



ANNUAL REPORT 2019-2020

THE DIFFERENCE IN
YOUR COMMUNITY

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THE DIFFERENCE IN
YOUR COMMUNITY

PRESIDENT'S MESSAGE

The past year has been a challenging, yet positive one, for Vision. Challenging because, like the rest of the world, COVID-19 had a major impact on how we operated, communicated and served our clients. Positive because considering the circumstances our relationships with our partners and funders continued to get stronger and the services to our clients continued to grow.

We utilized digital media to conduct meetings, communicate, provide workshops, videos, publications and to share vital Covid-19 information to our wide base of clients. Our staff were able to remain totally effective in their work from home environment, as well our office has been reorganized to comply with all government recommendations.

This year marked our sixteenth year as a community organization servicing English-speaking Gaspésians from Gaspé to Percé-East. We began the year with an objective to strengthen the relationship with our associate organizations in the Gaspé and Magdalen Island regions. The resulting consultations between our organizations allows us to share ideas, plan resources and program support. A strong collaboration agreement between Vision and CASA ensures that services are shared and not duplicated and that our shared constituents have a clear understanding of the services each organization provides.

I encourage you to read our annual report to familiarize yourself with our services and programs.

Each year I end my message thanking both the Vision Staff and Board, they are all very competent, hardworking and dedicated individuals committed to servicing our English-speaking community and improving our relationship with our Francophone and Aboriginal neighbors.

Be Well - Stay Safe!!!

PRESIDENT

TONY CONOLEY



EXECUTIVE DIRECTOR'S REPORT

This has been another successful year for Vision, with new growth, achievements, partnerships, and community outreach. Through our partnerships and initiatives, our effect on community development has developed beyond our expectations and we are proud of our community and our organization.

This year has presented particular challenges for Vision, like organizations and businesses around the world, as the Covid-19 pandemic resulted in a provincial and national lockdown. For Vision, this has meant creatively finding ways to support our community members, particularly those who are in vulnerable situations. Thankfully, our staff has found many ways to continue our programs in a way that respects the government regulations and fulfills our mandate to continue enhancing the quality of life for community members.

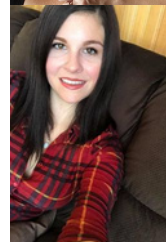
As Executive Director, I am extremely proud of how quickly our staff adapted to this reality and how effectively we have managed to continue many of our programs – from hosting online art workshops, to keeping in touch with our seniors, to planning adapted programs for the new fiscal year. We at Vision are also extremely grateful for the continued strength of our partners, who not only make our work possible, but who also demonstrated resilience and support when Covid-19 changed the shape of those partnerships. Our continued ability to rely on one another and provide support, knowledge, expertise, and information is remarkable and deserves recognition.



A special thank you this year for our Board and staff! The team at Vision is remarkable and dedicated, as always:

- **Florence Agnesi** – Finance Manager
- **Stephanie Bond** – Project Coordinator for seniors, art projects, and CHEP
- **Amie Chicoine** – Project Coordinator for seniors, youth, and families, Bright Beginnings Coordinator, and Parent Liaison
- **Shanna Réhel** – Barachois Community Liaison and Project Coordinator for seniors, children, information sessions, and mental health initiatives
- **Laura Comeau** – Project Coordinator for seniors and children, assistant on many projects, and Gespeg Community Liaison
- **Nyree Patterson** – Project Coordinator for Computer Savvy
- **Anne Nober** – Arts and Culture Coordinator and Tell me a Story Coordinator
- **Tracey Jones** – APPUI, McGill, and Youth Access project coordinator
- **Lyla Bond Kennedy** – Interim APPUI project coordinator

EXECUTIVE DIRECTOR
JESSICA SYNNOTT



PROJECTS FOR SENIORS:

WELLNESS CENTRES:

The Wellness Centres of Vision are one of our longest running programs and one place of continual growth for services to seniors. Seniors 50 and over are welcome to participate in the program, with the objective to help participants live independently, in their own homes for as long as possible. This is accomplished by providing health promotion and prevention information, as well as an enjoyable way of maintaining social, physical, and mental health. The following is a breakdown of the Wellness Centres that have been run over the past year and some areas for further growth:

Gaspé

- The Wellness Centre in Gaspé were held twice a month at the Gaspé Legion, for a total of 13 sessions held from April 2019 to March 2020
- Average attendance of 20 seniors
- This Centre is run by Project Coordinator Amie Chicoine

Barachois

- The Barachois Wellness Centre had an average of 10 seniors attend and it is held at the Royal Canadian Legion on Wednesdays on a rotating bi-weekly basis.
- This Centre is run by Project Coordinator Stephanie Bond



Maison de Quartier

- The Wellness Centre run through the Maison de Quartier was held once a month, for a total of 4 sessions held from April 2019 to March 2020
- It had an average attendance of 9 participants
- This Centre is run by Project Coordinators Amie Chicoine and Laura Comeau

Murdochville

- The Murdochville Wellness Centre has an average attendance of 8 participants and is also run on a monthly basis
- This Centre is run by Project Coordinator Laura Comeau

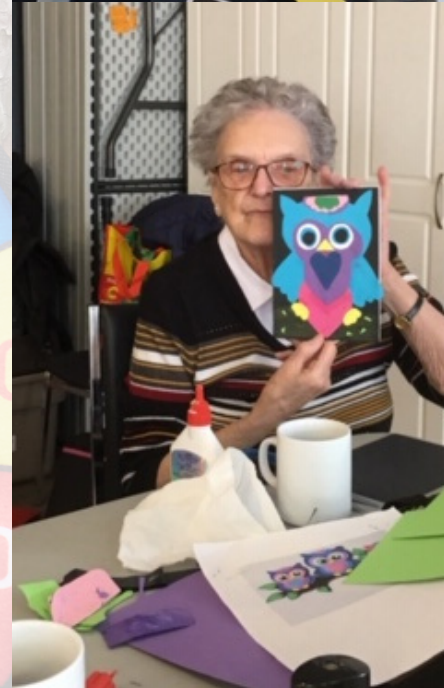
Gespeg

- Laura Comeau has begun preliminary work toward developing and initiating a new Wellness Centre with Le Nation MicMac de Gespeg specifically for Native seniors
- This new Wellness Centre will likely begin sometime in the new year

SENIOR'S DAY:

Vision presented available services for seniors at Senior's Day in July 2019

- Approximately 60 seniors in Gaspé were informed of the services and resources available to them from our organization
- Project Coordinator Amie Chicoine participated in this event



BULLETIN FOR HEALTH AND WELLBEING:

Written by Project Coordinator Laura Comeau, the Bulletin for Health and Wellbeing is published monthly and covers various topics, such as: monthly health/illness/disability awareness, self care, celebrations around the world, activities, and more!

BINGOS IN BARACHOIS:

Beginning in December 2019, these bingos have been held once a month at the senior home in Barachois.

- Residents look forward to these bingos and, due to the success of this program, they may be held more frequently once Vision's regular schedule resumes
- There was an average attendance of 5-6 seniors at each bingo
- Positive comment: "I really like what you are doing and I really enjoyed myself. I hope you continue to do bingos here"
- This project is run by Project Coordinator Shanna Réhel

CAREGIVER'S EVENT:

Vision collaborated with the Gaspésie Alzheimer's Society to recruit participants and attend an English Caregiver's Day event.

- This event occurred in February 2020
- Project Coordinator Amie Chicoine worked in collaboration for this event



CHILDREN, YOUTH, AND FAMILIES:



AMIE CHICOINE PROJECT COORDINATOR

BRIGHT BEGINNINGS:

A regional initiative that has grown beyond the Gaspé, the Bright Beginnings program has served as a model for similar programs throughout the province. This program is currently run by Project Coordinator Amie Chicoine and has multiple parts within our community.

Wiggle, Rhyme, and Storytime:

- 4 sessions were held between April 2019 and March 2020
- This program has been hosted by the Gaspé Library, the Maison de la Famille, and Belle Anse Elementary School over the past year
- Average attendance of 6 participants

Family Days:

- Easter Family Day was held in April 2019, with 30 children in attendance
- Taco Tuesday was held in May 2019, with approximately 50 people in attendance (both children and adults)
- Family Fall Day was held in September 2019, with about 12 children in attendance

Community Sessions:

- 2 Public Awareness sessions were held on the topic of Resilience in Spring 2019
- A workshop for parents on Stress by Dr. Megan McCallum was held in June 2019
- An Online Photo Contest was held during Early Childhood Week in November, asking parents to post a picture of their favorite activity with their child



Destination Famille:

This is a collaborative program aimed at helping families experiencing difficulties, coordinated by Amie Chicoine.

- Co-animated with psychological educator through CISSS for the past two and a half years

Family Fun Day:

Vision participated in this event, organized with the Gaspésie Literacy Council, for Literacy Day in January 2020.

- Approximately 25 children participated
- Amie Chicoine ran one of the booths at this event as the Bright Beginnings coordinator

Pre- K Orientation Day:

To help orient parents and new students, Vision participated in this event through partnership with ESSB, through the efforts of Amie Chicoine.

- Held at Gaspé Elementary School
- Animated one of the stations set up for the children and parents



HEY PROGRAM:

The HEY Program, or Healthy Early Years, is geared toward educating parents on ways to build healthy and resilient babies, establishing good habits that will last into childhood and beyond.

Prenatal Session:

- 2 sessions were held (at the Maison de la Famille and the Douglastown Community Centre, respectively) with 8 participants at the first session and 6 at the second
- Participants included expectant mothers and their significant other (one mother gave birth before the second session)
- The sessions were held in the evenings, from 4:30 p.m. to 7:30 p.m., in an informal setting with a homemade meal prepared by a local community member
- These sessions were facilitated by the CISSS's prenatal nurse and coordinated by Amie Chicoine, one of Vision's HEY Coordinators

BUILDING INCREDIBLE BABIES:

- A program geared towards parents with babies ages 0-18 months, with the opportunity to get together once every two weeks in an informal setting to chat, share parenting experiences, and support one another
- 2 sessions were held (at the York River Hall and the Douglastown Community Centre, respectively) with 2 participants and their babies at the first session, and 5 mothers and babies at the second session
- Mothers expressed how having a designated area where they can get together and chat with other parents in their mother tongue has been a source of relief
- Coordinated by Amie Chicoine



DROP IN AND PLAY:

Drop in and Play is an unstructured play group for children from 0-8 years of age.

- It is held once a week after school from 3:00 p.m. until 4:30 p.m. at Belle Anse Elementary School
- Themed stations are set up around the space with the goal for children to engage in age appropriate creative/imaginative play with their peers and guardians
- Children must be accompanied by a parent/guardian
- Average attendance of 11 children
- This program is run by Shanna Réhel and assisted by Laura Comeau
- Positive comments on Facebook: “Kids had a great time”; “Thank you guys, so many nice toys for the little ones & nice for us mommys to chat & meet new people :)”



YOUTH ACCESS:

This was the final year of the youth access project. This project, to increase services and programs to English-speaking youth, has continued to gain momentum through partnership and knowledge development.

Tracey Jones was the coordinator of this project in partnership with Canadian Heritage. A report was produced to share the results of the survey done with the high school students.

A positivity journal “You Got This!” was created and distributed to the high school students.



YOUTH:

A number of youth-oriented activities took place over the past fiscal year, organized and run by Amie Chicoine. These activities were complimented by the Art programs run by Project Coordinator Stephanie Bond (see Culture and Art in the Community).

- A workshop on Self Esteem and Life Skills held with the Skills Link group in Barachois
- Pizza and Scrapbooking activity held for teens, where 3 students participated

Mental Health Week, May 2019

- The Headstrong group at the Gaspé Polyvalent and the Outreach Coordinator at Vision met to create interactive posters, which were then displayed at the local shopping mall where community members were able to indicate how they were feeling that day using stickers

Noon Hour Crafting

- 3 different noon hour craft sessions were held with Grades 2, 3, and 4 at Gaspé Elementary School
- These sessions included making a photo holder, a candle holder, and painting on rocks/canvas
- 12-16 students participated in sessions

Bushcraft Activities

In collaboration with Gaspé Elementary School and Artemis Adventures, Bushcraft activities were offered to grade 5 and 6 students. Some topics covered were:

- Know your gear, know the code of the outdoors, heading and landmarks, and basics and responsibilities. Due to the lockdown, the remaining sessions were offered during the summer.



CULTURE AND ART IN THE COMMUNITY

STEPHANIE BOND

PROJECT COORDINATOR

ART INSPIRING WORKSHOPS – COMMUNITY MURAL:

A series of art workshops were provided free of charge to the community. Painting workshops were completed at the local schools and Wellness Centres by artist Stephanie Bond. The total amount of participants reached 200 people in our community. Stephanie also completed various workshops such as painting on canvas, rocks, and sculpting air-dry clay ornaments and she continues to sketch with high school students on a weekly basis.

Positive Feedback from participants:

- “Enjoyed the workshops so very entertaining and good for the mind. Got me back into painting again and loved the social time spent with others”
- “I enjoyed each class to have the positive direction. To be able to try something new”
- “All the workshops I attended were enjoyed very much. Not only was it great to get out and learn new things, it was great to get together with members of the community to talk”
- “The instructor was always there to help when needed. She was very professional with offering comments and suggestions to help amateur painters. Creating is always fun! Materials all provided very nice!



ANNE NOBER

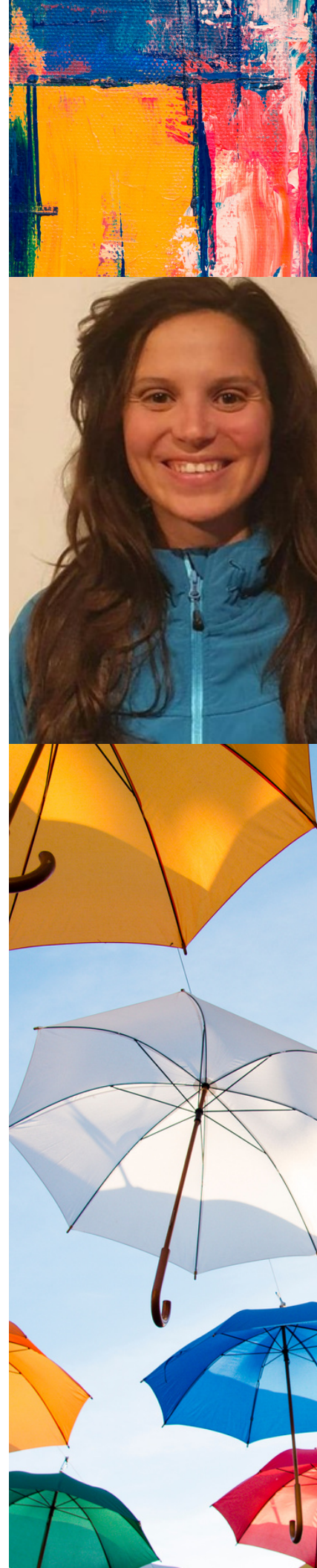
ARTS AND CULTURE COORDINATOR

This is a new position for Vision that aims to: represent Anglophones' interests when dealing with governmental agencies (MRC, town, ministries)

- Ensure Anglophones' ideas and needs about culture are considered
- Establish Gaspesian English heritage and culture as essential for the whole community's wellbeing and sense of belonging
- Ensure English-speaking community members have access to a diverse cultural offers in the Gaspé/Malbaie area
- Actively support English-speaking artists and artisans

What has been accomplished so far:

- Representing the English-speaking community from the Gaspé-Malbaie area at the regional table for cultural workers (having a voice, people from all over the coast paying attention to our heritage and identity, keeping up with current projects and practices)
- Vision was invited to sit on the MRC Cultural Policy revision committee (Anglophones considered an integral part of the cultural landscape, could share concerns and ideas)
- Meeting with local cultural organizations and partners to identify how Vision can help build a stronger relationship with English-speaking community
- Starting outreach to artists/artisans to offer support with their professional practice



TELL ME A STORY

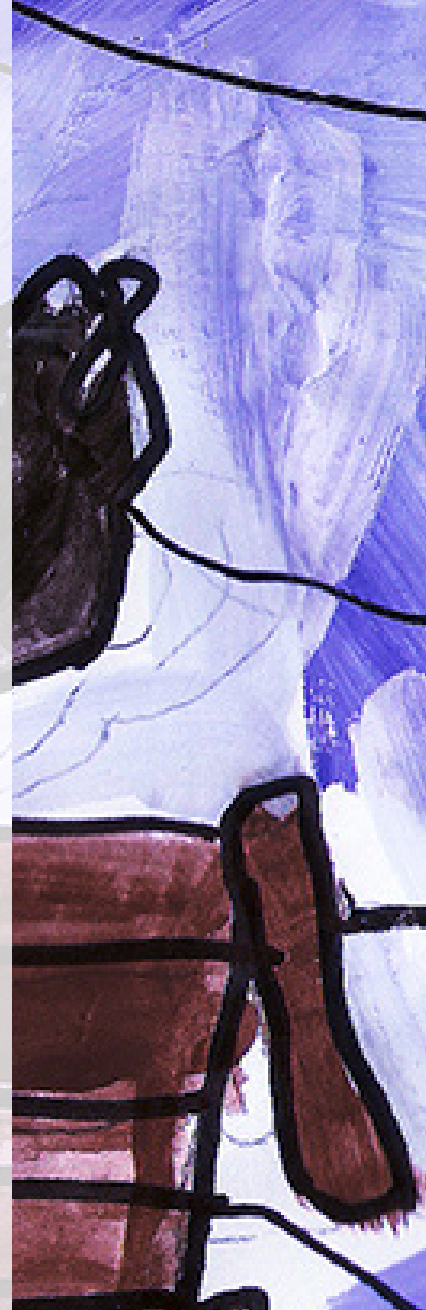
Numerous workshops were offered to Anglophone and Francophone community members with the goal of writing bilingual stories for a children's book.

Workshops were held in Barachois, Douglastown and Gaspé with a total of 12 participants. Seniors attending the Barachois Wellness Centre, as well as a number of students from Belle Anse Elementary school, also participated in story writing.

The coordinator Anne Nober also made connections with residents from La Renardoise seniors home in Rivière-au-Renard and from Manoir St-Augustin in Gaspé, who shared childhood memories to inspire writers.

Students from Gaspé Elementary and Belle Anse elementary created the illustrations for the book.

Participants especially enjoyed translating stories and felt they had improved their second language vocabulary.



TOM EDEN

VETERANS AFFAIRS PROJECT

OUR HONG KONG SOLDIERS

- The event was held at three locations (Barachois Legion, Gaspé Legion and Birthplace of Canada) over the course of five days
- Approximately 400 attended

Conference and exhibit held at the Barachois Legion:

- Approximately 35 people including a number of relatives of Hong Kong Veterans (very impressive turnout given the small population of the village)

Conference and exhibit held at the Gaspé Legion:

- 10 family members of Hong Kong Veterans and 20 CEGEP students (their attendance bodes well for the continued remembrance of the story of local Hong Kong soldiers)

Exhibit held at the Birthplace of Canada:

- Information panels and artifacts
- Over five days
- Conference in French



GASPÉ REMEMBERS

Gaspé Remembers was held at the Birthplace of Canada in Gaspé over the course of two weeks. Approximately 2000 people visited the exhibits that were housed in the Naval Base building.

As these events were held in the heart of Gaspé at the height of tourist season, they were well attended by locals and visitors alike. Since Birthplace of Canada does not exclusively showcase military history, visitors attending the event can be considered a new group building knowledge on Canada's military heritage. Sensitizing new people is always a big success.

Hopefully this project will help sow seeds for further similar efforts.

The social media reach of these projects was quite successful: posts had up to 25 shares and were viewed by up to 8000 people across Canada, in Hong Kong, Australia, the United States, and Belgium.

The Facebook page for both projects, Gaspé Remembers – Gaspé se souvient, is consistently gaining momentum (currently has 423 likes) and producing the content to build upon that growing interest is going to be challenging on a number of levels.



COMPUTER SAVVY – THE DIGITAL LITERACY EXCHANGE PROGRAM

NYREE PATTERSON

PROJECT COORDINATOR

The Computer Savvy Project through the Digital Literacy Exchanger Program (DLEP) was created to improve the digital literacy skills of under represented groups in Gaspé and surrounding areas. The targeted groups included seniors, low-income groups, the Anglophone minority, First Nations groups, and those with limited access to services.

After many surveys, steering committee meetings, identifying workshop trainers and volunteers, the first workshops were launched in October 2019 at the following locations:

- Barachois
- Gaspé
- Murdochville

Since then, the project has gained some traction with the addition of workshops in Douglastown and York. Topics for the training have included:

- Basic Computer & Internet Safety
- Photo Upload & Editing
- Pinterest, Facebook, and social media

The “drop in and ask format” was a great success as per the participant evaluations of the workshops. An easy to use resource booklet has been created for March 2020 in the form of a “Computer Vocabulary Dictionary” that will help demystify some of the terms used when in the digital world.

Many partnerships in our community have been strengthened to ensure the ongoing success of this vital program for our underrepresented groups. This represents the end of Phase 1 of this project, where Phase 2 will continue this growth and build on the current momentum.



OUTREACH

LAURA COMEAU

GESPEG LIAISON:

The liaison between Vision Gaspé-Percé Now and Le Nation MicMac De Gespeg is responsible for forging links between the cultural agent and the program organizer from Gespeg, discussing potential events and activities for the organizations to do together.

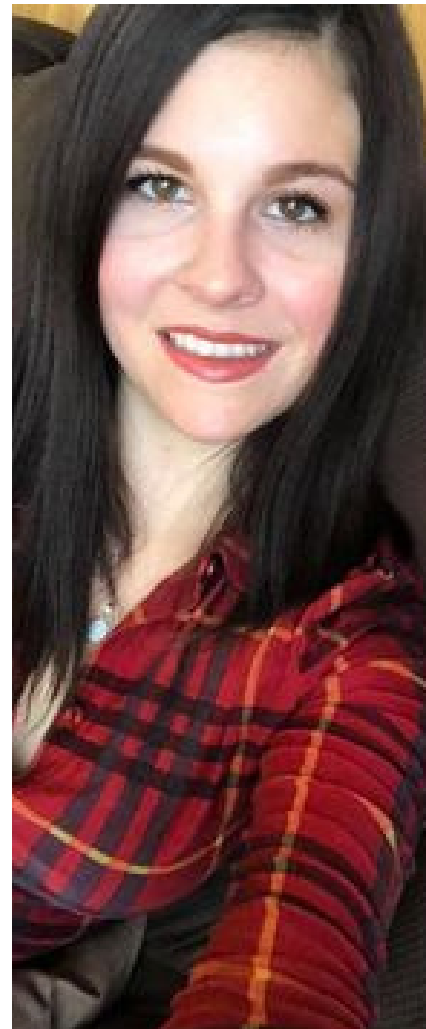
SHANNA RÉHEL

BARACHOIS COMMUNITY LIAISON:

The Barachois Community Liaison is responsible for representing Vision to the Villages de Malbaie groups and committees, as part of the ongoing community development for Anglophones in that area.

Villages de Malbaie Steering Committee:

- Composed of community members from various committees from St. Georges to Coin du Banc
- The committee meets to choose dates for local events to avoid overlap, work in partnership, and to stay updated on what is happening in the area
- These meetings also allow the committees to make decisions as a team rather than “working in silos”



Villages de Malbaie Facebook Group:

- The Villages de Malbaie Facebook group was created to share events happening from St. Georges to Coin du Banc
- A monthly calendar, posters for events, reminders, and other relevant materials are shared to update communities about the events in the area
- There are currently 349 people in this online group

PARENT LIAISON AT GASPE ELEMENTARY SCHOOL:

The intention of the project is to give parents/caregivers of pre-k students a way to feel comfortable and welcome in the school and to provide them with a contact person (the Parent Liaison) outside of the school. This position is currently held by Amie Chicoine.

- Pilot project, now in its second year, continued through the ESSB's Gaspé Elementary School
- The Bright Beginnings coordinator acts as the Parent Liaison for this project. A total of 6 sessions were held over the 2019-2020 year, with topics such as: Healthy Snacks, Emotional Regulation, Relaxation Bins, Sleep Routines, and Fine Motor Skills
- At least 90% of the eligible parents/family members attended each month



MENTAL HEALTH FAIR:

In collaboration with Mental Wellness Gaspésie and CASA Vision organized a Mental Health Fair, which consisted of presentations in the morning and information kiosks in the afternoon.

- This fair was held on October 19th, 2019 in Gaspé
- Between 40-60 community members attended
- The event was coordinated by Shanna Réhel
- Participants commented that the day was enjoyable and informative and participants commented that they learned a lot – even the food was enjoyed
- A positive comment on Facebook: “It was a wonderful experience. I learned a lot! Thank you to all!”



PROVIDING INFORMATION TO THE COMMUNITY

COMMUNITY HEALTH AND EDUCATION PROGRAM (CHEP):

This program is designed to inform people in rural areas about health-related concerns.

- Presented two live CHEP sessions to the community called “Staircase to Seniors?” and “Flu and Other Vaccines”
- DVD sessions were shown at our Gaspé and Barachois Wellness Centres called “Sugar and Salt” and “Keep Your Teeth Healthy Longer!”
- This program is run by Project Coordinator Stephanie Bond

HEART & HEALTH PRESENTATION:

This presentation explored heart attacks and strokes, focusing specifically on risk factors, prevention, and treatment.

- Hosted by Dr. Catherine McNeal (Internist & Pediatrician, specialized in Cardiovascular disease prevention)
- Held on September 24th 2019, at the Mountain View Golden Age Club in Barachois
- 7 people attended
- This event was coordinated by Shanna Réhel



ÉDUCALOI:

Éducaloi offers legal information on specific topics, with the goal of keeping people informed about the laws and their rights surrounding specific topics and to hold presentations/consultations with lawyers, notaries, police, and so on. Information from Educaloi's Facebook page and website are also routinely shared to Vision's Facebook page. Three consultations were held between April 2019 and March 2020, coordinated by Shanna Réhel.

A legal session with a lawyer from Justice de la Proximité was held the Royal Canadian Legion in Barachois on May 22nd, 2019

- Topics discussed included: Wills, Protection Mandates, Power of Attorney, and Medical Decisions
- Éducaloi resources and documents were distributed at the event
- 9 people attended
- Verbal feedback was very positive and community is looking forward to more workshops

A legal session with notary Line Desrosiers was held at the Royal Canadian Legion in Gaspé on January 22nd, 2020

- The topic discussed was Protection Mandates
- 18 people attended
- Éducaloi resources and documents were distributed
- “Juriquiz” Session at Douglastown Community Centre on March 5th, 2020 with Julien Byron from Justice de la Proximité
- The post on Facebook to publicize the event reached 531 people
- Topics included marriage, medical decisions, and wills
- 13 people participated
- Éducaloi resources and documents were distributed



STAFF TRAINING, NETWORKING, AND EXPERIENCES

AMIE CHICOINE:

Reaching In Reaching Out and Bounce Back & Thrive!

- This included a one-week intensive training in Toronto on resilience through the programs Reaching In Reaching Out and Bounce Back & Thrive!
- Reaching in Reaching Out provided our Bright Beginnings coordinator with the ability to train other service providers and professionals who work with children 0-8 years old through a 2-day training period on cultivating resilience in children
- Amie, in collaboration with CASA's Bright Beginnings coordinator, then co-facilitated a two-day Reaching In Reaching Out training to six service providers in New Carlisle
- Bounce Back & Thrive! gives our Bright Beginnings coordinator the ability to offer parents with children 0-8 years old a 10-session series program that teaches resilience strategies and coping skills

Other Conferences and Trainings:

- Webinar on Éducaloi
- Early Childhood Symposium (in Laval)
- Mental Health First Aid training for youth
 - A two-day training that took place in Chandler



SHANNA RÉHEL:

Gatekeeper training for Suicide Prevention:

- On February 20th, 2020 a Gatekeeper training for suicide prevention was held by Nancy Gedeon
- 7 people received this training, including staff from three schools (the CEGEP, Belle Anse Elementary School, and the Gaspé Polyvalent) and 1 staff member from Vision

ERCC (ENHANCING REGIONAL COMMUNITY CAPACITY)

Retreat:

- Executive director and ERCC project coordinator attended an ERCC retreat in February 2020
- A lot was learned at this retreat in regards to what was being done in the ERCC project in other parts of the province
- The main advantage of the retreat was networking with other ERCC coordinators. Best practices were shared and it was a fun learning experience! Those who attended the retreat also had the opportunity to tour the Ice Hotel in “Village Vacances Valcartier”

LAURA COMEAU, AMIE CHICOINE, STEPHANIE BOND, AND NYREE PATTERSON

- Senior and Wellness Outreach Training (in Quebec City)



MCGILL PARTNERSHIP



Vision's partnership with McGill University has had several successful projects benefit our community in the past year, such as: McGill Health and Social Services Community Leadership Bursary Program:

The McGill Health and Social Services Community Leadership Bursary program awards bursaries to eligible students at universities and CEGEPs, as well as vocational students. For the 2019-2020 year, applicants Isabelle Gauthier and Ariana Sams were awarded bursaries.

Career Exploration:

Provided students with advice and resources on career choices and the education required. Information about scholarships available to the students, and how to apply, was also provided in collaboration with the Carrefour Jeunesse Emploi.

Tools developed for Health and Social Services Professionals:

A mini French - English medical terms booklet for French health professionals was created. This tool will assist French professional when meeting with English clients. Vision also reprinted the very popular banner pen, which is a complementary tool to the mini-booklet, and provides a very quick reference for commonly used terms and phrases.



FROZEN MEALS

The Frozen Meals project continues to be an important service to seniors in our area.

The strong partnership between Vision Gaspé-Percé Now, CAB Le Hauban, Multi-Services, l'Accueil Blanche-Goulet, l'Office d'habitation de Gaspé and the MRC Cote de Gaspé continues to make this project a success. The CAB ensures the main coordination of the project, including phoning the clients for their orders, organizing volunteers for meal delivery, welcoming clients at their office for meal pick-up and inventory. Multi Services and l'Accueil Blanche-Goulet prepare meals for the program. L'Office d'habitation de Gaspé covers the additional costs of propane and electricity of the kitchen used for the meal prep by Multi-Services. The MRC Cote de Gaspe supports the partnership and the program through their Social Development team. The program operates throughout the year.

The meals are sold for \$4.00 each and primarily intended to seniors, but are also available to people who are in a temporary vulnerable situation. The service meets a real need, especially during this pandemic.

3,219 meals were sold to approximately 46 clients.



CAREGIVERS

A series of five workshops were held with a psychologist in the fall of 2019. These workshops covered a variety of topics such as communication, grief and ambiguous loss, mind-body needs, thinking about thinking, and self-care strategies. Seven workshops were planned for the winter months, unfortunately, only 3 of the 7 winter sessions took place due to the Covid-19 pandemic.

During the national caregiver week, we organized a day for caregivers. We also created a "Caregiver's Guide to Services in Gaspé and Barachois."



CAREGIVER'S GUIDE TO SERVICES

GASPÉ - CORNER OF THE BEACH



L'APPUA POUR LES PROCHAINES GÉNÉRATIONS
GASPÉ-ÎLES-DE-LA-MADELEINE

You care for them,
we care for you.

OUR PARTNERS



Centre intégré
de santé
et de services sociaux
de la Gaspésie

Québec



L'APPUÏ POUR LES
PROCHES AIDANTS
D'AINÉS
GASPÉSIE-ÎLES-DE-LA-MADELEINE

Famille
Québec



Douglastown
Community Center



Canadian
Heritage

Patrimoine
canadien



McGill
UNIVERSITY



MRC
DE LA CÔTE-DE-GASPÉ



CENTRE D'ACTION BÉNÉVOLE
LE HAUBAN



Société Alzheimer
GASPÉSIE-ÎLES-DE-LA-MADELEINE



Health
Canada

Santé
Canada



Ville de Percé



MRC DU
ROCHER-PERCÉ



SENIORS
ACTION
QUÉBEC



Emploi
Québec



CENTRE D'ACTION BÉNÉVOLE
La Grande Corvée



BLANCHE-GOULET



Canada



Ministère
du Conseil exécutif
Québec