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## REISA's November 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!

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REISA News & Events

## Podcast Episode: A Conversation with MinibiblioPLUS

We're excited to share the **second episode** of our podcast series: a conversation with **MinibiblioPLUS!**

MinibiblioPLUS, one of our cherished partners, helps nurture a love of books and reading among children. Over the years, we've collaborated on several initiatives to expand access to books and promote literacy across Montreal's east and north regions.

 Tune in to hear about the fascinating journey of the **Fraser-Hickson Library** and how it evolved into today's **MinibiblioPLUS** outreach program — and discover why early childhood literacy matters more than ever.



## Watch Now

La Bibliothèque Rivière-Des-Prairies, minibiblioPLUS et le REISA présentent

# bonne nuit, on lit!

un atelier de la série ensemble, nous apprenons!

Rejoignez-nous pour un atelier qui vous aidera à créer une routine lecture-détente avant le dodo pour vos petits!

Découvrez des techniques simples de massage présentées par une massothérapeute qualifiée!

Pendant cet atelier, vos enfants assisteront à une animation d'histoire!

ATELIER BILINGUE (FRANÇAIS ET ANGLAIS)

**Samedi 29 Novembre à 11h**  
à la bibliothèque de Rivière-Des-Prairies

inscription à l'aide du code QR ou au 514-872-9494



 

 Rivière-des-Prairies  
Pointe-aux-Trembles  
Bibliothèques  
Montréal

## Bonne nuit, on lit ! : Early Childhood Literacy Workshop

Join us for a bilingual workshop that will help you create a relaxing bedtime reading routine for your little ones. While your toddlers enjoy a story time activity, you will learn simple massage techniques presented by a qualified massage therapist. Activity in collaboration with [minibiblioPLUS](#) and [Bibliothèque de Rivière-des-Prairies](#)

 Saturday, November 29, 11 h - 12 h

 Bibliothèque de Rivière-des-Prairies,  
9001, boulevard Perras, Montréal  
Québec, H1E 3J7

## Sign Up



### Services for Healthy Aging in the Right Place (SHARP)

Who to call for help: Info-Santé, Info-Social & other essential hotlines  
with Jennifer Hobbs-Robert, Senior Advisor - JH Partners

Quebec offers several free, confidential hotlines that help older adults living at home get timely advice and referrals. Join us as we learn together about the variety of Information Hotlines offering help to seniors living at home: when to call and where to reach out.



Wednesday Nov 19th, 2025  
10:00am-11:30am (EDT)

A CHSSN initiative funded through Health Canada's Official Languages Health Contribution Program 2023-2028



### Workshop: Who to Call for Help: Info-Santé, Info-Social and More

The **Services for Healthy Aging in the Right Place (SHARP)** program invites you to join us, Wednesday, November 19 from 10 am - 11:30 am for an online workshop!

This presentation will explore the several free information hotlines offered by the government. Find out which one is right for you and your loved ones!

[Register Here](#)

Partner Events & Promotion

**It feels good to be heard.**

NEED SOMEONE TO TALK TO? CALL:

**Tel-Aide MONTRÉAL** **514-935-1101**  
Free & confidential active listening in English | 24/7

### Tel-Aide Montréal is Here to Listen - You're Not Alone

If you're going through a tough time and need someone to talk to, we're here for you. Our free and confidential service offers active listening: an empathetic and caring approach that allows you to express your feelings, find comfort, and discover your own solutions. Everyone deserves to be heard – and sometimes, having someone listen can make all the difference.

**Call us at 514-935-1101**, we're available 24/7. It's free and confidential.

For information visit, [telaideмонтreal.org/en](http://telaideмонтreal.org/en)

### AMI-Quebec Mental Health Forum

AMI-Quebec is hosting their Annual Mental Health Forum this upcoming **Thursday, November 13!**

 **About the event:** Is the current mental health ideology compromising the health of our younger generations? Find out at AMI's Annual Mental Health Forum with Dr. Sami Timimi, held in person in Montreal and livestreamed online.

**The 2025 AMI-Quebec Annual Mental Health Forum**  
(formerly Low-Beer Memorial Lecture)

**Is the current mental health ideology compromising the health of our younger generations?**

**THURSDAY, NOVEMBER 13 2025** 7:00pm EST

Oscar Peterson Concert Hall  
7141 Sherbrooke West,  
Montreal

And live-streamed online

**For more information:**  
[amiquebec.org/forum](http://amiquebec.org/forum)

**Sami Timimi**  
Keynote speaker  
Child and adolescent  
psychiatrist,  
psychotherapist and author

Lecture will be presented in English  
La conférence sera présentée en anglais

**amiquébec**  
Alliés en santé mentale  
Allies in mental health

Co-sponsored by AMI-Quebec with the Department of Psychiatry and the Centre for Clinical Research in Health (CCRH) Concordia University

**UNIVERSITÉ**  
**Concordia**  
UNIVERSITY

### Event Details

**FREE VR TRAINING WORKSHOPS FOR BLACK AND VISIBLE MINORITY YOUTHS AGED 18-35**



**REALITY, RESILIENCE, AND CHANGE**

**Through Our Eyes: "Reality, Resilience, and Change"** is designed to combat anti-Black racism and hate crimes in Quebec through immersive learning, interactive workshops, and community dialogues. Using Virtual Reality (VR) storytelling, the project aims to build empathy, raise awareness, and develop practical skills for addressing systemic discrimination, anti-black racism and hate crimes. Concluding with a high-impact VR forum, the initiative showcases its progress and invites public and institutional engagement in combating hate and promoting inclusivity.

To sign up and more info please contact - [communitycoordinator@bcrmontreal.com](mailto:communitycoordinator@bcrmontreal.com)

**Through Our Eyes: Reality, Resilience, and Change: Youth Participant Callout**

**The Black Community Resource Centre** is inviting youth aged **18 to 35** to take part in an exciting **Virtual Reality storytelling project!** This innovative initiative uses immersive learning, interactive workshops, and community dialogues to help **combat anti-Black racism and hate crimes in Quebec.**

[Learn More](#)

**AMI-Quebec's Support Groups**

AMI-Québec is offers **free online support groups** throughout the year for individuals living with mental illness, as well as for family and friends.

 Upcoming support group dates:  
November 10 and 24

 **Learn more**

here: [amiquebec.org/support](https://amiquebec.org/support)



**ONLINE MENTAL HEALTH SUPPORT GROUPS IN NOVEMBER**

- November 3**
  - Anxiety/OCD\*
  - Bipolar\*
  - Family & Friends
- November 10**
  - Borderline Personality Disorder for Families
  - Depression\*
  - Young Adults\*
  - South Shore Family & Friends (in person)
- November 24**
  - Hoarding\*
  - Kaleidoscope (anyone living with any mental illness)
  - Queer Group\* (NEW!)

\* For family, friends, and people living with mental illness

**LEARN MORE: AMIQUEBEC.ORG/SUPPORT**

### AMI-Quebec Workshops

These workshops are designed to support family members and caregivers of individuals living with mental health disorders.

This month's topics include:

- Caregiver's group
- Navigating challenging situations
- Supporting loved one(s) during psychosis

👉 Learn more and register

here: [Workshops - AMI-Quebec](#)

**ami québec**  
Alliés en santé mentale  
Allies in mental health

## WORKSHOPS COMING UP AT AMI

NOVEMBER 2025

For family and friends of people living with mental illness

Group #1 starts November 5  
Group #2 starts November 10

**Caregiver Group**  
Online, runs for 6 sessions

November 18

**Hands On Practice for Challenging Situations**  
At the AMI office in Montreal

**NEW**

November 19

**Facing Psychosis in Your Loved One**  
At the AMI office in Montreal

Learn more and register now!  
[amiquebec.org/workshops](http://amiquebec.org/workshops)

# Yoga Fundraiser

**Wednesdays from 7 to 8 p.m.**  
**HM Gymnasium (8280 rue Nantes)**

24 sessions from November 2025 - May 2026  
\$100 public all access pass\*  
\$50 EMSB pass for employees\*  
\$10/session drop-in all levels / ages 16+

2025  
November 5, 12, 19, 26  
December 3, 10, 17

2026  
January 28  
February 4, 11, 18, 25  
March 11, 18, 25  
April 1, 8, 15, 22, 29  
May 6, 13, 20, 27

<http://bit.ly/49jQySh>

Passes available through Canada Helps!

- 1) Scan QR code
- 2) Enter pass amount
- 3) Select Honoré Mercier Elementary School
- 4) Add message: For yoga fundraiser

All proceeds go towards wellness programs at Honoré Mercier School.

With Nadia Ramundo  
Certified YogaFit Instructor

Questions? [merika.ramundo@gmail.com](mailto:merika.ramundo@gmail.com)

### Honoré Mercier School Yoga Fundraiser

Every Wednesday evening Honoré Mercier School will host relaxing and rejuvenating yoga classes, all in support of a great cause! 🧘‍♀️ ✨

These affordable, accessible sessions are open to everyone, and every dollar raised goes directly toward the Wellness Programs at Honoré Mercier School.

### Questions & Registration



## Job Board

Looking for a job? REISA's job board is your go-to resource! Start exploring opportunities today: [Job board](#)



## Resource Guide

Looking for support in health and social services? REISA's Resource Guide lists services servicing English speakers, connecting you to essential services. [Click here to explore the resource guide](#)

## REISA is funded by



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