



NEIGHBOURS

ABITIBI-TÉMISCAMINGUE

NEWSLETTER | AUGUST 2025

Neighbours' Brand New Logo!

On July 10th, Neighbours held an unveiling event in office and on Zoom to unveil our new logo, created as part of our rebranding!

Along with this logo, we have changed our name. Instead of Neighbours Regional Association of Rouyn-Noranda, we are now

NEIGHBOURS



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ABITIBI-TÉMISCAMINGUE

"We're excited to reveal a new look that better reflects who we are today and where we're headed. This logo is more than just a design — it's a symbol of our growth, our values, and our vision for the future."

— Sharleen Sullivan, Neighbours' Executive Director.

The rebrand includes an updated colour palette: copper to remember our roots and where we started, and blue which represents Québec and our commitment to health services. The street lamp represents lighting a way forward, leadership, safety, and direction. Lastly, the 5 rays around the street lamp represent the 5 MRC's of Abitibi-Témiscamingue: Abitibi, Abitibi-Ouest, Témiscamingue, La Vallée-de-l'Or, and Rouyn-Noranda.

Visit Neighbours' website and Facebook page for daily updates

www.neighboursat.ca

facebook.com/neighbours.rouynnoranda



10 Essential Back-to-School tips

Another school year is upon us! That means it's time for some much-needed back-to-school tips. Transitioning back to school can be a mix of excitement and anxiety. Not just for students, but the entire family. Whether you're a seasoned parent or are sending your little one off to kindergarten for the first time, these tips will make the new school year seem seamless. Ease back into class with our 10 essential back-to-school tips! Perfect for parents and kids aiming for a seamless and successful school year.

1. Make a School-Supply Checklist

Preparing for school can be difficult. Beyond buying new school clothes, there's a whole list of items you will need to get for classes.

2. Set Goals

Another thing to get accomplished before the first day is goal setting. What should your child strive for this year? This is going to depend on your child's age, grade level, and interests. We've broken down examples of goals you can set for your child based on age range:

Younger Kids (Elementary School Students)

- Have your child read for at least 30 minutes each day.
- Complete a creative project (like drawing) at least once a week.

Older Kids (Middle and High School Students)

- Target a specific subject that they struggle with and aim to improve their grades from the previous year.
- Join at least one club, sports team, or musical group to develop new skills and make friends.
- Volunteer a certain number of hours per semester. It looks great on a resume!

University/College Students

- Target a specific GPA you want to achieve.
- Get a planner and block out times for each class. Time management is SO crucial in college/university.
- Attend networking events or join professional organizations to make connections.





3. Establish a Steady Routine

A healthy routine is key; having a set routine for the morning, after school, and nighttime helps provide structure, reduce stress, and improve mental and physical well-being.

4. Prep Healthy School Lunches

It's important for growing children to get proper nutrition. A back-to-school nutrition tip we have for you is meal-prepping. Prepping your meals can help provide your child with lunches for the whole week without the stress of making it the day of. Choose a Saturday or Sunday to prep your child's lunches for the week.

5. Craft a Study Area

As working parents know, having a comfortable place to work is crucial for success, it's the same with children. In a warm and comfortable environment, children will be more motivated to get their work done – and maybe even enjoy it too!

6. Have a Safe Plan for Transportation

Getting your kids to and from school is a chief concern among parents. The Canada Safety Council gave some great school safety tips for safely getting your kids to school. Some of our favourites included:

- **Bus:** "Arrive at the bus stop at least five minutes before the scheduled pick up time."
- **Walk:** "Find a safe and direct route to school. Hazards should be identified (train tracks, busy intersections, etc.) and a designated route with safety rules should be established."

7. Encourage Extracurriculars

Extracurricular activities are vital to a child's development socially, physically, and mentally.

8. Ensure Medical Information is Up to Date

9. Set Up Alerts from Your School

Nowadays, most schools will send updates via email, text message, or social media.

10. Stay Positive

The school year can be stressful for children and parents alike. During times of inevitable stress, it's important to remain positive with your child. Studies have shown that being positive can lead to better performance for children.



**SAVE THE
DATE!**

NEIGHBOURS

ANNUAL GENERAL MEETING



September 28th, 2025



Brunch : 11:30 A.M.

AGM : 1:00 P.M.



Tomate & Pesto

55 avenue Dallaire

Rouyn-Noranda, QC

On the agenda: the activity report, the financial report and a look at the coming year, elections, and appointment of Auditor.

Common Myths about Sunscreen

Have you ever wondered: Does sunscreen expire? Or can you tan with sunscreen? We've got the answers for you! Read on to find out the truth about four common myths surrounding SPF (Sun Protection Factor) along with sunscreen tips that will have your skin protected and burn-free 365 days a year.

Myth #1: Sunscreen doesn't have an expiry date.

Yes, expired sunscreen is a thing. Just like other items of skincare, SPF has a shelf life. The expiry date is usually printed somewhere on the bottle or the cap; it's important to go by that date to ensure you're getting the proper level of protection. The efficacy is likely significantly diminished if it's past the date on the bottle. The ingredients in face sunscreen formulas break down over time, which in turn makes the product less effective at protecting your skin from damaging UV rays. Where you keep your sunscreen is another tip to note. It's best to keep it in a cool, dry place like on a shelf or in a cupboard.



Myth #2: Sunscreen prevents tanning.

While SPF is proven to help protect your skin from the sun, especially when you're using formulas that are SPF 30 or higher (SPF 50+ is ideal!), no face sunscreen is going to provide you with 100% protection. Sunscreen provides you with a high level of protection, which means it minimizes damage to your skin and therefore minimizes your tan; depending on how much time you spend in the sun, you still might get some level of a tan—unless, of course, you're using expired sunscreen.

Myth #3: Sunscreen is bad for your skin.

Sunscreen is not bad for your skin, but UV rays are. There are two different types of sunscreen filters on the market: mineral and chemical. Mineral filters, like titanium dioxide and zinc oxide, sit on the surface of the skin and block UV rays, while chemical filters are absorbed into the skin and create a chemical reaction that breaks UV rays down and makes them not harmful to your skin. No matter which type of filter your sunscreen has, both are safe to use. Mineral filters can be more sensitive-skin-friendly, making them an excellent option for easily aggravated skin.



Myth #4: You don't need to reapply sunscreen.

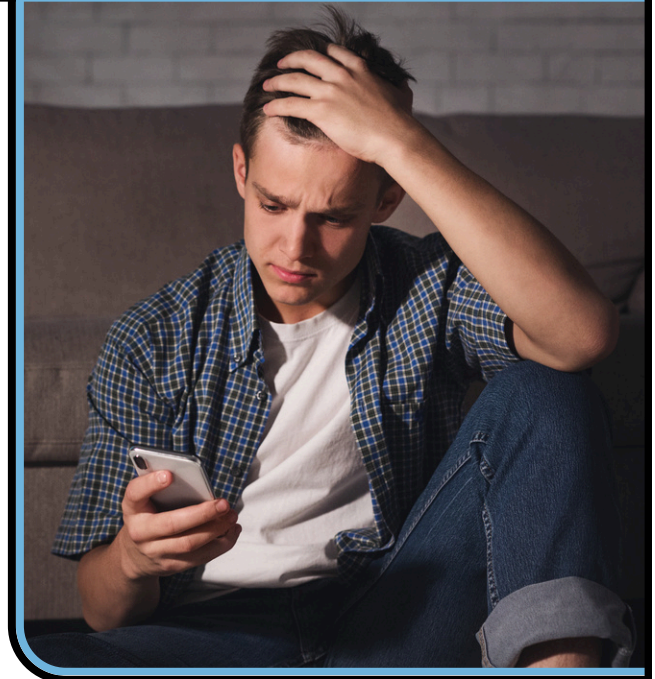
The general rule is that you should reapply your sunscreen every two hours. This rule holds if you're spending short amounts of time outdoors or in a car, but if you are at the beach and going swimming or sweating a lot, every two hours might not be enough. This also depends on the type of sunscreen you're using. Some formulas are created to be worn in the water, making them more water resistant than other SPFs, so it's important to keep that in mind.

Source : https://www.skincareceuticals.ca/en_CA/five-common-myths-about-sunscreen/five-common-myths-about-sunscreen.html

A new way to counter non-consensual sharing of intimate images.

You've recently sent an intimate photo to your partner. Now, it's online and being shared on social media. Since June 4th, 2025, people who are victims of non-consensual sharing of intimate images have a new way to quickly stop the spread of their images and obtain an urgent order to have them quickly removed.

Whether you sent it or not, it's never your fault if an intimate image of you is shared without your consent. Even if you took the photo or video yourself, only you can decide who has the right to see it.



In other words, if someone sends your intimate image directly to people, shares it on the internet or on social media without your prior consent, they're committing a crime. They could even be charged with distributing child pornography if you're under 18.

What is an intimate image?

It can be a photo or video that shows certain parts of the body, such as breasts or genitals. The video or photo may also depict explicit sexual activity. It may also be an audio recording of a sexual nature, or a modified or AI-generated image that appears to represent you, even if it's not actually your image. The people pictured in these images expect that they will remain private and not be shared.

A new recourse to quickly stop the spread of an intimate image

Since June 4th, 2025, people who are victims of non-consensual sharing of intimate images have access to a new recourse before the civil courts to quickly stop the spread of an intimate image.

If you are a victim of non-consensual sharing of intimate images, you can file an urgent application by filing a form online or at a courthouse. A checklist to help you fill out the form is available on the Quebec government website.

With this procedure, you can ask a judge of the Court of Quebec to order someone to stop sharing (or someone who's threatening to share) an intimate image of you and destroy all copies of it. It can also order that a link allowing access to an image be removed.

Who can apply?

If you're 14 or over, you can apply on your own, without telling your parents. If you're under 14, your parents must apply for you.

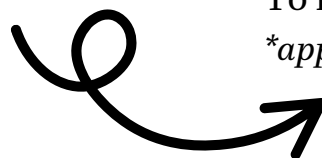
With your consent, someone else can file an application on your behalf. For example; a trusted adult, teacher, etc...



You do not need to notify the person to whom the order applies of your action, nor do you need to send him or her a copy of the form.

Once the form is submitted, the Court of Quebec will process it as soon as possible. If the court grants the order, it will stay valid permanently for the images and people named in your application, unless the court states otherwise.

Anyone who goes against the order, by continuing to share the image, can face consequences. They could be fined between \$500 and \$5000 for each day they ignore the court's decision, they could even face up to 18 months in jail.



For more information visit educaloi.qc.ca

To fill out a form, visit quebec.ca

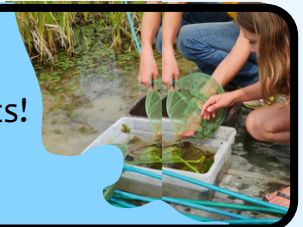
**application is available in English*

On Sunday, August 17th, join us for a fun visit to the Hilliardton Marsh Research and Education Centre

The activity is out in nature and will begin with a bird bander who will explain how and why they band birds, with demonstrations of banding live wild birds. Adults and children can hold birds, and let them go! And after the demonstrations, families can go on their own to explore:



- The floating dock at the shore where children can try “Critter Dipping” to catch frogs, leeches, and aquatic insects with dip nets! (Dip nets and buckets are provided, and the water is very shallow.)



- The walking trail around the marsh.



Families bring their own lunches; there is a picnic area with tables, we will eat lunch at 11:30 before heading back to Neighbours.



We will be leaving Neighbours by school bus at promptly 8:00 a.m, and leaving the marsh at 12:00 noon to travel back to Neighbours.



It is recommended to bring rubber boots or crocs for this activity!

Reservations are required

Please call the office at **819-762-0882** or message us on **Facebook Messenger**.



Chalpaga Alpacas!

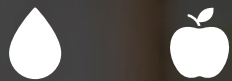


Come join us on August 27th for a trip to the *Ferme Chalpagas*, an alpaca farm in Saint-Félix-de-Dalquier, 15 minutes north of Amos! Here, you'll learn about the origin of alpacas and you'll even get to touch and feed them!

Cost: \$5



Included:
water + snack



Please bring your own
lunch for on the bus



DEPARTURE 11:00 AM

ARRIVAL 12:30 PM

LEAVING 2:30 PM

RETURN 3:45 PM

The trip may be
postponed if it rains.
We will check the
weather in advance
on the 25th



Please call the office at **819-762-0882**
before August 20th to reserve a spot



MEMBERS ONLY





AGES 4-11



KIDS
Campfire & Cool Kids
CAMP



**NEIGHBOURS OFFICE
139 AVENUE MURDOCH**



**EVERY TUESDAY
AND THURSDAY
FROM 1:30PM TO
4:30PM**



ACTIVITIES WE WILL DO:

- **OUTINGS**
- **EXPERIMENTS**
- **CRAFTS**
- **MUSIC & DANCING**
- **GAMES AND MORE!**



**REGISTRATION REQUIRED.
PLEASE STOP BY THE OFFICE TO
FILL OUT THE FORM.**

MOVING MONDAY!



Mondays at 1:30pm

August 4th and 18th: Yoga

Join us every Monday at 1:30pm for a Viactive session. Each exercise session is made up of different movements for all levels of ability. Chairs are provided for those who need the extra support!

WELLNESS WEDNESDAY

At 1:30pm

Aug. 6th

The cycle of violence

Learn about how violence can become a cycle and the different stages associated with it.

Aug. 13th

Summer Cooking

We'll be making refreshing recipes for hot summer days.

Aug. 20th

Where in the world is that from?

Learn about the origins of everyday household items and traditions.

Aug. 27th

Chalpaga Alpacas!

We'll take a trip to the Ferme Chalpaga!

Check out **page 9** for more information!

FUN FRIDAY GAMES

At 1:30pm

Aug. 8th

Game Day

Aug. 22nd

Game Day



FUN FRIDAY MOVIES

At 1:30pm

Aug. 1st

Now You See Me (2013)

1h55m

An FBI agent and an Interpol detective track a team of illusionists who pull off bank heists during their performances, and reward their audiences with the money.



Aug. 15th

The Long Game (2023)

1h52m

In 1955, five young Mexican-American caddies, out of love for the game, were determined to learn how to play, so they created their own golf course in the middle of the South Texas desert.



Aug. 29th























Red Notice (2021)

1h58m

An interpol agent successfully tracks down the world's most wanted art thief with help from a rival thief. But nothing is as it seems as a series of double-crosses ensues.



AUGUST 2025

SUN	MON	TUE	WED	THU	FRI	SAT
					1 	2
3	4 	5 	6 	7 	8 	9
10	11 	12 	13 	14 	15 	16
17 Marsh Visit 	18 	19 	20 	21 	22 	23
24	25 	26 	27 Chalpaga Alpacas! 	28 	29 	30
31						



Kids Camp
Tuesday and Thursday: 1:30pm to 4:30pm



Wellness Wednesday
1:30pm



ViActive Exercises
1:30pm



Movie/Game Day
1:30pm

NEIGHBOURS
ABITIBI-TÉMISCAMINGUE

139 avenue Murdoch 819-762-0882

Mailing Address : PO BOX 2277, Rouyn-Noranda, QC, J9X 0A0

In partnership with



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