



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

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Each summer, ARC closes its offices for three weeks to give staff and facilitators a chance to relax and enjoy time off with family and friends. This year our offices are closed from July 29 to August 16, back in the office on Monday, August 19

In July though, we will be hosting a **Special Activity Series for Members** at our Activity Centre, located at 91 Churchill in Greenfield Park.

- July 15 - Nature Walk 1:00-2:30 p.m.
- July 17 - Jeopardy 1:30-3:00 p.m.
- July 18 - Belly Dancing 2:00-3:30 p.m.
- July 23 - Afternoon Tea from 11:00 a.m.-2:00 p.m.

For more details on these activities, see page 2. If you're not already a member and would like to become one, [register here](#).

We held our **Annual General Meeting** on Tuesday, June 18 and were pleased to present the results of our 2023-2024 fiscal year with the membership, partners and funders. In case you missed it, you may view the [Annual Report](#) and the [Financial Statements](#) on our website.

At the AGM we presented our new corporate video. In case you missed it, [click here to view on our YouTube Channel](#).

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The Government of Canada has reformed Canada's official languages regime by modernizing the **Official Languages Act** and enacting a new law, the Use of French in Federally Regulated Private Businesses Act.

To make informed decisions, the Government needs to have all the relevant information at its disposal. To this end, it has issued a questionnaire to the general public and stakeholders which will run until **July 3**.

**Why should you participate?** This is your opportunity to share your ideas and suggestions so that the Government can develop regulations that meet the needs of all Canadians!

**Fill out the questionnaire** by clicking [here](#). **Questions or concerns?** Email: [ReglementsLO-OLRegulations@pch.gc.ca](mailto:ReglementsLO-OLRegulations@pch.gc.ca).

**SUMMER READING**  
*Tips*

**FIND A SUMMER THEME**  
Choose books that are set in summer seasons!

**KEEP IT FUN**  
Try a genre you haven't tried yet. Summer sci-fi? Yes please!

**AUDIO BOOKS**  
Find a book with a great narrator and listen while you relax at the beach.

**GET A LIBRARY APP**  
No time to make a library run? Try downloading an app that connects to your local library and borrow books on the go!

# July

## ARC

### Special Activity Series for Members

Join our growing community!

91 Churchill Blvd., GPK

#### JULY 15 FOUND OBJECT ART

Come walk in GPK on a quest to find objects and turn them into treasures at a special found art workshop with Therese. Join us from 1:00-2:30 p.m. Community and creativity await!



#### JULY 17 JEOPARDY! ARC EDITION

How well do you know ARC and the community around you? Become a contestant and test your knowledge with Tania at this fun interactive get-together from 1:30-3:00 p.m.



#### JULY 18 BELLY DANCE WORKSHOP

This exotic dance form has a rich history dating back over 6000 years. Meet special guest Sharon Vocino, leading this fun and social introduction to Oriental Dance - 2:00-3:30 p.m.



#### JULY 23 COMMUNITEA PARTY!

Be our guest...we're hosting a summer luncheon tea from 11:00-2:00 at 91 Churchill. Nibble on a sandwich and some sweets while we pour you a nice cuppa. Reservations are a must - adults-only svp.



**SPACE IS LIMITED  
REGISTRATION REQUIRED**  
(514) 213-3744  
gpk@arc-hss.ca



Canadian  
Heritage

Patrimoine  
canadien



What's new from the

# GREENFIELD PARK OFFICE



**Old St. Lambert Farmers' Market:** Thursdays, May 9 to October 17 from 3:00-7:00 p.m. For more info click [here](#).

Join the community in celebrating **Canada Day** on July 1 with a **Parade** beginning at Parklane in New Greenfield Park at 1:30 p.m. The parade will be making its way through old Greenfield Park to Empire Park by 2:30 p.m. There will be a lot of fun happening and kiosks will open following the parade at Empire Park.

**Outdoor Zumba:** July 2 from 7:00-8:00 p.m. at the Village Park. Free for all. Click [here](#) for more info.

**The National Film Board (NFB)** has compiled a list of films suitable for the 2024 TD Summer Reading Club (TDSRC) called *To the Stars*. A selection of 9 short movies, for a total of 54 minutes, is available to view at the library. **English screening from 2:15-3:15 on July 3.** For more info click [here](#).

**Ami Quebec's** South Shore Family and Friends In Person Support Group at 91 Churchill Blvd., Greenfield Park. July 8, and August 19 from 6:30-8:00 p.m. Click [calendar](#).

A **Circus Show** is happening in Brossard at Briand Park (5595 Briand St.) on July 10 from 5:30-7:00 p.m. There will be spectacular acrobatics, skilful juggling and breathtaking performances that will transport you to a world of imagination. A gourmet food kiosk will also be on hand (\$). A magical evening for young and old. Click [here](#) for more info.

**Star Program:** You have until July 15 to nominate an employee or a volunteer at a community or public organization who stands out for having made a special effort to improve the health and well-being of the Montérégie's English-speaking community members. Selected candidates will receive a certificate of congratulations, 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 by clicking [here](#). If you prefer to do it by phone, call (514) 213-3744.

On July 16 there will be a **Family Fun Park Celebration** at Empire Park in Greenfield Park, from 5:00-8:00 p.m. More information, click [here](#).

**Country Line Dancing:** August 7 from 7:00-8:00 p.m. at the Village Park. Click [here](#) for all the info.

**St. Lambert Horticultural Society:** August 7 (rain date August 8) English Style Garden Tea Party (fundraiser). Click [here](#) for all the info.

Wrap-up your Summer at our **Musical Theatre Day Camp** from August 12 to 16. "Broadway Stars" is for children aged 6 to 11 years+. Sing - Dance - Act - Perform! The musical theatre day camp runs from 9:00 a.m.-3:00 p.m. Daycare is available from 8:15-9:00 a.m. and from 3:00-3:45 p.m. For more info click [here](#).

**48th Annual Used Book Sale (South Shore University Women's Club):** August 14-17 from 4:00-8:00 p.m. at St. Lambert United Church, 415 Mercille Ave. Proceeds from this sale will provide bursaries for women pursuing higher education. For more info click [here](#).

SOUTH SHORE  
UNIVERSITY WOMEN'S CLUB

**DONATE YOUR BOOKS**  
Your books will be sold and proceeds  
will fund bursaries for women to  
pursue their studies

**Date: August 3 - 10, 2024**  
**Time: 10:00AM - 2:00PM**

Bring your books to:  
St. Lambert United Church, 415 Ave. Mercille, Saint-Lambert

<https://ssuwc.ca/>

\*Please no dictionaries, encyclopedias or school books

*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 [apk@arc-hss.ca](mailto:apk@arc-hss.ca) or call (514) 213-3744.*

# HAUT-RICHELIEU-ROUVILLE

## Review



### Activities Coming Up in September

Our **Senior Wellness** program, which we host on Wednesdays in Chambly, will be taking a small break and returning in September. We are currently in the planning stages and have various fun activities which will involve aspects such as physical, cognitive, emotional, mental health and social. Some of the activities we are in the process of organizing (but are subject to change) involve the following: yoga, presentations from health care professionals, trivia and music night, art workshops, Tai Chi, board game night and various other fun activities.

### Mommy & Me Club

Additionally, the HRR team is also offering the Mommy & Me Club, which will be held once a week from 10:00-11:00 a.m. giving moms the opportunity to come together in the community and socialize, while also getting some exercise. Should anyone have any questions regarding the club, please contact Amanda at the following email address [st.jeanwalkinggroup@gmail.com](mailto:st.jeanwalkinggroup@gmail.com).

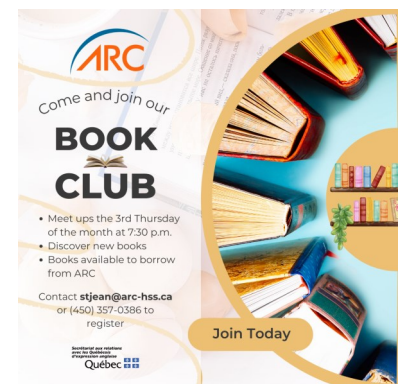


The team from Haut-Richelieu-Rouville (HRR) is proud to announce some exciting news regarding the activities we have planned for the community.

**Baby Yoga** will be an great opportunity for mothers and their babies to take part in various poses, all designed to help strengthen one's body and improve flexibility. This activity will officially begin in August and will be held for four weeks on Mondays from 10:00-11:00 a.m. To register, please send an email to [stjean@arc-hss.ca](mailto:stjean@arc-hss.ca).

### Book Club

We are also currently hosting a book club with members of the community invited to our St. Jean office at 927-B Seminaire Blvd., where we read and discuss various books as a group. Currently the book being covered is called *The Housemaid* by Freida McFadden. For more info, contact Andre at the following email address: [stjean@arc-hss.ca](mailto:stjean@arc-hss.ca).



### Our Family Wellness Saturday

program which runs once a month at the St. Jean Military College, will be returning in September where we will have four action packed activities planned for the community from September to December. As a sneak peek of what is to come, activities will involve a carnival-themed event with various fun stations for the whole family to try, as well as a photoshoot event with a professional photographer who will come and take pictures of families, with an opportunity to choose from various themes and ideas to capture memorable photos that will last a lifetime. Additionally, we will also be hosting an arts and crafts event where we invite members who previously attended our photoshoot to come back and receive a hard copy of a photo of their choosing and will have the opportunity to decorate the photo in the form of a collage. Lastly, we will end the year with a bang, by hosting a holiday season party, which will involve various fun holiday-themed activities. More details to come, stay tuned!

**Alexi Utrera** is our Senior Coordinator in St-Jean-sur-Richelieu. She can be reached at (450) 525-1176 or [stjeanseniorcoord@arc-hss.ca](mailto:stjeanseniorcoord@arc-hss.ca).

**Andre Belanger** is our Outreach Coordinator in St-Jean-sur-Richelieu. He can be reached at [stjean@arc-hss.ca](mailto:stjean@arc-hss.ca) or (450) 357-0386.

CLARENCEVILLE



### Upcoming activities in September

**ARC's Seniors Wellness activity** will begin soon in your area with a variety of activities.

Beginning on September 11 with a "Welcome to ARC", you will meet fellow participants, learn about our wellness programs and enjoy light refreshments.

Upcoming activities (dates TBD):

- Test your musical knowledge and enjoy a lively competition at our music trivia.
- Learn essential lifesaving skills with our basic first aid session. A certified instructor will guide you through basic emergency techniques.
- Unleash your creativity and find relaxation through art with rock painting. All materials will be provided.
- Experience the joy and health benefits of laughter yoga. This fun session combines laughter exercises with yoga breathing techniques.
- Stay active and have a blast with balloon volleyball. This low-impact sport is perfect for all fitness levels.

Would you like to participate or learn more? Call Ashley and register now at (514) 980-8900 or send an email to [hrr@arc-hss.ca](mailto:hrr@arc-hss.ca).

### CABI is prepared for an exciting summer ahead

July 6 from 10:00 a.m.-3:00 p.m. @ Centre Loisirs, 1 Tourangeau St., Clarenceville.

CABI (Centre d'action bénévole interaction) is thrilled to present an impressive selection of 75 prizes valued at over \$2,500, waiting to



Centre d'action bénévole  
**Interaction**

be won by lucky participants. From camping essentials to water toys, sports gear to back-to-school must-haves, outdoor entertainment to various gift cards, there is something for everyone. Win top brands such as, Coleman, Woods, Raleigh, Wilson, Melissa & Doug and more. Tickets are available at \$5 for 10 tickets or \$10 for 25 tickets. Join us for a day of fun and community spirit. The Firefighters Association of Clarenceville/Noyan will be hosting a canteen full of yummy treats, while the Golden Age Club will be providing a demonstration of Bocce ball.

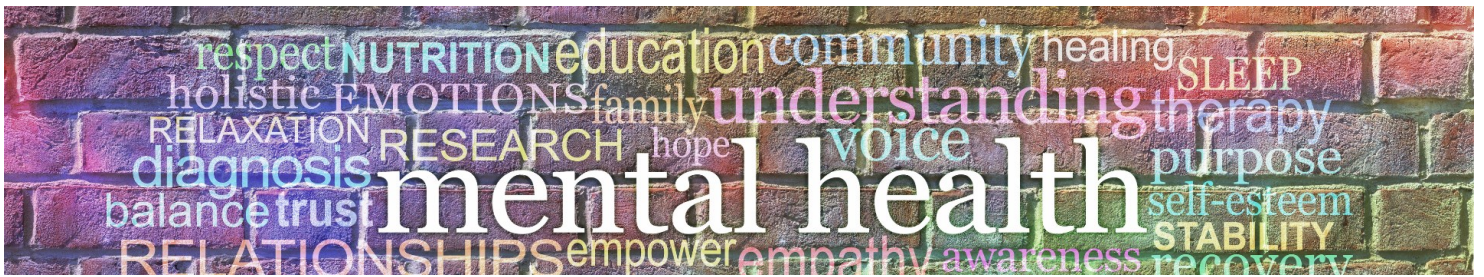
Additionally, [the HRR team](#) will be hosting a rock painting workshop and providing information on our new activities and services in the border area during the event.

The best part? All proceeds from the draw will go towards supporting their Christmas basket and food aid programs. For more information, a complete list of prizes and rules, or to volunteer for this great event, visit [CABI's Facebook page](#), call (450) 294-2646, or email [info@cabinteraction.ca](mailto:info@cabinteraction.ca).

Tickets can be purchased from 10:00 a.m. to 2:00 p.m., with the draws starting at 2:30 p.m.

Don't miss this fantastic opportunity to win some amazing summer prizes!





## The Privilege of Mental Wellbeing Trends

In recent years, people have become more willing to speak about mental health and wellbeing. One of the techniques that is often incorporated into a toolkit of techniques is mindfulness. *Mindfulness is the practice of gently focusing your awareness on the present moment over and over again.*

A new movement of “slow living” is an offshoot of mindfulness and makes mindfulness an entire lifestyle. By slowing down and intentionally placing your true values at the heart of your lifestyle, a slow living mindset encourages you to live in self-awareness and make conscious, purposeful decisions for the benefit of your wellbeing and that of the planet. Slow living denies that being busy equates to being successful or important. It means being present and, in the moment, it celebrates quality over quantity, living with intent, being conscious and considered.

While this does seem attractive on its surface, many people cannot live a ‘slow lifestyle’. In order to do so, you must have economic stability, emotional support in your social circle and the ability to control your schedule and environment. People often push remedies in the wellbeing sphere that they promise to be the solution to your problems for a price. If you cannot afford that price, you are left feeling disappointed that you are letting a loved one down, or even shamed.

The public health agency of Canada has shown in a 2022 study that there is a clear relationship between income and perceived mental health that is influenced by increased stress, access to basic needs, opportunities and mental health care. Out of 100 people, 14 fewer adults living in the lowest income group reported having their mental health needs fully met as compared to adults in the highest income group. Adults living in the lowest income group report having anxiety disorder at a rate that is 2.4 times that of adults in the highest income group.

People are often not aware of mental health issues, because they themselves have not experienced, nor can imagine what it is like to live with a mental health problem

or chronic illness. The disadvantage of living with a mental illness are multiple and can include:

- Being forced to afford many mental health treatments and on a lesser salary because they can’t work a regular job.
- Having to take time off over and over and over for symptoms that reappear in spite of the best available treatment.
- Having to cancel even desirable things due to the presence of mental illness symptoms.
- Having to constantly be on guard for worsening symptoms.
- Mental illness stigma, where they are judged for a neurological illness that is not their fault.

While it is tempting to ignore wellbeing trends, it is important to examine them for what could possibly be beneficial for you and cherry-pick the aspects that can work as part of your wellbeing plan. The idea of concentrating your available time around your values is important for a healthy life. It will ensure that you are not living with any strife that can cause increased anxiety or depression because you are not living your held values. However, the way that you accomplish this should be decided by you, in consultation with a medical practitioner if needed, after thinking through your individual situation.



AMI-Quebec recently published a magazine intended for high school and CEGEP age carers that can be accessed on their website in French or in English. Check it out!

[KARE Magazine – AMI-Quebec \(amiquebec.org\)](http://ami-quebec.org)

*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 [outreachgpk@arc-hss.ca](mailto:outreachgpk@arc-hss.ca).

# The Last Word

**Preville Summer Day Camp** offers bilingual, multidisciplinary summer day camps for kids aged 5 to 12. Music, art, science, physical activities and a whole lot more. Camp runs from 9:00 a.m.-3:00 p.m. Daycare is available from 7:00-9:00 a.m. and from 3:00-6:00 p.m. at Collège Notre-Dame-de-Lourdes, 845 Tiffin St., Longueuil. To register click [here](#).

**Phoenix Summer Day Camp** located at 4955 Montee St-Hubert in St Hubert. Summer is a great time for children to grow, have fun, and make new friends. Contact Phoenix by email [camp.phoenixprojects@gmail.com](mailto:camp.phoenixprojects@gmail.com) or by phone (438) 935-0372. For all the details click [here](#).

At the **Mission Nouvelle Génération**, they are happy to assist families in need by providing a **workshop that recycles and repairs old bicycles**. For more info click [here](#).

**Word of the Day:** Nephophobia, which is the fear of clouds, can significantly impact a person's life. It involves an outsized fear of clouds that causes marked anxiety and distress that is only relieved with avoidance of the situation.

In May 2024, **Environment and Climate Change Canada** (ECCC) began implementing a comprehensive coastal flooding prediction and alerting program. This new program will allow meteorologists to issue coastal flooding alerts and forecasts across most of the country, using both the probability and expected impact of an event. These services will give early warning to emergency management organizations and Canadians about the risk of coastal flooding which include: Canada's Pacific coast, Canada's Arctic coast, the Great Lakes, and the St. Lawrence. For more info, click [here](#).

**Introduction to Clear Legal Communication:** Éducaloi is excited to share its expertise in clear legal communication through this workshop for Pro Bono Students Canada. July 17 from 12:00-1:30 p.m. For all the information click [here](#).

Join **Parks Canada** and hundreds of your fellow paddlers across Ontario and Quebec for this **free mass paddling event on the historic canals and waterways** on July 20. Click [here](#) for all the details.

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](mailto:info@arc-hss.ca)

## Activity Centre

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

## Haut-Richelieu-Rouville

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

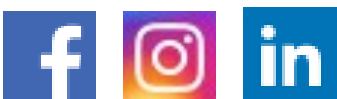
## Clarenceville

100 Principal St.  
Clarenceville, QC J0J 1B0  
Tel: (514) 980-8900

[www.arc-hss.ca](http://www.arc-hss.ca)



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