

# The Advisor

Your information source for community activities on the South Shore



**106 Churchill Blvd., 2nd Floor, Greenfield Park J4V 2L9**

**514-605-9500**

[www.arc-hss.ca](http://www.arc-hss.ca), [info@arc-hss.ca](mailto:info@arc-hss.ca)

Thanksgiving is right around the corner and instead of having our traditional family gatherings, we have been directed by the Government to follow new restrictive guidelines. While this will have a big impact on our individual lives, it allows for the essential services to continue. We all have a role to play, so let's do our part to contain the virus.

On October 1 we observe **National Senior's Day** and honour the lifelong contribution seniors have and continue to make to their families, the community and society. Thank you!

Together as a community we achieved something truly miraculous on September 13! Despite the pouring rain, we collected more than 3000 pounds of non-perishables donated to a local food bank in Brossard, Mission Nouvelle Generation. We have shown that together as a community, we can make a positive contribution to the food security issue facing our society. Photos of the food drive are on page 9.

We held our first Community Health Education Program (CHEP) on September 23, on Zoom. At St-Jean and at the Greenfield Park Legion, we had 16 in-person and another 44 online. We are holding the next CHEP session on Wednesday, October 21 from 10:00 a.m. to 11:30 a.m. We will be sending out a separate email with the details soon.

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

## Maximum alert in certain regions of Québec

In force from **October 1 to 28** at midnight in the Communauté métropolitaine de Montréal, the Capitale-Nationale (except Portneuf and Charlevoix), the Chaudière-Appalaches region and La Rivière-du-Nord Regional County Municipality

- Receiving visitors in homes or cottages is prohibited



An exception is made for single individuals (only one visitor), informal caregivers, individuals offering services or support, children in shared custody and workers performing planned work

- Visits are prohibited to CHSLDs, seniors' homes and intermediate resources

(except for humanitarian visits and visits by one informal caregiver)



- Restaurant dining rooms are closed (delivery and takeout orders only)



- All outdoor gatherings with less than 2 metres of physical distancing are prohibited



Demonstrations are permitted but wearing masks is mandatory

- A maximum of 25 people at a time may assemble in places of worship and at funerals

- Interregional travel is not recommended toward a green, yellow, or orange zone and outside Québec

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## We are pleased to welcome

**Fiona Thain**,



who spent the past 25 years working in project

coordination and management on various projects worldwide.

Returned to the South Shore, where she grew up in Candiac and Brossard, Fiona has spent many hours volunteering in and around the community and is looking forward to being able to reach out and support the English-speaking community.

## WHAT'S HAPPENING IN Haut-Richelieu-Rouville

### → Spotlight on a health and social service organization in the Haut-Richelieu-Rouville - Centre de Bénévolat de la Rive-Sud

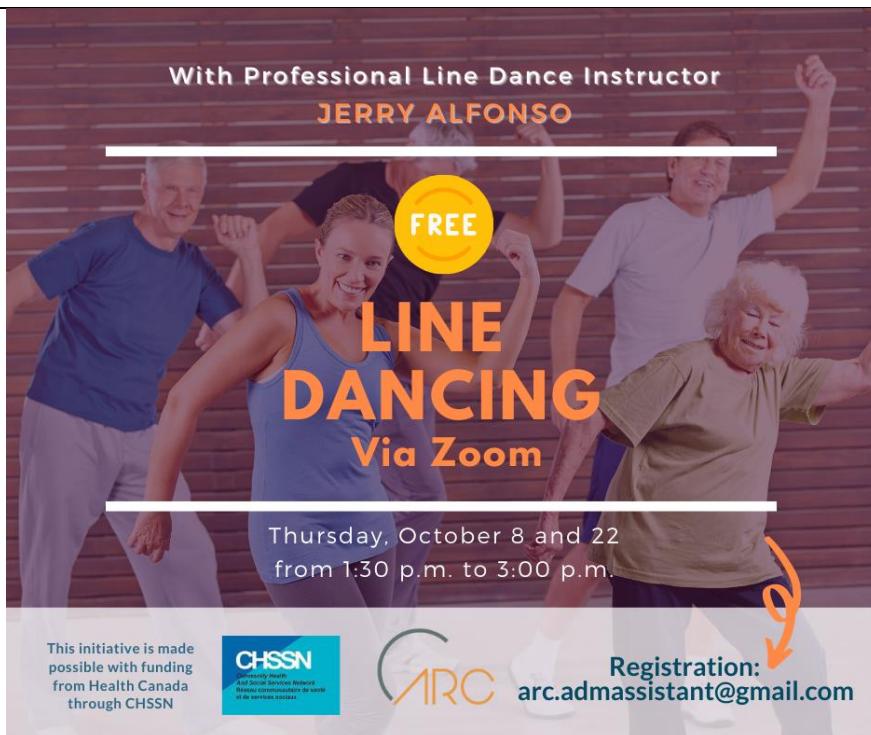
In September, a user of ARC services in Haut-Richelieu mentioned to the program coordinator that she was not able to access medical transportation through the Centre de Bénévolat as she could not understand the French message and options. A simple call to the Centre resulted in her being contacted the next day by someone who spoke English and she was able to arrange transportation. This is one of the things ARC exists for and it is also appreciated that this Centre de Bénévolat was able to react so quickly to meet her needs. In addition to medical transportation, they offer meals on wheels, telephone check-ins, and help with shopping. Other services they offer, such as coffee meetings, are on hold at present.

Pointe de Service Chambly  
1410 Ave de Salaberry, Chambly J3L 1R7  
Telephone: 450-658-4325



Photo credit: Tourism Montérégie

- Activity in Haut-Richelieu-Rouville (HRR): We were able to have our first activity in HRR, which was a webinar through the **Community Health Education Program (CHEP)**. A social worker spoke about taking care of mental health in the context of the pandemic. We had 5 participants attend in-person, socially distanced and masked. We will hold another CHEP event on October 21, the topic TBA. Thanks go to the St. Stephen's with St. James Anglican Church for providing us with a space as well as the audio-visual equipment!
- Coming up: **Mother Goose**, a successful program for parents and children 0-3, will be starting in HRR in January. The region will have its very own animator, who was hired recently, and animators are being trained this fall to be ready for the winter session. Spread the word to anyone you know with children of this age.
- We are aiming for November for the **opening of the new office in HRR**—at 927b rue du Séminaire Nord, St-Jean-Sur-Richelieu. Watch for news of an open house!



With Professional Line Dance Instructor  
**JERRY ALFONSO**

**FREE**

**LINE  
DANCING**  
Via Zoom

Thursday, October 8 and 22  
from 1:30 p.m. to 3:00 p.m.

This initiative is made possible with funding from Health Canada through CHSSN

CHSSN

ARC

Registration: [arc.admassistant@gmail.com](mailto:arc.admassistant@gmail.com)



### Nomination form

**Do you know an employee, a volunteer or a team at a community or public organisation who stands out for having made a special effort to improve the health and well-being of Montérégie's English-speaking community members?**

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

The **Star Program**, an initiative of the Regional Health and Social Services Partnership Table (RHSSPT), is a program that highlights individuals or groups who demonstrate support for the Montérégie English-speaking community.

Selected candidates will receive a certificate of congratulations, a gift card as a token of appreciation, and they will be featured in the newsletter publications and Facebook pages of diverse health organizations across the Montérégie.

To nominate a candidate or a team, please complete the following form <https://fr.surveymonkey.com/r/TNYYH5> or call

**Assistance and Referral Center (ARC): 514-605-9500**  
**Montérégie West Community Network (MWCN): 450-691-1444**  
**Montérégie East Partnership For The English-speaking Community (MEPESC): 450-201-3772**

Nominator information (this information will remain confidential):

Your full name:

Your e-mail address:

Your phone number:

### Your home municipality

**Nominee Information:**

Full name or team members' names:

Where did you interact with this person or team? (Indicating place).

**Please describe the special efforts this person or team made to improve the health and well-being of Medicaid beneficiaries.**

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Thank you for answering this nomination form. Your implication makes a difference!  
We will contact you shortly to let you know if the person you nominated has been selected.

## Star Program Montérégie

Many community organizations on the South Shore of Montreal and in Montérégie, catering to the needs of the English-speaking population, are partners in a consultative body called the Regional Health and Social Services Partnership Table (RHSSPT). This partnership table is regrouping organizations throughout the Montérégie.

The RHSSPT has numerous initiatives. One of which is to highlight the efforts being made by individuals or organizations in order to facilitate access to various services in English;

To do so, people that are going the extra mile to support an English speaker in accessing services can be nominated through the attached form and be rewarded for their efforts

The form can be submitted to the local organization mentioned below and will be evaluated through a committee.

Assistance and Referral Centre (ARC) Montérégie-Centre  
(Longueuil to Haut-Richelieu-Rouville): 514-605-9500  
Montérégie West Community Network (MWCN)  
(Châteauguay to Vaudreuil-Soulanges): 450-691-1444  
Montérégie East Partnership for the English-speaking  
Community (MEPEC) (Boucherville, Sorel, Saint-Bruno): 450-  
281-3732

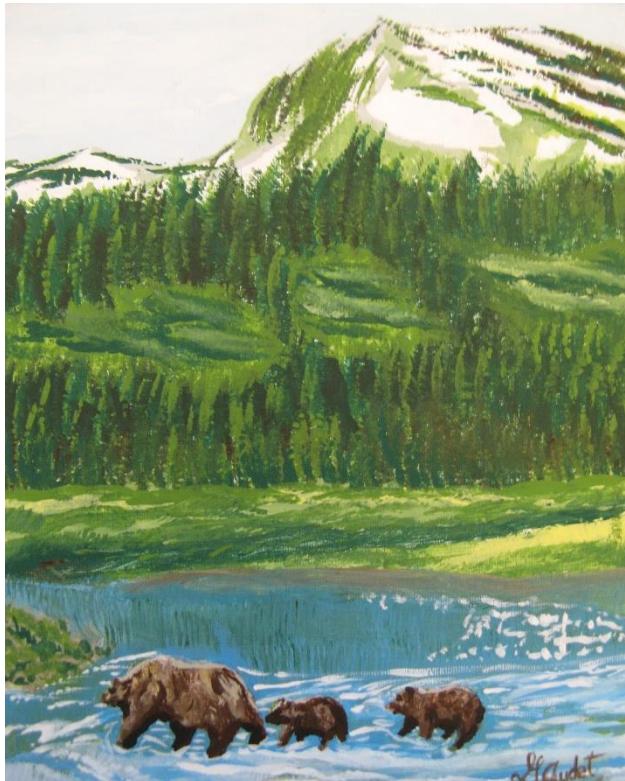
Do you know someone who fits the criteria?

Download and complete the nomination form at [www.arc-hss.ca/starprogramform](http://www.arc-hss.ca/starprogramform).

The banner features the text "PHOENIX KIDS' CLUB" in large, gold-colored, stylized letters. To the right is a vibrant illustration of a phoenix rising from a flame. Below the main title is a photograph of a diverse group of eight children (four boys and four girls) smiling against a background of falling autumn leaves.

# ARC Art on Display

We are pleased to show off just a little of the art work created by participants in our classes this year. This month we are featuring the creative couple, Gilles and Shanti Audet. If you are interested in exploring your artistic side, contact us for info [arc.admassistant@gmail.com](mailto:arc.admassistant@gmail.com).



**Acrylic painting class with artist  
Addie Malkus**

Thursday, October 15 and 29  
2:00 p.m. to 3:30 p.m.

# Virtual Colour Café

Class and starter kits provided **FREE** of charge

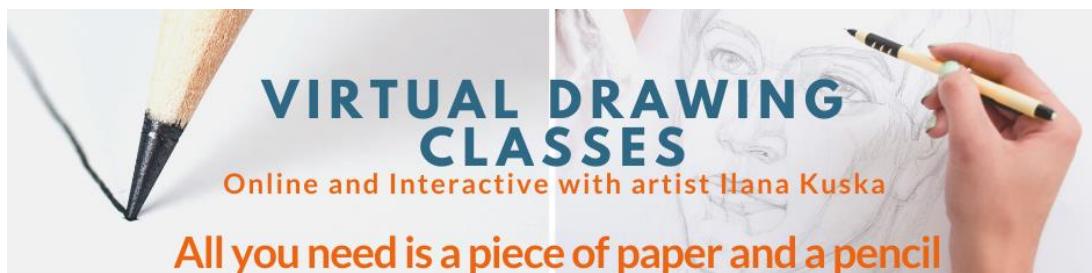
Registration:  
[arc.admassistant@gmail.com](mailto:arc.admassistant@gmail.com)

This initiative is made possible with funding from Canadian Heritage

 Canadian Heritage Patrimoine canadien







## VIRTUAL DRAWING CLASSES

Online and Interactive with artist Ilana Kuska

All you need is a piece of paper and a pencil

Monday October 5, 19 and 26

From 2:00 p.m. to 3:30 p.m.

- After registration, a link will be sent to you by e-mail with clear and easy instructions on how to connect.

In case you have technical problems, we will help!

TO REGISTER:  
[arc.admassistant@gmail.com](mailto:arc.admassistant@gmail.com)

This initiative is made possible with funding from Health Canada through CHSSN



## Tools for Planning Ahead:

### Power of Attorney, Protection Mandates, Advanced Medical Directives and Wills

October 20—9:30 to 11:30 a.m.

This event is for participants who live in the Greater Montreal Region, Laval & South Shore

Register by October 13 by sending an email with your contact info (name, phone number and organization) to [info@seniorsactionquebec.ca](mailto:info@seniorsactionquebec.ca). A confirmation email will be sent to you within 2 working days.

This online workshop will explain the various legal tools available for planning ahead. After a brief refresher on power of attorney, protection mandates and advance medical directives, the workshop will focus primarily on wills.

Topics covered: the three different types of wills that are legal in Quebec, the advantages and disadvantages of each type, how to make a will, the conditions to respect to ensure that a will is valid, and how to update a will you have already.

This will be an excellent opportunity for seniors who need to modify their current will or wishes to understand the requirements regarding mandates and the relatively new law, "Advanced Medical Directives."

Free  
VIRTUAL

**ReCharge**  
**Caregiver's**  
Support Group

**Topic: END OF LIFE CARE**  
Guided by a Social Worker

Wednesday October 7th  
From 7:00 pm - 8:30 pm

Zoom link to be sent upon registration  
Registration required



This initiative is  
funded by  
l'Appui Montréal

L'APPUI  
POUR LES  
PROCHES AIDANTS  
DAÎNES  
MONTRÉAL

514-608-9600  
[arc.projectcoord@gmail.com](mailto:arc.projectcoord@gmail.com)

BUILD YOUR RESILIENCE

# *3Rs to Relieve Stress*

Coping skills, strategies, and many more effective  
day-to-day concepts

Presenter: **Amie Chicoine** from  
Vision Gaspe-Perce Now

**Wednesday, October 14**  
10:00 a.m. to 11:30 a.m.  
via Zoom

Registration: [arc.admassistant@gmail.com](mailto:arc.admassistant@gmail.com) or  
514-605-9500

*This initiative is made possible with funding from  
Health Canada through the CHSSN*



*A resiliency promotion workshop from Reaching IN...Reaching OUT*



SEPTEMBER 13, 2020

# *the miracle food drive*

OUR THANKS TO ALL IN THE  
COMMUNITY WHO CONTRIBUTED





- **CHIP** (Communicaid for Hearing Impaired Persons) offers assistance and workshops in English for persons who experience hearing loss. They provide resources, communication tools and training. While based in Montreal, they will reach out to the South Shore English-speaking community. Call 514-488-5552, visit [www.hearhear.org](http://www.hearhear.org) or email [info@hearhear.org](mailto:info@hearhear.org).
- **Parkinson Disease** — A bilingual Quebec-based social worker is available for people living with Parkinson's, their care partners and healthcare professionals at 514-357-4291 ext. 3411, 1-800-565-3000 ext. 3411 or by email [infoQC@parkinson.ca](mailto:infoQC@parkinson.ca). Support groups online or by telephone.
- **Talking About Suicide Saves Lives**

Do you need help? Are you, or is someone you know, experiencing a suicidal crisis? Are you mourning, due to someone's suicide. The AQPS call number is 1-866 APPELLE (277-3553). This service is available in English and French and open to all Quebecers across the province regardless of where you live.

<https://howtotalkaboutsueicide.com>.

#### **Montreal**

Call Suicide Action Montreal: 514-723-4000

On the web at: [www.suicideactionmontreal.org](http://www.suicideactionmontreal.org)

Association québécoise de prévention du suicide: [www.aqps.info](http://www.aqps.info)

- **Arthrite Rive-Sud/Arthritis South Shore** is a non-profit organization run by volunteers who want to make a difference in the lives of people with arthritis. They are a community organization dedicated to informing, helping and supporting individuals to manage and cope better with arthritis and to live better with all forms of arthritis. They offer programs and activities like conferences, workshops, support groups and adapted exercises. You are welcome at the Arthritis South Shore, whether it be as a member, participant, volunteer, leader, supporter or collaborator. Email—[arthriterivesud@gmail.com](mailto:arthriterivesud@gmail.com), Telephone 438-630-7215.
- **Mental illnesses often present many challenges for family members.** Periods of remission may be followed by relapses, and hope then turns to despair. Family members play a critical role in helping loved ones seek help and embark on a journey of recovery, but it's not easy. For information on various **AMI Quebec** programs and services visit [www.amiquebec.org](http://www.amiquebec.org). Call 514-486-1448, or if outside Montreal, call 1-877-303-0264.
- **The Canadian Celiac Association** is the national voice for anyone adversely affected by gluten and is dedicated to improving diagnosis and quality of life. For information visit [www.celiac.ca](http://www.celiac.ca) or email [info@celiac.ca](mailto:info@celiac.ca).
- **Com'Femme** is a bilingual group whose mission is to improve the living conditions for women residing in the Montérégie (Brossard, St. Hubert). They support various projects such as "knitted knockers" for breast cancer survivors. For more information, please contact 450-676-7719 or visit [www.comfemme.org](http://www.comfemme.org).
- **The Yellow Door** has moved some of their wellness groups online—free, all welcome and intergenerational! Find them here: [www.facebook.com/YDActivities](http://www.facebook.com/YDActivities).
- **The South Shore Alzheimer Society's** (Brossard) mission is to support, help and guide people with Alzheimer's disease or other neurocognitive disorders. They offer telephone consultations and counselling services for individuals, families and caregivers. Training workshops and in-home respite services are also offered. For more information call 450-445-6660 or email [brossard@alzheimerrivesud.ca](mailto:brossard@alzheimerrivesud.ca). Offices located at 6955 Taschereau Blvd., suite 4, Brossard (near the auto park). Visit [www.societealzheimerrivesud.ca](http://www.societealzheimerrivesud.ca).
- **Looking for a Family Doctor?** Recent data confirms that the Montérégie-Centre, at 25%, has the highest number of residents who do not have a family doctor off the Island of Montreal. When searching for a doctor, we suggest:
  - **Register to find a family doctor.** To find a family doctor who is accepting new patients, you can put your name on the waiting list: [www.quebec.ca/en/health/finding-a-resource/registering-with-a-family-doctor](http://www.quebec.ca/en/health/finding-a-resource/registering-with-a-family-doctor).

- **Telephone** the CLSC Samuel-du-Champlain at 450-443-7414. Visit a local medical clinic or CLSC until you find a doctor who is taking on new clientele. We suggest to be very proactive by calling medical clinics and even asking people you know if their doctor is welcoming new patients.
- **Visit this link for local information** on medical clinics and services.  
<https://santemonteregie.qc.ca/en/services>.

**Did you know:**

- 66% of people aged 65+ take 5 or more medications?
- 38% of people aged 85+ take 10 or more...
- 1 in 143 people hospitalized are due to the harmful effects of their medications.
- There are safe alternatives to taking some medications...

To find out more and to learn about what you can do to reduce your risks go to [www.deprescribingnetwork.ca](http://www.deprescribingnetwork.ca)



## QUESCREN Lunch & Learn The Life of Dr. Dominique Gaspard



**Presenter:** Dr. Dorothy Williams

**When:** Thursday, October 8, 2020, 12 p.m.—1 p.m.

**Where:** Online using Zoom. Link will be emailed to registered participants.

**Language of event:** English presentation and Q+A session

[\*\*CLICK HERE FOR MORE INFO & TO REGISTER\*\*](#)

This event was made possible through the financial support of the [Secrétariat aux relations avec les Québécois d'expression anglaise](#), the [Department of Canadian Heritage](#), and the [Canadian Institute for Research on Linguistic Minorities](#).

# Decision Fact Sheet

## If you have COVID-19 symptoms

Follow the instructions on this poster to help you take the optimal decision for you and your close friends and family. Always use proper hygienic and preventive measures to avoid contamination.

- Wash your hands frequently
- Cough or sneeze into the crook of your elbow, onto your upper arm or into a paper facial tissue, not your hands
- Keep your environment clean

### Adults & children

I have a fever (temperature  $\geq 38^{\circ}\text{C}$  ( $100.4^{\circ}\text{F}$ ) or  $\geq 37.8^{\circ}\text{C}$  ( $100^{\circ}\text{F}$ ) for seniors) or any of the following symptoms:

- Onset or worsening of cough
- Difficulty breathing
- Extreme fatigue
- Sudden loss of sense of smell without nasal congestion, with or without loss of taste
- Muscular pain
- Headache
- Major loss of appetite
- Sore throat
- Diarrhea

I am an elderly person with geriatric symptoms (loss of autonomy, falling, confusion onset, agitation or sluggishness, loss of appetite, extreme fatigue, etc.).

### Adults & children

I have a fever higher than  $38^{\circ}\text{C}/100.4^{\circ}\text{F}$  and one or more of the following:

- Persistent and/or increasing difficulty in breathing
- Blue lips
- Difficulty moving
- Fever (baby less than three months of age, see page 13)
- Somnolence, confusion, disorientation, difficulty staying awake
- No urine for 12 hours

### DECISION

I stay at home  
and call the  
**1-877-644-4545**  
coronavirus hotline

**Follow instructions.**

### GENERAL INFORMATION

**Service Québec**

**Coronavirus hotline**

1-877-644-4545 (toll free)

**Deaf or hard-of-hearing persons**

1-800-361-9596 (toll free)

### Important phone numbers:

Your pharmacist:

Your doctor:

Your CLSC:

20-210-194/WFA

### DECISION

**Go to the emergency room immediately.**

**If help is needed,  
call 911.**

Keep informed.  
The **Québec.ca/coronavirus** website has up-to-date news.

**Québec** 

## Partner Profile—Seniors Respite Montérégie

Seniors Respite Montérégie's mission is to enrich the quality of life for seniors and caregivers through specialized activities and respite. They have a Day Centre and In-home Services.

### Day Centre

The goal at Seniors Respite Montérégie (SRM) is to provide a stimulating and welcoming environment for adults and respite to caregivers. While caregivers enjoy a bit of respite, their loved ones participate in multiple specialized activities to stimulate essential skills including physical, cognitive, and social. Services for seniors looking to alleviate loneliness and isolation are also offered. The centre is open on Tuesday, Thursday and Friday from 9:30-4:30.



### In-Home Services

SRM provides one-on-one activities led by a qualified and experienced care specialist. Services are available seven days a week providing caregiver's respite when they need it. In-home services available upon a telephone review of needs. 450-486-4722.



### Coffee Shop

SRM holds twice weekly Coffee Meetups every Monday and Wednesday from 10:00 a.m. to 4:00 p.m. for people aged 55+. Join to meet new friends for coffee and conversation.

### AA

By partnering with Alcoholics Anonymous, SRM holds meetings on Sunday evenings, Tuesday evenings, Wednesday morning and Friday evening.

- Sunday 7:30 p.m.
- Tuesday 7:30 p.m.
- Wednesday 9:30 a.m.
- Friday 7:30 p.m.



### The Department of Canadian Heritage

Funding has been approved by Canadian Heritage and SRM is now able to integrate an Arts and Crafts Program. If you are creative, like to draw or paint, communicate through art, then this class may be right for you.

Each participant (isolated seniors and caregivers) will produce a drawing, or a painting. The artistic product will reflect the expression of creativity through skills and imagination. A professional therapist is present to help participants learn to express their emotions.

The Arts and Crafts Program is also a great way to meet other people if you would like to make a difference and help a senior. One thing is for absolute certainty, you will have a great day! **(photo to be provided)**

To discover more about Seniors Respite Montérégie, visit their website at [www.adultdaycare.ca](http://www.adultdaycare.ca) or contact them at 450-486-4722, [info@adultdaycare.ca](mailto:info@adultdaycare.ca).

# Computer Training and Workshops



- Unsure of how best to use a computer/tablet and would like to be better informed? Seniors Respite Montérégie & Atwater Library Connect Project are partnering in offering **FREE Computer Training sessions**. Initially online and when appropriate in person at SRM's centre located at 83 Churchill Blvd., Greenfield Park. But first there is a need to understand what the community needs are, so please complete the Survey of Interest by clicking on the link below.  
<https://docs.google.com/forms/d/e/1FAIpQLSd9bxglxuyLijbpilkz6rZdJSWkwJRn3q3fz9tp00hhmTtf1A/viewform>

- **YES, Youth Employment Services** Most of the workshops offered at the YES Centre are available online for individuals throughout Montreal and the regions of Quebec. With the exception of the Jump-Start Your Job Search Express which is only available online to Quebecers who reside off the island of Montreal. Using a live-streaming service, you'll be able to watch, listen and respond to the seminars through your home computer. Online workshops are interactive and may have group activities, and pre-registration is required.

**Registration** Pre-registration is required for all online workshops. Those wishing to register for online business coaching services must contact Mariana Stabilé, [mstable@yesmontreal.ca](mailto:mstable@yesmontreal.ca), 514-878-9788 ext 316 to open a file.

For a one-time, \$30 file activation fee, you will have unlimited access to specialized entrepreneurship and artists' services including coaching, legal clinics and accounting clinics. You will be exempt from this fee if you are receiving social assistance at the time of your appointment.

## Cours d'anglais French courses

Offer yourself the power to communicate!  
Offrez-vous le pouvoir de communiquer!

INSCRIVEZ-VOUS MAINTENANT,  
LES PLACES SONT LIMITÉS !  
REGISTER NOW, LIMITED SPACES AVAILABLE!

ACCESS Brossard 450 443-6576  
7900 Taschereau, Building C  
Brossard, Qc, J4X 1C2

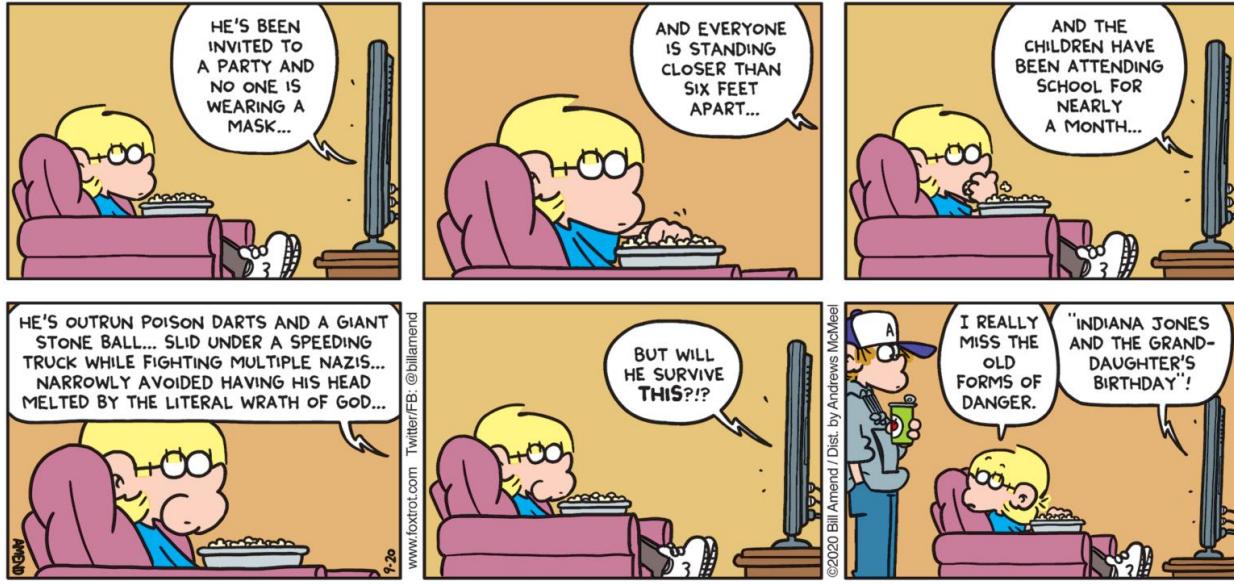
6 levels of French available  
Monday to Friday, daytime or evening  
6 niveaux d'anglais disponibles  
Du lundi au vendredi, jour ou soir

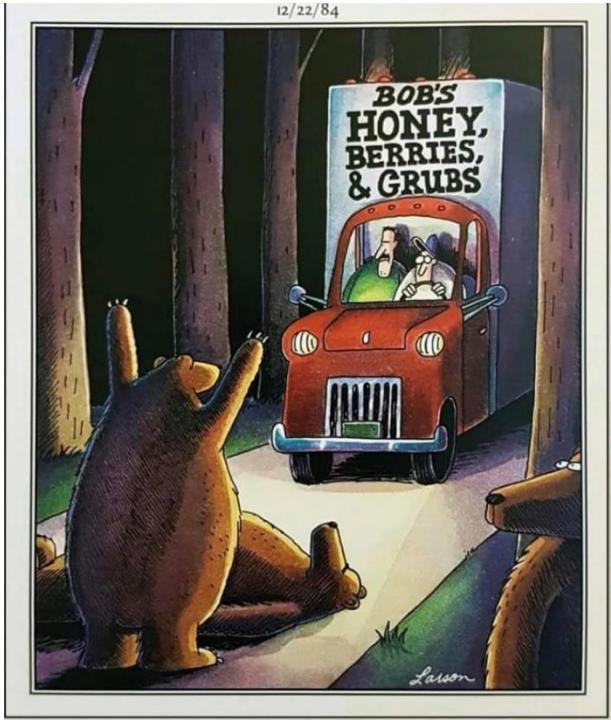
 **access.**  
brillant comme vous l'êtes  
brilliant as you are  
[jesuisbrillant.ca](http://jesuisbrillant.ca) • [iambrilliant.ca](http://iambrilliant.ca)





- **CAAP—Montérégie** (Complaint Assistance and Support Centre) The Complaint Assistance and Support Centre can help you formulate your complaints or to use the recourse mechanisms available. This organization is appointed by the Québec Health and Social Service Minister. Services are free, bilingual and confidential. Call 450-347-0670 or 1-800-263-0670.
- **The Montérégie Community Justice Centre** is an English-language low-cost services offered for the greater South Shore at 6300 Auteuil Street, Suite 503, Brossard, 579-723-3700 or toll-free 1-844-723-3700, [www.justicedeproximite.qc.ca /en/centres/Montérégie](http://www.justicedeproximite.qc.ca/en/centres/Montérégie). Due to the covid-19 situation services will be offered by telephone only.
- **Maison Internationale de la Rive-Sud** (MIRS) assisting and offering support to newcomers. Location: 2152 Lapinière Blvd., #220, Brossard, 450-445-8777, [info@mirs.qc.ca](mailto:info@mirs.qc.ca), [www.mirs.qc.ca](http://www.mirs.qc.ca).
- **Our Harbour** offers English-language support and housing services for persons living with mental illness on the South Shore. They have 8 apartments, which are presently occupied but more are expected at a later date. If you know of a person or persons who may benefit from this program, please contact them. Volunteers and supporters are always welcome. Call 450-671-9160, email [info@ourharbour.org](mailto:info@ourharbour.org) or visit [www.ourharbour.org](http://www.ourharbour.org).
- **The Mission Nouvelle Génération**, the Community Food Bank in Brossard (near the Mall Champlain), 1423 Provencher, is open on Thursdays from 1:00 p.m. to 5:00 p.m. and 6:30 p.m. to 8:30 p.m. Tuesdays from 4:00 p.m. to 8:00 p.m. The content varies weekly. If you are interested in the food bank, you can book an appointment for an interview to determine if you are eligible. The telephone number is 450-486-7667. Also, if you have any gently used items, we suggest you donate them to their thrift shop. The items may be sold at a low cost and the funds go right back into the community. You can drop items off from 10:00 a.m. to 4:00 p.m., Tuesdays and Thursdays. Volunteers are welcome, very bilingual! [www.missionnouvellegeneration.org](http://www.missionnouvellegeneration.org).
- **211** is an easy number to remember. The 211-telephone referral for community services is available for residents of the Greater Montreal area, including the South Shore. By calling the 211-telephone line, you receive information on community and social resources, such as home support and housing for seniors, support associations for people with intellectual or physical disabilities, psychosocial support for victims of domestic violence and sexual assault. Treatment for addiction and mental health advocacy groups. The service is free, multilingual, and is available seven days a week from 8:00 a.m. to 6:00 p.m. Residents can visit the website for more information [www.211qc.ca/en/about](http://www.211qc.ca/en/about).





"Just stay in the cab, Vern ... maybe that bear's hurt and maybe he ain't."



**SCIENCE SAVES LIVES.**



To be added to our contact list, please [email us](#) with your name, and if possible the city in which you live.

We do not share our email contact list with third parties. We invite you to share our publications with family and friends. You may [unsubscribe](#) at any time.

**Greenfield Park**  
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Greenfield Park J4V 2L9  
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Tel: 450-357-0386  
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