



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

Membership Information	2
Help With Employment	2
Activity Calendar	3
GPK News	4
HRR Review	5
Caregivers Corner	6
Community Activities	6
Mental Health Activities	7
The Last Word	8

In like a lion, out like a lamb Well it already feels like spring is upon us even if it only officially begins on March 19. For us here at ARC, March is the last month of our fiscal year and a brand-new year begins on April 1!

We mentioned in the last issue that we'll be hosting an **exclusive member-only event** in April. Since Volunteer Appreciation Week is also in April, we've decided to create an event on Friday, April 19, for members and also to acknowledge the valuable contribution that volunteers make to the ARC community. An invitation will be sent to members and volunteers in the coming weeks. If you're still not a member, now's your chance! Details on how to sign up are available on the next page.

Shake your Boogie and Rock Like a Hurricane! Get ready to groove and move at our upcoming 70s-themed **Rock the Boogie Community Dinner Dance** on Saturday, April 27, in proud collaboration with The Royal Canadian Legion Branch 94. Join us for a night of funky beats, retro vibes and dancing! Jump into the disco inferno as you boogie the night away with your friends in the community. If classic rock is more your speed, then we've got that too. See page 4 for more information and how to register.

We're expanding our reach in the Haut-Richelieu-Rouville and recently opened a new satellite office in Lacolle, located at 10 Sainte-Marie Street in the Centre Léodore-Ryan. More details on what initiatives we'll be undertaking in that area in the coming months, but we're very excited to be expanding once again!

On page 3, we have the complete list of activities available to the community in March. For those 55+, we offer wellness activities each Wednesday in two locations; Chambly (see page 5 for details) and Greenfield Park (see page 4 for details).

"Lá Fhéile Pádraig sona duit! (LAA ey-lu PAAD-rig SOH-na ghit!)" — Happy St. Patrick's Day to you on Sunday, March 17!



Join or Renew Your Membership

We launched our yearly **membership drive** last month in anticipation of our new fiscal year beginning on April 1 and with that many 1-year memberships will be expiring on March 31.

What's new this year is that we are giving away exclusive ARC t-shirts to 3-year members! If you're already a 1-year member, you can easily upgrade your membership before April 1 by paying only \$15.00. If you're currently a 3-year member, we already have a t-shirt for you!

Here are a few reasons why to join our membership:

- **Support** our initiative to sustain services, programs and free activities for everyone in the English-speaking community.
- **Priority** notifications and early-bird signup for activities.
- **Vote** at the Annual General Meeting (AGM) with an opportunity to express your opinion and participate in the organization's future orientation.
- **Exclusive** pin for all members and a t-shirt for those who sign up for a 3-year membership.
- **Access** to member-only events.

Want to join our growing membership? The membership application is available to [complete on our website](#). You can either e-transfer or mail the payment. If you would like to check the status of your membership, contact Marianne at admincoord@arc-hss.ca or (514) 951-9711.

JOIN OR RENEW NOW!
2024 Annual Membership

Support our initiatives to sustain services, programs and free activities for everyone in the English-speaking community

Priority notifications and early-bird signup for activities

Vote at the Annual General Meeting (AGM) with an opportunity to express your opinion and participate in the organization's future orientation

Exclusive pin for all ARC members and a t-shirt for those who sign up for a 3-year membership

Access to member-only events

How to join?

- 1 Fill out the form on the reverse side
- 2 Include the form with payment or pay by e-transfer
- 3 Drop off or mail to any ARC location

INFO@ARC-HSS.CA

We offer individual sign up March 31.

For 3-year membership, please indicate your unisex t-shirt size: _____
Or, voluntary contribution: \$ _____
1-year organization membership \$20 or 2-year organization membership \$40 or
Organization name (if applicable): _____

Check those which apply to you:
 I would like to receive The Advisor newsletter and information about ARC's events by email.
 I would like to learn more about volunteer opportunities.

Payable by e-transfer to info@arc-hss.ca, password: ancho2024, cash or cheque payable to **Assistance and Referral Centre**. Please mail or drop off this form to one of the locations shown below.

ARC has the right to refuse or revoke a membership application at any time.

Signature: _____ Date: _____

Member expectations:

- Pay the annual membership fee
- Promote the mission and values of the organization
- Encourage formal/informal participation in the organization's activities and membership.
- And support the organization's events

Greenfield Park - Main Office
106 Church Blvd., 2nd Floor
Greenfield Park JQV 2G5
Tel: (514) 465-9500
info@arc-hss.ca

Haut-Richelieu-Routeville
927-B Seminaire Blvd.
Ste-Anne-sur-Richelieu J3A 1B6
Tel: (450) 393-0386
sgp@arc-hss.ca

Activity Centre
91 Church Blvd.
Greenfield Park JQV 3G5
Tel: (514) 951-9711
admincoord@arc-hss.ca

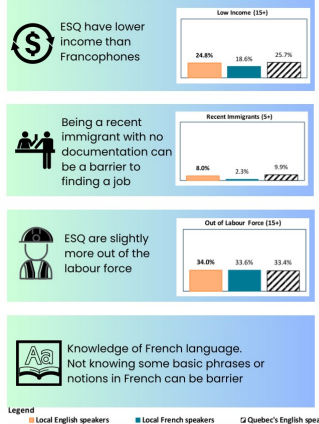
ARC can work with you to help with your search for employment

HOW TO BETTER ACCESS EMPLOYMENT FOR ENGLISH-SPEAKING QUÉBECERS (ESQ)

The number of English-speakers in the region of the Montérégie-Centre is 62,745 and represent 15% of the total population.



FACTORS PREVENTING ACCESS TO EMPLOYMENT *Statistics Canada Census 2021



ARC

ASSISTANCE AND REFERRAL CENTRE

We can help you get access to:

- A job advisor
- An academic advisor
- Employment workshops
- Programs and webinars
- French courses
- Organizations facilitating access to employment
- Entrepreneurial and volunteering programs

Funded by:

*Statistique Canada, recensement de la population de 2021

There are several factors that impede English-speaking Quebecers to access employment, including lower income, being a recent immigrant and knowledge of the French language.

At ARC, we can help you get better access to:

- A job advisor
- An academic advisor
- Employment workshops
- Programs and webinars
- French courses
- Organizations facilitating access to employment
- Entrepreneurial and volunteering programs

Karine Parent is ARC's Employment Coordinator. For information, please feel free to reach out to her at (514) 712-6575 or gpk2@arc-hss.ca.

To view the full flyer, [click here](#).

March 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>				1	2
3	<p>4</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>5</p> <p>Conversations about Grief via Zoom 7:00-8:30 pm</p>	<p>6</p> <p>Caregivers Café @ Activity Centre 10:00-11:30</p> <p>Mommy & Me Walking Club (St-Jean) 10:00-11:00</p> <p>Seniors Wellness Centre Chambly & GPK 1:30-3:00 pm</p> <p>Addie's Virtual Colour Cafe via Zoom 2:00-3:30 pm</p>	<p>7</p> <p>Tai Chi/Qi Gong 9:00-10:00 @ Activity Centre</p> <p>Walk & Talk @ GPK 10:30-11:30</p> <p>Linda's Gentle Yoga via Zoom from 2:00 - 3:00 pm</p>	8	9
10	<p>11</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>12</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>13</p> <p>Caregivers Café @ Activity Centre 10:00-11:30</p> <p>Mommy & Me Walking Club (St-Jean) 10:00-11:00</p> <p>Seniors Wellness Centre Chambly & GPK 1:30-3:00 pm</p> <p>Affordable baskets @ Activity Centre 3:00-7:00 pm</p>	<p>14</p> <p>Activity Centre Closed</p>	15	16
17	<p>18</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>19</p> <p>Social Cooking with Jody @ Activity Centre 10:00 am-12:00 pm</p>	<p>20</p> <p>Caregivers Café @ Activity Centre 10:00-11:30</p> <p>Mommy & Me Walking Club (St-Jean) 10:00-11:00</p> <p>Seniors Wellness Centre Chambly & GPK 1:30-3:00 pm</p> <p>Addie's Virtual Colour Cafe via Zoom 2:00-3:30 pm</p> <p>ReCharge Workshop for Caregivers via Zoom 7:00-8:30 pm</p>	<p>21</p> <p>Tai Chi/Qi Gong 9:00-10:00 @ Activity Centre</p> <p>Walk & Talk @ GPK 10:30-11:30</p> <p>Linda's Gentle Yoga via Zoom from 2:00 - 3:00 pm</p> <p>Book Club @ St Jean 7:30 pm</p>	22	<p>23</p> <p>Family Wellness Saturday @ St-Jean Military College 10:00-2:00</p>
24	<p>25</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>26</p> <p>Social Cooking with Jody @ Activity Centre 10:00 am-12:00 pm</p>	<p>27</p> <p>Caregivers Café @ Activity Centre 10:00-11:30</p> <p>Mommy & Me Walking Club (St-Jean) 10:00-11:00</p> <p>Seniors Wellness Centre Chambly & GPK 1:30-3:00 pm</p> <p>Affordable baskets @ Activity Centre 3:00-7:00 pm</p>	<p>28</p> <p>Tai Chi/Qi Gong 9:00-10:00 @ Activity Centre</p> <p>Walk & Talk @ GPK 10:30-11:30</p> <p>Linda's Gentle Yoga via Zoom from 2:00 - 3:00 pm</p>	29	30

What's new from the **GREENFIELD PARK OFFICE**



Shake your Boogie and Rock Like a Hurricane! Get ready to groove and move at our upcoming 70s-themed **Rock the Boogie Community Dinner Dance** on Saturday, April 27, in proud collaboration with The Royal Canadian Legion Branch 94. Join us for a night of funky beats, retro vibes and dancing! Jump into the disco inferno as you boogie the night away with your friends in the community. If classic rock is more your speed, then we've got that too.



Tickets are \$15 for adults, reduced price for kids under 8. You can [reserve online](#) and pay via e-transfer or come see us at the Activity Centre (Mon-Thurs) at 91 Churchill. The meal is Shepherd's Pie, regular or vegetarian.

We love seeing the community come alive at our always-popular events, so dig out that funky attire or just feel free to come exactly as you are. If you haven't made it to an ARC Community Dinner event then you're not going to want to miss this one. Get ready for a boogie wonderland!

Our 55+ Seniors Wellness activities take place on Wednesdays from 1:30-3:00 p.m.

- March 6: A special presentation focusing on birds with Sheldon Harvey. Discover the wonders of spring migration and learn how to observe and feed early spring migrants.
- March 13: Hope your vocals are ready for a fun song sing-along with Michael McLean.
- March 20: Come & try a doodling creative activity facilitated by Marie-Claude Bernier. A fun way to let your imagination run wild and create unique designs.
- March 27: Laughter yoga with Sylvie Dagenais-Douville. A unique way to combine laughter and yoga for a fun and energizing experience. Get ready to laugh, stretch and feel amazing!

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](#)

The Minister of Health, Christian Dubé, and the MNA for Laporte, Isabelle Poulet, are pleased to announce the opening of the first **specialized nurse practitioner (SPN) clinic** in the Montérégie-Centre region. This announcement is part of the government's commitment to open 23 public SPN clinics by 2028. Located at Brossard's CLSC Samuel-de-Champlain, the clinic aims to provide better access to primary care services for people in the region, particularly those without a family doctor. It ensures effective management of common, acute and chronic health problems, and helps reduce pressure on emergency departments. To access SPN clinic services, the population must currently be redirected through the Guichet d'accès à la première ligne (GAP), Rendez-vous santé Québec (RSVQ) or 811 (Info-Santé and Info-Social).

Senior Action Quebec has some great upcoming webinars in March! Register for all [here](#).

- Tuesday, March 12 from 10:00-11:30 a.m. - ActLab presentation on Fake News, Disinformation and Misinformation – What Is It All About? Register by March 6.
- Friday, March 15 from 12:00-1:00 p.m. - Accessing Senior Care in Quebec
- Tuesday, March 26 from 10:00-11:00 a.m. - Portrait of English-speaking Mature Workers.

March is Music Therapy Awareness Month in Canada and the perfect opportunity to learn how and when to access the services of a Certified Music Therapist (MTA), the key to better health. Click [here](#) to read more.

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

March is another exciting month at the **Chambly Senior's Wellness Centre!**

On **March 6** we will again be joined by Nancy Gagnon of Alpha Contact who will be teaching self-defence.

On **March 13** we will be travelling together to Zimbabwe with a special guest speaker to learn about the culture and traditions of that country.

The following week, **March 20**, we have a great opportunity to learn about emergency preparedness. The Canadian Red Cross will be presenting their Be Ready workshop and it's sure to be very informative with practical applications.

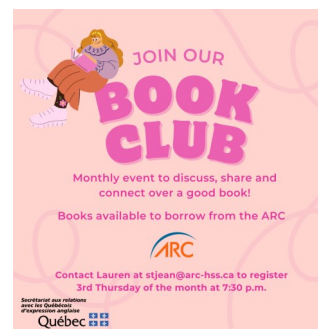
Lastly, on **March 27**, we will be making and learning about Alebrijes, which is a brightly coloured Mexican folk-art sculpture with a local artist. Make sure you attend the following week, April 3 for part 2 of the Alebrijes activity!

Family Wellness Saturday

This month at **Family Wellness Saturday** we will be hop-hop-hopping into some Easter fun! Join us for Easter-themed activities which are sure to be fun for all ages. Special surprise and goodies coming as well! This event will take place on Saturday, March 23, at the Royal Military College in St-Jean-sur-Richelieu. Contact Lauren at stjean@arc-hss.ca or call (450) 357-0386 for registration and questions

Book Club

The **Book Club** is meeting this month to discuss *The Paper Palace* by Miranda Cowley Heller. The Paper Palace tells the story of Elle and her affair with a childhood sweetheart. It slowly tells the tale of the 24 hours after the incident, but more importantly, and more interestingly, the life that led Elle to make this decision. Join us on March 21 at 7:30 p.m. at the St-Jean office. Everyone is always welcome whether or not they have started or finished the book, the more the merrier!



Alexi Utrera is our Senior Coordinator in St-Jean-sur-Richelieu. She can be reached at (450) 525-1176 or stjeanseniorecord@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.



Our **Caregiving Community activities** give caregivers and former caregivers the opportunity to connect, share insights and learn from our team of professionals and community partners. Sometimes we feel the need to put on a brave front and show the people around us that we're able to cope or that we've set grief aside. There's no need to feel isolated in caregiving when there's a community all around you.

Caregiving Workshops—Topics for March

By Zoom, 7:00 p.m.

March 5: Conversations About Grief facilitated by Emma Pepall-Schultz, Social Worker. Share your story with people who are learning to navigate life while dealing with grief and loss.

March 12: Monthly Support Group with Emma Pepall-Schultz. Find the support you need and connect with fellow caregivers from the comfort of home. There's a great community out there just waiting to meet you.

March 20: Hosted by our in-house expert Penny Fleming, RN. Join us on Wednesday, March 20 for **'ReCharge**

Greatest Hits' - an interactive session featuring highlights from our very best caregiver topics. Whether or not you're just joining us, or you've been following all along, we'll be quizzing, checking your caregiver pulse, and bringing you interesting tidbits for your toolkit.

Caregivers Café—Topics for March

In person at our Activity Centre, 10:00-11:30 a.m.

March 6, 13 & 27: Always a lively discussion, cozy refreshments and a wonderful group of people.

March 20: Come chat about how to care for yourselves while caring for others and learn about resources over refreshments. Nurse Penny will be dropping in to join the discussion and coffee is always brewing. Former caregivers always have a special place at the Cafe.



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

Book sale on March 9 from 9:30 a.m.-1:30 p.m. at St. Paul's Anglican Church, 321 Empire in Greenfield Park. Books, games, puzzles, DVDs, CDs etc., at very reasonable prices. Lunch will be available starting at 11:00 a.m. Prices: \$12.00 for adults / \$6.00 for children under 10. Coffee, muffins etc. available for sale all day. To donate books, games, puzzles, etc. drop off at the church on Wednesday March 6 from 11:30 - 1:30 p.m. For more information, please call or email Gloria at (450) 678-2460 or gkidd71@yahoo.com.

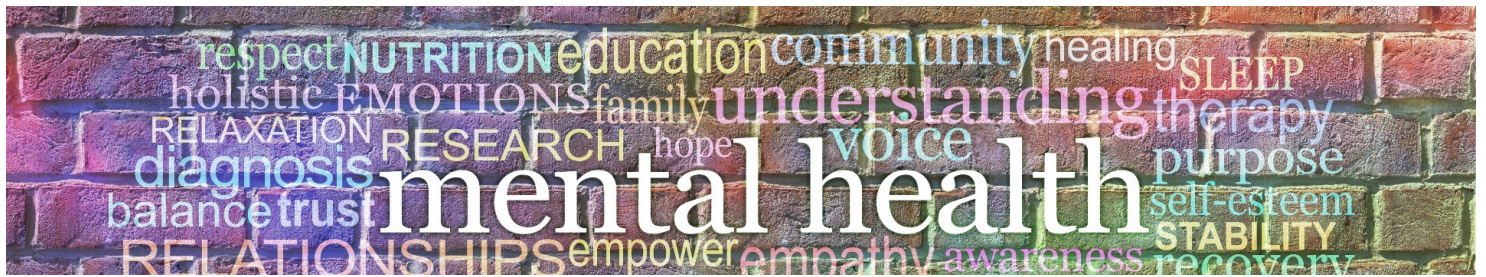
Just Dance tournament at the [library](#) on March 7 from 1:00-4:00 p.m. for ages 6 to 13. Get ready to move, dance and have an epic experience while being immersed in the colourful world of dance, where music meets movement, and where each step brings you a little closer to victory. Who will be crowned the king or queen of the *Just Dance* dance floor? Registration required [online](#).

Workshop for seniors. St-Lambert is offering a free workshop for seniors to help them better understand the tools used for online registration for recreational activities on March 14 from 2:00-3:30 p.m., at the rec centre. Registration is required by calling (450) 672-4444, ext: 6.

March 21 - Kevin Kavanaugh presents **The Growing Importance of Gardening for Nature** via Zoom at 7:30 p.m. Click [here](#) for all the info at St-Lambert Horticulture Society.

Arthritis Rive-Sud is hosting **Adapted Dance @** the Centre ESPOIR Québec, 6098 Grande Allée, St-Hubert, J3Y 1B4, which is based on exercises with Mrs. Carol Jones, every Thursday from 10:00-11:00 a.m. For more info call (438) 630-7215 or send an email info@arthriterivesud.org.

Summer Day Camp at The Prévaille Fine Arts Centre. The camp will be held in Longueuil with Prévaille providing group and private lessons in all artistic disciplines, from music, dance, visual arts and theatre, to Indigenous arts, songwriting, sound recording and much more. Click [here](#) for the direct link for the camp info in English.



Activities + Workshops

Aging well with mental illness (for people with mental illness) March 19 + 26 from 10:00 a.m.-12:00 p.m. Register [here](#).

In person workshops for family and friends at AMI Quebec offices located at 5800 Decarie Blvd., Montreal from 6:00-8:00 p.m. Click [here](#) for more info.

- How to make a Zine (youth ages 18-30) on March 7
- How to make a Zine (teens ages 12-17) on March 21
- Use your strengths on March 13
- Mindful Art: Watercolour on March 28 from 6:00-7:30 p.m.

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-4th Monday 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.

Every 3rd Monday of the month from 6:30-8:30 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.

Every 1st Monday of the month - 6:30-8:30 p.m. - Bilingual - Registration required by clicking [here](#).

Men's Support Group February 12 from 6:30-8:30 p.m. 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.



Support Groups with AMI Quebec

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

- Anxiety/OCD March 18
- Bipolar Disorder March 18
- Depression March 18
- Hoarding March 25
- Family and Friends March 11, 25
- Young Family and Friends (18-35) March 18
- Borderline Personality Disorder for Families March 11
- Kaleidoscope (for people living with any mental illness) March 25

By going to [Support Groups – AMI-Quebec \(amiquebec.org\)](#), select the group you wish to attend and click the Google Meet Link at the appropriate time. Registration is not required.

South Shore Family and Friends in person support group

91 Churchill Blvd, GPK on March 11 from 6:30-8:00 p.m. No registration required.

In person support group for people with anxiety, depression and bipolar disorder through Relief

Tuesdays 7:00-8:30 p.m. at 418 Sherbrooke East Street, Office 300, Montreal H2L 1J6. Registration required and more info available [here](#).

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

Are you eligible for the shelter allowance? In the economic and financial update released on November 7, 2023, the Minister of Finance of Québec announced an increase in the family income ceiling for the shelter allowance program. This will allow more low-income individuals who spend too much of their budget on housing to receive up to \$170 per month in financial assistance. For all the info click [here](#).

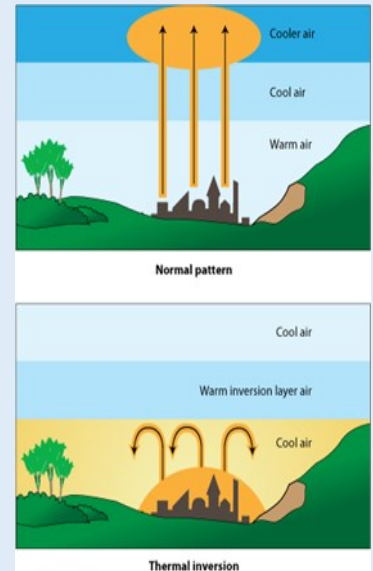
Did you know that the self-serve windshield washer fluid filling station is available now in the parking lot at St-Lambert City Hall? Simply insert the nozzle directly into your car's windshield washer fluid reservoir and fill it up. Click [here](#) for all the info.

Word of the Day: *Cirrostratus cloud*. A thin white cloud that resembles veils.

Welcome to the **Plant Growing Guide** library from The Old Farmer's Almanac. Click on a garden plant name or plant image to be taken to useful information about how to plant, grow, and harvest it by clicking [here](#).

Did you know what a temperature inversion is?

This diagram of a temperature inversion illustrates the way in which a layer of warm air traps a layer of cool air, and with it pollution, close to the ground. Without this inversion layer, pollution would be able to rise into the atmosphere and disperse. During a temperature inversion the cold layer closest to the ground is caused by cold dense air sinking down surrounding hills underneath the less dense warm air.



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 