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## REISACTION NEWSLETTER no. 24

-Winter 2018 -

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### 1. **Community Network Forum- Priority Areas For Action**

REISA will be holding its annual community forum on February 28, 2018, at the Leonardo Da Vinci Centre in Saint- Léonard. The forum will explore 4 priority areas for action which have been identified by the community networks and the Québec Ministry of Health and Social Services. Community groups from the greater Montreal area will discuss innovative partnerships and ideas for moving forward in 2018.

# Community Network Forum 2018

**28**  
Day

**02**  
Month

**18**  
Year

## Priority Areas For Action

A key Factor in achieving improvements in the last decade in access to health and social services in English has been the model of partnership established between the community networks (NPIs) and the public system.

Four new priority areas for collaboration have been identified by the community networks and formally endorsed by the Quebec Ministry of Health and Social Services and its institutional network. From the community network perspective:

- What types of partnership initiatives would produce the best results for access in each priority area?
- What are the special factors to be taken into account in the Montreal context?

*Stay tuned for the detailed program in January 2018*



To read more about the Community Network Table, visit the following link:  
<http://reisa.ca/community-network-table/>

## 2. REISA Volunteer Opportunities

# VOLUNTEER OPPORTUNITIES FOR STUDENTS NOW AVAILABLE!

REISA is now recruiting volunteers to help with various events throughout the year. This is a great opportunity to learn new skills and support community projects in the east end. Please email [programs@reisa.ca](mailto:programs@reisa.ca) to be added to our volunteer database and we will contact you for our next community event.

We thank you for your interest in REISA.



## 3. Health Education Sessions at Almage Senior Centre

REISA has organized two health education sessions in January and February at Almage Senior Community Centre in Anjou. On January 30, 2018 REISA showed a health promotion DVD entitled 'Maintaining our Self-Esteem Throughout the Aging Process- A Mission Impossible?'. REISA invited Dr. Dastoor, PhD, the Chair of the McGill University Research Centre for Studies in Aging (MCSA) Education Committee, and Assistant Professor in the Department of Psychiatry at McGill University, to animate the session. On February 20, 2018 REISA will be showing a second DVD from entitled 'Take the Pressure Off: High Blood Pressure'.

## 4. Foster Addiction Services in the East End

The Foster Addiction Rehabilitation Centre is a public centre of the CIUSSS de la Montérégie-Ouest providing addiction rehabilitation and social reintegration services to the English-speaking population of the greater Montreal region. Foster provides rehabilitation services to both adults aged 18 and over and youth aged 12-17 dealing with substance abuse, gambling problems and cyber addiction. Evaluations and out patient services **are now available** to clients in the east end of Montreal at the CLSC of Saint-Leonard. For an evaluation call 514-486- 1304 **or** toll free at 1-866-851-2255. Follow the link below for more information.

CRD Foster

## 5. The Heroine of Hochelaga: Sarah Maxwell Remembered

On March 7, 2018 the Quebec Anglophone Heritage Network will host a free historic talk at Caserne 18-30 Centre Communautaire, 3622 rue Hochelaga (Joliette Metro). Historian André Cousineau will describe the life and times of Sarah Maxwell, an unmarried teacher and principal at the Hochelaga Protestant School who saved the lives of many young children trapped in a school fire more than a century ago. Drawing on his work with the Atelier d'histoire Hochelaga-Maisonneuve to present a glimpse of the social diversity that characterized Montreal's east end at the turn of the last century. Learn how he and other local historians working with the Borough of Mercier-Hochelaga-Maisonneuve lobbied successfully to rename a local park in Maxwell's honor.

The Quebec Anglophone Heritage Network will host 3 more interesting talks this winter. To learn more about the network and upcoming events, follow the link below.

Quebec Anglophone Heritage Network

## 6. Dialogue McGill

The McGill Training and Retention of Health Professionals Project is now being called 'Dialogue McGill'. REISA has been working on this project since 2007 and continues to have great success each year by promoting internships in the East End to English speaking and bilingual students studying in the health and social services fields. The east end offers many exciting opportunities for students. To learn more visit [www.reisa.ca](http://www.reisa.ca) or email [programs@reisa.ca](mailto:programs@reisa.ca). To read the latest issue of Dialogue McGill follow the link below.

Dialogue McGill

## 7. Ami-Quebec February Programs

REISA partner Ami-Quebec has released their list of caregiver support programs for February 2018. Consult the list by visiting the link below or visit [amiquebec.org](http://amiquebec.org) for a full list of their winter programming.

Ami-Québec february Programs

## 8. Seniors Mental Health First Aid Course

REISA partner Collective Community Services (CCS) has organized a two day mental health first aid training for individuals working or volunteering with seniors. The course will take place on Saturday February 10, 2018 and Saturday February 17, 2018. The cost is \$25 which includes lunch on both days. Upon course completion, participants will be awarded a certification from the Mental Health Commission of Canada. For more information and to register, call CCS at *514-937-5351 extension 245* or email: *jillianr@ccs-montreal.org*.

## **9. Young Canada Works in Both Official Languages**

The government of Canada's summer job program 'Young Canada Works in Both Official Languages' is a great opportunity for full time students seeking summer jobs. The goal of the program is to provide students with work experience in minority language communities while exploring career opportunities. To find out more, follow the link below.

[Young Canada Works](#)

## **10. YWCA Montreal Support Programs**

The YWCA of Montreal is offering support programs to women who are family caregivers all winter long. They have just released an exciting new schedule which offers "Hands on Thursdays", "Yoga Saturdays" and "Reiki Wednesdays". See the poster below. To learn more visit <http://www.ydesfemmesmtl.org/en/>

# FAMILY CAREGIVERS SUPPORT PROGRAM

Winter of well-being

## HANDS-ON THURSDAYS

FROM 1 P.M. TO 3 P.M.  
BILINGUAL WORKSHOPS

### Protecting the body

JANUARY 18

Learn how to prevent back pain, relieve muscle fatigue and avoid the overuse of different parts of your body associated with your caregiving reality, with Dr. Noemi Turcotte.

### Making natural care products

FEBRUARY 22

Come make exfoliants from dead sea salt, or foot baths, with the founder of SIMKHA. A unique relaxing and social moment for you.

### Using anger

MARCH 29

In this workshop, we will present you with concrete tools to express anger, and ways to channel it in a productive manner. You will leave with tools to bring back home.

### D.I.Y. workshop

APRIL 26

An opportunity to prove yourself capable of making your own products. You will be guided in the making of a flower pot, just in time for spring!

## YOGA SATURDAYS

FROM JANUARY 20TH TO MARCH 24TH, FROM 10 A.M. TO 11:30 A.M.

This gentle and meditative yoga class allows you to reconnect with your well-being and your emotions. The class has a very special energy because of the teacher's approach and because it is open only to women who are family caregivers. Positions can be adapted for people with physical limitations.

## REIKI WEDNESDAYS

SESSIONS OF 30 MINUTES

Reiki is a practice of harmonizing and channeling energy. Under the hands of a gentle and kind practitioner, you are invited to participate in a revitalizing experience.

### Registration required

514-866-9941, #226  
prochesaidantes@ydesfemmesmtl.org

Y des femmes de Montréal (YWCA Montreal)  
1355 René-Lévesque Blvd West  
Montreal (Qc) H3G 1T3,  
Metro Lucien-L'Allier or Guy-Concordia  
ydesfemmesmtl.org/caregivers

 YWCA  
Y DES FEMMES  
MONTREAL | New paths  
for women  
since 1875



## 11. Biblio-Aidants

Biblio-Aidants is an information service for caregivers that is coordinated by the Quebec Public Library Association. Their website consists of 15 helpful booklets that provide caregivers with helpful information on various illnesses and issues. Packed with information, each booklet provides caregivers with a list of resources, available services,

suggested readings and informative film and media suggestions. Visit their website to access their fantastic catalogue of information!

## Biblio-Aidants

### 12. I Quit to Win Challenge

The I Quit to Win Challenge supports Quebec smokers in their pursuit to quit smoking. Upon registration, participants commit to not smoking for 6 weeks from February 5 to March 16. The challenge provides participants with free tools and resources throughout the 6 weeks along with support systems, messages of encouragement and prizes to be won. For more information and to register, follow the link below.

### I Quit to Win

**Our mailing address is:**

8370 Lacordaire Boulevard, suite 312  
St-Léonard, Québec, H1R 3Y6  
Telephone: (514) 955-8370 ext. 2217  
Fax: (514) 274-1325

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