

MARCH
2026

Neighbours Health Bulletin

Supporting the English-Speaking Community
of Rouyn-Noranda / Abitibi-Témiscamingue

Our Health IS IN OUR HANDS



**A community that is engaged
and working together can be
a powerful force**



Neighbours presents another...

TEEN NIGHT



For tweens and teens 12 to 17 years old!

Come and play board games, listen to music, or just chat, you choose!

Snacks and drinks will be served!



**FRIDAY, MARCH 27
6:30 PM TO 11:00 PM**

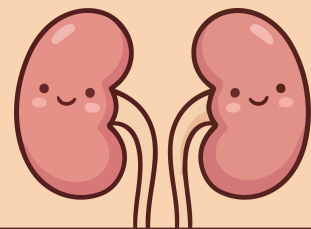
139 AVENUE MURDOCH

Kidney Health Month

The kidneys are two of the most important organs in your body. They help to regulate your body and keep it in balance. Some examples of what they do include:

- *Help remove waste and excess fluid from your body*
- *Filter the blood and helping make red blood cells*

- *Balance important vitamins and minerals*
- *Maintain your blood pressure*
- *Keep your bones healthy*



Making Groceries and Other Essentials More Affordable

With the high costs and inflation in today's economy, many Canadians are struggling with the affordability of necessities. To help with this, the Canadian government announced new measures on January 26th to help make groceries and other essentials more affordable.



More money in your pockets

The government is introducing the *Canada Groceries and Essentials Benefit*, which was formerly the *Goods and Services Tax (GST) Credit*. Its amount is increasing by 25% for five years starting in July 2026. In addition, they are providing a one-time payment that is equivalent to a 50% increase this year. This means a family of four will receive up to \$1,890 this year, and about \$1,400 for the next four years. For a single person, it is \$950 this year and \$700 a year for the next four years.

The Canada Groceries and Essentials Benefit will help more than 12 million low- and modest-income Canadians.

Other measures

- To help businesses address the cost of supply chain disruptions, \$500 million from the *Strategic Response Fund* will be set aside to avoid passing those costs onto customers. As well, a \$150 million *Food Security Fund* will be created under the existing *Regional Tariff Response Initiative* for small and medium enterprises and organizations.
- Immediate expensing is being introduced for greenhouse buildings. Producers can fully write off greenhouses acquired on or after November 4th, 2025 that become available for use before 2030. This will help lower the cost of food production.
- \$20 million will be provided to the *Local Food Infrastructure Fund*, supporting food banks and other similar organizations.
- The *National Food Security Strategy* is being developed. It will strengthen domestic food production and improve access to affordable, nutritious food. It will also contain measures to implement unit price labelling and support the work of the Competition Bureau in monitoring and enforcing competition in the market, including food supply chains.

This announcement builds on previous measures to lower costs for Canadians, such as eliminating the Goods and Services Tax (GST) for first-time homebuyers and cancelling the federal consumer carbon tax.

For more information, you can visit **The new Canada Groceries and Essentials Benefit** page on [canada.ca](https://www.canada.ca)

Source: <https://www.pm.gc.ca/en/news/news-releases/2026/01/26/prime-minister-carney-announces-new-measures-make-groceries-and-other>



In February, Jessica and Tracy travelled to Montreal to attend the Dialogue McGill 2026 conference. Main topics discussed: strategies to increase capacity of bilingual health professions, recruitment, as well as the retention of bilingual professionals in the public sector, current Canadian healthcare needs and strategies, Quebec-based initiatives to increase capacity and retain talent in the public sector and much more!

They also met many professionals, some included: Dr. Margot Burnell, President of the Canadian Medical Association and Dr. Carmen G. Loiselle, Director, Dialogue McGill, McGill University.

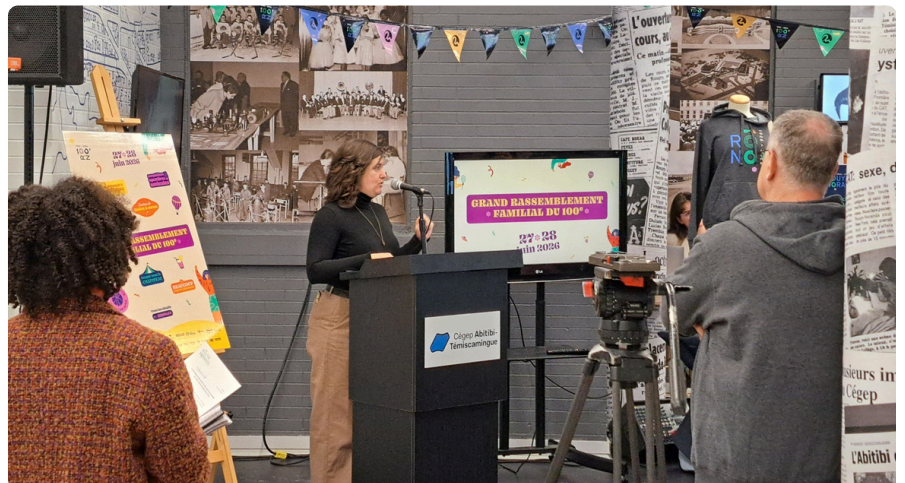


The week of Feb 16th, our Executive Director Sharleen Sullivan was in Brossard, Quebec attending (Community Economic Development and Employability Corporation) CEDEC's PROSPERE Q Flagship Workshops. The aim was to bring together leaders from across the province and across sectors to support economic growth and collaborations. Subjects explored were Tourism, Artificial Intelligence, Entrepreneurship, and Green Technologies! Sharleen had the opportunity to exchange best practices with many people.

Photo: Sharleen, Cornella Maurice ED of Coasters, John Buck CEO of CEDEC, and Cathy Brown ED of Regional Development Network (RDN)

Jeffrey attended a press conference held by the Comité du 100e de Rouyn-Noranda at the Cégep de l'Abitibi-Témiscamingue in Rouyn.

The Comité unveiled Le Grand Rassemblement Familial, two days full of activities that will take place at the end of June to celebrate Rouyn-Noranda's centennial!



Sharleen and Nathalie attended a week-long event in Quebec City from January 26th-30th. The CHSSN hosted the Building Together 2026 event focusing on the Adaptation Program funded by Health Canada. The event gathered NPI community organizations, public health professionals, and CISSS repondants from across the province. They exchanged best practices, participated in organized workshops and created new committees.



On February 19th, 2026, Neighbours invited Noranda School and Golden Valley School highschool students to a Sex Education Day!

The day consisted of 3 presentations, Partner Violence & Consent, Showing of the Book "Chronicles of a Survivor", and Methods of Contraception. Neighbours also invited partners to hold kiosks during the event such as Coalition d'Aide à la Diversité Sexuelle en A-T, Liaison Justice, Centre Jeunesse (CISSSAT), Centre des R.O.S.É.S., and Point d'Appui. Students visited each kiosk, asked questions, and received valuable information. Students received a goodie bag containing panic alarm keychains, pamphlets, pens, and more, as well as a pizza lunch!



A new type of birth and early childhood centre opened in Val-d'Or



An innovative type of birth and early childhood centre opened its doors in Val-d'Or. This is a first in Quebec, as it brings together midwifery services and public health teams under one roof to create a space that is accessible and tailored to the needs of pregnant women and families.

The Premier of Quebec and responsible de la région de l'Abitibi-Témiscamingue, François Legault, and the ministre de la Santé, ministre responsable des Aînés et des Proches aidants, ministre responsable des Services sociaux, and ministre responsable de la région des Laurentides, Sonia Bélanger, are happy to highlight the inauguration of this new facility. This is part of an integrated model in perinatology and early childhood focused on care, health promotion, and prevention.

With its intimate and welcoming space, the *Maison de naissance et de la petite enfance des Grands Pins in Val-d'Or* significantly improves access to services while promoting close collaboration with clinical and community partners.

"We are changing the way things are done in the healthcare system. By bringing midwives and public health under one roof, we are breaking down barriers to better serve women and parents. This project is our vision of healthcare in action: more accessible, more humane, and better coordinated care."

- *Sonia Bélanger, ministre de la Santé, ministre responsable des Aînés et des Proches aidants, ministre responsable des Services sociaux et ministre responsable de la région des Laurentides*

Highlights

The Maison promotes close collaboration between clinical and community teams, contributing to ongoing support for families from pregnancy and throughout the child's development.

It also helps consolidate the central role of midwives in the continuum of care, in an environment designed to respect families' choices and ensure a safe and humane birth experience.

Source: <https://www.newswire.ca/fr/news-releases/un-nouveau-modele-de-maison-de-naissance-et-de-la-petite-enfance-s-implante-a-val-d-or-822903325.html>

A New Card to Better Recognize Caregivers

Accompanying a loved one in their dealings with various services can be complex. Renewing authorizations and repeating procedures with multiple parties often complicate communication on behalf of the person being assisted. But good news for people receiving assistance, a new identification card for caregivers has been available since January 27th, 2026! Thanks to the Assistance Measure, this initiative aims to better recognize the role of caregivers and facilitate their dealings with various health professionals.



This Assistance Measure allows a person experiencing difficulties to be accompanied free of charge by one or two people of their choice, while retaining full control over their decisions. It should be noted that this measure is not a protective regime: it does not remove any rights and does not replace guardianship or mechanisms in the event of incapacity. It simply aims to offer support while fully respecting the autonomy and rights of the person being assisted.

Once officially recognized by the Curateur public, assistants are entered in the Public Register of Assistants. They can then support the person being assisted in several aspects of their life, including:

- Taking care of themselves;
- Exercising their rights;
- Making decisions;
- Managing their assets.

To know more about the assistance measure, you can visit the page [About the Assistance Measure](#) on the Quebec government's website: quebec.ca

If you require support for the role of a caregiver, you can contact one of the CLSCs of our region for their services:

CLSC d'Amos	632, 1 ^{re} Rue Ouest	Amos	819-732-3271
CISSS de l'Abitibi-Témiscamingue (mission CLSC)	679, 2 ^e Avenue Est	La Sarre	819-333-2311
CLSC de Ville-Marie	22, rue Notre-Dame Nord	Ville-Marie	819-629-2420
CLSC de Val-d'Or	735, 6 ^e Rue	Val-d'Or	819-825-5858
CLSC de Rouyn-Noranda	1, 9 ^e Rue	Rouyn-Noranda	819-762-8144

Source: <https://www.cisss-at.gouv.qc.ca>

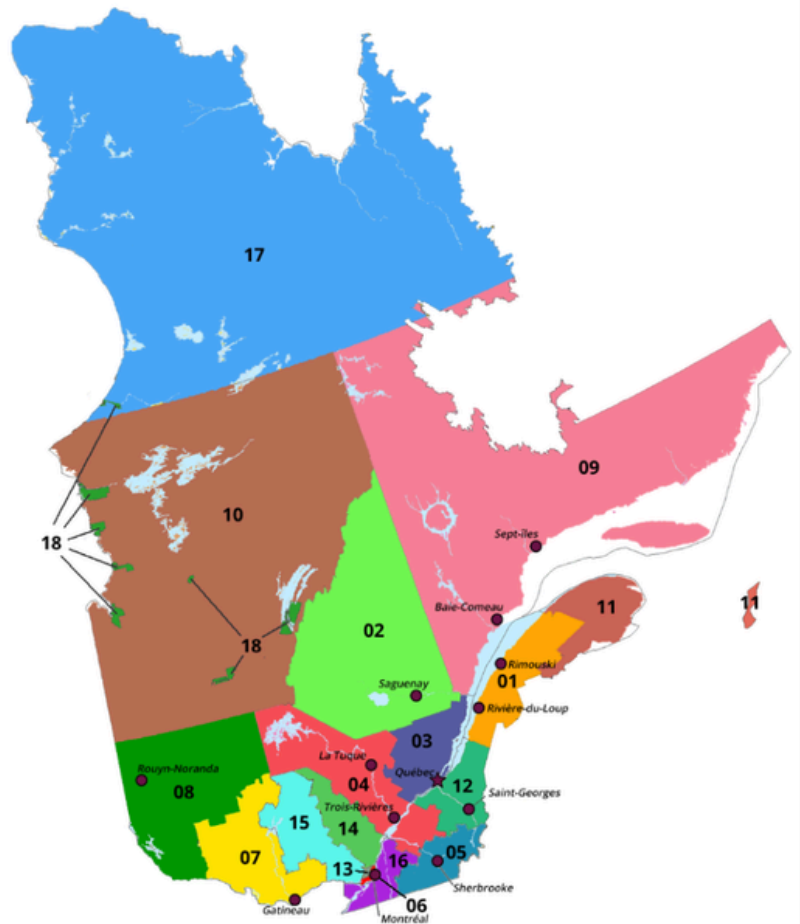
SENIORS
ACTION
QUEBEC



LES AÎNÉS
ACTION
QUÉBEC

Did You Know?

Since 2021, Seniors Action Quebec has been evolving a bilingual **interactive map** to help seniors and their families find essential resources and service providers across Quebec!



Whether you're looking for **healthcare, social services, legal aid, or recreational activities**, SAQ's map features 2000+ resources listed by regions across the province.



Visit our website today and discover the services available to you:

<https://www.seniorsactionquebec.ca/>

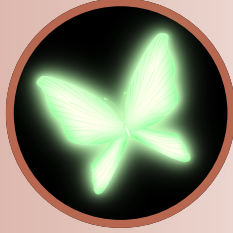
Seniors Action Quebec (SAQ) is a not-for-profit provincial organization whose mission is to identify, advance, and address the needs of English-speaking seniors and to support organizations who work with and on behalf of English-speaking seniors throughout the province of Québec.

Campfire Club



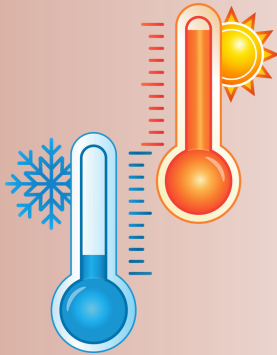
Mar. 10th : Glow-in-the-Dark Experiment!

Explore how things glow in the dark by doing a simple experiment and learning how some animals can glow in the dark too!



Mar. 17th : Hot/Cold Experiment!

Investigate the science of hot and cold! Find out about how our bodies feel the difference.



Mar. 24th : Get to Know Your Taste Buds!

What are taste buds, and what do they do? Explore your sense of taste by trying out foods that are sweet, salty, sour, bitter, and umami.



Mar. 31st : Macaroons!

Use your new knowledge about different tastes while you work together to complete a fun recipe!



KOOL KIDS CLUB

Mar. 12th : Visit to L'Écart!

Our guide Frédérique will lead us through the wonderful new exhibitions!



Mar. 19th : Fun Food Facts!

Learn and discuss some weird and crazy food facts while we work together to make our own Kool snack.



Mar. 26th : Owl Pellets!

Learn about barn owls, their behaviour, and diet. Then dissect a real owl pellet to find and identify bones and other remains of what they ate!



MARCH
ISSUE

UPCOMING ACTIVITIES

MARCH
ISSUE

MOVING MONDAY

1:30pm

Join us every Monday at 1:30pm for a ViActive exercise or yoga session! Each exercise session is made up of different movements for all levels of ability.

Chairs are provided for those who need the extra support!



WELLNESS WEDNESDAY

1:30pm

Mar. 4th

Antisocial Personality Disorder

Learn about the disorder!

Mar. 11th

Vaccines For Older Adults

What you need to know to stay healthy and independent

Mar. 18th

Paper Craft with Laurette

Come be crafty, or sit and chat!

Mar. 25th

How to Spot AI

Can you tell the difference?

FUN FRIDAY GAMES

1:30pm

Mar. 6th

Game Day

Mar. 20th

Game Day



FUN FRIDAY MOVIES

1:30pm

Mar. 13th

Train Dreams (2025)

1h42m

Robert Grainier, a logger and railroad worker, leads a life of unexpected depth and beauty in the rapidly-changing America of the early 20th Century.



Mar. 27th























The Naked Gun (2025)

1h25m

Lieutenant Frank Drebin Jr becomes a police officer like his legendary father and must save the police department from shutting down by solving a case.



MARCH 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 	3	4 	5	6 	7
8	9 	10 	11 	12 	13 	14
15	16 	17 	18 	19 	20 	21
22	23 	24 	25 	26 	27  TEEN NIGHT	28
29	30 	31 				
	Moving Monday 1:30pm	Campfire Club 4:00 - 5:15pm	Wellness Wednesday 1:30pm	Kool Kids Club 4:00 - 5:15pm	Fun Friday 1:30pm	

NEIGHBOURS

ABITIBI-TÉMISCAMINGUE

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J9X0A0

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819-762-0882


This project was made possible thanks to funding from Health Canada

Upcoming Activities

Please refer to our calendar to keep track of what events and activities will be coming up next!



Secrétariat aux relations
avec les Québécois
d'expression anglaise

Québec 



Health
Canada

Santé
Canada

CHSSN

Daylight Saving Time begins!

Don't forget to turn the
clock forward one
hour on March 8th!

