



ARC is dedicated to assisting and empowering people of all ages to access health and social services, information, resources, programs, and activities in English on the South Shore, to promote well-being



THE ADVISOR

Information source for the South Shore English-speaking community

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The South Shore Community Fair

will be held on Saturday, October 15. The RHSSPT is thrilled to be hosting this event at ACCESS Adult Education Centre in St-Lambert. This year we have something for everyone - fun workshops for kids and parents, dynamic speakers, the arts, education, resources for seniors, and representatives from employment and health and social services organizations whose mission is to provide services in English. This activity is free and open to everyone in the community. See page 2 for more details.

On September 24, we had a great turnout for our first **Super Supper**, in collaboration with the Royal Canadian Legion in Greenfield Park. The next one is scheduled for Saturday, November 19. If you would like to attend, contact Deborah at (514) 605-9500 or gpk@arc-hss.ca.

On Saturday, October 1 we'll be hosting our second **Family Wellness Saturday** at the Military College in St-Jean. All are welcome and be sure to register with Alexi at npi@arc-hss.ca or (450) 525-1176.

We are pleased to **welcome two new members to the ARC team:**

- **Veronica Gareau** in the Community Outreach Coordinator role for the Haut-Richelieu-Rouville, working from our St-Jean office. She is with us as a Recreational Therapist intern, in her last year of study at Concordia. She can be reached at stjean@arc-hss.ca or (450) 357-0386.
- **Therese Callahan** in a new role as Outreach Coordinator for the Greenfield Park office, working on the Mental Wellbeing Initiative. She has most recently worked at the CIUSSS in Montreal and has an education background in public health. She can be reached at outreachgpk@arc-hss.ca or (514) 213-3744.

For families with young children, we are offering a series of four information sessions facilitated by a Speech Language Therapist. The first is on October 18 at 7:00 p.m. via Zoom. This session entitled **From Babbling to Words – Baby's First Steps in Communication and Language Development**, is of particular interest to parents, grandparents, caregivers or daycare workers with children 0-3 years of age. Register at pm@arc-hss.ca.

National Seniors Day is Saturday, October 1 and is an occasion for all Canadians to appreciate and celebrate older adults. Showing your respect and gratitude to the older adults in your life is as simple as saying "thank you", taking a walk together, cooking a meal together, treating them to a day out, saying hi, dropping off a card or making a phone call. Take a few moments to reach out to a senior that you care about on October 1.

Wishing you all a Happy Thanksgiving on October 10th!

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

Activity Calendar

October 2022

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Pages 3 & 4

Reminder, ❤️
See the good in yourself and in others.



RE-BUILDING COMMUNITY TOGETHER

South Shore Community Fair 2022

Saturday, October 15 - 10:00 am - 4:00 pm



ACCESS - Adult Education Centre
163 Cleghorn Ave
St-Lambert QC J4R 2J4

The RHSSPT invites you to see what the South Shore English-speaking community has to offer!

Join us for a day of information, resources, workshops, family fun, volunteer opportunities and much more!



Health
Canada

Santé
Canada



Secrétariat aux relations
avec les Québécois
d'expression anglaise

Québec



communityfair@arc-hss.ca



514-608-9600



www.arc-hss.ca

October Activity Calendar–Page 1


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

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<p>1</p> <p>Family Wellness St-Jean 10:00 a.m. to 2:00 p.m</p> <p>Happy National Seniors Day !</p>
2	3	4	5	6	7	8
	<p>Mother Goose GPK</p> <p>English Conversation @ CISSS</p> <p>Moms + Tots Walk @ GPK 10:00-11:30 am</p> <p>Afternoon-Social @ Candiac 1:30-3:30 pm</p> <p>Ilna's Virtual Drawing Class via Zoom 2:00-3:30 pm</p>	<p>Mother Goose Brossard</p> <p>English Conversation @ CISSS</p> <p>Moms & Tots Walk @ St-Jean 10:00 am</p> <p>Walk & Talk @ Candiac 10:00-11:00 am</p> <p>Social Cooking with Jody @ Activity Centre 10:00am-12:00pm</p> <p>Twisted Stitchers @ Candiac 1:00-3:00</p> <p>Jerry's Line Dancing via Zoom 1:30-3:00 pm</p> <p>Stand Up! @ Activity Centre 1:30 –3:00 pm</p>	<p>Mother Goose on Zoom</p> <p>English Conversation @ CISSS</p> <p>Wellness Centre @ Chambly + @ Activity Centre 1:30-3:30 pm</p> <p>Addie's Colour Café via Zoom 2:00-3:30 pm</p> <p>Recharge workshop for Caregivers via Zoom 6:00-8:00 pm</p>	<p>Mother Goose St. Lambert</p> <p>English Conversation @ CISSS</p> <p>Tai Chi @ Activity Centre 9:15-10:15 am</p> <p>Walk & Talk @ GPK 10:00-11:00 am</p> <p>French Conversation Group 10:30-11:30 am @ Activity Centre</p> <p>Stand Up! @ Activity Centre 1:30 –2:30 pm</p> <p>Linda's Gentle Yoga via Zoom 2:00-3:00 pm</p> <p>TBN Café Our Harbour 2:00-4:00 pm</p>		
9	10	11	12	13	14	15
<p>HAPPY T H A N K S G I V I N G</p>		<p>Mother Goose Brossard</p> <p>English Conversation @ CISSS</p> <p>Cooking Life Skills with Our Harbour @ Activity Centre 10:00am-12:00pm</p> <p>Moms & Tots Walk @ St-Jean 10:00 am</p> <p>Walk & Talk @ Candiac 10:00-11:00 am</p> <p>Twisted Stitchers @ Candiac 1:00-3:00</p> <p>Jerry's Line Dancing via Zoom 1:30-3:00 pm</p> <p>Stand Up! @ Activity Centre 1:30 –3:00 pm</p> <p>Recharge Support Group for Caregivers via Zoom 7:00-8:30 pm</p>	<p>Mother Goose on Zoom</p> <p>English Conversation @ CISSS</p> <p>Wellness Centre @ Chambly + @ Activity Centre 1:30-3:30 pm</p> <p>Affordable baskets @ Activity Centre 2:00-7:00 pm</p> <p>Recharge workshop for Caregivers via Zoom 6:00-8:00 pm</p>	<p>Mother Goose St. Lambert</p> <p>English Conversation @ CISSS</p> <p>Tai Chi @ Activity Centre 9:15-10:15 am</p> <p>Walk & Talk @ GPK 10:00-11:00 am</p> <p>French Conversation Group 10:30-11:30 am @ Activity Centre</p> <p>Stand Up! @ Activity Centre 1:30 –2:30 pm</p> <p>Linda's Gentle Yoga via Zoom 2:00-3:00 pm</p>		<p>Community Fair</p> <p>@ ACCESS Adult Education Centre 10:00 a.m. to 4:00 p.m</p>

October Activity Calendar–Page 2

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
16	17	18	19	20	21	22
	<p>Mother Goose GPK</p> <p>English Conversation @ CISSS</p> <p>Moms + Tots Walk @ GPK 10:00-11:30 am</p> <p>Afternoon-Social @ Candiac 1:30-3:30 pm</p> <p>Ilana’s Virtual Drawing Class via Zoom 2:00-3:30 pm</p>	<p>Mother Goose Brossard</p> <p>English Conversation @ CISSS</p> <p>Social Cooking with Jody @ Activity Centre 10:00am-12:00pm</p> <p>Storytime for Young Families @St-Jean 10:00-11:00 am</p> <p>Moms & Tots Walk @ St-Jean 10:00 am</p> <p>Walk & Talk @ Candiac 10:00-11:00 am</p> <p>Twisted Stitchers @ Candiac 1:00-3:00</p> <p>Jerry’s Line Dancing via Zoom 1:30-3:00 pm</p> <p>Stand Up! @ Activity Centre 1:30 –3:00 pm</p> <p>From Babbling to Words with a Speech Language Therapist via Zoom 7:00-8:30 pm</p> <p>Talking to improve wellbeing @ St-Jean 7:00 pm</p>	<p>Mother Goose on Zoom</p> <p>English Conversation @ CISSS</p> <p>CHEP: Incontinence and Pelvic Floor Rehabilitation via Zoom 10:00-11:30 am</p> <p>Wellness Centre @ Chambly + @ Activity Centre 1:30-3:30 pm</p> <p>Addie’s Colour Café via Zoom 2:00-3:30 pm</p> <p>Recharge workshop for Caregivers via Zoom 6:00-8:00 pm</p>	<p>Mother Goose St. Lambert</p> <p>English Conversation @ CISSS</p> <p>Tai Chi @ Activity Centre 9:15-10:15 am</p> <p>Walk & Talk @ GPK 10:00-11:00 am</p> <p>French Conversation Group 10:30-11:30 @ Activity Centre</p> <p>Stand Up! @ Activity Centre 1:30 –2:30 pm</p> <p>Linda’s Gentle Yoga via Zoom 2:00-3:00 pm</p> <p>TBN Café Our Harbour 2:00-4:00 pm</p> <p>Seniors Activity @ CHSLD 2:00-3:00</p>		
23	24	25	26	27	28	29
	<p>Mother Goose GPK</p> <p>English Conversation @ CISSS</p> <p>Moms + Tots Walk @ GPK 10:00-11:30 a.m.</p> <p>Afternoon-Social @ Candiac 1:30-3:30 pm</p> <p>Ilana’s Virtual Drawing Class via Zoom 2:00-3:30 pm</p>	<p>Mother Goose Brossard</p> <p>English Conversation @ CISSS</p> <p>Moms & Tots Walk @ St-Jean 10:00 am</p> <p>Walk & Talk @ Candiac 10:00-11:00 am</p> <p>Twisted Stitchers @ Candiac 1:00-3:00</p> <p>Jerry’s Line Dancing via Zoom 1:30-3:00 pm</p> <p>Stand Up! @ Activity Centre 1:30 –2:30 pm</p>	<p>Mother Goose on Zoom</p> <p>English Conversation @ CISSS</p> <p>Wellness Centre @ Chambly + @ Activity Centre 1:30-3:30 pm</p> <p>Affordable baskets @ Activity Centre 2:00-7:00 pm</p> <p>Recharge workshop for Caregivers via Zoom 6:00-8:00 pm</p>	<p>Mother Goose St. Lambert</p> <p>English Conversation @ CISSS</p> <p>Tai Chi @ Activity Centre 9:15-10:15 am</p> <p>Walk & Talk @ GPK 10:00-11:00 am</p> <p>French Conversation Group 10:30-11:30 am @ Activity Centre</p> <p>Stand Up! @ Activity Centre 1:30 –2:30 pm</p> <p>Linda’s Gentle Yoga via Zoom 2:00-3:00 pm</p>		
30	31					
	<p>Mother Goose GPK</p> <p>English Conversation @ CISSS</p> <p>Moms + Tots Walk @ GPK 10:00-11:30 a.m.</p> <p>Afternoon-Social @ Candiac 1:30-3:30 pm</p> <p>Ilana’s Virtual Drawing Class In-Person @ Activity Centre 10:00-12:00 pm</p> <p>HAPPY HALLOWEEN</p>					

L'Autre épicerie needs your opinion!

Come and talk about your eating habits and food challenges in a focus group. Residents of Greenfield Park, Saint-Hubert, LeMoynes, Brossard or Saint-Lambert only. *Some spots are still available!* *

- Accessible to people with reduced mobility.
- Financial compensation of \$60 for 2 hours and 30 minutes, including a snack box.

Tuesday October 11 from 6:30 to 9:00 p.m. at ARC's Activity Centre, located at 91 Churchill in Greenfield Park (in English).

To participate, please complete the mandatory [registration form](#). For assistance with completing the form or information please call (581) 745-2447.

The information collected will remain confidential.

* Certain participation conditions apply. Only those selected will be contacted.

About L'Autre épicerie

L'Autre épicerie is a community grocery store project that will be located in any of Saint-Hubert, LeMoynes, Greenfield Park, Brossard or Saint-Lambert sectors. It will offer quality basic products at a price adapted to the financial capacities of each person. A link between food assistance and traditional grocery stores, it aims to be a welcoming and inclusive place of exchange, where respect, dignity and community spirit are priorities.

In partnership with the Alliance pour la solidarité de la Montérégie and the ministère du Travail, de l'Emploi et de la Solidarité sociale.



The World Health Organization has declared October 10 - World Mental Health Day. The overall objective of World Mental Health Day is to raise awareness of mental

health issues around the world and to mobilize efforts in support of mental health.

Mental health is defined by the World Health Organization as "A state of wellbeing in which the individual realizes abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to the community."

A variety of terms can be used to describe when an individual's mental health does not meet this definition: mental illness, poor mental health, psychiatric illness, nervous breakdown and burn out. A mental health problem causes major changes in a person's thinking, emotional state and behaviours as well as disrupting the person's ability to function and carry out usual personal relationships.

Mental illness affects as many as one in five Canadians in any given year and does not discriminate based on age, gender, country of origin or income. However, people who are more socially isolated—possibly due to language barriers, family pressures or age, have been shown to experience higher levels of anxiety and depression.

Services available in medical settings and in the community ensure that each person can exercise a right to maintain and improve physical, mental and social health. These resources include:

- Local CLSC to meet with a social worker or psychologist for psychosocial support.
- Crisis centre phone lines available 24/7, dial 811.

Community organizations in mental health and wellbeing that offer services in English:

- [ARC](#) offers a life skills cooking class in partnership with Our Harbour and a "Talking to Improve Wellbeing" group.
- [The South Shore Alzheimer Society](#)
- [AMI-Quebec](#)
- Virtual support groups with Relief and Friends for Mental Health. Click [here](#).

Actions that can be taken to maintain mental health or to feel confident in helping those around include:

- Prioritize good sleeping habits, maintain a balanced diet and don't forget to take any medication prescribed.
- Get certified in mental health first aid.
- Volunteer with organizations that provide services to people with mental illness.

Learn more about mental health by reading books, articles and listening to mental health podcasts. [The Cummings Centre](#) and [Ami-Quebec](#) have great resources online.



For the upcoming CHEP health videos conference via Zoom: **Incontinence and Pelvic Floor Rehabilitation** with speaker Chantal Dumoulin, PhD, Urogynecological Health and Aging Research Centre, on **Wednesday, October 19** from 10:00 - 11:30 a.m. The [complete outline is available here](#) and you must register in advance to obtain the Zoom link: [Register here](#).

CHSSN
The COMMUNITY HEALTH EDUCATION PROGRAM (CHEP) invites you to the conference

Incontinence and Pelvic Floor Rehabilitation

With speaker: Chantal Dumoulin, PhD, Urogynecological Health and Aging Research Centre

For more info:
(514) 605-9500 / gpk@arc-hss.ca

Free, on October 19
From 10:00 to 11:30 am

Health Canada Santé Canada ARC
A CHSSN initiative funded through Health Canada's Official Languages Health Contribution Program 2018-2023

Photo Contest The GPK Collective has launched a photo contest, inviting Greenfield Park residents to reflect on what their community means to them. Each participant is invited to submit a photo to our jury along with a short description.

Deadline to submit: November 10. [Check out all the details here](#).

St. Paul's Church Craft ladies will be getting together again to knit items for Christmas families, schools, **Bread and Beyond** and men's and women's shelters. Looking for donations of any type of wool and Christmas material for making Christmas stockings. All colours, whether big or small, pieces of Christmas-themed material are accepted. For all donations, please drop off at the St Paul's church on Wednesdays between 11:30 a.m. and 1:30 p.m. Please mark on the bag either *wool* or *material*.

NEW procedure for patients without a family doctor. **GAMF** (Quebec Family Doctor Finder) has recently been updated. While waiting to be assigned a family doctor, to facilitate access to health services, contact the GAMF liaison team at (438) 817-5262. This telephone service is accessible from Monday to Friday, from 8:00 a.m. to 6:00 p.m. On weekends and holidays, the service will be accessible from 8:00 a.m. to 4:00 p.m. If your general state of health or contact information changes, it is important to regularly inform the GAMF by telephone at (450) 443-7414 or, on-line, at ww.quebec.ca/gamf. Health problems can have an influence on the waiting period before being assigned a family doctor. At any time, if you have questions concerning your health, you can dial 811. If your situation is urgent, it is important to dial 911 or go to the emergency department.

Our very first Fall prevention program, given in partnership with the CISSS, which started beginning of September is well underway and we are accepting registrations for the winter session. [Contact Deborah to register](#).

Citizen Survey of Greenfield Park Residents. If you live in Greenfield Park, please take a few moments to complete this survey regarding the new community centre project in the borough. [Click here to complete the survey by October 21](#).

Sondage Citoyen / Citizen Survey

Centre Communautaire Greenfield Park / Community Center

Vous habitez à Greenfield Park ?
On vous invite à répondre au sondage concernant le nouveau projet de centre communautaire du quartier.

You live in Greenfield Park?
We invite you to fill out the survey regarding the new community center project in the borough.

Pour accéder au sondage:
To access the survey:

Questions? info.cgpkc@gmail.com

www.surveymonkey.com/r/P7SYSMS

Deborah Humphrey is the Community Outreach Coordinator in our Greenfield Park office, covering the cities of Greenfield Park, Brossard, St-Lambert and St-Hubert. Contact her with any questions at gpk@arc-hss.ca or call (514) 605-9500.

The Candiac Corner

The ARC Candiac Afternoon Social is held in person at the Chartwell Le Montcalm and is now open to people living outside of the residence, every Monday from 1:30 - 3:30 p.m. Join us and make some new friends. For more details: (438) 455-2747, email: candiac@arc-hss.ca.

Candiac Walk & Talk brings you through different parks and sections of Candiac each week. Discover and learn about the history of each area while enjoying fresh air, scenery and each other's company! **Every Tuesday** from 10:00 - 11:00 a.m. For more details: (438) 455-2747, email: candiac@arc-hss.ca.

Candiac Twisted Stitchers is back! Something about knitting makes you feel at home no matter where you may be. If you love needlework and want to join a fun group of stitchers, then we have a great activity for you in Candiac. Every Tuesday from 1:00 - 3:00 p.m. For more details: (438) 455-2747, email: candiac@arc-hss.ca.

Get ready for another Candiac en couleurs Contest: The streets of Candiac become an absolute spectacle of colour in the fall. For this occasion, residents are invited to participate in the Candiac en couleurs contest by decorating their front yards with pumpkins, grasses, hay bales or Halloween decorative items. No registration is required. Judges walk the streets at the end of October and render their verdict in early November. Winners receive a gift certificate to a local merchant (one prize per district). Any questions about the contest, please email the town of Candiac at concours@ville.candiac.qc.ca

2023 Arts Trail program is on October 1 at 10:00 a.m. in the André-J.-Côté Park. As part of the Journées de la Culture, come and discover the identity of the artists who will exhibit at the Arts Trail for the 2023 season! For more info click [here](#).

Son et Brioches show by the Hélène-Sentenno Foundation with the Ancolie duo is an event not to miss! Free for all on

October 2 at 11:00 a.m. under the gazebo in André-J.-Côté Park. For more info click [here](#).

Exhibition of Marie-Claude Charland is free for all, and will be on October 2 at 1:00 p.m. at the Maison Hélène-Sentenno in the André-J.-Côté Park. For more info click [here](#).

From the hive to the harvest workshop: Learn about the bees on October 6 at 7:30 p.m. at the Candiac library. Uncapping, extracting, filtering and potting during an artisanal extraction session with an Alvéole beekeeper. Registration required (free) 16 years and older. For more info click [here](#).



The Costume Hunt countdown begins at Espace Parvie (90, boul. Montcalm Nord). October 13 from 3:00 - 7:00 p.m. The first 31 families who show up in costume and find the hidden creatures will leave with a pumpkin to decorate! For more info click [here](#).

Introduction to 3D Printing Workshop is free of charge on October 15 at the Centre Claude-Hébert, Saint-Marc Room at 10:00 a.m. for those 55+ and at 2:00 p.m. for youth aged 10-14. Registration required [here](#).

The Grand défi Pierre Lavoie walk will start at the Complexe Roméo-V.-

Patenaude on October 15 at 10:00 a.m. as part of the 8th edition of La Grande marche du Grand défi Pierre Lavoie. A walk of approximately 5 km will take place in the streets of Candiac. This event is open to all, rain or shine, and registration is free! Animation on the site before the walk to entertain and warm up the walkers. Registration on the Grand défi Pierre Lavoie [website](#).

Halloween Haunted Haendel Park: Starting at 5:00 p.m. on October 29 young and old alike are expected to celebrate Halloween at Haendel Park before anyone else! Pumpkin contest, evil pond, scary rally and candy. For more details click [here](#).

HAUT-RICHELIEU-ROUVILLE

Review



A monthly opportunity for English-speaking families in St-Jean-sur-Richelieu to meet - On September 10, a group met at the Military College, under the coordination of ARC and the animation of artist Patricia Giannakos, to carry out a project called *Family Portrait*. This simple exercise was a call for intergenerational communication, identity, artistic expression and teamwork. For ARC it was an opportunity to once again establish links with the local community and listen to their requests and concerns, and for this reason, this event will be held once a month with different and very fun activities for the whole family! The next meeting is on October 1 from 10:00 a.m. to 12:00 p.m. Call (450) 525-1176 or email npi@arc-hss.ca to register. We will provide coffee/tea and a snack, with the option to stay afterwards and enjoy a delicious meal in the cafeteria for \$13.



The Seniors Wellness Centre Activity is back! After a two-month summer break, the group of 20 participants were invited back to our usual location. After such a long wait, we had an emotional reunion. Luisa Montes, Tai Chi Instructor, with more than 10 years of experience, was in charge of a welcome session that all of our participants enjoyed. Tai Chi is an ideal exercise for mature adults because of its gentle, flexible and coordinated movements, which among other benefits, reduces stress, anxiety and depression. It also helps improve one's general mood, aerobic capacity, flexibility, balance and agility, increasing energy and

muscle definition. Our seniors wellness centre activity has a different program every week. If you are over 50 and want to make friends, participate in physical and cognitive activities that improve your general health, come and join us every Wednesday afternoon to have some fun and smile a little (or a lot!). Our activities are held at Randell Hall, 2000 Avenue Bourgogne, Chambly on from 1:30 to 3:30 p.m. We look forward to seeing you!

Salon Vitalite 50+: ARC will be present at the Vitalite 50+ St Jean-sur-Richelieu fair on Friday, September 30 and Saturday, October 1. We will be one of the 50 exhibitors at the Quality Hotel - Centre de Congres, located at 725 boulevard du Séminaire N., Saint-Jean-sur-Richelieu. The past year has been difficult, forcing us to postpone many of our activities. It's time to get back to normal life, while respecting health measures. This event will feature 12 conferences on the themes of Health & Wellness Sports, Travel & Leisure, Work & Retirement, Insurance & Finance, Environment, New Technologies and Services for those 50+. For the conference schedule please [visit the website](#). ARC's kiosk will be in the Richelieu room, at table 32B! For more info email: evenements@canadafrancais.com or call (450) 347-0323 # 2225.

ARC presents

Talking to Improve Well-Being

Tuesday, October 11 @ 7:00 pm

Join us live!

ARC Satellite Office
927-B Seminaire Blvd.
St-Jean-sur-Richelieu

Also available on ZOOM

AUTISM: Diagnosis & Resources

Special Guest Speaker
LISA KELLY, M.A.
Programs Director, S.Au.S

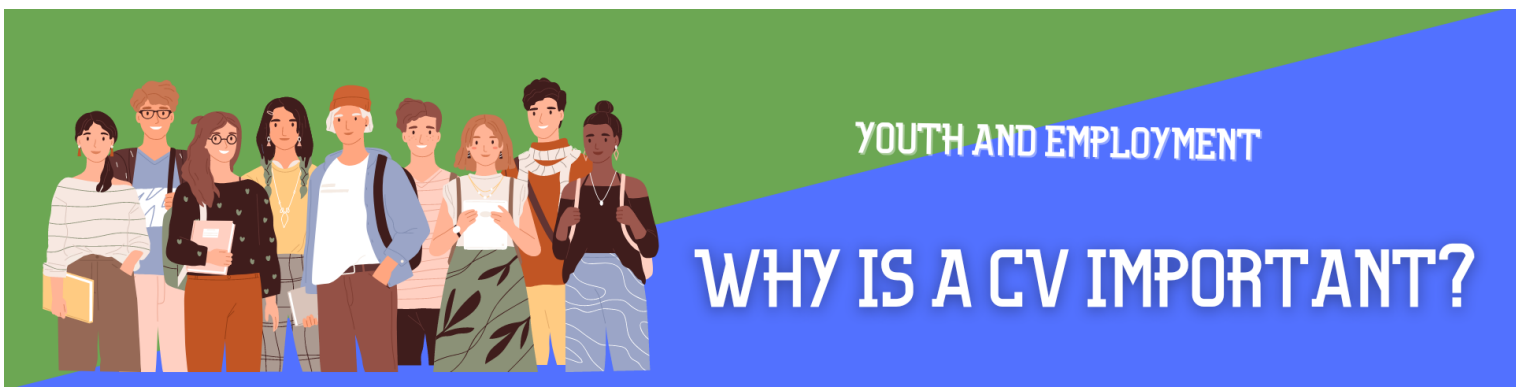
Moderated by
Philippe Vaillancourt

To register or for more info:
npi@arc-hss.ca

Secrétariat à la jeunesse
Québec

CHSSN

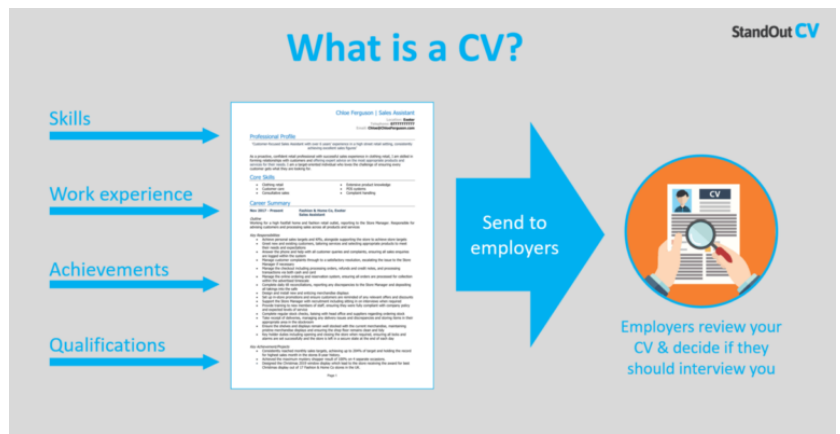
Alexi Utrera is our NPI Coordinator in Haut-Richelieu-Rouville. She can be reached at (450) 525-1176 or npi@arc-hss.ca.



A CV, which stands for curriculum vitae, is a short document that gives a chance to show a prospective employer the best of what the applicant has to offer. It sells skills, experience, and achievements and shows that the applicant is the right person for the job.

Making a good impression is important in today’s competitive job market. A CV will be the first contact with employers so it’s essential to get it right.

- A mistake-free CV says the applicant is professional and cares how they come across (ask a friend to read it through).
- Don’t just write out the job description; say how you made a difference at work or describe a project from college.
- Different jobs require different strengths. A little research can help highlight relevant strengths for a specific role.
- Bullet points make it easier to scan for key skills.
- Keep it short. No more than two pages and have line spaces between each section.
- Don’t leave gaps. If time was taken to travel or care for a relative, say what was learned from the experience.



Key sections of a CV

Personal details: In this section include name, address, and contact details. There is no need to include age, marital status or nationality.

Personal profile: This section acts as a mini-advertisement, but it should only be a few lines. Summarize skills and qualities; past work achievements and career aims.

Employment history and work experience: Start with the present or most recent job, and include relevant details such as who the employer was, the dates worked, job title, and what roles were carried out. Try to emphasize those things that will bring out skills that employers might be looking for.

Education and training: Start with most recent qualifications and display this section of the CV in bullet points or a table.

Interests and achievements: This section should only include information that is directly relevant to the job or which highlights key skills like organizing charity events or achievements through volunteering.

For help to review a CV, please bring it to the Community Fair on October 15 from 10:00 a.m. – 4:00 p.m. and come to the employment section of the event.

Source: [Careers Inspiration/CV vs. Resume.](#)

Free Workshop for Parents 

From Babbling to Words

Baby's first steps in communication and language development - Focus 0-3 years

Facilitated by a speech language therapist

Tuesday, October 18
7:00 p.m. via Zoom

Register at: pm@arc-hss.ca



 Centre Mosaïque de Québec
Clinique d'orthophonie 

 is pleased to bring you

TAI CHI & QI GONG

in-person

with Sandra Mitchell
certified instructor

THURSDAYS 9:15 AM

ARC ACTIVITY CENTRE
91 Churchill Blvd
Greenfield Park

This is a free activity open to all ages

Centre intégré de santé et de services sociaux de la Montérégie-Centre  Registration is limited:
gpk@arc-hss.ca
514-605-9500


Québec 

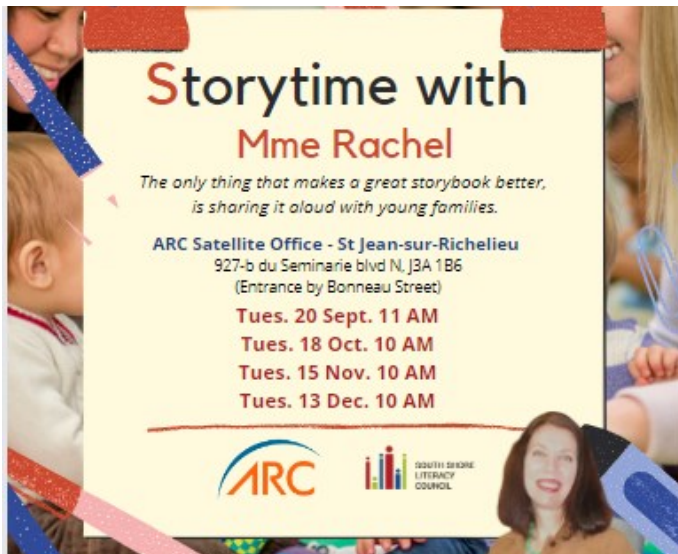
Storytime with Mme Rachel

The only thing that makes a great storybook better, is sharing it aloud with young families.

ARC Satellite Office - St Jean-sur-Richelieu
927-b du Séminaire blvd N, J3A 1B6
(Entrance by Bonneau Street)

Tues. 20 Sept. 11 AM
Tues. 18 Oct. 10 AM
Tues. 15 Nov. 10 AM
Tues. 13 Dec. 10 AM



 **ReCharge**
Workshops for Caregivers

 JOIN US ON ZOOM!
SESSIONS ARE IN ENGLISH AND FREE OF CHARGE

 Next series begins
Wednesday, Nov. 2

 6:00 - 8:00 pm

 Self-care, falls, prevention, medication safety, caregiver burnout, stress and depression, basic first aid...and so much more!

If you're caring for a loved one with a loss of autonomy...this program is for you. Gain valuable tools to care for yourself too.

 FRIENDSHIP NOW connect smile healing kindness • COMPASSION purpose healthcare patience long term SENSE respect trust GRACE support LOVE UNCONDITIONAL nurture time activity mobility dignity family THERAPY inclusion community

THIS ACTIVITY IS MADE POSSIBLE BY FUNDING PROVIDED BY **Appui** proches aidants

FOR INFORMATION OR TO REGISTER PLEASE CONTACT:
caregivers@arc-hss.ca
Tel: (514) 608-9600



  **GPK MOMS & TOTS Walking Club**

Mondays at 10:00 am

 ARC Activity Centre
91 Churchill Boulevard, Greenfield Park

FOR MORE INFO OR TO REGISTER 

Brizeida: gpk.walkingmomstots@gmail.com
Christine: 514-608-9600 

 *A walking start for children ages 0-5*



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Workshops for Caregivers
caregivers@arc-hss.ca
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"Surround yourself with people who get it." JLB - 2 SEPT. 2016

Caregivers Support Group



Facilitated by
Emma Schultz, BSW

 Tuesdays, twice a month
7:00 - 8:30 pm

 proches aidants





ALL ABOUT OCTOBER

Fun Facts about October: The name for the month of October originates from the Latin word “octō”, which means “eight”. In the Roman calendar, October was the eighth month of the year. When January and February were added to the calendar after the Julian calendar reform, October became the tenth month of the year, as we now know it. The Anglo-Saxons called October “Winterfylleth” - it means “fullness of winter” because October has the first full moon of the winter season. The birthstones for October are the tourmaline and the opal. Tourmalines are believed to help us stay calm while under pressure, bring peace and tranquility, and defeat negative emotions like jealousy and anger. On the other hand, opal gemstones are believed to cure eye infections, strengthen memory, calm nerves, and enhance creativity. The traditional flower of October is the calendula, which symbolizes comfort, healing, protection, and grace.

Did you know that each season has both a meteorological and an astronomical start? The meteorological start is a date that meteorologists pick for statistical reasons and is based on the annual temperature cycle. The astronomical start is based on the position of the sun in relation to the earth. For all sorts of interesting weather information, download the app [here](#).

Did you ever wonder where all those recycled telephone books go? Answer: Many are used to make things such as compact disc covers. Read more interesting facts [here](#).

International Coffee Day is on October 1. This unofficial holiday celebrates one of the most popular beverages in the world, and also helps raise awareness about sustainable coffee cultivation and fair-trade practices within the coffee industry. Before 2015 the day used to be celebrated on different dates in different countries. Click [here](#) for more info.

Adopt-a-Shelter-Dog Month is celebrated every October to help the estimated 3-4 million animals waiting in shelters to get a loving, forever home that is deserved. Click [here](#) for more info.

Country Music Month in October 1970 was when Nixon asked the American people to mark October as Country Music Month. Merle Haggard, Roy Acuff, Johnny Cash, and Glen Campbell performed at the Nixon White House, and only a month before he left office, Nixon became the first president to visit the Grand Ole Opry, where he had the distinct honour of being taught to yo-yo by Roy Acuff. Click [here](#) for more info.

This day in history October 3, 1987, was when a free-trade agreement between Canada and the United States was approved. Mexico later joined the free trade bloc, forming the North American Free Trade Agreement, or NAFTA.

#EnModeAdo

Supporting a child through adolescence

En mode ado is a project of the Direction de la santé publique de la Montérégie (DSP). The goal of this initiative? To support parents of teens by promoting positive parenting practices and addressing the challenges experienced by teens aged 12 to 17.

Why En mode ado? Simply because being “in teen mode”, means understanding the challenges teens face on a daily basis through their eyes.

To help parents to find ways to support their child through this period of change, the Direction de la santé publique de la Montérégie is proud to present a new website: www.enmodeado.ca.

This platform provides access to basic information on many topics of interest: screen time, violence, alcohol and drugs, mental health, body image, etc. Parents will discover how teens are doing in the Montérégie, as well as tips, tricks and resources to support them.

Parents will also be able to watch video clips featuring the friendly Pépin family, in which the parents use dinnertime as an opportunity to talk with their two teens.



discover community activities for all

Hope & Cope and the Group Dorval 2022 is holding the 15th Annual Walk-a-thon at the Saint-Maxime Park in Laval October 2 from 10:00 a.m. - 1:00 p.m. Hope & Cope is a beacon to anyone touched by cancer by teaching, guiding and supporting cancer survivors through all stages of cancer. Click [here](#) to register!

AMI-Quebec Action on Mental Illness is a non-profit organization that helps families manage the effects of mental illness through support, education, guidance, and advocacy. The *Boundaries and Setting Limits* workshop is on October 6 from 6:00 to 8:00 p.m. with Victoria Jonas. Click [here](#) to register. And the *Creative Expression* workshop is on October 27 from 6:00 -7:30 p.m. with Joyce Cohen. Click [here](#) to register.

At the Brossard Library on October 6 from 7:00 - 9:00, join a chat with Dimitri Nasrallah, award-winning novelist, editor and translator, discussing the most recent novel entitled *Hotline*, which is long listed for the Giller Prize. Please register [here](#) or for more information, contact Michèle Tibblin at michele.tibblin@brossard.ca or call (450) 923-6311, ext. 6280. This activity is free.

Things to Know to Have Successful Volunteer Governing Board: On October 11 from 9:30 a.m.-12:00 p.m. with

presenter Frances Ravensbergen, this webinar will be beneficial for all current board members, those considering becoming a board member and for the staff working in non-profits. To register please email Ruth Pelletier @ ruthkathleenpelletier@gmail.com.

St Gabriel's Breakfast Club's Annual Spaghetti Supper on October 15 at 6:00 p.m. at St Gabriel's Church in St Hubert. Contact Jerry Alfonso for tickets at (450) 656-5993.

Éducaloi presents a Health Care Decisions Workshop on October 20 from 10:00 - 11:30 a.m., to inform seniors and families about the rules on consent to health care. It explains the different legal tools for planning health care in advance, including protection mandates, advance medical directives, and living wills. Click [here](#) to register.

Flea market & bake sale at the Greenfield Park United Church on Saturday, October 22 from 9:00 a.m. - 2:00 p.m. To reserve a table, contact Eleanor Dutton at (514) 768-3930.

Christmas Craft Fair on October 29 at St. Stephens with St. James Anglican Church in Chambly in Randell Hall. For more info click the [Facebook page](#).

HEALTH AWARENESS DAYS

October is Dyslexia Awareness Month - October 1 marks the start of the 5th annual national awareness-raising campaign. Each year across Canada, monuments and buildings are lit up red, schools and workplaces wear red, and cities and towns sign proclamations to officially declare the month of October as Dyslexia Awareness Month. For more information click [here](#).

October 2 is the Canadian Cancer Society CIBC Run for the Cure. This event unites an incredible collective of Canadians who are a force-for-life in the face of breast cancer and want to show support. It is an inspirational day. Click [here](#) for more info.

October 16 is World Spine Day and highlights ways in which people can help the spine by staying mobile, avoiding physical inactivity, not overloading the spine, and

adopting healthy habits such as weight loss and smoking cessation. Click [here](#) for all the information.

Canadian Intensive Care Week from October 23 to 29 is to reflect on the practice, promote the work being done, promote the workplace, acknowledge the co-workers and celebrate the Intensive Care Team. For more info click [here](#).

October 24 is Brain Cancer Awareness Day in Canada, and also marks the Hats for Hope campaign which is a movement to raise awareness for brain cancer in Canada. Click [here](#) for all the info.

October 31 - Halloween: What was Halloween like when way back when? Click [here](#) for some fun facts.



BETTER UNDERSTAND

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QUEBEC LAW, YOUR RIGHTS AND RESPONSIBILITIES

INFORMATION, EDUCATION, COMMUNICATION



Election Day: Time Off From Work

October 3 is Election Day in Quebec. If you will be working that day, your employer must ensure that you have enough time to vote.

Four consecutive hours

On Monday, October 3, the polls will be open from 9:30 a.m. to 8:00 p.m. If it's a working day for you, your employer must ensure you have four consecutive hours to vote.

Examples:

- **If you usually work from 8:00 a.m. to 4:00 p.m.**, your employer doesn't have to give you any time off because you'll have four consecutive hours from 4 pm to 8 pm.

- **If you usually work from 10:00 a.m. to 6:00 p.m.**, your employer must give you time off at the beginning, during or at the end of your work day so that you have four consecutive hours off. For example, your employer could allow you to finish work at 4:00 p.m. instead of at 6:00 p.m.

Your employer **can't deduct anything from your paycheck** and can't oblige you to use your lunch break as part of the four hours.

If you work from home on October 3, you have the same rights as if you worked at your employer's location that day.

To learn more about voting (where to vote, proof of identity, etc.) visit the [Elections Canada website](#).

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

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Greenfield Park (Main Office)

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

Activity Centre

91 Churchill Blvd.
Greenfield Park J4V 3L8
Tel: (514) 951-9711
info@arc-hss.ca

Haut-Richelieu-Rouville

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

www.arc-hss.ca

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

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