



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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The more that you read, the more things you will know. The more you learn, the more places you'll go.

Dr. Seuss



Who's ready to get summer started?! Come kick off the season with us at our beach-themed **All Ages Community Dinner** on Saturday, June 10, in proud collaboration with [Royal Canadian Legion Greenfield Park Branch 94](#). Let's get Surfin' GPK with dinner, a guest DJ, dancing and, of course, the ARC Team will be on the dancefloor! Tickets are \$15/adults and \$7.50/kids (8 and under). There will be a 50/50 draw, lots of fun and don't forget your tropical attire! We're planning an awesome, casual evening for the community at a great price and you're not going to want to miss it. Everyone is welcome and tickets are only on sale for a limited time, so grab them quick! Questions? Contact Marianne at info@arc-hss.ca or (514) 951-9711.

ARC's Annual General Meeting (AGM) will be held on Tuesday, June 13 at 1:30 p.m. at the Greenfield Park Legion. Everyone is welcome! See page 2 for more details.

The Regional Health and Social Services Partnership Table (RHSSPT) will be hosting the **2023 Community Fair** at this year's RIBFEST in Greenfield Park (195 Empire St.), on Saturday, June 3. See page 2 for more details.

Dementia Bootcamp for Care Partners Our new workshops offered in June are an approachable way to learn more about how to care for others and also discover how to better care for yourself. The program offers practical medical information that's relevant to care partners and features components on self-care, how to recognize signs of stress and depression and opportunities for group support. See page 5 for complete details.

If you are looking for a way to strengthen your **French Conversational** skills, this opportunity might interest you. ARC, in partnership with the ACCESS Adult Education Centre, is in the process of offering Online Multi-level French Conversation sessions to facilitate learning. Take this quick survey to tell us what you would like to be discussed during these sessions and leave us your coordinates at the end to get more info. For the survey, click this [link](#).

When celebrating **June as Men's Health Month**, we cannot forget mental health as part of overall health. While mental health problems do not discriminate, they affect people of all ages, gender and ethnicity, men experience mental health symptoms differently and have higher rates of negative outcomes from mental illness than women. To read more, see page 8.

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



**TUESDAY
JUNE 13
2023
AT 1:30 PM**

ANNUAL GENERAL MEETING

At our AGM, members will have the opportunity to:

- ✓ Receive the 2022-2023 annual report
- ✓ Review auditor's report & financial statements, and 2023-2024 provisional budget
- ✓ Elect members to the Board of Directors
- ✓ Appoint auditors
- ✓ Update bylaws

Will be held at:
Royal Canadian Legion
205 Empire Street
Greenfield Park J4V 1T9

REGISTER TO ATTEND

info@arc-hss.ca or (514) 951-9711

ARC's Annual General Meeting (AGM) will be held on Tuesday, June 13 at 1:30 p.m. Everyone in the community is welcome to attend, but only those who are members are entitled to vote. This is your opportunity to express your opinion and participate in the organization's future orientation by becoming a member prior to the meeting.

Membership – If you're not already a part of our growing membership community, why not join? It's only \$10.00 per year and helps support our initiatives to sustain services, programs and free activities for the English-speaking community. The membership form is available to [complete or download from our website](#) and you can either e-transfer, mail or drop-off the payment. If you would like to check the status of your membership, contact Marianne at admincoord@arc-hss.ca or (514) 951-9711.

The **RHSSPT Community Fair** will be held on Saturday, June 3 at the RIBFEST in Greenfield Park (195 Empire St.). While enjoying the food and fun filled day, drop by and visit these participating community organizations:




The RHSSPT STAR Program

Do you know an employee or a volunteer at a community or public organization who stands out for having made a special effort to improve the health and wellbeing of English-speaking community members?

We invite you to nominate them for the **Special Thanks and Recognition Program (STAR Program)**.

To nominate a candidate, please complete the nomination form, in either the English or French. If you need more information, contact (514) 213-3744 or gpkearc-hss.ca.

The RHSSPT's STAR Program - Do you know an employee or a volunteer at a community or public organization who stands out for having made a special effort to improve the health and wellbeing of English-speaking community members? We invite you to nominate them for the Special Thanks and Recognition Program (STAR Program). To nominate a candidate, please complete the following form: [in English](#) or [in French](#). If you prefer, you can also call (514) 213-3744. The deadline to submit a candidate for consideration is June 12.

June Activity Calendar - Page 1

Activities in **bold** are open to everyone. Additional activities may be made available throughout the month, watch for our emails, or check out our website and social media for updates!

For information or to register, please contact our
 Administrative Coordinator at: info@arc-hss.ca or call (514) 951-9711

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>These activities are made possible thanks to our funders:</p> 			<p>1</p> <p>Mother Goose St. Lambert English Conversation @ CISSS</p> <p>Tai Chi/Qi Gong 9:00-10:00 GPK Community Centre</p> <p>Walk & Talk @ GPK 10:30-11:30 am</p> <p>Linda's Gentle Yoga via Zoom 2:00-3:00 pm</p> <p>TBN Café Our Harbour 2:00-4:00 pm</p>	<p>2</p>	<p>3</p> <p>Community Fair @ Ribfest GPK 195 Empire 8:00-5:00 pm</p>
4	<p>5</p> <p>Mother Goose GPK English Conversation @ CISSS</p> <p>Moms & Tots Walking Club (GPK) 10:00 am</p> <p>French Conversation Group @ Activity Centre 10:30-11:30 am</p> <p>Rock Painting Workshop @ Activity Centre 1:00-2:30 pm</p> <p>Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm</p> <p>AmiQuebec @ Activity Centre 6:30-8:00 pm</p>	<p>6</p> <p>Mother Goose Brossard English Conversation @ CISSS</p> <p>Social Cooking with Jody @ Activity Centre 10:00 am-12:00 pm</p> <p>Conversations About Grief Support Group via Zoom 7:00-8:30 pm</p>	<p>7</p> <p>Mother Goose on Zoom English Conversation @ CISSS</p> <p>Moms & Tots Walking Club (St-Jean) 10:30 am</p> <p>SWC @ GPK 1:30-3:00</p> <p>SWC @ Chambly 1:30-3:30</p> <p>Affordable baskets @ Activity Centre 3:00-7:00 pm</p> <p>Is it Cognitive Decline or Just Normal Aging? The Red Flags to Watch For via Zoom 7:00-8:30 pm</p>	<p>8</p> <p>Mother Goose St. Lambert English Conversation @ CISSS</p> <p>Tai Chi/Qi Gong 9:00-10:00 GPK Community Centre</p> <p>Walk & Talk @ GPK 10:30-11:30 am</p> <p>Linda's Gentle Yoga via Zoom 2:00-3:00 pm</p>	<p>9</p>	<p>10</p> <p>Super Supper @ Legion GPK 5:00-10:00 pm</p>
11	<p>12</p> <p>Mother Goose GPK English Conversation @ CISSS</p> <p>Moms & Tots Walking Club (GPK) 10:00 am</p> <p>French Conversation Group @ Activity Centre 10:30-11:30 am</p> <p>Rock Painting Workshop @ Activity Centre 1:00-2:30 pm</p> <p>Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm</p>	<p>13</p> <p>Mother Goose Brossard English Conversation @ CISSS</p> <p>Social Cooking with Jody @ Activity Centre 10:00 am-12:00 pm</p> <p>ARC Annual General Meeting (AGM) @ Greenfield Park Legion 1:30-3:00 pm</p> <p>Caregivers Support Group with Emma Pepall-Schultz via Zoom 7:00-8:30 pm</p>	<p>14</p> <p>Mother Goose on Zoom English Conversation @ CISSS</p> <p>Tech-Clinic @ Activity Center 9:00-12:00</p> <p>Moms & Tots Walking Club (St-Jean) 10:30 am</p> <p>SWC @ GPK 1:30-3:00</p> <p>SWC @ Chambly 1:30-3:30</p> <p>Addie's Colour Café via Zoom 2:00-3:30 pm</p> <p>Dementia 101 and Care Partner Resources via Zoom 7:00-8:30 pm</p>	<p>15</p> <p>Mother Goose St. Lambert English Conversation @ CISSS</p> <p>Tai Chi/Qi Gong 9:00-10:00 GPK Community Centre</p> <p>Walk & Talk @ GPK 10:30-11:30 am</p> <p>Linda's Gentle Yoga via Zoom 2:00-3:00 pm</p> <p>Seniors Activity @ CHSLD 2:00-3:00 pm</p> <p>TBN Café Our Harbour 2:00-4:00 pm</p>	<p>16</p>	<p>17</p> <p>Family Wellness Saturday @ St-Jean Military College 10:00-2:00 pm</p>

June Activity Calendar - Page 2

Activities in **bold** are open to everyone. Additional activities may be made available throughout the month, watch for our emails, or check out our website and social media for updates!

For information or to register, please contact our
Administrative Coordinator at: info@arc-hss.ca or call (514) 951-9711

Sun	Mon	Tue	Wed	Thu	Fri	Sat
18	19 Mother Goose GPK Moms & Tots Walking Club (GPK) 10:00 am French Conversation Group @ Activity Centre 10:30-11:30 am Rock Painting Workshop @ Activity Centre 1:00-2:30 pm Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm	20 Social Cooking with Jody @ Activity Centre 10:00 am-12:00 pm	21 Moms & Tots Walking Club (St-Jean) 10:30 am SHARP: Men's Health – Taking the fear out of prostate screening and follow up-Via Zoom 10:00-11:30 am SWC @ GPK 1:30-3:00 SWC @ Chambly 1:30-3:30 Strategies for Communicating with Someone with Dementia via Zoom 7:00-8:30 pm	22 Tai Chi/Qi Gong 9:00-10:00 GPK Community Centre Walk & Talk @ GPK 10:30-11:30 am Linda's Gentle Yoga via Zoom 2:00-3:00 pm	23	24
25	26 ARC CLOSED	27 Ilana's In-Person Drawing Class @ Activity Centre 1:00-3:00 pm	28 Moms & Tots Walking Club (St-Jean) 10:30 am SWC @ GPK 1:30-3:00 Addie's Colour Café via Zoom 2:00-3:30 pm Setting Boundaries & Self-Compassion for Care Partners via Zoom 7:00-8:30 pm	29 Tai Chi/Qi Gong 9:00-10:00 GPK Community Centre Walk & Talk @ GPK 10:30-11:30 am Linda's Gentle Yoga via Zoom 2:00-3:00 pm	30	



ARC SURFIN' ALL AGES COMMUNITY DINNER GPK

TICKETS \$15 ADULTS \$7.50 KIDS 8 AND UNDER

RSVP BY JUNE 7TH

DINNER* - MUSIC BY DJ NEX- CASH BAR

*Please indicate meat choice pulled chicken sandwich, salad, ice cream
 végétarien menu: caesar, épinards, gratiné, œuf dur, parmesano

SAT JUNE 10
 DOORS OPEN AT 4:30
 FOOD SERVICE AT 5:30

ROYAL CANADIAN LEGION BRANCH 94
 205 EMPIRE ST., GREENFIELD PARK
 MAIN ENTRANCE

TICKETS: info@arc-hss.ca (514) 951-9711

50/50 LUCKY DRAW

Secours et soutien pour les Québécois d'origine anglaise Québec



FAMILY WELLNESS SATURDAY

ECO-FASHION
A creative activity for all ages

JUNE 17, 2023
 10 A.M. - 2 P.M.

ROYAL MILITARY COLLEGE ST-JEAN
 15 JACQUES-CARTIER N. J3B 8R8
 SALLE LE GRAND FORT

LUNCH OPTION \$8.50/ADULT, \$7.50/CHILD

Social gathering for English-speakers in the Haut-Richelieu in collaboration with Fort St-Jean

Registration: (450) 525-1176 or npiearc-hss.ca

Secours et soutien pour les Québécois d'origine anglaise Québec

CAREGIVERS CORNER

"Caregiving is a constant learning experience."
- VIVIAN FRASER

Early Stage Caregiving – Finding Your Balance as a Care Partner for Someone Living with Dementia

A lot has been written about the role of a caregiver, especially for those caring for people with dementia, but the reality is that in the early stages of cognitive decline, many people are able to function independently. He or she may still drive, take part in social activities, volunteer and even work.

"Early stage" refers to people, irrespective of age, who are diagnosed with cognitive impairment and are in the beginning stage of the disease. This early stage can last for years. A diagnosis of early-stage Alzheimer's disease doesn't just affect those with the disease; it affects everyone who loves and cares about them.

The term 'care partner' is chosen by many rather than 'caregiver' and it's an extremely important role – to provide support, companionship and build a toolkit of knowledge to help prepare for the future. There is an endless supply of information available, but getting started may seem daunting. You may feel anxious and overwhelmed about the future and worried about your ability to support a loved one living with dementia.

Community resources can help you get started.

The more you educate yourself about the disease the more confident and prepared you may feel about the future and your ability to solve problems as the disease progresses. Knowing what to expect and putting plans in place can be empowering for you and the person with dementia.

Building Your Care Partner Toolkit With ARC

Care partners need flexibility and options when learning to find the right balance between supporting a loved one and starting a learning journey. Finding a community of people who understand the challenges of caregiving while accumulating building blocks of knowledge is an important part of the process.

The ReCharge Program – Accessible Reliable Expertise With a Community Approach

Our workshops are an approachable way to learn more about how to care for others and also discover how to better care for yourself. The program offers practical medical information that's relevant to care partners and features components on self-care, how to recognize signs of stress and depression and opportunities for group support.

New Online Program for June – Dementia Bootcamp for Care Partners

- **June 7:** Is it Cognitive Decline or Just Normal Aging? The Red Flags to Watch For
- **June 13:** Caregiving Community Support Group
- **June 14:** Dementia 101 and Care Partner Resources
- **June 21:** Strategies for Communicating with Someone with Dementia
- **June 28:** Setting Boundaries and Caregiver Burnout

This is a free education series that gives the opportunity to delve into important topics under the guidance of trained professionals. To register: <https://forms.gle/Z4frPfxJQcg8Rw187>.

Christine Prince is ARC's Caregivers Program Coordinator and oversees the Caregiving Community Programs and grief support group. For information, please feel free to reach out to her at (514) 608-9600 or caregivers@arc-hss.ca.

The poster features a silhouette of a head with a brain, filled with blue crumpled paper. The text reads: "Caregiver Workshop Series Information, Tools, Support". Below this, it says "DEMENTIA The Community Approach for Care Partners & Caregivers". The schedule is: "WEDNESDAYS @ 7:00 PM". The dates and topics are: "JUNE 7: Is it Cognitive Decline or Just Normal Aging? The Red Flags to Watch For", "JUNE 14: Dementia 101 and Care Partner Resources", "JUNE 21: Strategies for Communicating with Someone with Dementia", and "JUNE 28: Setting Boundaries & Self-Compassion for Care Partners". At the bottom, it says "From signs of cognitive decline to dementia, from communication to self-care, our experts will be covering relevant medical topics in a 4-part series this June. Come join the community and get the info you need to care for a loved one and care for yourself too. Join the workshops that work best for you and learn about our monthly support group." The ARC logo and contact info "caregivers@arc-hss.ca or (514) 608-9600" are at the bottom left, and the Applix logo "Applix provides a point" is at the bottom right.

The poster shows several hands clasped together in a circle. The text reads: "Meet our Caregiving Team" and "caregivers@arc-hss.ca". Below this are four circular portraits of team members: "Leigh Bulmer, MA, CCC Drama Therapist Member, CCPA", "Penny Fleming, RN Nurse Educator Medical Coordinator", "Christine Prince Program Coordinator", and "Emma Pepall-Schultz, MSW Clinical Social Worker Counsellor". The ARC logo is at the top.



STAND UP Program: Fall Prevention

We are now taking reservations for the fall session of the STAND UP program. The program is for individuals aged 60 and over and is designed to help prevent falls and fractures among independent seniors. The program begins September 12 and will run twice a week for 12 weeks, every Tuesday and Thursday from 1:30-3:00 p.m. at our Activity Centre, 91 Churchill Blvd, in Greenfield Park.

Our **Senior Wellness Centre** activities at our Activity Centre in Greenfield Park is open to seniors 55+ in the community. Join us on Wednesdays for an afternoon of activities from 1:30-3:00 p.m. In June we will welcome Rain Zaben, transformational practitioner.

Rain Zaben will run four workshops in the month of June:

- **June 7:** Allowing the past to be the past
- **June 14:** Being at peace with your future
- **June 21:** Write your new story
- **June 28:** Integrating your new story

Reach out to us to reserve your spot.

We will be starting a **Tech Clinic** on June 14. A walk-in style tech support will be offered at our Activity Centre. Drop by anytime between 9:00 a.m. - 12:00 p.m. with your tech questions. Bring your devices and get one-on-one support!

Have you ever wanted to improve your French? You can do it with ARC in a fun and informal social setting! Join us on Mondays at our **French Conversation Club**, at the Activity Centre from 10:30-11:30 a.m.

With days filled with more sunlight, come embrace the warm weather with our morning **Walk and Talk Group**. This is an enjoyable way to exercise and meet new people. The group meets at the Activity Centre every Thursday at 10:30 a.m.

SHARP (Services for Healthy Aging in the Right Place) will hold a zoom session on June 21 at 10:00 a.m. on **Men's Health—Taking the fear out of prostate screening and follow-up** presented by Jennifer Hobbs, M.ScA, BCN, CNEd, Senior Advisor – JHCP. Register with the following [link](#).

The CISSS de la Montérégie-Centre has produced videos to promote some **alternatives to the emergency room**. They present different resources and explain when they should be used. They also explain how to assess and manage symptoms or minor health problems.

Among others, they cover the following topics:

- The role of the paramedic
- The role of the pharmacist
- The 811 telephone line: Info-Santé and Info-Social
- The psychosocial reception
- The Frontline Access Desk (GAP)
- Pain management
- Hypertension
- Craniocerebral shock
- Symptoms of gastroenteritis
- Flu-like symptoms
- Fever

About fifteen videos with English subtitles are or will soon be available on their [YouTube page](#).

Tania Blood is the Community Outreach Coordinator in our Greenfield Park office, covering the cities of Greenfield Park, Brossard, St-Lambert and St-Hubert. Contact her with any questions at gpk@arc-hss.ca or call (514) 213-3744

HAUT-RICHELIEU-ROUVILLE

Review



Family Wellness Saturday, June 17 - The temperature is changing, summer is approaching and some people are beginning to clean out their closets and sort through their summer clothing, only to find items that are never or rarely worn and those that are no longer fashionable... but oh so comfortable. Well, we have a special invitation for you on June 17 from 10:00 a.m. until 2:00 p.m. During our regular monthly Family Wellness Saturday, we will have an "ECO-Fashion" activity, where, as a family and under the direction of the specialist in haute couture, Maria Fernanda Castillo, we will give new life to your used clothing in a fun way. Not to mention the importance of *reduce, reuse, recycle*, which we will be putting into practice while having fun and educating ourselves about good habits for a better planet. Afterward, we will have a photo session to show all our creations, but above all to show the smiles and the fun we are going to have during this activity. As usual, Luna will be in the baby corner, ready with songs, games, and toys to entertain the little ones. Register now by sending an email to: npi@arc-hss.ca or text message "ECO-Fashion-ARC" to (450) 252-1176.

FAMILY WELLNESS SATURDAY 

ECO-FASHION
A creative activity for all ages

JUNE 17, 2023
10 A.M.-2 P.M.

ROYAL MILITARY COLLEGE ST-JEAN
15 JACQUES-CARTIER N. 138 888
SALLE LE GRAND FORT

LUNCH OPTION \$8.50/ADULT, \$7.50/CHILD

Social gathering for English-speakers in the Haut-Richelieu in collaboration with Fort St-Jean

Registration: (450) 525-1176 or npi@arc-hss.ca

St-Jean-sur-Richelieu 

Moms & Tots
Walking Club

Tuesdays
10:00-11:00 AM

Contact us for more info!
stjean.walkinggroup@gmail.com
Alexi (450) 525-1176

Find us on  Mom and Tots South Shore Community Group 

Moms and Tots New Day! Throughout the month of June, on Tuesdays, our *Moms and Tots* Leader, Nicole Marsh will be leading the walk. Parents and grandparents can register for this activity in which participants will be able to enjoy the green spaces and parks of our city as well as each other's lovely company. This activity has been moved to Tuesdays to provide more options for our families with little ones. On Wednesdays, from 9:30 a.m. to 10:30 a.m., Madame Rachel will be leading Mother Goose, with songs, stories and a thousand smiles in this pre-literacy activity enjoyed by children and adults alike. Don't hesitate to register by contacting our *Moms and Tots* coordinator (who is also the coordinator of the book club group... another idea to explore!) Amanda @ stjean.walkinggroup@gmail.com.

Seniors Wellness Centre in Chambly: On June 14 at the Chambly Senior Wellness Centre, we will welcome the lovely Rachel Wagner Lemblé who will be giving a **Journaling for Joy** workshop. She will present techniques that encourage finding meaning and joy in one's day-to-day experiences. This activity will be held at Randell Hall at 2000 Bourgogne Ave., Chambly, from 1:30 p.m. to 3:00 p.m. Our last SWC session for the season will be held on June 21 and will resume in September. On June 21, we will be meeting at Randell Hall before making our way over to Fort Chambly just across the street. We will celebrate the beginning of summer with a picnic in the park. Everyone is welcome!

June 14
1:30-3:00

Journaling for Joy

A SENIORS WELLNESS CENTRE SPECIAL EVENT

WITH RACHEL WAGNER-LEMBLÉ

stjean@arc-hss.ca
(450) 357-0386

Randell Hall
2000 Bourgogne Ave.
Chambly

Alexi Utrera is our NPI Coordinator in Haut-Richelieu–Rouville. She can be reached at (450) 525-1176 or npi@arc-hss.ca.

Veronica Gareau is our Outreach Coordinator in Haut-Richelieu–Rouville. She can be reached at (450) 357-0386 or stjean@arc-hss.ca.



Men's Health Month

When celebrating June as men's health month, we cannot forget mental health as part of overall health. While mental health problems do not discriminate—they affect people of all ages, gender and ethnicity, men experience mental health symptoms differently and have higher rates of negative outcomes from mental illness than women. According to the World Health Organization, males die by suicide at twice the rate of females. Men are also less likely than women to receive formal mental health support of any kind.

Mental health symptoms in men might include:

- anger and aggressiveness
- irritability
- frustration
- substance misuse
- trouble concentrating
- changes in appetite and energy
- new aches and pains
- digestive issues
- trouble sleeping
- sleeping more than usual
- persistent feelings of worry
- engagement in high-risk activities
- unusual behaviour that concerns others or gets in the way of daily life
- thoughts of suicide

Cultural stereotypes around how men should behave, especially around managing their emotions and appearing "strong" greatly impact how men express themselves and when they seek help. Toxic masculinity refers not to men's innate traits, but to the cultural construction of manhood that is imposed upon men. Toxic masculinity dictates that the only emotion men can express is anger, which can hinder men from getting in touch with other things they are feeling. Suppressing mental health issues, such as depression, trauma, and anxiety can worsen symptoms and precipitate isolation, loss of jobs or friends, and even cause a man to contemplate suicide. Toxic masculinity also oppos-

es seeking treatment even when injured or emotionally struggling. Ignoring pain while pushing oneself to work or exercise can cause more physical damage. This can lead a man to use and abuse substances such as alcohol or pain medication instead of seeking formal medical treatment.

In addition to formal treatment that may include counselling, substance treatment and medication, men benefit greatly from creating a mental health toolkit. Elements in the toolkit should include:

- Continuing with maintenance treatment to prevent relapses of depression or other mental health conditions.
- Communicating with family and friends, especially during stressful periods.
- Learning to manage stress through meditation, mindfulness, creative outlets or other methods.
- Practicing positive lifestyle choices, such as eating well, sleeping enough and exercising.

The Canadian Men's health foundation provides many great resources for men to help improve their physical and mental wellbeing.

Please check them out at menshealthfoundation.ca.



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.



What's the best strategy to land a great job this summer?

First, talk with your parents and other family members, plus neighbours, friends and fellow students and let them know you're looking for a summer job. If you get the word out there, you may be one of the first people to find out about an available position, which can help to improve your chances of finding a summer job.

[Canada Summer Jobs](#) is a government program that helps employers create jobs for young Canadians across the country. Search thousands of summer jobs for youth aged 15 to 30.

Did you know that the Job Bank has been around for over a hundred years, helping Canadians find work and plan their careers?

What's in it for you? Full-time or part-time work in Canada, for a minimum of 6 weeks. An inclusive and non-discriminatory work environment. Support for learning and skills development.

Why should students get a summer job? Summer jobs are a must-do for all the students. It's not only about the money one can make, it also gives students a sense of self-sustainability. Moreover, it helps students in cracking interviews in later stages of their life.

Don't miss out! Postings on Job Banks are for a limited time only. New jobs will be added regularly as they are approved for funding by the Canada Summer Jobs program. Click [here](#) for all the information.

*Not sure if a career is right for you? **Take this quick test and find out which career pathway is right for you!***

WHAT SPARKS YOUR INTERESTS? Take the RIASEC Quiz and find out!



Read each statement below and, if you agree with it, check the coloured box next to it

DO YOU LIKE TO...

- | | | | |
|---|--------------------------|---|--------------------------|
| ... do puzzles? | <input type="checkbox"/> | ... take on new responsibilities? | <input type="checkbox"/> |
| ... work on cars? | <input type="checkbox"/> | ... heal people? | <input type="checkbox"/> |
| ... attend concerts, theaters or art exhibits? | <input type="checkbox"/> | ... figure out how things work? | <input type="checkbox"/> |
| ... work in teams? | <input type="checkbox"/> | ... put things together or assemble models? | <input type="checkbox"/> |
| ... organize things like files, offices, or activities? | <input type="checkbox"/> | ... be creative? | <input type="checkbox"/> |
| ... set goals for yourself? | <input type="checkbox"/> | ... pay attention to details? | <input type="checkbox"/> |
| ... build things? | <input type="checkbox"/> | ... do filing or typing? | <input type="checkbox"/> |
| ... read fiction, poetry, or plays? | <input type="checkbox"/> | ... learn about other cultures? | <input type="checkbox"/> |
| ... have clear instructions to follow? | <input type="checkbox"/> | ... analyze things: problems/situations/trends? | <input type="checkbox"/> |
| ... influence or persuade people? | <input type="checkbox"/> | ... play instruments or sing? | <input type="checkbox"/> |
| ... do experiments? | <input type="checkbox"/> | ... dream about starting your own business? | <input type="checkbox"/> |
| ... teach or train people? | <input type="checkbox"/> | ... cook? | <input type="checkbox"/> |
| ... help people solve their problems? | <input type="checkbox"/> | ... act in plays? | <input type="checkbox"/> |
| ... take care of animals? | <input type="checkbox"/> | ... think things through before making decisions? | <input type="checkbox"/> |
| ... have your day structured? | <input type="checkbox"/> | ... work with numbers or charts? | <input type="checkbox"/> |
| ... sell things? | <input type="checkbox"/> | ... discuss issues like politics or current events? | <input type="checkbox"/> |
| ... do creative writing? | <input type="checkbox"/> | ... keep records of your work? | <input type="checkbox"/> |
| ... work on science projects? | <input type="checkbox"/> | ... work in an office? | <input type="checkbox"/> |
| ... be a leader? | <input type="checkbox"/> | ... work on math problems? | <input type="checkbox"/> |
| ... work outdoors? | <input type="checkbox"/> | ... help people? | <input type="checkbox"/> |
| | | ... draw? | <input type="checkbox"/> |
| | | ... give speeches? | <input type="checkbox"/> |

UNDERSTAND YOUR INTEREST PROFILE

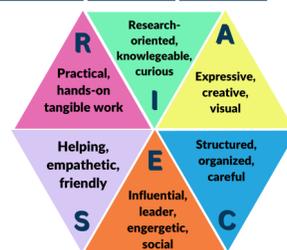
It could be a game changer!

Add up your checkmarks by colour. The 3 colours with the highest score are your Interest Profile

- R**eliability # _____
- I**nvestigative # _____
- A**rtistic # _____
- S**ocial # _____
- E**nterprising # _____
- C**onventional # _____

What's your top 3?

1. 2. 3.



Adapted from: <https://www.nhes.nh.gov/etm/career/documents/holland-code-sparks.pdf>

Karine Parent is ARC's Social Development and Employment Coordinator.
For information, please feel free to reach out to her at (514) 712-6575 or gpk2@arc-hss.ca.



discover community activities for all

National Film Board Movie: "We Were Children" by Tim Wolochatiuk. June 5 at 7:00 p.m. at Bibliothèque de Brossard Georgette-Lepage, 7855 avenue San Francisco, Brossard. Free. Register [here](#). English with French subtitles. *Warning: this film contains disturbing content and is recommended for audiences 16 years of age and older. Parental discretion, and/or watching this film within a group setting, is strongly advised.*

Senior Self-Defense Classes: June 8, 15 + 22 at 10:00 a.m. at 4955 Montee St. Hubert in St. Hubert. Register by email at dir.phoenixprojects@gmail.com or call (438)935-0372. Follow on Facebook [here](#).

Monteregie SPCA Fundraising Book Sale: Friday, June 9 1:00-8:00 p.m. and Saturday, June 10 10:00 a.m. to 5:00 p.m. at the Cynthia Coull Arena, 195 Empire St., Greenfield Park. For more information, send email to spcamonteregie.livres@gmail.com.

Fall Prevention: June 9 from 10:00 a.m.-12:00 p.m. at the Senior Respite Centre, 83 Churchill, GPK. Register by email at dir.phoenixprojects@gmail.com or call (438)935-0372. [Follow on Facebook here](#).

Community Wide Garage Sale St Lambert will take place on the June 10 + 11 weekend, from 8 a.m. to 4 p.m. This is the perfect opportunity to hunt for bargains and chat with neighbours and putting used items back into circulation. Click [here](#) for more info.

St. Paul's Craft & Bake Sale will take place June 10 from 9:30 a.m.-1:30 p.m. at 321 Empire Street, Greenfield Park. There will be a lunch available for \$10/Adults and \$6/Children. For more information contact Gloria Kidd at (450) 678-2460 or by email at gkidd71@yahoo.com.

The Société Canadienne du Cancer is hosting a walk on June 10 to raise funds for cancer research. Join the walk at 2:00 p.m. at Michel-Chartrand Park in Ville de Longueuil. Register at: bit.ly/relais-pour-la-vie-Longueuil.

Annual Book Sale: June 14 at 6:00 p.m. to June 20 at 9:00 p.m. at Bibliothèque de Brossard Georgette-Lepage, 7855 San Francisco Ave., Brossard. Prices range from 0.10 cents to 1.00\$ on the first day and are reduced a further 50% for the rest of the sale. Children's books, adult novels and non-fiction books are available in French and English. Only cash is accepted. Bring your own bags.

Our Harbour's Annual General Meeting (registration required) will be held on Wednesday, June 14 at 3:45 p.m. at Memorial Hall, St. Lambert United Church, 440 Notre-Dame in St. Lambert. Our Harbour is turning 20, so after the AGM everyone is invited to stay to celebrate the launch of our anniversary with snacks, birthday cake and bubbles! Click [here](#) to register.

Are you a gamer or a content creator who wants to make a difference in the world? Did you know you can volunteer your time and raise funds for people in need, all while having fun and interacting with your community? Cross play is a fundraising initiative that enables a new generation of livestreaming gamers and content creators to support the Canadian Red Cross. Cross Play fundraisers provide critical assistance to people in need. Cross Play will take place from June 14- June 30, an event where gamers, content creators, communities and anyone with a passion for fundraising come together to support the mission of the Canadian Red Cross. Click the following link to join or for more information: tiltify.com/canadian-red-cross.

Handbell Concert: The Village Ringers, Jérôme Savoie & Guests, June 15 at 7:00 p.m. at St. Lambert United Church, 85 Blvd. Desaulniers, St. Lambert J4P-1L8. Tickets are \$20 (available at the door) For reservations send an email to: jfallon00@gmail.com or call (450) 671-3808.

"L'art naît souvent d'un merveilleux accident" exhibition by Chantal Poirier presents canvases that are a mix of paint, acrylic and collages offering viewers lively scenes and windy landscapes that leave a hint of happiness and a lightness of life! Until June 15 at the Multi-purpose Centre (81 Hopper Street, St. Lambert).

Saint Lambert Horiculture: Garden Party with Afternoon Tea on June 15, with hosts Frances and Laszlo. Click [here](#) for more info.

Computer Safety: June 16 from 10:00 a.m.-12:00 p.m. at the Senior Respite Centre, 83 Churchill, GPK. Register by email at dir.phoenixprojects@gmail.com or call (438)935-0372. Follow on Facebook [here](#).

Senior Self-Defence: June 23 from 10:00 a.m.-12:00 p.m. at the Senior Respite Centre, 83 Churchill, GPK. Register by email at dir.phoenixprojects@gmail.com or call (438)935-0372. Follow on Facebook [here](#).

Various Items of Interest

June 3 is National Health and Fitness Day! The dream is for Canada to be the fittest nation on Earth, and your help is needed. All Canadians from coast to coast are invited to get up, get out and get active to show support. Click [here](#) for all the details.

June 10 is the 3rd annual Action Anxiety Day! Anxiety Canada is a leader in developing free, online self-help and evidence-based tools to help manage anxiety. Wear **orange** and **blue** on June 10. Click [here](#) for all the info.

June 26 is National Cancer Wellness Awareness Day! Click [here](#) to find out how to raise awareness of cancer wellness.

Did You Know? What a ceilometer is? It is a cloud yardstick and measures the height of clouds. Click [here](#) to learn more.

Question of the Day: Can you tell me why the ring finger is sometimes called the medical finger?

Answer: For centuries, it was believed that the ring finger had a nerve running through it that was connected to the

heart. The Romans and Greeks used the medical finger for stirring mixtures, especially in alchemy, with the belief that anything noxious would be immediately detected by way of some warning sign at the heart. This direct connection-which years later was proved to be false was why it was chosen as the ring finger, marking the heart's sentiment. English superstition still holds that the ring finger should be used for applying ointments or salves or for scratching the skin.

Quebec Support Group of Celiac for Celiac Canada exists for persons with celiac disease and gluten-related disorders in Quebec, to provide them with information about local activities and peer support, as well as links to events at the national level. Are you newly diagnosed with celiac disease, or are you caring for someone newly diagnosed with celiac disease and would like information and support? Contact them to know about local activities, go to their www.celiacquebec.com webpage. There are also free monthly webinars on Zoom organized by Celiac Canada. Visit www.celiac.ca or quebecsupportgroup@celiac.ca.

To be added to our contact list, please [email us](#) with your name and email address.

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

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