

[View this email in your browser](#)

REISA's January Newsletter



Newsletter Contents

- REISA Events
- REISA Updates
- Free Activities by Accès-Loisirs
- Learn Easy, Speak Easy! Hosted by CJE RDP
- AMI-Quebec January Support Groups & Events

Have questions or feedback? Want to connect with someone from our team?

We're available by phone every **Tuesday and Thursday from 9 AM to 4 PM**. Give us a call at **514-955-8370, ext. 2217**, we'd love to hear from you!

REISA Events



REISA and minibiblioPLUS: Once Upon A Feeling

Immerse yourself in the world of books to help your children explore their emotions! 📖 This bilingual workshop offers simple and effective strategies, as well as resources that are easy to integrate into everyday life to encourage emotional expression at home.

Date & Time: February 7th at 11AM to 12PM EST

Location: [Bibliothèque de Rivière-des-Prairies](#)

9001, boulevard Perras

Montréal (Québec) H1E 3J7

[For more information click here!](#)

February 17th: upcoming NPI Forum!

The forum will take place on **Tuesday, February 17, from 9:00 a.m. to 2:00 p.m. at the Saint-Léonard Library**. It will focus on the social determinants of health for seniors, topics may include mental health and well-being, community engagement and isolation, economic stability, access to health and social services, and health literacy. The goal is to create a space for discussion, learning, and connection between seniors and community organizations. 🌸

[Registration Link](#)



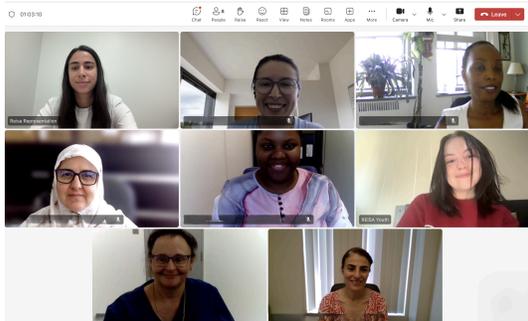
[Focus Group Questions](#)

REISA Updates

Highlighting Our Successful Youth Forum!

Back in December, our partners and community members came together for REISA's annual Youth Network Forum which focused on work-life balance! 🌱

The forum, hosted by our Youth Network & Mental Health Coordinator, Larbi, brought together organizations and local youth for a round-table style conversation centering ways we can take agency over our work lives and prioritize our well-beings. Thank you to everyone who participated and made this youth forum so impactful and deeply insightful!



Lunch & Learn is back for 2026! Building Confidence to Serve English-Speaking Communities

For over a year, REISA has been proud to collaborate with the CIUSSS du Nord-de-l'Île and CIUSSS de l'Est-de-

l'Île to strengthen English-language communication among front-line health and social service workers.

Through our ongoing *Lunch & Learn* sessions, we've witnessed a significant boost in participants' confidence, many even doubling their comfort level when speaking English. These results speak to the power of supportive, practical training that meets professionals where they are.

Accès-Loisirs is offering FREE activities!

Accès-Loisirs is offering a diverse range of activities in the Villeray, Park-Extension, and Saint-Michel neighbourhoods for residents who are lower-income!

For more information on how to register, [visit their website here!](#)

Thank you to Arrondissement de Villeray—Saint-Michel—Parc-Extension for the initiative!





Soirée Bilingue: Learn Easy! Speak Easy!

Want to improve your English or French conversation skills for your future job, school, or just to gain confidence?

- 👉 Come practice in a friendly, non-judgmental environment!
 - 🌟 Limited spaces | FREE activity
- Don't miss your chance connect with fellow language learners and gain practical experience!

Date: January 13 at 5 PM EST
 Location: CJE RDP
 11965 Av. Rita-Levi-Montalcini,
 Montréal, QC H1E 5K7

ONLINE MENTAL HEALTH SUPPORT GROUPS IN JANUARY

January 12	<ul style="list-style-type: none"> • Anxiety/OCD* • Bipolar* • Family & Friends
January 19	<ul style="list-style-type: none"> • Borderline Personality Disorder for Families • Depression* • Young Adults* • South Shore Family & Friends (in person)
January 26	<ul style="list-style-type: none"> • Hoarding* • Kaleidoscope (anyone living with any mental illness) • Queer Group*

* For family, friends, and people living with mental illness

LEARN MORE: [AMIQUEBEC.ORG/SUPPORT](https://amiqubec.org/support)

AMI-Quebec's Free Support Groups - January Schedule

AMI-Québec is offers **free online support groups** throughout the year for individuals living with mental illness, as well as for family and friends.

Upcoming groups include:

- **Anxiety/OCD, Bipolar, Family & Friends**
- **Borderline Personality Disorder for Families, Depression, Hoarding, Young Adults, & a Queer Group**
- **Plus an in-person group in the South Shore** for family and friends

 Group dates: January 12, 19, & 26

 **Learn more and register**

at: amiquebec.org/support

AUTHOR DISCUSSION

MENTAL ILLNESS: A FAMILY AFFAIR

In collaboration with
AMI-Quebec Allies in Mental Health

When someone you love is living with mental illness, your life changes as well. Authors Susan Doherty and Susan Grundy draw on their acclaimed books to explore the complex realities faced by family caregivers—the grief, the exhaustion, the invisibility, and the limits of what families can do. There are no magic solutions, but there is love, understanding, connection and self-care, and the reminder that you are not alone— powerful ingredients towards easing the emotional burden and sustaining healthier relationships.

With Authors



Susan Doherty
(Ghost Garden, 2019)



Susan Grundy
(Mad Sisters, 2024)



Westmount Library
4574
Sherbrooke West



January 24, 2026, 2pm



amiquebec.org/author

amiquébec

Allié.e.s en santé mentale
Allies in mental health

In this special event on January 24th, authors Susan Grundy and Susan Doherty will draw on their acclaimed books to explore the complex realities

faced by family caregivers— the grief, the exhaustion, the invisibility, and the limits of what families can do.



Job Board

Looking for a job? REISA's job board is your go-to resource! Start exploring opportunities today: [Job board](#)



Resource Guide

Looking for support in health and social services? REISA's Resource Guide lists services servicing English speakers, connecting you to essential services. [Click here to explore the resource guide](#)

REISA is funded by



-  Website
-  Facebook
-  Instagram
-  LinkedIn
-  Email

8370 Lacordaire Boulevard, suite 308
Saint Leonard, Quebec H1R 3Y6

(514) 955-8370 ext.2217

info@reisa.ca

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