

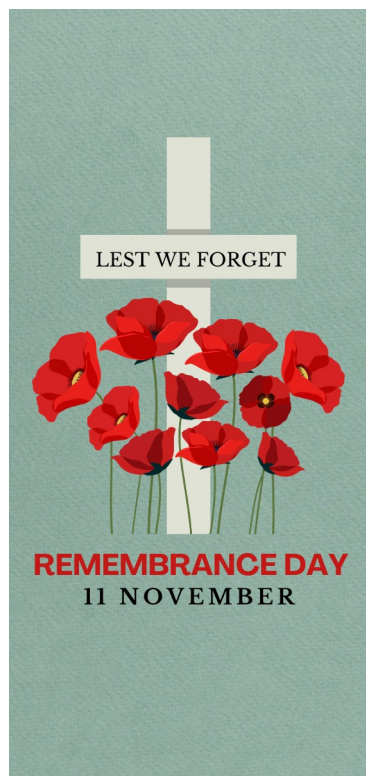
November 2026



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 November arrives, we continue to bring our community together through opportunities for wellness, learning, and connection. This edition of *The Advisor* features a variety of activities, programs, and events for all ages. As the days grow shorter and the holiday season approaches, we encourage you to take time for yourself, connect with others, and enjoy the many opportunities to learn and participate in your community.

On November 4 we are excited to bring together our three Senior Wellness groups for a special presentation by **Guy Rex Rodgers**, author of *What We Choose to Forget*. This gathering will offer participants an opportunity to connect with members from across our community while exploring the often-overlooked contributions of English speakers to Quebec. Guests in the Greenfield Park area can visit page 2 for more details, while those in Chambly and Clarenceville can see pages 6 and 7, respectively, for registration information.

This month, we invite you to join us at the **Montérégie Community Fair** on November 14 at ACCESS Cleghorn in St-Lambert. Meet local organizations, discover services available in English, enjoy family-friendly activities, and connect with your community. See page 11 for more details.

We are also excited to introduce **Qigong After Dark**, a new Thursday evening activity in Greenfield Park led by Sandra Mitchell of Tai Chi Rive-Sud. These sessions offer an opportunity to slow down and explore gentle movements that support balance and overall well-being. See page 3 for more information and how to register for these new sessions.

Families are invited to our **Family Wellness Saturday** on November 28 at the St-Jean Garrison. Enjoy indoor rock-climbing, archery, and activities for younger children in a fun and welcoming environment. Registration is required to access the military base. See page 6 for details.

As we observe Remembrance Day on November 11, we pause to honour the courage and sacrifice of those who served and those who continue to serve. We remember all those who gave their lives for peace and freedom, and we extend our gratitude to veterans, service members, and their families.

We hope to see you at our activities and events throughout November! Whether you are looking to try something new, meet new people, or reconnect with familiar faces, we look forward to sharing another month of meaningful experiences with you.

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

Greenfield Park Senior Wellness Activities – Join us Thursdays from 1:30 to 3:00 p.m. at the ARC Activity Centre, 91 Churchill Blvd., Greenfield Park for enjoyable weekly activities that encourage wellness, creativity, social connection, and community participation. Whether you are hoping to meet new people, share a few laughs, explore new activities, or simply enjoy a fun afternoon out, there is something for everyone. Registration is required for all activities. For more information or to register, contact Tania at gpk@arc-hss.ca or (514) 213-3744.

- **November 5** — *No Activity*. Please join us on **November 4** at Cynthia Coull Arena in Greenfield Park from 1:30 to 3:00 p.m. for a **special presentation by Guy Rex Rodgers**, author of *What We Choose to Forget*. Guy will speak about his book, which explores erasure, cancellation and selective amnesia surrounding the many valuable contributions English speakers have made to Quebec. Copies of the book will be available for \$25, and Guy will be happy to sign purchased copies on site. Free PDF and reader-friendly digital versions are also available to download from his website. To learn more about the book and upcoming events, visit www.whatwechoose.ca. Registration is required. Please email gpk@arc-hss.ca or call (514) 213-3744 to register.
- **November 12** — We will welcome Karen Hetherington from Option Milieu for a **conversation about ageism**. Karen will explore what ageism looks like, how it can affect our everyday lives, and why challenging age-related stereotypes matters. Come listen, learn, and take part in the conversation!
- **November 19** — We will welcome Connected Canadians for a session dedicated to **exploring Google Maps and Google Places**. Learn how to use these helpful tools to find local businesses and services, explore your community, get directions, and discover useful information about places before you visit.
- **November 26** — Art with Arlene - a creative and relaxing session featuring **fun and easy doodles!** Learn simple doodling techniques, play with different patterns and designs, and explore adding watercolours to bring your creations to life. No art experience is needed, just come ready to have fun and get creative!



Move and Stay Active with Arthritis South-Shore on November 2 from 2:00 to 3:00 p.m. Get into the groove with a kinesiologist and discover how gentle movement can help manage pain and improve your physical and mental well-being! Join us for this free session featuring a 15-minute presentation on the benefits of physical activity for pain management and overall wellness, followed by 45 minutes of gentle, adapted exercises set to music. Whether seated or standing, you can participate at your own pace. Everyone is welcome! The session will take place at the ARC Activity Centre, 91 Churchill Blvd., Greenfield Park. Registration is required as space is limited. To register, email Courtney at info@arc-hss.ca or call (514) 604-9455.

ARTHRITE RIVE-SUD

MOVE & STAY ACTIVE

FREE

MONDAY, NOVEMBER 2 | 2:00 - 3:00 PM

Get into the groove with a kinesiologist and learn how gentle movement can help manage pain and boost well-being. Seated or standing, join the fun!

91 CHURCHILL BLVD., GREENFIELD PARK

ARC **REGISTER NOW!**
info@arc-hss.ca (514) 604-9455

Join our **French Conversation Group** on 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. Contact Courtney at info@arc-hss.ca for more information.

Offered by the CHSSN's Service for Aging in the Right Place (SHARP), this month's presentation will take place on November 18 from 10:00 to 11:30 a.m. via Zoom. The topic will be *Strength and Balance to Prevent Falls*. To register for the Zoom session, [click here](#).

continued on following page...

GPK Activities *continued from previous page...*

Ready to get creative? Join us for **Ilana's Drawing Class** (in-person) on **November 9** from 1:00 to 3:00 p.m. at 91 Churchill Blvd., Greenfield Park. A friendly art group where we draw, paint, and share inspiration. To register, contact Courtney at info@arc-hss.ca or call (514) 604-9455.

Join **Ilana's Drawing Class on Zoom** Mondays from 2:00 to 3:30 p.m. and discover your creative side from the comfort of home! Draw, paint, and explore your artistic interests alongside fellow art enthusiasts in a relaxed, welcoming environment. All skill levels are encouraged to participate, whether you're just starting out or have years of experience. Create, connect, and find inspiration together while enjoying a fun and supportive creative space. Everyone is welcome! To register for the Zoom class, email info@arc-hss.ca.

Join our patient navigator, Therese, for **Clic Santé Café**, where we will explore health care applications and technology that you can use in daily life to make accessing health care a little easier. Bring your RAMQ card as well as any questions you have to 91 Churchill Blvd., Greenfield Park on **November 10** from 1:30 to 3:00 p.m. For more information or to register, contact Therese at (438) 459-1548 or pn@arc-hss.ca.



Workshop
CLIC
SANTÉ
CAFE

Learn to **navigate** online healthcare booking with **more confidence**.

APPOINTMENTS, SCREENING, VACCINES & MORE...

We'll take it step by step.

LIMITED PLACES - PLEASE RESERVE

NOVEMBER 10
1:30 - 3:00 PM
91 CHURCHILL BLVD.
GREENFIELD PARK

presented by
THERESE CALLAHAN
ARC's Patient Navigator
pn@arc-hss.ca | (438) 459-1549

Secrétariat aux relations
avec les Québécois
d'expression anglaise
Québec

Supported by:

CHSSN



Patient
Navigation
Network

Protect Yourself Online: Join us for our next **Digital Skills Workshop: Two-factor authentication** on **November 24** at 91 Churchill Blvd., Greenfield Park. Learn simple ways to better protect your online accounts and personal information. We'll explain what two-factor authentication is, why it's important, and how to set it up on commonly used accounts. Participants will also learn practical tips for creating stronger passwords and recognizing common online security risks. Registration is required by contacting Tania at gpk@arc-hss.ca.

Join us on **November 25** from 1:30 to 3:00 p.m. for **Mindful Together**, a returning activity that encourages you to take a moment to pause and reconnect with yourself. Held at 91 Churchill Blvd., Greenfield Park and led by Brandon Stewart, these sessions explore the "art of being present". For this session, we'll delve into the concepts of accepting imperfections, responding with kindness and micro-gratitude. Space is limited and registration is required. To register, contact Brandon at (438) 465-4514 or stewart.brandon@arc-hss.ca.

Qigong After Dark – Find your evening flow with Sandra Mitchell of Tai Chi Rive-Sud, a Qigong master bringing her expertise to our new Thursday evening sessions. **Beginning November 12**, join Sandra from 7:30 to 8:30 p.m. for an hour of gentle, flowing movements and mindful breathing. Explore how Qigong can support better balance, help manage everyday stress, and promote overall well-being. Sandra will guide you through the practice at a comfortable pace, giving you time to slow down, reconnect with yourself, and unwind at the end of the day. The sessions will take place at 91 Churchill Blvd., Greenfield Park. Space is limited, and registration is required. Email Sandra at taichirivesud@gmail.com for more information or to reserve your place.

Our **Walk & Talk Group** meets Thursday mornings for an hour-long stroll around Greenfield Park. Walking can boost heart health, strengthen muscles and joints, improve mood, reduce stress, and is a great way to make new friends and connect with others. Meet us at 91 Churchill, Greenfield Park at 10:30 a.m. and enjoy good company and fresh air! No registration required.

Take a break and unwind with **Gentle Yoga on Zoom**. Join us online Thursdays at 2:00 p.m. for this calming yoga session that is suitable for all levels and focuses on stretching, breathing, and relaxation. For more information or to register for the Zoom classes, please email info@arc-hss.ca.

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 cafe

"Caregiving is a constant learning experience."

- VIVIAN FRASER

Caregivers Cafe

This November, we're sharing a little Caregivers Cafe history, welcoming back a new friend who's quickly becoming a familiar face, and bringing some interesting subjects to the table. From the everyday realities of aging and caregiving to staying active, supporting independence, and looking after our own health, we've planned sessions that invite questions, encourage discussion, and offer something useful to take home. Join us Wednesdays from 10:00 to 11:30 a.m. at 91 Churchill Blvd., Greenfield Park.

- **November 4 | The Caregivers Cafe Story: Then & Now** — In October, we had the privilege of sharing the Caregivers Cafe story at the CHSSN Senior Wellness Initiative retreat at Lac-Delage. Now we're bringing that presentation home to the people who helped shape it, revisiting the Cafe's beginnings and celebrating the community it's become. We're also introducing *Caregivers Cafe: The Official Soundtrack*, a Spotify playlist we'll be filling together with songs that bring back memories, remind us of people we love, or make us want to dance around the kitchen. Everyone has a song with a story behind it, and we can't wait to hear yours!
- **November 11 | AgeWise™ Aging Leadership Series: Part Two** — Varsha Bhat, creator and host of the *Aging with Dignity Podcast*, returns for the second of four monthly sessions of her AgeWise™ – Aging Leadership Series at Caregivers Cafe. Through her work, Varsha champions caregivers' voices and encourages open conversations about caregiving and aging that deserve more attention. Discover content developed for ARC's English-speaking community, with discussions shaped around the experiences and interests of our participants.
- **November 18 | SHARP: Strength and Balance to Prevent Falls** — We're joining another live session of CHSSN's SHARP program, connecting our Cafe with English-speaking caregivers and older adults across Quebec. Debbie Cheong, Fall Prevention & Fitness Specialist and Master Trainer, leads *Strength and Balance to Prevent Falls*, an interactive session exploring how strength, agility, quick reactions, and balance recovery can help

reduce the risk of falls. With practical exercises and an engaging approach, we'll discover how staying active and improving our balance can help older adults feel more confident, stay safe, and maintain their independence.

- **November 25 | From Heartbreak to Heart Health** — Join us for a presentation exploring the relationship between emotional well-being and heart health, with a focus on caregivers aged 55+. We'll consider the physical toll that caregiver stress, burnout, grief, and loss can take over time. With so much attention devoted to the needs of others, caregivers may overlook their own health concerns or put off important medical appointments and preventive care. We'll discuss the importance of prevention, recognizing changes in our health, and knowing when to seek medical advice.

We hope something in this November lineup brings you through the door. For more information, contact Christine at caregivers@arc-hss.ca or (514) 608-9600.



The image is a vertical poster for the Caregivers Cafe November event series. At the top, it features the ARC logo and the text 'caregivers cafe' in a large, white, sans-serif font. Below this, a tagline reads 'A community built on connection, understanding, and mutual support.' The main heading 'NOVEMBER' is in large, bold, white letters, followed by the schedule 'WEDNESDAYS 10:00 - 11:30 AM' and the location '91 CHURCHILL BLVD. GREENFIELD PARK'. The poster lists four events, each with a date in a blue circle on the right. 1. 'THE CAREGIVERS CAFE STORY: THEN & NOW plus The Official Soundtrack on Spotify' on Nov 4, featuring an ARC mug icon. 2. 'AGEWISE™ - AGING LEADERSHIP SERIES: PART II with Varsha Bhat - Aging With Dignity podcast' on Nov 11, featuring a photo of Varsha Bhat. 3. 'STRENGTH AND BALANCE TO PREVENT FALLS Services for Healthy Aging in the Right Place (SHARP)' on Nov 18, featuring a photo of Debbie Cheong. 4. 'FROM HEARTBREAK TO HEART HEALTH Presentation on Caregiving and the Heart' on Nov 25, featuring a photo of a hand holding a red heart. At the bottom, it mentions 'with financial support from' and shows logos for 'Secrétariat aux relations avec les Québécois d'expression anglaise Québec' and 'CHSSN'. Contact information for 'caregivers@arc-hss.ca' and '(514) 608-9600' is provided, along with social media handles '@arcaccess' and '@arcaccess'.

ARC caregivers cafe
A community built on connection, understanding, and mutual support.

NOVEMBER WEDNESDAYS 10:00 - 11:30 AM 91 CHURCHILL BLVD. GREENFIELD PARK

THE CAREGIVERS CAFE STORY: THEN & NOW
plus The Official Soundtrack on Spotify
A look back at how our Cafe became the community it is today, plus the launch of The Official Soundtrack! Bring your favourite songs, memories, and musical inspiration. **NOV 4**

AGEWISE™ - AGING LEADERSHIP SERIES: PART II
with Varsha Bhat - Aging With Dignity podcast
Varsha returns for part two of this engaging series, exploring aging and caregiving through conversations shaped by the experiences and interests of the ARC caregiving community. **NOV 11**

STRENGTH AND BALANCE TO PREVENT FALLS
Services for Healthy Aging in the Right Place (SHARP)
Join fall prevention and fitness specialist Debbie Cheong for an interactive webinar exploring how strength, agility, and balance can help reduce the risk of falls and support independence in everyday life. **NOV 18**

FROM HEARTBREAK TO HEART HEALTH
Presentation on Caregiving and the Heart
Explore how caregiver stress, burnout, grief, and loss can affect physical health, and why prevention, recognizing warning signs, and looking after your own well-being matter. **NOV 25**

with financial support from
Secrétariat aux relations avec les Québécois d'expression anglaise Québec CHSSN
caregivers@arc-hss.ca (514) 608-9600 @arcaccess

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.



November 2026 Greenfield Park

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

Locations / Notes:

 **ARC Activity Centre**
91 Churchill
Greenfield Park

 **Jubilee Hall**
Cynthia Coull Arena
195 Empire
Greenfield Park

 **ACCESS Cleghorn**
163 Cleghorn
St-Lambert

 **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	2 French Conversation 10:30 - 11:30 a.m. Arthritis South Shore: Move & Stay Active 2:00 - 3:00 p.m. Virtual Drawing 2:00 - 3:30 p.m. (Zoom) Cribbage 6:00 - 8:00 pm	3	4 Caregivers Cafe 10:00 - 11:30 a.m. Guy Rex Rodgers (author presentation) 1:30 - 3:00 p.m. ** Affordable Produce Baskets ** 3:00 - 7:00 p.m.	5 Qigong 9:00 - 10:00 a.m. Walk & Talk 10:30 a.m. Virtual Gentle Yoga 2:00 - 3:00 p.m. (Zoom)	6	7
8	9 French Conversation 10:30 - 11:30 a.m. Ilana's Drawing (in-person) 1:00 - 3:00 p.m. Cribbage 6:00 - 8:00 pm	10 Clic Santé Cafe 1:30 - 3:00 p.m.	11 Caregivers Cafe 10:00 - 11:30 a.m.	12 Qigong 9:00 - 10:00 a.m. Walk & Talk 10:30 a.m. Senior Wellness 1:30 - 3:00 p.m. Virtual Gentle Yoga 2:00 - 3:00 p.m. (Zoom) Qigong After Dark 7:30 - 8:30 p.m.	13	14 Montérégie Community Fair 10:00 a.m. - 2:00 p.m.
15	16 French Conversation 10:30 - 11:30 a.m. Virtual Drawing 2:00 - 3:30 p.m. (Zoom)	17 Genealogy Club (full) 1:00 - 3:00 p.m.	18 Caregivers Cafe 10:00 - 11:30 a.m. SHARP: Strength & Balance to Prevent Falls 10:00 - 11:30 a.m. (Zoom) ** Affordable Produce Baskets ** 3:00 - 7:00 p.m.	19 Qigong 9:00 - 10:00 a.m. Walk & Talk 10:30 a.m. Senior Wellness 1:30 - 3:00 p.m. Virtual Gentle Yoga 2:00 - 3:00 p.m. (Zoom) Qigong After Dark 7:30 - 8:30 p.m.	20	21
22	23 French Conversation 10:30 - 11:30 a.m. Book Club (full) 1:30 - 3:00 p.m. Virtual Drawing 2:00 - 3:30 p.m. (Zoom)	24 Digital Skills Workshop 1:30 - 3:00 p.m.	25 Caregivers Cafe 10:00 - 11:30 a.m. Mindful Together 1:30 - 3:00 pm	26 Qigong 9:00 - 10:00 a.m. Walk & Talk 10:30 a.m. Senior Wellness 1:30 - 3:00 p.m. Virtual Gentle Yoga 2:00 - 3:00 p.m. (Zoom) Qigong After Dark 7:30 - 8:30 p.m.	27	28
29	30 French Conversation 10:30 - 11:30 a.m. Virtual Drawing 2:00 - 3:30 p.m. (Zoom)					

HAUT-RICHELIEU-ROUVILLE

Review



Senior Wellness – Chambly Join us Wednesdays at Randell Hall, 2000 Bourgogne Ave., Chambly, from 1:30 to 3:00 p.m. For more information or to register, please contact Tania at blood.tania@arc-hss.ca or phone (514) 213-3744.



ADD SOME SPARK TO YOUR WEEK!

SENIOR WELLNESS CHAMBLY

Activities for the 55+ community to learn, socialize, create, and connect. Each week brings something different, and there's always good company.

WEDNESDAYS
1:30 – 3:00 PM

RANDELL HALL
2000, AV BOURGOGNE, CHAMBLY

FOR INFO & TO REGISTER:
 blood.tania@arc-hss.ca
 (514) 213-3744

with financial support from

Secrétariat aux relations
avec les Québécois
d'expression anglaise
Québec

ARC CHSSN

- **November 4 — Field Trip to Greenfield Park:** The bus will pick up registered participants at Randell Hall at 11:45 a.m., and will then make its way to Cynthia Coull Arena in Greenfield Park for a **special presentation by Guy Rex Rodgers**, author of *What We Choose to Forget*. Guy will speak about his book, which explores erasure, cancellation and selective amnesia surrounding the many valuable contributions English speakers have made to Quebec. Copies of the book will be available for \$25, and Guy will be happy to sign purchased copies on site. Free digital versions are also available to download from his [website](https://www.guyrexrogers.com). The bus will return to Randell Hall at approximately 4:15 p.m.
- **November 11 —** Get moving with a fun and **accessible exercise** session designed to keep you active and feeling your best.
- **November 18 —** Are you prepared for an emergency? Join Rachel Wagner for an informative session on **emergency preparedness**, with practical tips to help you plan ahead for when the unexpected happens.
- **November 25 —** Join us for a round of **Musical Bingo!** Test your music knowledge, recognize familiar tunes and enjoy some friendly competition.

Family Wellness Saturday – Join us **November 28** from 10:00 a.m. to 12:00 p.m. for supervised indoor rock-climbing and archery for all ages (3 and up) at the Saint-Jean Garrison sports centre, 25 Grand Bernier South, St-Jean. All equipment and guidance will be provided by certified instructors, so everyone can climb safely and confidently. We'll also have a soft-play and gross-motor skills area for younger children to explore and to move around. RSVP is required to access the military base. Contact Brandon at stewart.brandon@arc-hss.ca or (438) 465-4514 before November 19 to get on the list!



FAMILY WELLNESS SATURDAY WALL CLIMBING & ARCHERY

SATURDAY, NOVEMBER 28 • 10:00 A.M. – 12:00 P.M.

SAINT-JEAN GARRISON SPORTS CENTRE
25 Grand Bernier South
Saint-Jean-sur-Richelieu

INFO & Registration
 cmtydev@arc-hss.ca
 (438) 465-4514

RSVP by November 19
Registration is required to access the military base.

Please wear activewear or sports clothing.

Join the **St-Jean Book Club** on **November 26**, from 7:00 to 8:30 p.m. at the Collectivemnt Elles women's centre (390 Georges-Phaneuf St., St-Jean) to discuss *State of Wonder* by Ann Patchett. Set deep in the Amazon rainforest, this compelling novel blends scientific discovery, ethical dilemmas, and personal transformation into an unforgettable story. To attend this club, participants must purchase a \$5 membership to Collectivemnt Elles, which provides access to all of the centre's programming and resources throughout the year. New participants are always welcome to join us! For more information about the St-Jean book club, please visit the group's Facebook page [ARC English Book Club SJSR](https://www.facebook.com/ARC-English-Book-Club-SJSR) or contact Candice at hrr@arc-hss.ca.

continued on following page...

HRR Review *continued from previous page...*

Senior Wellness – Clarenceville Spend your Wednesday afternoons focusing on your well-being, staying active and connecting with others! Seniors aged 55 and over are invited to join us from 1:30 to 3:00 p.m. for a variety of activities in a friendly and supportive setting. We meet in the lower level of the Free Methodist Church at 1076 Front St. North, Clarenceville (wheelchair accessible). For more information or to register, please contact Marianne at admincoord@arc-hss.ca or (514) 951-9711.

• **November 4 — Field Trip to Greenfield Park:** The bus will pick up registered participants at the Methodist Church (1076 Front Street North, Clarenceville) at 10:45 a.m., then head to Randell Hall in Chambly, and continue to Cynthia Coull Arena in Greenfield Park for a **special presentation by Guy Rex Rodgers**, author of *What We Choose to Forget*. Guy will speak about his book, which explores erasure, cancellation and selective amnesia surrounding the many valuable contributions English speakers have made to Quebec. Copies of the book will be available for \$25, and Guy will be happy to sign purchased copies on site. Free digital versions are also

available to download from his [website](#). The bus will return to the Methodist Church in Clarenceville at approximately 5:30 p.m.

- **November 11** — Join us for **Pass the Poem**, a fun and creative activity where each participant adds their own line to a growing poem. Together, we'll turn individual ideas into a unique collaborative poem filled with imagination, surprises, and shared creativity!
- **November 18** — Join us for a special visit from **Varsha Bhat, host of the *Aging with Dignity* podcast**. Varsha will share insights from her podcast and lead a conversation around aging, well-being and what it means to age with dignity.
- **November 25** — Join Connected Canadians for a hybrid session exploring ChatGPT, an AI tool that responds to questions and helps with everyday tasks. Discover how it can help you draft messages, brainstorm ideas, and understand new topics, while learning tips for using it safely and checking its answers.

Candice Giroux 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.

Employment Services — ARC Works

Your Future, Our Focus: Employment Services at ARC

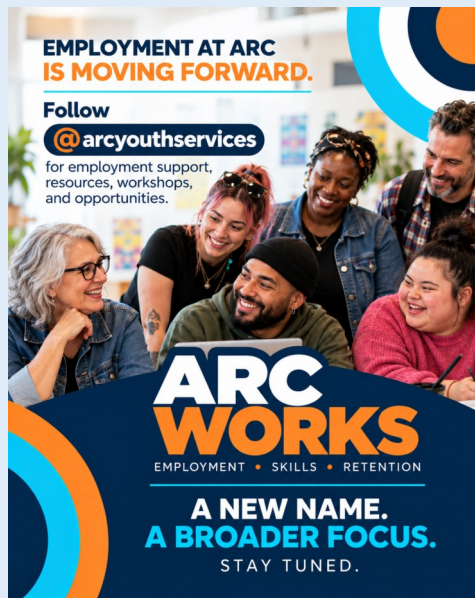
Are you looking for work, considering a career change or hoping to develop new skills? ARC's Employment Services are here to help you take the next step. Finding employment isn't always easy. From preparing a resume to navigating online applications and preparing for interviews, there can be plenty of challenges along the way. Our goal is to help reduce these barriers by providing free, personalized employment support tailored to your needs.

Coming Soon: Employment Lunch & Learn Webinar Series!

We're excited to share that ARC will soon be introducing a new Employment Lunch & Learn webinar series. These free online sessions will take place during the lunch hour, from 12:00 to 1:00 p.m., and will cover a variety of practical employment topics. From discovering the hidden job market and preparing for interviews to using AI in your job search, each webinar will provide useful tips, resources and strategies to help you build confidence and strengthen your employment skills. Whether you're actively looking for work, thinking about a career change or simply interested in learning something new, we encourage you to join us. **Stay tuned for upcoming webinar dates, topics and registration details.**

In the meantime, remember that you don't have to navigate your employment journey alone. Our free, one-on-one employment services are available to help you work toward your goals. To book an appointment or learn more, contact 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 him at (514) 712-6575 or employment@arc-hss.ca.





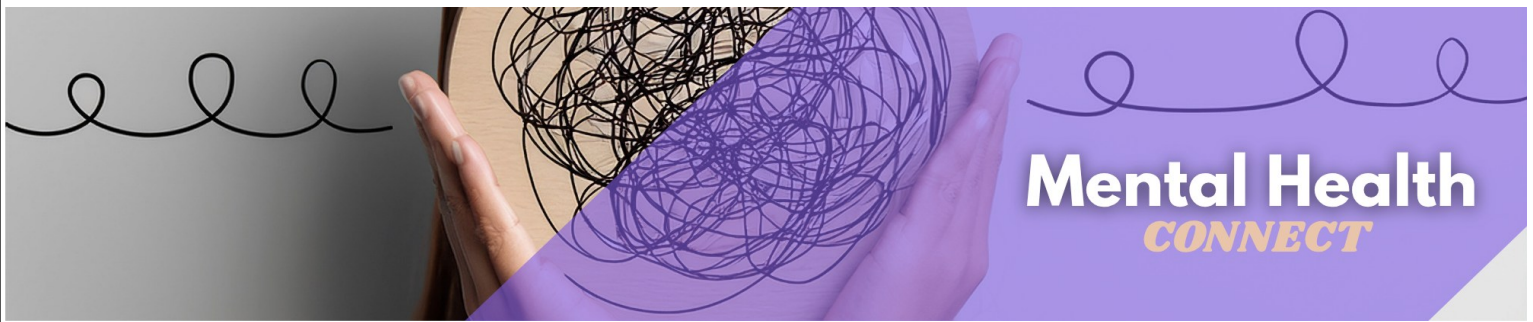
November 2026

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](#)
- Jubilee Hall**
[Cynthia Coull Arena](#)
[195 Empire](#)
[Greenfield Park](#)
- ACCESS Cleghorn**
[163 Cleghorn](#)
[St-Lambert](#)
- Virtual via ZOOM**
info@arc-hss.ca for link)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Virtual Drawing 2:00 - 3:30 p.m. (Zoom)	3	4 Senior Wellness Special Event: Guy Rex Rodgers (author presentation) 1:30 - 3:00 p.m.	5 Virtual Gentle Yoga 2:00 -3:00 p.m. (Zoom)	6	7
8	9	10	11 Senior Wellness Chambly 1:30 - 3:00 p.m. Senior Wellness Clarenceville 1:30 - 3:00 p.m.	12 Virtual Gentle Yoga 2:00 -3:00 p.m. (Zoom)	13	14 Montréal Community Fair 10:00 a.m. - 2:00 p.m.
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29	30 Virtual Drawing 2:00 - 3:30 p.m. (Zoom)					



Mental Health Connect

People show emotional support for others by offering genuine encouragement, reassurance, and compassion. This might include things like verbal expressions of sympathy or physical gestures of affection. Emotional support can also come from other places. This includes religious or spiritual sources, community activities, or even your pets. Whatever form it takes, this support can improve anyone's outlook and general wellness. Psychiatric service animals help people with mental health conditions like PTSD, schizophrenia, depression, anxiety, or bipolar disorder. They are allowed in the same places as service animals used to aid visual impairments or medical needs. Psychiatric service dogs help people manage mental health challenges. They can assist with issues like fear of leaving home or PTSD flashbacks. Other commonly trained behaviours include:

- Retrieving medications (picking up medication from a table or ringing a bell as a reminder);
- Tactile stimulation and deep pressure therapy (DPT) using touch or gentle pressure to help calm and comfort someone in distress;
- Grounding and reorienting (bringing the handler back into a more present state of mind during an anxiety attack);
- Interrupting and redirecting obsessive-compulsive and self-destructive behaviours;
- In crowded environments, locating a specific person or finding a safe place when their handler is experiencing anxiety;
- Navigation and buffering (acting as a barrier and guiding their handlers through stressful environments);

- Performing a room search to help those who suffer from hyper-vigilance caused by PTSD; and
- Stabilizing routines: assisting their handlers in maintaining healthy habits by preventing oversleeping and reminding the handler of daily tasks.

An emotional support animal is a more common type of service animal. Unlike psychiatric service dogs, support animals don't undergo the same rigorous training. They can offer emotional support and companionship to their humans, but, they don't get specific training for certain tasks. Additionally, unlike psychiatric service dogs, an emotional support animal does not have to be a dog. Emotional support animals don't have the same legal rights to access public spaces as trained psychiatric service dogs do. If someone you know would benefit from a psychiatric service dog, there are several organizations in Quebec that train dogs for the role.

TOGO Dogs: This organization trains service dogs for individuals and also for first-line workers. They are the exclusive supplier of dogs in Quebec for Wounded Warriors (active military, veterans, and first responders). To learn more about TOGO Dogs, please click [here](#).

Psy'Chien: This organization started in France in 2016, but opened a Quebec chapter in 2019. They have evaluators situated in the regions of Montreal, Sherbrooke, and Gatineau whose goal is to train dogs as psychiatric assistance dogs for people with mental illness who are at least 18 years old. To learn more about Psy'Chien, please click [here](#).



Therese Callahan is ARC's Patient Navigator and oversees the youth mental health initiative. For information, please feel free to reach out to her at (514) 605-9500 or pn@arc-hss.ca.

Community Activities

Hope & Cope – Men's Club in-person: November 3 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.

Remembrance Day Parade will take place on November 8 at 1:00 p.m. with the wreath-laying ceremonies at the cenotaph in front of the Greenfield Park Town Hall, 156 Churchill Blvd., Greenfield Park.

Free and lively board games: November 12 from 6:30 to 8:30 p.m. at the St-Lambert Library, 490 Mercille Ave. Come test your strategies against our experts! Discover new games or bring your own to share them with other enthusiasts! For more information click [here](#).

Christmas Craft Fair – Chambly: November 14 from 9:00 a.m. to 3:00 p.m. at Randell Hall, 2000 Bourgogne Ave. Items include handmade crochet and knitted items, woodworking pieces, spa items, and Christmas decorations.

The South Shore Retired Educators' Association: November 19 at 1:00 p.m. at Mount Bruno United Church, 25 Lakeview St. Guest speaker Jamie Sévigny, Director of Space Exploration Development at the Canadian Space Agency, will share some of the CSA's work and Canada's contributions to space exploration with the group. Over the course of her career, she has worked in both space operations and project management, including training astronauts to operate Canadarm2. Register with Ardèle Warr at ardelewarr@videotron.ca.

Christmas Fair – St. Augustine of Canterbury Women's Guild: November 21 from 10:00 a.m. to 3:00 p.m. at 1741 Roberval St. (St. Augustine of Canterbury Church) in St-Bruno. Gift table, baked goods, preserves, door prizes, and snack bar.

Webinar – Living with the Gluten-Free Diet (Celiac Canada): November 24 at 8:00 p.m. Sign up for a free, introductory webinar series designed to help you navigate life being gluten-free. *Setting up your kitchen, label reading, and shopping.* To register for the webinar and to discover information about various events, click [here](#).

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. These workshops and courses can also help build skills to tackle legal situations with confidence. Visit the [website](#) to choose an e-learning course just for you.

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

Qigong with Sandra: Movement disciplines for the body, mind, and soul. Every Monday from 1:00 to 2:15 p.m. at 330 Gladstone St., Greenfield Park. For information about Qigong sessions, contact Sandra Mitchell at (450) 466-7200 or email taichirivesud@gmail.com.

Strength and stretch fitness class (low impact, for all levels) at Randell Hall, 2000 Bourgogne Ave., Chambly. Every Saturday morning from 8:00 to 9:00 a.m. The cost is \$5 per 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. Every Monday at St-Bruno United Church at 4:15 p.m. and 5:30 p.m. and every Wednesday at 6:30 p.m. Zoom sessions: Mondays and Fridays at 10:30 a.m. and 2:00 p.m. Contact Sandra at (450) 466-7200 or email taichirivesud@gmail.com for more info and to register. Your first visit is complimentary.

La mère à boire/Moms for milk is the perfect place to begin your parenting journey, to feel empowered and connected with a warm, inclusive community. Click [here](#) for more information.

Golden Jubilee Club – Created by Local Seniors, Powered by Local Seniors! Happening Wednesdays at Jubilee Hall, 195 Empire St., Greenfield Park. Because staying active, socializing, and being part of a vibrant community is pure gold. For more information, contact Beverley at (450) 672-2679 or barmistead@videotron.ca.

Our Harbour - provides a caring, cost-effective long-term housing program on Montreal's South Shore for people of diverse backgrounds living with mental illness. They offer life-management support, links with resources in the surrounding community, and individual assistance in integrating with society. Our Harbour also educates the wider community about mental illness. To find out more, click [here](#).

Mission Nouvelle Génération Community Food Bank, located at 1423 Provencher Blvd. in Brossard, is open on Tuesdays and Thursdays from 1:00 to 6:00 p.m. Over 500 baskets are provided weekly. The service is available to all South Shore residents. To determine if you are eligible, call (450) 486-7667. With demand increasing, volunteers are welcome. For more info click [here](#).

St. Stephen's Anglican Church is hosting a **Warm Clothing Drive** to support unhoused men. Drop-off in the front entrance of Randell Hall, 2000 Bourgogne Ave., Chambly *before December 11*. Items needed: winter coats, heavy jackets, insulated boots, sturdy shoes, gloves, mittens, warm hats, thick winter socks, and blankets. For the dignity of the recipients, all clothing must be clean and in wearable condition. Thank you for your generosity! For more information, send an email to st.stephens1820@gmail.com.

Montréal Community Fair

Discover your community!

Join us on Saturday, November 14 from 10:00 a.m. to 2:00 p.m. for a fun and informative day connecting with your English-speaking community!

Come for the resources. Stay for the connections!

- Meet local organizations and discover services available in English.
- Enjoy free refreshments and family-friendly activities.
- Get helpful advice on employment, health, community programs, and more.
- Participate in our Community Passport Challenge for a chance to win prizes!

The Montréal Community Fair will take place at ACCESS Cleghorn, 163 Cleghorn Ave., St-Lambert. Admission is free and everyone is welcome.



The Last Word

November is Diabetes Awareness Month in Canada, with World Diabetes Day observed on November 14. This month is an opportunity to learn more about diabetes, its prevention and management, and the importance of healthy living. World Diabetes Day also honours Sir Frederick Banting, one of the co-discoverers of insulin. Taking steps to stay informed and support one another can help promote better health and well-being in our community. Diabetes Canada is a place to find everything you need to gain a deeper understanding of how to live a healthier life. Being newly diagnosed can be an intimidating experience but just know, we have the tools and resources needed to succeed. Click [here](#) for more information.

Helpful resources in English from the [Santé Québec – Montréal-Centre](#) whose mission is to contribute to promoting, maintaining, improving and restoring the health and well-being of residents in its territory by making a range of quality health and social services accessible.

Assistance and Referral Centre (ARC) | 91 Churchill Blvd., Greenfield Park, QC J4V 3L8 | (514) 605-9500 | info@arc-hss.ca

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