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## REISACTION Newsletter no.20

June 2017

1. Come join us at REISA's Annual General Meeting!
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3. REISA's Special Needs Resource Guide
4. CLSC Connecting with English-speaking Seniors in the East end
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8. Workshop: *Help is on the way!*

**1. Come join REISA's Annual General Meeting on Wednesday June 28, 2017 at 9:00am at the Leonardo Da Vinci Centre, 8370 Lacordaire Boulevard.**



## 2. Forum: *See the Future of Autism Spectrum Services*

On April 27, REISA hosted a forum on access to English services for the special needs community. The objective of the forum, entitled *See the Future of Autism Spectrum Services*, was to explore how the new MSSS' Action Plan on Autism Spectrum Disorder will improve services to minority English-speaking communities in the greater Montreal area. The forum was attended by 40 people from many sectors: education, employment, social services, advocacy, parents' groups, legal services, and community sector support services. Representatives of the DI-TSA programs at the CIUSSS du Centre-Sud-de-Montréal and CIUSSS de l'Est-de-l'Île-de-Montréal presented the new action plan. Other presenters included parents of special needs children, Remrov, Autistic pencil artist and Autism advocate, and experts in the field.

### **3. REISA's Special Needs Resource Guide**

REISA is very happy to announce that following the successful *See the Future of Autism Spectrum Services Forum*, a new resource guide is in the works. The guide will include a wide range of resources for families with special needs such as therapeutic services, recreation, camps and respite, community centres and services, education and tutoring, among others. Please email [programs@reisa.ca](mailto:programs@reisa.ca) for a copy of the guide!

### **4. CLSCs Connecting with English-Speaking Seniors in the East end.**

Liaison has been established with 4 CLSCs in the East-end for home care services to seniors. Bilingual health professionals from *Soin à domicile* teams of CIUSSS de l'Est and CIUSSS du Nord visited seniors at Almage centre and 2 satellite groups in Rosemont and Montreal North. They presented trajectories of services and encouraged seniors to seek services at the CLSCs. These actions are the result of a 3 year linguistic adaptation program- a collaboration of REISA with the 2 CIUSSS in the East-end of Montreal.

### **5. Videoconferencing Unit for East-Island Seniors at Almage Senior Centre.**

Almage is the only centre that welcomes English-speaking seniors from the East-end every day. The centre promotes a *senior helping senior* approach, and their mission is to improve the quality of life of seniors who live independently. REISA installed a videoconferencing unit at the Almage Centre to offer seniors access to health education conferences offered by the CHSSN-Community Health Education Program available through the MUHC and DVD modules.

### **6. Community Groups of Montreal-East Offering Internships.**

Since 2011, REISA has partnered with several post-secondary educational institutions as well as community organizations around Montreal's East-end to promote internship opportunities for students in health related fields. If you are a student looking for an internship opportunity or a placement coordinator in a health-related field, visit [www.reisa.ca/retention-of-health-professionals/](http://www.reisa.ca/retention-of-health-professionals/) for more details about the program or email [programs@reisa.ca](mailto:programs@reisa.ca); Montreal's East-end is waiting for you!

### **7. Senior Action Quebec: *Community Consultation on Poverty Reduction***

The community consultation addressed socio-economic realities that many seniors are facing. What does poverty look like? The conference begged the question, which programs are effective and what can be improved upon? Many speakers were invited to the conference with different expertise, including a psychologist, a nutritionist, an occupational therapist, a financial advisor, an accountant, and experts in home retrofitting and cooperative housing. To learn more about Seniors Action Québec, visit their website [www.seniorsactionquebec.ca](http://www.seniorsactionquebec.ca)

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# HELP is on the way!

How to Offer, Give and Receive Help

A One-Day Interactive Workshop:  
Friday, October 20, 2017 OR Saturday, October 21, 2017

We all love to help, but it can be frustrating. Avoid being resented, resisted or refused, at home, at work or with friends.

Why is help not always helpful? Listen, learn and connect with others to offer or receive help.



This workshop is being offered by the East Island Network for English Language Services-REISA in partnership with Concordia University, Department of Applied Human Sciences, Graduate Program in Human Systems Intervention.



For more information: ☎ 514-955-8370 ext. 2217 ✉ [info@reisa.ca](mailto:info@reisa.ca)

## REGISTRATION:

Date: Friday, October 20, 2017 OR  
Saturday, October 21, 2017

Time: 9:00am - 3:00pm  
Location: Leonardo da Vinci Centre,  
8370, boul. Lacordaire, Saint-Léonard, QC

Register early, space is limited!  
Register by August 25th to be entered for an **EARLY BIRD** prize!

To Register, please email [info@reisa.ca](mailto:info@reisa.ca)  
15\$ Registration fee; lunch is provided  
Open to community groups, health professionals,  
youth 16+, seniors and families

## 8. Workshop: *HELP is on the way!*

REISA partnered with the Concordia University Human Systems Intervention Masters program to develop a one-day interactive workshop on how to offer, give, and receive help. The workshop will be offered on Friday October 20 or Saturday October 21. The workshop is open to community groups, health professionals, youth 16+, seniors, and families. To register, please email [info@reisa.ca](mailto:info@reisa.ca), registration fee is 15\$ and lunch is provided. Please register by August 25.