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REISACTION No. 27

-What's new at REISA -

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1. Cooking From The Soul

In January, the Center of Dreams and Hopes launched its *Cooking from the Soul* initiative. This program is designed to help adults with special needs learn and master various cooking skills. The young adults are given opportunities to learn about different food groups and produce, a variety of cooking styles,

the use of kitchen equipment and cooking techniques...all while preparing a delicious meal to enjoy at the end of the session! The objective of this project, which is supported by REISA, is to prepare the young adults in starting a socio-economic enterprise, such as a bistro, to help sustain themselves and become more independent.



[CLICK HERE TO SEE OUR JUNIOR COOKS IN ACTION!](#)



2. Mother Goose - 0 to 4 Year Olds

REISA launched the parent and child Mother Goose program at the Rivière-des-Prairies Library in January. This is the first program offered fully in English by the library. Twenty adults and twenty-two children ages 0-4 participated in the first session with animator Cathy Vella. Parents and children got to know one another, and the group was divided in two: children under 2 years old, and children ages 2 to 4.



The aim of the Mother Goose program is to assist parents in improving their parenting while developing children's language and pre-literacy skills. During the sessions, a trained animator presents oral traditions of songs, interactive rhymes, and storytelling complemented by structured play and movement. With the high number of responses from families, REISA plans to start other Mother Goose groups in neighborhoods in North- and East-Montreal.

3. Cyber Seniors

Last November, Secondary 5 students from John F. Kennedy High School and seniors from the East End of Montreal gathered together for an intergenerational project at the school's library.

The seniors shared their personal stories with the students. The students taught the seniors about today's technological advancements. In a few short weeks, Cyber Seniors connected two generations and gave both groups memories they will cherish forever.



4. Karibus et Kaboum



5. Employability Workshops in Lester B. Pearson

In collaboration with REISA, Youth Employment Services (YES) Montreal will be offering an employability workshop for all seven Secondary 5 classes at Lester B Pearson high school in Montreal-North.

The workshop will cover job searching, cv-writing and networking tips and will reach over 150 students age 16-17.

This initiative is part of REISA's continued commitment to partnership development and youth employability in the East and North territories of Montreal.



Legal Workshops in East End High Schools

REISA provides the English-speaking community in the North and the East of Montreal with legal information through its partnership with Éducaloi.

in late fall of 2019, REISA organized five legal workshops hosted by la Clinique Juridique de l'UQAM in John F. Kennedy High School and Laurier Macdonald High School.

REISA plans to offer more workshops in other high schools in partnership with the McGill LEX (Law-Education-Connection) program in Spring 2020.



Acting and Improvisation Program in Schools

REISA's Youth Network is continuing its partnership development in order to provide afterschool programming for English-speaking youth.

The Montreal School of Performing Arts (MSOPA) will offer a 10-week Acting and Improvisational Theatre program for at-risk youth (15-17) in 3 high schools in the East and North of Montreal. Lester B Pearson, John F Kennedy and Laurier MacDonald high school have committed to this great project.

The initiative will target 8-10 students per school and is designed to develop their self-esteem, confidence and communication skills.



5. Community Events

HEADSTRONG

Mental Health Stigma Busting in Schools



The second annual HEADSTRONG Summit will take place at the Leonardo Da Vinci Centre on March 18, 2020. Students from seven schools from the East and North of Montreal will join together to become mental health champions for their respective schools.

Throughout the Summit, they will hear stories of hope and recovery, participate in stigma-busting activities and explore the benefit of living a healthy life and its effects on mental well-being. They will also brainstorm unique initiatives to bring back to their respective school.

The Y4Y Symbolism Project to create a flag for the English-speaking community of Quebec is under way! You can check out the details of the initiative [here](#). Y4Y is currently looking for feedback on symbolism via their [Symbolism Survey](#).





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