

April 2026



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

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Information source for the South Shore English-speaking community

THE ADVISOR

As April arrives, we're greeted by blooming spring, longer days, and a refreshing sense of renewal. This edition of *The Advisor* offers plenty of opportunities to learn, connect, and grow together.

In **Greenfield Park**, Senior Wellness offers a full calendar of weekly activities—from informative talks and creative workshops to virtual travel experiences. We are also excited to introduce two new activities: **Men's Café**, a space for connection and conversation, and **Craft, Create, Connect**, a relaxed and creative art session open to all skill levels. Returning favourites include Ancestor Hunters Genealogy Club, Cooking Demonstration, Mindful Together, French Conversation, Rock Painting, Walk & Talk, and more. Caregivers Café continues each Wednesday with supportive sessions, including guest speakers and practical resources for caregivers. See pages 2–4 for full details.

In **Haut-Richelieu-Rouville**, programming continues for all ages, including Family Wellness Saturday, Book Club, and Parlez-Vous? Let's Chat! in St-Jean, as well as Senior Wellness in both Chambly and Clarenceville. There are plenty of ways to stay active, meet others, and take part in your community. Full details can be found on pages 5–7.

Behind every strong healthcare system are the people who choose to care. If you are a student in health or social services, the **Community Network Bursary**, offered through Dialogue McGill, is here to support you. Receive up to \$10,000 to fund your studies while committing to making a meaningful impact in your community. Whether you are pursuing nursing, social work, psychosocial support, or another health-related field, this bursary is your opportunity to combine education with service that shapes the future of your community. **Apply by May 7**, and take the first step toward building a stronger, healthier future for all. For more information on the application process, contact Christine at caregivers@arc-hss.ca or (514) 608-9600.

This issue also highlights the **STAR Program**, recognizing individuals who make a difference in the English-speaking community (see page 6), along with employment support services and a wellness article on the mind-body connection (see page 8).

Be sure to explore this month's events, updates, and ways to get involved. Whether you're trying something new, or reconnecting with others, there's something here for everyone. Here's to a month of renewal, growth, and connection!

Have questions or need support? Call us at (514) 605-9500 or email info@arc-hss.ca.

What's new from the

GREENFIELD PARK OFFICE



Our **Senior Wellness Greenfield Park** activity has relocated to St. Mary's, located at 735 Miller St., Greenfield Park. This large and comfortable space will allow us to welcome more participants safely. Join us on Thursdays from 1:30 to 3:00 p.m. for engaging weekly activities designed to stimulate your mind, body, and creativity! Registration for all activities is **REQUIRED**. For more information or to register, contact Tania at gpk@arc-hss.ca or (514) 213-3744.

- **April 2:** CAAP Montérégie will speak on how to file a complaint regarding health and social services.
- **April 9:** Join us for a fun exercise session where you can participate seated or standing.
- **April 16:** Spring is coming, and so are spring birds! Sheldon Harvey will speak about the spring and summer birds you can expect to see.
- **April 23:** Experience the charm of Portugal from the comfort of your seat. Stunning landscapes, vibrant cities and rich culture.
- **April 30:** Marie-Claude will be returning to create a beautiful button art piece with us.

Join us on **April 15** from 1:30 to 3:00 p.m. for **Mindful Together**, an activity that allows you a moment to pause and reconnect with yourself. Held at 91 Churchill Blvd., Greenfield Park and led by Brandon Stewart, this session will explore the "art of being present" while continuing to build our understanding of setting healthy boundaries and exploring personal limits. Through exercises and practical tips, you'll leave with some tools that you can use in everyday life. Space is limited and registration is required. Email Brandon at cmtydev@arc-hss.ca or (438) 465-4514.

We're happy to introduce the first edition of our **Men's Café**; a space for men to connect, converse, and find some commonalities. Join us on **April 8** from 1:30 to 3:00 p.m. and enjoy a relaxed environment where we will come together to create a space built on mutual respect and understanding. Do you have an interesting skill or hobby? We want to hear about it! Do you have a life experience you'd like to share? Please do! This session is all about exchanging, learning from one another, and discovering new things. For more information, contact Brandon at cmtydev@arc-hss.ca or (438) 465-4514.

Already familiar with Zoom basics and looking to dive a little deeper? Join our **Digital Skills** workshop with IT support specialist Anila on **April 28** from 1:30 to 3:00 p.m. This interactive session will take a deeper dive into Zoom features. Get hands-on guidance, ask your questions, and leave feeling more confident using Zoom. Register with Tania at gpk@arc-hss.ca or (514) 213-3744.

Take part in our monthly **Cooking Demonstration** featuring healthy, budget-friendly dishes with recipes and tastings—no chopping required, just good food and company. Join us on **April 14** from 10:00 a.m. to 12:00 p.m. at 91 Churchill Blvd., Greenfield Park for a watch-and-learn session on making Greek spanakopita and stuffed pasta shells—two easy, vegetarian favourites filled with spinach and cheese. Space is limited and registration is required. Register with Courtney at info@arc-hss.ca or (514) 604-9455.

Ancestor Hunters Genealogy Club welcomes both experienced genealogists and beginners. Participants can learn to navigate archival resources and share research challenges with others. All experience levels are welcome. Join the group on **April 7** from 1:00 to 3:00 p.m. at 91 Churchill Blvd., Greenfield Park. To register, contact Tania at gpk@arc-hss.ca or (514) 213-3744.

Join Marie-Claude for **Craft, Create, Connect**, a new monthly creative activity where you can explore new artistic projects—no experience needed. On **April 29**, dive into abstract watercolour techniques in a relaxed, welcoming setting. Registration is required. Contact Tania at gpk@arc-hss.ca or (514) 213-3744.

**CRAFT
CREATE
CONNECT**
Creative Afternoon Atelier with Marie-Claude

REGISTER NOW
gpk@arc-hss.ca
(514) 213-3744

This month's theme:
Exploring Watercolours
Find a moment of calm through
creativity - no experience needed!

WEDNESDAY
APRIL 29

ACTIVITY CENTRE
91 Churchill Blvd.
Greenfield Park

1:30-3:00 PM

with financial support from
Canadian Heritage Patrimoine canadien ARC

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GPK Activities *continued from previous page...*

Looking to improve your French in a relaxed, supportive setting? Join our weekly **French Conversation Group** Mondays from 10:30 to 11:30 a.m. at 91 Churchill Blvd., Greenfield Park. Practice speaking while building confidence and connecting with others on the same journey. For more information, contact Courtney at info@arc-hss.ca

Looking for a stress-free, relaxing activity? Let go of your thoughts and express yourself through **Rock Painting**, a fun, calming way to get creative and unwind. Join us **April 13 and 27** from 1:00 to 2:30 p.m. at 91 Churchill Blvd., Greenfield Park. For more information, contact Thérèse at outreachgpk@arc-hss.ca or at (514) 605-9500.

Tania Blood is ARC's Outreach Program Coordinator in Greenfield Park.

For information, please feel free to reach out to her at (514) 213-3744 or gpk@arc-hss.ca.

Caregivers Café

This April, caregivers have **five Wednesdays** to come together, share experiences, and find support at ARC. Each week offers practical tools, wellness strategies, and the chance to connect with others who understand the challenges of caregiving. Take a midweek pause to **learn, connect, and recharge**. Every session is designed to support your role as a caregiver while caring for yourself within a supportive community.



April 1 - The Trauma We Carry - Presented by **Therese Callahan**, ARC Outreach Program Coordinator, this session explores the emotional impact of caregiving and strategies to manage stress.

Christine Prince is ARC's Communications and Program Coordinator in Greenfield Park.

For information, please feel free to reach out to her at (514) 608-9600 or caregivers@arc-hss.ca.

Our **Walk & Talk Group** meets each Thursday at 10:30 a.m. for an hour-long stroll around Greenfield Park. Walking can boost heart health, strengthens muscles and joints, improves mood, reduces stress, and is a great way to make new friends and connect with others. Meet us at 91 Churchill Blvd. and enjoy good company and fresh air! Register with Courtney at info@arc-hss.ca

A virtual presentation, **Service for Aging in the Right Place (SHARP)**, will take place on April 15 from 10:00 to 11:30 a.m. via Zoom. The April topic will be *Moving Into Care: What to Expect and How to Prepare*. This presentation is offered by the CHSSN. To register, click [here](#).

April 8 - Mindfulness for Caregivers - Facilitated by **Brandon Stewart**, ARC's Community Development Coordinator, this workshop introduces mindfulness techniques to help caregivers stay present, and centred.

April 15 - Moving Into Care – What to Expect (Zoom)A SHARP presentation offering practical guidance and resources for planning a transition into care, helping you feel more informed and prepared.

April 22 - Special Guest Presentation: Claire Webster - McGill Dementia Education Program ARC and Seniors Respite Montérégie are thrilled to welcome **Claire Webster** to a special edition of the Café. Claire brings both professional expertise and lived experience as a former caregiver to her mother with Alzheimer's. She has co-edited Alzheimer's Disease International's World Alzheimer Reports, created the webcast series **McGill Cares**, and served as a senior co-author for McGill's **Dementia: Your Companion Guide**, helping make it a practical resource for families and caregivers. A sought-after speaker and educator, Claire offers trusted insights on caring for individuals with dementia and supporting their families.

April 29 - Legal Tools for Caregivers Presented by **Éducaloi**, this session covers essential legal tools and resources to help caregivers navigate important decisions with confidence.

Caregiver's Café takes place every Wednesday from 10:00-11:30 a.m. at our Activity Centre at 91 Churchill Blvd. in Greenfield Park. For more info or to register, contact Christine at caregivers@arc-hss.ca.



April 2026 Greenfield Park

To register for an activity :
info@arc-hss.ca / (514) 604-9455

Locations / Notes:

ARC Activity Centre
91 Churchill
Greenfield Park

St. Mary's Parish
735 Miller
Greenfield Park

Virtual via ZOOM
(email info@arc-hss.ca
for link)

**** Affordable Produce Baskets from CAPL :**
capl.inter@gmail.com
(450) 486-1400 **

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Caregivers Café 10:00 - 11:30 am	2 Qigong 9:00 - 10:00 Walk & Talk 10:30 - 11:30 am Senior Wellness 1:30 - 3:00 pm Alongside (Grief) 1:30 - 3:00 pm Virtual Gentle Yoga 2:00 - 3:00 pm (Zoom)	3	4
5	6 Cribbage 6:00 - 8:00 pm	7 Genealogy Club 1:00 - 3:00 pm	8 Caregivers Café 10:00 - 11:30 am Men's Café 1:30 - 3:00 pm ** Affordable Produce Baskets ** 3:00 - 7:00 pm	9 Walk & Talk 10:30 - 11:30 am Senior Wellness 1:30 - 3:00 pm Alongside (Grief) 1:30 - 3:00 pm Virtual Gentle Yoga 2:00 - 3:00 pm (Zoom)	10	11
12	13 French Conversation 10:30 - 11:30 am Rock Painting 1:00 - 2:30 pm Virtual Drawing 2:00 - 3:30 pm (Zoom)	14 Cooking Demo. 10:00 am - 12:00 pm Book Club (full) 1:30 - 3:00 pm	15 Caregivers Café 10:00 - 11:30 am SHARP: Moving into Care 10:00 - 11:30 am (Zoom) Mindful Together 1:30 - 3:00 pm	16 Walk & Talk 10:30 - 11:30 am Senior Wellness 1:30 - 3:00 pm Alongside (Grief) 1:30 - 3:00 pm Virtual Gentle Yoga 2:00 - 3:00 pm (Zoom)	17	18
19	20 French Conversation 10:30 - 11:30 am Virtual Drawing 2:00 - 3:30 pm (Zoom) Cribbage 6:00 - 8:00 pm	21	22 Caregivers Café 10:00 - 11:30 am ** Affordable Produce Baskets ** 3:00 - 7:00 pm	23 Walk & Talk 10:30 - 11:30 am Senior Wellness 1:30 - 3:00 pm Alongside (Grief) 1:30 - 3:00 pm Virtual Gentle Yoga 2:00 - 3:00 pm (Zoom)	24	25
26	27 French Conversation 10:30 - 11:30 am Rock Painting 1:00 - 2:30 pm Cribbage 6:00 - 8:00 pm	28 Digital Skills Workshop 1:30 - 3:00 pm	29 Caregivers Café 10:00 - 11:30 am Craft, Create, Connect 1:30 - 3:00 pm	30 Qigong 9:00 - 10:00 am Walk & Talk 10:30 - 11:30 am Senior Wellness 1:30 - 3:00 pm Ilana's Drawing 1:00 - 3:00 pm Virtual Gentle Yoga 2:00 - 3:00 pm (Zoom)		

HAUT-RICHELIEU-ROUVILLE

Review



Senior Wellness Activities in Chambly take place on Wednesdays at Randell Hall, 2000 Bourgogne Ave., from 1:30 to 3:00 p.m. For more information or to register, please contact Tania by email at gpk@arc-hss.ca or phone (514) 213-3744.

Here's what's coming up this month:

- **April 1: ARC Deep Dive** – Get to know ARC from a new lens. Learn more about the Senior Wellness Initiative and hear about the journey of a Community Outreach coordinator within the organization.
- **April 8: Exercise & Bingo** – Start with gentle exercise to get the body moving, then stay for a fun and social game of bingo. Join us for a virtual trip to Ireland, including food, trivia and music.
- **April 15: Pass the Painting Around** – Get creative! Each person adds to a painting as it travels from one person to the next.
- **April 22: Spring Birds Talk** – Spring is on its way, and so are the birds! Join us as expert Sheldon Harvey shares fascinating insights about spring and summer birds.
- **April 29:** Don't miss the **Ageless** documentary, brought to you by the Cumming Centre, which delves into real-life stories and challenges the everyday realities of ageism.

Parlez-Vous? Let's Chat! This month, we're focusing on **self-care and wellness**, combining conversations in French with activities that help us relax and connect. Join us from **6:30 to 8:00 p.m.** on **April 2** and **16** at 409 Jacques-Cartier St. South in St-Jean for fun, informal conversation around self-care practices, personal routines, and well-being. Then, on **April 30**, we'll meet at a local yoga studio at 7:00 p.m. (*Origine Yoga*, 204 Saint-Louis St., in St-Jean) for a one-hour yoga session, in French! No prior yoga experience is needed—just bring comfortable clothing and a mat if you have one. Parlez-Vous? is a casual, welcoming space to practice French and make friends. To register, contact Céline by [email](mailto:celine@arc-hss.ca) or call (514) 980-8900.

Book Club—St-Jean: Join us on **Thursday, April 23** from 7:00 to 8:30 p.m. at the *Collectivement Elles Women's Centre* (390 Georges-Phaneuf St., St-Jean) to discuss *Tomorrow and Tomorrow and Tomorrow* by Gabrielle Zevin. Spanning three decades, this novel follows two childhood friends as they reunite as adults to create video games together. Their story traces the bonds that endure across time, revealing how people leave marks on each other's lives. To participate, you will need to purchase a \$5 *Collectivement Elles* membership, which grants you access to all of the Centre's programming and resources until August 2026. A limited number of books are available to borrow (some conditions apply). *Please note:* We are currently gathering book suggestions for June and beyond. To submit a title you'd like the group to read together, or for more information about the St-Jean book club, visit our [Facebook group](https://www.facebook.com/arc.hss.ca) or contact [Céline](mailto:celine@arc-hss.ca).

ARC

WEDNESDAYS
1:30-3:00

ARC 55+ COMMUNITY

2000 BOURGOGNE AVE.
CHAMBLY, J4L 1Z4

COME AND JOIN US!

- ✓ weekly social gathering
- ✓ activities designed to stimulate physical, cognitive and mental wellbeing
- ✓ snacks and coffee

514-605-9500
stjean@arc-hss.ca

Québec CHSN

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

ARC

PARLEZ-VOUS?

French Conversation Group

Develop your French language skills each week by focusing on vocabulary, conversation, and listening practice, all leading up to a fun, real-world experience. Let's Chat! All levels welcome! Open to native French speakers, too!

APRIL 2
6:30 to 8:30 p.m.
The language of self-care
Practice speaking about how you feel and what you do to take care of yourself and your emotions
409, Jacques-Cartier St. South, St-Jean-sur-Richelieu

APRIL 16
6:30 to 8:30 p.m.
Mind and body; prepare to relax!
We will explore the essential vocabulary you need to practice yoga in French.
409, Jacques-Cartier St. South, St-Jean-sur-Richelieu

APRIL 30
6:30 to 8:30 p.m.
INTRODUCTORY YOGA CLASS
Put your conversation practice into yoga practice! Join us for a fun Parlez-Vous field trip at Origine Yoga.
204 St-Louis St., St-Jean-sur-Richelieu

RESERVE YOUR SPOT TODAY!
Contact us: (514) 980-8900
hr@arc-hss.ca

With financial support from:
Canadian Heritage
Patrimoine canadien

ARC SAINT-JEAN-SUR-RICHELIEU
BOOK CLUB

Collectivement Elles
390 Georges-Phaneuf St.
Saint-Jean-sur-Richelieu

Thursday, April 23
7:00 to 8:30 p.m.

Your \$5 membership to the Collectivement Elles women's centre allows us to meet in their cozy, inviting space and gives you access to all of the centre's programming, too!

A limited number of books is available to borrow upon request, subject to conditions.
RESERVE YOURS TODAY!

TO REGISTER: (514) 980-8900
hr@arc-hss.ca

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HRR Review *continued from previous page...*

Family Wellness Saturday - We are back at the Royal Military College (in the *Dextrase Building* at 15 Jacques-Cartier St. North in St-Jean) for a morning of springtime crafts and wind-related fun! Join us for **Windmills and Whirlygigs** on Saturday, **April 11** from 10:00 a.m. to 12:00 p.m. We'll make spring bouquets, windsocks and windmills and if it's nice outside, we'll play with bubbles. Please note that this activity is not taking place on the military base, but still requires you to reserve your spot. Email hrr@arc-hss.ca or call (514) 980-8900 to get on the list!



Senior Wellness Activities in Clarenceville—Join us every Wednesday from 1:30 to 3:00 p.m. for engaging activities designed to support the physical, cognitive and emotional well-being of English-speaking seniors aged 55 and over. We meet in the lower level of the Free Methodist Church (1076 Front St. North, Clarenceville). Wheelchair accessible. For more information or to register for any of these sessions, please contact Céline at hrr@arc-hss.ca or (514) 980-8900.

- **April 1 – When birds come home: preparing for spring's return** - April marks the start of the major migration season, with many amazing species returning to the area. Southern Quebec is a prime spot for birdwatching, and expert Sheldon Harvey will guide us on which birds to look for and how to make your yard or garden inviting to them this time of year.
- **April 8 – Chair Pilates for everyday strength** - Join Lynda Bienz for a chair-based Pilates session that helps you strengthen key muscles, improve balance, and stay active. Safe and accessible, this class supports independence and resilience in daily life.
- **April 15 – Exploring Ageism: an interactive workshop** - Through a series of humorous and insightful illustrations, Karen Hetherington from the Observatory on Aging and Society will engage us in a discussion on how ageism shows up in family life, social settings and beyond. This interactive workshop is a chance to reflect, share and start meaningful conversations about aging and respect across generations.
- **April 22 – Crafting spring door wreaths** - This workshop, originally planned for March but postponed due to weather, invites you to welcome spring with a relaxed and creative session, making a seasonal wreath to brighten your home. All materials will be provided.
- **April 29 – Exclusive screening: *Tough Old Broads*** - After a widely successful theatrical release, we are thrilled to bring this documentary to Clarenceville. Come be inspired by three trailblazing women who broke barriers in their younger years and continue to demand attention and lead change in the world. In English, with French subtitles.

Céline von Engelhardt is ARC's Outreach Program Coordinator in Haut-Richelieu-Rouville (HRR). For information, please feel free to reach out to her at (514) 980-8900 or hrr@arc-hss.ca.

STAR Program

Do you know an employee or a volunteer at a community or public organisation who stands out for having made a special effort to improve the health and well-being of Montérégie's English-speaking community members? We invite you to nominate them for the **Special Thanks and Recognition Program** (Star Program)!

The Star Program, an initiative of the Regional Health and Social Services Partnership Table (RHSSPT), is a program that highlights individuals who demonstrate support for the Montérégie English-speaking community. Selected candidates will receive a certificate of congratulations will be eligible for a \$50 gift card draw, and will be featured in the newsletter publications and Facebook pages of diverse health organizations across the Montérégie.

To nominate a candidate, please complete the following form before May 1, 2026:
English: <https://fr.surveymonkey.com/r/5VQYCGG>





April 2026

St-Jean | Clarenceville | Chambly

Locations / Notes:

- Chambly**
[2000 Bourgogne Ave. Chambly](#)
- Clarenceville**
[Free Methodist Church 1076 Front St. North Clarenceville](#)
- Collectivement Elles**
[290 Georges-Phaneuf St. St-Jean-sur-Richelieu](#)
- St-Jean Garrison Sports Centre**
[25 du Grand Bernier St. St-Jean-sur-Richelieu](#)
- Joie de Vivre**
[409 Jacques-Cartier St. S St-Jean-sur-Richelieu](#)
- Origine Yoga**
[204 Saint-Louis St. St-Jean-sur-Richelieu](#)
- Virtual via ZOOM**
(info@arc-hss.ca for link)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Senior Wellness Chambly 1:30 - 3:00 pm Senior Wellness Clarenceville 1:30 - 3:00 pm	2 Virtual Gentle Yoga 2:00 -3:00 pm (Zoom) Parlez-vous ! Let's Chat 6:30 - 8 pm	3	4
5	6	7	8 Senior Wellness Chambly 1:30 - 3:00 pm Senior Wellness Clarenceville 1:30 - 3:00 pm	9 Virtual Gentle Yoga 2:00 -3:00 pm (Zoom)	10	11 Family Wellness 10:00 am - 12:00 pm
12	13 Virtual Drawing 2:00 -3:30 pm (Zoom)	14	15 Senior Wellness Chambly 1:30 - 3:00 pm Senior Wellness Clarenceville 1:30 - 3:00 pm	16 Virtual Gentle Yoga 2:00 -3:00 pm (Zoom) Parlez-vous ! Let's Chat 6:30 - 8 pm	17	18
19	20 Virtual Drawing 2:00 -3:30 pm (Zoom)	21	22 Senior Wellness Chambly 1:30 - 3:00 pm Senior Wellness Clarenceville 1:30 - 3:00 pm	23 Virtual Gentle Yoga 2:00 -3:00 pm (Zoom) St-Jean Book Club 7:00 - 8:30 pm	24	25
26	27	28	29 Senior Wellness Chambly 1:30 - 3:00 pm Senior Wellness Clarenceville 1:30 - 3:00 pm	30 Virtual Gentle Yoga 2:00 -3:00 pm (Zoom) Parlez-vous ! Let's Chat 7:00 - 8:00 pm		

Employment Update

For April, we would like to take a moment to remind the community that **ARC** now offers **direct employment services**. Our team can support individuals at different stages of their job search, including CV and resume development, interview preparation, career coaching, artificial intelligence training for job searching, and general job search guidance. These services are designed to help community members strengthen their employment prospects and navigate today's evolving labour market.

If you or someone you know would benefit from employment support, we encourage you to reach out. To learn more or to book an appointment, please contact us at employment@arc-hss.ca or call (514) 712-6575.



Andre Bergeron is ARC's Employment Coordinator in Greenfield Park. For information, please feel free to reach out to her at (514) 712-6575 or employment@arc-hss.ca.

Connect for your Mental Health

What Is the Mind-Body Connection?

Have you ever noticed how stress can make your stomach churn? Or how a good belly laugh can make you feel better? These are all examples of the mind-body relationship in action: how our thoughts and emotions can manifest physically, influencing our well-being; and how physical sensations and actions can influence our mood in return.

Far from being merely theoretical, the mind-body connection is a proven and observable phenomenon that plays a critical role in our overall well-being. Studies have found that conditions such as chronic illnesses, hormonal imbalances, nutritional deficiencies, and even gut health disruptions influence mood, exacerbate anxiety and depression, and impact cognitive function. These effects also work in the other direction. States such as stress, joy, and anxiety can trigger biochemical responses that affect immune function, heart rate, digestion, and even pain perception. Ongoing studies have shown the link between psychosocial stressors, such as poverty, and increased mental and physical illness.

Complementary health strategies are being integrated in the medical and psychological treatment models.

Practical Strategies for Cultivating Your Mind-Body Harmony

- 1. Begin with the breath:** Deep diaphragmatic breathing activates the vagus nerve, regulating the parasympathetic nervous system—the part responsible for rest, digestion, and relaxation. Stimulating the vagus nerve helps to lower heart rate, reduce inflammation, and bring the body back to a state of balance.
- 2. Move your body with purpose:** Whether through yoga, tai chi, walking or dance, movement connects thoughts, emotions, and bodily states.
- 3. Tune your attention inward:** Pause and notice bodily sensations—muscle tension, gut feelings, heart rate. You can do a body scan meditation to focus on different parts of your body and notice sensations without judgment. These are gateways to emotional awareness. Mindful meditations have been used to help people with chronic pain reduce their anxiety surrounding their pain and experience a reduction in their pain perception.
- 4. Sleep, nutrition, and rhythm matter:** Prioritize regular sleep, balanced meals, hydration, and light exposure—physiology drives psychology.

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.

Community Activities

Hope & Cope - Men's Club in-person: April 7 at 4:00 p.m. (bilingual activity). This group offers a safe, supportive space where men coping with a cancer diagnosis can confide in each other, learn and connect. The group meets every first Tuesday of the month. Click [here](#) for more info.

Book Sale - April 10 from 4:00 to 8:00 p.m. and April 11 from 9:30 a.m. to 1:30 p.m. at Randell Hall - 2000 Bourgogne Ave., Chambly. We accept recent books (2015 and later) and puzzle donations. Stay for lunch - muffins, coffee, tea, chili, soup, and dessert available for purchase. For more info: mcgregorpat53@gmail.com.

The village sugar shack at the Village Square, 575 Victoria Ave., Saint-Lambert. April 11 from 11:00 a.m. to 3:00 p.m. Come taste the maple taffy (\$), while immersing in the sugaring-off atmosphere with music and activities! Free event not to be missed. Click [here](#) for more info.

Spring Migratory Birds Conference with Sheldon Harvey, experienced birder, lecturer, consultant and member of Bird Protection Quebec. April 15 from 7:00 to 9:00 p.m. at the Brossard Library, 7785 San Francisco Ave. Free. April showers bring May flowers, but for birdwatchers, April also brings the annual arrival of spring migratory bird species returning to our region, to mate, to lay their eggs and to have their young. To register, click [here](#). For more information: Michèle Tibblin at michele.tibblin@brossard.ca / (450) 923-6311 ext # 6280.

Saint-Lambert Horticultural Society: April 16 via Zoom at 7:30 p.m. Sebastien Chabot & Michael Slack—A Filmmaker's New Project: Some Time in the [Garden](#). Click [here](#) to register.

Saturday farmers' markets at the multi-purpose centre (81 Hooper St., Saint-Lambert). April 18 from 9:30 a.m. to 1:30 p.m. Come and fill up on fresh and processed products from the best agri-food producers in the Montérégie and surrounding areas. Click [here](#) for all the info.

CHAT HOUR hosted by Celiac Quebec (The Quebec Support Group for Celiac Canada), takes place on April 21 at 8:00 p.m. on Zoom to discuss managing a gluten-free diet as BBQ time approaches. To join, click [here](#).

The Prévile Fine Art Centre's youth dance company, the Compagnie de danse contemporaine du Québec (CDCQ), presents **VIVORA**, a vibrant triple bill featuring world premieres by Jeremy Raia, Jessica Muszynski, and Adrian W.S. Batt. May 2 at 7:00 p.m. / May 3 at 2:00 p.m. at Théâtre de la Providence, Longueuil. Buy early and save: Tier 1 – \$20 before April 11 / Tier 2 – \$25 before April 18 / Tier 3 – \$30 before May 2. Tickets available [here](#).

April 30, May 1 & 2 - **Park Players** present **Harvey** at Centre Optimiste Laffèche, 3825 Windsor, Saint-Hubert. Step into the quirky world of Elwood P. Dowd, a charming but eccentric man whose best friend is Harvey—a six-foot-three invisible rabbit. While Elwood happily befriends everyone he meets, his sister Veta and niece Myrtle worry his odd behaviour is ruining their reputation. When Veta tries to have him committed, events spiral into a hilarious and heart-warming adventure that blurs the line between reality and imagination. Harvey is a delightful tale of friendship, humour, and wonder. Click [here](#) to buy your tickets.

Qigong with Sandra & Gentle Yoga with Linda: Mondays at 330 Gladstone St., Greenfield Park. Qigong 1:00 to 2:15 p.m. followed by Gentle Yoga 2:30 to 3:30 p.m. * bring your own mat * For information about Qigong sessions, contact Sandra Mitchell at (450) 466-7200 or email taichirivesud@gmail.com. For information about Gentle Yoga sessions, contact Linda Zsar at (438) 368-9606 or email linda.zsar@hotmail.com.

Strength and stretch fitness class (low impact, for all levels) at Randell Hall, 2000 Bourgogne Ave., Chambly. Saturday mornings from 8:00 to 9:00 a.m. The cost is \$5/class and proceeds go to St. Stephen's Anglican Church. To join, email Devon at devon.phillips@videotron.ca.

Tai Chi/Qigong Classes: Movement disciplines for the body, mind and soul. Saint-Bruno United Church - Mondays at 4:30 and 5:30 and Wednesdays at 6:30; Zoom sessions - Mondays and Fridays 10:30 and 2:00. Contact Sandra at taichirivesud@gmail.com or www.taichi-qigong.ca for more info and to register. Your first visit is complimentary.

Arthritis South Shore: Adaptive exercises and adaptive dance. Click [here](#) to consult the calendar for dates, times and zoom links.

AmiQuebec: Mental Health AMI-Quebec helps families manage the effects of mental illness through support, education, guidance, and advocacy. All free of charge. For more information click on the [calendar](#).

Éducaloi has developed live workshops and e-learning courses to help better understand rights and responsibilities in everyday situations. Visit the [website](#) to choose an e-learning course just for you.

A non-profit organization and registered charity **La mere à boire/Moms for milk** is the perfect place to begin parenting journeys, feel empowered and connect with a warm, inclusive community. Click [here](#) for more information.

The Last Word

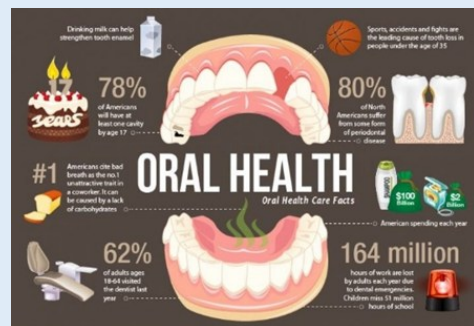
Celebrate Oral Health Month this April! Your smile is more than just a greeting—it's a window into your overall health. Taking a few minutes each day to brush, floss, and eat well can prevent serious issues down the road. This month, let's commit to "Oral Health for Total Health" by booking that overdue check-up and keeping those pearly whites shining.

RAMQ is the official site to help verify which dental services are covered by the provincial health insurance plan for children under 10 and individuals on social assistance.

Dentaccès from the Ordre des dentistes du Québec invites you to discover, all in one place, government programs and resources that help improve access to dental care. Check out the summary tables to more easily see the options available to you. Click [here](#) for more info.

Helpful resources in English from the CISSS whose mission is to contribute to promoting, maintaining, improving and restoring the health and well-being of the population in its territory by making a range of quality health and social services accessible.

Canadian Dental Care Plan



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