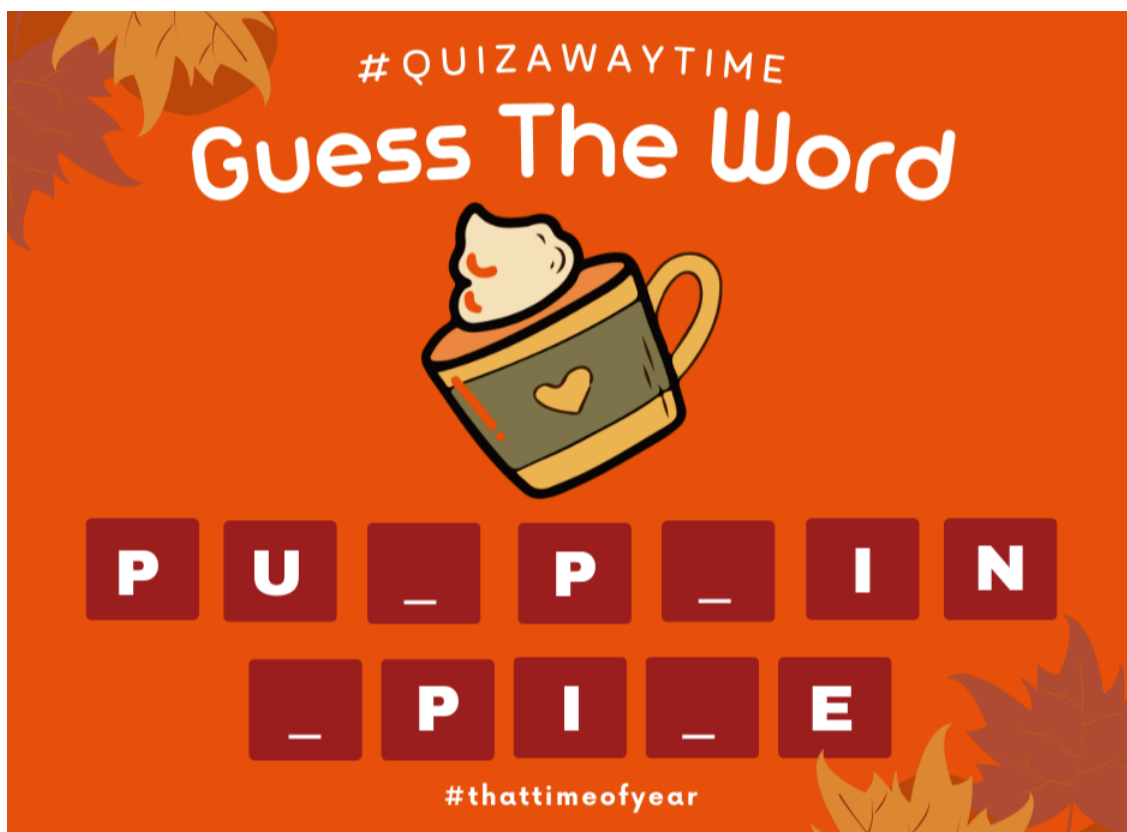


[Subscribe](#)[Past Issues](#)[Translate ▼](#)[View this email in your browser](#) Literacy Quebec Newsletter

-October 2023-



How was September?

Last month was exciting as the literacy community celebrated International Literacy Month on September 8th. It was wonderful to see all the promotion, advocacy and celebration online.

We launched LQ Academy which you can read more about below and published

Eve attended conferences and roundtables which you can read about [here](#).

And, we also took a guided tour of Kahnawá:ke as part of our own lifelong learning and commitment to learning more about Indigenous peoples and Nations, their history and these lands and waters on which we live.

CHSSN Mental Health Workshops - Online

As part of our mental health project with CHSSN, we are presenting online workshops to our members, learners and the general public on a variety of topics.

October 12, 2pm - **Understanding Compassion Fatigue**

– presented by Amanda Rocheleau

October 26, 10am - **Boundaries and Self-Care**

– presented by Cyndi Owen

Nov 7, 10am - **From Burnout to Balance: Strategies for Sustainable Well-Being**

– presented by Amanda Rocheleau

Nov 28, 10am - **Risk Assessment**

– presented by Cyndi Owen

If you would like to attend any of these workshops, please contact

info@literacyquebec.org

This workshop is made possible by: CHSSN and the Public Health Agency of Canada

RQ-ACA



From October 16 to 23, the RQ-ACA's National Autonomous Community Action Week (#NACAW) will highlight the crucial engagement of the Autonomous Community Action movement, which works relentlessly to build a society where everyone's rights are fully respected.

Read more about it on our blog!

[Blog](#)

LQ Academy

We are delighted with the response to the recent launch of LQ Academy. Thanks to those sharing the word about our free eLearning courses.

The foundational courses are:

- **Lit 101: Exploring Literacy**
- **Lit 102: Supporting Adults with Low Literacy Skills**
- **Lit 103: Practising Clear Writing and Design**

LQ Academy is designed for anyone who wants to explore a wide range of literacy-related topics. If you interact with the general public, create communications material, or are just curious about literacy, you should check them out!

[Subscribe](#)[Past Issues](#)[Translate ▼](#)[LQ Academy](#)

'What's Literacy?' Podcast



Jael Richardson

Jessica took to the microphone to chat with Canadian author, Jael Richardson. Jael also founded and serves as the executive director of the FOLD, the Festival of Literary Diversity. It is Canada's first festival for diverse writers, giving a platform to underrepresented voices through panels, discussions, workshops, and more!

[Listen here!](#)

Events Calendar

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



[Subscribe](#)[Past Issues](#)[Translate ▼](#)[Calendar](#)

Jobs Board

Project Coordinator / Office Support - Gaspésie Literacy Council

[More information](#)

Literacy Helpline



Literacy Helpline

1-888-521-8181

Our Helpline is available for any and all of your literacy needs!

[More information](#)

October - [Health Literacy Month](#)

October - [Learning Disabilities and Dyslexia Awareness Month](#)

October - [Cyber Security Awareness Month](#)

October 23-27 - [Media Literacy Week](#)

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

“Remember, reconciliation is yours to achieve. We owe it to each other to build a Canada based on our shared future, a future of healing and trust.”

- Justice Murray Sinclair

All the best!

~ The Literacy Quebec Team



Literacy Quebec receives funding from the Ministère de l'éducation et de l'enseignement supérieur and Secrétariat aux relations avec les Québécoise d'expression anglaise

Éducation,
Enseignement
supérieur
et Recherche

Québec 

Secrétariat aux relations
avec les Québécois
d'expression anglaise

Québec 



Literacy Quebec

Copyright (C) 2023 Literacy Quebec. All rights reserved.

Our mailing address is:

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe](#)

Subscribe

Past Issues

Translate ▼

