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-April 2024-



Happy National Volunteer Week!

This annual celebration highlights the crucial work that volunteers do to make a positive impact on the lives of others and keep communities together. If you work with a volunteer in your organization, make sure to show them some extra appreciation this week!

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with their literacy skills. We are also extremely grateful for our board members, who are volunteers that have gone above and beyond to support us this year. Words cannot express how much we appreciate their hard work and dedication.

Stay tuned as we announce the recipient of the 2023 Freda Hudson Volunteer Recognition Award in the coming months, given annually to a volunteer who has made remarkable contributions to literacy.

# CHSSN Mental Health Project: Release of Mental Health Resource Guide



A resource developed by:



## Mental Health Resources Available in English in Quebec

A Resource Tool for Literacy Organizations

Funding for this project was provided by:





Agence de la santé publique du Canada

As the last phase in our project with CHSSN, we have released a guide with a list of English mental health resources and services available in Quebec. The guide is

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mind that the guide is not intended to be an exhaustive list of all mental health resources and guides in the province. Instead, please refer to the guide as a first step to lead to the appropriate resources that could assist and guide you.

Click **here** to consult the guide.

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

# Lace Up for Literacy: 21k de Montréal in-person event on April 20th!



Mark your calendars for the highly anticipated 21k de Montréal in-person event taking place on Saturday, April 20th at Parc Jean-Drapeau. If you are participating, get ready to lace up those running shoes and don't forget to bring a water bottle to stay hydrated!

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8:00am - 21K start

10:45am - Kids Race start

11:30am - 5K and 10K start

Unfortunately, due to another commitment at a conference we will be attending, LQ will not have a booth this year. However, we are cheering our teammates on from afar, and wish all participants a safe and happy race!

And this doesn't mean we haven't been training. Pictured on the left is Heather training for her virtual 21k distance, and Jessica and Michael on the right who embarked on a cold jog in March to train for their virtual 10k distances.





Pictured: Heather Sakowski (LQ)

Pictured: Jessica Leahy (LQ), Michael Virone

As of now, Literacy Quebec and their teams Gaspésie Literacy Council, Reclaim Literacy, and CYSCA Technologies Inc. have raised a total of \$2106.07! We are so proud of all of our fundraisers and grateful to those who have donated! These funds will go to literacy councils that provide free tutoring services, programming, book giveaways, and more to English-speaking communities. If you think literacy is a human right, please consider donating at the following link:

https://raceroster.com/events/2024/78955/21k-de-montreal-2024? locale=en\_CA

### Latest episode of What's Literacy?

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our podcast *What's Literacy?* give it a listen!

In this episode, we celebrate Adult Learners' Week, which took place between March 31st and April 6th. Jessica chats with Enza Ciampanelli, Community Manager, and Mie and Malena, two volunteer tutors from The Learning Exchange, a not-forprofit literacy organization based in Laval. They discuss their experiences working with adult learners and encourage learners out there to not give up on what they want to achieve!

P.S. Stay tuned until the end to find out what our learning goals are!



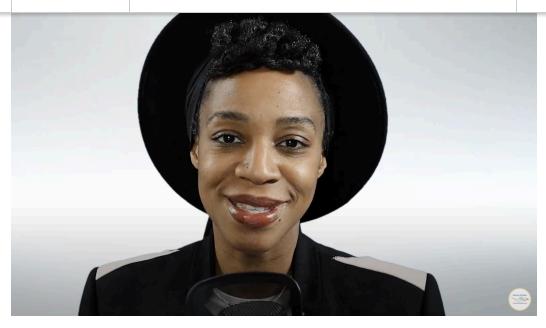
Listen here

### **April is Poetry Month!**

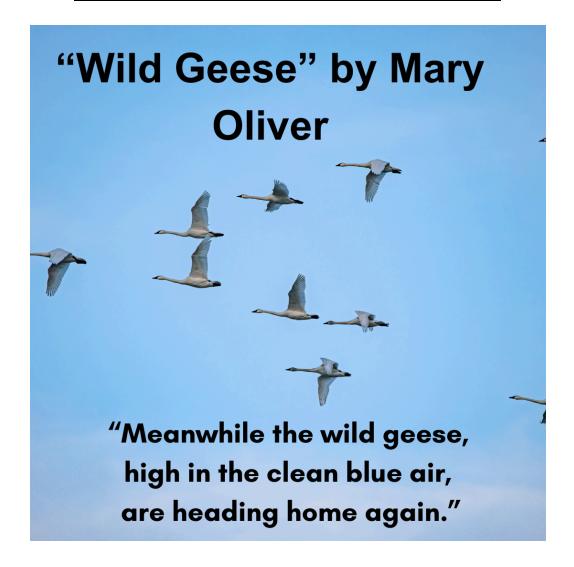
Roses are red, violets are blue, it's poetry month, are you excited too?

This may not be the most original or exciting poem, but I had a chuckle writing it, and it's a good segue to poetry month, which takes place in April. Check out our YouTube video of Roen Higgins reading Maya Angelou's "Still I Rise" or Mary Oliver reading her celebrated poem "Wild Geese," which we made a post about on social media.

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Roen Higgins reading "Still I Rise" by Maya Angelou



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#### **Events Calendar**

If you would like to see more from our Member Organizations, you can check out the Events Calendar on our website!





#### **Literacy Helpline**



1-888-521-8181

The Literacy Helpline is a FREE service that provides information and support for tasks that require reading, writing and/or digital literacy skills. English-speaking Quebecers aged 16 and over can call 1-888-521-8181 for assistance. You can also reach us by email through <a href="mailto:help@literacyquebec.org">help@literacyquebec.org</a>.

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#### **Upcoming Dates**

National Volunteer Week- April 14-20

National Haiku Poetry Day - April 17

Earth Day- April 22

Canadian Children's Book Week- April 28-May 4

Asian Heritage Month- May

International Get Caught Reading Month - May

Canadian Mental Health Week - May 6-12

**International Day of Families - May 15** 

"Life's most persistent and urgent question is, what are you doing for others?" -Martin Luther King, Jr.

~ The Literacy Quebec Team











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