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REISA's June Newsletter



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Have questions or feedback? Want to connect with someone from our team?

We're available by phone every **Tuesday and Thursday from 9 AM to 4 PM**. Give us a call at **514-955-8370, ext. 2217**, we'd love to hear from you!

Men's Mental Health Month

Men make up 48% of the population in East Montreal, and like any group, they have unique health and wellness needs. It's important that services reflect their realities.

To support this, the **CIUSSS de l'Est-de-l'Île-de-Montréal** has compiled a list of resources available in the region and across Quebec to help support men's mental and physical health.

Family Doctor Appointments

If you don't have a family doctor, you can still get an appointment through the **Guichet d'accès à un médecin de famille (GAMF)**. You may be matched with a doctor or a group of doctors based on availability.

Already registered?

If your health situation has changed, updating your file can help prioritize your request.

✦ **Explore the resources here (French only) [here](#)**

Contact GAMF:

☎ 514-356-0121

📄 [Register online \(recommended\)](#)

Meet Yoga with Dorit

Therapeutic Yoga for Staff & Seniors

Feeling the stress of caregiving? Dorit Hood offers **gentle, accessible yoga** to help staff and seniors manage anxiety, release tension, and build inner calm. No experience needed — just a willingness to breathe.

🧑‍🎓 Staff sessions focus on burnout, nervous system support, and restoration.

👴 Senior sessions are seated, standing, or lying down — tailored for all abilities. 🌐

Learn more: www.dorithood.com



Art-QEIPS Call for Submissions

Art-QEIPS is a project that aims to provide a platform for artistic content “by and for” students with disabilities in Quebec, allowing them to express themselves and to share their experiences

Theme: Childhood Memories

✉ Submit 1–3 pieces by **July 6** to: communications@aqeips.org

Please take the time to read the details of the project before submitting: [Art-QEIPS - Quebec Association for Equity and Inclusion in Post-Secondary Education](#)

AMI-Quebec Hands on Practice Workshop

Do you feel stuck and scared when it comes to interacting with your loved one who lives with mental illness? In this free workshop we will practice how to deal with difficult situations that come up in our day to day lives.

Visit amiquebec.org/practice for details.



Community Events

Follow the links for more details

- [Your Pharmacist's Role in Helping You Age Safely at Home - Videoconference](#)
- [AMI-Quebec Support Groups](#)
- [Camp LIFT Fundraiser Event](#)

Join AMI-Quebec's Walking Group

As part of AMI-Quebec's ongoing commitment to promoting physical activity for better mental health, they've launched a weekly walking group open to all friends of AMI—including family caregivers and their loved ones, regardless of ability.

Tuesdays at 4:30 PM

Meet in the parking lot behind AMI's office at 5800 Décarie Blvd, Montreal

No RSVP required!

[Details here](#)



Job Board

Looking for a job? REISA's job board is your go-to resource! Start exploring opportunities



Resource Guide

Looking for support in health and social services? REISA's Resource Guide lists

today: [Job board](#)

services servicing English spekaers, connecting you to essential services. [Click here to explore the resource guide](#)

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