



ARC is dedicated to assisting and empowering people of all ages to access health and social services, information, resources, programs, and activities in English on the South Shore, to promote well-being



THE ADVISOR

Information source for the South Shore English-speaking community

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If life was a book, every day would be a new page, every month would be a new chapter, and every year would be a new series. – Elizabeth Duivenvoorde

This month at ARC, we have a number of activities that may be of interest to you and help alleviate the February blues.

- On February 25 and 26, we have a two-day **Mental Health First Aid** workshop in Greenfield Park at the Activity Centre. We only have a few spots remaining, so if you are interested in attending, please contact Therese at (514) 605-9500 or out-reachgpk@arc-hss.ca.
- Talking to Improve Wellbeing in St-Jean will discuss **Gender 201 – What it means to be trans or non-binary** on Tuesday, February 28 at 7:00 p.m. You can join either in person or via Zoom. See page 4 for more details.
- In Chambly (February 1) and in Brossard (February 15) we will be hosting Guy Rex Rodgers, writer and director of a new documentary entitled **What We Choose to Remember**. The 90-minute film explores the riveting linguistic history of this province and “the things that make Quebec so fascinating, frustrating and different”. Following the screening, Guy will facilitate a community discussion to reflect on the experience. For Brossard, contact Tania at gpk@arc-hss.ca. For Chambly, contact Veronica at stjean@arc-hss.ca.
- **Conversations About Grief Support Group**, open to all who are dealing with grief, via Zoom on Tuesday, February 7, 7:00 to 8:30 pm. If you are interested, contact Christine at caregivers@arc-hss.ca.
- The **Family Wellness** activity in St-Jean at the Military College will be held on Saturday, February 25. This month we’re having a dance instructor teach participants some beginner dance moves. All those interested should contact Alexi at npi@arc-hss.ca.

We are pleased to have welcomed Karine Parent to our team in mid January in the role of Outreach Coordinator from the Greenfield Park office. Karine will be working on many special projects and participate on local partnership tables and committees. She can be reached at gpk2@arc-hss.ca.

If you have been forwarded this newsletter and wish to **subscribe**, [send us an email](#).



Suicide Prevention Week

February 5-11

DaretoTalkAboutSuicide.com

February Activity Calendar (Page 1)

Activities in **bold** are open to everyone. Additional activities may be made available throughout the month, watch for our emails, or check out our website and social media for updates!

For information or to register, please contact our
Administrative Coordinator at: info@arc-hss.ca or call (514) 951-9711

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>These activities are made possible thanks to our funders:</p> 					
			<p>1 Mother Goose on Zoom English Conversation @ CISSS Tech Café with Atwater Library via Zoom 10:00-11:30 am SWC @ Chambly 1:30-3:30 Addie's Colour Café via Zoom 2:00-3:30 pm Affordable baskets @ Activity Centre 2:00-7:00 pm</p>	<p>2 Mother Goose St. Lambert English Conversation @ CISSS Tai Chi @ Activity Centre 9:00-10:00 am Walk & Talk @ GPK 10:30-11:30 am French Conversation Group @ Activity Centre 10:30-11:30 am Linda's Gentle Yoga via Zoom 2:00-3:00 pm TBN Café Our Harbour 2:00-4:00 pm</p>	3	4
5	<p>6 Mother Goose GPK English Conversation @ CISSS Social Games @ Activity Centre 9:30-11:00 am Rock Painting Workshop @ Activity Centre 1:00-2:30 pm Afternoon-Social @ Candiac 1:30-3:30 pm Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm</p>	<p>7 Mother Goose Brossard English Conversation @ CISSS Social Cooking with Jody @ Activity Centre 10:00 am-12:00 pm Walk & Talk @ Candiac 10:00 -11:00 am Twisted Stitchers @ Candiac 1:00-3:00 pm Jerry's Line Dancing via Zoom 1:30 -3:00 pm Conversations About Grief Support Group via Zoom 7:00-8:30 pm</p>	<p>8 Mother Goose on Zoom English Conversation @ CISSS Tech Café with Atwater Library via Zoom 10:00-11:30 am SWC @ Brossard 12:30-2:00 SWC @ Chambly 1:30-3:30 Addie's Colour Café via Zoom 2:00-3:30 pm Recharge workshop for Caregivers via Zoom 6:00-8:00 pm</p>	<p>9 Mother Goose St. Lambert English Conversation @ CISSS Tai Chi @ Activity Centre 9:00-10:00 am Walk & Talk @ GPK 10:30-11:30 am French Conversation Group @ Activity Centre 10:30-11:30 am Linda's Gentle Yoga via Zoom 2:00-3:00 pm</p>	10	11

February Activity Calendar (Page 2)

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Sun	Mon	Tue	Wed	Thu	Fri	Sat	
12	<p>13 Mother Goose GPK</p> <p>English Conversation @ CISSS</p> <p>Social Games @ Activity Centre 9:30-11:00 am</p> <p>Rock Painting Workshop @ Activity Centre 1:00-2:30 pm</p> <p>Afternoon-Social @ Candiac 1:30-3:30 pm</p> <p>Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm</p>	<p>14 Mother Goose Brossard</p> <p>English Conversation @ CISSS</p> <p>Cooking Life Skills with Our Harbour @ Activity Centre 10:00 am-12:00 pm</p> <p>Walk & Talk @ Candiac 10:00-11:00 am</p> <p>Twisted Stitches @ Candiac 1:00-3:00 pm</p> <p>Recharge Support Group for Caregivers via Zoom 7:00-8:30 pm</p> <p>Happy Valentines Day</p> 	<p>15 Mother Goose on Zoom</p> <p>English Conversation @ CISSS</p> <p>CHEP: "Keeping your back and spine healthy as you age" via Zoom 10:00-11:30 am</p> <p>SWC @ Brossard 12:30-2:00</p> <p>SWC @ Chambly 1:30-3:30</p> <p>Affordable baskets @ Activity Centre 2:00-7:00 pm</p> <p>Recharge workshop for Caregivers via Zoom 6:00-8:00 pm</p>	<p>16 Mother Goose St. Lambert</p> <p>English Conversation @ CISSS</p> <p>Tai Chi @ Activity Centre 9:00-10:00 am</p> <p>Walk & Talk @ GPK 10:30-11:30 am</p> <p>French Conversation Group @ Activity Centre 10:30-11:30 am</p> <p>Linda's Gentle Yoga via Zoom 2:00-3:00 pm</p> <p>TBN Café Our Harbour 2:00-4:00 pm</p> <p>Seniors Activity @ CHSLD 2:00-3:00 pm</p>	17	18	
19	<p>20 Mother Goose GPK</p> <p>English Conversation @ CISSS</p> <p>Social Games @ Activity Centre 9:30-11:00 am</p> <p>Rock Painting Workshop @ Activity Centre 1:00-2:30 pm</p> <p>Afternoon-Social @ Candiac 1:30-3:30 pm</p> <p>Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm</p>	<p>21 Mother Goose Brossard</p> <p>English Conversation @ CISSS</p> <p>Social Cooking with Jody @ Activity Centre 10:00 am-12:00 pm</p> <p>Walk & Talk @ Candiac 10:00-11:00 am</p> <p>Twisted Stitches @ Candiac 1:00-3:00 pm</p> <p>Jerry's Line Dancing via Zoom 1:30-3:00 pm</p>	<p>22 Mother Goose on Zoom</p> <p>English Conversation @ CISSS</p> <p>SWC @ Brossard 12:30-2:00</p> <p>SWC @ Chambly 1:30-3:30</p> <p>Addie's Colour Café via Zoom 2:00-3:30 pm</p> <p>Recharge workshop for Caregivers via Zoom 6:00-8:00 pm</p>	<p>23 Mother Goose St. Lambert</p> <p>English Conversation @ CISSS</p> <p>Walk & Talk @ GPK 10:30-11:30 am</p> <p>French Conversation Group @ Activity Centre 10:30-11:30 am</p> <p>Linda's Gentle Yoga via Zoom 2:00-3:00 pm</p>	24	25	
26	<p>27 Mother Goose GPK</p> <p>English Conversation @ CISSS</p> <p>Social Games @ Activity Centre 9:30-11:00 am</p> <p>Rock Painting Workshop @ Activity Centre 1:00-2:30 pm</p> <p>Afternoon-Social @ Candiac 1:30-3:30 pm</p> <p>Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm</p>	<p>28 Mother Goose Brossard</p> <p>English Conversation @ CISSS</p> <p>Social Cooking with Jody @ Activity Centre 10:00 am-12:00 pm</p> <p>Walk & Talk @ Candiac 10:00-11:00 am</p> <p>Twisted Stitches @ Candiac 1:00-3:00 pm</p> <p>Jerry's Line Dancing via Zoom 1:30-3:00 pm</p> <p>Talking to Improve Wellbeing Gender 201- What it means to be Trans or Nonbinary @St-Jean and via Zoom 7:00-8:00 pm</p>					
<p>First Aid Mental Health @ Activity Centre 8:00-4:00 pm</p>						<p>First Aid Mental Health @ Activity Centre 8:00-4:00 pm</p> <p>Family Wellness Saturday @ St-Jean Military College 10:00 am-2:00 pm</p>	

HAUT-RICHELIEU-ROUVILLE

Review



ARC SENIORS WELLNESS CENTRE
Randell Hall
2000 Bourgogne Ave.
Chambly J4L 1Y4

Wednesdays
1:30-3:30

- Weekly social gathering
- Activities designed to stimulate physical, cognitive, and mental wellbeing
- Snacks and coffee

stjean@arc-hss.ca - (450) 357-0386

On February 1, the **Chambly Senior Wellness Centre** is proud to be welcoming Guy Rex Rodgers, writer and director of a new documentary entitled *What We Choose to Remember*. The 90-minute film explores the riveting linguistic history of this province and “the things that make Quebec so fascinating, frustrating and different”. Following the film, Guy will facilitate a community discussion to reflect on the experience. We are fortunate to have this opportunity to be joined by the

co-founder of cultural institutions such as The English Language Arts Network (ELAN), the Quebec Writers’ Federation and the Quebec Drama Federation. This activity is open to the public and will take place at Randell Hall, 2000 Bourgogne, Chambly at 1:30 p.m. You can register by contacting stjean@arc-hss.ca or call (450) 357-0386.

FAMILY WELLNESS SATURDAY

BEGINNER DANCE FOR THE WHOLE FAMILY
A fun way to exercise and learn a few new dance moves from a dance instructor

FEBRUARY 26, 2023
10 A.M.-2 P.M.

ROYAL MILITARY COLLEGE ST-JEAN
15 JACQUES-CARTIER N. ST-JEAN
SALLE LE GRAND FORT

Registration: (450) 525-1176 or npi@arc-hss.ca

Join us for another **Family Wellness Saturday** activity on February 25 from 10:00 a.m. to 2:00 p.m. at the Royal Military College in St-Jean-sur-Richelieu located at 15 Jacques-Cartier N. The activity will take place in the Dextraze Pavilion, Salle le Grand Fort. We gather once a month to bring together families and individuals from across the Haut-Richelieu/Rouville region and to build a sense of community among our participants. All are welcome; everyone is family at ARC so don't

hesitate to come on your own and see what we have to offer. Don't forget to bring your dancing shoes as we will be learning some new moves! A delicious cafeteria-style lunch option is available for only \$8.50 per adult or \$7.50 per child. You can register by contacting npi@arc-hss.ca or call (450) 525-1176.

ARC proudly presents

Talking to Improve Wellbeing Join us live!

LET'S TALK 201 What it means to be Trans or Nonbinary

with special guest **Michèle Gagnon (they)**
Community Engagement & Outreach Manager
Quebec's Trans & Gender Resource Centre

Tuesday, February 28 @ 7:00 pm

ARC Satellite Office
927-B Seminaire Blvd.
St-Jean-sur-Richelieu

For more info:
npi@arc-hss.ca

On Tuesday, February 28 at 7:00 p.m., we will be hosting Talking to Improve Wellbeing in St-Jean and also on Zoom. This month's topic is **Gender 201—What it means to be trans or nonbinary**. Registration required by contacting npi@arc-hss.ca or call (450) 525-1176.

Upcoming Activities in Spring for Early Childhood

Beginning in April, we will be hosting two early childhood activities in St-Jean.

The first is Baby Tai Chi for new moms or dads, offered four Tuesdays from 10:00—11:00 a.m.

Baby Tai Chi

Tuesday, April 4, 11, 18 & 25
10:00-11:00 a.m.

JOIN NOW
Register at npi@arc-hss.ca

927-B Seminaire Blvd., St-Jean-sur-Richelieu

And for the first time, we will be offering Mother Goose in person.

Mother Goose
Animated by Alysia and Rachel

IS COMING LIVE TO ARC IN ST. JEAN
927-B qu'Seminaire Blvd. N - St-Jean, J4A 1B6

APRIL - JUNE 2023
WATCH FOR THE EXACT DATES & TIME

If interested in either, contact Alexi at npi@arc-hss.ca.

Alexi Utrera is our NPI Coordinator in Haut-Richelieu–Rouville. She can be reached at (450) 525-1176 or npi@arc-hss.ca.

Veronica Gareau is our Outreach Coordinator in Haut-Richelieu–Rouville. She can be reached at (450) 357-0386 or stjean@arc-hss.ca.

CAREGIVERS CORNER

"Caregiving is a constant learning experience."
- VIVIAN FRASER

Caregiving Support – Finding Something That Fits Your Needs

Imagine you're offered a new job that you aren't really qualified or trained to do. The hours are long and you're on call 24/7. The work is demanding, you won't get paid and to top it off, people will be counting on you to perform your duties week in, week out – no matter how stressful the work, how old you are, what condition you're in, or even if you already have a job. Do you accept the offer?

"No way," is your likely response, but this situation is a reality for millions of unpaid caregivers. Eighty per cent of older adults and people with long-term health issues are cared for at home by family or friends, and the numbers will continue to climb as the proportion of older adults continues to rise. These caregivers play a vital role and take a huge weight off our healthcare system.

We All Know that Support Groups Can Help – But How to Fit This In?

Caregiving is overwhelming and sometimes the last thing you want to do during what little free time you have is to talk about is...well, more caregiving. You hear a lot about self-care but also get so many conflicting messages about how to increase your involvement as a caregiver. Support is key. Talking to people who can relate to your story is vital. When you take advantage of the resources that are available, you become little better able to manage to your role as a caregiver. Registration link for Support Groups forms.gle/3m3ZjixsVR1ZNjTN6.

Find Your Balance – with Pop-Up! Workshops

There are support groups out there that fit virtually everyone's needs. As a by-product of COVID protocols, virtual support groups have taken a very prominent place in caregiver support. You need to do what works for you without adding to your burden. There are a lot of options, but some require an ongoing commitment. We've been listening to what caregivers need. We've taken the feedback from our caregivers community and revamped our ReCharge Caregivers Program to offer added flexibility with our new Pop-up! format. Caregivers can choose the sessions that fit their needs without having to sign up for a full program. We're delivering evidence-based info in a fresh, interactive format with our Caregivers Medical Coordinator, Penny Fleming, RN. We're bringing in guest experts and have upcoming sessions on self-compassion, anticipatory grief and a complete overview of dementia. Monthly support groups give you the chance to share and learn from your peers. If you're a caregiver, we invite you to pop in to ReCharge Pop-Up! and join our community.



“
You have two hands
One to help yourself,
And one to help
others
Audrey Hepburn

Reach out for support:
caregivers@arc-hss.ca

ReCharge
Workshops for Caregivers



Caregivers Support Group Online

Tuesday, February 14 @ 7:00 pm

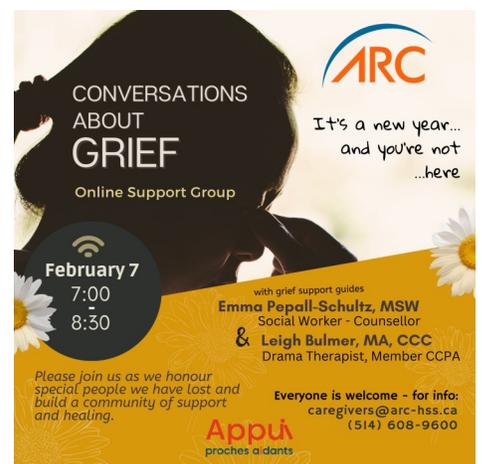
To register:
<https://forms.gle/Jh53Yx64V6b6nVY9>

Join our discussion about caregiving, anticipatory grief, and navigating challenges in caring for those we love while caring for ourselves.

For more info: caregivers@arc-hss.ca
(514) 608-9600

Conversations for Caregivers
facilitated by
Emma Pepall-Schultz, MSW

ReCharge Appu
workshops for caregivers proches aidants



CONVERSATIONS ABOUT GRIEF
Online Support Group

It's a new year...
and you're not
...here

February 7
7:00
8:30

with grief support guides
Emma Pepall-Schultz, MSW
Social Worker - Counsellor
& Leigh Bulmer, MA, CCC
Drama Therapist, Member CCPA

Please join us as we honour
special people we have lost and
build a community of support
and healing.

Everyone is welcome - for info:
caregivers@arc-hss.ca
(514) 608-9600

Appu
proches aidants

Christine Prince is ARC's Caregivers Program Coordinator and oversees the ReCharge Program for Caregivers and monthly support group. For information, please feel free to reach out to her at (514) 608-9600 or caregivers@arc-hss.ca.



Throughout the month of February, the City of Longueuil is soliciting the participation of its citizens aged 55 and over in order to update its **Senior-Friendly Municipality Action Plan**. It will be possible to complete a survey, which focuses on four main themes: living, getting involved, getting informed and getting around in the city. The survey will be available in paper format at several organizations and libraries in Longueuil. Paper copies of the surveys will be available at our Activity Centre from February 8 to the deadline on March 6. Once filled, you can conveniently return the survey at the same location.

This February Community Health Education Program (CHEP) will be holding a session via Zoom on February 15 at 10:00-11:30 a.m. on **'Keeping your back and spine healthy as you age'**. Link to register: https://chssn-org.zoom.us/meeting/register/tZAvd-CsqtIjG9JGV3slpN_-Vos9TTnxrMEz.



Our **NEW Senior Wellness Centre in Brossard** will have three activities taking place this month at the Good Shepherd Church (7900 Naples Ave.), every second, third and

fourth (sometimes fifth) Wednesday of the month from 12:30 to 2:00 p.m.

This month:

- February 8: Rock Painting with Intention (Valentine's Day themed)
- February 15: A speaker presenting a film entitled "What We Chose to Remember" (more information on page 4)
- February 22: Trivia, followed by gentle yoga

For any further information contact Tania Blood at (514) 213-3744 or gpk@arc-hss.ca.

The Mental Health Commission is offering a two-day **Mental Health First Aid Training** on February 25 and 26 from 8:00 a.m. to 4:00 p.m. at the Activity Centre (91 Churchill Blvd.) in Greenfield Park. Register with Therese at (514) 605-9500, outreachgpk@arc-hss.ca. **Understanding Law 96 - A Virtual Town Hall & Info Session** on February 7, from 6:00 to 7:00 p.m. hosted by Y4Y Quebec.

The presentation is geared towards Bill 96's impact on young English-speaking Quebecers and features presentations from Éducaloi and Apathy is Boring. Link to register: [https://join.y4yquebec.org/...](https://join.y4yquebec.org/)

Tania Blood is the Community Outreach Coordinator in our Greenfield Park office, covering the cities of Greenfield Park, Brossard, St-Lambert and St-Hubert. Contact her with any questions at gpk@arc-hss.ca or call (514) 213-3744

Interesting Tidbits

Do you know why snowflakes have six sides? A snowflake is a cluster of crystals frozen together, and is a configuration of water molecules in a solid state. The six sides are because of the shape of the water molecules. The two hydrogen atoms connected to the oxygen atom are arranged in such a way that the molecule looks like a Mickey Mouse head. The hydrogen atoms (the ears) have a positive charge, while the oxygen atoms bear the negative charge. When there are six connections, the mini molecular hexagon is created.

Question of the Day: What exactly do B.C. and A.D. stand for, and was there a year 0? Answer: B.C. stands for before Christ," and A.D. stands for "anno Domini," a Latin phrase that translates as "in the year of the Lord." There is no year 0; the years go from 1 B.C. to A.D. 1."

Fun fact about Valentines Day: Valentines started as a Christian feast day honouring one or two early Christian martyrs named Saint Valentine. However, over time it became what it is known for today as a celebration of romance and love in many regions of the world.

Groundhog Day is on February 2 and hopefully we will get to celebrate an early spring this year.



Why is it important to break mental health stigmas?

A stigma is a negative and often unfair social attitude attached to a person or group that places shame on them for a perceived deficiency or difference to their existence. Some people describe stigma as a feeling of shame or judgment from someone else. Stigma can even come from an internal place, confusing feeling bad with being bad.

Mental illness is often stigmatized because of a lack of understanding about what mental health conditions are and what it's like to live with a mental health condition. Stigma can also arise from personal thoughts or religious beliefs about people who have mental health conditions.

There are three different types of stigmas: public stigma, self-stigma and institutional stigma.

Public stigma refers to the negative attitudes around mental health from people in society. Self-stigma describes the internalized stigma that people with mental health conditions feel about themselves. Institutional stigma is a type of systemic stigma that arises from corporations, governments, and other institutions.

While there are many examples of mental health stigma in society, here are some of the more common instances you might notice:

- A person may be viewed as attention-seeking or weak when they try to reach out and get professional help.
- People using harmful language in everyday conversation or in media depictions, such as “crazy” or “insane”, to judge or trivialize a person who has a mental health condition.
- When people avoid others with certain mental health conditions, like schizophrenia, because of fear or misunderstanding.
- When family or friends tell someone with depression that they can get better if they just “work out and get more sun,” or make other unhelpful, oversimplified judgments.
- When someone living with a mental health condition views themselves as worthless or talks down to themselves because of their condition.

- When companies refuse to hire someone or provide them with adequate accommodations because of their mental health.
- When people view examples of neurodivergence as illnesses or something to be cured.

Stigma has a negative impact on people with mental health issues in the following ways:

- Less likely to seek treatment
- Discrimination in the workplace prevents them from reaching full professional and/or personal potential
- Diminished self-worth, increased isolation and hopelessness
- Family members also impacted with stigma by association

We can all take steps to address and reduce the stigma of mental health:

Learn about mental health: One of the most important steps toward reducing mental health stigma is to learn more about it. Learning what mental health conditions look like and who they can affect can help reduce some of the fear, misunderstanding and judgment around them.

Use words carefully: When we use words with negative associations, like “insane” or “crazy”, we contribute to the judgment and stigmatization of others. It may take some effort to change the way we speak, but it can help reduce the stigma that people with mental health conditions face.

Become an advocate or ally of people with mental illness. Give your support to fund-raising campaigns, local organizations and to fellow community members.

Share your story: If you're someone living with a mental health condition, one of the most powerful tools for reducing stigma is to share your story. By educating people on what it's like to live with a mental health condition, we can help reduce the misunderstanding and judgment that people feel.

Therese Callahan is ARC's Outreach Program Coordinator and oversees the Mental Wellbeing Initiative. For information, please feel free to reach out to her at (514) 605-9500 or outreachqpk@arc-hss.ca.

The Candiac Corner

A special thanks to lawyer Mrs. Ann for taking the time to speak to our ARC Candiac Afternoon Social and the CWG (partnership with the Candiac Wednesday Group) on “Being Married vs. Living Together in Quebec,” “Involuntary Separation” and “Protection Mandate”. We truly appreciate all the knowledge that was given through her wonderful presentation.

The ARC Candiac Afternoon Social is held in person at the Chartwell Le Montcalm and is open to the public every Monday from 1:30-3:30 p.m. At ARC we're all about helping you find your community and we can't wait to welcome you. It's a fun place to get together to break isolation, play games, laugh, chat and grab a coffee. For more details call (438) 455-2747 or email candiac@arc-hss.ca.

Candiac Walk & Talk brings you through different parks and sections of Candiac each week. Enjoy the fresh air & admire the scenery while enjoying each others company. Come join us and meet other local people who are interested in walking for fitness and peace of mind. Every Tuesday from 10:00-11:00 a.m. For more details call (438) 455-2747 or email candiac@arc-hss.ca.

Candiac Twisted Stitchers - Something about knitting makes you feel at home no matter where you may be. If you love needlework and want to join a fun group of stitchers, then we have a great activity for you in Candiac. Every Tuesday from 1:00-3:00 p.m. For more details call (438) 455-2747 or email candiac@arc-hss.ca.

Christmas Decorations Contest - Candiac en lumières. The judges have determined the winners, congratulations to them all! Photos of the winners are available [here](#).

Long live winter! The municipality offers its residents recreational facilities for each season. In winter, ice rings, skating rinks and sliding hills are set up in various parks for the enjoyment of young and old. Whether it's to play field hockey,

to do artistic tricks or simply to skate or slide with family and friends, there is something for everyone! Click on this [link](#) to see the status and conditions of the ice and slopes.

The city is looking for a student to be a day camp counselor. Looking for a rewarding job and have experience in the day camp environment? Take a look at this job posting. Send resume [here](#).

Snowshoe Loan for the residents of Candiac. Explore the magic of winter by walking on snowshoes. Go to the registration platform to reserve snowshoes. Loans are for 6 days, from Thursday to Tuesday until March 2. For more information click [here](#).

New exhibition "The Building of Lights"

The very first exhibition of the 2023 Arts Trail program will be presented at André -J.-Côté Park. Named “The Building of Light”, the exhibition features 38 works

by artist Thierry du Bois, who invites us to question the impact of human production and new technologies on the environment, as well as the origin of all things. Visit the open-air museum until March 28 to discover the exhibition! Click [here](#) for more info.

Winter Cadence Booklet “Discover the Program” The time has finally come to discover different events and to choose sports and leisure activities for the winter season. The Cadence d'hiver booklet has been distributed in the community, or click [here](#) to view the booklet.

Candiac Winter Wonderland Enjoy winter and leave with smiles on February 4 at 10:00 a.m. at Haendel Park! Family day with giant games (human bowling, giant field hockey, axe shooting), cardio snowshoeing and free skating. Street food truck (\$) on the site. Also, on February 18 at 10:00 a.m. at the Cherbourg Park, come and try snow skating, borrow tubes to slide, carve your own ice block and admire an ice creation while skating! Free to all!

Photographic exhibition “Illusion” until March 19 at the Library (Claude-Hébert Centre). This being the 20th anniversary, the Roussillon Photo Club proposes an exhibition on the theme of an optical illusion. Come and browse the shelves of the library and discover the real of the unreal.



Know Your Rights in the Health Care and Social Services Network

Each year, on average, the health and social services network receives about 50 complaints in the Montérégie area, 97% of which are related to the health care sector.

To address this situation, the CAAP (Complaint Assistance and Support Centre) based in St-Jean-sur-Richelieu, has been offering its services since 1993 and has recently become fully bilingual (see the CAAP team photo at right). This organization also has two other offices in St-Hyacinthe and Longueuil. The CAAP Montérégie is a regional and independent community organization mandated by the Quebec Minister of Health and Social services. Its services, which are confidential and free of charge, have three central objectives. The first is to inform clients about their rights and responsibilities and about the complaints review network of health and social services. The second is to assist and accompany those who wish to file a complaint with the Commissioner for the Quality of Services and Complaints (first recourse) or the Quebec Ombudsman (second recourse). The third is to inform and assist tenants of private residences for seniors about their rights, responsibilities and lease contracts since April 2019, when the Centre had received the mandate from the Ministère des Affaires Municipales et de l'habitation.



CAAP Montérégie can also help seniors who face difficult situations with the landlord of a private seniors' residence and assist in fostering better communication between the landlord and the tenant.

Thinking of making a complaint? Need more information or accompaniment? Feel free to call 1-800-263-0670 or visit CAAP's offices at 125 Saint-Charles St., St-Jean-sur-Richelieu, QC J3B 2C4. Hours of operations are: Monday to Friday, 8:30 a.m. - 12:00 p.m. and 1:00 - 4:30 p.m. Click [here](#) for more information.



Community Bulletin Board

The City of Brossard is offering 55-minute sessions of **Aquaform and Aqua-Douceur** at 3075 Rome Blvd., J4Y 1R2. For more information [visit brossard.ca](http://visit.brossard.ca).

Mission Nouvelle Generation: The MNG Store situated beside the Mission at 1423 Provencher Blvd. in Brossard offers a large variety of new and used goods at low prices. Clothes, home accessories, furniture, and other interesting items to be found. Click [here](#) for more info.

Our Harbour is a non-profit organization that provides caring, cost-effective, long-term, supported housing for adults living with mental illness, and presently has **immediate vacancies** for three men. Please contact Sabine Bulow (Lead Coordinator) or Vanessa Hunt-Ladouceur (Coordinator) for a telephone evaluation at (450) 671-9160 or send an email to info@ourharbour.org.

The South Shore Literacy Council is a non-profit organization dedicated to offering free literacy programming,

tutoring for adults, a Care-Share Program for adults with developmental delays, the Mother Goose Pre-Literacy Music Program for parents and their infant children (ages 0-4) and inclusive senior programming. Click [here](#) for more info.

Arthrite Rive-Sud: Friendly brunch on the first Friday of the month at Barbie's on Taschereau at 11:00 a.m. / Adapted exercise every Tuesday from 10:00-11:00 a.m. / Pain management exercise program every Wednesday from 2:30-3:30 p.m. / Share and Shine every fourth Friday from 1:30-3:00. For more information, please email: [In-fo@arthriterivesud.org](mailto:info@arthriterivesud.org).

La Maison Internationale de la Rive-Sud is an independent community organization, whose mission is to support newcomers and public refugees with the settlement process and socio-economic integration. For more info click [here](#).



When it comes to crafting a CV, it is important to not only highlight work experience and education but also showcase any impressive skills that sets one apart from other candidates. Here are a few examples of skills that can make a CV stand out:

1. **Language proficiency:** If fluent in multiple languages, be sure to include them on the CV. This can be especially valuable if applying for a job that requires international communication or if looking to work in a globally minded company.
2. **Technical skills:** Have experience with specific software or programming languages? It's a good idea to list them on the CV. This shows the necessary skills to perform well in a technical role.
3. **Leadership experience:** If leadership positions have been held in the past, such as team captain or project manager, be sure to include these on the CV. This shows having had experience leading and motivating others, and can be an asset to any team.
4. **Problem-solving:** This skill is relevant in any profession, and it can be demonstrated in different ways, such as

by highlighting a specific challenge faced in a previous role, and how it was overcome.

5. **Creativity:** If there is experience with design, photography, or other creative pursuits, be sure to include them on the CV. This shows an eye for detail and that thinking outside of the box is there, which can be an asset in any field.
6. **Adaptability:** If there is experience working in different roles, industries, or even countries, this can show the ability to adapt to new environments and learn quickly, which is a highly sought-after skill in today's fast-paced business world.
7. **Teamwork:** The ability to work well with others is critical in any profession, and it can be demonstrated by highlighting specific examples of teamwork in past roles, or by listing any group projects completed.

Including these types of impressive skills on a CV can make a more attractive candidate to potential employers and can help one to stand out in a crowded job market. Click [here](#) for the source.

Hard Skills

specific, technical abilities required to do a job, typically acquired through education and experience

-  Foreign language skills
-  Coding ability
-  Technical understanding of SEO
-  Photoshop knowledge
-  Writing proficiency

Soft Skills

a combination of people skills, social skills, communication skills, emotional intelligence, and personality traits

-  Empathy
-  Communication
-  Leadership
-  Willingness to learn
-  Time management

Adam Hall is our Youth and Employment Program Coordinator in Greenfield Park. He can be reached at (514) 712-6575 or youth@arc-hss.ca.



discover community activities for all

Black History Month-National Film Board: Monday, February 6 at 7:00 p.m. John Ware Reclaimed follows filmmaker Cheryl Foggo on her quest to re-examine the mythology surrounding John Ware, the Black cowboy who settled in Alberta, Canada, before the turn of the 20th century. Foggo's research uncovers who this iconic figure might have been, and what his legacy means in terms of anti-Black racism, both past and present. (72 minutes). Free. Register [here](#).

Seniors Action Quebec: Tuesday, February 7 from 10:00 a.m.-12:00 p.m. presents "Understanding Your Consumer Rights" free online webinar. To register, please send an email with contact information to Ruth Pelletier by February 3 to ruthkathleenpelletier@gmail.com.

Éducaloi: "Being on the board of a Quebec non-profit" workshop on February 9 from 1:00-3:00 p.m. Click [here](#) to register.

AMI-Quebec: The South Shore Support Group is on Wednesday, February 15 from 6:30-8:00 p.m. in-person at 91 Churchill Blvd, GPK. Open to family and friends-no need to live on the South Shore. Also offered is, *Beat the February Blues*, an online activity for a walk-through Ragusa, Sicily on Feb 12 at 10:30 a.m. Click [here](#) to register.

Line Dancing will be offered by the City of St. Lambert on Wednesday evenings at the multi-purpose centre (81 Hooper St.). Beginning on February 15 and runs for ten weeks. The time slots available are from 6:30 to 7:30 p.m. and from 7:45 to 8:45 p.m. The cost of the session is \$40. Register via the recreational activity [registration module](#).

Saint Lambert Horticulture Society: February 16 – "Soil Microbiology and Some Newer Microbial Applications" workshop via Zoom at 7:30 p.m. Click [here](#) for all the info.

South Shore Retired Educators: February 16 from 1:00-3:00 p.m. at the Mount Bruno United Church Hall, 25 Lakeview Ave in St. Bruno. SSRE guest presentation will be by Guy Rex Rodgers, Screenwriter & Director. His feature length documentary entitled "*What We Choose to Remember*" produced with the National Film Board's Filmmaker's Assistance Program will be presented to the SSRE session. To register please email: southshoreretirededucators@gmail.com.

Hope & Cope: "A Talk on Genetics" webinar on February 20 from 6:00-7:30 p.m. To register click [here](#).

African American Literature in the Twentieth Century: Wednesday, February 22 at 7:00 p.m. It is commonplace to say that history documents the acts of a people while literature depicts its psyche. However, until quite recently, authentic portrayals of African Americans were excluded from standard American history and literature in general. African American writers were therefore tasked with doing both. Using the works of representative authors from the different periods of the twentieth century— from Charles W. Chesnutt, *The House Behind the Cedars* (1901) to Toni Cade Bambara, *The Salt Eaters* (1979)— H. Nigel Thomas, award-winning author and former university professor, will lecture mostly about this dual role as well as discuss briefly the changes in the literature since 1980. Free. Register [here](#).

Sewing Workshop (parent/child): At the library, 490 Mercille Ave. in St. Lambert on February 27 from 2:00-3:30 p.m. by Les Ateliers ArtisCréatifs. For children ages 7 to 12. Come sew a felt cuddly and learn the different stitches to use to make all sorts of other creations. Registration required [here](#).

Suicide Prevention Week—February 5-11

On the 33th National Suicide Prevention Week, the AQPS and its partners will put forward the last part of the **Talking About Suicide Saves Lives** awareness campaign, focusing on suicide prevention in digital spheres. Important resources for mental health and suicide prevention are available in English, thanks to a partnership with the CHSSN. There are: updated English videos, a section on mental health resources and services for each region, etc.

Read more here: howtotalkaboutsucide.com



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QUEBEC LAW, YOUR RIGHTS AND RESPONSIBILITIES

INFORMATION, EDUCATION, COMMUNICATION



Winter Rules: Test Your Knowledge!

In Quebec, winter rules! But winter also has its own (legal) rules. Here's a chance to test your knowledge of them-and learn about any that you're not familiar with. Take the test [here](#).

Home Insurance: Travel With Peace of Mind!

Travelling takes planning. Packing up and getting ready to go is one thing, but make sure to also take steps to protect your home while away!

Inform the insurance company. Let your insurance company know when you plan on being away and leaving the house empty for over 30 consecutive days. For example, if you're leaving for two months and no one will be house-sitting while you're away, you'll have to inform them. But if you're only gone for a week, you don't have to let them know.

Check what the insurance covers. Not all insurance contracts are the same. Some situations may not be covered if your home is empty. For some peace of mind, ask your insurance company what exactly the insurance covers. They can also give you examples of situations that aren't covered by your insurance. The Autorité des marchés financiers (Quebec's governmental agency that oversees financial services) recommends that you do this whether you rent or own your home.

Avoid potential damage while being away. It can be a good idea to take a few other steps before leaving. For example, if turning down the heat in your home, make sure the pipes don't freeze. The Insurance Bureau of Canada recommends turning off the water and draining the pipes. You can also ask someone to check on your home every day. Click [here](#) for all the info.

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