



South Shore Community Monthly Events Calendar and Services June 2019

<http://www.arc-hss.ca/>

RECHARGE: Workshops for Caregivers – Wednesdays until July 3

ReCharge is a six workshop series that responds to the needs of English-speaking caregivers throughout the Montérégie region by providing a variety of technical and practical health care topics to take care for their loved ones, as well as mindfulness activities that serve the caregivers to recharge their own energy.



The health care technical part of the workshops covers:

- Basic First Aid Knowledge techniques • Mechanics of the body • Medical Emergencies (Strokes & falls) • Alzheimer disease support (resources) • How to prevent infection and contamination.

The mindfulness part of the training is addressed to improve:

- Caregiver Self-Care, Stress Management, Importance of personal care and relaxation techniques through mindfulness activities like: Chair Yoga, Meditation, Music Therapy, Art Therapy and more.

Next session in Brossard to July 3rd 6:00 pm – 9:00 pm

Place: Sani Sport [7777 Marie-Victorin Blvd., Brossard](#)

To Register: 514-608-9600 - [arc.projectcoord@gmail](mailto:arc.projectcoord@gmail.com)

BUILDING COMMUNITY TOGETHER

PRESENTATION OF THE PROFILE OF THE SOUTH SHORE ENGLISH SPEAKING COMMUNITY

A great way to learn about both the needs and strengthens our community.

Assistance and Referral Centre Annual General Meeting

Wednesday June 5th at 5:00 pm

Afterwards ARC will present the results of the survey and profile of the South Shore English-speaking community.


Cynthia Coull Arena (Greenfield Park) 195, Empire Street, 2nd Floor


Light supper provided - Please RSP if you are planning to attend

ARC contact info is 514-608-9600 or reply to this email

Our Community Office is located at 106 Churchill Blvd., Greenfield Park (Upstairs)

Events & Services

| | |
|---|---|
| RIB FEST Fun Free Family Bilingual Event | <p>South Shore Rib Fest: May 31st to June 2nd - Three Days of Great Food and Family Entertainment ...The Festival attracts thousands! Hosted in Greenfield Park just off Empire and Churchill. During the day and into the evening there are free live shows. Saturday, June 1st and Sunday, June 2nd are Family Days, lots of games and children’s activities. <i>On Saturday there will be Yoga and Tai Chi session for kids, sponsored through ARC.</i> Bring your appetite for great ribs and bring your lawn chair to watch some fun entertainment. Volunteers are welcome, for all your info: Facebook: rib fest South Shore</p> |
| Saturday June 1st | <p>Chocolate TEA Party, Saturday, June 1st from 2:00 pm – 4:00 pm. Something a little different and just as sweet...Free will Offering. This great afternoon will take place at the St. Joseph of Nazareth Church, 725 Provencher Blvd. in Brossard. Call 514-258-7745 to reserve your spot. email angeldoveststar28@hotmail.com / stjofn@gmail.com</p> |
| Saturday June 1st | <p>St-Mary’s Parish Seniors will be hosting an International Night on Saturday, June 1st. (with the Doors opening at 6:00 pm) this event will include music, a menu from the different countries, (Italian- German- Caribbean style- Chinese- Canadian)—there will be Hawaiian dancing, a mini-fashion show; to enhance the evening! We will also have a cash bar and door prizes too! <i>So Come and join us for an evening of fun.</i> Tickets are now available at \$20.00 per person, at St Mary's Church. Phone 450-671-0416 or 450-656-2480 or email (events@saintmarysparish.ca)</p> |
| Saturday June 1st | <p>English-Language CPR Training session will be offered Saturday June 1st starting at 9:00 am to about 1:00 pm. A Certificated trainer will present this class. After your training you will become certified to provide CPR. The course fee will be \$40 (payable in advance) for added info ADULT ACTIVITY AND RESPITE CENTER. 83 Churchill Blvd. Greenfield Park, QC J4V 3L8 450-486-4722 – Class is limited to 14 places so call in early.</p> |
| Monday June 3rd | <div style="display: flex; align-items: center;">  <div style="margin-left: 20px;"> <p style="text-align: center;">Take the Community Better Challenge Monday June 3rd</p> <p style="text-align: center;">The Arena (Greenfield Park) 195 Empire, 2ndFloor All are welcome!</p> <p>Starting at 1:00 pm - it’s a Free Give it a Try session of Qi Gong. Classes followed by Gentle Yoga (for all ages) Download the Participaction App att : www.participaction.com/</p> </div> </div> |
| Thursday June 6th | <p>As part of Disabled Persons Week in Québec: Ville de Longueuil with a team of professionals in physical activity from the CISSS-MC, Parasports Québec and various partners organizations invite you to take part in a special event on Thursday, June 6. From 1:00 pm to 4:00 pm at the Empire Park: 195 Empire Street, Greenfield Park, J4V 1T9 (Park located opposite the Cynthia-Coull arena). <i>The objective is to promote the newly landscaped park that has been designed to be to more accessible for persons with Disabilities.</i> Throughout the afternoon, participants will be able to discover with the assistance of kinesiologists new training equipment, learn about</p> <p>wheelchair basketball, participate in a specially designed bicycle clinic etc.... You will also meet representatives from different member organizations working with disable persons.</p> |

| | |
|--|--|
| <p>Friday June 7th</p> | <p>The Longueuil Police department will hold a fundraising event as part of its campaign to raise awareness of sexual exploitation. A concert will be presented by the Symphony Orchestra of Longueuil. This will be held at the Église Saint-Hubert, 5310 Chemin Chambly, Longueuil on Friday, June 7 at 7:30 p.m. Under the direction of conductor Airat Ichmouratov; police officers and community organizers will perform musical and vocal numbers accompanied by the orchestra. You can order your tickets online at www.longueuil.quebec/concert-benefice-SPAL ; all proceeds will be given to three local non-profit organizations which help the victims of sexual exploitation.</p> |
| <p>Saturday June 8th</p>  | <p>ST.LAMBERT LAWN BOWLING CLUB 662 Oak, St. Lambert, J4P 3R6 In Parc L'Espérance nestled behind the Curling Club in a beautifully calm green space. Join us at the Open House on Saturday, June 8th from 9:00 am to 12 noon, and 1:00 pm to 4:00 pm. In case of rain, Sunday, June 9th from 9:00 am to 12 noon, and 1:00 pm to 4:00 pm. June 8th is National Bowls Day. All across Canada Lawn Bowling clubs will be celebrating this day with special get-togethers. Come and be part of the action! June 8th will also be part of the National ParticipACTION Challenge. All minutes registered will count in helping our community do well in this Canada wide Challenge. Try your hand at rolling bowls that have a bias. It's a new challenge. All new members are coached by certified trainers. This is a friendly, sociable and competitive game. For Information call: 450 655-1542 and leave a message.</p> |
| <p>Saturday June 8th</p> | <p>St. Martin's House (An Anglican Church) located at 221 Prince Edward, Otterburn Park will have a sale of used books on Saturday June 8, 2019 from 9:30 am to 12:00 noon. We have a good supply of English language books and a small selection of French Language books - all at low prices. For information, please call 450-446-7627 or 450-464-2832. (next one July 13th)</p> |
| <p>Saturday June 8th</p> | <p>St. Augustine's Spring Tea & Plant Sale June 8th, 2019 at 2 p.m. 1741 Roberval, St. Bruno Tickets are \$10. Annuals and perennials for sale as well as a raffle. Please reserve ahead at (450) 653-4402 or email events.staugustine@yahoo.com</p> |
| <p>Thursday June 13</p> | <p>BBQ & HANDBELL CONCERT The Village Ringers & Jerome Savoie Thursday, June 13, 2019 6:00 pm St. Lambert United Church 415 Mercille Ave, St. Lambert \$20 for tickets and information contact jfallon00@gmail.com or 450-671-3808 the cost for the <i>concert only</i> \$15 - 7:30 enter at 85 Desaulniers Blvd. St Lambert</p> |
| <p>Friday- Saturday June 14th & 15th</p> | <p>SPCA ANNUAL BOOK SALE (FUNDRAISER) Friday, June 14th from 1:00 pm to 8:00 pm and Saturday, June 15th from 10:00 am to 5:00 pm Cynthia Coull Arena, 195 Empire, Greenfield Park. Do you have books to donate? We would love to have them! English or French, paper back or hard cover. No magazines or text books please. For more information or to volunteer or donate, please contact: cathypl@sympatico.ca</p> |
| <p>South Shore 45th Annual Book Drive June 14th - 17th</p> | <p>The South Shore University Women's Club is collecting books of all kinds, French and English for our 45th Book Sale, between August 14th to 17th . Each year we use the profits from this sale to provide scholarships for women pursuing their education in the university or in vocational schools. How can you help? Kindly bring your books to:</p> <ul style="list-style-type: none"> • The Centre de Loisirs in St. Lambert, 325 de l'Espérance Street every Thursday in June and July from 10:00 am to 11:00 am. • St. Barnabas Church, 95 Lorne, St. Lambert, J4P 2G7, from August 5th to 9th, from 9:00 am to 1:00 pm. And then, come back from August 14 to 17, to buy books!! <p>St. Barnabas Church, 95 Lorne, St. Lambert, J4P 2G7</p> |

| | |
|---|---|
| <p>Saturday June 15th</p> | <p>Christmas in June: Building fundraiser dinner for St. Margaret's Church, 4955 Montée St. Hubert/ (Payer) St. Hubert June 15 at 6:00 pm. Come enjoy the wonderful dinner with all the trimmings and joy of a family style Christmas without the cold and ice... There will be entertainment and raffles advance ticket sells. Price \$15 for adults \$7.50 for children under 12 For tickets call Brenda 450-676-4983 or Judy 450-443-8317</p> |
| <p>Sunday June 16th</p> | <p>St. Barnabas Anglican Church, 95 Lorne Street, St. Lambert, is having a Strawberry Social - Come enjoy tea, sandwiches and delicious strawberry shortcakes! June 16 from 11:30 to 1:30. Prices: Adult: \$12.00, Children ages 2 to 10: \$6.00, Children under 2: free. For tickets, please call the St. Barnabas Office at (450) 672-5560 or email barnabas@bellnet.ca</p> |
| <p>Events at St Hubert Legion</p> <p>Come by and meet new people everyone is welcome!</p> | <p>Activities at Saint Hubert Legion Branch 159, 4040 Montée St. Hubert in St. Hubert</p> <p>June 5 & 19 RUMMOLI at 2:00 PM (every 2nd Wednesday). June 6th & 20th "5:00 à 7:00" Hot dogs and hamburgers (every 2nd Thursday during the summer).</p> <p>Friday June 7, we host a STEAK NIGHT for \$15 at 6:00 pm (we host this event every 1st Friday of the month). RESERVATIONS A MUST by calling the Legion at 450 676-1141 or Richard at 438-266-0310.</p> <p>Wednesday, June 12 at 6:00 pm with music and dancing by Jerry Curotte. BINGO Night on June 10th and 24th, starting at 7:00 pm (always on a Monday every 2 weeks). June 15 POOL TOURNAMENT, registration at noon, and starts at 1:00 pm. June 24 ST. JEAN BAPTIST CELEBRATION starting at 2:00 pm - Hot dogs and hamburgers!</p> <p>July 1 CANADA DAY CELEBRATION starting at 2:00 PM – Hot dogs and hamburgers.</p> <p style="text-align: center;">ALL ARE WELCOME!</p> |
| <p>Wednesday June 19th</p> | <p>Once again, the Barbershop, a Capella men's chorus "South Shore Saints" invites everyone on Wednesday, June 19th for a Guest Night Bar-B-Q Party. It will be held at the St. Paul's Church, 321 Empire Street, Greenfield Park, starting at 6:30 pm. Entrance is free of charge. We'd rather suggest a donation (at your convenience) that will help the South Shore Saints community activities and to give a hand teaching youngsters "a cappella singing." So come and enjoy the whole evening. We are truly looking forward to seeing You and your Friends.</p> |
| <p>South Shore FESTIVAL GREEK Family fun for all ages June 21- 22-23-24</p> | <div style="text-align: center;"> <h1 style="margin: 0;">FESTIVAL GREC</h1> <h2 style="margin: 0;">DE LA ST-JEAN-BAPTISTE</h2> <p style="margin: 0;">UNE CÉLÉBRATION QUÉBÉCOISE-GRECQUE POUR LA FÊTE NATIONALE DU QUÉBEC</p> </div> <div style="text-align: center; margin-top: 10px;">  </div> <p>The 38th annual St-Jean Baptiste outdoor festival of Greek food, music & culture will take place over 4 days. 5220 Grand Allée blvd. in St-Hubert. Family fun with music starting at 4:00 pm</p> |

| | |
|--|---|
| <p>Mark the Dates Summer Time</p> <p>Fireworks</p> | <p>The 2019 dates for Montreal's International Fireworks Competition: Great Family fun and or cheap date night... The best South Shore viewing places: Champlain CEGEP, Seaway Park or you can also go to the Longueuil Metro for a great view or walk up the staircase near the metro to the Jacques Cartier Bridge which closes to traffic at 8 pm each show time: Plan to come early and leave late as the traffic is heavyBest to take public transit. The Sky's light up at 10 pm. Each night is a different show: Saturday, June 29, Wednesday, July 3, Saturday, July 6 Wednesday, July 10, Wednesday, July 17, Saturday, July 20 Wednesday, July 24, Saturday, July 27 (Grand Finally)</p> |
| <p>July 14 July 25</p> | <p>Shakespeare in the Park will be returning to Brossard Sunday, July 14... with the play Measure to Measure. Details on the Location to follow ... Visit www.repercussiontheatre.com The MSO outdoor Summer concert will also be returning to Brossard Thursday, July 25 at 7:00 pm! Info on location to follow - stay tuned...</p> |
| <p>Volunteer Request</p> | <p>We are looking for volunteers who are interested in doing friendly visits at the CHSLD Argyle located near the St. Lambert village. We are often contacted by the CHSLD because they have English-speaking seniors who are alert but are also alone and would welcome someone to drop by and have a chat during the day. If interested please contact arc.communityoutreach@gmail.com or call 514-605-9500</p> |

Information Sessions & Workshops

| | |
|---|---|
| <p>Wednesday June 12-26 July 10-24 Aug. 7-21</p> <p>Ami Quebec</p> | <p><i>Mental illnesses often present many challenges for family members.</i> Periods of remission may be followed by relapses, and hope becomes despair. Family members play a critical role in helping loved ones seek help and embark on a journey of recovery, but it's not easy! AMI Quebec offers a family support group that meet every second Wednesday evening from 6:30 pm to 8:30 pm at the 598 Bellevue N (Greenfield Park Baptist Church) cross Street Park lane. Meetings are June 12-26, July 10-24, August 7-21. Call for info 514-486-1448</p> <p>(For information on various Ami Quebec programs and services (in Montreal) Workshops visit www.amiquebec.org Call 514-486-1448 or if long distance outside Montreal call 1-877-303-0264.</p> |
| <p>June 17th July 16th Aug. 27th</p> | <p>The South Shore Women's Ways Circle is a small group of like-hearted women who meet once a month. The Circle offers women of all ages and background the opportunity to find their authentic voice and practice using it in a life-affirming way. We also use the Circle to connect to nature's rhythms and to acknowledge the beauty, wisdom and power of the feminine spirit. No previous experience of this type of gathering is necessary. All that is needed is an open heart. A donation is collected in support of a local women's organization. The meeting dates throughout the summer are Monday, June 17, Tuesday, July 16 and Tuesday, August 27. We meet at 83, Churchill Street in Greenfield Park at 7:30 p.m. Newcomers are most welcomed. For more info or to confirm attendance, please contact Julie at 819-679-1716 or visit WomensWaysCircleMTL@icloud.com</p> |

Thursday
6:00pm

June 27
July 31
August 30
Sept. 26

At a Death Café, people, often strangers, gather for coffee to discuss death. Our objective is to *increase awareness of death with a view to helping people make the most of their (finite) lives.* A **Death Café** is a discussion group directed with no agenda, objectives or themes. Although a discussion group rather than a grief support or counselling session, many people find talking about death to be **therapeutic**. Death Cafés are always offered in an accessible, respectful and confidential space, with no intention of leading people to any conclusion, product or course of action. (Voluntary small donations are accepted to offset the cost of coffee and snacks). **The South Shore Group meets once a month (See schedule of dates) at**

6 p.m. at 83 Churchill blvd., Greenfield Park.

More information about Death Cafés can be found here: <https://deathcafe.com/what/>. Just let us know you're coming, or ask any questions, by sending an email to dcregister@videotron.ca

Come join
us this
September

South Shore Retired Educators had another very successful year 2018-19

We had the following very interesting Presentations from:

Sam Allison – Author of “Driven by Fortune”

Chris Adams “A Living Campus” Dawson College

Festive Potluck- South Shore Saints Barbershoppers

Black History Month: Le Mozart Noire- mystery of Joseph Boulogne,

Pascal Aoun-Pharmacist “Seniors & Their Medications”

Year-end Potluck & AGM

For information please contact Norm Haslam, President: nhaslam@videotron.ca

Arts & Crafts

Are you interested in **Tole painting**? TOLE painting starting up for beginners and intermediate, two hours every week, great time to learn a new craft and have some great conversations with fellow painters. (Brossard) Please contact Carole at 450 671 6321.

Ladies Craft nights at the St. Paul's Church, 321 Empire Street, Greenfield Park. **June 11th** (last until fall) all starting at 7:30 pm. Since February 2018 we have made 254 blankets which we have donated to cancer patients, of these 206 were donated to the oncology department at the Charles Lemoyne hospital and the balance of which some went to dialysis patients and others to people who have requested them. We have also knitted mitts, hats, scarves, slippers, etc. and donated them to 3 different schools for the children, to the women's shelter, to the homeless, families and others. So, you can come and join us and make a difference.... there is no charge and all material are supplied. We also serve tea, coffee and great treats. **For more info call 450-678-2460.**

Art Classes are regularly offered with Artist Ingrid Silbermayr at '**Michaels**' on Taschereau Blvd. in Greenfield Park every Monday and Wednesday evening between 6:30 and 8:30. Two hours of a creative journey with hands-on lessons in techniques; watercolour, acrylic and mixed media! Cost: \$20.00 for a two-hour class with a 3-student minimum in attendance. Materials are extra (students are welcome to bring what they have or buy new). List of themes and schedules are available at the store or on-line.

For **NEW** registrations and credit card payment, this will take place **ONLY** on the **Michaels'** website, (no longer at the store).

Fitness & Wellness



https://play.google.com/store/apps/details?id=com.participaction.app&hl=en_US

Did you now know that **regular exercise** is good for the brain? Researchers found that the brain aging process had slowed by 10 years in the more active group, even after taking other factors such as alcohol consumption and high blood pressure into consideration.

TO FIND A FULL LISTING OF LOCAL PROGRAMS <https://www.sscpn.org/stay-fit-in-2019.html>

YOGA classes at the Saint-Lambert International school on Saturday's from 9:00 am to 11:00 am. Will continue All summer long (no breaks). \$2 donation goes towards the school. 675 Green Street, St. Lambert, QC J4P 1V9 Great parking. All ages and levels are welcome!

Community Services

South Shore University Women's Club meet on the last Tuesday of every month at 7:30 pm Champlain College, Room A114, 900 Riverside Drive, St Lambert ... **Free lectures.** Visit www.ssuwc.ca

South Shore Travel Group: Looking for a friendly group of South Shore folks to take a **getaway day trip that picks you up and drops you off right here on the South Shore!!!** (with pick-up and drop-off in the Greenfield Park area). Vicki has planned a **whole list of trips** that you can take either with friends or as a way to meet new people. For booking and information contact Vicki at vzatylny@gmail.com or call 450—550-3628.

The South Shore Ukulele Club gets together the first and third Tuesday of the month at the St. Hubert Legion at 7:00 pm. We are a Bilingual Club and open to all! The classes are free and we do offer low cost lessons. email Bob at Madison2004rj@yahoo.ca

Low Cost Legal information service on the Greater South Shore Montérégie Community Justice Centre English-language Services are offered 6300 Auteuil Street, Suite 503, Brossard 579-723-3700 or toll free: 1-844-723-3700 [www.justicedeproximite.qc.ca /en/centres/Montérégie/](http://www.justicedeproximite.qc.ca/en/centres/Montérégie/)

Maison Internationale de la Rive-Sud (MIRS) Accompanying and offering **support to new comers.** Location(s): 2152, boul. Lapinière, bureau 220 Brossard (Québec) J4W 1L9 Phone Number: 450-445-8777 info@mirs.qc.ca <http://www.mirs.qc.ca>

Our Harbour offers English-language support and housing services for persons living with mental illness on the South Shore **Currently we have 8 apartments** and if you know of persons who may make for a good resident contact them. Volunteers and supporters are welcome. Call 450-671-9160 email info@ourharbour.org or go to www.ourharbour.org

Adult activity AND RESPITE Centre - Seniors attending our respite Centre are keeping very Active, 9:30 am to 4:30 pm, focuses on memory and wellness *Each day your love one is provided care, a good lunch, activities and surrounded by caring staff and volunteers.* Ask us about arranging RTL adapted transport. Looking for a place to volunteer (in English)? Then contact; ADULT ACTIVITY AND RESPITE CENTER, 83 Churchill Blvd. Greenfield Park, QC J4V 3L8 (450) 486-4722 -Hospital Services; our specialists or companions commit to follow the participants they care for should they be hospitalized. This lessens the stress they feel by being moved out of their usual environment. EMAIL: info@aduldaycare.ca WEBSITE: www.aduldaycare

Talking about Suicide Saves Lives The Association Québécoise de prévention du suicide (AQPS) has a *new Suicide awareness program*. The AQPS call number 1-866 APPELLE (277-3553) is available in English and French and is available to all Quebecers across the Province regardless where you live.

<https://howtotalkaboute suicide.com/>

Quebec Arthritis Society national health charity, fueled by donors and volunteers, with a vision to live in a world where people can be free from the devastating effects that arthritis has on lives. For information and support visit the Arthritis Society <https://arthritis.ca/about-us/about-the-arthritis-society/>

The Canadian Celiac Association The Canadian Celiac Association is the national voice for anyone adversely affected by gluten and is dedicated to improving diagnosis and quality of life. For information go www.celiac.ca or info@celiac.ca

Com’Femme is a bilingual group whose mission is to improve living conditions for women living in the Montérégie (Brossard, St Hubert). They support various projects such as “knitted knockers” for breast cancer survivors. For more information please contact 450-676-7719 or visit www.comfemme.org

CHIP (Communicaid for Hearing Impaired Person) -Offers assistance and workshops in English for persons who experience hearing lost. They provide resources and communication tools and training. While based in Montreal they will reach out to the South Shore English-speaking community. Call: 514-488-5522 visit www.hearhear.org Email info@hearhear.org

For Help from HOPE (Food Bank support) GFP-Brossard-St Hubert call 450-693-0262

The Mission Nouvelle Génération The Community Food Bank in Brossard (near the Mall Champlain) 1423 Provencher. New Telephone Number 450-486-7667 is open from 1:00 pm to 5:00 pm and 6:30 pm to 8:30 pm. If you have gently used items, we suggest you donate them to their thrift shop. The items may be sold at a low cost, and the funds go right back into the community. The store is run by volunteers and special needs. You can drop off items from 10:00 am to 4:00 pm Tuesday and Thursday. Volunteers are welcome, very bilingual www.missionnouvellegeneration.org

In Need of Temporary Financial Assistance (donation)? If you are having real temporary financial problems (could be a student, single mother/father, old, sick, poor, abused or anyone else in real temporary need) and require financial aid to put your life in order, call Vinesh Saxena family foundation at 450-468-7539 or visit website: www.vsffoundation.ca

Le CIJAD - CJE de Laporte Bilingual Job Search Assistance Looking for a job that lives up to your ambitions? We can help you through services that meet your needs! JOB SEARCH ORIENTATION ENTREPRENEURSHIP 1800, Saint-Pierre Lemoyne Street (Québec) J4P 3K2 Phone: 450.671.8949 <http://cijad-cjelaporte.org/home.php> info@cijad-cjelaporte.org

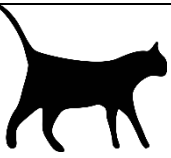
Looking to some good reading (in English)? Visit these two local libraries for a wide collection of books, DVDs, and other reading material. While you need to be a member to take out books, etc. you can make use of their reading room for free...

Greenfield Park Library 225 Empire Greenfield Park (all residents of Longueuil can join).

Bibliothèque de Brossard Georgette-Lepage, 7855 San-Francisco avenue, Brossard, J4X 2A4 tel: 450 923-6350 bibliotheque@brossard.ca

Looking for a wide selection of English Language magazines visit The Pharmprix on Taschereau GFP

The non-profit retailer **Renaissance** has opened a second location in Saint-Lambert 1455 Victoria Avenue shopping center. This location has mostly secondhand books, and small household items, etc.



Brossard has a no kill program under the CSRM where stray cats are captured, sterilized, and released. However, some are maintained in the community with volunteers looking to be adopted. Because of added demand on volunteers, they are looking for donations of dry or canned cat food. If you can help, please email us: catlovers.gat@gmail.com

All donations are very much appreciated.



Grand Montréal

To find resources!

Food or material assistance,
employment, help for seniors...
and any other social needs.



211qc.ca



2-1-1

211 is easy number to remember so call (2-1-1) 211 Telephone referral for community services available for Residents of the Greater Montreal area, including the South Shore. By calling the **211-telephone line for information on community and social resources such as home support and housing for seniors, support associations for people with intellectual or physical disabilities, psychosocial support for victims of domestic violence and sexual assault, treatment for addiction, and mental health advocacy groups.** The service is free and multilingual and is available seven days a week from 8 a.m. to 6 p.m. Residents can also visit the 211qc.ca and the web <https://www.211qc.ca/en/about>

Creative Corner Let's Make ART

ARC will be hosting two added Free Art Classes

Monday June 10-17 from 2 p.m. to 4 p.m.

Open to all, with Material supplied; however, we are limited to 12 persons

These Classes will be at our office: 106 Churchill Blvd Greenfield Park (Up Stairs)

Please Confirm if interested asap by calling: 514-605-9500 or reply by email

Visit our ARC Facebook and/or website for added updates and information. Be sure to give us a LIKE 😊

To have a 'contact' added to our list, please email us with the address, name and if possible, the city. To have an address removed... hit reply to this email. We invite you to share our newsletter with family and friends.

We do not share our email contact list with 3rd parties. All emails sent are saved for one year.

Note: To post your events, please advise us no later than the 25th of every month and for clarity, please always use a subject line followed by your pertinent information.



ARC is your partner in promoting community awareness of activities and accessibility to Health and Social services in the English-language for the South Shore of the Montérégie



This initiative is funded by ARC with financial contribution from The Community Health and Social Network (CHSSN) through Secretariat for Relations with English speaking Quebecers

There will be a Summer Time Newsletter published on June 27 for the July-August activities...You can also forward us your September events

arc.communityoutreach@gmail.com