

JANUARY
2026

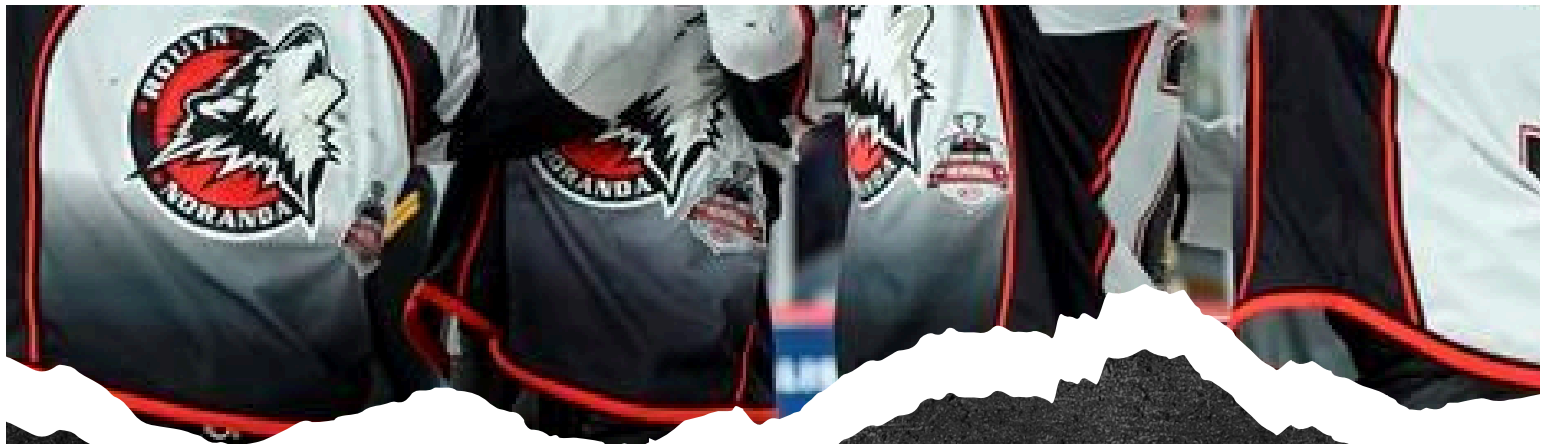
Neighbours Health Bulletin
Supporting the English-Speaking Community
of Rouyn-Noranda / Abitibi-Témiscamingue

Our Health
IS IN OUR HANDS



**A community that is engaged
and working together can be
a powerful force**





BILINGUAL MATCH

JANUARY 25TH | 04:00 PM

SUDBURY **VS** ROUYN-NORANDA
WOLVES HUSKIES

NEIGHBOURS & THE HUSKIES OF ROUYN-NORANDA
ARE GIVING AWAY FREE TICKETS.

IF YOU WOULD LIKE TICKETS, PLEASE CONTACT
JESSICA AT THE OFFICE 819-762-0882

Over 1,000 treatments performed at the Regional Radiation Oncology Center



Three years after opening in Rouyn-Noranda, the Regional Radiation Oncology Centre is celebrating a major milestone: more than 1,000 patients from the region have received treatment since 2022 – half for curative care and half for palliative care.

Each year, nearly 450 people benefit from specialized treatments without having to travel to larger centres. Having this local healthcare improves the quality of life of patients and their loved ones, while strengthening regional expertise in oncology.

This success is the result of the combined efforts of a dedicated team: technologists, nurses, medical physicists, administrative staff, radiation oncologists, social workers, nutritionists, assistant managers, and numerous partners of the CISSS de l'Abitibi-Témiscamingue.

Thanks to their dedication, users benefit from high-quality treatment and compassionate, caring support, right in their own community.

The CISSS de l'Abitibi-Témiscamingue continues its efforts to offer services that meet the needs of the population and strengthen regional autonomy in cancer care. It should be noted that thanks to partnerships with the Fondation Santé de Rouyn-Noranda, Docteur Jacques Paradis, Fondation hospitalière d'Amos et de Val-d'Or, and Mission Tournesol, people undergoing treatment at the Centre for Radiation Oncology and their medically required companions can benefit from low-cost accommodation at the Maison Moreau.

Source: <https://www.cisss-at.gouv.qc.ca/1-000-traitements-effectuees-au-centre-de-radio-oncologie-regional/>

The Accès-Loisirs Rouyn-Noranda committee is excited to launch the winter 2026 session of its programme **Accès-Loisirs Rouyn-Noranda**.

WHAT IS ACCÈS-LOISIRS?

The programme Accès-Loisirs offers the opportunity for people of low-income to participate in various sports, leisure, cultural, and outdoor activities for free. The activities and the number of places available vary from one activity to another and are at the discretion of the organizations who take part in the program (i.e. dance courses, martial arts courses, yoga courses, performance tickets, etc.). **Participation is completely FREE for the beneficiaries of the program.**

REGISTRATION

Registrations will be done in person, without appointment, at the Maison de la famille (in the Escargot unit at 44, rue Mgr-Rhéaume Est).

- January 8 2026, 4 P.M. to 7 P.M., with snacks and refreshments available on site.
- January 9 2026, 9 A.M. to 12 P.M. and 1 P.M. to 4 P.M.

The eligibility of its beneficiaries will be verified during the registration: it is mandatory to provide a proof of income (social assistance booklet or last tax return).

★ Citizens living in rural areas are invited to call the Maison de la famille at 819-764-5243 before visiting in order to confirm if the activities are suitable for them. ★

Eligible Family Income	
1 person	\$30,526
2 people	\$38,003
3 people	\$46,720
4 people	\$56,724
5 people	\$64,336
6 people	\$72,560
7+ people	\$80,785

CONTINUED ON
THE NEXT PAGE

HOW THE PROGRAM WORKS

- The Accès-Loisirs Rouyn-Noranda committee compiles a list of activities offered for free by the organizations.
- First come, first served. No age criteria.
- It's not possible to learn what activities are offered in advance.
- The activities are offered once the beneficiary's eligibility has been validated based on proof of income.
- Once the participant is registered for an activity, a committee manager will confirm their participation directly to the relevant organization.
- Confidentiality is guaranteed. Organizations offering places accept to not benefit from any visibility and respect the confidential nature of the participants.

INFORMATION

For more information on this program, visit the **programme Accès-Loisirs** website or contact:

Ville de Rouyn-Noranda

Direction de la vie active, culturelle et communautaire
programme.acces-loisirs@rouyn-noranda.ca

819 797-7110, post 7387



MEN'S MENTAL HEALTH PARTY

AT
NEIGHBOURS

DOORS OPEN
AT: 06:00PM



ENJOY A NIGHT
JUST FOR THE
BOYS

16+

FRIDAY, JANUARY 23



Come discover hot dogs from around the world!

REGISTRATION REQUIRED
CALL THE OFFICE AT 819-762-0882



Two videos to raise awareness among young people and parents about the impacts of the Wax Pen



The Comité d'arrimage en dépendances de Rouyn-Noranda, in collaboration with several community partners, presented two video clips aimed at raising awareness among young people and their parents about the worrying effects of Wax Pen consumption, on November 19th in Rouyn-Noranda.

Faced with the growing popularity of this illegal product among teenagers, committee members express serious concern about the repercussions on brain development, mental health and the behaviour of young people in the territory.

For Kathleen Baldwin, interim coordinator of Priorité jeunesse, it had become urgent to address this issue. “In the world of drug prevention and awareness, not talking about a subject makes it more appealing. So, the more we talk about Wax Pens, the more it will become known, and the more young people will know that those around them are aware of what’s going on. What’s concerning about Wax Pens (cannabis vaping) is that this product is consumed with a vape pen. When you see a group of teenagers vaping, it’s difficult to know what they’re consuming.”

A Dangerous Product

While a Wax Pen may be difficult to distinguish from a regular vape, its chemical composition leaves no room for doubt. “A Wax Pen is a device virtually identical to an e-cigarette, containing a liquid cannabis concentrate intended for vaping. Unlike products legally sold at the Société québécoise du cannabis (SQDC), which have a maximum THC content of 30% and are subject to mandatory regulatory testing, illegally obtained Wax Pens are not subject to any quality control. It is claimed that these devices can contain up to 99% THC. Some local studies conducted on illicit cannabis even report the detection of pesticides and other contaminants prohibited by Health Canada,” explains police officer Nadia Salvail, local community policing coordinator for the Rouyn-Noranda service centre.

Continued on the next page...

Serious Consequences

Beyond the fines, penalties, and prison sentences associated with the possession, distribution, and use of Wax Pens, the health risks are numerous. A document provided by the Sûreté du Québec (Quebec Provincial Police) lists the following side effects: nausea, dizziness, vomiting, malaise, anxiety, depression, and even episodes of psychosis, among others. The very high concentration of THC can exacerbate the harmful effects on the user, increasing the risk of developing an addiction or experiencing a mental health disorder.

Taking Action Upstream

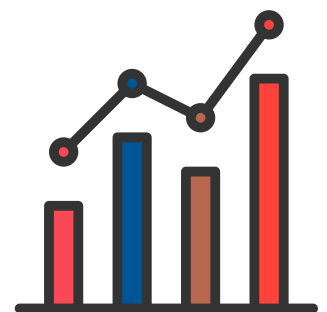
“Our primary focus is prevention and awareness. We try to act upstream, before young people start using. We are here to inform them, warn them of the dangers of consumption, and ensure they don’t go down that path.” Extensive consultations were conducted with youth organizations, and it became clear that while a number of young people were using Wax Pens, they were largely uninformed about their contents, and many didn't even know the product contained cannabis. "Several organizations in Rouyn-Noranda noticed an increase in Wax Pen use among young people, and this, among other things, led to the need to create tools to inform and empower them," explains Charles Allen Bédard, team leader at the Rouyn-Noranda Youth Centres.

Two videos to be shown across Quebec

The video for teenagers will be shown in schools starting in grade 9 and on social media. The video for parents will also be shown on social media, on television, and on the giant screen during Huskies games. Approved by the Sûreté du Québec (Quebec Provincial Police) for the quality of their content, both videos will also be shown in other schools across the province. The project was made possible thanks to the financial support of the Quebec Fund for Social Initiatives (FQIS) and the Abitibi-Témiscamingue Public Health Department.

Source: https://journalle citoyen.com/articles/article_6744/

STAT CANADA



A study in 2022 showed that:

17% of students in grades 7-12 reported using a vaping product.

16% of students have used an e-cigarette with nicotine and 4% had used an e-cigarette without nicotine.

55% of the students thought it would be "fairly easy" or "very easy" to get an e-cigarette with nicotine if they wanted one, and 54% thought it would be "fairly easy" or "very easy" to get an e-cigarette without nicotine if they wanted one.

Among students who used cannabis, 54% reported vaping liquid cannabis and 34% reported vaping dried cannabis.

Source: <https://www.canada.ca/en/health-canada/services/smoking-tobacco/surveys-statistics-research/vaping-what-we-know.html>

We all forget things, experience changes in our mood, or mix-up our words from time-to-time. But when this begins to affect our day-to-day functioning, it could be a sign of a condition called dementia.

What is dementia?

Dementia is a broad term that describes a set of symptoms that may include memory loss, changes in mood, and difficulties with thinking, problem solving and language. While they may seem small at the start, they can affect the day-to-day lives of people with dementia. Dementia is caused when brain cells become damaged and eventually die. There are many diseases and conditions which can cause dementia, with Alzheimer's disease being the most common type. Regardless of the cause, dementia can be frightening, which makes it difficult to find the right help.

People may think dementia is a normal part of aging. It is not.

There are important differences between symptoms of dementia and normal aging:

Normal Aging	Dementia
Forgetting events from a year ago.	Forgetting details from recent events.
Becoming lost occasionally.	Becoming lost frequently or in familiar places.
Occasionally struggling to find words.	Frequently pausing and using substitutions when trying to find words.
Able to speak clearly and well.	Increase in slurred speech and other language problems.
Predictable and stable mood.	Unpredictable changes in mood and behaviour.
Able to follow and participate in conversations.	Difficulty following or participating in conversations; frequent repetition of questions and stories.
Ability to perform everyday tasks like paying bills and shopping.	Difficulty with remembering to do everyday tasks, like paying bills or shopping.

The Alzheimer Society also has a branch in Abitibi-Témiscamingue!



210, 9e Rue bureau 106, CP 336



819-764-3554



Rouyn-Noranda, QC, J9X 5C3



info@alzheimerAT.org

Campfire Club



Jan. 6th : New Year's Fun!

Happy New Year! We'll see the best fireworks from around the world as well as make fireworks art!



KOOL KIDS CLUB

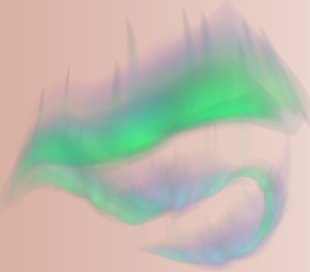
Jan. 8th : New Year's Celebration!

Bingo, music, and games to ring in the new year!



Jan. 13th : Northern Lights!

Have you ever seen the Northern Lights? We'll find out why these beautiful lights sometimes decorate the night sky in winter.



Jan 15th : Snowflake Art!

Try out a cool way to make beautiful snowflake art, using watercolours and salt!



Jan. 20th : Polar Bear Experiment!

How do polar bears keep warm in the arctic cold? You'll find out by doing an experiment that lets you feel the cold just like polar bears do!



Jan 22nd : Cup of Comfort!

Discuss ways to deal with your worries and who you can talk to for support, all while drinking a cup of comforting hot chocolate.



Jan. 27th : Family Literacy Day!

To celebrate we will listen to some great stories, and even act out some!



Jan 29th : Winter Art!

Try your hand with pastels to create pretty winter scenes. Explore blending and layering techniques to merge colours in your own way.



JANUARY
ISSUE

UPCOMING ACTIVITIES

JANUARY
ISSUE

MOVING MONDAY

1:30pm

Join us every Monday at 1:30pm for a ViActive exercise or yoga session! Each exercise session is made up of different movements for all levels of ability.

Chairs are provided for those who need the extra support!



WELLNESS WEDNESDAY

1:30pm

Jan. 7th

Grocery Tips

Grocery tips, tricks, and how stores get you to buy more.

Jan. 14th

Snowflake Craft with a Hot Chocolate bar

Join us in making 3D snowflake decorations or just to enjoy a special hot chocolate!

Jan. 21st

SHARP Webinar

Tips for active listening and reducing social isolation

10 AM
Call to reserve your lunch

Jan. 28th

Conduct Disorder

What is it and who does it affect?

FUN FRIDAY GAMES

1:30pm

Jan. 9th

Game Day

Jan. 23rd

Trivia 40s-60s:

Test your knowledge of the decades! The winner gets a prize!

Stay afterwards to play your own games.



FUN FRIDAY MOVIES

1:30pm

Jan. 16th

The Thursday Murder Club (2025)

1h58m

Four retirees spend their time solving cold case murders for fun, but their casual sleuthing takes a thrilling turn when they find themselves with a real whodunit on their hands.



Jan. 30th






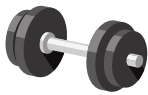











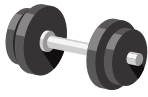






Carry-On (2024)

1h59m

A young airline security guard is blackmailed by a mysterious passenger who threatens to smuggle a dangerous package onto a plane on Christmas Eve.



JANUARY 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
				OFFICE CLOSED		
4	5	6	7	8	9	10
						
11	12	13	14	15	16	17
						
18	19	20	21	22	23	24
					 Men's Mental Health Party 	
25	26	27	28	29	30	31
						
	Moving Monday 1:30pm	Campfire Club 4:00 - 5:15pm	Wellness Wednesday 1:30pm	Kool Kids Club 4:00 - 5:15pm	Fun Friday 1:30pm	

NEIGHBOURS

ABITIBI-TÉMISCAMINGUE

139 avenue Murdoch
CP 2277
Rouyn-Noranda, Québec
J9X0A0

info@neighboursat.ca
819-762-0882

This project was made possible thanks to funding from Health Canada

Upcoming Activities

Please refer to our calendar to keep track of what events and activities will be coming up next!



Secrétariat aux relations
avec les Québécois
d'expression anglaise

Québec 



Health
Canada

Santé
Canada

CHSSN

Happy
New Year



2026