

COMMUNITY NETWORK FORUM

COMMUNITY IN MOVEMENT

*Stories of resilience and mobilization of community resources
dedicated to engaging community and public partners in
improving the vitality of
English-speaking communities in the Greater Montreal region*

Dear forum participants,

We are pleased to send you the report of the Community Network Forum held March 20, 2014 : Community in Movement – stories of resilience and mobilization of community resources dedicated to engaging community and public partners in improving the vitality of English- speaking communities in the Greater Montreal region.

We all enjoyed learning about the resiliency of the citizens of Verdun, their history and evolving capacity in addressing community needs. We thank David Lefneski and his team for their wonderful hospitality. David’s image of himself as a “network weaver” is an inspiration for us all.

Your feedback encourages us to continue these community gatherings so that the networking and learning continues : so that we all are “network weavers”!!

Enjoy this report, share it with your colleagues and stay in touch.

Sincerely,

Anne Usher



COMMUNITY NETWORK FORUM

COMMUNITY IN MOVEMENT

*Stories of resilience and mobilization of community resources dedicated to engaging
community and public partners in improving the vitality of
English-speaking communities in the Greater Montreal region*

Thursday, March 20th 2014

8:30am – 3:15pm

SouthWest United Mission

Verdun Elementary School

610 Desmarchais, Verdun, QC



To read more about the Community Network Table, visit the following link:

<http://reisa.ca/en/partners-ressources/files/montreal-laval-south-shore-community-network-table>

<i>Morning Program</i>	
8:30 – 8:45am	Registration
8:45 – 9:00am	Welcome and Introduction David Lefneski, Chairperson, Verdun Anglo Family Council Anne Usher, Chairperson, Community Network Table
9:00 – 10:00	Verdun Anglo Family Council –Stories of community resilience and mobilization in Verdun –Challenges of regeneration and addressing community needs <i>Kathryn Harvey– David Lefneski</i>
10.00 – 10:45	A Model of Community Mobilization Presentation of a community mobilization model at work in several English-speaking communities across Quebec <i>Russell Kueber, CHSSN; Colin Coole, Assistance and Referral Centre, South Shore</i>
10.45 – 11.00	Health Break
11:00 – 12:00	A Community Portrait A census picture of English-speaking people in the Verdun CLSC territory: What does it say about the community and its needs? <i>Joanne Pocock, CHSSN</i>
12:00 – 1:15	Lunch

<i>Afternoon Program</i>	
1.15 – 1.45	REISA and AMI–Quebec The story of introducing resiliency programs for elementary school children in the East Island – a successful pilot and promising outcomes <i>Ella Amir</i>
1.45 – 2.15	AGAPE The story of building the Partnership Table of community resources and public partners in Laval <i>Luigi Morabito, AGAPE</i>
2.15 – 2.45	NDG Senior Citizens Council Growing the Boomers Café: social innovation and community entrepreneurship: a report from the World Forum <i>Sheri Mcleod</i>
2.45 – 3.00	Conference closure David Lefneski Anne Usher



Community in Movement:
Stories of resilience and mobilization of community resources
dedicated to engaging community and public partners in
improving the vitality of English-speaking communities in the Greater Montreal region.

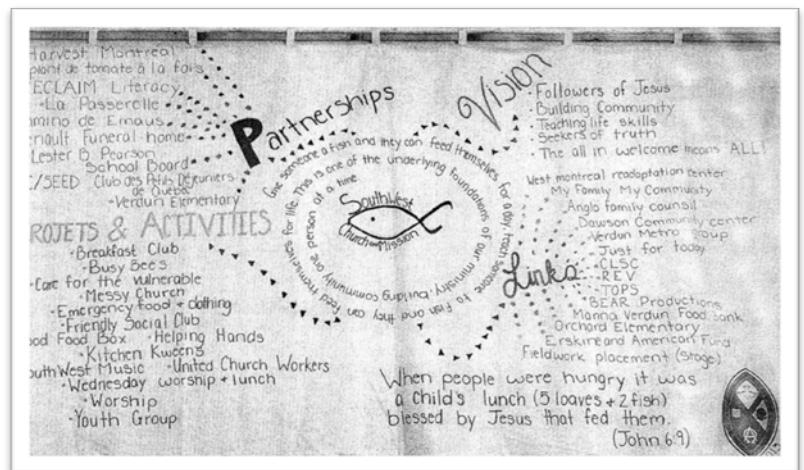
*** March 20, 2014 *** Verdun, Quebec ***

Preface to the Packet

On March 20, 2014, we saw people working for community in the same way gardeners look at the surrounding environment and figure out ways for plants to grow well. At the forum, we learned how various individuals analysed the ground with which they worked, developed partnerships with other people who wanted to help, and together they formed a foundation upon which their community grew and transformed in some way.

Some of you shared how a particular idea was sown in such a way that partners chose to break ground with you, help tend that which sprouted, and to watch it blossom together. Southwest United Mission's Mind Map in this packet illustrates the value of diversity in partnership (in skill, outlook, function, and purpose) and the abundance that is created from letting creative thinking, persistence and patience all take root into fertile ground, and to do so with limited financial backing. This example is indeed inspirational.

Seeds of plants that were healthy and abundant one season should be saved and planted in future growing seasons. When this happens future generations of plants from healthy seeds get even better over time. In a similar way, we learned that Ami-Quebec and its partners collect outcomes and data coming from its constellation of satellites, schools within the Sir Wilfred Laurier School Board and beyond, year after year. These seeds of knowledge demonstrate widespread reduction of anxiety in youth using the FRIENDS program, and will be used to generate a recommendation to integrate this globally recognized and successful program into the provincial educational curriculum – ah the stuff of positive contagion!



Roots of trees actually transmit messages from one tree to another, but we often don't even think of the matrix of resource exchange that occurs beyond that which we can see in plain sight. The forum highlighted the work of AGAPE in Laval. Community forums were designed by university grad students and then organized by and for the English-speaking community of Laval. Even students of the high school where the forums were held tirelessly coordinated the series of events. Some people may have not appreciated the many levels of interaction and collaboration; it was so broad! These community forums sprouted a community-customized list of needs and priorities, and sketched a plan that piqued the interest of public partners. These are the same public partners who now branch out to leverage the expertise in local resources that can aid in problem-solving health and social service challenges.

With plants, it is sometimes helpful to trim down foliage and branches, so to let the plant get more robust over time. Reclaim, for one, thought "out of the box" when they devised a way to connect with older folks

bearing challenges in literacy. Reclaim volunteers now present themselves at existing blood donation stations across the community, to fill out forms for folks unable to do so. The efficiency of tapping into an event that already draws a crowd is both valuable because of the help that is readily offered to vulnerable citizens, but also fuels Reclaim's human-powered marketing campaign to attract even greater numbers of people who can be helped year after year. SEED is a semi-skilled training service in Verdun. Participants of the program apply their skills in the local job market, which keeps economic development close to home. The fruits of labour is locally grown and continues to blossom across the neighbourhood. Again, brilliant!

There is such a thing as "complementary gardening" that enables one plant's properties to assist the growth of a nearby plant. SOS, Senior Outreach Services, brings an historian out of the halls of academia and onto the dusty streets of the neighbourhood to marry image and story in a way that surfaces qualitative data used to support an intergenerational program that would both improve quality of life for seniors (frozen meals, homecare, etc. all-in-one), but also enable their legacy to fertilize, or make fruitful some youth's outlook on life.

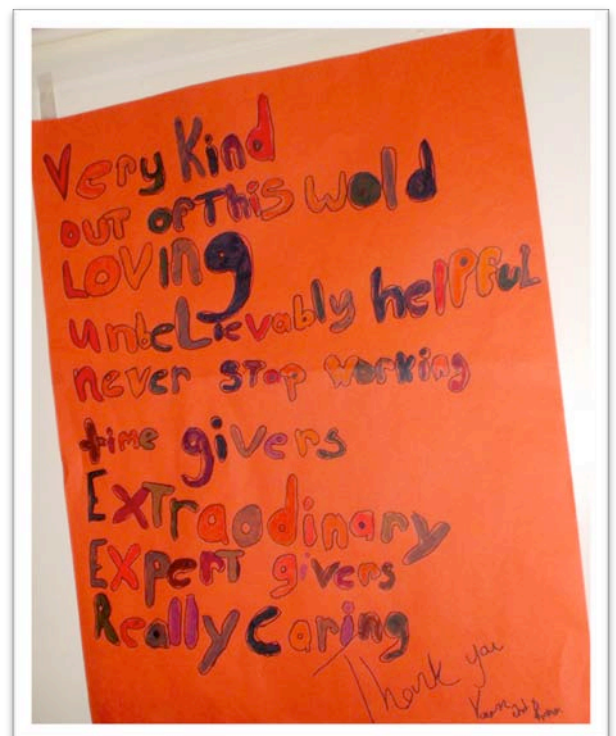
Reverend David: You said you were taking courses in community development to learn even more about it. I commend you for the already effective community developer that you are. You are the centrifugal force of community development in action, and I applaud you and your community-based "family" for showing with action what the two words put together – community + development – really mean.

Finally, in humble gratitude:

A special thank you to the awesome people of Southwest United Mission for hosting the event generously sprinkled with such special care (like compostable dinnerware, door prizes, and a veggie option for lunch). Big heart-felt gratitude goes out to the volunteers that made the day such a smooth one, with such ear-to-ear smiles to boot! Warm thanks also goes to REISA, who ensures the devil in the details are always dealt with. A big "high-five" salutation goes to Anne Usher, who orchestrated the day's sequence of events with grace and aplomb. A wonderful "You are welcome" is extended to Canadian Heritage's Helen Meredith, who was generous in her sharing of opportunities and the excitement she experienced in learning about all the great things happening in our communities.

From Your packet producer
Project Coordinator at CHSSN -
A budding urban/balcony gardener herself,

CMA Medeiros



Participants List

Community in Movement Community Network Forum @ Southwest United Mission in Verdun

March 20, 2014

Name	Email address	Organisation
Amir, Ella	ellaamir@amiquebec.org	Executive Director AMI-Québec
Arsenault Christian	christian.aesenault@projectmontreal.org	Project Montreal
Bacon Nathalie		Social worker, CLSC Verdun
Bourque Lym	home.education@cperisingsun.ca	Rising Sun Childcare
Boushel, Lyna	lyna.boushel@gmail.com	Seniors Action Québec
Carter, Jim	chssn@sympatico.ca	Program Advisor, Community Health and Social Services Network-CHSSN
Cassidy, David	dcassidy@videotron.ca	President, Seniors Action Québec
Chuba Gloria		AFC
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Coole, Colin	infonet@videotron.ca	Executive Director, Assistance and Referral Centre-ARC
D'Abate, Dominic	dabated@videotron.ca	Consensus Family Mediation
Diabo Jamie		Dawson Breakfast Club
Flook Douglas	dflook@lbpsb.qc.ca	Commissioner Verdun, Lester B Pearson School Board
Fyckes Joy		Reclaim Literacy
Garner, Linton	lintong@ccs-montreal.org	CCS- Director Community development

Gatre Guemiri, Fatiha	fguemiri@reisa.ca	Executive Director / NPI Coordinator, East Island Network for English Language Services-REISA
George, Kevin	kevingeorge@ssss.gouv.qc.ca	CSSS Sud-Ouest Verdun
Goldberg, Carrie (in the afternoon)	Carrie@FamilyResourceCenter.qc.ca	Director of the Family Resource Center
Hall Belinda		CSSS Verdun
Hamilton, Leith	leith.hamilton@gmail.com	African Canadian Development and Prevention Network-ACDPN
Harvey, Kathryn		Verdun AFC
Jansen, Fred	fredj@ccs-montreal.org	Executive Director, CCS
Kueber Russ		CHSSN
Leduc, Genevieve	GLeduc@ree.qc.ca	Coordinator, Network Partnership Initiative, Réseaux Emploi Entrepreneurship-REE
Lee Tina	headstart.ped@qerisingsun.ca	Rising Sun Childcare Centre
Lefneski, David	davidlefneski@me.com	Verdun Anglo Family Council
Lisson Patricia	director@saintcolumbaHouse.org	Saint Columba House
McLeod, Sheri	smcleod@ndgsc.ca	NDG Senior Citizens' Council
Medeiros, CMA	cmedeiros@chssn.org	CHSSN, Project Coordinator
Meredith, Helen	helen.meredith@pch.qc.ca	Department of Canadian Heritage
Menard, Gloria	gloria.menard@sympatico.ca	GM & A Communication
Miron Natalie		Dawson Breakfast Club
Morabito, Luigi	luigimorabito@videotron.ca	AGAPE
Nadler, Howard	Howard_Nadler@ssss.gouv.qc.ca	Manager, Liaison with Network Partners, Batshaw Youth and Family Centres

Paradis, Luc	luc.paradis.dll@ssss.gouv.qc.ca	CSSS Lachine/Lasalle
Phillips Allana		
Pocock, Joanne		CHSSN
Proietti Melissa	melissa.proietti@ymcaquebec.org	YMCA (PSC)
Selvaratnam Lysanne		Elizabeth High & House
Skelton, Jane	jeskelton@videotron.ca	Seniors Action Québec
Soutar, Bonnie	info@depotndg.org	NDG Food Depot
St-Amour Line	direction@centredawson.ca	Dawson Community Centre
Sterling Downey	sterling.downey@ville.montreal.qc.ca	City Councillor Verdun
Tucker Afra Saskia		Church of the Epiphany in Verdun, Young Adult Emerging Ministries Facilitator
Usher, Anne	anneusher@videotron.ca	Forum Facilitator, Community Health and Social Services Network-CHSSN
Vincelli, Christina	laurentianscare@gmail.com	Executive Director, Laurentians Caregivers Association
Von Oelffen Lynette		Elizabeth High & House
Waithe Frances	francesdesta@gmail.com	DESTA, Executive Director
Wheeler Patrick	pje.wheeler@gmail.com	Church of the Epiphany
Williams, Dorothy	montrealhistory@yahoo.com	Executive Director, Black Community Resource Centre
Williams, Ian	iangwilliams@videotron.ca	AGAPE: Social Worker, Mental health for youth and adult adaptation project

Volunteers

Name	Function		Name	Function
Blais Gloria	Mission, Seed student		Potts Kelly	Mission
Dobbs Lillian	Seed student		Reid Donna	Mission
Mell Teresa	Mission		Ryder Penelope	Mission, Seed student
Mitchell Shirley	Office, everywhere ELSC		Elena	Reclaim
Noseworthy Frances	Mission, Seed student		Paolina	Reclaim

A Brief History of the AFC (Anglo Family Council)



Prior to 2008, the AFC and its members worked on various projects and initiatives, including:

A family project targeting 0-5 year olds and their parents. The funds for this project came from *Environment Favorables*, a *Santé publique* program.

A collective kitchen project was initiated by the AFC and held at Onward Gospel Church.

A resource guide of services available in Verdun and Ville-Émard was published by the AFC.

By the beginning of 2008, members of the AFC were preoccupied with questions like:

Do English-speakers use local community and institutional services?
If no, why not, and what services do they use?

Is there a necessity/utility in re-establishing a group such as the AFC?
If yes, to what ends?

Should the AFC be focused on:

- A) Dissemination of information to the English speaking community?
- B) Accessibility to services for English-speakers?
- C) Developing and realizing various action plans in concert with the English speaking community?

By the end of 2008

The AFC had established a two sub-committee focus:

1. Housing and tenants' rights
2. Parental skills

The mandate of the AFC is:

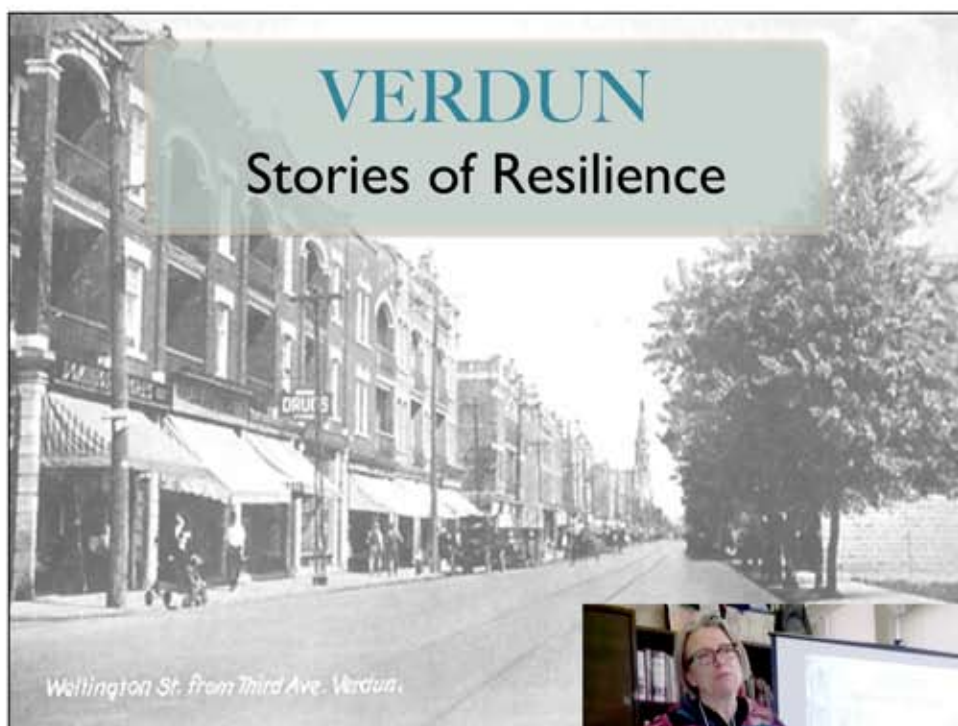
- To strengthen individuals and families in the English-speaking community (ESC) through networking amongst organizations, institutions and groups that serve or could serve our community.
- To represent and advocate for a healthy ESC (*as individuals, families and organizations*).
- To inform citizens of services that exists for the ESC.
- To promote the development of new services or new service delivery to the ESC.
- To encourage partnerships between organizations to better service the ESC.

Strategic areas of development for the AFC:

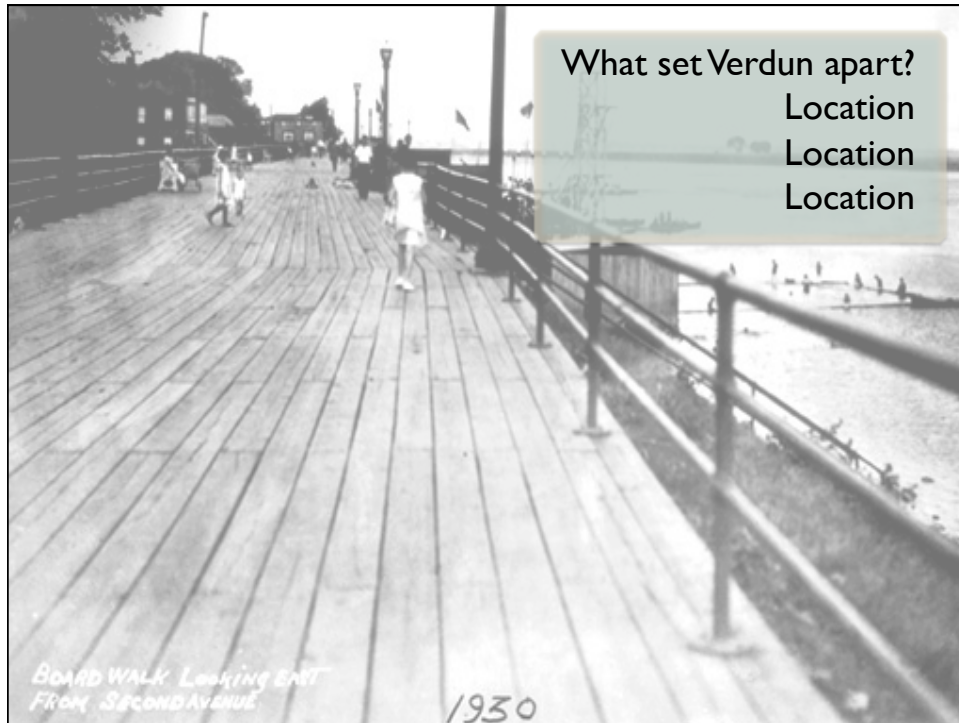
1. **Networking** (*with families and partners*)
2. **Representation and advocacy** (*being a voice of the English speaking community*)
3. **Promoting services** (*including accessibility to health and social services in English*)
4. **Promoting partnerships** (*including health promotion*)
5. **Promoting the AFC**
6. **Management of AFC**

Current AFC members are:

- Anglican Church of the Epiphany
- Batshaw Youth & Family Centres
- Beurling Academy
- CCS Community Services
- CPE Riverview
- CSSS Sud-ouest Verdun
- Dawson Community Centre
- Elizabeth House
- LBPSB Commissioner
- Kitchen Queens and Kings Cooking Group
- Onward Gospel
- Riverview CLC
- Riverview Elementary School
- Southwest United Mission
- SPVM neighbourhood police station 16
- St. John Bosco School
- Verdun Library









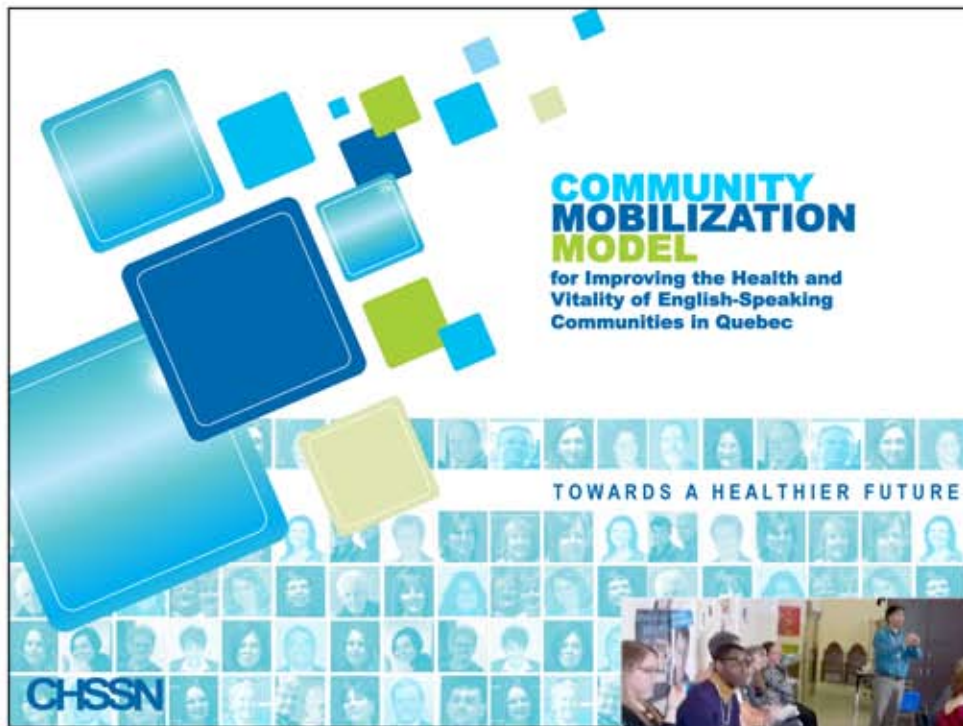
What makes a community resilient?



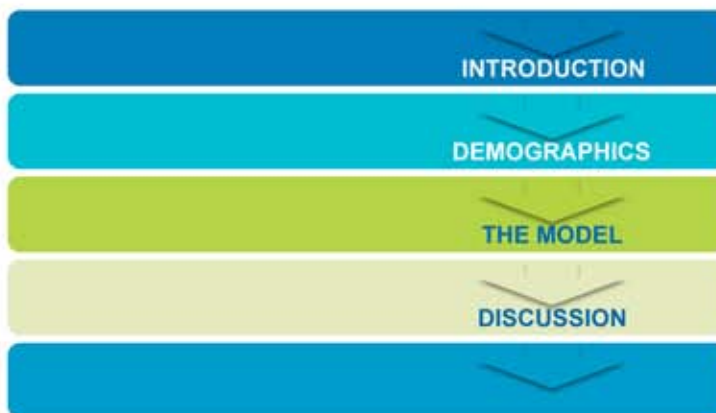
SOS

Senior Outreach Services





PRESENTATION OUTLINE



CHSSN



INTRODUCTION

Designed to communicate the vision and approach to development taken by 20 community health networks (NPIs)

Builds on over 20 years of experience in community development in the ESC

Created by the CHSSN and INSPQ in partnership with the NPIs

Based on an intersectoral approach to partnership where community takes more leadership & responsibility for their individual and collective health status

Supports the NPIs and their partners in responding to the demographic challenges and in addressing health and social service priorities



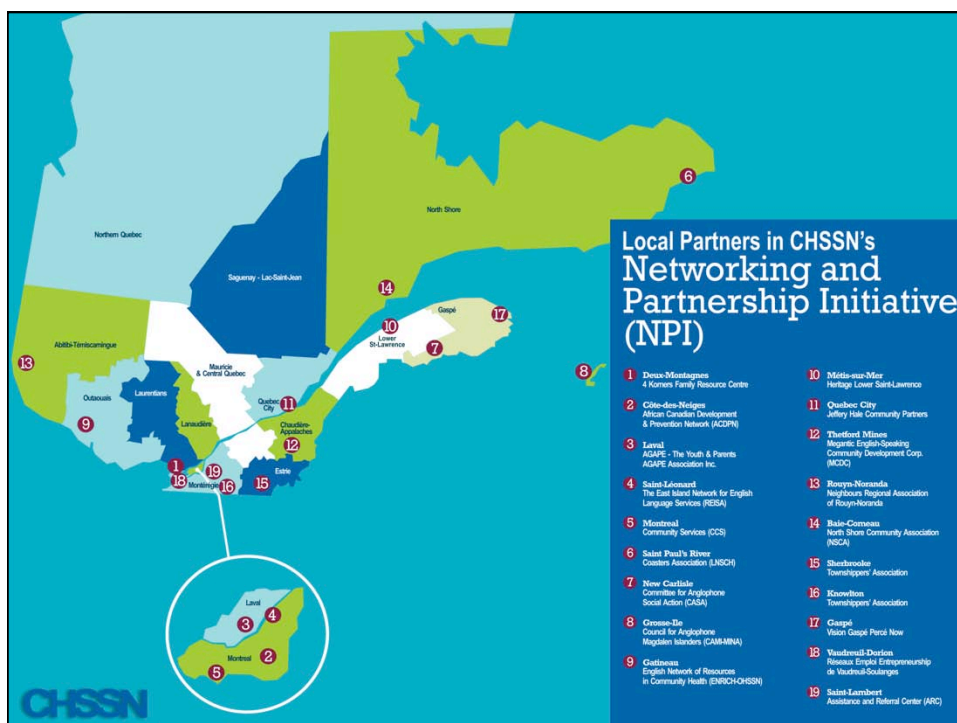
Members of one of the nineteen community health and social services networks located on the Magdalen Islands.

CHSSN

Institut national
de santé publique
Québec



Health Canada
Santé Canada



DEMOGRAPHICS

- Diversity and population growth
- Outmigration & social support networks (seniors)
- Socio-economic inequalities
- Language as a determinant of health status & service quality
- Sense of belonging and civic engagement



English-speaking seniors participating in wellness centre activities in the Baie-des-Chaleurs.



A customer service agent for the Health and Social Services Centre (CSSS de Sept-Îles) dedicated to helping the English-speaking community navigate the health system in her region.

CHSSN



LA LANGUE, DÉTERMINANT DE L'ÉTAT DE SANTÉ ET DE LA QUALITÉ DES SERVICES

La situation socioéconomique des anglophones du Québec

INSTITUT NATIONAL DE SANTÉ PUBLIQUE DU QUÉBEC

www.chssn.org/Scripts/Document_Center.asp



Rapport de données de base 2012-2013

Les réseaux communautaires d'expression anglaise du Québec et leurs partenaires dans le système public de santé et de services sociaux

préparé par le
CHSSN
Community Health and Social Services Network
Réseaux communautaires de santé et de services sociaux
Joanne Pocock, Ph.D.
Février 2013

CHSSN

COMMUNITY MOBILIZATION MODEL FOR IMPROVING HEALTH AND VITALITY

OF ENGLISH-SPEAKING COMMUNITIES IN QUEBEC

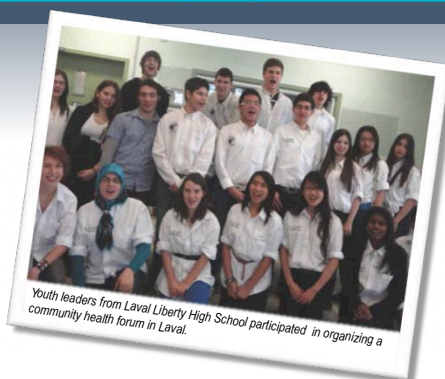
DRIVERS OF CHANGE

ENGLISH-SPEAKING COMMUNITY MEMBERS, ORGANIZATIONS & NETWORKS

DESIRED OUTCOMES

IMPROVED HEALTH &
WELL-BEING

IMPROVED COMMUNITY
VITALITY



Youth leaders from Laval Liberty High School participated in organizing a community health forum in Laval.

CHSSN

KEY ACTION STRATEGIES

IMPROVING ACCESS TO
HEALTH & SOCIAL SERVICES

COMMUNITY HEALTH
PROMOTION & PREVENTION

SOCIAL INNOVATION

INTERSECTORAL NETWORKING & PARTNERSHIPS

HEALTH & SOCIAL
SERVICES SYSTEM

GOVERNMENT
INSTITUTIONS &
MUNICIPALITIES

COMMUNITY
ORGANIZATIONS

PRIVATE SECTOR &
FOUNDATIONS

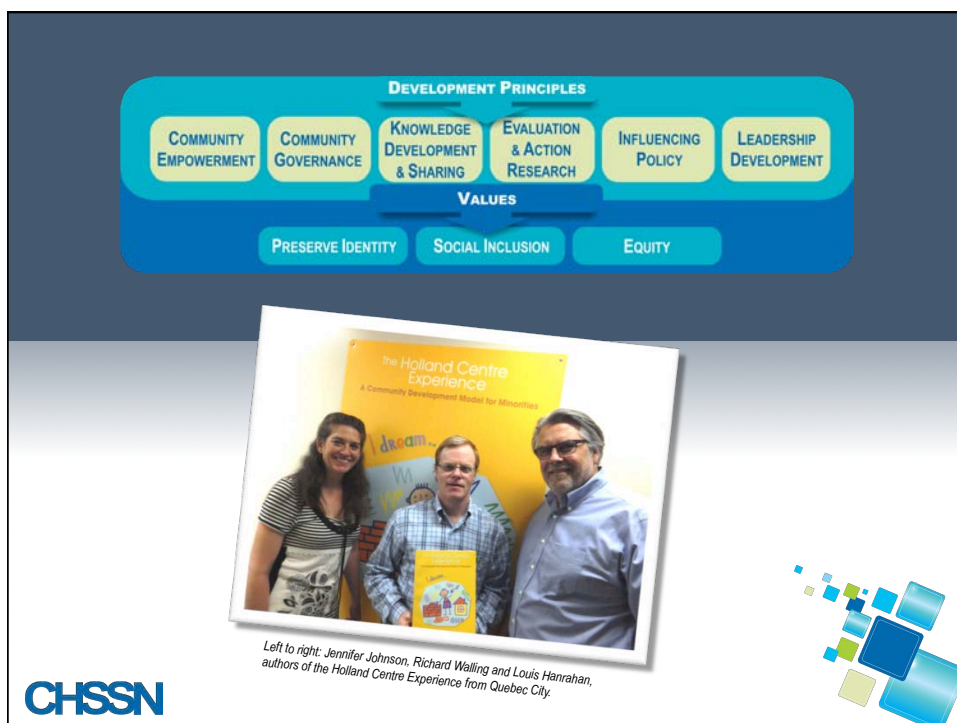
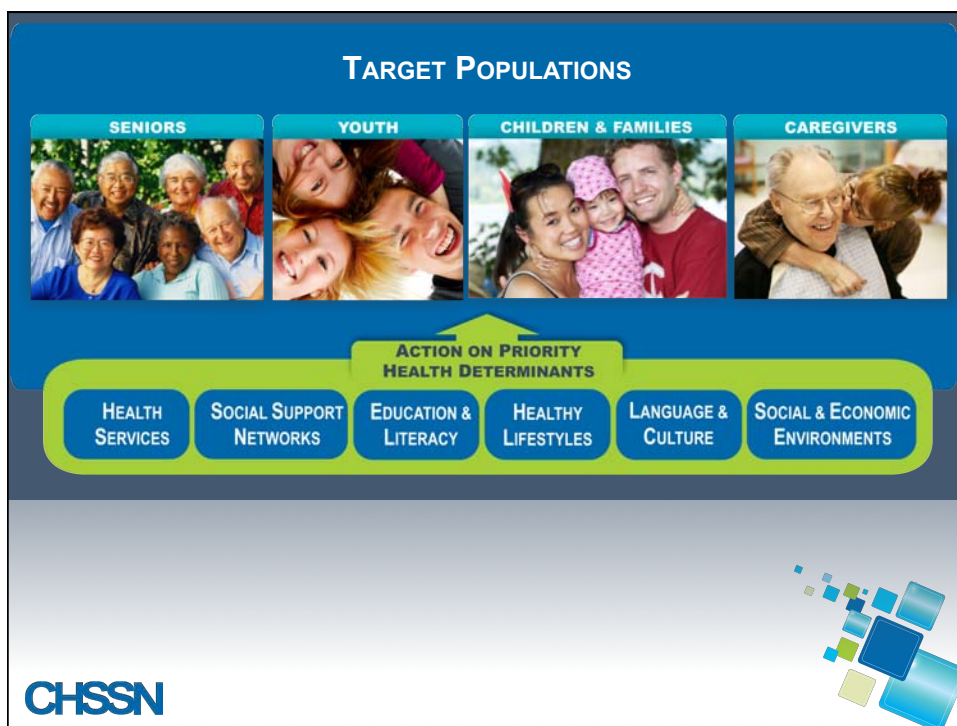
SCHOOLS

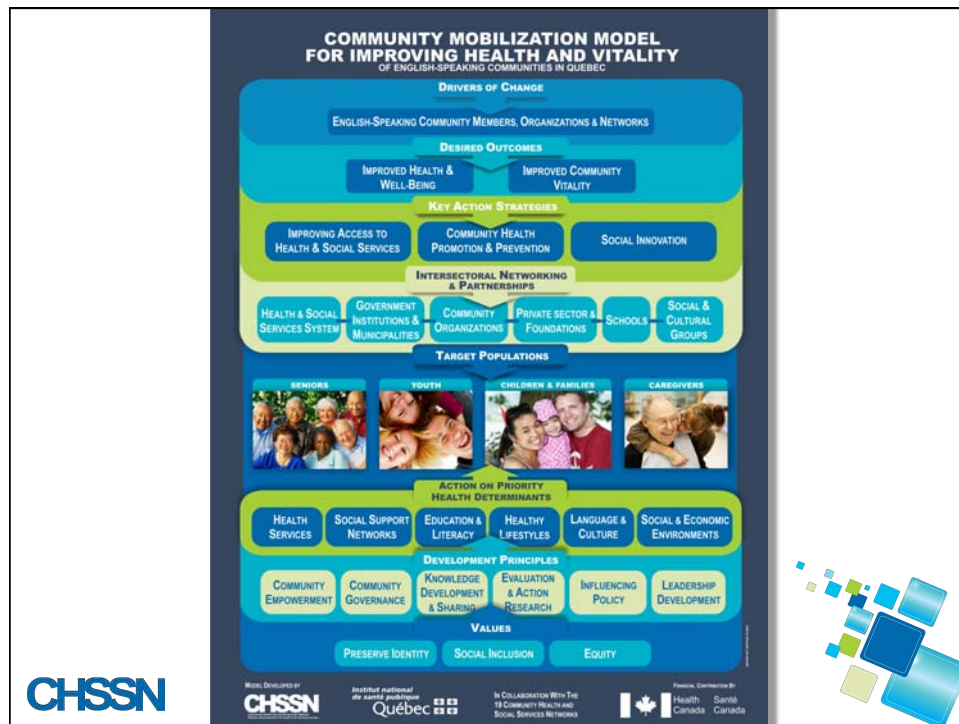
SOCIAL &
CULTURAL
GROUPS



Mary Richardson (right) from the INSPO providing community development training to members of the community health and social service network located in east Montreal.

CHSSN





In the end, it is about creating the opportunity for people to feel supported and to feel cared for. It is about quality of life and connection between people — not just services. Our partnerships bring the sense of community back to the public system for Anglophones and for Francophones as well. We all have vulnerable people who we want to have quality of life (Jeffery Hale Community Partners)



Demographic Profile of the English-speaking Community of CLSC Verdun

Presented at the *Community Network Forum*
Verdun, March 20, 2014

Dr. Joanne Pocock and Jim Carter, CHSSN



Population Size

Population Size	2006		2011	
	number	percentage	number	percentage
English speakers	17,635	27.2%	17,850	27.3%
French speakers	46,343	71.4%	46,433	71.0%
Total	64,880	100.0%	65,360	100.0%

Source: 2006 Census of Canada, 20% sample, 2011 Census of Canada, 100% sample. Linguistic concept is First Official Language Spoken with multiple responses proportionately distributed among the English and the French.

Age Structure

Age Structure of the Population of CLSC Verdun	2006		2011	
	English speakers	French speakers	English speakers	French speakers
Total	17,635	46,343	17,850	46,433
0 to 14 years	2,355	6,348	2,180	6,238
15 to 24 years	2,260	5,035	2,100	4,930
25 to 44 years	6,535	15,183	6,740	14,763
45 to 64 years	4,200	13,238	4,590	13,448
65 years and over	2,285	6,540	2,235	7,053
Proportion by age group				
Total	100.0%	100.0%	100.0%	100.0%
0 to 14 years	13.4%	13.7%	12.2%	13.4%
15 to 24 years	12.8%	10.9%	11.8%	10.6%
25 to 44 years	37.1%	32.8%	37.8%	31.8%
45 to 64 years	23.8%	28.6%	25.7%	29.0%
65 years and over	13.0%	14.1%	12.5%	15.2%

Source: 2006 Census of Canada, 20% sample, 2011 Census of Canada, 100% sample. Linguistic concept is First Official Language Spoken with multiple responses proportionately distributed among the English and the French.

Income Groups

Population 15+ years, by Income Group	CLSC Verdun				
	English speakers		French speakers		minority- majority index
	number	percentage	number	percentage	
Total - Income groups	15,280	100.0%	39,995	100.0%	1.00
Without income	950	6.2%	1,705	4.3%	1.46
With income	14,335	93.8%	38,285	95.7%	0.98
Under \$10,000	4,075	26.7%	7,460	18.7%	1.43
\$10,000 - \$29,999	5,565	36.4%	13,870	34.7%	1.05
\$30,000 - \$49,999	2,560	16.8%	8,803	22.0%	0.76
\$50,000 - \$74,999	1,230	8.0%	4,115	10.3%	0.78
\$75,000 and over	900	5.9%	4,038	10.1%	0.58

Source: 2006 Census of Canada, 20% sample. The linguistic concept used is First Official Language Spoken with multiple responses proportionately distributed between the English and the French.

Household Living Arrangements

Population by Household Living Arrangements	CLSC Verdun				
	English speakers		French speakers		minority-majority index
	number	percentage	number	percentage	
Total - Persons in private households	17,605	100.0%	46,258	100.0%	1.00
Total - Persons in Census family households	12,780	72.6%	32,700	70.7%	1.03
Persons in married or common-law couples families	10,165	57.7%	26,195	56.6%	1.02
Persons in lone-parent families	2,620	14.9%	6,510	14.1%	1.06
Total - Persons in non-Census family households	4,825	27.4%	13,553	29.3%	0.94
Living with relatives	530	3.0%	910	2.0%	1.53
Living with non-relatives only	1,200	6.8%	2,568	5.6%	1.23
Living alone	3,095	17.6%	10,073	21.8%	0.81

Source: 2006 Census of Canada, 20% sample. The linguistic concept used is First Official Language Spoken with multiple responses proportionately distributed between the English and the French.

Living Below the Low-income Cut-off

Population Living Below the Low-Income Cut-off (LICO) Level, Across Age Groups	CLSC Verdun				
	English speakers		French speakers		minority-majority index
	number	percentage	number	percentage	
Total - Age groups	6,690	100.0%	12,945	100.0%	1.00
0-14 years	1,110	16.6%	2,258	17.4%	0.95
15-24 years	995	14.9%	1,773	13.7%	1.09
25-44 years	2,600	38.9%	3,955	30.6%	1.27
45-64 years	1,315	19.7%	3,060	23.6%	0.83
65+ years	670	10.0%	1,900	14.7%	0.68

Source: 2006 Census of Canada, 20% sample. The linguistic concept used is First Official Language Spoken with multiple responses proportionately distributed between the English and the French. The percentages shown here are calculated against the total in a particular age group for linguistic groups in the given territories.

Population Living Below LICO, by Age Group

Proportion Within Age Groups, Living Below the Low-Income Cut-off (LICO) Level	CLSC Verdun				
	English speakers		French speakers		minority-majority index
	number	percentage	number	percentage	
Total - Age groups	6,690	37.9%	12,945	27.9%	1.36
0-14 years	1,110	47.1%	2,258	35.6%	1.33
15-24 years	995	44.0%	1,773	35.2%	1.25
25-44 years	2,600	39.8%	3,955	26.0%	1.53
45-64 years	1,315	31.3%	3,060	23.1%	1.35
65+ years	670	29.3%	1,900	29.1%	1.01

Source: 2006 Census of Canada, 20% sample. The linguistic concept used is First Official Language Spoken with multiple responses proportionately distributed between the English and the French. The percentages shown here are calculated against the total in a particular age group for linguistic groups in the given territories.

Population Living Below LICO, by Household Living Arrangements

Population Living Below the Low-Income Cut-off Level (LICO), by Household Living Arrangements	CLSC Verdun				
	English speakers		French speakers		minority-majority index
	number	percentage	number	percentage	
Total - Persons in private households	6,690	38.0%	12,943	28.0%	1.36
Total - Persons in Census family households	4,240	33.2%	7,443	22.8%	1.46
Persons in married or common-law couples families	2,915	28.7%	4,468	17.1%	1.68
Persons in lone-parent families	1,330	50.8%	2,975	45.7%	1.11
Total - Persons in non-Census family households	2,455	50.9%	5,495	40.5%	1.25
Living with relatives	250	47.2%	245	26.9%	1.75
Living with non-relatives only	880	73.3%	1,553	60.5%	1.21
Living alone	1,320	42.6%	3,693	36.7%	1.16

Source: 2006 Census of Canada, 20% sample. The linguistic concept used is First Official Language Spoken with multiple responses proportionately distributed between the English and the French.

Highest Educational Certification, for Selected Age Groups

Highest Educational Certification, Population 15+, by Selected Age Groups	Age group	English speakers		French speakers		minority- majority index
		number	percentage	number	percentage	
Total - Highest certificate, diploma or degree	Pop. 15+	14,740	100.0%	39,993	100.0%	1.00
	25-44 years	6,245	100.0%	15,185	100.0%	1.00
	45-64 years	4,095	100.0%	13,238	100.0%	1.00
No certificate, diploma or degree	Pop. 15+	3,020	20.5%	8,360	20.9%	0.98
	25-44 years	605	9.7%	1,540	10.1%	0.96
	45-64 years	805	19.7%	2,253	17.0%	1.16
High school certificate or equivalent	Pop. 15+	3,505	23.8%	7,690	19.2%	1.24
	25-44 years	1,055	16.9%	2,105	13.9%	1.22
	45-64 years	1,125	27.5%	2,995	22.6%	1.21
Apprenticeship or trades certificate or diploma	Pop. 15+	1,025	7.0%	4,303	10.8%	0.65
	25-44 years	430	6.9%	1,983	13.1%	0.53
	45-64 years	380	9.3%	1,535	11.6%	0.80
College, CEGEP or other non-university certificate or diploma	Pop. 15+	1,925	13.1%	5,870	14.7%	0.89
	25-44 years	935	15.0%	2,763	18.2%	0.82
	45-64 years	490	12.0%	1,565	11.8%	1.01
University certificate or diploma below the bachelor level	Pop. 15+	775	5.3%	2,533	6.3%	0.83
	25-44 years	400	6.4%	940	6.2%	1.03
	45-64 years	220	5.4%	1,020	7.7%	0.70
University certificate, diploma or degree	Pop. 15+	4,495	30.5%	11,235	28.1%	1.09
	25-44 years	2,845	45.6%	5,850	38.5%	1.18
	45-64 years	1,090	26.6%	3,873	29.3%	0.91

Source: 2006 Census of Canada, 20% sample. The linguistic concept used is First Official Language Spoken with multiple responses proportionately distributed between the English and the French.

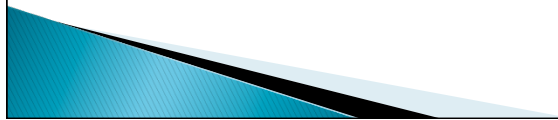
Labour Force Activity

Labour Force Activity, Population 15+	CLSC Verdun				
	English speakers		French speakers		minority- majority index
	number	percentage	number	percentage	
Total - Labour force activity	15,280	100.0%	39,993	100.0%	1.00
In the labour force	9,065	59.3%	25,960	64.9%	0.91
Employed	8,005	88.3%	23,968	92.3%	0.96
Unemployed	1,060	13.2%	1,993	8.3%	1.59
Out of the labour force	6,215	40.7%	14,033	35.1%	1.16

Source: 2006 Census of Canada, 20% sample. The linguistic concept used is First Official Language Spoken with multiple responses proportionately distributed between the English and the French.

Thank-You

Community Health and Social Services Network
www.CHSSN.org



FRIENDS FOR LIFE
Resiliency programs for children
Presentation at the Community Network Forum, March 20, 2014

Speaker Notes

1. 2009 – AMI-Quebec approaches REISA with a proposal to pilot FRIENDS FOR LIFE, Resiliency programs for children developed in Australia, in East-end schools. EMSB agrees to partner.
2. CHSSN provides modest funding for a pilot project
3. January–February 2010: two training sessions are offered to 36 teachers and other professionals from Gerald McShane (GM) and General Vanier (GV) schools. Parent engagement sessions are offered as well.
4. A total of 370 students in K to Grade 4 receive the FRIENDS program. A preliminary evaluation is conducted.
5. October 2010: 17 teachers from GM, GV and other schools attend training for Grade 5-6 students.
6. September 2011 to February 2012: Grade 1 students in 3 Laval schools receive the FRIENDS program.
7. A thorough evaluation is conducted by McGill School of Education professor, reinforcing previous findings that suggests FRIENDS contribute to the reduction of anxiety in children and the increase of self esteem.
8. October 2013: A policy group is created to explore ways to promote resiliency enhancing programs in schools, with the ultimate goal of integrating it into regular school curriculum.



Background

relating to presentation by Ella Amir

about

REISA and AMI-Quebec

The story of introducing resiliency programs for elementary school children in the East Island – a successful pilot and promising outcomes

Resiliency building prevents mental health problems in children

Mental health is essential for children's social and emotional development, and thus to their well-being and functioning throughout their entire lifespan.¹ However, an estimated 14% of children (or 800 000) in Canada experience mental disorders that cause clinically significant symptoms and impaired functioning.² Anxiety, behavioural and depressive disorders are the most common mental disorders among children.³ Mental disorders often carry on into adulthood and cause lifelong distress and disability.⁴ Given the associated costs, both financially and in human suffering, mental disorders are a leading health concern in Canadian children.¹

Increasingly, research evidence suggests that childhood is the optimal time to influence determinants of social and emotional well-being.⁵ Recent research also demonstrates that prevention programs in childhood can reduce the prevalence of mental disorders, while also addressing causal factors.⁶

In light of the research evidence and increasing recognition of the importance of evidence-based policy-making, a public health strategy is needed, not only to provide effective treatment for children with established disorders, but also to promote the social and emotional well-being of all children, and to prevent mental disorders wherever possible.⁵

If we are to make a meaningful difference to the health of the population, new

investments must be made to ensure optimal social and emotional development in children, and to prevent mental disorders.¹

In its provincial government's 2003 Child and Youth Mental Health Plan,⁷ British Columbia has shifted policy investments "upstream". This was done with the aim of reducing risk, building community capacity, improving treatment and support, and monitoring performance. As part of risk-reduction efforts, new prevention programs have been introduced, most notable FRIENDS*, a universal prevention of anxiety and depression program that was developed in Australia. The program equips teachers to deliver a brief curriculum based on principles of cognitive-behavioural therapy to enhance coping and reduce disorder prevalence among children.⁶ BC's prevention investments exemplify a new and deliberate shift from exclusively focusing "downstream" on treatment services toward a broader public-health strategy to reach greater numbers of people early in life.¹ Similar efforts have been made in recent years in Nova Scotia, Alberta and other provinces.

In Quebec, FRIENDS has been introduced in a small number of schools since 2010. An evaluation conducted in three schools demonstrated the efficacy of the program as a resiliency building strategy in young children. FRIENDS has been widely evaluated throughout the world, and the local evaluation, while limited, supports previous findings.

To advance the view that resiliency building in children and youth is a strategy with long-lasting effects that can benefit whole communities, we are creating a working group whose goal is to explore ways by which this view can be transformed into practice. The ultimate goal is to encourage the integration of a resiliency-building program (such as FRIENDS) into the regular school curricula across the province of Quebec.

* FRIENDS was developed in Australia in the 1990s, to enhance social and emotional skills in children and youth.⁸ It suggests that teaching social and emotional skills, such as self awareness, social awareness, self management, relationship skills and responsible decision making, can immunize individuals from childhood to effectively manage challenges throughout their lives. The program aims to develop individuals' social resilience, thereby preventing the onset of anxiety and depression. The theoretical model for the prevention and early intervention of anxiety and depression addresses attachment, physiological, cognitive, and learning processes, which interact in the development, experience and maintenance of anxiety.⁸ FRIENDS was validated by international research teams and is the only program recognized by the World Health Organization for promoting resilience in children and preventing anxiety.⁹ Research has shown that social and emotional learning programs, such as FRIENDS, improve students' positive behaviours and reduce negative behaviours; improve students' academic performance and attitude towards school, and prepare young people for success in adulthood.

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- ⁷ Ministry of Children and Family Development. Child and youth mental health plan for British Columbia. Victoria: British Columbia Ministry of Children and Family Development
- ⁸ pathwayshrc.com.au
- ⁹ Prevention of Mental Disorders Summary Report of the World Health Organization, 2004, pp 42-43

Ella Amir

AMI-Quebec

A Local Approach to Community Mobilization From knowledge base to action

NPI-AGAPE LAVAL



NPI-AGAPE Laval

- L'Initiative de réseautage et de partenariats (IRP) est un programme conçu pour aider les communautés minoritaires de langue anglaise du Québec à maintenir et à améliorer l'accès à l'éventail complet des soins de santé et des services sociaux. Le financement de ce programme est assuré par Santé Canada, et le projet est géré par le RCSSS (CHSSN).
- Ce programme aide les communautés minoritaires de langue anglaise du Québec à assurer leur dynamisme par la voie de la coopération et du partenariat avec le système de santé et de services sociaux. Pour ce faire, le programme finance actuellement le développement de 19 réseaux communautaires au sein des communautés de langue anglaise.

Raison D'être :

- The reason for the portrait was at the request of the CSSSL to better understand and determine needs and services of the English-speaking community of Laval and help define priorities and to set those priorities in a short and long term plan of action.

Mission de la Table de Travail : **CSSS Laval et NPI-AGAPE Laval**

- Nouvelles priorités d'action qui permettront d'améliorer l'état de Santé des communautés d'expression anglaise.
- L'éventail complet des services communautaires et des efforts de promotions de la santé qui aident la population d'expression anglaise entre autre, des aînés, des jeunes et des familles, ainsi que des personnes souffrant de handicaps, de problèmes de santé mentale ou de dépendances
- Formation et rétention des professionnels de la santé et des services sociaux

Mandat:

- Établir des solutions et les mettre en pratiques dans les différents services de santé à Laval.

Thématique

- 1-Accès aux services de santé et aux services sociaux en anglais
- 2-Retention des professionnels de Santé –Bilingues
- 3-La santé des jeunes
- 4-Les jeunes ayant des déficiences ou TED
- 5-La santé mentale : Jeunesse et Adulte
- 6-Les aînés

1 - Accès au services de santé et aux services sociaux en Anglais

Enjeu principal & Défi :

- Le manque de services en anglais-
- Le Besoin de recevoir des services en anglais
- Se déplacent à Montréal pour avoir accès aux services
- Certains se voient contraints à utiliser les services en français les aidants naturels se voient contraints à traduire- souvent inadéquatement
- L'effort de la part de certains employés du réseau à parler en anglais
- Sentiment de honte ou gêne, voire culpabilité, de ne pas parler français
- Sentiment de frustration et d'être jugé
- Sentiment de ne pas être compris
- Sentiment de peur de recevoir des soins d'une personne qui ne parle pas sa langue (ex. une personne âgée qui doit recevoir un bain)
- Les groupes plus vulnérables comme les personnes âgées peuvent se faire étiqueter à tort comme étant « non-communicateurs » ou incapables de communiquer en raison de pertes cognitives
- Le fait que tant de personnes vont à Montréal pour recevoir des services renforce peut-être l'impression qu'il n'y a pas de demande pour des services en anglais à Laval.
- Les professionnels de la santé envoient peut-être automatiquement les clients d'expression anglaise à Montréal pour recevoir leurs soins de santé et des services sociaux, ce qui accentue encore davantage la perception d'un manque de besoins de services en anglais.
- Se rendre à Montréal a de nombreuses conséquences sur les personnes : coût, absentéisme au travail, stress, entre autres.
- Pour les personnes vulnérables et dépendantes, ou pour les personnes à mobilité réduite, se rendre à Montréal est difficile, voire parfois impossible, ce qui les rend encore plus vulnérables.

1 - Accès au services de santé et aux services sociaux en Anglais

Effets sur les aînés:

- Un grand nombre d'aînés ne conduisent plus et le transport en commun n'est pas adapté à leurs problèmes de mobilité; par exemple, le bouton pour handicapés est trop loin pour que les personnes en chaise roulante puissent le pousser, les autobus n'ont pas tous la plate-forme adaptée qui s'abaisse, les stations de métro ne sont accessibles que par des escaliers. Ils doivent dépendre encore plus des autres pour se déplacer.
- En cas d'urgence, les clients devraient être acheminés à l'hôpital de Laval mais, à cause de la langue, on les dirige fréquemment à Montréal.
- Les personnes qui souffrent de problèmes de santé mentale sont envoyées dans les hôpitaux de Montréal, ce qui retarde encore plus le service. L'Hôpital général juif, par exemple, a indiqué que 27 % de sa clientèle d'expression anglaise vient de Laval.

1 - Accès au services de santé et aux services sociaux en Anglais

Piste de solution suggérée pour le manque de services en anglais :

- faciliter l'accès aux cours d'anglais pour les employés du réseau
- identification visuelle du personnel bilingue dans les établissements et organismes
- constituer une liste des compétences linguistiques des employés
- faire appel à des traducteurs professionnels
- faire connaître son besoin pour des services en anglais
- Manque d'accès à l'information bilingue traduction des documents
- ils ont mentionné le plus fréquemment un manque d'information sur la prévention et promotion de la santé
- L'information sur les services en santé mentale serait seulement en français
- Livret de services en anglais : électronique et sur papier
- Ligne téléphonique, style 811 (dans d'autres régions il existe une ligne 211 qui réfère les gens aux services disponibles.)
- Site web sur les services disponibles (anglais et français)
- Publicité sur les services à la télévision ou dans les journaux

1 - Accès au services de santé et aux services sociaux en Anglais

- Traduction de dépliants et de documentation reliés à la santé
- Un guide sur les enfants ayant des déficiences ou TED et les services disponibles de la naissance à l'âge adulte
- L'information pourrait être mieux partagée entre groupes et disponibles dans des centres communautaires
- Sensibiliser et former le personnel de santé (médecins, infirmières, réceptionnistes, etc.) à l'importance de recevoir des services en anglais : intégrer aux programmes d'études post-secondaires et à la formation professionnelle destinée aux travailleurs dans le réseau
- Demander la langue de préférence lorsqu'un client arrive

2 - Retention des professionnels de Santé – Bilingues

- Les professionnels ont une charge de travail imposante et certains vivent un épuisement professionnel
- Créer des incitatifs pour attirer des professionnels bilingues, et pour encourager les professionnels de première ligne à être bilingues
- Etablir des liens de stages et Partenariat avec McGill, Concordia, et la Commission Scolaire Sir Wilfrid Laurier
- Promotion et article dans les journaux anglais de Laval

3-La santé des jeunes

- Mentionner le plus fréquemment un manque d'information relié à la prévention et la promotion de la santé (vaccination, contraception).
- Les professionnels de la santé dans les écoles ne sont pas bilingues. Les jeunes et les parents ne se sentent donc pas à l'aise pour aborder les professionnels lorsqu'ils ont des questions ou des problèmes de santé.

4 - Les jeunes ayant des déficiences ou TED

- Ce groupe se heurte à une autre difficulté, soit l'apprentissage d'une autre langue, alors que le langage présente déjà une difficulté pour eux. Ils en sont d'autant plus vulnérables et cet état de choses est source de retard sur le plan social et sur le plan du développement.
- Certains participants croient qu'il n'existe pas de services parascolaires en anglais pour les jeunes ayant des besoins spéciaux.
- Après l'âge de 21 ans, les services ne sont plus offerts (pour les jeunes francophones ou anglophones ayant des besoins spéciaux), tels que l'intégration dans le milieu du travail.
- Pour les parents, la difficulté d'avoir accès aux services est une grande source de stress, d'anxiété et de frustration. Certains finissent donc par recourir aux services en français, même si ce n'est pas bénéfique pour eux ou pour leurs enfants.

4 - Les jeunes ayant des déficiences ou TED

- En particulier les enfants soupçonnés d'avoir des besoins spéciaux ou les personnes qui souffrent de problèmes de santé mentale, sont difficiles à diagnostiquer et à traiter dans une deuxième langue.
- Effets sur les jeunes ayant des besoins spéciaux (physiques ou intellectuels)
- Un premier diagnostic peut prendre un an ou deux, et l'évaluation doit malgré tout se faire en français.
- Un tel délai d'attente pour des diagnostics risque de causer des retards supplémentaires dans le développement et l'apprentissage de la langue pour les enfants ayant des besoins spéciaux. Les personnes font donc fréquemment appel à des services privés qui leur coûtent très cher.

5 - La santé mentale : Jeunesse et Adulte

- L'information sur les services en santé mentale serait seulement en français
- Les participants connaissent peu les services du CLSC
- Les professionnels de la santé dans les écoles ne sont pas bilingues. Les jeunes et les parents ne se sentent donc pas à l'aise pour aborder les professionnels lorsqu'ils ont des questions ou des problèmes de santé.
- Dans le cas de personnes souffrant de problèmes de santé mentale, ces problèmes sont encore plus présents.
- Même pour les personnes qui sont bilingues, devoir communiquer sur des questions aussi complexes et émotives peut s'avérer très difficile.

6 - Les aînés

- Les personnes qui souffrent de démence perdent souvent la capacité de s'exprimer en français, même si elles parlaient cette langue auparavant. Ceci les rend encore plus vulnérables qu'elles ne l'étaient déjà et encore plus dépendantes des services.
- Aucun foyer pour aînés offrant des services en anglais. Ceci réduit beaucoup leur qualité de vie car ces aînés ont parfois de la difficulté à communiquer (à comprendre et à se faire comprendre) et parce que le climat culturel du foyer n'est pas toujours adapté à leurs besoins (alimentation, décor, musique, activités).
- Ceci est vrai de tous les groupes ethniques.

Next Step - Moving to Action

Bonjour M. Morabito,

Je vais demander à ma collaboratrice d'organiser une rencontre avec vous et le directeur des ressources humaines afin de circonscrire ensemble le mandat que pourrait avoir le comité interne d'accessibilité en langue anglaise pour le CSSS de Laval. Nous allons faire tout notre possible afin d'organiser la rencontre avant le 14 septembre.

En toute collaboration,

France Cookson, inf., L.L.B, M Sc.

Directrice intérimaire

Direction des affaires universitaires, corporatives et de la qualité

Centre de santé et de services sociaux de Laval

Next Step - Moving to Action

M. Morabito,

Tel que convenu cet avant-midi par téléphone, je vous confirme que la rencontre portant sur le dossier de langue anglaise se tiendra:

CSL, salle DS-068 (sous-sol)

vendredi 18 octobre 2013

Discussion Points:

Mission & Mandate

The approach & Evidence Base

Forming the working Committee

Who from CSSSL & Who from the community

Action Oriented Responsibilities

Stories of resilience
and mobilization of community resources dedicated to engaging community and public partners in improving the vitality of English-speaking communities in the Greater Montreal region

COMMUNITY NETWORK FORUM 2014

Community in Movement

CHSSN

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social innovation generation de l'innovation sociale [defines social innovation as](#)

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→ Quebec's new Declaration on Social Innovation

A group of [prominent Quebec activists, government representatives, researchers, academics and community practitioners](#) has just published a [Declaration on Social Innovation](#) which is well worth a look. [Quebec is a global leader in social transformation.](#) Its leadership in creating a social economy ([Chantier de l'économie sociale](#)), has set a standard the rest of Canada has not yet equalled.

- - Aletmanski.com
May 2011

Al Etmanski is an author, [blogger](#), advocate and social entrepreneur specializing in innovative, multi-sector solutions to complex societal challenges. He is currently a partner in the J W McConnell Family Foundation's, [Social Innovation Generation \(SIG\)](#). SiG is dedicated to scaling up innovative solutions to deeply rooted social problems and exploring new methods of financing the social sector.

Al is an [Ashoka Canada](#) fellow, a [VanCity Community Investment Fellow](#), and a faculty member of John McKnight's [Asset Based Community Development Institute \(ABCD\)](#). He is Co-Chair of the BC Government's Advisory Council on Social Entrepreneurship. He is co-founder of [Planned Lifetime Advocacy Network \(PLAN\)](#), supporting the creativity of families to address the financial and social well-being of their relative with a disability, particularly after their parents die. He proposed and led the successful campaign to establish the world's first [Registered Disability Savings Plan](#).

SEI Inaugural Flagship Event

Tue, 2013-04-16 17:00 - 20:00

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Desautels MBA team wins 2013 Hult Prize competition

Posted on Wednesday, September 25, 2013

McGill students awarded \$1 million for social enterprise to secure food for undernourished communities in urban slums
(La version française suit.)

By McGill Reporter Staff

A team of MBA students from the Desautels Faculty of Management won the 2013 Hult Prize competition, following a final "pitch-off" held in New York City at the Clinton Global Initiative's annual meeting Monday evening, Sept. 23.

Former U.S. president Bill Clinton with the winning team (from left to right): Jesse Pearlstein, Shobhita Soor, Zev Thompson, Gabriel Mott and Mohammed Ashour. / Photos: AP Images for the Hult Prize

Keynote event in the Bronfman Building. The event featured presentations from five social entrepreneurships including Aspire— the 2013 Hult Prize winning team, as well as four past winners of the McGill Dobson Cup. Each team elaborated on their companies and the ways in which their work has had an impact.

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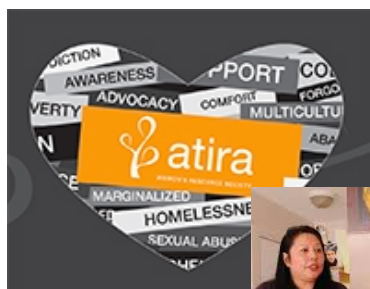
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More info at:

click [here](#) to see a fine selection of social enterprise
resources and examples, which are at:

www.pinterest.com/the1cma/qchf_social_innov8n/

and take a look at a development process for social
enterprise that engages community throughout:

<http://www.slideshare.net/the1cma/social-enterprise-primer>

COMMUNITY NETWORK FORUM

COMMUNITY IN MOVEMENT

Stories of resilience and mobilization of community resources dedicated to engaging community and public partners in improving the vitality of English-speaking communities in the Greater Montreal region

SOCIAL ENTERPRISE & SOCIAL INNOVATION

List of Resources promoted at the Social Enterprise World Forum 2013

More and more community organizations are exploring as well as successfully managing social enterprises, which aim to channel business profits back into the nonProfit's operating budget.



These profits serve as an additional stream of revenue to the funds from foundations and government, and offer the non-profit an opportunity to get another step closer to self-sufficiency.


This list of resources, and especially its accompanying Pinterest Page, offers a generous helping of real-life examples of social enterprise, along with websites that offer resources and expertise.






To read more about the Community Network Table, visit the following link: <http://bit.ly/1fB2KNi>

Social Enterprise World Forum, October 2 through 5, 2013




Organization & Contact Details	Keyword	Description	What's in it for you
VanCity Vancouver City Savings Credit Union [link] elizabeth_green@vancity.com 604.877.4920	Service	Vancity invests in Social Enterprises and Social Ventures through our high impact lending and investment programs.	Supports social enterprises by providing products, programs and services to help enterprises grow - from early planning, to start-up and launch, right through to sustainability and expansion.
 Reap Calgary [link]	Building Directories and Networks	All REAP Calgary businesses are locally owned and sustainably operated. They are committed to making ethical business decisions like buying green power, paying their employees a living wage, supporting local suppliers and giving back to their community.	<ul style="list-style-type: none"> • Example of how a directory of resources was developed as a web-based tool. • A 30 page full color magazine (Be Local / Be Canadian) inserted in the major Saturday edition newspaper three times a year further promotes the businesses. • Sustainability Breakfasts and Lunches are hosted for networking among businesses and potential clients • Markets and Expos held regularly to promote the members • Taking this model national is now under investigation, in its 9th year of operation.
 Who Cares the Film [link]	Discussion Tool	A dissemination platform of Social Entrepreneurship, and with your help we'll spread the film's message to schools, social networks, and anyone else who wants to become aware of their own power of transformation.	Aimed at 14 years old and up, to educators, school teachers and university, the educational project of the feature film WHO CARES? opens a broad discussion on ethics, citizenship, affection, care and the potential each and everyone of promoting local and global changes.

 <p>SSE-O School for Social Entrepreneurs – Ontario SSE- O [link]</p>	Skills Development	<p>SSE-O uses a variety of learning methods to provide the tailored personal development and organizational support that social entrepreneurs need. Our Fellowship Program consists of several core learning elements: action learning sets, witness sessions, expert sessions, mentoring, and project visits.</p>	<p>No such school in Quebec, but the model may offer food for thought/model for collaborating with bilingual experts of SE in Quebec.</p>
<p>Chantier de l'économie sociale [link]</p>	Expertise	<p>La principale mission du Chantier de l'économie sociale est de promouvoir l'économie sociale comme partie intégrante de la structure socio-économique du Québec et ce faisant, de faire reconnaître le caractère pluriel de l'économie.</p>	<p>Regional Tables</p>
<p>SuperStar Fundraising [link]</p>	Fundraising Ideas	<p>The free Fundraising e-guide, How to Become a Fundraising Superstar, is an invaluable tool containing detailed examples and practical advice to help individuals and organizations plan a successful fundraiser. In only 3 years, these campaigns raised almost \$3 million—1.5 times higher than what had been raised at the Fondation in the previous 23 years.</p>	<p>It's FREE, and offers help on communications & marketing, visibility, financing, and using web-based technology. There maybe something in the guide that you haven't yet tried.</p>
<p>EntrepriseSociale.ca [link]</p>	Expertise	<p>Recevant plus d'une vingtaine de requêtes d'information par semaine, Ethel Côté, praticienne en économie sociale et solidaire, a choisi d'investir dans cette plateforme virtuelle afin de partager gratuitement les ressources qu'elle a créées ou encore de promouvoir des ressources en français développées par des organisations dynamiques.</p>	<p>Ethel Cote consults on social enterprise, both in English and French. She's got a TONNE of experience, both from social enterprises she's developed, and in the coaching she's done across the world. See example of her support with Groupe Convex below. In addition to her obvious smarts, she is warm and helpful, and perfectly bilingual!</p>

Resources in this document were promoted at the Social Enterprise World Forum 2013 in Calgary, Alberta. This document is intended to be viewed electronically. To access websites for these social enterprise organizations, products, services, and expertise, visit the Pinterest page (URL listed at the end of this document).

 <p>Groupe Convex [link]</p>	Real-Life Examples	<p>One mission: to generate meaningful jobs, through business projects, for Prescott-Russell's francophone residents (Linguistic Minority in ON) who face employment challenges. Currently running 9 successful social enterprises, all dealing with employability for developmentally challenged and those with mental health challenges.</p>	<p>The ED, Caroline Arcard, received funds from Ontario Trillium to help others launch social enterprises for marginalized communities. She and Ethel, above, make a dynamic duo of support!</p>
 <p>Furniture Bank [link]</p>	Ex: Employability	<p>Furniture Link provides job and life skills training and/or employment to at-risk youth, individuals suffering from minor mental disabilities, the learning disabled, people receiving Ontario Disability Support Program (ODSP) benefits and other marginalized people with limited employment opportunities.</p>	<p>Currently merging with a local foundation, which has a large warehouse space. The foundation is happy to lease the space and transfer over all operations to Furniture Bank. This is a happy merger, unlike the many sad corporate ones that occur. Targeting to franchise their model.</p>
<p>FAFA Federation des Aînes franco-albertains [link]</p>	Ntwk: Seniors	<p>The perfectly bilingual Prez is dynamite, and always eager to share info. Their site makes being 50+ a positive and wonderful thing, and offers lots of things in which to be involved.</p>	<p>Great Portrait on 50+ Franco-Albertans. Exploring SE opportunities for seniors now.</p>
 <p>Social Prosperity Toolkit [link]</p>	Expertise	<p>The Social Prosperity Toolkit is a free online database of high-quality tools and resources designed to build non-profit capacity and spark community innovation.</p>	<p>Some reports of interest:</p> <ul style="list-style-type: none"> • Social Innovation: How NonProfits can serve Canadians better • Echoes from the Field: Proven Capacity-Building Principles for Nonprofits
<p>The O'Halloran Group [link]</p>	Expertise	<p>A social change organization. Our mission is to strengthen the social sector to better meet the needs of communities. We do this through research and stakeholder engagement.</p>	<ul style="list-style-type: none"> • Really nice two-pager showing how Alberta's Social Policy Framework matches NonProfit work adaptable template for attracting support/buy-in? • Loads of resources on their resource page, including Women's Health Data, which (for one) breaks down women's health issues as they relate to the Social Determinants of Health

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 <p>RLABS [link]</p>	Skills Development	<p>Reconstructed Living Lab (RLabs) is a global movement and registered Social Enterprise that provides innovative solutions to address various complex problems. It is an environment for community driven innovation and reconstruction. RLabs creates an environment where people are empowered to make a difference in the lives of others. The RLabs “main hub” is in Athlone, Cape Town but have activity in the United Kingdom, Europe, Asia, South America and Africa with a goal of reaching all continents by 2014. Branch in Toronto just opened.</p>	<p>Projects in progress include</p> <ul style="list-style-type: none"> • a resident teaching a Geeky Moms computer/internet course which opens doors on greater learning and community development. • Offering youth a chance to move away from substance abuse and gangsterism due to access to social workers via mobiles.
 <p>Imagination for People [link]</p>	Real-Life Examples	<p>Imagination for People (I4P) is first and foremost a network of citizens from all over the globe who believe that creativity can be used in practical ways to make a positive social impact. Basically, we believe in imagination for the common good.</p>	<p>Great resource for seeing what types of social enterprises exist around the world. Check it out by seeing what’s happening for Seniors, Youth Stay in School, and an example of Community Currencies (featured in the WhoCares film mentioned above, Video from another source here) ENG/FRE, and other languages.</p>
 <p>Windfall [link]</p>	Real-life Example	<p>Windfall provides NEW, donated clothing and other basic-needs items to 64,000 people in the Greater Toronto Area who are struggling with poverty. More than 21,000 of them are children. The items are distributed through 100 social service agencies, such as shelters for abused women and children, centres for newcomers to Canada and job-training programs. For every \$1 spent to operate, Windfall puts \$56 worth of NEW basic-needs items into the hands of those who need them most! Windfall also provides meaningful job-training placements and workshops for hundreds of people each year!</p>	<p>Created the Windfall Brides Social Enterprise, which is to receive hundreds of high-end, brand-new wedding and evening gowns each year, sell them at discount prices, the proceeds of which goes back to Windfall’s charitable efforts.</p>

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 <p>Employment and Social Development Canada, formerly known as HRDC [link]</p>	<p>Social and economic challenges such as homelessness, youth crime, chronic poverty, skills shortages, and persistent unemployment continue to exist in Canada despite the various initiatives taken to address them. New thinking, methods, partnerships and approaches are required to make progress.</p> <p>Human Resources and Skills Development Canada (HRSDC) is changing how the department supports community organizations to improve economic and social outcomes for Canadians. HRSDC is doing this through projects that are piloting innovative funding arrangements, such as:</p> <ul style="list-style-type: none"> • rewarding organizations that deliver pay-for-performance agreements that bring new approaches to addressing social challenges; • matching taxpayer dollars with non-government contributions to extend the impact of not-for-profit organizations; and • simplifying access to government funding for community organizations. 	<p>Canadians were asked to submit ideas on how for-profit organizations, not-for-profits, charities, foundations and individuals can fund programs to help families, seniors, and at-risk individuals in Canada: List of Social Finance Concepts (Your target market, so these may be links to thought partners)</p> <p>Report: Harnessing the Impact of Social Finance, published May 2013 pdf available</p>
<p>Websites from this resource document, and a whole lot more on Social Enterprise, can be accessed via a Pinterest page developed for this purpose:</p>		
<p>www.pinterest.com/the1cma/qchf_social_innov8n/</p>		
	<p>Link takes you to a web-based bulletin board that contains several pins to social enterprise sites (many of them Canadian). Each pin is annotated; describing whether a social enterprise is in business to sell product, offer a service , or produce an outcome*. Also has links to expertise in the social enterprise field.</p> <p>*help victims of human trafficking find safety and become gainfully employed, for example</p>	

These resources are able to be shared with you, thanks to support from Canadian Heritage, Health Canada, and the Community Health and Social Services Network.

Questions? Comments? Feel free to call (418-684-2289 X227) or [eMail](#) CMA Medeiros, Project Coordinator at CHSSN.

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What is Social Entrepreneurship?

Social entrepreneurship is **the process of pursuing innovative solutions to social problems**. More specifically, social entrepreneurs **adopt a mission to create and sustain social value**. They pursue opportunities to serve this mission, **while continuously adapting and learning**.

They **draw upon appropriate thinking in both the business and nonprofit worlds** and operate in all kinds of organizations: large and small; new and old; religious and secular; nonprofit, for-profit, and hybrid.

Business entrepreneurs typically measure performance in profit and return, but **social entrepreneurs also take into account a positive return to society**. Social entrepreneurship typically furthers broad social, cultural, and environmental goals and is commonly associated with the voluntary and not-for-profit sectors.

-- [Wikipedia](#)

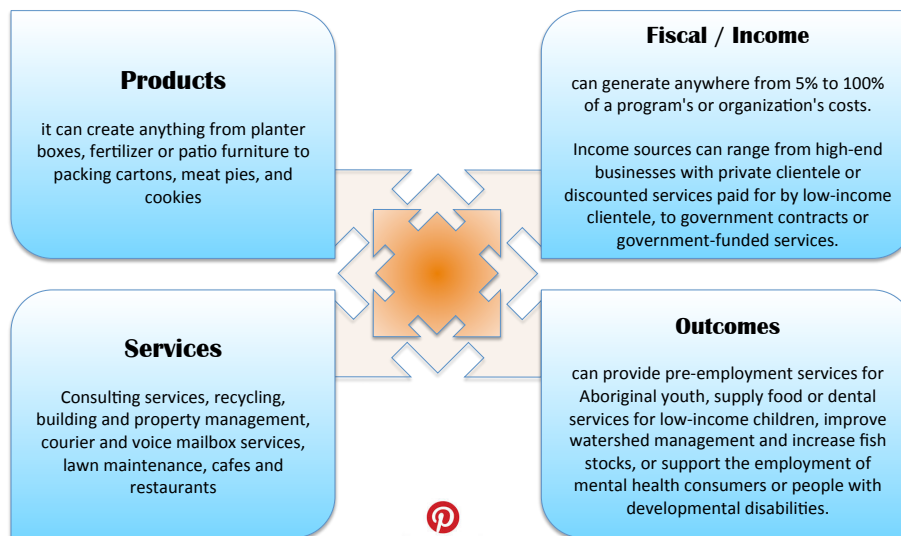
A social enterprise is a business that trades for a social and/or environmental purpose. It will have a clear sense of its 'social mission': which means **it will know what difference it is trying to make, who it aims to help, and how it plans to do it**. It will bring in most or all of its **income through selling goods or services**. And it will also have clear rules about what it does with its profits, **reinvesting these to further the 'social mission.'**

-- [Social Enterprise, UK](#)

Social enterprises are businesses owned by nonprofit organizations, that are **directly involved in the production and/or selling of goods and services for the blended purpose of generating income and achieving social, cultural, and/or environmental aims**. Social enterprises are **one more tool for non-profits to use to meet their mission to contribute to healthy communities.**

- [Social Enterprise Council of Canada](#)

What do SEs sell, make, or do?



Source: [Social Enterprise Canada](#)



Visit [QCHF Social Innovation Pinterest Board](#) examples of each.

Is social entrepreneurship possible in my community?



2013 a Banner Year for Social Enterprise in Canada

Hosting Social Enterprise World Forum, unveiling of North America's first Social Venture Connexion amongst the accomplishments

Friday January 03, 2014 – Michelle Strutzenberger

A number of key happenings made 2013 a banner year for Canada's social enterprise sector.

Headlines illustrate social enterprise is gaining popularity and solid standing:

Canada Hosts Social Enterprise World Forum	North America's 1st Stock-Exchange-Like Platform for Social Ventures Unveiled
Canada's 1st Hybrid Corporation Structure Passed in BC	Two Provincial Social Enterprise Studies Released
Enterprising Non-profits Canada Adds a Newsroom, New Website	

Visit this [link](#) for more details on the headlines just above, and/or visit this [link](#) to see more news headlines about social economy in Quebec, in particular

Social Enterprise Development Process for Communities

Deciding whether developing a social economy in your community can be daunting, so why not use a process that has been tried and tested? Goal: Community stakeholders walk through a 4 phase process, with the help of 8 checklists.

4 phases
ming to
potentially

Cre 8 checklists
a social enterprise



Source Credit: *Building Community Wealth*, Canadian Centre for Community Renewal <[link](#)>
 * Aims are proposed milestones, and are customizable by the community going through this process

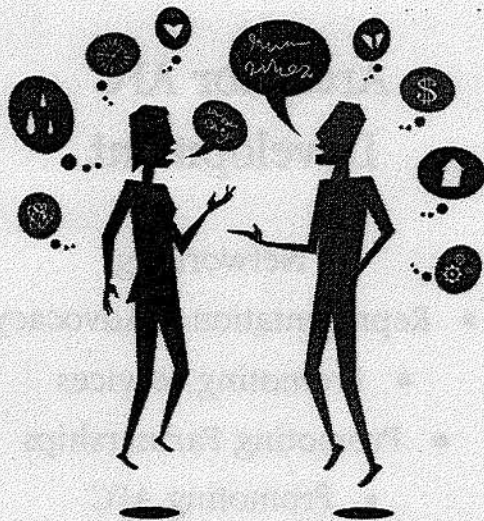
Deep Thought

Don't expect your social mission to further profitability
AND
you can expect the profitability to further your social mission.

Visit

http://www.pinterest.com/the1cma/qchf_social_innov8n/

for examples of social enterprises



Did you know...

43.6% of Verdun Families
are single parents.

20.05% of Verdun lists
their maternal language as
English.

34.3% of people in Verdun
are of low income.

15.2% of the Verdun
population is 65 +

*Portrait et enjeux
socioéconomiques du territoire
(2006)

How to Reach Us

Email: afcverdun@gmail.com

Steering Committee:

President: David Lefneski
southwestunited@gmail.com

Secretary/Treasurer: Natalie Miron
communityengagements@centredawson.ca

Kevin George
kevingeorge@ssss.gouv.qc.ca

Nathalie Bacon
CSSS

Lisa Olmstead
Dawson Community Centre

Douglas Flook
LBPSB Commissioner

Glenn Henden
SPVM

Gloria Chubb
Verdun Resident

Glenn Henden
SPVM

Fred Jensen
CCS

Margot Nossal
Batshaw Youth and Family Centres

Anglo Family Council



Members:

Anglican Church of the Epiphany

Batshaw Youth & Family Centres

Beurling Academy

CCS Community Services

CPE Riverview

CSSS Sud-ouest Verdun

Dawson Community Centre

Elizabeth House

LBPSB Commissioner

Onward Gospel

Riverview CLC

Riverview Elementary School

Southwest United Mission

SPVM neighbourhood police station 16

St. John Bosco School

Verdun Library

AFC Mandate

To strengthen individuals and families in the English-speaking community (ESC) through networking among organizations, institutions and groups that serve or could serve our community.

To represent and advocate for a healthy ESC (individuals, families and organizations)

To inform citizens of services that exist for ESC

To promote the development of new services or new service delivery to the ESC

To encourage partnerships between organizations to better serve the ESC

*Member of Concertation en
Development Social de Verdun
(CDSV)*

Areas for AFC Development

- Networking
- Representation & Advocacy
 - Promoting Services
 - Promoting Partnerships
 - Promoting AFC
 - Management of AFC
 - Creating a guide of resources/services available in English

Check us out on Facebook!



SouthWest Mission

Who are we?

SouthWest Mission works in partnership with Verdun Elementary School to build and strengthen community in our neighborhood. Our entrance is on the corner of Verdun and Melrose.

Breakfast Club

Through a partnership with Petits déjeuners du Canada, breakfast is available at minimal cost to any Verdun Elementary student starting at 7:30 a.m. at the Mission. For more information or to volunteer at breakfast club, please contact Natalie Miron: natmiron22@hotmail.com

Clothing Boutique

If you have gently used children's clothing to donate, please bring them to the Mission. When a child in the school needs any clothing item, they come to the Mission with a teacher's note and we do our best to find the appropriate item. Volunteer coordinators: Gloria Cain and Donna Reid.

Good Food Box (GFB)

Good Food Box is a Harvest Montreal project that offers affordable fresh fruits and vegetables. Currently about 100 boxes are delivered to the Mission every 2nd Wednesday. The contents vary according to which fruits and vegetables are in season. A small box is 7\$, a medium is 10\$ and a large is 16\$. Please order your box at least one week ahead by e-mailing our programme coordinator Theresa Mell at terrygoodfoodbox@gmail.com or calling 514.979.8058

Community Food Share (CFS)

This program functions hand-in-hand with the Good Food Box. Through connections with Harvest Montreal and Commerce solidaire, we are obtaining *amazing* prices on common grocery items such as meat, fish, eggs and cheese. Many families who were already coming for a Good Food Box have come on board and are giving rave reviews to Community Food. Like the fruit and veggie boxes, these new items need to be ordered a week ahead of time, and can be picked up at the same time as the GFB (every second Wednesday). Contact Terry (see above).

Kitchen Queens and Kings

Who knew stretching the grocery money could be this much fun? Started by a group of moms who wanted to get together and share recipes that are nutritious and inexpensive, this group meets every second Friday at 6:30. For information, contact Kelly Collette: kellycommunitymeals@gmail.com, or 514.766.9919.

Community Meals

Nutritious prepared meals available at between \$3 and \$5 for seniors in the area and others with limited mobility. Contact Kelly (see above)

S.O.S. Seniors Outreach Services

We have obtained a small grant to start a program addressing the needs of English-speaking seniors in Verdun. Input from seniors and caregivers on what the most pressing needs are is greatly appreciated.

Community Celebration

Also known as Messy Church, this event takes place once a month at the Mission, usually on the last Sunday. This is a monthly family-friendly gathering that includes food, crafts, storytelling, songs and a lot of fun! All ages are welcome (children must be accompanied by an adult). Doors open at 12:30. (Upcoming dates are March 30, April 27, May 25.)

Youth Group

Youth Group is a good place to make friends and to have fun. It is an open-minded environment where we respect each other and learn from one another.

It is open for teenagers (6th grade and up) every Friday afternoon from 4:30 to 6:30 p.m.. Contact Kayla for information 514.260.5307

SEED

A socio-vocational adult education program run by PACC, is in its second year at the Mission. The program assists parents of children attending Verdun Elementary and other adults in the community in working towards their high school diploma and training for semi-skilled trades. For information regarding the program, please contact Gary Purcell: gpurcell03@lbpearson.qc.ca

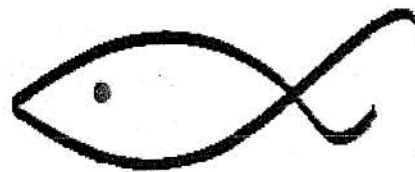
RECLAIM

Volunteers from RECLAIM literacy serve a monthly free lunch for seniors on the last Friday of every month.

Compartiendo

Spanish and French-language sewing group meets Friday afternoons at the Mission 2-4 p.m. Come by to chat, to use a sewing machine or even ask one of the sewers to hem your pants!

Amy Barratt, Office Coordinator
David Lefneski, Minister
SouthWest Mission
c/o Verdun Elementary School
610, Desmarchais
Verdun, Québec, H4H 1S6
(514) 768-6231
southwestunited@gmail.com



Harvest Montreal
plant de tomate a la fois

RECLAIM Literacy

La Passerelle

Camino de Emaus

Merriault Funeral home

Lester B. Pearson

School Board

CC/SEED Club des Petits Déjeuniers de Québec

Verdun Elementary

PROJETS & ACTIVITIES

Breakfast Club

Busy Bees

Care for the vulnerable

Messy Church

Emergency food + clothing

Friendly Social Club

Food Food Box

Helping Hands

Kitchen Kween's

SouthWest Music

United Church Workers

Wednesday worship + lunch

Worship

Youth Group

Partnerships

Give someone a fish and they can feed themselves for a day. This is one of the underlying foundations of our ministry, building community to fish and they can feed themselves for life. This is one of the underlying foundations of our ministry, building community to fish and they can feed themselves for life. This is one of the underlying foundations of our ministry, building community to fish and they can feed themselves for life.



Vision

- Followers of Jesus
- Building Community
- Teaching life skills
- Seekers of truth
- The all in welcome means ALL!

Links

- West montreal readaptation center
- My Family My Community
- Anglo family council
- Dawson Community center
- Verdun Metro group
- Just for today
- CLSC
- REV
- TOPS
- BEAR Productions
- Manna Verdun Food bank
- Orchard Elementary
- Erskine and American Fund
- Fieldwork placement (Stage)

When people were hungry it was a child's lunch (5 loaves + 2 fish) blessed by Jesus that fed them. (John 6:9)

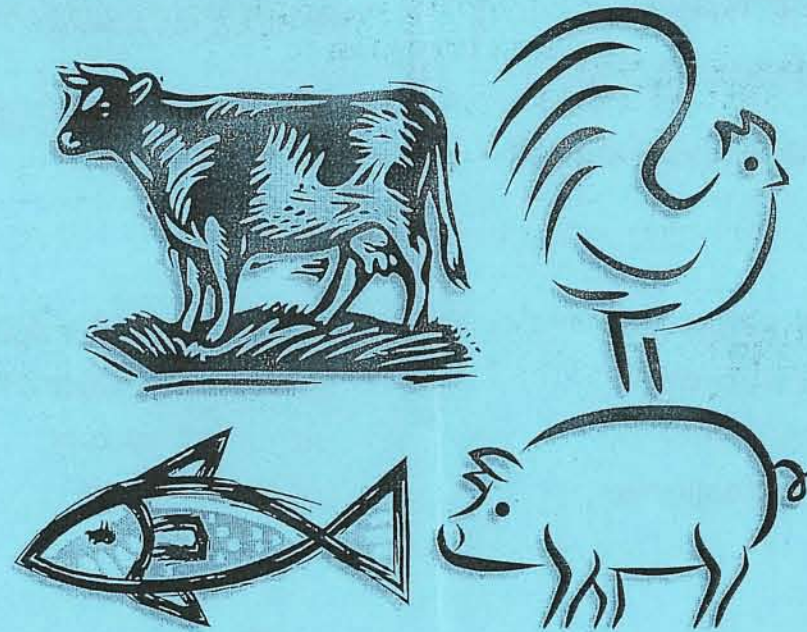


Partage alimentaire communautaire

Le programme a débuté en novembre 2013 suite à une visite de la Mission Sud-Ouest à Moisson-Montréal, fournisseur de Bonne Boîte Bonne Bouffe. Leur programme de commerce solidaire permet aux organismes sans but lucratif de proposer des denrées alimentaires à prix réduit à leurs communautés.

Les denrées disponibles aux deux semaines incluent de la viande du poulet, hachée, des côtelettes de porc, du poisson, du poulet, des œufs, du fromage, des fruits congelés, des viandes froides et viandes à déjeuner.

Une liste complète des aliments et de leur prix est disponible à la Mission. Passez nous voir pour placer votre commande.



POUR COMMANDER/TO ORDER

Pour commander vos denrées, veuillez communiquer avec Theresa (Terry) de la Mission Sud-Ouest aux coordonnées suivantes :

631, rue Melrose (coin Verdun), Bus 107 sud à partir du métro Verdun.
Cel : 514-979-8058
@ : terrygoodfoodbox@gmail.com

To place your order, please contact Theresa (Terry) from the Southwest Mission at the following coordinates:

631, Melrose Street (corner Verdun), Bus 107 South from Verdun metro.
Cel : 514-979-8058
@ : terrygoodfoodbox@gmail.com

Community Food share

The program started in November 2013 after a visit by the Southwest Mission to Moisson Montréal-Montreal Harvest, the provider of the Good Food Box. Their commerce solidaire program helps non-profit organisations in providing food items, for their communities, at reduced prices.

The items available every two weeks include mince-meat, pork chops, fish, chicken, eggs, cheese, pasta, frozen fruits, cold cuts and breakfast meats.

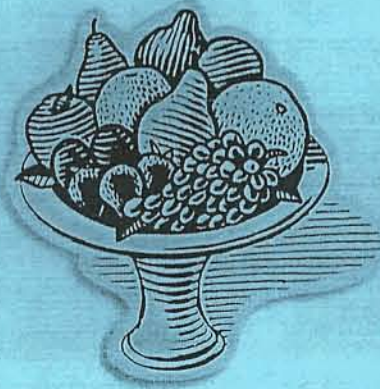
A product list with the prices is available at the Mission. Pass by to get one and place your order.

**Partage
alimentaire
communautaire
c'est:**

- un regroupement d'achat de viande et produits alimentaires à juste prix;
- livraison dans votre quartier à toutes les deux semaines le même jour que Bonne Boite Bonne Bouffe;
- des prix très abordables;
- un programme pour tous.

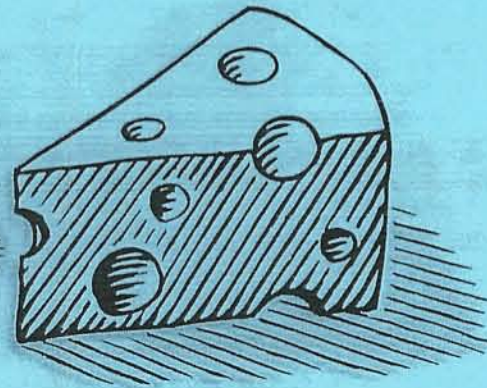
**Partage
alimentaire
communautaire**

De la viande et des produits alimentaires à prix très abordables, livrés dans votre quartier



**Community
Food share**

Meat and food products at very affordable prices, delivered in your neighbourhood



**Community Food
Share is:**

- a collective purchasing initiative dedicated to buying meat and food products at affordable prices;
- delivered every two weeks corresponding with Good Food Box in your community;
- at great affordable prices;
- a program for all.

COMMUNITY MEALS

Community Meals is a project that I have had in my head and heart for years and now have the opportunity to get off the ground.

With the help of the volunteers at the mission, Perlita and I will be making healthy meals that can be fresh or frozen to be delivered to the seniors and shut-ins. By selling the meals at an affordable price, we hope to encourage seniors to eat well. We also hope to break the isolation experienced by some seniors by having the volunteers who deliver the meals stay for a short visit.

Our goal is to stop our seniors from just eating canned food because it is easy or all they can afford. We will make sure that the meals are healthy, appetizing and priced just right for them.

Perl and I will be cooking in the kitchen every second week as we will be using the Good Food Box and we also order our proteins from the Community Food Share. A list of meals and prices will be available soon.

Thank You

Kelly Anne Collette

kellycommunitymeals@gmail.com

Boys & Girls Club
of Dawson Community Centre

website: dawson.bgccan.com

<u>Program/Activities</u>	<u>Cost</u>	<u>Description</u>
<i>Parents & Tots</i> Play Groups	\$ 2.00 per session \$ 30.00 for 1 child per month \$ 40.00 per family per month **Wave fees are at the discretion of the program coordinator. **	Three different types of playgroups; post natal playgroup (Parent and toddler (0-12 months)), multi-aged playgroup (6months - 5 years old) and age specific playgroups.
School Prep. Program	\$ 2.00 per session	Designed for children entering Pre-K and Kindergarten (3 -4 years old), they learn school routines and academics that prepare them for school. The program runs on Mondays; 2 hours per session.
Respite	\$5.00 per session	Parents are able to drop off their children (aged 6months to 5 years old) on a Saturday (only twice a month) for 4 hours.
<i>5-12 Year Olds</i> After School Program	\$15.00 per year; Membership fee \$65.00 per month, without membership card	The program is offered to elementary school children (Pre-K to Grade 6); they offer a bus/walk safe service, healthy snack, gym, computers, arts & crafts, drama, cooking and cooperative games.
Dances	\$5.00 Members \$6.00 Non-members	A chance for kids to have fun, socialize and dance.
Weekend Programing: Fridays & Saturdays	Free with Membership (\$15.00)	Weekend programing offered to members.
Pedagogical Days	\$ 22.00 + Membership	All programing still offered; limited space.

**** MEMBERSHIP IS \$15 FOR THE YEAR ****

Day Camps	Without Extra Supervision (Regular Price) per week \$90.00 With Extra Supervision per week \$115.00 *Obligatory Camp T-shirt \$12.00*	During the Day Camp session the children are offered a light breakfast, snack, weekly swimming, and outings once a week, my Montreal and theme days!
Teens Evenings	Free with Membership	Four nights a week (Tue, Wed, Thurs, & Fri) hangout, sports, computers, recreational activities and specialized programing and activities.
Pre-Teen	Free with Membership	Wednesday evenings from 6 p.m. - 8 p.m. activities and programing is similar to the evening group. **Starting January 2014 it will be held on Friday evenings**
Rogers Raising The Grade	Free with Membership; must be enrolled in high school and attend programing 2x per week.	Three key elements that the program provides are Tech Centers, Academic Support and Scholarships. Students also engage in goal setting and interest building.
Youth Council	Free	Allows the adolescents (aged 14-19 years old) to become a leader through activities and participation in special events. They also represent Dawson at regional youth events.
L.E.A.D	\$ 120.00 per session; each session is 2 weeks long.	This program is offered to teens aged 13-15 years old, teens have the opportunity to learn Leadership, Empowerment, Awareness, and Discovery skills.
Seniors Foot Care Clinic	With membership \$23.00 Without membership \$27.00	The foot care clinic is by appointment; it takes place twice a month and is available to both members and non- members. There are no restrictions.
Income Tax Clinic	Free for members \$5.00 for non-members	For low-income seniors, takes place in March and April.
Activities: Women's Cards	Free	Starts on September 9 th , is an

Open Gym	\$55.00 once a week \$80.00 twice a week	open group for women who are interested in playing cards. Every Monday Circuit training, muscle toning, stretching and cardio exercises, program begins September 9 th to December 2 nd (12 weeks) on Mondays and Thursdays.
Darts	\$1.00 to play	Begins September 9 th and continues throughout the year on Mondays.
Line-Dancing	\$52.00 for 12 weeks	Offered for intermediate and higher, the program runs for twelve weeks every Tuesday.
Quilting	Free for everyone	Starts September 9 th and continues throughout the year, every Tuesday.
Light-Exercise	\$3.00 per class and you pay at the beginning of each class.	Program runs from September 17 th to November 19 th (10 weeks) everyone is welcome to join! Held on Tuesdays
Badminton	\$30.00 for 14 weeks	Badminton begins September 4 th to December 4 th (14 weeks) held on Wednesdays.
Reading/Discussion Group	\$10.00	Held on every Wednesday, programing starts on October 2 nd and is open to anyone interested.
Sand Bags	\$1.25 per play	Held on Wednesdays, starts September 11 th and is open to those who are interested.
Bingo	Basic package fee \$2.50	Starts on September 6 th and continues throughout the year held on Fridays, snacks are also included.
Outing to Constantin	\$20.00 for members	Mechoui BBQ lunch for members, takes place on September 27 th .
Riverside Ramblers	Membership	Brisk walking club, takes place every Friday starting September 17 th .
Dawson- Café	Beverages/Coffee/Tea \$0.50 Soups \$2.50	Allows for socialization and gain insight to the different

Computer and Other	Sandwiches \$ 3.00 Free with membership card	programs and activities offered. The café is volunteer based; they supply their time, energy and they bake/cook. Allows the seniors the opportunity to get hands on training with their computers/laptops/iPad etc.
<i>Manna Food Bank</i> Days and Times Gazette Cheques	Free	Takes place every month; it is closed for the first week of every month. It is held on Wednesdays and Fridays from 10 a.m. to 12 p.m. The Gazette fund gives Manna Christmas cheques for families that are in need (\$120.00). Rules; proof of income (i.e. Welfare card) and are only eligible to go once a month.

SATURDAY
MAY 31
2014
IN SUPPORT OF
BOYS & GIRLS CLUBS

Capital One

Race for Kids™

GROWN-UPS PLAY.
KIDS WIN.

REGISTER TODAY
RACEFORKIDS.CA

Sign up before April 30th and save \$10.
Use the code: HELPKIDS

FOLLOW US



RaceforKids



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RaceforKidsCan



AN URBAN
ADVENTURE
RACE YOU
WON'T WANT
TO MISS!

Your team of four will compete in 10 themed challenging checkpoints in a race to the finish line. Checkpoints are designed to focus the mind, challenge the body, and for you and your team to have a blast. The only thing you can expect is the unexpected!

More information online at
RACEFORKIDS.CA



Clubs garçons et filles du Québec
Boys & Girls Clubs of Quebec

Across Quebec, five Boys and Girls Clubs offer programs before- and after-school to thousands of young people in the communities of Verdun, Sherbrooke, Lachine, LaSalle, Longueuil and surrounding areas. Our goal is to promote the healthy development of children and youth. We help them to become healthy adults physically and psychologically - confident, responsible and able to make positive contributions in their community. It is our goal to make programs at Boys and Girls Clubs accessible to children and youth across the province.

www.dawsoncommunitycentre.org



Charitable
Registration Number:
892556846RR0001

OUR NATIONAL SPONSORS



THE GOOD FOOD BOX IS:

- a collective purchasing initiative dedicated to buying first quality, fresh and affordable produce;
- a lifestyle choice that lets people enjoy a healthy diet and develop better eating habits;
- a wide variety of in-season fruits and vegetables;
- delivered to your neighbourhood every two weeks;
- a good example of great quality-price ratio;
- a great way to promote buying local;
- a program open to everyone... no membership required!

**THE
Good
Food
Box**

**Affordable Fresh
Produce Delivered
Right to your
Neighbourhood.**

**BONNE
BOÎTE
BONNE
BOUFFE**

**Des fruits
et légumes frais,
à juste prix, livrés
dans votre quartier.**

BONNE BOÎTE BONNE BOUFFE C'EST:

- un regroupement d'achat de fruits et légumes frais, de première qualité, à juste prix;
- un style de vie qui permet aux gens d'adopter de saines habitudes alimentaires;
- une grande variété de fruits et légumes (selon la saison);
- une livraison aux deux semaines dans votre quartier;
- un excellent rapport qualité-prix;
- un bon moyen de favoriser l'achat local;
- un programme ouvert à tous... sans abonnement!

VOTRE POINT DE CHUTE / YOUR DROP-OFF POINT

Organisme:
Organization: *Southwest Mission*

Responsable:
Contact: *Theresa*

Coordonnées:
Details: *631 Melrose / Corner Verdun*

*Appeler / Text / Call (514) 979-8058
terrygoodfoodbox @ gmail.com*





DE L'AGRICULTEUR AU CONSOMMATEUR! FRESH FROM THE FARM DIRECT TO YOUR DINNER TABLE!



CROQUEZ À PLEINES DENTS DANS CETTE INITIATIVE DE VOTRE COMMUNAUTÉ!

LA BOÎTE ÉTÉ-AUTOMNE

La boîte été-automne contient une grande variété de fruits et légumes de saison provenant majoritairement du Québec et de nos fermes locales.

C'est la boîte la plus garnie de l'année. Exemple de fruits et légumes contenus dans cette boîte : poivrons, melons, poires, laitue, tomates de champs, maïs et haricots.

Disponible de mai à septembre.

LA BOÎTE HIVER-PRINTEMPS

Cette boîte contient davantage de légumes racines. Son volume est relatif à la saison, puisque les prix du marché sont plus élevés que durant la période estivale. Vous pourrez également y retrouver des fruits exotiques importés.

Exemple de fruits et légumes contenus dans cette boîte : tomates de serre, courges, pommes de terre, oignons, carottes, navets, mangues et bananes. **Disponible d'octobre à avril.**

Toutes les boîtes contiennent un bulletin d'information qui présente un aliment vedette, des recettes et des trucs culinaires faciles et économiques!

Bonne Boîte Bonne Bouffe est récipiendaire du prix Agnes-C. Higgins 2010. Ce prix est décerné à un organisme particulièrement innovateur dans la réponse aux besoins sociaux de la communauté.



Le contenu peut varier.
Content may vary.

7\$
10\$
16\$

PETITE
SMALL

MOYENNE
MEDIUM

GRANDE
LARGE

BITE INTO YOUR COMMUNITY'S FRESH FOOD INITIATIVE!

THE SUMMER-FALL BOX

The Summer-Fall Box contains produce primarily from Quebec and our local farms and provides a wide variety of in-season fruits and vegetables!

This box is the most abundant of the year. Some of our Summer-Fall selections include bell peppers, melons, pears, lettuce, field fresh tomatoes, corn and beans.

Available from May to September.

THE WINTER-SPRING BOX

The Winter-Spring Box contains more root vegetables and its volume represents the season's offerings since market prices are higher than in the summer. This box may also include imported exotic fruits.

Some of our Winter-Spring selections include greenhouse tomatoes, squash, potatoes, onions, carrots, turnips, mangoes and bananas.

Available from October to April.

Every Good Food Box contains an information sheet featuring one special food item and recipes, as well as simple and practical cooking tips!

The Good Food Box is Laureate of the Agnes-C. Higgins Award 2010. This award recognizes outstanding innovation on the part of an agency in meeting the social needs of the community.

POUR COMMANDER / TO ORDER

Pour commander une boîte ou pour plus d'information, veuillez contacter votre point de chute local ou visitez le site Web de Bonne Boîte Bonne Bouffe :

To order a box or for more information, please contact your local drop-off point or visit the Good Food Box website at:

www.bonneboitebonnebouffe.org



KITCHEN QWEENS AND KINGS Collective Kitchen

Kitchen Queens and Kings is a program within the SouthWest United Mission. We have been ongoing for the past 2 years. At first we were just a few moms but now a few dads have joined so we updated our name!

We meet every second Friday evening, the same day that the Good Food Box is delivered. I buy a box and as much as possible we use the fresh vegetables and fruits to make our meal. We also show how to stretch a dollar and make healthy meals on a tight budget.

We are about 8 members in the program and we invite the children to join us and make their own snacks. The children learn about kitchen safety and how to listen carefully and follow instructions. As long as the children are enjoying themselves and are not disruptive they are welcome to stay and have some healthy fun.

Please contact me if you have any questions or if you want to join us ...

Kelly Anne Collette

kellycommunitymeals [@gmail.com](mailto:kellycommunitymeals@gmail.com)



blood donor clinic

In collaboration with Riverview Elementary,
Verdun Elementary, Beurling Academy

CENTRE COMMUNAUTAIRE
Dawson
COMMUNITY CENTRE

Thursday, March 27
1:15 p.m. to 7:30 p.m.

Gymnasium

666 Woodland Avenue, Verdun



GIVE BLOOD. GIVE LIFE.



la collecte

En collaboration avec Riverview Elementary,
Verdun Elementary, Beurling Academy

CENTRE COMMUNAUTAIRE
Dawson
COMMUNITY CENTRE

Jeudi 27 mars
13 h 15 à 19 h 30

Gymnase

666, avenue Woodland, Verdun



DONNEZ DU SANG. DONNEZ LA VIE.

Nourishing our community...

UN PLANT DE TOMATE À LA FOIS

Want to GROW your own veggies, fruits and herbs? Come to a collective garden.



Jardin de l'Espérance
4141 Rue Bannantyne
Seventh Day Adventist
Church



Dawson Rooftop
666 Rue Dawson
Dawson Community
Centre



Riverview Roots
971 Riverview Ave
Riverview Elementary

Want to enjoy the TASTES OF THE GARDEN all year long? Come to a cooking workshop.



Canning and cooking workshops
Southwest United Church and Mission
610 Desmarchais

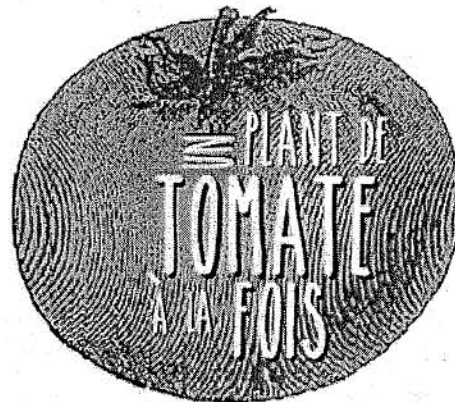
Want to start your own GARDEN AT HOME? We can help.



Home garden consultation
and support

*No experience necessary.
All are welcome!*

Contact Réal Bonneville
Dawson Community Center
514 767-9967
plant.de.tomate@gmail.com
plantdetomate.com



Funded by



SouthWest United
Church and Mission

CENTRE COMMUNAUTAIRE
Dawson
COMMUNITY CENTER



Centraide
du Grand Montréal



Helping to make low literacy something
the next generation will only **READ** about

WHO?

RECLAIM was founded in 1980 to accommodate adult literacy students who could not attend literacy classes due to ill-health, child-care considerations, work schedule conflicts, or other family issues.

WHAT?

As a community-based not-for-profit and registered charity, RECLAIM provides free and confidential literacy and essential skill development for the population of greater Montreal. Using trained volunteers, the organization focuses on providing tutoring services tailored to individual learners' needs in an understanding and supportive environment.

RECLAIM's PROGRAMS

One on one tutoring: Pairing a trained volunteer with a literacy learner, RECLAIM enables the learner to tailor their learning to their own pace, style and skill level.

Learning Centre: Trained teams of volunteers work with small groups of adult learners, focusing on essential skills including life skills, work preparedness, computer skills and daily living.

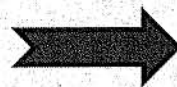
Pay it forward: RECLAIM learners are taken beyond the classroom, and out into the community as volunteers. This allows them to apply the skills they learned in the Learning Centre as they contribute as active members of their communities. Currently our LUNCH team serves a monthly meal at the Southwest United Mission in Verdun. The meals are sponsored by local businesses and individuals.

Share the love of reading: Active seniors are given the opportunity to participate in book clubs using e-readers. This program helps encourage the use of technology by seniors. These seniors then volunteer their time to assist elementary schools youth with reading skills.

Virtual Tutoring: Always a front-runner in offering unique programs to meet the needs of those with low literacy – RECLAIM's Virtual Tutoring, our newest program, provides literacy support to those who need it via the internet. Using technology – our one-on-one tutoring moves into the cyber world – offering online tutoring to adults.

RECLAIM also provides support to other English speaking community groups and educational facilities in Montreal, offering them literacy support for their clients and programs on an as-needed basis.

Suspicious Fish Program – Verdun Elementary: RECLAIM has enlisted the help of journalists from the Canadian Press to serve as mentors to children participating in the program.



WHERE?

RECLAIM has an office and Learning Centre located in the historic RCA building in the Sud-ouest borough of Montreal. Our centre operates year-round, Mondays to Thursdays.

Our one-on-one tutoring is offered throughout the Montreal area in local libraries and community centres. As of October 2013, a satellite centre in the Verdun borough was added to RECLAIM's network.

WHEN?

RECLAIM's programs offer the flexibility to be able to deliver services to their clientele at times that fit into their schedules.

WHY?

Adult literacy is often measured on a prose and document literacy scale of 1 to 5. Level 3, equivalent to high school completion, is the desired threshold for coping with the rapidly changing skill demands of a knowledge-based economy and society.

According to a recent study, 4 out of 10 adult Canadians, age 16 to 65 struggle with low literacy. They fall below level 3 on the prose literacy scale.

15% of those with low literacy skills have serious problems dealing with any printed materials. 27% can only deal with simple reading tasks.

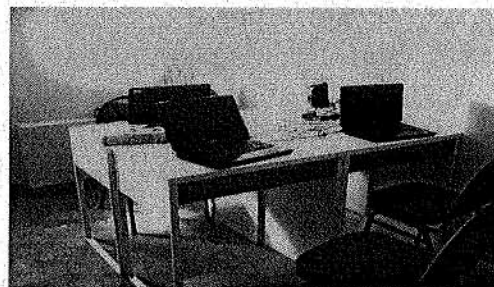
For more information about our programs and services:

Visit us online at www.reclaimliteracy.ca or call 514-369-7835



One-on-one tutoring

**"Learning for
a better
life"**



Learning Centre

Board of Directors 2014:

Claire Maryniak - President

Sandra Stossel - Vice-President

Pia A. Messoré - Treasurer

Debra Lazar - Secretary

Administrators:

Mimi Goldenberg, Gary Purcell, Sean Salusbury

Joy Fyckes - Executive Director

joy@reclaimliteracy.ca



www.reclaimliteracy.ca

1001 Lenoir Rm A2-10, Montreal, QC H4C 2Z6

514-369-7835

Adult Learners' Week at
Verdun City Hall
April 11, 2013



Lester B. Pearson
School Board



Commission scolaire
Lester-B.-Pearson

For more information
contact:

Gary Purcell
Educator

gpurcell03@lbpearson.qc.ca

Adult Education Socio - Vocational Program



*Supporting Educational
Economic Development*

**Earn a Certificate
in a Semi-Skilled
Trade**

Goal of the Program:

Develop the skills needed to get and keep a job



Earn a Semi-Skilled Certificate

- Cook's Assistant
- Baker's Helper
- Mail Preparation Clerk
- Butcher's Helper
- Stock Handler



Registration Requirements:

- Birth Certificate
- Medicare Card

You can improve English, math and French at the same time through our academic program.

Class sessions take place on:

Monday	8:30 to 1:00
Tuesday	8:30 to 1:00
Wednesday	8:30 to 10:30
Thursday	8:30 to 1:00
Friday	8:30 to 10:00



Boardwalk, 1930. [Archives of the borough of Verdun]

Seniors Outreach Services is a new project designed to address the needs of Englishspeaking seniors in Verdun.

Help us to identify the most pressing needs by filling in this postcard. Do you know a senior in long term care who could use a friendly visit? Or a senior who would benefit from the following:

- | | |
|--|--|
| <input type="checkbox"/> Housekeeping | <input type="checkbox"/> Foot/hair care |
| <input type="checkbox"/> Food preparation | <input type="checkbox"/> Help with taxes and other forms |
| <input type="checkbox"/> Transportation/ accompaniment | <input type="checkbox"/> Help finding help |
| <input type="checkbox"/> Shopping | <input type="checkbox"/> Would like a check in call |

Are you a friend, neighbour, family, helper?
Please write your name and and phone number and mail this card so we can contact you.

NAME

PHONE

PLACE
RETURN
POSTAGE
HERE OR
CALL US

TO:

Seniors Outreach Services (SOS)

c/o Southwest Mission
610 Desmarchais Blvd.
Verdun (QC) H4H 1S6

514-768-6231

www.sosverdun.org

Evaluation Results

COMMUNITY IN MOVMENT

Community Network Forum, 20 March, 2014

1. What did you find useful?

- Finding out about services in the area. All the information shared by all presenters was very useful.
- Presentations.
- Kit of brochures with information of what each organization was about and its services.
- Networking with other organizations and community workers.
- Find out more about the different partnerships and initiatives in the Verdun area.
- All was very interesting.
- Interesting History of Verdun.
- Information on CHSC Verdun and questions that came up.
- Meeting such a diversity of people and organizations focused on similar issues.
- Networking, community documentation.
- Representatives from different organizations were very useful because they demonstrated and elaborated on different programs that are available to the community.
- I appreciated the way things were said, lots of wisdom and respect when talking about differences between ``minority`` and ``majority``. Inspiring, thank you! The Luigi presentation was also very inspiring.
- I found everyone was useful and very informative.
- All information shared was useful, informative, and inspiring.
- The opportunity to meet with representatives from NPIs, CHSSN and community group, learn about the fine group of the AFC, and talk about new ideas.

2. Would you like to participate in other forums like this? If so, how often?

- Yes.
- Yes, occasionally.
- Yes, 1-2 times a year.
- Yes, every 3 months.
- Yes, when opportunity arises.
- Yes, approximately every 9 months.
- I would love to participate in other forums just like this because it gave me an idea of how the community is evolving as well as coming together. I would say that as an intern twice-three times a year would be great.
- I would attend another forum for sure, maybe 4 times a year.

3. Was there an organization that should have been invited today? If so, which one?

- Boys and Girls Club of LaSalle
- My Community, My Family
- Project P.A.L
- Big Brothers, Big Sisters West Island
- AIDS Community Care of Montreal
- Welcome Hall Mission
- Provincial deputy
- Youth group from South West Mission