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# Literacy Quebec Newsletter

-November 2023-



Hello, everyone! We hope you've all been well!

November sure has been a busy month here at LQ. As part of our ongoing mental health project with CHSSN, we've been busy with workshops, and more recently, we hosted a mental health conference last week. It was a wonderful opportunity to (re)connect with our members. Read below to find out more!

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## Mental Health Conference Recap



Only opened to LQ members, our conference was a two-day event that took place on November 15 & 16. Funding covered the cost for our members to attend.

The first day was at the Novotel Hotel, where we had the opportunity to listen to and learn from some truly wonderful speakers. Included were educator and spoken-word artist Roen Higgins, psychologist Dr. Francine McInnis, and certified laughter yoga instructor Aileen Borrue. Topics discussed included self-care, boundaries, authenticity, how to cultivate a “growth mindset,” and a laughter yoga session took place to promote positivity, happiness, and stress relief!



On the second day, LQ member Executive Directors (ED's) and staff were split into two groups and attended two different sessions. ED's were given time to meet, discuss, and share resources. Meanwhile, staff attended a session at Infinity Movement guided by personal trainer Heidi Rubin. Heidi discussed the importance of inclusive spaces and even led a wonderful mindfulness exercise.

CHSSN Presentation

This conference was made possible by: CHSSN and the Public Health Agency of Canada.

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## CHSSN Mental Health Workshops - Online

We have one more mental health workshop scheduled for November, but stay tuned for upcoming ones in the near future!

November 28, 10 am-11 am - **Risk Assessment**

– presented by Cyndi Owen

If you would like to attend this workshop, please contact  
**info@literacyquebec.org**

*This workshop is made possible by: CHSSN and the Public Health Agency of Canada.*

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## Mental Health Resources

Click the link below to consult an extensive list of English Mental Health Services & Resources across Quebec, provided by YES.

[CLICK HERE](#)

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## Job Posting

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**Deadline to apply: Friday, December 22, 2023**

Send your resume and cover letter to [careers@literacyquebec.org](mailto:careers@literacyquebec.org)

Click the button below to find out more!

[Job description](#)

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## Throwback Thursday: Winter Storytime!



If you're looking for something fun and indoorsy to do this winter, check out our Winter Storytime series on our YouTube channel! Follow along as the fabulous Uma Gahd reads children's winter classics.

[YouTube](#)

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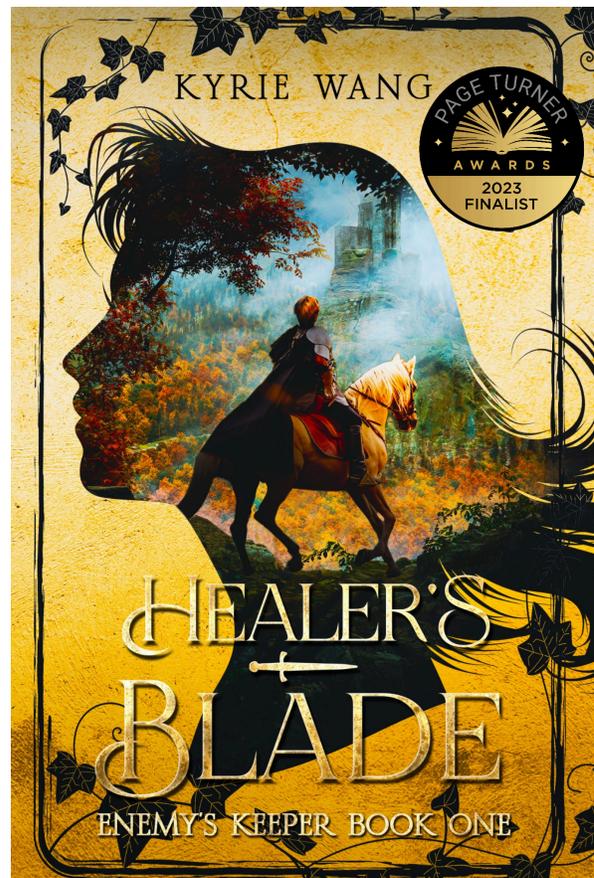
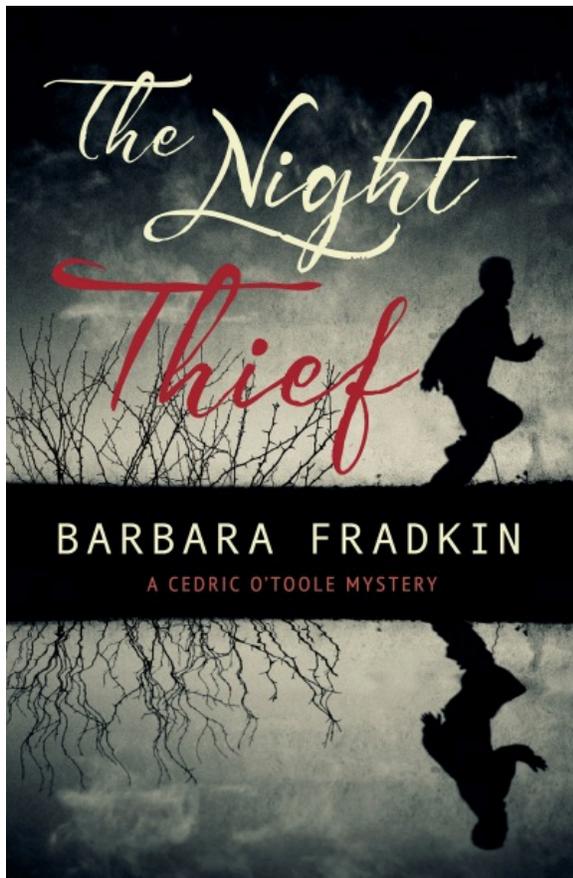
## Book Promotions!

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book (ideally, while draped in a blanket and sipping on a hot beverage).

With this in mind, we are giving away free copies of *The Night Thief* by Barbara Fradkin and *Healer's Blade: Enemy's Keeper, Book One* by Kyrie Wang.

If you would like to receive a copy, please email [info@literacyquebec.org](mailto:info@literacyquebec.org). We have limited of free copies of each, so please contact us as soon as you can!



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## Events Calendar

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Member Organizations, you can check out the Events Calendar on our website!

[Calendar](#)



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## Literacy Helpline

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1-888-521-8181

Our Helpline is available for any and all of your literacy needs!

[More information](#)

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## Upcoming Dates

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December 5- [International Volunteer Day](#)

December 10- [Human Rights Day](#)

**Please note our office will be closed from December 22nd to January 7th.**

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“Anything that’s human is mentionable, and anything that is mentionable can be more manageable. When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary.”— Fred Rogers

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Happy Holidays everyone, and see you in the new year!  
~ The Literacy Quebec Team



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