

63,000+

English speakers make their home in the Montérégie-Centre

Our programs and services are designed to support English speakers in the Montérégie-Centre. We also provide assistance to citizens and families from multilingual backgrounds who speak English and encounter difficulties in accessing health and social services.



Ready to connect?

 (514) 605-9500

 www.arc-hss.ca

   @arcaccess

SERVICE POINTS

Greenfield Park (Main Office)

156 Churchill Blvd., Greenfield Park J4V 2M3

Tel: (514) 605-9500 - info@arc-hss.ca

Activity Centre GPK

91 Churchill Blvd., Greenfield Park J4V 3L8

Tel: (514) 604-9455 - info@arc-hss.ca

St-Jean-sur-Richelieu

900 du Séminaire Blvd. N., Suite 201

St-Jean-sur-Richelieu J3A 1B5

Tel: (514) 605-9500 - stjean@arc-hss.ca

Clarenceville

100 Principal St., Clarenceville JOJ 1B0

Tel: (514) 980-8900 - hrr@arc-hss.ca



ASSISTANCE AND REFERRAL CENTRE

www.arc-hss.ca

Contribute, Connect & Share

Our goal is to establish strong connections by offering resources and information that inspire community involvement and enhance well-being. We accomplish this with the support of government and community organizations.

We are always open to listening and adapting to the needs of the community, and we warmly invite new members and partners to join us on this journey!

Since 2011

We are truly proud to be a part of your community and to grow alongside you!



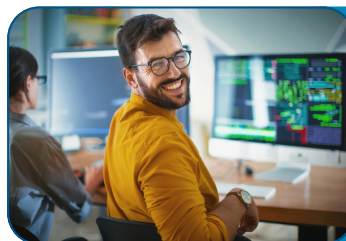
Seniors & Caregivers

We offer weekly senior wellness activities at three locations to boost physical and cognitive health, creativity and social interaction. Events often feature guest speakers, fostering connections within the 55+ community. Our Caregivers Café in Greenfield Park provides nurse-led workshops and support for caregivers and those dealing with post-caregiver grief.

Mental Health



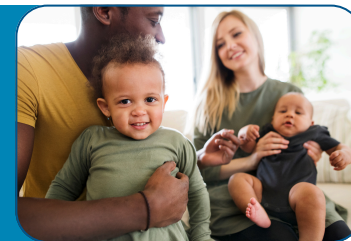
Finding English mental health services can be challenging. We've mapped out resources in the Montérégie-Centre and act as a referral service for English mental health support. We offer various activities and maintain a library of resources focusing on aiding community members.



Employment

Our program helps English speakers acquire skills, confidence, and connections needed to find meaningful work. Through practical workshops, personalized coaching, and direct employer connections, you'll build your résumé, strengthen interview skills, explore high-demand careers, and take the next step toward employment.

Early Childhood & Families



Building a thriving community starts early. We are proud of our work in early literacy and health promotion for young families. By partnering with local organizations and schools, we aim to raise awareness of available services and create opportunities for families to connect and strengthen their community ties.

Partnerships & Capacity Building



Working together is key to achieving our goals. We partner with regional organizations, government bodies and non-profits. Our aim is to enhance community projects, optimize our resources and amplify our impact. By collaborating effectively, we improve our capabilities to achieve greater success.

Build your community with us!

We can help you access health and social services while offering a range of enjoyable, social and educational activities for all ages through our growing programs.

- ➔ Creative arts and physical activities
- ➔ Conversation clubs
- ➔ Book clubs, digital literacy, social cooking
- ➔ Community dinner dances
- ➔ Family wellness Saturdays
- ➔ Community fairs and special events