

# CASA NEWSLETTER



Issue 007

January 2026

## CASA Facebook Lives & Wellness Programs: What's Coming Up...

### CASA FACEBOOK LIVES ARE BACK AND WE'RE SO EXCITED!

We're happy to share that CASA's Facebook Live sessions kick off on January 15th, and we truly can't wait to see everyone online!

Our Facebook Lives are all about fun, connection, and good vibes, with lively conversations, interactive games, interesting topics, and plenty of smiles along the way. Grab a coffee, get comfy, and join us from home as we laugh, chat, and spend time together.

Even better, we're looking forward to traveling to different locations for our Facebook Lives, giving you a chance to see new places and familiar faces while tuning in.

✨ The fun doesn't stop online! Our in-person wellness programs return in February, bringing back those great face-to-face moments we all love.

📍 Facebook Lives begin: January 15

📅 In-person wellness resumes: February

💬 Interested in joining?

**Contact Dawn or Kathy at 418-752-5995, Ext. 114 & 105**

We can't wait to see everyone online, share some laughs, and get back into the swing of things together!

See you soon,  
Dawn & Kathy



[www.casa-gaspe.com](http://www.casa-gaspe.com)

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Canada

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## Creating Opportunities for Tomorrow

**LOOKING FOR CONNECTION, GROWTH, AND A PLACE WHERE YOU TRULY BELONG? CELI IS THE PLACE TO BE!**

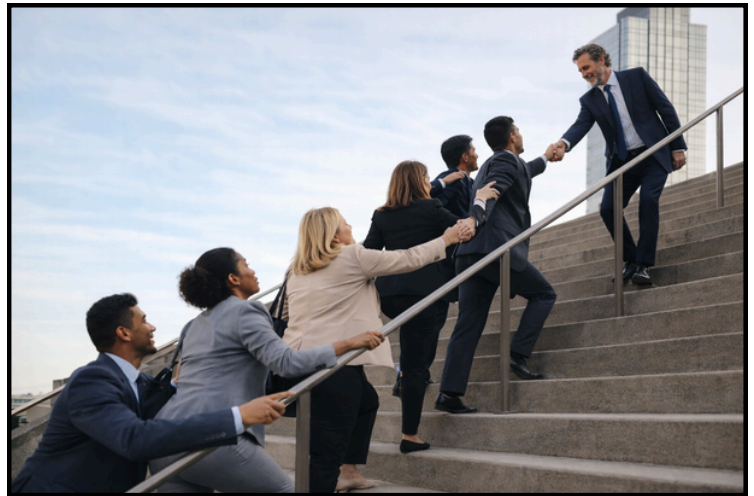
December wrapped up with an incredible full-day workshop filled with laughter, meaningful conversations, and support that inspires real change.

CELI offers a welcoming environment where adults can build confidence, learn new skills, and reach higher levels together. Open to ages 18 to 54.

If you're ready to take the next step, contact **CASA** at **418-752-5995**.

**Tammy ext.104 or Vanessa ext.110**

Take the leap—you'll be glad you did!



## BUILDING EMPLOYABILITY SKILLS FOR A STRONGER FUTURE

Employability skills are key to success in both work and everyday life. CASA helps individuals build confidence, knowledge, and practical skills through interactive workshops covering:

- Career pathways and job options
- Workplace expectations
- Communication, teamwork, and problem-solving
- Resume writing and interview preparation
- Identifying personal strengths and interests

These sessions encourage questions, sharing experiences, and planning for future goals. By supporting employability development, CASA empowers individuals with the tools for independence, confidence, and long-term success.



**Contact Cindy Carney**

**418-752-5995 ext. 116 / cindy@casa-gaspe.com**



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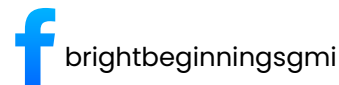
## Learn More about What We Have Been Up To!

### BRIGHT BEGINNINGS HIGHLIGHTS

Through a valued partnership between Bright Beginnings, the Shigawake Family Committee and EQLC, the Santa Letters initiative over the holidays helped bring the joy of reading to children by providing 73 English-language books throughout the community.

We are excited to be hosting two March Break activities in New Richmond and New Carlisle.

Keep an eye on our Facebook page (Bright Beginnings GMI) for more information.



### WHERE FUN MEETS COMMUNITY WELLNESS!

Our very first Trivia Night in Cascapedia–St–Jules was a wonderful community-building event that brought people together in a welcoming and supportive environment. Beyond the fun and friendly competition, the evening created opportunities for connection, social engagement, and well-being, key elements of strong health and social support systems.

The event, organized in collaboration with the **Youth Mental Health Initiative and Roots of Resilience**, generated such positive energy and strong participation that many attendees were already asking for more, looking forward to future events that continue to foster community connection and wellness.

