

October 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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Helping English-speaking residents navigate healthcare with confidence



Navigate appointments, forms and services



Understand your healthcare options



Connect with community and medical support

Contact our Patient Navigator!



pn@arc-hss.ca



(438) 459-1549



Information source for the South Shore English-speaking community

THE ADVISOR

As October arrives, we welcome the beauty of fall and the opportunity to continue connecting with our community. This edition of *The Advisor* features a variety of activities, programs, resources, and events focused on wellness, learning, and connection.

This month, we are excited to highlight **Mindful Together**, a returning activity that encourages participants to pause, reconnect with themselves, and explore practical mindfulness tools. Join Brandon Stewart in Greenfield Park or Chambly for sessions focused on being present, self-awareness, healthy boundaries, and self-regulation. See pages 3 and 6 for more details.

We are also continuing to build digital confidence through our **Digital Skills** programming. This month's workshop, *Google Made Easy: Search, Reviews and Maps*, will offer practical tips for using Google Search and Maps, as well as understanding and leaving reviews. See page 3 for more information.

Our **Intergenerational Dancing** activity brings students from Lucille-Teasdale Secondary School together with community members for a fun and lighthearted afternoon of movement and connection. Facilitated by the Cummings Centre, this activity is a wonderful opportunity to enjoy music, dancing, and time together across generations. See page 3 for details.

For caregivers, **Caregivers Café** continues this month with four Wednesdays of guest speakers, practical information, and meaningful conversations. Highlights include the launch of a new collaboration with the *Aging With Dignity* Podcast, a session with Tel-Aide Montréal, a SHARP presentation, and a workshop with Connected Canadians. See page 4 for the full schedule.

We invite women to join the **St-Jean Book Club** this October to discuss *The Correspondent* by Virginia Evans. Held at the Collectivemnt Elles women's centre, this welcoming book club is a great opportunity to connect with fellow readers, share ideas, and enjoy an engaging discussion. New participants are always welcome. See page 6 for more information.

Families are also invited to our **Family Wellness Saturday Halloween Party** at the Royal Military College in St-Jean. Come dressed in your favourite costume and enjoy festive crafts, games, and treats in a welcoming, family-friendly setting. Registration is required, so be sure to reserve your spot. See page 6 for details.

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

Senior Wellness – Greenfield Park *Relocating to the ARC Activity Centre starting October 1, 2026 (This event will no longer be held at St. Mary's Parish.) Join us Thursdays from 1:30 to 3:00 p.m. at 91 Churchill Blvd., Greenfield Park for enjoyable weekly activities that encourage wellness, creativity, and social connection. 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 mandatory for all activities. For more information or to register, contact Tania at gpk@arc-hss.ca or (514) 213-3744.

- **October 1** — Get creative with us at our **Fall and Halloween Card-Making Workshop**. Spend some time designing your own seasonal cards inspired by the colours and themes of fall. All are welcome, and no experience is needed. Come create, socialize, and leave with a handmade card of your own!
- **October 8** — **Coffee with a Cop!** Enjoy a cup of coffee while connecting with a local police officer in a relaxed and informal setting. It's a great opportunity to ask questions, have a conversation, and get to know more about the people who serve our community.
- **October 15** — As part of **Cybersecurity Awareness Month**, we'll be welcoming Connected Canadians for an informative session on online banking. Learn practical tips for banking safely online, protecting your personal and financial information, and recognizing potential scams and fraud. Bring your questions and learn how to feel more confident and secure when managing your finances online.
- **October 22** — ***No Activity*** Please note that there will be no activity on October 22.
- **October 29** — **A Halloween celebration!** Enjoy an afternoon of games, music, snacks, and socializing in good company. Come in costume if you'd like and enjoy the Halloween spirit with us!

Looking to improve your French in a relaxed, supportive setting? 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.



WE'RE BACK AT 91 CHURCHILL!

STARTING OCTOBER 1ST

SENIOR WELLNESS GREENFIELD PARK

Thursday afternoons are for creating, learning, moving, and connecting. Join the 55+ community at Senior Wellness GPK, where every week brings something new.

THURSDAYS

1:30 – 3:00 PM

ARC ACTIVITY CENTRE

LIMITED PLACES – PLEASE REGISTER

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

with financial support from

Secrétariat aux relations
avec les Québécois
d'expression anglaise
Québec



Join Marie-Claude for **Craft, Create, Connect**, a monthly creative activity where you can explore artistic projects—no experience needed. On **October 14** from 1:30 to 3:00 p.m. at 91 Churchill Blvd., Greenfield Park, we will be working on a fall-themed inspirational quote using paper tearing and collage techniques in a relaxed, welcoming setting. Registration is required as space is limited. Contact Courtney at info@arc-hss.ca or (514) 604-9455 to register.

No experience or supplies needed.
Just come make something beautiful.

CRAFT CREATE CONNECT

Accessible Atelier with Marie-Claude

ARC
REGISTRATION REQUIRED
info@arc-hss.ca
(514) 604-9455

**This month:
Layers of Autumn**

Torn paper, autumn textures, and seasonal details come together around a quote that speaks to you, creating a piece that's uniquely yours.

**WEDNESDAY
OCTOBER 14**

ACTIVITY CENTRE
91 Churchill Blvd.
Greenfield Park

1:30-3:00 PM

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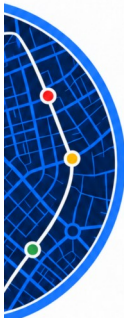
GPK Activities *continued from previous page...*

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 **October 20**, from 10:00 a.m. to 12:00 p.m. at 91 Churchill Blvd., Greenfield Park for a watch-and-learn session featuring fresh, seasonal harvest recipes. Space is limited and registration is required. Register with Courtney at info@arc-hss.ca or (514) 604-9455.

Join us for our next **Digital Skills Workshop** on **October 27**, from 1:30 p.m. to 3:00 p.m. at 91 Churchill Blvd., Greenfield Park. **Google Made Easy: Search, Reviews and Maps** - Learn how to get more out of Google in your everyday life. We'll cover helpful tips for searching online, using Google Maps to find places and directions, and leaving Google reviews. Registration is required. To register, contact Tania at gpk@arc-hss.ca or (514) 213-3744.

**DIGITAL SKILLS WORKSHOP**


MADE EASY
Search, Reviews & Maps


SEARCH REVIEWS MAPS

Learn how to get more out of Google in your everyday life.

TUESDAY, OCTOBER 27
1:30–3:00 p.m.

ARC Activity Centre
91 Churchill Blvd.,
Greenfield Park

REGISTRATION REQUIRED
gpk@arc-hss.ca
(514) 213-3744

with financial support from


Intergenerational Dancing: Join us for a fun and light-hearted afternoon of intergenerational dancing on **October 20** from 1:30 to 3:00 p.m. at 91 Churchill Blvd., Greenfield Park. Students from Lucille-Teasdale Secondary School will join community members for an easy and enjoyable dance session facilitated by the Cummings Centre. No dance experience is needed. Just come ready to move, have fun, and connect across generations! To register, contact Tania at gpk@arc-hss.ca or (514) 213-3744.

Join us on **October 28** 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 explore practical mindfulness tools, embracing things as they are, and the concept of giving without expectations. Space is limited and registration is required. For more information or to register, email Brandon at stewart.brandon@arc-hss.ca or (438) 465-4514.

Mindful TOGETHER
THE ART OF BEING PRESENT
LED BY BRANDON STEWART



 **Wednesday, October 28**
1:30–3:00 PM

 **Activity Centre**
91 Churchill Blvd., Greenfield Park



 REGISTRATION REQUIRED

 Canadian Heritage

cmtydev@arc-hss.ca | (438) 465-4514

Ready to get creative? Join us for **Ilana's Drawing Class** on Zoom Monday afternoons at 2:00 p.m., and in-person on **October 26** 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.

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 Café

"Caregiving is a constant learning experience."

- VIVIAN FRASER

Caregivers Café

This October we're delving into more of the things caregivers are dealing with in real life. We've planned four unique Wednesday sessions that bring different perspectives and useful information into the Café, while leaving room for what you want to ask and share. If you're a new, current, or former caregiver, consider this your special invitation to join us at the table. Join us Wednesdays from 10:00 to 11:30 a.m. at 91 Churchill Blvd., Greenfield Park.

- **October 7— Caregivers Café is collaborating with *Aging With Dignity*!** We're launching a four-part monthly workshop series with Varsha Bhat, creator and host of the *Aging With Dignity* Podcast. Varsha's experience caring for her parents became a catalyst for advocacy and public education, and she continues to draw on that lived experience to open up thoughtful conversations about aging, caregiving, and the realities families face. This new collaboration gives us a chance to take some of those conversations further and explore what they mean for caregivers in our own community.
- **October 14 — Tel-Aide Montréal: The Value of a Listening Ear.** Haley Scott from Tel-Aide Montréal joins us to talk about isolation, listening, and the difference it can make to have someone on the other end of the line. Their free, confidential listening service is available across Quebec, 24 hours a day, 7 days a week, with support in English and French. Sometimes what you need is someone who will simply listen. We want our community to know that kind of support is available, day or night.
- **October 21 — SHARP: Making Daily Tasks Easier.** We're joining CHSSN for another live SHARP session as part of a province-wide learning community of English-speaking caregivers and older adults. There's something so valuable in hearing how caregivers and older adults in other communities are navigating some of the same challenges. This month, Jennifer Hobbs-Robert of JH Partners presents *Making Daily Tasks Easier: Simple Tips to Stay Independent*.

- **October 28 — Connected Canadians: Making Technology Work for You.** Connected Canadians is making a special stop at the Café with their presentation *Making Technology Work for You: When Technology is Overwhelming*. Caregivers and older adults will learn practical ways to simplify devices and reduce confusion when cognitive decline or loss of independence changes how someone uses technology.

The poster for Caregivers Café features a background of autumn leaves. At the top, the ARC logo is next to the text 'caregivers cafe' and the tagline 'A place for the conversations caregivers don't always get to have.' Below this, the month 'OCTOBER' is highlighted. The event schedule is listed as 'WEDNESDAYS 10:00 - 11:30 AM' at '91 CHURCHILL BLVD. GREENFIELD PARK'. Four event cards are shown, each with a photo of the speaker and a date in a circle: 'AGING WITH DIGNITY - CAREGIVERS EDITION' on OCT 7, 'THE VALUE OF A LISTENING EAR' on OCT 14, 'MAKING DAILY TASKS EASIER' on OCT 21, and 'MAKING TECHNOLOGY WORK FOR YOU' on OCT 28. At the bottom, it mentions financial support from the 'Secrétariat aux relations avec les Québécois d'expression anglaise Québec' and 'CHSSN', along with contact information: 'caregivers@arc-hss.ca', '(514) 608-9600', and social media handles '@arcaccess'.

We hope something in this October lineup brings you through the door. Your own caregiving experience is always part of what you bring to the Café. For more information, contact Christine at caregivers@arc-hss.ca or (514) 608-9600.

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.



October 2026 Greenfield Park

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

Locations / Notes:

 **ARC Activity Centre**
91 Churchill
[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 Qigong 9:00 - 10:00 a.m. Walk & Talk 10:30 - 11:30 a.m. Senior Wellness 1:30 - 3:00 p.m. Virtual Gentle Yoga 2:00 - 3:00 p.m. (Zoom)	2	3
4	5 French Conversation 10:30 - 11:30 a.m. Virtual Drawing 2:00 - 3:30 p.m. (Zoom)	6	7 Caregivers Café 10:00 - 11:30 a.m. ** Affordable Produce Baskets ** 3:00 - 7:00 p.m.	8 Qigong 9:00 - 10:00 a.m. Walk & Talk 10:30 - 11:30 a.m. Senior Wellness 1:30 - 3:00 p.m. Virtual Gentle Yoga 2:00 - 3:00 p.m. (Zoom)	9	10
11	12 THANKSGIVING	13 Genealogy Club (full) 1:00 - 3:00 p.m.	14 Caregivers Café 10:00 - 11:30 a.m. Craft, Create, Connect 1:00 - 3:00 p.m.	15 Qigong 9:00 - 10:00 a.m. Walk & Talk 10:30 - 11:30 a.m. Senior Wellness 1:30 - 3:00 p.m. Virtual Gentle Yoga 2:00 - 3:00 p.m. (Zoom)	16	17
18	19 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)	20 Cooking Demonstration 10:00 a.m. - 12:00 p.m. Intergenerational Dancing 1:30 - 3:00 p.m.	21 Caregivers Café 10:00 - 11:30 a.m. SHARP: Making daily tasks easier 10:00 - 11:30 a.m. (Zoom) ** Affordable Produce Baskets ** 3:00 - 7:00 p.m.	22 Qigong 9:00 - 10:00 a.m. Walk & Talk 10:30 - 11:30 a.m.	23	24
25	26 French Conversation 10:30 - 11:30 a.m. Ilana's Drawing (in-person) 1:00 - 3:00 p.m.	27 Digital Skills Workshop 1:30 - 3:00 p.m.	28 Caregivers Café 10:00 - 11:30 a.m. Mindful Together 1:30 - 3:00 pm	29 Qigong 9:00 - 10:00 a.m. Walk & Talk 10:30 - 11:30 a.m. Senior Wellness 1:30 - 3:00 p.m. Virtual Gentle Yoga 2:00 - 3:00 p.m. (Zoom)	30	31

HAUT-RICHELIEU-ROUVILLE

Review



Senior Wellness – Chambly Join us Wednesdays from 1:30 to 3:00 p.m. at Randell Hall, 2000 Bourgogne Ave., Chambly for a variety of wellness-focused activities in a relaxed and social setting. Come take part, stay engaged, and enjoy an afternoon with others. For more information 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

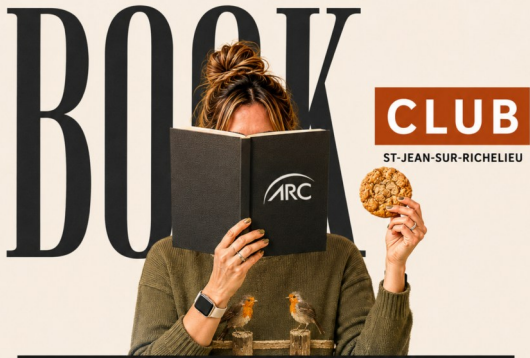
ARC CHSSN

Family Wellness Saturday — Halloween Party

Join us for a spooktacular Halloween Party at the Royal Military College (in the Dextrase Building at 15 Jacques-Cartier Street North in St-Jean) on **October 24** from 10:00 a.m. to 12:00 p.m. Wear your favourite costume and enjoy some festive crafts, games and treats in a friendly, family-oriented atmosphere. Registration is required, so reserve your spot by emailing Brandon at stewart.brandon@arc-hss.ca or call (438) 465-4514 to get on the list!

Join the **St-Jean Book Club** on **October 22**, from 7:00 to 8:30 p.m., at the Collectivemnt Elles women's centre, 390 Georges-Phaneuf St., St-Jean, to discuss *The Correspondent* by Virginia Evans. This thoughtful and engaging novel explores the connections we forge through letters, memory, and the enduring relationships that shape our lives. 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 please visit the group's Facebook page (ARC English Book Club SJSR) or contact Amanda at amandamaria.maruca@gmail.com.

- **October 7 — Mindful Together**, an activity focused on mindfulness and self-awareness led by Brandon Stewart. This session will explore mindfulness as a way of being present in the moment while learning to set healthy boundaries and self-regulate with intention.
- **October 14 — A relaxed afternoon of pumpkin decorating** with Dolly Shinhat. Get creative and enjoy some good company. No experience needed, just come ready to have fun and make something festive!
- **October 21 — In Recognition of Cybersecurity Awareness Month**, join us as we welcome Eric Ouimet for an informative session on **fraud awareness**. Learn about common scams, warning signs to watch for, and ways to protect your personal information. Come with your questions and learn how to stay informed and safe.
- **October: 28 — We will welcome Karen Hetherington from Option Milieu for a conversation on 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!



BOOK CLUB

ST-JEAN-SUR-RICHELIEU

WITH COLLECTIVEMENT ELLES

Thursday, October 22
7:00 to 8:30 p.m.

390 GEORGES-PHANEUF ST.
SAINT-JEAN-SUR-RICHELIEU

A limited number of books are available for borrowing upon request*
*some conditions apply

Your \$5 membership at Collectivemnt Elles women's centre grants access to their welcoming space and all programming.

OCTOBER'S PICK
The Correspondent
VIRGINIA EVANS

amandamaria.maruca@gmail.com
arc-hss.ca
[@arcaccess](https://www.facebook.com/arcaccess)

Canadian Heritage

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 that nurture physical, cognitive and emotional wellness 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.

- **October 7** — A fun and collaborative **Pass the Painting** group art activity! Each person will start a painting before passing it along for someone else to add their creative touch. No artistic experience needed, just come ready to create, connect, and see what we come up with together!

- **October 14** — In recognition of Cybersecurity Awareness Month, join us as we welcome Eric Oimet for an informative session on **fraud awareness**. Learn about common scams, warning signs to watch for, and practical ways to protect yourself and your personal information. Come with your questions and learn how to stay informed and safe.
- **October 21** — A relaxed afternoon of **pumpkin decorating** with Dolly Shinhat. Get creative, enjoy some good company, and add a little fall spirit to your day. No experience needed, just come ready to have fun and make something festive!
- **October 28** — Get into the Halloween spirit! Come dressed in costume and join us for a fun afternoon of socializing while enjoying a **Halloween-themed rock painting** session. (Costumes are optional)

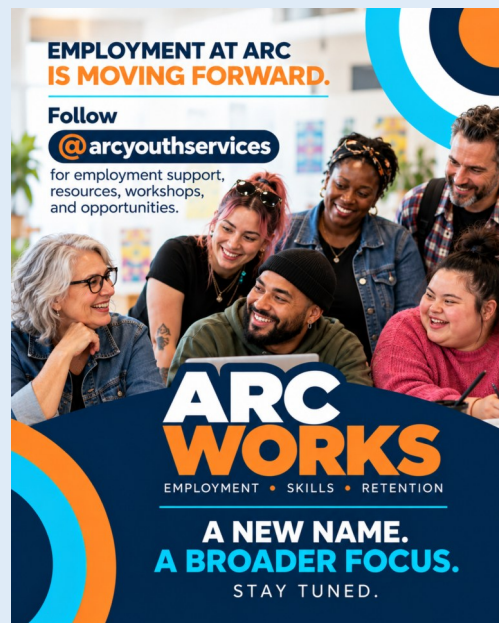
Employment Services — ARC Works

Did you know that we offer practical employment services through workshops and webinars designed to help community members build the skills, confidence and knowledge they need to prepare for employment and to navigate today's job market?

Topics include:

- Using AI as a tool in the job hunt, including responsible ways to research opportunities, prepare applications and practice for interviews
- How to prepare for an interview, from common questions and first impressions to following up after the interview
- How to create a clear, professional CV that highlights skills, education and experience
- Managing stress during the job search process and developing practical strategies for staying organized and motivated
- How to use job banks and access government employment resources to find opportunities and support
- Soft skills workshops tailored for neurodivergent youth, with a focus on workplace communication, expectations, self-advocacy and practical strategies for success
- Business-focused workshops that introduce students to workplace readiness, professional communication and other skills relevant to business environments.

Interested in learning more about these services? Contact Andre at employment@arc-hss.ca or (514) 712-6575 to learn more about available topics and how ARC can provide direct employment support.



*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.*



October 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](#)
- Royal Military College**
[Dextrase Building](#)
[15 Jacques-Cartier St. N.](#)
[St-Jean-sur-Richelieu](#)
- Virtual via ZOOM**
info@arc-hss.ca for link)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Virtual Gentle Yoga 2:00 -3:00 p.m. (Zoom)	2	3
4	5 Virtual Drawing 2:00 - 3:30 p.m. (Zoom)	6	7 Senior Wellness Chambly 1:30 - 3:00 p.m. Senior Wellness Clarenceville 1:30 - 3:00 p.m.	8 Virtual Gentle Yoga 2:00 -3:00 p.m. (Zoom)	9	10
11	12 THANKSGIVING	13	14 Senior Wellness Chambly 1:30 - 3:00 p.m. Senior Wellness Clarenceville 1:30 - 3:00 p.m.	15 Virtual Gentle Yoga 2:00 -3:00 p.m. (Zoom)	16	17
18	19 Virtual Drawing 2:00 - 3:30 p.m. (Zoom)	20	21 Senior Wellness Chambly 1:30 - 3:00 p.m. Senior Wellness Clarenceville 1:30 - 3:00 p.m.	22 St-Jean Book Club 7:00 - 8:30 p.m.	23	24 Family Wellness 10:00 a.m. - 12:00 p.m.
25	26	27	28 Senior Wellness Chambly 1:30 - 3:00 p.m. Senior Wellness Clarenceville 1:30 - 3:00 p.m.	29 Virtual Gentle Yoga 2:00 -3:00 p.m. (Zoom)	30	31



Mental Health Connect

Research by the American Psychological Association shows that young people today feel more pressure to be perfect than those in the past. The rise in perfectionism might be linked to social and economic issues like growing inequality and slow economic growth. Many high school students feel pressure to get into a selective college. Acceptance rates at top universities are dropping to all-time lows. Many teens watch social media reels that show their peers living perfect lives. This can create unrealistic expectations about real life. Higher perfectionism consistently predicts increased symptoms of depression and anxiety. Perfectionism can develop in early life due to a variety of causes, including:

- Conditional love and approval: When parental love or approval depends on performance—like grades, behaviour, or looks—children learn that their worth isn't natural but earned.
- Criticism and shame in early environments: Kids who face frequent criticism or harsh standards might adopt those negative voices. They can end up being their own toughest critics.
- Achievement environments: Competitive schools, top sports programs, or high-achieving families can promote perfectionist thinking. They reward it, making extreme standards feel like just "what it takes."
- Temperament: Studies on twins show that perfectionist traits have moderate heritability. Factors like high conscientiousness and sensitivity to threats can increase vulnerability.
- Physical symptoms are often the first way that anxiety stemming from perfectionism is discovered.

Perfectionism tricks you into believing you're just "pushing through." But when you're constantly pushing yourself, your nervous system is on high alert. You're constantly prepared for a threat, and over time this stress response can create real physical issues. This can show as:

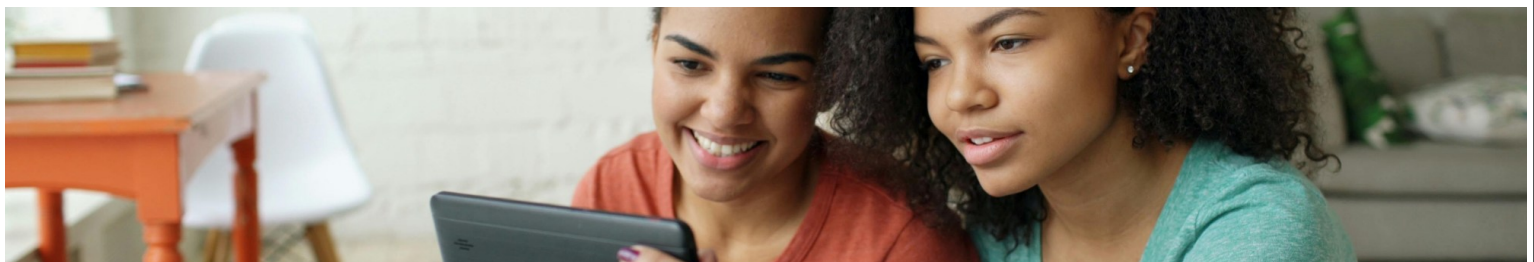
- Trouble falling or staying asleep; jaw clenching, headaches; digestive issues that flare under stress and constant fatigue, even after rest.

Parents who think their child may be a perfectionist can help in several ways, such as:

- Expressing love regardless of achievement.
- Monitoring how you react to mistakes. Parents who see mistakes as learning opportunities help reduce the fear of failure in many teens. When parents share their own real failures and how they recovered from them, it reinforces that message.
- Not adding to the economic anxiety. Don't shy away from reality, but avoid adding economic pressure to teens.
- Praising effort, not outcome.
- Taking distress seriously. If your teen's perfectionism leads to anxiety, avoidance, or depression, evidence-based treatments can help. Cognitive behavioural therapy is especially effective.

Working together with your teen to bring things into perspective can help reduce the desire to be perfect.

Nasanow, Mia. 2026. *How Perfectionism Can Undermine College Mental Health*. www.psychologytoday.com



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

Looking for a fun activity to do with a group of friends or as a family, something that won't cost a fortune? Then the **Phoenix Re: Generation** is the program for you. An all-ages program that brings generations together. Activities include cooking, games, challenges, and creative projects. Starting October 2, every Friday night from 6:30 p.m. to 8:30 p.m. at the Collective Greenfield Park Community Center, 330 Gladstone. Click [here](#) for more info.

Book Sale Chambly: Oct 2 from 4:00 p.m. to 8:00 p.m. and Oct 3 from 9:30 a.m. to 1:30 p.m. at St. Stephen's Anglican Church, 2000 Bourgogne Ave. Cash and debit cards accepted. For more information click [here](#).

Step-Up-for-Celiac fundraiser in Parc La Fontaine, Montreal on October 4 at 12:45 p.m., across the street from the Pâtisserie Parc Sans Gluten, 4050 Parc LaFontaine Ave. Donate to Celiac Canada through Team Quebec for Celiac Canada by clicking [here](#). To view a video about Celiac disease on a Facebook link click [here](#).

Hope & Cope - Men's Club in-person, October 6 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 information.

Attracting and feeding birds in fall/winter gardens hosted by Sheldon Harvey, an experienced birder, lecturer, consultant, and member of Bird Protection Quebec. October 14 from 7:00 to 9:00 p.m., Salle Colette Bédard, Brossard Library, 7855 San Francisco Ave. Free. To register, click [here](#).

For more information: contact Michèle Tibblin michele.tibblin@brossard.ca or (450) 923-6311 ext. 6280.

Old Saint-Lambert's Farmers' market at the multi-purpose centre, 81 Hooper St., until October 15 from 3:00 to 9:00 p.m. Come and fill up on fresh and prepared products from the best agri-food producers in the Montérégie and surrounding areas. Click [here](#) for all the info.

Sharing Our Stories: a creative writing workshop. Featuring memoirs will take place on Thursdays at 2:00 p.m. from October 15 until December 10 at 330 Gladstone in Greenfield Park. The cost for 9 weeks is \$30. To register email jeanettepaul@yahoo.ca or call (450) 651-7044.

Offered by the **CHSSN's Service for Aging in the Right Place (SHARP)**, this month's presentation will take place on **October 21** from 10:00 to 11:30 a.m. via Zoom. The topic will be *Making Daily Tasks Easier: Simple Tips to Stay Independent*. To register for the Zoom session, [click here](#).

Saint-Lambert Horticultural Society: October 22 – The Urban Forest. Click [here](#) to register.

Demonstration on Zoom on Baking Gluten-Free Sourdough Bread, October 27 at 8:00 p.m. To register and get the Zoom link by clicking [here](#). Scroll down the events listed in this link to find the GF Sourdough Baking event.

Halloween at Village Park, St-Lambert on October 30 from 5:00 to 9:00 p.m. Strange creatures are taking over and the whole family can participate in a trail filled with riddles and brought to life by characters that will send shivers down the spines of even the bravest. On the program: shadow theatre workshops, magic potions, a vampire kiosk and much more. Hot chocolate and coffee will be offered free of charge. Click [here](#) for more info.

Denis Lecompte Art Exhibition at the multi-purpose centre, 81 Hooper St., St-Lambert, until November 14. Exhibition hours: Thursday 5:00 to 8:00 p.m., Saturday 10:00 a.m. to 1:00 p.m. Often created in a single burst of inspiration, Lecompte's portraiture works arise from a spontaneous dialogue between pencil, pastel, and himself. Click [here](#) for more information.

Qigong with Sandra: Movement disciplines for the body, mind and soul. Every Monday from 1:00 to 2:15 p.m. at 330 Gladstone in 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/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 Saint-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.

Golden Jubilee Club: Created by local seniors, powered by local seniors! Happening every Wednesday 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.

Long-Term Housing Program available in the Our Harbour Community. Presently, there is one vacancy for a woman. Our Harbour is a non-profit organization that provides a caring, cost-effective, long-term, supported housing program for adults living with mental illness. Please contact them for their admission criteria and more information: (450) 671-9160 or by clicking [here](#).

The Last Word

Celebrating National Seniors Day – October 1, a time to celebrate and recognize the older adults who enrich our families and communities. This year marks the 15th anniversary of National Seniors Day and the 60th anniversary of the Canada Pension Plan (CPP), an important part of Canada's retirement income system. Let's take this opportunity to thank the older adults in our lives for their many contributions. A visit, phone call, kind words or helping hand is a simple way to show how much they are valued and appreciated. Here are just a few: say "thank you," visit, call or connect via video-messaging, and take some time to say "hi," run errands for an older person, help with some outdoor chores, take a walk together, or post a message on the Seniors in Canada Facebook page by clicking [here](#).

Click [here](#) for a National Seniors Day Guide Book.



Helpful resources in English from the [Santé Québec – Montérégie-Centre](#) 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.

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