



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

Inside This Issue

What's NEW at ARC	2
Haut-Richelieu-Rouville	3
Candiac Corner	4
ReCharge for Caregivers	5
Connect with Nature	6
Health Awareness Days	8
Community Activities	9
Puzzle Page	10

Youth 15-34 Employment Survey

To better serve the needs of the English-speaking community, we have created a 2 minute survey for youth aged 15-34. This survey will allow us to understand whether the English-speaking community is aware of and/or use the services offered related to employability.

<https://www.surveymonkey.com/r/WFKSSMQ>

Thank you, your opinion is important to us!



Information source for the South Shore English-speaking community

THE ADVISOR

For many, summer is the best time of year. Steinbeck wrote, "What good is the warmth of summer, without the cold of winter to give it sweetness". A time to be outdoors with family and friends, participating in activities and enjoying all our region has to offer.

We will be out there enjoying summer as well, with the ARC offices closing for three weeks, from July 26 to August 13. Our facilitators and volunteers are also taking a break for the summer, so there is no activity calendar this month or in August. Keep an eye out for the next issue of The Advisor in September for a new season of activities and news.

ARC's 10th Anniversary Celebration will be held in November and we're all very excited to see everyone again in-person, to share our memories of ARC's journey in the last ten -years and envision where we hope to go in the future. More information on the event will be available in the September issue.

We've had a lot of recent changes at ARC with opening a new office, new employees and a promotion. Details on page 2.

Wellness Centres were officially launched by Christopher Skeet, the Premier's Parliamentary Assistant for Relations with English-speaking Quebecers, on June 21. ARC has been holding Wellness Centre activities in Chambly since April and we look forward to coming back on September 8 with sessions offered weekly on Wednesday afternoons. See page 3 for more Haut-Richelieu-Rouville news.

We will have a new column every month called The Candiac Corner with news for those living in Candiac and surrounds. See page 4 for more information.

This month we say goodbye to our administrator, Allison Kelly. Many of you have met her on Zoom this year or in Chambly at the Wellness Centre. We would like to thank Allison for all she contributed to the organization and wish her all the best in her future endeavours.

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

WE'RE EVOLVING AND GROWING



In May, Debra Dorey moved into the new role of Program Manager. Debra will be transitioning away from her tasks as the Community Health Coordinator and will now be supervising the overall work being done by the coordinators. Also, Debra will be developing a Volunteer Unit. Would you like to be more involved in the growth of our organization? Please contact Debra at pm@arc-hss.ca or (514) 743-8058.

In partnership with Monteregie West Community Network (MWCN), ARC is opening a satellite office in Candiac. This office will provide the same services available at our other two locations and assisting the English-speaking communities of Candiac, La Prairie, St-Constant and its surrounding areas. This venture is only possible through funding from the Secretariat for relations with English-speaking Quebecers.



We are pleased to welcome Sandra Vocino, who is very excited about joining the ARC/MWCN satellite office in Candiac in the role of Community Outreach Coordinator. Sandra has been involved in the Candiac Community for as long as she can remember in one capacity or another. Her combined experiences as a professional figure skating coach, technical executive assistant and professional photographer has been of great benefit to the English community of Candiac. Also, Sandra's significant exposure to all aspects of volunteering has been a part of her lifestyle

since her early teenage years. Being raised by parents very involved in the Candiac community makes it very natural for her to reach out, support and offer services to the English-speaking population of Candiac. Sandra can be reached at candiac@arc-hss.ca or (438) 455-2747.



Furthermore, again thanks to funding from the Secretariat for relations with English-speaking Quebecers, made available through Regional Development Network (RDN), ARC has hired a new coordinator, who will also work in developing an employment initiative to facilitate access to employment services for the English-speaking community.

Ameer Al-Shammaa is our new Youth and Employment Coordinator and has previous experience in a similar role with Renaissance Goodwill. He will work on improving access to employability services to English-speaking youth (15-34 years old) by developing, maintaining and improving the capacity of partner organizations to offer employability services to English-speaking youth. Ameer is glad to join ARC and contribute to its mission. He can be reached at youth@arc-hss.ca or (514) 712-6575.

Congratulations to Debra in her new role and we welcome Sandra and Ameer to the ARC team!

What's happening in Haut-Richelieu Rouville



Activity in Haut-Richelieu-Rouville

On June 21, Christopher Skeet, the Premier's Parliamentary Assistant for Relations with English-speaking Quebecers, announced the official launch of Wellness Centres across Quebec, an initiative for our seniors, to support the health and vitality of the English-speaking community.

This announcement outlined funding to several Wellness Centres to the tune of 2.7 million dollars over 5 years. Included among them is ARC's Wellness Centre, which has been taking place at 2000 Bourgoigne Ave in Chambly, each week since April.

The participants of the Centre have learned about how to improve cognitive, mental, physical and social health. Each week covers a different topic, and once a month, we have a guest speaker who joins us for a special presentation. Cake and refreshments are served, and there is time to socialize, as breaking isolation is one of the primary goals of these Wellness Centres.

June 23 was our last gathering for the season, and we celebrated with a socially distanced picnic and lawn games, with prizes for all.



The ARC Wellness Centres will begin again on September 8, running weekly each Wednesday from 1:30-3:00 p.m. For more details, or to register, contact Lynn at stjean@arc-hss.ca or (450) 357-0386.

Thank you to our participants, and wishing you all a great summer!

Spotlight on a Health and Social Service in Haut-Richelieu-Rouville

Complaint Assistance and Support Centre Montérégie (CAAP) is an organization with three main functions:

To inform users of health and social services of their rights and responsibilities; To accompany those who wish to make an official complaint regarding their experience with health and social services; To inform and support those living in private seniors' residences regarding their rights with issues such as their lease and fees for services.

This is a very valuable resource which helps individuals make their complaint in the proper way, which may ultimately result in changes being made to the service in question. The website is bilingual and the personnel at the centre are able to assist you in English. Learn more at www.caapmonteregie.ca.

Summer in Haut-Richelieu-Rouville

After a long and isolated winter, we are thankful things are returning to normal. To reduce travel and support local businesses, this summer, here are some resources and suggestions close to home:

- Heritage Route—This pamphlet lists addresses for various historical and cultural locations in Haut-Richelieu. Plan your own route to suit your interests! Please note, the historical buildings at Fort Lennox are currently closed, but the grounds are open for picnics, and it is an enjoyable ferry ride to go over to the island. www.tourismehautrichelieu.com/wp-content/uploads/2016/09/Route-de-la-Culture.pdf

- Tourisme Haut-Richelieu is a great resource for planning your summer experiences. Check their webpage for inspiration, things to do, places to eat and sleep! www.tourismehautrichelieu.com/en/categorie/what-to-do

- Looking for a new adventure? Arbraska at Mont St. Grégoire has climbing and ziplining trails in the trees, as well as on the ground, for an affordable family activity. www.en.arbraska.com/park/mont-saint-gregoire

- This website lists parks, camping and heritage sites and even an escape room experience for those rainy days. www.tourismecoeurmonteregie.ca/en/enjoy/leisure-hospitality

- If you love the water, there are many activities taking place along the Richelieu River for you to enjoy. One example is the Plage d'Estacade at St. Paul-de-l'Île-aux-noix, where you can rent canoes and take boating courses. For more: www.alorichelieu.ca

- In Venise-en-Quebec, along beautiful Lake Champlain, there will be artists of various types assembled under a tent each Saturday of July and on the Labour Day weekend in the Parc de la Culture. Admission is free. For more information about this and other events, visit www.tourismeveniseenquebec.com/en/evenement/le-rendez-vous-des-artistes



The Candiac Corner

Candiac honours its involved citizens

This year's annual Volunteer Night was, of course, held virtually. This event aims to honour citizens who are involved in the community, and to highlight their work, especially during this difficult year. For this edition, four individuals were recognized as "Ambassadors" and eight were recognized as "Celebrities" for having worked as volunteers for 25 and 15 years respectively. Discover the recipients: <https://bit.ly/3irfTPT>
All the details on the event: <https://bit.ly/3pxaetb>

Candiac in bloom

Every year, the judges of the Candiac En Fleurs beautification contest tour the city's streets for the most beautiful arrangements. It's time to sow, bloom and root smartly. The judging will take place from July 5 to 19. Each winner receives a seasonal gift. The prizes are distributed as follows:

16 prizes for "House in Bloom" (2 per electoral district). 1 prize for "Commercial, Industrial and Institutional". For details, visit: <https://candiac.ca/actualites/2021/05/31/candiac-en-fleurs-participez-au-concours>

Candiac and its parks

Did you know that Candiac has 17 parks in its territory? Whether you want to play sports, relax, have fun with your family or just enjoy nature, you will find the park that will please you and meet your needs and style! Discover them all here: <https://candiac.ca/parcs-et-espaces-verts>

RécréoParc Beach, free for residents

Once again, this summer, access to the beach of the RécréoParc will be free for Candiac residents for the entire summer season. You will be able to access the site free of charge by presenting your valid citizen card. Please take note that parking is not included. Have a good swim!

For details: <https://bit.ly/3cxEBdl>

Discover Rivière-de-la-Tortue trail

We've all been waiting for this for so long - the trail is finally ready to welcome you! During your walk, take the opportunity to discover the diversity of vegetation along the river banks as well as the animals that call the area home. Stop at the observation lookouts set up along the river, or enjoy the moment in one of the relaxation spots provided. For the well-being of all, the city invites citizens to respect a few rules of good manners in order to keep the trail and its facilities clean, and in good condition, and to ensure the peacefulness of this enchanting place.

For more information: <https://bit.ly/3ynxCgN>

Bio-Local Market

Did you know Bio-Local Market is back in Candiac this year? Buying local is a great way to be environmentally friendly, while also supporting local communities. Consumers help stimulate their regional economy, create and retain valuable jobs, support families, and strengthen community and culture by purchasing food and other goods that are produced locally. Understanding the strengths, limitations and potential pitfalls of local consumption is key to making the most of the trend. Make a big difference in helping these merchants weather this difficult time. You'll discover a wide variety of certified organic and local fruits, vegetables and produce. The organic-local market is back every Thursday between 3:00 and 7:00 p.m. until October 14, in the parking lot of the Fire Department, at 90 Montcalm Boulevard North. Happy shopping! More about the BIO-LOCAL MARKET: <https://candiac.ca/actualites/2021/05/12/le-marche-bio-local-de-retour-a-candiac-pour-une-3e-annee>

A new urban forestry project in Candiac

In collaboration with Nature-Action Québec, Candiac is launching the project "Mobilization to optimize the functional diversity of Candiac's urban forest from a climate change adaptation perspective". This project, which will run until December 2023, will characterize the urban forest, assess its resistance to climate change and establish strategies to maximize the ecosystem services it provides.

For all the details: <https://bit.ly/2RhLZSY>

Get moving - three cycling loops to rediscover your city

Would you like to rediscover the many attractions of your city in a different way? This weekend, get on your bike and let yourself be surprised: An urban tour? Follow the orange loop; A preference for culture? Blue is the colour that will guide you; A grand tour for the more adventurous? Satisfy your thirst for discovery on the 18 km Grand Tour loop. Have a great time touring by bike! <https://candiac.ca/pistes-cyclables>

Tri-city agreement – Unification of fire safety forces

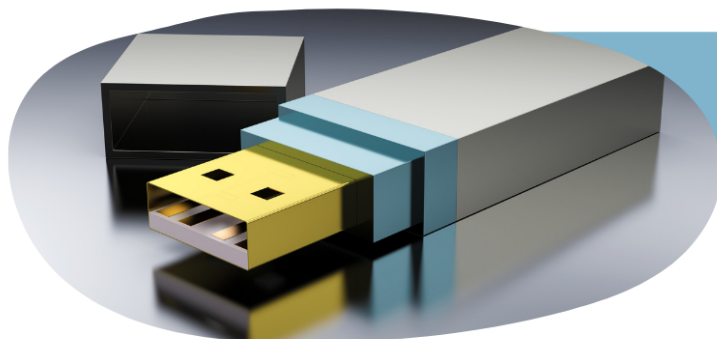
The mayors of the municipalities of Saint-Constant, Sainte-Catherine and Candiac announced an agreement in principle to unite their forces in matters of fire protection. This unification concludes more than four years of reflection on the part of the elected officials and reaches a common objective: in view of the numerous challenges that are continually being presented in matters of public safety, offering improved services in a team vision, all accompanied by wise financial management, brings the obviousness of a grouped prevention and fire authority for our sector. All together for a safe future!

THIS

Get recharged with **ReCharge**, a series of workshops for Caregivers that you can take from your place at your pace

SUMMER

Free access

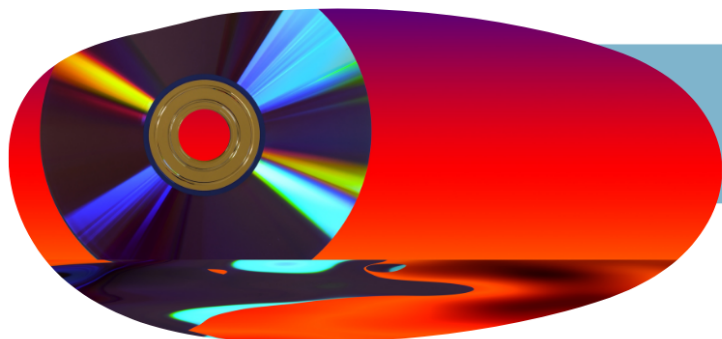


USB KEYS

We can lend you *USB keys* which contain all of the **ReCharge** workshops, from healthcare topics to mindfulness activities.

YOUTUBE

We can also give you access to all the workshops on our YouTube channel. You can choose just the ones that you would like to view



DVD'S

If you prefer, we also have DVD's available with the whole **ReCharge** series.

To request access to the DVD's, USB Keys or the YouTube channel please call or e-mail us at:

514-608-9600
CAREGIVERS@ARC-HSS.CA

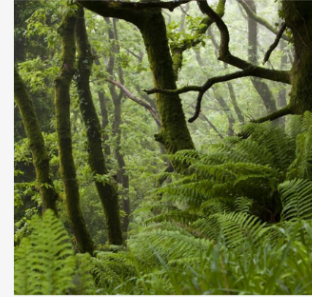
This is completely free for you, thanks to funding from:



The WWF, in collaboration with the Mental Health Foundation, have created a guide with tips on how to connect with nature to help us thrive. Connecting with nature is a great way to reduce stress, and to improve physical and mental wellbeing. From local parks, to a nearby body of water, to balconies and houseplants, nature is all around us.

Seek out green spaces

No matter where you live, even in the middle of the city, there is nature around you. This is great news—because there is a lot of scientific research exploring the fascinating link between our time spent in nature with improved mood, reduced stress and reduced risk of mental health problems. If you're struggling to find green space, consider growing house plants or keeping the window open to enjoy the breeze and sunlight.



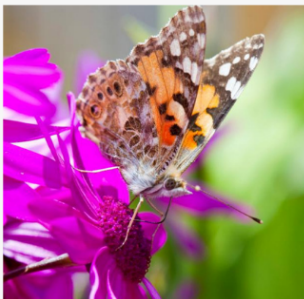
Relaxation and Mindfulness

Taking some quiet time to reflect on the sounds of nature can be a really positive practice for mental health and wellbeing. If you're unsure how to practise mindfulness, start by coming back to your senses—what can you hear, smell, touch and see around you? Try to stay in the present moment, and when your thoughts drift away to other things, gently guide them back to the now.



Interacting With Wildlife

Animals and wildlife can be very beneficial to overall wellbeing. If you don't have any pets at home, you can look out your window or into your garden or a park and try to spot different species of birds and animals. If you can't see any, try listening for them instead!



Creativity

Nature has inspired some of the greatest artists of all time—let yourself be inspired too! Painting, drawing, crafting, photography or writing, the possibilities are endless.

Gardening, Conservation and Farming

Studies have found that time spent gardening can improve mood, increase quality of life, and overall wellbeing. Planting and growing your own food has huge environmental benefits too, from significantly reducing food miles, eating more seasonal produce, and knowing exactly where your food comes from. It's a win-win!



To learn more and download the full guide, visit:
www.wwf.org.uk/5-ways-connect-nature-help-our-wellbeing

9 POWERFUL ACUPRESSURE POINTS FOR INSTANT HEALTH & HAPPINESS

GOVERNING VESSEL 24.5
THE CHILL OUT POINT
Helps you relax and de-stress.

GOVERNING VESSEL 26
THE REVIVAL POINT
Boosts mental alertness and wakes you up.

GALLBLADDER 21
THE NECK AND SHOULDER POINT
Relieves muscular tension and pain in the neck and shoulders.

LARGE INTESTINE 11
THE COOLING POINT
Soothes anything "red hot" like fever, hot flashes, sore throat, red skin, and inflammation.

PERICARDIUM 6
THE NAUSEA POINT
Relieves nausea and calms the stomach.

LARGE INTESTINE 4
THE MASTER POINT OF THE HEAD
Heals everything wrong with your head - headaches, toothaches, irritated eyes, jaw pain, etc.

STOMACH 36
THE ENERGY BOOSTER POINT
Boosts your physical stamina.

SPLEEN 6
THE GYNAECOLOGICAL POINT
Alleviates feminine reproductive problems.

LIVER 3
THE HAPPINESS POINT
Gets rid of anger, sadness, and other negative emotions.

SMARTER HEALING.COM



Three Sisters Tacos

These delicious tacos are prepared with corn, squash and beans. In some Indigenous communities, these crops are called the "Three Sisters" because they help each other grow when planted side by side.

Prep time: 20 minutes – Cook Time: 45 minutes – Servings: 6

Squash:

- 1 medium butternut squash (about 1.125 kg/2 ¼ lb)
- 10 mL (2 tsp) olive oil
- 5 mL (1 tsp) chili powder
- 5 mL (1 tsp) dried oregano

Refried Beans:

- 15 mL (1 tbsp) olive oil
- 2 garlic cloves, peeled
- 1 ½ cans (1 ½ x 540 mL/19 oz) no salt added black beans, drained and rinsed
- 5 mL (1 tsp) ground cumin
- 30 mL (2 tbsp) lime juice (about 1 lime)
- 5 mL (1 tsp) chili powder

Tacos:

- 12 small whole grain corn tortillas
- 125 mL (½ cup) light feta cheese or queso fresco

TIPS

- Set up an assembly line of toppings and go for it! Consider salsa, lower fat plain Greek yogurt, avocado, lettuce, cilantro, coriander, and lime.
- These tacos are a great way to encourage your kids to try butternut squash.
- Adjust the chili powder quantity to please your taste.
- Use dried beans instead of canned by soaking them before cooking.
- Adding salt or sugars directly to your recipe? Remember, a little often goes a long way.



Seniors Action Quebec

is proud to invite you to explore their latest exciting web resource for English-speaking seniors. This map is meant to highlight services offered to English-speaking seniors across Quebec.



SENIORS ACTION QUEBEC

Currently featuring health and social services, we encourage you to check back often as new categories (legal assistance, transportation etc.) are going to be added over the summer!

www.map.seniorsactionquebec.ca

HEALTH AWARENESS DAYS

Monday, July 5, is National Injury Prevention Day in Canada. Parachute is Canada's national charity dedicated to injury prevention and seeks to raise awareness about the devastating effects of predictable and preventable injuries. Their goal is to educate, and help all Canadians live long lives to the fullest. Some quick facts:

- ◇ Every day, 48 Canadians die and 634 are hospitalized because of injuries.
- ◇ Preventable injury kills more Canadian children than any disease, and more youth than all other causes combined.
- ◇ Seventy-five percent of injury-related deaths are from unintentional causes, such as falls, car crashes and poisoning.
- ◇ Falls are the leading cause of injury deaths, hospitalizations, emergency department visits and disabilities in Canada.

For more information, visit: www.parachute.ca/en/program/national-injury-prevention-day

Wednesday, July 21, is Glioblastoma (GBM) Awareness Day. GBM is the most common, complex, treatment-resistant, and deadliest type of brain cancer. The National Brain Tumour Society created this day to celebrate and support survivors and their loved ones, as well as honouring and remembering those who are no longer with us.

This year's event will be held virtually and will gather leading researchers, members of congress, patients, caregivers and friends for a day of educational programming, community discussions, and more. For more information visit: www.brainumor.org.

August 12 is International Youth Day. IYD is an opportunity to celebrate and mainstream young people's voices, actions, and initiatives and engagement. Tune-in for the podcast-style discussion, hosted by youth for youth, and discover independently organized International Youth Day events around the world. Together, let's recognize the importance of youth participation in political, economic, social life and processes. The 2021 theme is not yet announced, so make sure to check in for further details at: www.un.org/en/observances/youth-day.

On **World Humanitarian Day (WHD) August 19**, the world commemorates humanitarian workers killed and injured in the course of their work, and we honour all aid and health workers who continue, despite the odds, to provide life-saving support and protection to people most in need. After this challenging year, we appreciate the efforts of these individuals even more acutely. The 2021 theme is not yet released, but to check for updates and to read about the #RealLifeHeroes campaign, visit www.un.org/en/observances/humanitarian-day.

August 31 is International Overdose Awareness Day (IOAD), the world's largest annual campaign to end overdose, to remember, without stigma, those who have died, and to acknowledge the grief of the family and friends left behind. Overdose is one of the world's worst public health crises. IOAD seeks to raise awareness by spreading the message about the tragedy of drug overdose death and its preventability. This is an opportunity for people to publicly mourn lost loved ones and to share information and resources, to stimulate discussion about overdose prevention and drug policy, and to prevent and reduce drug-related harm by supporting evidence-based policy and practice. For more information, visit www.overdoseday.com.

Unusual Observance Days

July 1st—Of course we all know this date as Canada Day, and (the dreaded) Moving Day, but did you know it's also **National Creative Ice Cream Flavour's Day**? So here is your perfect excuse to treat yourself to your favourite flavour, or to try something completely new! Bon appétit!

July 11th—**National Cheer Up the Lonely Day.** After a year of social isolation, the world is starting to open up again. While we busy ourselves getting back to normalcy, why not take a moment out of our day to say or do something nice for someone around us. You never know what is going on behind the scenes in people's lives, and it only takes a moment to make someone feel seen. You might just have brightened someone's day, and helped them feel less lonely.

July 14th—**National Mac and Cheese Day.** What more is there to say, other than COUNT ME IN!



discover summer time **community** activities for all

Join Éducaloi on July 15 from 1:00-2:00 p.m. for **Wills: The Basics**. This workshop will give an overview of wills and why it's important to have one. Topics covered will include what a will is, why to make one, how to make one and who can help you make one. To register visit: <https://bit.ly/3x25xdX>

The **Quebec Canadian Celiac Association Support Group** invites you to a free online CHAT HOUR on Tuesday evening **July 6 at 8:00 p.m.** If you have to follow a gluten-free diet for medical reasons and would you like to share with others living this lifestyle, then this group is for you. Your confidentiality will be respected. Click the link to register, and a zoom link will be sent to you before the meeting. <https://bit.ly/3d4V6ho>

Light up Canada! On July 5, for National Injury Prevention Day (NIPD), municipalities across the nation will show support by lighting major landmarks in Parachute's distinctive green. In Montreal, **La Grande Roue in the Old Port** will be lit up in green to mark the initiative. For more details, visit: www.parachute.ca/en/program/national-injury-prevention-day/light-up-canada

July 28 is World Hepatitis Day (WHD). Join as people across the world take action and raise awareness of hepatitis, because Hepatitis Can't Wait. For more information, visit: www.worldhepatitisday.org/#about-world-hepatitis-day

Lawn Bowling Open Houses were a great success, but registration is still possible for the long summer ahead! Come learn this delightful sport, make new friends and catch up with old ones. Relaxed and friendly coaching is provided to all newcomers. For information or to join, call (450) 923-6612, and leave your contact details.

Join Sandra for **Qi Gong in the park, starting mid-July**. At Bretagne Park in Saint Lambert and Vieux Presbytère Park in Saint Bruno. For information, and to register: (450) 466-7200 or taichirivesud@gmail.com.

Great news, **Saint-Lambert Days are returning this summer!**

This popular, traditional Saint-Lambert event will be held from **August 20 to 22 in the heart of downtown on Victoria Avenue**. On the program: music, games, entertainment, and activities for the whole family, as well as the not-to-be-missed sidewalk sale! Please note, that in order to respect the public health guidelines in place, no performances will be presented this year. www.urbain.saint-lambert.ca

On Sunday, **August 15, the Classic Car Exhibition** returns for a 12th edition. Fabulous vintage cars 25 years and older will be on display in downtown Saint-Lambert, come have a look! For more information, contact the Corporation for the Economic Development (CED) of Saint-Lambert (CDE) by e-mail at info@urbain.saint-lambert.ca or visit www.urbain.saint-lambert.ca

From June 25 to August 21, join the TD Summer Reading Club! Kids of all ages are invited to discover the fun of reading their way, in the hopes of inspiring them to develop a lifelong love of reading. Children can do this free, bilingual activity anywhere, anytime: members set themselves a reading goal for the summer and are free to choose their own books. Program certificates are given, and raffle draws and a closing party are held for all those who reach their goal. Various activities will take place throughout the summer, including Library challenges, Drawing contest, Book duels and a Story-Telling Trail. www.tdsommerreadingclub.ca

Write Small, Write Big is the Fall Creative Writing Workshop led by Jeanette Paul. This series will be held at the Greenfield Park Library and is open to all. This 8-week session runs from October 21 through December 9 from 2:00 to 4:00 p.m. Register ahead of time, a fee of \$40 applies. For more information and to sign up, contact jeanettepaul@yahoo.ca.

PUZZLE PAGE

Word Tower

Build a tower of words that begin with the letters NO by increasing the number of letters in each consecutive word by one.

1. NO
2. NO _
3. NO _ _
4. NO _ _ _
5. NO _ _ _ _
6. NO _ _ _ _ _
7. NO _ _ _ _ _ _
8. NO _ _ _ _ _ _ _

Four Tricky Tongue Twisters

Repeat each tongue twister three times quickly and out loud, without making a mistake.

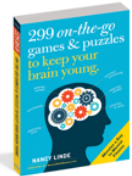
Greek grapes

Irish wristwatch

Willy's real rear wheel

Crisp crust crunch and crackle

Answers: (Other correct answers are possible) No, Now, Note, North, Noodle, Nothing, Nonsense, Novacaine



Excerpted from 299 On-the-Go Games & Puzzles to Keep Your Brain Young: Minutes a Day to Mental Fitness by Nancy Linde. Workman © 2019

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.

Greenfield Park

106 Churchill Blvd., 2nd Floor
Greenfield Park J4V 2L9
Tel: (514) 605-9500
info@arc-hss.ca

Candiac

9 Montcalm Blvd., #512
Candiac J5R 3L4
Tel: (438) 455-2747
candiac@arc-hss.ca

Haut-Richelieu-Rouville

927-B Séminaire Blvd.
St-Jean-sur-Richelieu J3A 1B6
Tel: (450) 357-0386
stjean@arc-hss.ca

www.arc-hss.ca, info@arc-hss.ca

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

Stay in touch and follow us on social media



Funded by the Government of Canada
Financé par le gouvernement du Canada



Canadian
Heritage

Canada

Patrimoine
canadien