated by Marie-Claude
- January 29: 55+ finance workshops with independent financial advisor Peter Watson

Caregivers Café is a supportive space to connect, share and learn (former caregivers welcome). For more information, contact Christine at (514) 608-9600 or caregivers@arc-hss.ca.

- Jan 14: Paul Simard — reflecting on death, loss and compassion.
- Jan 21: Nurse Penny Fleming — staying healthy while caregiving.
- Jan 28: Dr. Georges L'Espérance (AQDMD) — end-of-life care in Quebec (palliative care, MAID, advance directives).

Ancestor Hunters Genealogy Club! Whether you're an experienced genealogist or just beginning your journey, whether you're learning to navigate archival resources or looking to share research challenges with others, connecting with like-minded people can be both helpful and a whole lot of fun! At the Genealogy Club, we've got you covered. All experience levels are welcome—join us on January 13 from 1:00-3:00 p.m. Register with Tania at gpk@arc-hss.ca or (514) 213-3744.

Virtual zoom presentation: **Service for Healthy Aging in the Right Place (SHARP)** January topic will be *Tips for active lis-*

tening and reducing social isolation presented by Vent Over Tea on January 21 at 10:00 -11:30 a.m. Register by clicking [here](#).

Unlock your digital confidence when it comes to ZOOM! Join our **Digital Workshop** on January 27 at 1:30 p.m. at 91 Churchill Blvd, with a certified IT support professional to help you master Zoom: from getting started, to troubleshooting with ease. Learn how to navigate virtual meetings and presentations comfortably, so you can fully enjoy online activities and connect virtually with confidence. Register with Tania at gpk@arc-hss.ca or (514) 213-3744

Looking to improve your French in a relaxed, supportive setting? Join our weekly **French Conversation Group** every Monday from 10:30 to 11:30 a.m. Practice speaking, build confidence and connect with others on the same journey. All levels are welcome! To **register** or for more info, contact Courtney at info@arc-hss.ca or (514) 604-9455.

Looking for a stress-free, relaxing and creatively stimulating activity? Let go of your thoughts and express yourself through **Rock Painting**, a fun, calming way to get creative and unwind. Join us every Monday from 1:00 to 2:30 p.m. No experience needed! For more information, contact Therese at outreachgpk@arc-hss.ca or (514) 605-9500.

Join our **Greenfield Park Walking Group** and stay active while socializing every Thursday from 10:30 to 11:30 a.m. Did you know walking boosts heart health, strengthens muscles and joints, improves mood, reduces stress and is a great way to make new friends and connect with others? Come walk with us and enjoy good company and fresh air! Register with Tania at gpk@arc-hss.ca or (514) 213-3744.

Starting in January 2026, join us for a **new monthly Cooking Demonstration**. Each session features healthy, budget-friendly dishes with recipes and tastings, with no chopping required—just good food and good company. Join us on January 13 from 10:00 a.m. to 12:00 p.m. for a watch-and-learn session on homemade gnocchi with simple, delicious sauces. Space is limited to 25 participants, so be sure to register with Courtney at info@arc-hss.ca or (514) 604-9455.



January 2026 Greenfield Park

To register for an activity :
info@arc-hss.ca / (514) 604-9455

Locations / Notes:

ARC Activity Centre
91 Churchill,
Greenfield Park

St. Mary's Parish
125 Grove
Greenfield Park

Virtual via ZOOM
(email info@arc-hss.ca
for link)

**** Affordable Produce Baskets from CAPL :**
capl.inter@gmail.com
(450) 486-1400 **

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12 French Conversation 10:30 - 11:30 am Rock Painting 1:00 - 2:30 pm Virtual Drawing 2:00 -3:30 pm (Zoom)	13 Cooking Demo. 10:00 am - 12:00 pm Genealogy Club 1:00 - 3:00 pm	14 Caregivers Café 10:00 - 11:30 am ** Affordable Produce Baskets ** 3:00 - 7:00 pm	15 Qigong 9:00 - 10:00 am Walk & Talk 10:30 - 11:30 am Senior Wellness 1:30 - 3:00 pm Virtual Gentle Yoga 2:00 -3:00 pm (Zoom)	16	17
18	19 French Conversation 10:30 - 11:30 am Rock Painting 1:00 - 2:30 pm Virtual Drawing 2:00 -3:30 pm (Zoom)	20	21 Caregivers Café 10:00 - 11:30 am SHARP: Tips for active listening and reducing social isolation 10:00 - 11:30 am (Zoom)	22 Qigong 9:00 - 10:00 am Walk & Talk 10:30 - 11:30 am Senior Wellness 1:30 - 3:00 pm Book Club (full) 1:30 - 3:00 pm Virtual Gentle Yoga 2:00 -3:00 pm (Zoom)	23	24
25	26 French Conversation 10:30 - 11:30 am Rock Painting 1:00 - 2:30 pm Virtual Drawing 2:00 -3:30 pm (Zoom)	27 Digital Skills Workshop 1:30 - 3:00 pm	28 Caregivers Café 10:00 - 11:30 am ** Affordable Produce Baskets ** 3:00 - 7:00 pm	29 Qigong 9:00 - 10:00 am Walk & Talk 10:30 - 11:30 am Senior Wellness 1:30 - 3:00 pm Virtual Gentle Yoga 2:00 -3:00 pm (Zoom)	30	31

HAUT-RICHELIEU-ROUVILLE

Review



Senior Wellness Activities in Chambly take place on Wednesdays at Randell Hall, 2000 Bourgogne Ave., from 1:30 to 3:00 p.m. For more information or to register, please email [Therese](mailto:Therese@arc-hss.ca) or call (514) 605-9500. Here's what's coming up this month:

- **January 14:** We will embrace the season by doing some rock painting with a wintery theme.
- **January 21:** Let's play cooperative Pictionary and other games we can play as a group
- **January 28:** Join us for an engaging refresher on tips and tools for managing hypertension.

Stand Up! Chambly Stand Up! Is a 12-week exercise program designed to help adults aged 65 and over who have fallen or who fear falling improve their balance and overall coordination. From February 3 to April 9, the sessions will be held in English on Tuesdays and Thursdays at Randell Hall (2000 Bourgogne Ave. in Chambly) from 1:00 to 2:30 p.m. A bilingual session will be held immediately after on the same days for those who would prefer the information in French. Registration and evaluation are mandatory. To sign up, please contact Therese at stjean@arc-hss.ca or at 514-605-9500.

Family Wellness Saturday at the Saint-Jean Garrison sports centre Join us for a morning of **Family Line Dancing** on Saturday, January 17 from 10 a.m. to 12 p.m. This relaxed, beginner-friendly session invites families with children aged 0–12 to learn a few easy line dances and enjoy a fun morning together. We'll also have a soft-play and gross-motor skills area for younger children to explore. **RSVP is required to access the military base**, located at 25 Grand Bernier South in Saint-Jean-sur-Richelieu. Email stjean@arc-hss.ca or call (514) 605-9500 to get on the list!

Kindaroo – St-Jean Kindaroo is back! Our popular 10-week pre-literacy program for children aged 0–4 and their parent or caregiver is a wonderful opportunity to do something special with your little ones over the winter months! Each week, we'll explore songs, rhymes and stories designed to support language development and bonding — all in a warm, welcoming environment. Join us every Tuesday from **January 20 to March 31** at the Adélarde-Berger library, 180 Laurier Street in Saint-Jean-sur-Richelieu from 10:30 to 11:15 a.m. **Register [here](#)** or for more information, contact Thérèse at stjean@arc-hss.ca or (514) 605-9500.

Continued on next page >>>

ARC
WEDNESDAYS
1:30-3:00

ARC 55+ COMMUNITY
2000 BOURGOGNE AVE.
CHAMBLY, J4L 1Z4

COME AND JOIN US!
✓ weekly social gathering
✓ activities designed to stimulate physical, cognitive and mental wellbeing
✓ snacks and coffee

514-605-9500
stjean@arc-hss.ca

CHSN
Quebec

The views expressed herein do not necessarily represent the views of the Government of Québec.

ARC FAMILY WELLNESS SATURDAY PRESENTS

FAMILY **LINE DANCING**

» All instructions provided in English
» Soft play and gross motor skills area for kids aged 0-5

SATURDAY, JANUARY 17
10:00 A.M. TO 12:00 P.M.
SAINT-JEAN GARRISON SPORTS CENTRE
25 CHEMIN DU GRAND BERNIER SOUTH
SAINT-JEAN-SUR-RICHELIEU

R.S.V.P. REQUIRED
RESERVE YOUR SPOT TODAY!
(514) 605-9500
stjean@arc-hss.ca

Quebec

ARC New this Fall!
KINDAROO!

Hop on a delightful parent-child literacy adventure filled with lively rhythms, playful stories, and bouncy rhymes!

Tuesday mornings
Starting Jan. 20

10:30 - 11:15 A.M.
ADÉLARD-BERGER LIBRARY
180 LAURIER
ST-JEAN-SUR-RICHELIEU

Bright Beginnings
A literacy hour for children ages 0-5

stjean@arc-hss.ca (514) 605-0500

Céline von Engelhardt is ARC's Outreach Program Coordinator in Haut-Richelieu-Rouville (HRR).
For information, please feel free to reach out to her at (514) 980-8900 or hrr@arc-hss.ca.

HRR Review *continued from previous page...*

ARC Book Club – St-Jean: New year, new schedule, new space! Our book club is making some exciting changes. Starting this month, we'll be meeting on Thursdays from 7:00 to 9:00 p.m. at the Collectivment Elles women's centre (390, Georges-Phaneuf St., Saint-Jean-sur-Richelieu). Their warm, cozy, and inviting space offers much more room for great discussions. To participate, members will need to purchase a \$5 Collectivment Elles membership, which grants access to *all* of the centre's programming and resources. We're kicking off the year with *The Rosie Project* by Graeme Simsion, a charming and heartfelt read that's sure to spark conversation. Come join us on Thursday, January 22. Let's get comfortable, and dive into a new year of reading together! A limited number of books are available to borrow (some conditions apply). Contact [Céline](mailto:Celine@arc-hss.ca) to RSVP.

Senior Wellness Activities – Clarenceville Join us every Wednesday from 1:30 to 3:00 p.m. for engaging activities designed to support the physical, cognitive and emotional well-being of English-speaking seniors aged 55 and over. We meet in the lower level of the Free Methodist Church (1076 Front Street North, Clarenceville). Wheelchair accessible.

January 14 – Totally 80s! Test your trivia knowledge. We'll play in teams, keep things light and enjoy plenty of conversation as we revisit iconic music, movies, TV shows and events from the 1980s. Come join the fun!

January 21 – Understanding Hearing Loss - Whether you're experiencing hearing changes yourself or supporting someone who is, this presentation by Hear Quebec will offer helpful tips, clear explanations and useful resources. Perfect for anyone wanting to learn more about hearing health.

January 28 – Living smart for brain health Join us for an informative session with Hope for Dementia as we explore practical steps we can all take to support healthy aging and reduce our risk of developing dementia. An empowering and accessible presentation for anyone looking to better understand cognitive well-being as we age.

For more information or to register for any of these sessions, please contact Céline at hrr@arc-hss.ca or (514) 980-8900.

WINTER CARNIVAL! Through ARC's exclusive partnership with the St-Jean Garrison's sports centre (PSP), ARC participants are invited to attend PSP's two-day winter carnival! Join us in Saint-Jean-sur-Richelieu on Saturday, January 24 from 10:00 a.m. to 4:00 p.m. for snow games, cross-country skiing and a nighttime concert, or grab a ticket for Sunday, January 25 at L'Estacade in Saint-Paul de l'Île-aux-Noix for even more FREE outdoor fun, a sugar shack-style meal and dog sled rides! Complete program information can be found [here](#). Priority registration is extended to the ARC community from January 5 to 15 and tickets are limited, so act quickly!

To register, or for more information, contact Céline at hrr@arc-hss.ca or (514) 980-8900.

NEW YEAR!
NEW SCHEDULE!
NEW SPACE!

SAINT-JEAN-SUR-RICHELIEU
Book Club

As of January 2026, the ARC book club will meet at the Collectivment Elles women's centre.

Your \$5 membership to the centre will give you access to all of Collectivment Elles programming and resources and allows us to meet in their cozy, inviting space!

A limited number of books is available to borrow upon request, subject to conditions. RESERVE YOURS TODAY!

Collectivment Elles
390 Georges-Phaneuf St.
Saint-Jean-sur-Richelieu

Thursday, January 22
7:00 to 9:00 p.m.

Secrétariat aux relations avec les Québécois d'expression anglaise
Québec

TO REGISTER: (514) 980-8900
hrr@arc-hss.ca

Activities **in English** designed to stimulate physical, cognitive and social well-being
Activités proposées **en anglais**, conçues pour stimuler le bien-être physique, cognitif et social

Weekly social gathering
Snacks and coffee
Wednesdays, 1:30 - 3:00 p.m.

Activité sociale hebdomadaire
Collations et café
Les mercredis de 13h30 à 15h00

January

Free Methodist Church
1076 Front Street N.
Clarenceville

14 Totally 80s! Test your trivia knowledge
LES ANNÉES 80 À FONDI! TESTEZ VOS CONNAISSANCES

21 Understanding hearing loss: A Hear Quebec presentation
LA PERTE AUDITIVE: UNE PRÉSENTATION D'ENTENDRE QUÉBEC

28 Hope for dementia: Living smart for brain health
ESPOIR POUR LA DÉMENCE: VIVRE INTELLIGEMMENT POUR LA SANTÉ DU CERVEAU

Secrétariat aux relations avec les Québécois d'expression anglaise
Québec

TO REGISTER:
POUR VOUS INSCRIRE:
(514) 980-8900
hrr@arc-hss.ca

CARNAVAL D'HIVER
WINTER CARNIVAL

GRATUIT - FREE

Samedi 24 janvier
10 h à 23 h - Garrison Saint-Jean

Dimanche 25 janvier
10 h à 15 h - Centre de plein air l'Estacade

Saturday January 24th
10 a.m. to 11 p.m. - Saint-Jean Garrison

Sunday January 25th
10 a.m. to 3 p.m. - Centre de plein air l'Estacade

Céline von Engelhardt is ARC's Outreach Program Coordinator in Haut-Richelieu-Rouville (HRR).
For information, please feel free to reach out to her at (514) 980-8900 or hrr@arc-hss.ca.



January 2026

St-Jean | Clarenceville | Chambly

Locations / Notes:

- Chambly**
2000 Bourgogne,
Chambly.
- Clarenceville**
Free Methodist Church
1076 Front St. North
Clarenceville
- Adélar-Berger Library**
180 Laurier St.
St-Jean-sur-Richelieu
- Collectivement Elles**
290 Georges-Phaneuf St.
St-Jean-sur-Richelieu
- St-Jean Garrison**
Sports Centre
25 du Grand Bernier St.
St-Jean-sur-Richelieu
- Estacade**
564, 13th Avenue
Saint-Paul de l'Île aux Noix
J0J 1G0
- Virtual via ZOOM**
(info@arc-hss.ca for link)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12 Virtual Drawing 2:00 -3:30 pm (Zoom)	13	14 Senior Wellness Chambly 1:30 - 3:00 pm Senior Wellness Clarenceville 1:30 - 3:00 pm	15 Virtual Gentle Yoga 2:00 -3:00 pm (Zoom)	16	17 Family Wellness *NEW Location* 10:00 am - 12:00 pm
18	19 Virtual Drawing 2:00 -3:30 pm (Zoom)	20 Kindaroo! Preliteracy Activity 10:30 - 11:15 am	21 Senior Wellness Chambly 1:30 - 3:00 pm Senior Wellness Clarenceville 1:30 - 3:00 pm	22 Virtual Gentle Yoga 2:00 -3:00 pm (Zoom) St-Jean Book Club 7:00 - 9:00 pm	23	24 PSP Winter Carnival! 10:00 am - 4:00 pm
25 PSP Winter Carnival! 10:00 am - 3:00 pm	26 Virtual Drawing 2:00 -3:30 pm (Zoom)	27 Kindaroo! Preliteracy Activity 10:30 - 11:15 am	28 Senior Wellness Chambly 1:30 - 3:00 pm Senior Wellness Clarenceville 1:30 - 3:00 pm	29 Virtual Gentle Yoga 2:00 -3:00 pm (Zoom)	30	31

Connect for Your Mental Health

During the Covid-19 pandemic, it was often said that “children are resilient” and we assured ourselves that they would be fine. However, we have seen that student mental health has been negatively affected in recent years. So, what is resilience and how do we become resilient?

Resilience represents an ability to handle life’s setbacks and is an overall representation of adaptability. However, there are also different types of resilience, each of which can influence a person's ability to cope with various forms of stress.

Physical Resilience refers to how the body deals with changes and recovers from physical demands, illnesses and injuries. Physical resilience is something that people can improve, to a certain extent, by making healthy lifestyle choices. Getting enough sleep, eating a nutritious diet and engaging in regular exercise are just a few ways to strengthen this type of resilience.

Mental resilience refers to a person's ability to adapt to change and uncertainty. People with mental resilience use their strength to solve problems, move forward and remain hopeful even when they are facing setbacks. You can increase your mental resilience by looking at problems from different angles and reframing challenging situations as growth opportunities. Try to learn from your mistakes instead of beating yourself up and focus on things that are in your control. Adults can also encourage children to develop this skill by talking about their situation and helping them make a plan for how they can react. Even when the situation seems dire, taking realistic steps can help improve it. No matter how small these steps may be, they can improve your sense of control and your resilience.

Emotional resilience involves being able to regulate emotions during times of stress. Resilient people are aware of their emotional reactions and tend to be in touch with their inner lives. Because of this, they are also able to calm their minds and manage their emotions when they are dealing with negative experiences. You can increase your emotional resilience by practising mindfulness and taking time to note things to be thankful for each day. Explore your beliefs

about the meaning and purpose of life. Think about how to guide your life according to the principles that are important to you.

Social Resilience, which may also be called community resilience, involves the ability of groups to recover from difficult situations. It involves people connecting with others and working together to solve problems that affect people both individually and collectively. Try to develop your social connections before experiencing any negative experience or seek support from people experiencing a similar issue. To help a child develop a support network, adults should try modelling good social skills, such as sharing feelings, being empathetic, cooperating with and helping others and expressing gratitude—and remember to reinforce a child's good behaviour.

Reaching out for support following a stressful life event is encouraged and necessary. With time and support, developing resilience can help you improve your health in the face of future stressors.

Source: Cherry, Kendra. 2025. How Resilience helps you cope with challenges. www.verywellmind.org



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.

Community Activities

Hope & Cope - Men's Club in-person: January 6 at 4:00 p.m. (bilingual activity). This group offers a safe, supportive space where men coping with a cancer diagnosis can confide in each other, learn and connect. The group meets every first Tuesday of the month. Click [here](#) for more info.

A Creative Writing Workshop with Jeanette Paul: *Artful Anecdotes*. Whether acquainted with the term or not, no doubt anecdotes colour speech. An anecdote is a little story that recounts an incident, often told as true and of a personal nature. It may stand alone, be amusing, or can serve an apt example of a larger serious point. In this workshop the aim is to have fun perfecting the written form with short exercises. For all levels. Thursdays from 2:00-4:00 p.m. January 22 to March 12 at the Greenfield Park Collective Community Centre, 330 Gladstone. Fee is \$25 for 8 weeks. Info: jeanettepaul@yahoo.ca or (450) 651-7044.



Celiac Quebec/Chat Hour: January 27, topic TBD. Participate in a one-hour chat hour on a topic of interest to the gluten-free community in Quebec. Click [here](#) for more information and to get the link.

Strength and stretch fitness class (low impact, for all levels) at Randell Hall, 2000 Bourgoigne Ave., Chambly. Saturday mornings from 8:00 - 9:00 a.m. The cost is \$5/class and proceeds go to St. Stephen's Anglican Church. To join, email Devon at devon.phillips@videotron.ca.

Tai Chi/Qigong Classes: Movement disciplines for the body, mind and soul. Saint-Bruno United Church - Mondays at 4:30 and 5:30 and Wednesdays at 6:30; Zoom sessions - Mondays and Fridays 10:30 and 2:00. Contact Sandra at taichirivesud@gmail.com or www.taichi-qigong.ca for more info and to register. Your first visit is complimentary.

Qigong with Sandra & Gentle Yoga for all with Linda: Mondays (**new location!**) 330 Gladstone St., Greenfield Park. Qigong 1:00-2:15 p.m. followed by Gentle Yoga 2:30-3:30 p.m. * bring your own mat * For information about Qigong Monday sessions, contact Sandra Mitchell at (450) 466-7200 or email taichirivesud@gmail.com. For Gentle Yoga sessions, contact Linda Zsar at (438) 368-9606 or email linda.zsar@hotmail.com.



Arthritis South Shore: Adaptive exercises and adaptive dance. Click [here](#) to consult the calendar for dates, times and zoom links.

AmiQuebec: Mental Health AMI-Quebec helps families manage the effects of mental illness through support, education, guidance and advocacy. All free of charge. For more information click on the [calendar](#).

Volunteers needed at Our Harbour. Our Harbour is an anglophone non-profit based on the South Shore, providing supportive, long-term housing to adults with mental health conditions. Our volunteers perform a range of services - working closely with residents, apartment maintenance, fundraising, board and governance, leading resident activities...the list goes on. Visit the volunteer page on the [website](#) to submit an application form, or contact the volunteer coordinator at (438) 373-6897 for any questions.

Éducaloi has developed live workshops and e-learning courses to help better understand rights and responsibilities in everyday situations. These workshops and courses can also help build skills to tackle legal situations with confidence. Visit the [website](#) to choose an e-learning course just for you.

A non-profit organization and registered charity **La mère à boire/Moms for milk** is the perfect place to begin your parenting journeys, feel empowered and connect with a warm, inclusive community. Click [here](#) for more information.

The Last Word

Health Awareness Days

January is Alzheimer's Awareness Month and the Alzheimer Society encourages organizations across Canada to learn more about dementia and its stark impact on Canadians. By understanding what people living with dementia experience in their day-to-day lives – struggles, successes and hopes – together, awareness of dementia can be raised throughout Canada. Awareness is the first step to fighting stigma, reinforcing human rights and pushing for policy change, as well as other actions that can lift up people living with dementia. Visit the [Longueuil website](#) for more information in your area.



Helpful resources in English from the CISSS, whose mission is to contribute to promoting, maintaining, improving and restoring public health and well-being by making a range of quality health and social services accessible to all.

Flu Vaccine Poster <https://publications.msss.gouv.qc.ca/msss/en/document-003940/>

Oncology Booklet <https://publications.msss.gouv.qc.ca/msss/en/document-000470/>

Vaccine Information Sheets <https://publications.msss.gouv.qc.ca/msss/en/document-002058/>

To be added to our contact list, please [email us](#) with your name and email address. We do not share our email contact list with third parties and we invite you to share our publications with family and friends.

You may [unsubscribe](#) at any time.

Activity Centre

91 Churchill Blvd.
Greenfield Park J4V 3L8
Tel: (514) 604-9455
info@arc-hss.ca

Haut-Richelieu-Rouville

900 du Séminaire Blvd. N., Suite 201
St-Jean-sur-Richelieu J3A 1B5
Tel: (514) 605-9500
stjean@arc-hss.ca

Clarenceville

100 Principal St.
Clarenceville J0J 1B0
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www.arc-hss.ca

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d'expression anglaise**

Québec 