

September 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

INTERNATIONAL LITERACY DAY

SEPTEMBER 8TH



THE ADVISOR

Information source for the South Shore English-speaking community

As September arrives, we welcome the return of fall and the opportunity to reconnect with our community. This edition of *The Advisor* features a wide range of activities, programs, resources, and community events focused on connection and wellness.

We are excited to welcome everyone back to our **Senior Wellness Activities** in Chambly, Clarenceville, and Greenfield Park. This month's activities include cooking, virtual travel, music, podcasts, yoga, and more. These programs offer opportunities to stay active, try something new, meet others, and enjoy meaningful time together.

There are also plenty of opportunities for families and community members to get together this fall. From our **Family Wellness Saturday** featuring an introduction to geocaching, to the **Military Family Welcome Party** in St-Jean, there are opportunities for people to connect, discover local resources, and enjoy time together. See page 5 for more details.

Our **Greenfield Park** programming includes our French conversation club, cooking demonstration, crafting activity, digital skills workshop, gentle yoga, drawing, Qigong, and walking group. Consult our Greenfield Park activity calendar on page 4 for more information.

For caregivers, **Caregivers Café** returns this fall with a new season of guest experts, practical information, resources, and meaningful conversations. September's topics include medication safety, legal considerations following a death, and understanding hearing loss. See page 3 for all of the details.

We are pleased to announce that we are recruiting for the role of **Community Engagement Coordinator** at ARC. This position will support a new funding initiative for poverty and social inclusion, as well as employment services in the Haut-Richelieu-Rouville region. See page 8 for more details on how to apply for this role.

We also encourage you to take part in the **Government of Canada's consultation on Canada's official languages**. The online questionnaire is open until November 2026 and provides an opportunity to share your experiences and perspectives and to help inform the future of official languages in Canada. Visit the [online questionnaire](#) to complete it.

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 Activities in GPK: Join us Thursdays at St. Mary's, 735 Miller, Greenfield Park from 1:30 to 3:00 p.m. 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. For more information or to register, contact Tania at gpk@arc-hss.ca or (514) 213-3744.



St. Mary's Parish | 735 Miller St., Greenfield Park | **THURSDAYS** | 1:30 to 3:00 p.m.

WHAT'S HAPPENING IN SEPTEMBER

SEPT 17 **VIRTUAL JOURNEY**
England & Scotland
Come along for a virtual getaway filled with beautiful places, memorable sights and stories from across the pond.



SEPT 24 **INTERNATIONAL PODCAST DAY**
with Varsha Bhat
Join Varsha, host of *Aging with Dignity*, for an engaging conversation about aging with confidence, curiosity and purpose.



INFO + REGISTRATION | gpk@arc-hss.ca | (514) 213-3744

With financial support from

Secrétariat aux relations
avec les Québécois
d'expression anglaise

Québec

CHSSN

@arcaccess

www.arc-hss.ca

- **September 17:** Our senior wellness coordinator has travelled to England and Scotland this summer and is excited to share the experience with you. Join us for a special virtual journey to two beautiful destinations.
- **September 24:** International Podcast Day is coming up and what better way to celebrate than by inviting back our favourite podcaster, Varsha Bhat. Varsha hosts the podcast *Aging with Dignity* and will return for a second workshop in Greenfield Park. Please note you did not need to attend the previous session to attend this one.

Looking to improve your French in a relaxed, supportive setting? Starting on **September 14**, join our weekly **French Conversation Group** on Mondays from 10:30 to 11:30 a.m. at 91 Churchill, Greenfield Park. Practice speaking while building confidence and connecting with others on the same journey. Email info@arc-hss.ca for more information.

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 **September 15**, from 10:00 a.m. to 12:00 p.m. at 91 Churchill Blvd., Greenfield Park for a watch-and-learn session on making healthy, protein-packed breakfast items. Space is limited and registration is required. Register with Courtney at info@arc-hss.ca or (514) 604-9455.

Join Marie-Claude for **Craft, Create, Connect**, a monthly creative activity where you can explore artistic projects—no experience needed. On **September 16** from 1:00 to 3:00 p.m. at 91 Churchill Blvd., Greenfield Park, we will be working on a summer-themed *Message on a Bottle* using wire wrapping 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. (Note: Doors open 15 minutes prior to the activity start time).

Offered by the CHSSN's **Service for Aging in the Right Place (SHARP)**, this month's presentation will take place on **September 16** from 10:00 to 11:30 a.m. via Zoom. The topic will be *Taking Medications Safely: What You Need to Know*. To register for the Zoom session, [click here](#).

Take a break and unwind with **Gentle Yoga on Zoom**. Starting on **September 17**, join us online every Thursday from 2:00 to 3:00 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.

Ready to get creative? Join us for Ilana's **in-person Drawing Class** on **September 24** from 1:00 to 3:00 p.m. at 91 Churchill, Greenfield Park. A friendly art group where we draw, paint, and share inspiration. To register, contact Courtney at (514) 604-9455 or info@arc-hss.ca. (Note: Doors open 15 minutes prior to the activity start time).

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GPK Activities *continued from previous page...*

Our **Walk & Talk Group** meets every Thursday morning 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.

Join us for **Qigong**, a mind-body exercise that combines movements, meditation, and deep breathing on **September 24** from 9:00 to 10:00 a.m. at 91 Churchill, Greenfield Park. Registration is required. For more information or to register, email Sandra at taichirivesud@gmail.com.

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

Caregivers Café returns and we're heading into fall with new energy, great guests and plenty to look forward to. Caregiving can ask a lot of you, and we've always worked to make the Café a place where the focus isn't only on the person you care for. There needs to be something here for you too. Former caregivers have a special welcome at the Café: your caregiving role may have changed, but the experience and knowledge you carry with you have not. This fall, there's never been a better time to fill your cup. Join us on Wednesdays from 10:00 to 11:30 a.m. at 91 Churchill, Greenfield Park.

- **September 16 | Taking Medications Safely: What You Need to Know:** We'll kick off the season with a SHARP information session offered through CHSSN, featuring Louise Papillon Ferland of the Deprescribing Network. SHARP provides tools and resources to support English-speaking older adults to age and live where they choose, and we're looking forward to learning together and continuing the conversation around the Café table.
- **September 23 | What Happens When Someone Dies?** Meet legal experts from Éducaloi for a conversation about what happens after a death, some of the questions families and caregivers may face, and where to turn for reliable legal information when you need it.
- **September 30 | Understanding Hearing Loss:** We'll welcome Hear Quebec for a practical look at understanding hearing loss, communication strategies, helpful resources, and ways to better support someone experiencing hearing loss.

Feel like your phone knows more than you do? Let's change that. Join us on **September 29** from 1:30 to 3:00 p.m. at 91 Churchill, Greenfield Park, for our **Digital Skills Workshop — Get to Know Your Phone: Phone Screen Basics**, a friendly, accessible session with our IT expert Anila Patel. We'll explore home screens, apps, navigation, those little symbols at the top of your screen, and some of the everyday basics that can make using your phone a whole lot easier. Bring your phone, your questions, and come as you are. For more information or to register, contact Tania at gpk@arc-hss.ca or (514) 213-3744.

We have lots in the works for the months ahead: more guest experts, more resources to discover, new learning opportunities and new collaborations, including a brand-new collaboration with the *Aging With Dignity* Podcast. If you've been hearing about the Café and wondering what people are talking about, come find out for yourself. There is no registration required. Just come by, grab a coffee and join us. For more information, contact Christine at caregivers@arc-hss.ca or (514) 608-9600.



The poster for ARC caregivers cafe features a blue and green background with a mountain scene. At the top, the ARC logo is next to the text 'caregivers cafe' in a large, white, sans-serif font. Below this, in smaller white text, is 'REAL QUESTIONS. PRACTICAL ANSWERS. A PLACE AT THE TABLE.' The month 'SEPTEMBER' is written in large, bold, yellow letters. To the right, in white text, is 'WEDNESDAYS | 10:00-11:30 A.M.' and '91 CHURCHILL BLVD., GREENFIELD PARK'. The poster lists three events, each with a small image, a title, a description, and a date in a white box with a blue border. The first event is 'SHARP SESSION | TAKING MEDICATIONS SAFELY: What You Need to Know' with Louise Papillon Ferland, dated 'SEPT 16'. The second event is 'WHAT HAPPENS WHEN SOMEONE DIES?' with Éducaloi, dated 'SEPT 23'. The third event is 'UNDERSTANDING HEARING LOSS' with Hear Quebec, dated 'SEPT 30'. At the bottom, there is a line 'with financial support from' followed by the logos for 'Secrétariat aux relations avec les Québécois d'expression anglaise', 'Québec', and 'CHSSN'. On the right, contact information is listed: '(514) 608-9600', 'caregivers@arc-hss.ca', and '@arcaccess' with social media icons.

ARC caregivers cafe
REAL QUESTIONS. PRACTICAL ANSWERS. A PLACE AT THE TABLE.

SEPTEMBER WEDNESDAYS | 10:00-11:30 A.M.
91 CHURCHILL BLVD., GREENFIELD PARK

SHARP SESSION | TAKING MEDICATIONS SAFELY: What You Need to Know
with Louise Papillon Ferland, Deprescribing Network
Medications are an important part of staying well, but managing them can feel complicated. This special SHARP session connects the Café with caring people across Quebec as we learn together. Join us for practical information about medication safety you can use in your own life or caregiving role.

SEPT 16

WHAT HAPPENS WHEN SOMEONE DIES?
A practical legal information session with Éducaloi
For many older adults in a caregiving role, this is a question that's already somewhere in the back of our minds. What needs to be done? Who needs to be contacted? What legal questions might come up? Join legal experts from Éducaloi for a practical, straightforward conversation to help you understand what to expect and have reliable information in hand before you need it.

SEPT 23

UNDERSTANDING HEARING LOSS
with Kerra Blair - Hear Entendre Québec
Hearing loss is something many older adults find themselves navigating, and it can affect communication, relationships and everyday life in ways we don't always recognize. Learn what happens as hearing changes, practical strategies for communicating more easily, and where to find helpful resources to make everyday communication and connection easier.

SEPT 30

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Secrétariat aux relations avec les Québécois d'expression anglaise
Québec CHSSN

(514) 608-9600
caregivers@arc-hss.ca
[@arcaccess](https://www.instagram.com/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.



September 2026 Greenfield Park

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

Locations / Notes:

 **ARC Activity Centre**
91 Churchill
[Greenfield Park](#)

 **St. Mary's Parish**
735 Miller
[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	2	3	4	5
6	7 LABOUR DAY	8	9 ** Affordable Produce Baskets ** 3:00 - 7:00 p.m.	10	11	12
13	14 French Conversation 10:30 - 11:30 a.m. Virtual Drawing 2:00 - 3:30 p.m. (Zoom)	15 Cooking Demo. 10:00 a.m. - 12:00 p.m.	16 Caregivers Café 10:00 - 11:30 a.m. SHARP: Taking Medications Safely 10:00 - 11:30 a.m. (Zoom) Craft, Create, Connect 1:00 - 3:00 p.m.	17 Walk & Talk 10:30 - 11:30 a.m. Senior Wellness 1:30 - 3:00 p.m. Book Club (full) 1:30 - 3:00 p.m. Virtual Gentle Yoga 2:00 - 3:00 p.m. (Zoom)	18	19
20	21 French Conversation 10:30 - 11:30 a.m.	22 Genealogy Club (full) 1:00 - 3:00 p.m.	23 Caregivers Café 10:00 - 11:30 a.m. ** Affordable Produce Baskets ** 3:00 - 7:00 p.m.	24 Qigong 9:00 - 10:00 a.m. Walk & Talk 10:30 - 11:30 a.m. Senior Wellness 1:30 - 3:00 p.m. Ilana's Drawing 1:00 - 3:00 p.m. Virtual Gentle Yoga 2:00 - 3:00 p.m. (Zoom)	25	26
27	28 French Conversation 10:30 - 11:30 a.m. Virtual Drawing 2:00 - 3:30 p.m. (Zoom)	29 Digital Skills Workshop 1:30 - 3:00 p.m.	30 Caregivers Café 10:00 - 11:30 a.m.			

HAUT-RICHELIEU-ROUVILLE

Review



Family Wellness Saturday: Introduction to Geocaching -

Learn the basics of geocaching, an outdoor treasure-hunting activity that will teach you to use a compass to find various hidden objects. It's a great opportunity to explore nature, build navigation skills, and enjoy quality time together. Join us at the St-Bernard Regional Park at 219 Rang St-André, St-Bernard-de-Lacolle on **September 19** from 1:00 to 4:00 p.m. for a variety of activities suitable for all ages! Registration is required, so reserve your spot today by emailing cmtydev@arc-hss.ca or call (438) 465-4514.

ARC
FAMILY WELLNESS
SATURDAY
PRESENTS

INTRO TO GEOCACHING

NATURE'S SCAVENGER HUNT

Learn the basics of navigation, use a compass and map, and work together to find hidden treasures in the great outdoors.

SATURDAY, SEPTEMBER 19
1:00 - 4:00 PM
(PLEASE ARRIVE 10 MINUTES EARLY)

PARC RÉGIONAL ST-BERNARD
219 Rang Saint-André
Saint-Bernard-de-Lacolle, QC J0J 1V0

COMPASS & MAP PROVIDED • BILINGUAL INSTRUCTORS
Bring: Bottle of water • Shoes/boots suitable for walking in the forest • Appropriate clothes for the weather

with financial support from
Secrétariat aux relations
avec les Québécois
d'expression anglaise
Québec

RSVP REQUIRED
by September 11
cmtydev@arc-hss.ca
(438) 465-4514



Are you an English-speaking military family? Come see us at the **MFRC Welcome Party** in St-Jean! ARC will be joining the Montreal Region Military Family Resource Centre (MFRC) for its annual Welcome Party (Festi-Fête) on **September 12** from 10:00 a.m. to 2:00 p.m. at the St-Jean Garrison (25 Grand Bernier South, St-Jean-sur-Richelieu). This free family event is a great opportunity to discover the many services, programs, and resources available to military and veteran families. Registration is required. Be sure to reserve your family's spot through the MFRC's [online registration portal](#).

Senior Wellness Activities – Chambly: Make time for yourself and enjoy a welcoming midweek gathering in Chambly! Seniors are invited to join us Wednesdays from 1:30 to 3:00 p.m. at Randell Hall, 2000 Bourgogne Ave., for a variety of wellness-focused activities in a relaxed and social setting. Come take part, stay engaged and enjoy a positive afternoon with others in the community. For more information or to register, please contact Tania at gpk@arc-hss.ca or call (514) 213-3744.

- **September 16:** Join us for a fun cooking session with Jody as we learn how to make delicious frittatas!
- **September 23:** Travel from the comfort of your seats as we virtually explore the beautiful landscapes, history, and culture of England and Scotland!
- **September 30:** Celebrate International Podcast Day with us as we welcome podcaster Varsha Bhat for a discussion about her podcast, *Aging with Dignity*, and the important conversations it inspires.

SENIOR WELLNESS CHAMBLY

FOR THE 55+ COMMUNITY
CONNECT | LEARN | THRIVE

WEDNESDAYS
1:30 to 3:00 p.m.

RANDELL HALL
2000 Bourgogne Ave.,
Chambly

WHAT'S HAPPENING IN SEPTEMBER

SEPT 16

FRITTATA FUN!

Join cooking enthusiast Jody for a fun, flavourful demo packed with simple tips, delicious inspiration and ideas you'll want to try at home.

SEPT 23

VIRTUAL HOLIDAY

Set off for England and Scotland to discover spectacular scenery, fascinating history and a few surprises along the way.

SEPT 30

AGING WITH DIGNITY

Celebrate International Podcast Day with Varsha Bhat and explore the ideas, stories and conversations behind her podcast.

FOR INFO & TO REGISTER
Reach out by email or phone.

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

www.arc-hss.ca

@arcaccess

With financial support from
Secrétariat aux relations
avec les Québécois
d'expression anglaise
Québec

ARC **CHSSN**

continued on following page...

HRR Review *continued from previous page...*

Senior Wellness Activities – Clarenceville: Spend your Wednesday afternoons focusing on your well-being, staying active and connecting with others! English-speaking 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 well-being in a friendly and supportive setting. Each week offers a chance to try something different, keep your mind engaged and enjoy time with others. 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 for any of these sessions, please contact Marianne at admincoord@arc-hss.ca or (514) 951-9711.

- **September 16:** Travel from the comfort of your seats as we virtually explore the beautiful landscapes, history, and culture of England.
- **September 23:** Test your music knowledge and enjoy a fun afternoon of Musical Bingo, where every song brings you one step closer to winning!
- **September 30:** Stretch, strengthen, and relax with our gentle chair yoga session designed to improve flexibility, balance, and overall well-being.



SENIOR WELLNESS Clarenceville

Join us every Wednesday from 1:30 to 3:00 p.m. for engaging activities designed to support the physical, cognitive and emotional well-being of English-speaking seniors aged 55 and over.

FREE METHODIST CHURCH (LOWER LEVEL)
1076 Front Street North, Clarenceville

WHEELCHAIR ACCESSIBLE

SEPTEMBER 16
Travel from the comfort of your seats as we virtually explore the beautiful landscapes, history, and culture of England.

SEPTEMBER 23
Test your music knowledge and enjoy a fun afternoon of Musical Bingo, where every song brings you one step closer to winning!

SEPTEMBER 30
Stretch, strengthen, and relax with our gentle Chair Yoga session, designed to improve flexibility, balance, and overall well-being.

REGISTRATION & INFO
admincoord@arc-hss.ca (514) 951-9711
www.arc-hss.ca @arcaccess

With financial support from
Secrétariat aux relations avec les Québécois d'expression anglaise Québec ARC CHSN

ARC Book Club – St-Jean: Join us on **September 24** from 7:00 to 8:30 p.m. at the Collectivemement Elles women's centre (390 Georges-Phaneuf St., Saint-Jean-sur-Richelieu) to discuss *My Friends* by Fredrik Backman. In this moving and insightful novel, Backman explores the power of friendship and the lasting impact people have on one another's lives. To attend this club, participants must purchase a \$5 membership to Collectivemement 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 Saint-Jean-sur-Richelieu book club, please visit the group's Facebook page (ARC English Book Club SJSR) or contact Amanda at amandamaria.maruca@gmail.com.

Employment

Looking for work or thinking about your next career move? Be sure to follow ARC's Youth Employment Services Facebook page. We'll be sharing more employment-related posts, resources, opportunities and updates in the coming months. Follow us on Facebook: www.facebook.com/arcyouthservices. ARC also offers free employment assistance to help you move forward with your employment goals.

Our services include:

- CV and résumé reviews
- Career coaching
- Learning how to use AI as a job search and career tool
- Interview coaching and preparation
- Referrals to employment resources and opportunities
- Employment workshops

Whether you are actively job searching, preparing for an interview or simply looking for some guidance on your next steps, we're here to help. To learn more about ARC's employment services or to book an appointment, contact employment@arc-hss.ca or call (514) 712-6575.



EMPLOYMENT SUPPORT STARTS HERE

ARC now offers direct employment services to help you explore opportunities, build skills, and move forward with confidence.

CONTACT US → employment@arc-hss.ca or (514) 712-6575

ARC **Yes** Employment Entrepreneurship www.arc-hss.ca @arcaccess

Andre Bergeron is ARC's Employment Coordinator in Greenfield Park.
For information, please feel free to reach out to her at (514) 712-6575 or employment@arc-hss.ca.



September 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-Bernard Regional Park**
[219 Rang St-André](#)
[St-Bernard-de-Lacolle](#)
- Virtual via ZOOM**
info@arc-hss.ca for link)

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

Mental Health Connect

Young people live through many complex experiences as they grow that can have a lasting effect on their bodies and minds. By age 16, 30% of U.S. teens (ages 12–17) report at least one traumatic event, and by age 18 many continue to feel the effects: lower-grade averages, increased suicidal ideation, substance abuse and mental illnesses such as depression, anxiety and PTSD. Trauma isn't just about things like natural disasters, accidents, abuse, or losing someone we love. Young people can face trauma from various sources, including bullying at school, peer pressure, big life changes like moving or parental divorce, witnessing domestic violence, living in poverty or being in foster care. Trauma is not just a psychological event; it is a biological event that leaves measurable traces in the body. The symptoms that you may see in your young person fall into three classes:

Emotional & psychological signs: Teens affected by trauma may experience intense emotions, emotional numbness, anxiety, fear, shame, or hopelessness. Some have flashbacks, nightmares, or intrusive memories related to the traumatic event. Others may seem detached, struggle to regulate emotions, or express feelings of worthlessness.

Behavioural signs: Behavioural changes are often the most visible signs of trauma. A teen may become withdrawn, avoid certain people or places, lose interest in activities, or struggle academically. Increased irritability, aggression, risk-taking, or substance use can be signs that a teen is trying to cope with overwhelming stress.

Physical signs: Trauma can also manifest as physical symptoms. Frequent headaches, stomachaches, fatigue, and difficulty concentrating are common. Many teens experience sleep problems, including insomnia, nightmares, or excessive sleeping.

There are many ways to help support your teen and young person through a traumatic experience:

Create a safe environment: Ensure that your teen feels safe and secure. This includes addressing their basic needs and providing a stable home environment.

Encourage open communication: Let them know that it's okay to talk about their feelings. Encourage them to express their emotions through conversation, writing, or art. Listening without judgment can help them process their experiences.

Be patient and understanding: Understand that healing takes time. Allow them to grieve and express their emotions without pressure to "get over it" quickly. Remind them that their feelings are valid.

Encourage healthy coping mechanisms: Use relaxation techniques like deep breathing, mindfulness, or physical activities to help lower stress.

Seek professional help: If symptoms persist or worsen, consider reaching out to a mental health professional.

Anthony, Chana. 2025. Supporting your teen through the ongoing impacts of a traumatic event [Supporting your teen through a traumatic event](#) | TraumaDuval,

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.

ARC is Hiring

We are seeking an enthusiastic and community-minded **Community Engagement Coordinator** to support two complementary areas of our work:

- **Employment Services** – helping individuals access employment, education, training, and career opportunities while building relationships with employers and community partners.
- **Poverty & Social Inclusion** – engaging English-speaking residents and community partners to identify barriers, strengthen partnerships, improve access to services, and support regional community development initiatives.

This position is ideal for someone who enjoys working with people, building partnerships, coordinating projects, and making a positive impact in the community.

Hours: 32 hours per week (4 days) | Location: Greenfield Park

To view the entire job posting click [here](#). To apply, please send your résumé and cover letter by September 4, 2026 to: admincoord@arc-hss.ca.

The poster features the ARC logo at the top left. The main heading is 'WE'RE HIRING!' in large, bold, blue letters, followed by 'COMMUNITY ENGAGEMENT COORDINATOR' in white text on a blue background. Below this, it says 'Join ARC and make a difference in the English-speaking community of Montérégie-Centre.' A green circular badge on the right says 'BE PART OF POSITIVE CHANGE!' with icons for work, growth, and impact. The text 'THIS ROLE COMBINES TWO IMPORTANT AREAS:' is followed by two sections: 'EMPLOYMENT SERVICES' (supporting job seekers, workshops, and building relationships) and 'POVERTY & SOCIAL INCLUSION' (engaging residents and partners, identifying barriers, strengthening partnerships, and supporting regional initiatives). At the bottom, it specifies '32 HOURS PER WEEK / 4 DAYS / WEEK', 'GREENFIELD PARK (Main office)', and 'STARTING AT \$26.00 / HOUR'. It also includes the application deadline 'APPLY BY SEPTEMBER 4, 2026' and the email 'Send your résumé and cover letter to: admincoord@arc-hss.ca'. A small icon of three people is next to the text 'STRONGER TOGETHER. Working together for a stronger Montérégie-Centre.' The bottom of the poster has the text 'Learn more about ARC at: arc-hss.ca'.

Community Activities

Hope & Cope: Men's Club in-person **September 8** 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.

Community-wide garage sale St-Lambert: September 5 to 7 from 8:00 a.m. to 4:00 p.m. The perfect opportunity to save money, find great deals, and connect with neighbours—whether by browsing the stalls or hosting your own sale. No permit is required.

St-Lambert Horticultural Society: September 17 - Plant exchange and dessert social. Click [here](#) to register.

The South Shore Retired Educators resume their new season on **September 17**. Special guest presentation TBA. For more information: southshoreretiredeductors@gmail.com.

Social Tea on September 19 at 2:00 p.m. at Randell Hall, 2000 Bourgogne Ave., Chambly. Tickets are \$20 and can be purchased on the [Randell Hall website](#), where you can also find more information.

Walk Together for Mental Health on September 19 from 9:30 to 12:30 / *Starting line:* Espace Pivot, 465 Victoria Ave., St-Lambert – *Finish line:* Our Harbour, 440 Notre Dame Ave., St-Lambert. Come join our annual Défi 5K event; a 5-kilometre walk/fundraiser in support of mental health and resident physical activity. Click [here](#) to register.

Living with a Gluten-Free Diet for persons newly diagnosed with celiac disease and their families and friends. **September 22** at 8:00 p.m. on Zoom. Click [here](#) to register.

Denis Lecompte Art Exhibition: At the multi-purpose centre, 81 Hooper St., St-Lambert, **September 24 to 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.

Registration is now open for the **2026–2027 session** at the **Préville Fine Arts Centre**! Explore a wide range of classes for all ages - from little ones as young as 1 year old to adults. Music, dance, visual arts, theatre, choir, robotics, and more! Register today by clicking [here](#).

Old St-Lambert's Farmers' Market, 81 Hooper St. St-Lambert, **Thursdays until October 15** from 3:00 to 9:00 p.m. Come and fill up on fresh and processed products from the best agri-food producers in the Montérégie and surrounding areas. Click [here](#) for more information.

Qigong with Sandra, GPK: Movement disciplines for the body, mind and soul. **Starting September 14** - 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.

Tai Chi/Qigong with Sandra, St-Bruno: Movement disciplines for the body, mind and soul. **Starting September 14** - every Monday at St-Bruno United Church at 4:15 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.

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.

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

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.

A non-profit organization and registered charity La Mère à Boire/**Moms for milk** is the perfect place to begin your parenting journey, feel empowered, and connect with a warm, inclusive community. Click [here](#) for more information.

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.

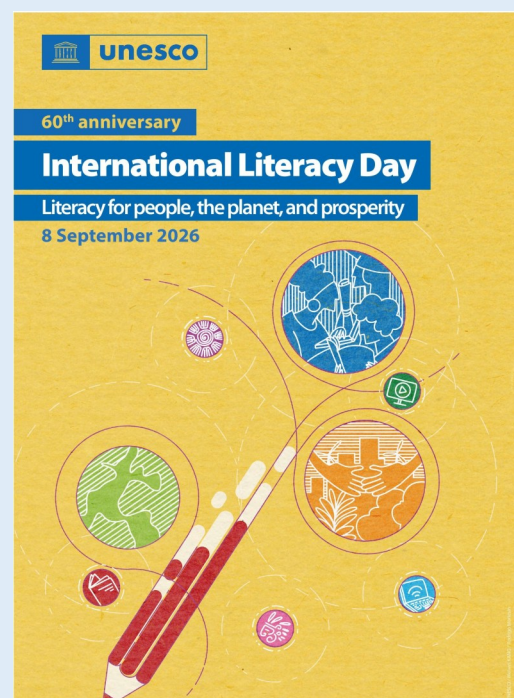
Fall Creative Writing Workshop: For those interested in attending a creative writing workshop in Greenfield Park this fall on Tuesday or Thursday afternoons, please contact Jeanette Paul at jeanettepaul@yahoo.ca or (450) 651-7044.

The Last Word

International Literacy Day

Every year on **September 8**, the world celebrates **International Literacy Day**. This year, International Literacy Day (ILD) marks its 60th anniversary. Since 1967, the day has highlighted the importance of literacy as a basic human right and a key to learning, independence, and participation in our communities. Although progress has been made, millions of young people and adults worldwide still lack basic reading and writing skills. Many children also struggle to reach expected reading levels or do not have access to school. International Literacy Day reminds us that learning is a lifelong journey. Reading, writing, and learning new skills help people stay informed, connected, and active in their communities. Click [here](#) for more info.

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 accessible.



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