

April 2024



ARC is dedicated to assisting and empowering people of all ages to access health and social services, information, resources, programs, and activities in English on the South Shore, to promote well-being



THE ADVISOR

Information source for the South Shore English-speaking community

Inside This Issue

Activity Calendar	2
GPK News	3
HRR Review	4
Caregivers Corner	5
Community Activities	5
Mental Health Activities	6
The Last Word	7

WHY IS ART IMPORTANT?

Here are 5 reasons why art is so important!

Art enhances creative ability & encourages imagination among all.

Art builds fine motor skills & increases neural connection.

Art makes you feel good- it boosts your self-esteem!

Art improves communication.

Art builds connections with others and community.

A couple of days ago we sent out invitations to our members and volunteers for the **Appreciation Event** we are hosting on Friday, April 19. We're celebrating with mocktails, light bites and authentic live jazz and blues music with Montreal's own Colin Perry and Peter Mika. It promises to be a swanky soirée!

If you're not already a member, there's still an opportunity for you to register to become one on our website and then we'll send you an invitation to the event. And don't forget, if you register to become a member for 3 years you'll receive an exclusive ARC t-shirt at the event. Learn how to [become a member here](#).

In March, we welcomed a new member to the team at our satellite office in Lacolle, located at 10 Sainte-Marie Street in the Centre Léodore-Ryan. Ashley Daniel will be graduating this month from Concordia University's Human Relations Program and has worked as a psychosocial counsellor in Chateauguy. Since Ashley is part of the Haut-Richelieu team, you'll also see her at activities in both St-Jean and Chambly. She can be reached at lacolle@arc-hss.ca and (514) 980-8900.


At the St-Jean-sur-Richelieu office, we'll be starting a brand-new **Conversation Club** starting in May. This Club is the perfect place to practice your French conversation skills in a safe and judgment-free zone. Everyone is welcome whether they are just starting out on their language journey or are an experienced French speaker. Conversation Club will take place weekly in the ARC office located at 927-B Seminaire Blvd. N. Contact stjean@arc-hss.ca to be on the list to hear all of the details first.

You may have noticed that in the last couple of months The Advisor has trimmed down. This is in response to the valuable feedback we received from readers in December. In the coming months, we will be adding a blog to our list of resources for the community, with articles on topics that interest our community, including mental well-being, caregiving, employment, etc. More news in the coming months.

And finally, did you know that we offer two weekly creative activities on Monday afternoons? Virtual Drawing with Ilana on Zoom and Rock Painting with Therese in person at the Greenfield Park Activity Centre. If you're interested in enhancing your creative ability, email info@arc-hss.ca to register.

April Activity Calendar

For information or to register, please contact our Administrative Coordinator at: info@arc-hss.ca or call (514) 951-9711

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>These activities are made possible thanks to our funders</p> 						
	<p>1</p> <p>ARC OFFICES CLOSED</p> <p>HAPPY EASTER</p>	<p>2</p> <p>Conversations about Grief via Zoom 7:00-8:30 pm</p>	<p>3</p> <p>Caregivers Café @ Activity Centre 10:00-11:30 am</p> <p>Mommy & Me Walking Club (St-Jean) 10:00-11:00 am</p> <p>Seniors Wellness Activity Chambly & GPK 1:30-3:00 pm</p>	<p>4</p> <p>Tai Chi/Qi Gong 9:00-10:00 am @ CGPKC</p> <p>Walk & Talk @ GPK 10:30-11:30 am</p> <p>Linda's Gentle Yoga via Zoom from 2:00 -3:00 pm</p>	5	6
7	<p>8</p> <p>French Conversation Group @ Activity Centre 10:30-11:30 am</p> <p>Rock Painting Workshop @ Activity Centre 1:00-2:30 pm</p> <p>Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm</p>	<p>9</p> <p>Social Cooking with Jody @ Activity Centre 10:00 am-12:00 pm</p> <p>Caregivers Support Group via Zoom 7:00-8:30 pm</p>	<p>10</p> <p>Caregivers Café @ Activity Centre 10:00-11:30 am</p> <p>Mommy & Me Walking Club (St-Jean) 10:00-11:00 am</p> <p>Seniors Wellness Activity Chambly & GPK 1:30-3:00 pm</p> <p>Affordable baskets @ Activity Centre 3:00-7:00 pm</p>	<p>11</p> <p>Tai Chi/Qi Gong 9:00-10:00 am @ CGPKC</p> <p>Walk & Talk @ GPK 10:30-11:30 am</p> <p>Linda's Gentle Yoga via Zoom from 2:00 -3:00 pm</p>	12	13
14	<p>15</p> <p>French Conversation Group @ Activity Centre 10:30-11:30 am</p> <p>Rock Painting Workshop @ Activity Centre 1:00-2:30 pm</p> <p>Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm</p>	<p>16</p> <p>Social Cooking with Jody @ Activity Centre 10:00 am-12:00 pm</p>	<p>17</p> <p>Caregivers Café @ Activity Centre 10:00-11:30 am</p> <p>Mommy & Me Walking Club (St-Jean) 10:00-11:00 am</p> <p>SHARP: via zoom Accessing Health & Social Services 10:00-11:30 am</p> <p>Seniors Wellness Activity Chambly & GPK 1:30-3:00 pm</p>	<p>18</p> <p>Tai Chi/Qi Gong 9:00-10:00 am @ CGPKC</p> <p>Walk & Talk @ GPK 10:30-11:30 am</p> <p>Linda's Gentle Yoga via Zoom from 2:00 -3:00 pm</p> <p>Book Club @ St Jean 7:30 pm</p>	<p>19</p> <p>Members + Volunteers Appreciation Event 5:00-7:00 pm</p>	<p>20</p> <p>Family Wellness Saturday @ St-Jean Military College 10:00 am-2:00 pm</p>
21	<p>22</p> <p>French Conversation Group @ Activity Centre 10:30-11:30 am</p> <p>Rock Painting Workshop @ Activity Centre 1:00-2:30 pm</p> <p>Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm</p>	<p>23</p> <p>Social Cooking with Jody @ Activity Centre 10:00 am-12:00 pm</p>	<p>24</p> <p>Caregivers Café @ Activity Centre 10:00-11:30 am</p> <p>Mommy & Me Walking Club (St-Jean) 10:00-11:00 am</p> <p>Seniors Wellness Activity Chambly & GPK 1:30-3:00 pm</p> <p>Affordable baskets @ Activity Centre 3:00-7:00 pm</p> <p>ReCharge Workshop for Caregivers via Zoom 7:00-8:30 pm</p>	<p>25</p> <p>Tai Chi/Qi Gong 9:00-10:00 am @ CGPKC</p> <p>Walk & Talk @ GPK 10:30-11:30 am</p> <p>Linda's Gentle Yoga via Zoom from 2:00 -3:00 pm</p>	26	<p>27</p> <p>Community Dinner Dance @ Legion 5:00-10:00 pm</p>
28	<p>29</p> <p>French Conversation Group @ Activity Centre 10:30-11:30 am</p> <p>Rock Painting Workshop @ Activity Centre 1:00-2:30 pm</p> <p>Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm</p>	30				

What's new from the

GREENFIELD PARK OFFICE



Counselor-in-Training Program NEW! As part of Centre Preville's arts-based summer day camp have added a new Counselor-in-Training (CIT) program for kids aged 13 to 16 years old. This program is ideal for teens looking to get some work experience while still having fun this summer! The CIT program will be offered during Week 3 (July 15-19) and Week 6 (Aug. 5-9) of camp. To learn more, click [here](#).

Our 55+ Seniors Wellness activities take place on Wednesdays from 1:30-3:00 p.m. Here's what we have lined up for April:

April 3: Join us with guest Keith Karoniaktatie Leclaire MHS, CFNHM for a special presentation & discussion on 'Outreach to Indigenous Communities.'

April 10: Hope you are ready for Family Feud! BUT first, we will have to do some exercises with a follow along exercise video, but stay for a fun competitive game of family feud after!

April 17: Hope your vocals are ready for part 2 of a fun song sing-along with Michael McLean!

April 24: Qi Gong was developed in China thousands of years ago as part of traditional Chinese medicine. It involves using exercises to optimize energy within the body, mind and spirit, with the goal of improving and maintaining health and well-being. We will explore the theory and practice of Qi Gong.

Our Tai-Chi classes take place every Thursday at the GPK Community Centre (located at 330 Gladstone St. in Greenfield Park), from 9:00-10:00 a.m. Why not get out there and try something new? It's free, fun and a great way to invest in your well-being by practising 'meditation in motion'. If you are a new student or continuing on your Tai Chi journey, we kindly ask you to [email and confirm your attendance](#) with certified instructor Sandra Mitchell.

Our GPK Walk & Talk group is a wonderful way to meet some pretty amazing people who love to stroll, socialize and connect with the community! It's also a great opportunity to get some fresh air. Why not give it a try? You'll be glad you did. To register email Tania.

Have you ever wanted to improve your French? You can do it with ARC in a fun and informal social setting! Our **French Conversation Club** takes place on Mondays at the Activity Centre from 10:30-11:30 a.m. For more information, send an email to Tania.

Virtual drawing classes with Illana via Zoom, free of charge. Mondays from 2:00-3:30 p.m. To register, contact info@arc-hss.ca or (514) 951-9711.

Namaste....the gentle way! This is a great activity that's open to all. So, what exactly is **gentle yoga**? Often intended to be less strenuous, gentle yoga is less intense, meditative, and can be restorative. The benefits? Gentle yoga can help relieve stress, calm the nervous system, gain clearer thinking, and even restore an overall sense of balance to the body, the mind and the soul! This activity takes place on Thursdays from 2:00-3:30 p.m. via Zoom and is free of charge. To register: info@arc-hss.ca.

SHARP - Accessing Health and Social Service: Overcoming Barriers with Tools & Resources. Wednesday, April 17, 10:00-11:30 a.m. Registration in advance is required. [Click here](#) or on the graphic below for the link.

CHSSN

The Services for Healthy Aging in the Right Place (SHARP) invites you to

Accessing Health and Social Service:
Overcoming Barriers with Tools & Resources.
What can the CLSC offer to help me maintain my independence as I age?

Speaker: Magdalena Blaise,
Gestionnaire, CIUSSS ODIM

FREE on

Wednesday, April 17
10:00 - 11:30 am

For more info: gpk@arc-hss.ca
(514) 213-3744

Health Canada Santé Canada

A CHSSN initiative funded through Health Canada's Official Languages Health Contribution Program

Tania Blood is the Community Outreach Coordinator in our Greenfield Park office, covering the cities of Greenfield Park, Brossard, St-Lambert and St-Hubert. Contact her with any questions at gpk@arc-hss.ca or call (514) 213-3744.

HAUT-RICHELIEU-ROUVILLE

Review



Activities This Month

We have a wide variety of activities happening in April at the Chambly Senior Wellness. On April 3 we will be having part 2 of our Alebrijes activity with local artist Luisa Montes. On April 10 we will be joined by Jill Mathieu from Hope for Dementia who will be sharing a presentation entitled 'Modifiable Risk Factors for Dementia'. The following week we will be joined by cooking enthusiast Jody Ceccarelli and we will be making two food options, one savory and one sweet. For the last week in April, we will be visiting the Cabane à sucre Erabliere Charbonneau. Please note that signing up in advance is mandatory for this outing. There will also be a social gathering at the regularly scheduled location for those who are unable to attend the Cabane à sucre. Contact stjean@arc-hss.ca or (450) 357-0386 to sign up or for more information.

ARC

WEDNESDAYS
1:30-3:30

SENIORS WELLNESS CENTRE

2000 BOURGOGNE AVE.
CHAMBLY, J4L 1Z4

COME AND JOIN US!

CHSN

Secrétariat aux relations
avec les Québécois
d'expression anglaise
Québec

The views expressed herein do not necessarily represent the views of the Government of Québec

Family Wellness Saturday

This month at **Family Wellness Saturday** we are calling in all game enthusiasts! Join us for a board game café style event, where we will have a variety of games and puzzles that are suitable for even our smallest participants! This event will take place on Saturday, April 20, at the Royal Military College in St-Jean-sur-Richelieu. Contact stjean@arc-hss.ca or (450) 357-0386 for registration and questions.

FAMILY WELLNESS SATURDAY

April 20
10am - 2pm

ROYAL MILITARY COLLEGE ST-JEAN
15 JACQUES-CARTIER N.
DEXTRAZE BUILDING

LUNCH AVAILABLE FOR PURCHASE

BOARD GAME CAFE!

Registration:
stjean@arc-hss.ca or (450) 357-0386

Québec

Book Club

The ARC Book Club is meeting this month to discuss *Everything I Never Told You* by Celeste Ng. *Everything I Never Told You* is a novel about a Chinese American family living in a 1970s small-town in Ohio. Lydia is the favourite child of Marilyn and James Lee, and her parents are determined that she will fulfill the dreams they were unable to pursue. But when Lydia's body is found in the local lake, the delicate balancing act that has been keeping the Lee family together is destroyed, tumbling them into chaos. Join us on Thursday, April 18 at 7:30 p.m. at the ARC St-Jean office. Everyone is always welcome whether or not they have started or finished the book, the more the merrier!

JOIN OUR
BOOK CLUB

Monthly event to discuss, share and connect over a good book!

Books available to borrow from the ARC

ARC

Contact Lauren at stjean@arc-hss.ca to register
3rd Thursday of the month at 7:30 p.m.

Québec

Conversation Club

Stay tuned for an official announcement about our brand-new **Conversation Club** coming to St-Jean-sur-Richelieu this May. This club is the perfect place to practice your French conversation skills in a safe and judgment-free zone. Everyone is welcome whether they are just starting out on their language journey or are an experienced French speaker. Conversation Club will take place weekly in the ARC office located at 927-B Seminaire Blvd. N. in St-Jean-sur-Richelieu. Contact stjean@arc-hss.ca to be on the list to hear all of the details first.

Alexi Utrera is our Senior Coordinator in St-Jean-sur-Richelieu. She can be reached at (450) 525-1176 or stjeansenioreoord@arc-hss.ca
Lauren McTaggart is our Outreach Coordinator in Haut-Richelieu-Rouville. She can be reached at (450) 357-0386 or stjean@arc-hss.ca.



Springtime can be full of possibilities to many but it can seem difficult to feel that way when overwhelmed by the daily demands of caregiving. We have a month full of opportunities for caregivers to grow, learn and share with others, either in-person at our weekly Caregivers Café or by connecting from the comfort of familiar surroundings.

Caregiving Workshops—Topics for April

By Zoom, 7:00 p.m.

April 2: Conversations About Grief (online) 7:00-8:30

It's our bravest space and a healing place to share experiences of grief and loss with a supportive community. Leigh Bulmer, MA, CCC (Drama Therapist) gently guides the discussion in her own unique way.

April 9: Caregivers Monthly Support Group Social Worker (online) 7:00-8:30

Springtime might be the right time to start finding your caregiver community and we can help you build it. Our monthly online support group facilitated by social worker Emma Pepall-Schultz is a great way to start surrounding yourself with people who truly understand caregiving and its challenges.

April 24: Caregivers Online Workshop with Penny Fleming, RN 7:00-8:30

You may be familiar with what some refer to as 'the long goodbye' or grieving the loss of someone while they're still very much present. Join us on Zoom for an interactive and evidence-based workshop on "Anticipatory Grief and Caregiving". Our caregiving consultant, Nurse/Educator Penny Fleming delves into grieving the loss of experiences, possibilities or an unimagined future together while caring for your loved one.

Caregivers Café @ 91 Churchill 10:00-11:30

- April 3: Caregivers Cafe Special Jeopardy! Edition hosted by Penny Fleming, RN
- April 10 and 17: Always a lively discussion, cozy refreshments and a wonderful group of people.
- April 24: With Penny Fleming, RN



Christine Prince is ARC's Caregivers Program Coordinator and oversees the Caregiving Community Programs and grief support group. For information, please feel free to reach out to her at (514) 608-9600 or caregivers@arc-hss.ca.

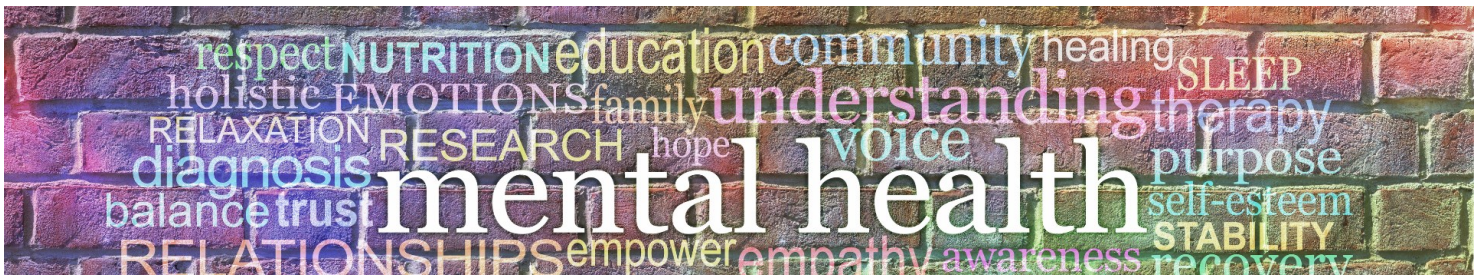
Community Activities

At the multi-purpose centre in St-Lambert, located at 81 Hooper, on April 12 at 8:00 p.m., the productions AKBCO, "**Around The Beatles**" quintet takes a journey through the Beatles' best-known songs, promising an emotionally charged show, packed with impressive musical prowess. Click [here](#) for more info.

Théâtre St-Bruno Players Productions, presents the play, EXIT LAUGHING by Paul Elliott. A humorous romp about friends, a stripper, weekly bridge games and surprises. Three performances: Friday April 12 at 8:00 p.m., Saturday matinee at 2:00 p.m., and Saturday night at 8:00 p.m. Tickets are \$20.00 for students and seniors, and \$23.00 for general admission. Tickets are available through the [TSBP Website](#) or by calling Pat Darlington at (438) 347-0658.

Writing Workshop: Deft Description and Delectable Details featuring short writing exercises, focusing on description as opposed to story. Noting details often go overlooked in everyday surroundings, nature in springtime also stimulates to write with all the senses. For all writing levels, every Tuesday from 2:00-4:00 p.m., April 16 to May 21 (6 weeks) Fee: \$30 at the Greenfield Park Library, (Muriel-Anne Brown Library), 225 Empire, GPK. Info: Jeanette Paul (450) 651-7044, jeanettepaul@yahoo.ca.

SSRE (South Shore Retired Educators) - April 18, guest speaker Tom Dearhouse will present *Healing the Past, Reconciliation for the Future*. The speaker will share the Mohawk world view that includes Creation Story, Peacemaker story and the Great Law of Peace, and Cycle of Ceremonies. Using stories and ceremony, this worker will provide ways to heal from past trauma and show a way to understand where Indigenous peoples are in this modern context. This worker will share some roles that we can play in enhancing our lives and working on dialogue, better understanding, and healing and reconciliation among peoples and cultures. A spiritual approach will be discussed. For more info contact Norm Haslam at nhaslam@videotron.ca.



Activities + Workshops

Online Workshop for Family and Friends with Ami Quebec

Intro to Borderline Personality Disorder. April 24 from 6:00-8:00 p.m.

Meditation runs for 10 sessions on Wednesdays, starting April 24 from 10:30-11:30 a.m.

In person workshops for family and friends at AMI Quebec offices 5800 Decarie Montreal 6-8 pm

Regulating Emotions April 7, 10:00 a.m.-12:00 p.m.

Support Groups with AMI Quebec

Support groups for family, friends and people living with mental illness in on Google Meet, Mondays 6:30-8:00 p.m.

- Anxiety/OCD - April 8
- Bipolar Disorder - April 15
- Depression - April 15
- Hoarding - April 29
- Family and Friends - April 8 and 29
- Young Family and Friends (18-35) - April 15
- Borderline Personality Disorder for Families - April 8
- Kaleidoscope (for people living with any mental illness) - April 29

South Shore Family and Friends in Person support Group

91 Churchill Blvd, Greenfield Park

April 8 from 6:30-8:00

Perinatal Mental Health Support Groups with The Family Care Collective

In person at 214-5726 Sherbrooke W., Montreal. Tuesdays 10:00 a.m.-12:00 p.m.

In person at 414-10 Pine Ave, Montreal. Thursday, April 11 from 9:30-11:00 a.m.

Registration: millietresierre@gmail.com

In Person Support group for people with anxiety, depression and bipolar disorder through Relief

Tuesdays 7:00-8:30 p.m. at 418 Sherbrooke St. E., Office 300, Montreal H2L 1J6. Registration required [here](#).



Support Groups with Friends for Mental Health West Island

Borderline Support Group

This support group helps caregivers to deal with the repercussions of the emotional distress and behavioural difficulties associated with this disorder.

Bilingual French and English Group on the fourth Monday of the month from 6:30-8:30 p.m. Click [here](#) for more info.

Psychosis & Bipolar Support Group

This support group will provide information and a safe space for sharing about the impact of psychosis and bipolar disorder on relationships and family life.

Third Monday of the month from 6:30 p.m.-8:30 p.m. Bilingual. Must register [here](#).

Group for parents of children living with anxiety

This group provides information and a safe space for parents to share with other parents who are experiencing similar situations with their child's anxiety.

First Monday of the month from 6:30 to 8:30 p.m. Bilingual. Registration required [here](#).

Men's Support Group

February 12 from 6:30-8:30 p.m. Online on ZOOM

The goal of this support group is to create a safe and welcoming environment for men of all ages to come and share, discuss, and reflect on issues of mental health. Click [here](#) for more info.

Therese Callahan is ARC's Outreach Program Coordinator and oversees the Mental Wellbeing Initiative.

For information, please feel free to reach out to her at (514) 605-9500 or outreachqpk@arc-hss.ca.

The Last Word

Welcome to **Mission New Generation's** project called Humanitarian Food Processing-Dehydration. The goal of this project is to avoid food waste by dehydrating surplus fruits and vegetables. Once done, the products will be used to feed the homeless and diverse populations of third world countries. For more info, click [here](#).

Free online workshop featuring capsules providing information on chronic pain and suffering to better guide and accompany loved ones on their pain journey. Introducing effective tools to better help and communicate with loved ones suffering from chronic pain. Introducing ways to care for yourself while supporting and caring for others. Click [here](#) to watch.

April is IBS Awareness Month. Irritable bowel syndrome (IBS) is so common that many know at least one person with this functional disorder. Read all about IBS, check out other articles and videos by clicking [here](#).

Stronger Together, Patient Support Group-open to cancer survivors only. Hybrid (in person and online). An open-ended, regular support group for survivors on how to cope with a cancer diagnosis. Meeting on Thursdays from 12:00-13:30, twice a month.

To register call Olga Szyncel at (514) 340-3616 #208 or olga.szyncel.ccomtl@ssss.gouv.qc.ca. Click [here](#) for more info.

2024 boating permits. Order your 2024 lockage and mooring permits sooner than later. For all the info, click [here](#).

Empowering Women Through Education and Community in collaboration with Riverside School Board (ACCESS), Afghan Women's Centre of Montreal, Maison International de la Rive-Sud, and Hope for Her Global. Are you an immigrant woman seeking to enhance your literacy skills and to integrate into the community? Join us anytime by reaching out to Netsai Mbanga at (450) 676-3636 or netsainomhle.mbanga@rsb.qc.ca.

To be added to our contact list, please [email us](#) with your name and email address.

We do not share our email contact list with third parties and we invite you to share our publications with family and friends. You may [unsubscribe](#) at any time.

Greenfield Park (Main Office)

106 Churchill Blvd., 2nd Floor
Greenfield Park J4V 2L9
Tel: (514) 605-9500
info@arc-hss.ca

Activity Centre

91 Churchill Blvd.
Greenfield Park J4V 3L8
Tel: (514) 951-9711
admincoord@arc-hss.ca

Haut-Richelieu-Rouville

927-B Séminaire Blvd.
St-Jean-sur-Richelieu J3A 1B6
Tel: (450) 357-0386
stjean@arc-hss.ca

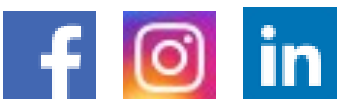
Lacolle

10 Sainte-Marie St.
Lacolle, QC J0J 1J0
Tel: (514) 980-8900
lacolle@arc-hss.ca

www.arc-hss.ca



Follow us on social media



Financial contribution from:

*Secrétariat aux relations
avec les Québécois
d'expression anglaise*

Québec 