

# The Advisor

Your information source for community activities on the South Shore



106 Boul. Churchill, 2nd Floor, Greenfield Park J4V 2L9  
514-605-9500,  
[www.arc-hss.ca](http://www.arc-hss.ca), [TheAdvisorSouthShore@gmail.com](mailto:TheAdvisorSouthShore@gmail.com)



## ReCharge



## DROP INS

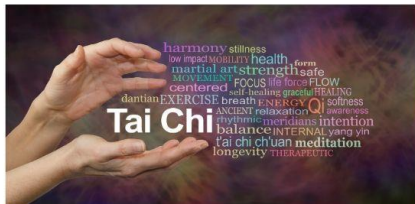


## English CONVERSATION Clubs

## Parents and Caregivers Support Groups



- \*Parent-Child Mother Goose
- \*Sajou and Salie



## ARC Community Retention Program

This initiative is carried out thanks to the funding from Health Canada through the McGill Retention Project  
McGill Health Services Canada







**Wishing our South Asian friends a Happy New Year!**

This is the Year of the Metal Rat, starting from the 2020 Chinese New Year on January 25 and lasting to the 2021 Lunar New Year's Eve on February 11. The Rat is the first in the 12-year cycle of the Chinese zodiac.



**January 9 and 16 from 2.00 pm to 4.00 pm at ARC**



RSVP to 514-605-9500 This is a free activity & materials will be supplied

Assistance and Referral Centre (ARC)  
 106 Boul. Churchill, Greenfield Park J4V 2L9  
 arcinformation2@gmail.com



This activity is possible thanks to funding from Canadian Heritage




Canadian Heritage

Patrimoine canadien

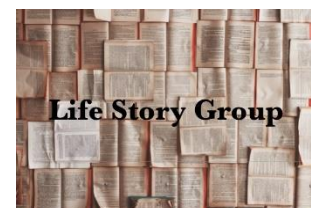
**Events & Services December**

<p><b>St Hubert Legion</b></p> <p>January Activities</p>	<p>Looking for a place to head to for various activities and meet new people? Then come by the <b>St. Hubert Legion</b>, 4040 Montée St-Hubert, 450-676-1141.</p> <p>January 2 – President’s Day, Doors open 2:00 pm</p> <p>January 3 – Darts Friday night beginning at 7:30 pm, and every Friday night thereafter.</p> <p>January 6 &amp; 20 – Bingo starting at 7:00 pm</p> <p>January 11 – Crib Tournament, registration at 10:00 am, starts at 11:00 am, \$10 per person.</p>
<p><b>St. Martin’s Book Sale</b></p> <p>January 11</p>	<p><b>St. Martin’s House</b> (an Anglican Church), located at 221 Prince Edward in Otterburn Park, will have a used book sale on Saturday, January 11 from 9:30 am to 12:00 pm. A good supply of English language books and a small selection of French language books will be available at very low prices. For information please call 450-446-7627 or 450-464-2832.</p>

<p><b>Life Story Group</b></p>  <p>January 11</p>	<p>Come and join the <b>Life Story Group</b> beginning January 11<sup>th</sup>  Have you ever wished you could sit and tell your story while listening as others tell theirs? We all have a story to tell about our life, some that have never been told to anyone, some may have been told, but nobody heard. Join the Life Story Group, a place where you tell your story in a safe, confidential setting while listening to others as they share theirs.</p> <p>When: 1:00 pm to 2:00 pm every Saturday starting January 11<sup>th</sup>  Where: 83 Churchill Boulevard, Greenfield Park,  Open to anyone who has a story that needs to be told.  Cost: Free! Small donations are appreciated to offset the costs.  <i>Disclaimer: Franca is not a licensed therapist or counsellor, but simply a fellow journeyer in life who wants to support and encourage people who are going through a rough time that there is hope!</i></p>
<p><b>St Barnabas Lunch</b>  January 15</p>	<p>Come and enjoy a <b>hot lunch at St Barnabas</b>, 95 Lorne Ave., St Lambert, every Wednesday at 12:00 noon. Starting up again on January 15.  <i>Ask about lunch-take away meals which are also available to buy for \$5.00.</i></p>
<p><b>Women's Wednesday Group In Candiac</b></p> <p>January 15 and January 22</p>	<p><b>The Candiac Wednesday Group</b> meets weekly at the Maison des Jeunes Antidote, 125 Ch. Haendel, Candiac. It's at the other end of the community centre with a separate entrance. From 9:15 am to 11:15 am. The CWG is a friendly community group which provides women from Candiac and the surrounding areas with the opportunity to learn and discuss a multitude of different topics in an informal setting. Children are welcome and free babysitting is available to give mothers an opportunity to relax.</p> <p><b>January 15</b> – Ms. Patricia Goyette, Notary, will be speaking about the many pitfalls and issues that can arise if a person does not have the proper legal documents in place prior to unfortunate life events that may happen such as divorce, death of a spouse and incapacity. Learn how to protect yourself and your family now, so that your wishes may be carried out in both sickness and in health.</p> <p><b>January 22</b> – Ms. Priscilla Aboulehaf, Pharmacist and owner of the Candiac Jean-Coutu pharmacy will share her expertise on a variety of topics. Learn how best to manage your prescriptions, facts about opioids, generic versus name brand medications, the safe use of vitamins and supplements as well as expanded services a pharmacist is now able to provide.</p> <p>For information, call Sandra Vocino, 450-638-2846, <a href="mailto:svocino@hotmail.com">svocino@hotmail.com</a>.</p>
<p><b>Horticultural Society</b>  January 16</p>	<p><b>St. Lambert Horticultural Society</b> meetings will resume on January 16 at 7:30 pm. The topic is The Effects of Global Warming on the Arctic Ice Caps with guest speaker, David Sherman. For more information contact <a href="mailto:slhorticulture@gmail.com">slhorticulture@gmail.com</a> or call 450-671-4535.  Location: Recreation Centre, 600 Oak Ave, in St-Lambert (back entrance).</p>
<p><b>St. Paul's Saturday Seniors Program</b>  January 18</p>	<p>The <b>Saturday Seniors Program</b> event is open to all seniors within and outside of our church community. They are held in English. Freewill offering only. Invite your friends and join us for afternoon tea, refreshments and celebrations of birthdays.</p> <p>Location: 321 Empire St, Greenfield Park</p> <p>The next dinner is on January 18. Featuring keyboard player &amp; vocalist: Greg Inniss</p>
<p><b>South Shore Retired Teachers</b></p> <p>February 20</p>	<p><b>South Shore Retired Educators</b> – Next session: February 20  Why not join the South Shore Retired Educators? Anyone who has worked in elementary and high school education as a teacher, support staff, administrator, school board personnel or those who have worked with students or staff are all eligible to join. It's as simple as that! Meetings are 6 times a year, usually Thursday afternoons from 1:00 pm to 3:00 pm, at the Mount Bruno United Church Hall, 25 Lakeview Ave in St. Bruno by the lake. Very interesting speakers &amp; snacks! For information: <a href="mailto:southshoreretirededucators@gmail.com">southshoreretirededucators@gmail.com</a>. A nominal annual fee. Why not attend and join them for fun, fellowship and refreshments! <b>SSRE Upcoming Thursday meeting dates:</b> February 20, April 16 and May 21.</p>

<p><b>St-Lambert Choral Society</b></p> <p>A 100-plus year South Shore Tradition of Live Music</p> <p>February 22 &amp; June 7</p>	<p style="text-align: center;"><b>2020 SEASON</b></p> <p>The St-Lambert Choral Society is proud to announce its 2020 season. Three concerts to celebrate Nordicity, sacred music and Beethoven's universal genius!</p> <p>Become a subscriber to exciting season concerts:</p> <p style="text-align: center;"><b>February 22: MESSE SOLENNELLE, opus 16, Louis Vierne</b></p> <p>A masterful piece for choir, along with the sounds of two musical organs in the magnificent Cathedral Saint-Antoine-de-Padoue, Longueuil</p> <p style="text-align: center;"><b>June 7: ODE TO JOY, Beethoven</b></p> <p>The SLCS, the Orchestre classique de Montréal and two other choirs Maison Symphonique, Montréal</p> <p style="text-align: center;"><b>BECOME A FRIEND OF THE ST. LAMBERT CHORAL SOCIETY!</b></p> <p>Donations will help ensure the sustainability of the choir.</p> <p>Visit the website to purchase your subscription online <a href="http://www.chorale-stlambert.qc.ca">www.chorale-stlambert.qc.ca</a></p>
<p><b>Preville Fine Arts Centre</b></p>	<p><b>Preville Fine Arts Centre</b> hosts a range of musical, visual and performing art programs for both children, young and older adults. Now at a new location! Collège Notre Dame de Lourdes, 845 Chemin Tiffin, Longueuil. For information, call 450-671-2810 or email <a href="mailto:info@centreprville.org">info@centreprville.org</a></p> <p>Visit online and you may also register at <a href="http://www.centreprville.org">www.centreprville.org</a></p>
<p><b>Seaway Swingers Square Dance</b></p>	<p><b>The Seaway Swingers Square Dance Club</b> host weekly Tuesday sessions at the Greenfield Park Arena (Jubilee Hall) 195 Empire from 7:00 pm to 9:00 pm. Modern square dancing will keep you on your toes and is good for your health. For more information call 450-674-7623 or 450-672-5252 or visit <a href="http://www.seawaysswingers.ca">www.seawaysswingers.ca</a>.</p>
<p><b>T.O.P.S Take off Pounds Sensibly</b></p>	<p><b>TOPS (Take Pounds Off Sensibly)</b> a weight loss support group is always welcoming new members. This chapter meets Monday evenings at the Greenfield Park United Church situated at 335 Springfield. For more information, call Donna Thompson, Chapter Leader, 450-445-1798 or Susan Morrow, Area Captain, 450-672-0941.</p>
<h2 style="background-color: #0056b3; color: white; padding: 10px;">Information Sessions &amp; Workshops</h2>	
<p><b>AMI Quebec</b></p> <p>January 15</p>	<p><b>Mental illnesses often present many challenges for family members.</b> 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. <b>AMI Quebec</b> offers a family support group that meet once a month on Wednesday evenings from 6:30 pm to 8:30 pm. The group meeting has moved to 106 Churchill Blvd in Greenfield Park. For information on various AMI Quebec programs and services, visit <a href="http://www.amiquebec.org">www.amiquebec.org</a>. Call 514-486-1448, or if outside Montreal call 1-877-303-0264.</p>
<p><b>The Longing Workshop Beginning</b></p> <p>January 22 and January 23</p>	<p><b>The Longing: What You Seek is Seeking You</b> is a 5-week workshop series for those with a spiritual longing. After the 5-week workshop, you have the option to participate in monthly circles to explore new practices and to share spiritual growth and inquiry. Meet in a safe and curious community of support. Next St-Lambert series: starting on January 22, Wednesday afternoons 1:00 pm to 3:00 pm, and Thursday evenings 6:30 pm to 8:30 pm, starting January 23. Visit <a href="http://www.intothemeta.com">www.intothemeta.com</a> for more information and to register or contact Judi Blum at 514-806-7292. Location: 20 Hickson, Suite 200 in St-Lambert.</p>

<p><b>Women's Ways Circle</b></p> <p>Next meeting January 27</p>	<p><b>The South Shore Women's Ways Circle</b> connects like-hearted women of all ages and backgrounds once a month in a talking circle. The Circle offers women the opportunity to find their authentic voice and practice using it in a life-affirming way. We also use the circle to connect to nature's rhythms and to acknowledge the beauty, wisdom and power of the feminine spirit. No previous experience in this type of gathering is necessary. All that is needed is an open heart. A donation is collected in support of a local women's organization. Meetings take place on the 4<sup>th</sup> Monday of each month at 7:00 pm. Situated at 83 Churchill in Greenfield Park. Newcomers are most welcomed. For more info or to confirm attendance, please contact Julie at 819-679-1716 or email <a href="mailto:WomensWaysCircleMTL@icloud.com">WomensWaysCircleMTL@icloud.com</a>.</p>
<p><b>Death Café</b></p> <p>Thursdays at 7:00 pm</p> <p>January 30</p>	<p>At a <b>Death Café</b>, people, often strangers, gather for coffee to discuss death. Our objective is to <i>increase awareness of death with a view to helping people make the most of their (finite) lives.</i></p> <p>A Death Café is a discussion group directed with no agenda, objective or theme. Although a discussion group, rather than a grief support or counselling session, many people find talking about death to be therapeutic. Death Cafés are always offered in an accessible, respectful and confidential space, with no intention of leading people to any conclusion, product or course of action. (Voluntary small donations are accepted to offset the cost of coffee and snacks). The South Shore Group meets at 7:00 pm, once a month, at 83 Churchill Blvd. in Greenfield Park. More information about Death Café can be found at <a href="https://deathcafe.com/what/">https://deathcafe.com/what/</a>. To confirm your attendance or if you have any questions or to register, send an email to <a href="mailto:dcregister@videotron.ca">dcregister@videotron.ca</a>.</p>
<p><b>YES</b></p> <p>Youth Employment Services</p>	<p><b>Jump Start Your Job Search Express</b> *Also Available Online* Please note: This workshop is offered online exclusively to Quebecers who reside off the island of Montreal, Tuesdays &amp; Fridays, 2:00 pm to 3:30 pm (each week) <b>Cost: FREE!</b> In these sessions, YES will help you uncover strategies needed to land a job and give examples and tips on how to make effective use of social media for your online search. YES will also present the different workshops and programs that are available to you to get you market ready. Interested but need more info? Call 514-878-9788. You can also view all of our upcoming workshops by visiting <a href="http://bit.ly/yesdecember">http://bit.ly/yesdecember</a>.</p>
<p><b>Practice English</b> Wednesdays</p>	<p><b>Interested in practicing English?</b> Want to meet new people? Come and improve your English skills in a relaxed atmosphere through guided casual conversation. Beginner/Intermediate classes are on Wednesdays 7:00 pm - 9:00 pm at the Greenfield Park Baptist Church, 598 Bellevue N. To register or for more information, please contact Brian Talbot 514-827-6842 or email <a href="mailto:churchoffice.gpbc@gmail.com">churchoffice.gpbc@gmail.com</a>.</p>
<p><b>Winter Writers Workshop</b> Beginning February 8 to March 26</p>	<p><b>Winter Writers Workshop</b> Join this fun creative writing exercises using various techniques. These may be written in any genre you wish such as fiction, memoir, poetry or play. These sessions are for <b>all levels</b>. Led by Jeanette Paul, a Longueuil journalist, speaker and experienced workshop leader, starting Thursday February 8<sup>th</sup> to March 26<sup>th</sup> (8 weeks) in the afternoons, 2-4 pm, at the Greenfield Park Library, 225 Empire. \$80 fee for all material used. For added information contact Jeanette Paul 450-651-7044.</p>



## Arts & Crafts

**The Ladies of St. Paul's Parish Craft Nights**, 321 Empire in Greenfield Park. Upcoming dates in 2020 are Jan 14 & 28, Feb 11 & 25, March 10 & 24, April 14 & 28, May 12 & 26th and June 9. They will continue making blankets for cancer patients, knitting hats, scarves, mittens, etc. for schools and shelters and making crafts to sell. All material is provided...so come and enjoy a great evening of fellowship, crafting and treats. For more information, please call 450-678-2460. Everyone is welcome!

**Donations of Wool Needed** Twice a month a group of ladies meet at St Paul's church to Knit for a Cause. They make knitted items for local school children, women and homeless shelters. As winter approaches, the demand only increases. If you have knitting wool to give away or donate call 450-678-2460.



*You are invited to our special*



*class with artist Ilana Kuska,  
at ARC on the following dates:*

*January 14, 21 and 28*

*1:00pm to 3:00pm  
106 Boul. Churchill,  
Greenfield Park J4V 2L9*

*Places are limited.  
Please RSVP at: 514-605-9500  
Free! All materials supplied.*

## Fitness & Wellness



[https://play.google.com/store/apps/details?id=com.participaction.app&hl=en\\_US](https://play.google.com/store/apps/details?id=com.participaction.app&hl=en_US)

Did you know that regular exercise is good for the brain? Researchers have found that the brain's aging process was slowed by 10 years in the more active group, even after taking other factors such as alcohol consumption and high blood pressure into consideration.

**TO FIND A FULL LISTING OF LOCAL PROGRAMS** <https://www.sscpn.org/stay-fit-in-2019.html>

**Gentle Yoga** Looking to improve your balance? Sessions are on Mondays at 2:00 pm to 3:00 pm, led by a Certified Instructor. They are open to all residents and will be held at the Cynthia Coull Arena, 195 Empire Street, Greenfield Park, 2nd floor. There is an elevator and parking is available in front of the Royal Canadian Legion. You may bring a mat or use a chair. No need to reserve, you can just show up! However, if you have questions you may email [arc.communityoutreach@gmail.com](mailto:arc.communityoutreach@gmail.com). The course is \$50 for 10 sessions (*seniors over 70 can be receipted for the Tax Credit*). Classes will resume again on January 13.

**Yoga Classes** are ongoing at the St-Lambert International School on Saturdays from 9:00 am to 11:00 am. A \$2 donation goes towards the school. 675 Green Street, St. Lambert. Parking is available. All ages and levels are welcome!

**Try Qi Gong [chee-gong] to relax body and mind**, to increase energy levels, strength and flexibility and to keep healthy. Qi Gong also helps alleviate the pain of many illnesses like arthritis, fibromyalgia and helps in recuperation from injuries.

Classes in Qi Gong are led by a Certified Instructor and are held at the Cynthia Coull Arena on Mondays from 12:30 pm to 1:30 pm. The instructor tailors the class to fit the participants making sure that each person is experiencing the real benefits of Qi Gong. Possibility of pay as you go, 5- week session and longer. Contact Sandra Mitchell at 450-466-7200 or by email at [taichirivesud@gmail.com](mailto:taichirivesud@gmail.com). Classes will start up again on January 13.

**Low Impact Aerobic Exercise Program with Ron.** This ongoing morning exercise program is aimed towards people 55+. Sessions are one hour from 10:00 am to 11:00 am. A small fee (\$2) is applicable. All are welcome! Every Monday, Wednesday and Friday at St-Paul's Anglican Church, 321 Empire in Greenfield Park. On Tuesday a class is held at St Margaret of Antioch Church, 4955 Montee St-Hubert in St-Hubert (corner Payer) at 10:00 am and the fee is \$3. Contact Ron at 514-294-3030.

## Community Services



La Maison de la Famille de Brossard

[www.mfdebrossard.org](http://www.mfdebrossard.org)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
<b>AM</b> Corner Play 10:30 to 11:30 10-15 yrs	Repas at Georges Hotel 8h-12h 15-18 ans 19-25 ans 26-35 ans 36-45 ans 46-55 ans 56-65 ans 66-75 ans 76-85 ans 86-95 ans 96-105 ans	Repas 9h-12h 15-18 ans 19-25 ans 26-35 ans 36-45 ans 46-55 ans 56-65 ans 66-75 ans 76-85 ans 86-95 ans 96-105 ans	Repas at Georges Hotel 8h-12h 15-18 ans 19-25 ans 26-35 ans 36-45 ans 46-55 ans 56-65 ans 66-75 ans 76-85 ans 86-95 ans 96-105 ans	Repas 9h-12h 15-18 ans 19-25 ans 26-35 ans 36-45 ans 46-55 ans 56-65 ans 66-75 ans 76-85 ans 86-95 ans 96-105 ans	Repas 10h-11h 15-18 ans 19-25 ans 26-35 ans 36-45 ans 46-55 ans 56-65 ans 66-75 ans 76-85 ans 86-95 ans 96-105 ans
<b>PM</b> DIT community meetings 1h-2h 15-18 ans 19-25 ans 26-35 ans 36-45 ans 46-55 ans 56-65 ans 66-75 ans 76-85 ans 86-95 ans 96-105 ans	DIT community meetings 1h-2h 15-18 ans 19-25 ans 26-35 ans 36-45 ans 46-55 ans 56-65 ans 66-75 ans 76-85 ans 86-95 ans 96-105 ans	DIT community meetings 1h-2h 15-18 ans 19-25 ans 26-35 ans 36-45 ans 46-55 ans 56-65 ans 66-75 ans 76-85 ans 86-95 ans 96-105 ans	DIT community meetings 1h-2h 15-18 ans 19-25 ans 26-35 ans 36-45 ans 46-55 ans 56-65 ans 66-75 ans 76-85 ans 86-95 ans 96-105 ans	DIT community meetings 1h-2h 15-18 ans 19-25 ans 26-35 ans 36-45 ans 46-55 ans 56-65 ans 66-75 ans 76-85 ans 86-95 ans 96-105 ans	DIT community meetings 1h-2h 15-18 ans 19-25 ans 26-35 ans 36-45 ans 46-55 ans 56-65 ans 66-75 ans 76-85 ans 86-95 ans 96-105 ans
<b>EVENING</b> Kung-Fu 18h-20h 15-18 ans 19-25 ans 26-35 ans 36-45 ans 46-55 ans 56-65 ans 66-75 ans 76-85 ans 86-95 ans 96-105 ans	Kung-Fu 18h-20h 15-18 ans 19-25 ans 26-35 ans 36-45 ans 46-55 ans 56-65 ans 66-75 ans 76-85 ans 86-95 ans 96-105 ans	Kung-Fu 18h-20h 15-18 ans 19-25 ans 26-35 ans 36-45 ans 46-55 ans 56-65 ans 66-75 ans 76-85 ans 86-95 ans 96-105 ans	Kung-Fu 18h-20h 15-18 ans 19-25 ans 26-35 ans 36-45 ans 46-55 ans 56-65 ans 66-75 ans 76-85 ans 86-95 ans 96-105 ans	Kung-Fu 18h-20h 15-18 ans 19-25 ans 26-35 ans 36-45 ans 46-55 ans 56-65 ans 66-75 ans 76-85 ans 86-95 ans 96-105 ans	Kung-Fu 18h-20h 15-18 ans 19-25 ans 26-35 ans 36-45 ans 46-55 ans 56-65 ans 66-75 ans 76-85 ans 86-95 ans 96-105 ans

\*One-off activities, verify on our website the dates: [mfdebrossard.org](http://mfdebrossard.org)  
 Daycare: c for one morning; -75 for 3 child; and -100 per additional child

**La Maison de la Famille in Brossard** offers a number of bilingual activities, including a Coffee Chat for parents and grandparents on Wednesdays. This activity is free and includes daycare. Consult the complete program schedule on their website at

<https://www.mfdebrossard.org/2019/11/01/calendrier-de-la-halte-et-de-la-maison-de-la-famille/> or call 450-678-5222 for more information.

### 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

### South Shore Children's Community Playgroup

Wednesdays – 9:15 a.m. to 11:25 a.m.

**Location:** Saint-Francis of Assisi Church (basement), 844 Notre Dame Ave in Saint-Lambert. Use the side entrance.

**Description:** This is a non-denominational co-operative playgroup. Offering a safe environment for your child to play with or alongside other children. You will have a chance to speak with other parents/caregivers, form friendships, expand your support circle, and enjoy a warm cup of coffee! You can drop-in and leave anytime using the side entrance of the Church. Children must be supervised by a parent/caregiver at all times. Children should bring a healthy snack for snack-time and everyone should have indoor shoes. The playgroup is run entirely by volunteers, i.e. parents and caregivers. Activities are informal, simple, and do not normally run longer than 15 minutes.

**Fees:** Annual fee is \$50 per family OR drop-in fee is \$2 per family

**Contact:** [sscplaygroup@gmail.com](mailto:sscplaygroup@gmail.com), <https://www.facebook.com/groups/sscplaygroup/>

**The South Shore Reading Council** is committed to teaching basic English reading, writing and life skills to adults, youth and family learners. Do you know anyone who has trouble reading? Do you want to help someone to read? The path to better reading & writing begins here! For more information call 450-671-4375 or email [ssrc@videotron.ca](mailto:ssrc@videotron.ca).

**Assistance and Referral Centre (ARC)** With mental health support services lagging, we have opened our offices at 106 Boul. Churchill in Greenfield Park for added English-language community programs. **Our Harbour** hosts a monthly cooking class for their residents, which is led by volunteers. The **Ami Quebec South Shore** chapter host their evening meetings at our facilities. We also host two monthly mental health café drop-ins, one on the first Friday of the month, the other on the third Thursday. These afternoon cafes are open to adults with a special need and to persons living with mental illness. For more information about these programs, contact ARC at 514-605-9500.

**South Shore Travel Group** Looking for a friendly group of South Shore folks to take a getaway day trip? Pick-up and drop-offs in the Greenfield Park area. Vicki has planned a list of trips that you can take either with friends or alone as a way to meet new people. For booking and information, contact Vicki at [vzatylny@gmail.com](mailto:vzatylny@gmail.com) or call 450-550-3628.

**The South Shore Ukulele Club** get together the first and third Tuesday of each month at the St. Hubert Legion situated at 4040 Montee Saint Hubert, at 7:00 pm. This is a bilingual club and open to all! The classes are free and low-cost lessons are also offered. Email Bob at [Madison2004rj@yahoo.ca](mailto:Madison2004rj@yahoo.ca).

**Low Cost Legal Information Service** Community Justice Centre English-language services are offered for the greater South Shore/Montérégie 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/).

**Maison Internationale de la Rive-Sud (MIRS)** assisting and offering support to newcomers.  
Location: 2152 boul. Lapinière, bureau 220, Brossard, 450-445-8777, [info@mirs.qc.ca](mailto:info@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 in the spring. 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).

**Talking About Suicide Saves Lives** the Association Québécoise de prévention du suicide (AQPS) has a new *Suicide Awareness Program*. 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://howtotalkaboute suicide.com/>.



Did you know that Arthritis is Canada's most prevalent chronic health condition – for which there is no cure and has a devastating impact on lives. Today over 6 million Canadians have arthritis – that's one in five. The prevalence of arthritis is on the rise: by 2035, over 40% more people will have arthritis (*Source: Arthritis Society*)

**NEW SUPPORT SERVICE -- 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.

**Together we can achieve great things! - Arthrite Rive Sud /Arthritis South Shore**

Email - [arthriterivesud@gmail.com](mailto:arthriterivesud@gmail.com), Telephone - 438-630-7215

**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).

**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 from 8:30 am to 5:00 pm, Monday to Friday. Training workshops and in-home respite services are also offered. For more information call 450-445-6660 or email [brossard@alzheimerivesud.ca](mailto:brossard@alzheimerivesud.ca). Offices located at 6955 Taschereau Blvd, suite 4, Brossard (near the auto park). Visit [www.societealzheimerivesud.ca](http://www.societealzheimerivesud.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).

**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 514-488-5522, visit [www.hearhear.org](http://www.hearhear.org), or email [info@hearhear.org](mailto:info@hearhear.org).



**Reduced Mobility Program** from the Longueuil Fire Department (Brossard-St Lambert). The Agglomération Longueuil Fire Departments are urging people who have reduced mobility, especially those who use a wheelchair, a cane or a walker, as well as any person who would be unable to leave a building without assistance, to sign up for the free **Programme secours adapté**. In the event of a fire or other emergency, firefighters and police officers would be informed immediately of that person's location in order to bring them to safety. To register, fill out the form which is available online at [www.longueuil.quebec/fr/formulaire/secours-adapte](http://www.longueuil.quebec/fr/formulaire/secours-adapte) and mail it to the fire department of Longueuil. *You can call or e-mail for an English copy of the form: 450 463-7038, [incendies@longueuil.quebec](mailto:incendies@longueuil.quebec).*

**Do you have a few hours available to assist a worthy charity?**

**H.O.P.E. (Helping Other People Effectively)** is an organization that assists families in need with gifts of food delivered directly to their home. Our service coverage is the anglophone community. These deliveries take place in Brossard, Greenfield Park, Ville Lemoyne and Saint Hubert. You pick your schedule. If you can allocate 2 hours a week, or 2 hours a month; your assistance would be greatly appreciated. If you are only available certain months of the year; we can accommodate that offer of service also. If you are unavailable on week-ends, this also can be easily accommodated. Ideally, joining us with a partner is the best offer we can hope for, as deliveries are always done in teams of 2, but if this is not possible, we will create a team of 2 from our volunteer base. If you are interested, please contact Gabrielle Parr at 450-672-7658, or via email at [gabrielle.parr@fmrs.qc.ca](mailto:gabrielle.parr@fmrs.qc.ca).

**The Mission Nouvelle Génération**, the Community Food Bank in Brossard (near the Mall Champlain), 1423 Provencher, is open on Thursdays from 1:00 pm to 5:00 pm and 6:30 pm to 8:30 pm. Tuesdays from 4:00 pm to 8:00 pm. 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 new 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 am to 4:00 pm, Tuesdays and Thursdays. Volunteers are welcome, very bilingual! [www.missionnouvellegeneration.org](http://www.missionnouvellegeneration.org).

**In Need of Temporary Financial Assistance (donation)?** If you are having real temporary financial problems (could be a student, single mother/father, old, sick, poor, abused or anyone else in real temporary need) and require financial aid to put your life back on track, call the Vinesh Saxena Family Foundation at 450-468-7539 or visit their website [www.vsfoundation.ca](http://www.vsfoundation.ca).

**Le CIJAD - CJE de Laporte Bilingual Job Search Assistance** Looking for a job that lives up to your ambitions? We can help you through services that meet your needs! Job Search and Orientation Entrepreneurship, 1800 rue Saint-Pierre in Lemoyne, 450-671-8949, <http://cijad-cjelaporte.org>, [info@cijad-cjelaporte.org](mailto:info@cijad-cjelaporte.org).

**Brossard has a no kill program** under the CSRM where stray cats are captured, sterilized and released. However, some are maintained in the community with volunteers, waiting to be adopted. Because of added demand on volunteers, they are looking for donations of dry or canned cat food. If you can help, please email us: 450-655-2525 or [catlovers.gat@gmail.com](mailto:catlovers.gat@gmail.com). *All donations are very much appreciated!*

**Looking for a place to read a good book?** Visit these two local libraries for a wide collection of English-language books, DVDs, and other reading materials. While you need to be a member to borrow books, you can make use of their reading room for free!

**Greenfield Park Library** 225 Empire, Greenfield Park (all residents of Longueuil can join)

**Bibliothèque de Brossard Georgette-Lepage**, 7855 San-Francisco Ave. Tel: 450-923-6350 or [bibliotheque@brossard.ca](mailto:bibliotheque@brossard.ca)

Looking for a wide selection of English-language magazines? Visit the Pharmaprix on Taschereau in Greenfield Park.

The volunteer community organization **La Mosaïque** is asking for donations of large second-hand appliances such as refrigerators, washing machines, dryers, freezers, ovens and stoves in good condition for distribution to underprivileged families who need them urgently. La Mosaïque will pick up your donations from your home anywhere on the South Shore. If you are interested in becoming a volunteer driver to help people get to medical appointments, then your services would be very welcome! Please contact La Mosaïque by phone 450-465-1803 or by email [info@lamosaique.qc.ca](mailto:info@lamosaique.qc.ca).



## To find resources!

Food or material assistance,  
employment, help for seniors...  
and any other social needs.

211qc.ca 2-1-1

**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 <https://www.211qc.ca/en/about>.

### Guide alimentaire en bref

Maintenant disponible en 28 langues

Français English Inuttitlut ᏍᎦᎵᎾᏍᏗ ᏃᎠᏴᎱᏗ  
русский Tagalog Português Ojibwe  
简体中文 Michif हिंदी Denesųłıne  
Italiano العربية 한국어 Polski  
فارسی 繁體中文 اردو Tiếng Việt  
ᏍᎦᎵᎾᏍᏗ (ᐃᐃᐃᐃᐃᐃ) ᐃᐃᐃᐃᐃᐃᐃᐃ  
Español Deutsch ᏍᎦᎵᎾᏍᏗ Paskwāwīnīmowīn



CANADA.CA/GUIDEALIMENTAIRE



## Did you know that Spanish, Arabic and Italian are among the 26 additional languages in which the Canada Food Guide Snapshot is now available in?

Canada is a country that prides itself on its cultural diversity. This diversity is reflected in the wide variety of traditions and lifestyles evident in Canada. Food is one way to explore our various cultures and traditions.

Discover your Food Guide at [Canada.ca/FoodGuide](https://Canada.ca/FoodGuide). To order printed copies, [click here](#).

You can also [subscribe](#) to Health Canada’s newsletter to stay up-to-date on Canada’s Food Guide, including many healthy recipes and tips. To share the post from the **Healthy Canadians Facebook Page**, [click here](#).

**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: <https://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>.



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. You may [unsubscribe](#) at any time.



We invite you to share our publications with family and friends.

This initiative is funded by **ARC Assistance and Referral Centre**, with financial contribution from Health Canada through **The Community Health and Social Network (CHSSN)**.

106 Boul. Churchill, 2nd Floor, Greenfield Park J4V 2L9

Tel: 514-605-9500

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

Follow us on social media [@arccaccess](#)

