



# PARTNERS IN HEALTH

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## Over 450 Years of Song: Religious Heritage Days Concert

*CASE is partnering with the St. George Foundation to produce a unique concert of music and stories that will be presented as part of the official events offered during Religious Heritage Days (les Journées du patrimoine religieux.)*

L'Ensemble Vocal St. George has been formed especially for the occasion and brings together 8 local singers, including voice teacher Diane Duguay and members of the Drummondville choir, Choeur Bella Voce. On the program are hymns, chorales, and sacred music covering the period from the Protestant Reformation of the 1500s to the early 1900s, including pieces by Martin Luther, Thomas Tallis, and J.S. Bach.

Some of the tunes and hymns will be well-known to many members of the public, and would have been equally well known to some of the first pioneers in the area. Interwoven throughout the concert will be stories and anecdotes shared by storyteller Julie Miller, that trace the growth of singing in Protestant churches and which reveal the fascinating stories behind many of the old hymns. This is a bilingual event with English and French segments.

**Please join us on the following dates:**

**Saturday, Sept. 11th, 2:00 pm, St. George Anglican Church, Drummondville**

**Sunday, Sept. 12th, 2:00 pm, South Durham United Church**

*If you are interested in attending, please send an email to Julie at [casemcq.project.agent@gmail.com](mailto:casemcq.project.agent@gmail.com).*

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## Separation: Three Advantages of Pre-mediation

You and your spouse are separating? Pre-mediation is a new service offered by Community Justice Centres that may be of assistance to you. Here's how it can help.

### Proof of Vaccination

A telephone line is now available for all those having difficulty receiving or downloading their proof of vaccination. Anyone who has been vaccinated in Quebec and has not yet received an official proof of vaccination is invited to call 1-877-644-4545 and select the 'prevue de vaccination' option for support. The service is available Monday to Friday from 8am to 8pm. And from 8:30am to 4:30pm on weekends. People can also file a request themselves online.

The link for the QR codes in English is:

<https://covid19.quebec.ca/PreuveVaccinale>

*Source: quebec.ca*

### Learn more about family mediation

Family mediation is a process to help you settle issues involved in a break-up without going to court. The pre-mediation service of Community Justice Centres can help you learn more about the family mediation process by:

- Informing you about what happens during family mediation and the different steps it involves.
- Helping you to evaluate the advantages and limitations of family mediation in your particular situation. For example, it's generally not recommended for victims of conjugal violence to take part in mediation. Pre-mediation can help you make an informed decision about this.
- Helping you prepare for the mediation process if you decide to go ahead with it.

### Prepare for mediation

One of the objectives of pre-mediation is to help you prepare for the family mediation process.

What do you need to know about mediation? How does it work? What is the mediator's role, and what is your role, during the process? What tools or exercises can help you prepare?

These questions will be addressed in an individual pre-mediation meeting with a legal professional.

### Make the best of a difficult situation

Breaking up is never easy! But being fully informed and prepared can help you face this challenging time of your life. Pre-mediation aims to help you with this by answering many of your questions before you begin the process of settling the issues involved in your separation. Of course, it's entirely up to you whether you wish to take part in pre-mediation. You can skip it and go directly to family mediation. Community Justice Centres can help you obtain assistance with the family mediation process and can also refer you to a family mediator. Interested in pre-mediation? To learn more or to make an appointment with a Community Justice Centre, call 1-844-522-6900 or go to [www.avantlamediation.ca](http://www.avantlamediation.ca).



## Domestic Violence: Numbers that Speak for Themselves

Already this year, there have been 13 femicides in Quebec in only 6 months. These are alarming figures, since on average, a maximum of 12 conjugal violence cases leading to a murder are recorded per year.

### Important Numbers

Here are numbers you can call if you need help:

- SOS violence conjugale 24/7:  
1-800-363-9010 (bilingual service available)
- Crime Victims Assistance Centres: 1-866-532-2822
- Elder Mistreatment Helpline: 1-888-489-2287
- Helpline for Victims of Sexual Assault: 1-888-933-9007
- Kids Help Phone: 1-800-668-6868
- Quebec Community and Social Services Helpline: 211
- Women Aware Support Line: 1-866-489-1110
- Youth Protection Services: 1-800-567-6810

Source: [canada.ca/](http://canada.ca/)

### Domestic violence, sometimes it's a long process!

If the victim decides to continue the relationship or returns to an abusive partner, you may feel frustration or disappointment. However, it is important to understand that there are many reasons for this decision. Whatever the reason may be, you can continue to help in a number of ways. If the situation worsens, you can:

- Suggest that she write down what is happening and keep copies of important documents in a safe place away from the home.
- Suggest that she talk to her doctor and ask that the violence be documented and the injuries photographed. These records will be helpful if she ever decides to take legal action.
- Talk to her about the services offered by shelters. These organizations can also help her develop a safety plan and include the children in it. You will find all the services and organizations to help victims of domestic violence and family violence at [cissmcmq.ca/help](http://cissmcmq.ca/help). There are also resources for men in troubling situations.
- Continue to maintain a caring relationship with the victim by respecting their rhythm.

**Anyone who has doubts or questions about a violent situation, for themselves, a loved one, a colleague or a user, can call a shelter and ask for help 24 hours a day, 7 days a week, or SOS Violence conjugale at 1-800-363-9010.**



## Wellness Centre Being Launched in Three Rivers

CASE will be implementing a “Wellness Centre” beginning this fall in Trois-Rivieres. The program is one of 43 being funded through the Secretariat for English speakers of Quebec (Secrétariat aux relations avec les Québécois d’expression anglaise).

### We're Hiring! Mini-move Workshop Animators

CASE is looking for two (2) dynamic individuals to co-animate 2-hour gross motor skills activities based on the principals of ‘free play’ for children aged 0-5.

Successful candidates will have relevant experience working with babies, children and families, and working knowledge of gross motor skills development for 0–5-year-olds. Candidates must be bilingual and able to work in English - activities will be animated in English. Experience in community development an asset.

Interested candidates must submit their curriculum vitae and a short cover letter no later than Tuesday, September 7th to [casemcq.coordinator@gmail.com](mailto:casemcq.coordinator@gmail.com)

We will be working in partnership with the White Head Group to bring weekly activities to seniors. “We’re really pleased that CASE is supporting us and feel it’s very important to work together rather than create a parallel activity” said George Haley, President. “It will help our group increase our membership and we look forward to participating in some interesting activities”.

Marc Aeschimann will help animate the weekly activities which will be held at the Three Rivers Academy High School (2nd floor) Fridays from 1p to 4pm. The activities are free and everyone is welcome to drop in to request information, consult our documents or simply have a chat with Marc and George.

You don’t have to be a member of the White Head Group to participate but your support in purchasing a membership card would be appreciated.

**For more information on the activities please call George Haley, 819-383-0333 or email Marc at [infoandliaison.agent@gmail.com](mailto:infoandliaison.agent@gmail.com).**



# Upcoming Events

**September 1**

**9:00 A.M. - 1:00 P.M.**

## **Wild Mushroom Picking Activity**

Join us for a Wild Mushroom Picking Activity with Stéphane Lamanna of La Manne à Menoum in Grandes-Piles. CASE is funding half of the cost for this activity, so instead of \$50, participants will pay \$25 (tax and tip included).

Contact Audrey at [casemcq.coordinator@gmail.com](mailto:casemcq.coordinator@gmail.com).

**September 8 + September 22**

**10:00 A.M.**

## **MCQ Summer Social Exchange**

Join us for our last two MCQ Summer Social Exchanges of the year.

September 8th: Parc Écomaritime de l'Anse-du-Port in Nicolet

September 22nd: Promenade Rivia in Drummondville

Contact Audrey at [casemcq.coordinator@gmail.com](mailto:casemcq.coordinator@gmail.com) or Karine at [casemq liaisonagent.cdq@gmail.com](mailto:casemq liaisonagent.cdq@gmail.com).

**September 11 + September 12**

**2:00 P.M.**

## **Over 450 Years of Song: Religious Heritage Days Concert**

Join us for a unique concert of music and stories during Religious Heritage Days (les Journées du patrimoine religieux). L'Ensemble Vocal St. George and members of the Drummondville choir, Choeur Bella Voce will be performing hymns, chorales, and sacred music covering the period from the Protestant Reformation of the 1500s to the early 1900s.

Contact Julie at [casemcq.project.agent@gmail.com](mailto:casemcq.project.agent@gmail.com).

**Keep an eye on our website and Facebook page for more exciting events this fall!**



## Where Can You Go When You're Sick and Not Feeling Well?

*Emergency rooms in our region have been very busy in recent days. It is therefore important to consult the right professional at the right time. Here is a reminder of when and where to consult.*

For an urgent health problem (your life is in danger): call 911 or go to the emergency room near you. For a minor health problem with NO symptoms of COVID-19 (your life is not in danger, but you need to consult):

1. Call 811 to speak to a nurse and be assessed. The service is available 24 hours a day, 7 days a week;
2. Your pharmacist can also support you, answer your questions and start treatment in many situations.
3. Contact your family doctor;
4. If you do not have a family doctor, call 1-844-313-2029 to make an appointment with a healthcare professional quickly;

For Trois-Rivières residents and surrounding areas, it is possible to make an appointment at the GMF Réseau (Super-clinic). For more information, head to [cussmcmq.ca](http://cussmcmq.ca) > Care and services > Medical consultations > Where to see a doctor.

Source: CIUSSS MCQ

## Seniors' and Alternative Housing in the Heart of Communities

There will be three seniors' and alternative housing facilities in the Mauricie and Centre du Québec regions: one in Trois-Rivières, one in Victoriaville and one in Drummondville. They will mainly accommodate seniors who are experiencing a loss of autonomy. They are called alternative because they will also offer places to adults living with a disability due to a physical impairment, an intellectual impairment or an autism spectrum disorder.

These homes are evolving housing for residents by respecting the concept of a quality living environment. Warm and modern; they are small, autonomous buildings called "houses" that have 12 individual rooms and dedicated common areas organized around outdoor spaces.

Senior and alternative homes are built in the heart of communities, close to services, and allow residents to build relationships and encourage their social participation. The first residents are expected to move into these homes in the fall of 2022. To visit the project webpage, visit [cussmcmq.ca](http://cussmcmq.ca) > about-us/major-construction-projects.

Source: CIUSSS MCQ

