

LET'S GET CONNECTED

January 2014

Volume 10, Number 3



Photo: Veronique Leclerc/Domaine du Bois Rond, Forestville

QUEBECNORTHSHORE.ORG

Fermont School Shows the True Spirit of Giving

by Karen Kean, principal

The students, parents, and staff from Fermont School donated \$335.00 to Maison d'Aide et d' Hébergement, and \$190.00 to World Vision this year. Traditionally the students exchange Christmas gifts in December. This year the students were discussing needy children from around the world, and a number of students mentioned that they already have a lot of food and toys at their homes. They suggested it would be nice to help children and families who have a lot less. Realizing that there were needy children and families in Fermont, the children asked if they could donate money to families in Fermont, and to children from around the world. The families choose where they wanted to donate their money.



The \$335.00 donated to Maison d'Aide et d' Hébergement was used to buy food and needed items to support the children and families in Fermont. The \$190.00 donated to World Vision was used to buy 4 hens and 2 roosters for needy families, send a girl to school, and purchase 5 fruit trees. Four hens and 2 roosters cost \$100.00. Two hens can produce up to 150 eggs a year, which can be eaten, sold or hatched to provide a continual supply of nutritious food and essential income. It costs \$60.00 to educate a girl. In many countries, young girls never have the chance to go to school and achieve their dreams. Many girls are forced to stay home to do chores and care for younger brothers and sisters. With the remaining \$30.00 we purchased 5 fruit trees. Fruit trees like bananas, papayas, mangos, coconuts, and oranges give families plenty of fresh fruit to eat, and extra fruit is sold at market. The ripe fruit is loaded with essential nutrients such as vitamin A and C; it boosts young immune systems, and protects children from deadly diseases like malaria, measles, and pneumonia. We are very proud of the students, parents, and staff at Fermont School for their generosity in helping others – the true spirit of giving!

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A WORD FROM THE CHAIR

Happy New Year NSCA members/readers!!



Here's hoping that by the time this newsletter is published and distributed, the December and early January weather madness is behind us! I've tried looking at my photos from my November trip to Kenya, Africa, and even though I look at them over and over, I still can't seem to warm up. Time to accept that we are Canadians, and we live through winter every year...but I just can't wait for summer!

Another holiday season has flown by, and we've probably eaten too much AGAIN, but I do hope you spent quality time with family and friends. We've said goodbye to 2013, and the wondrous possibilities of a brand new year are buzzing in our heads.

I wish each and every one of you: health, happiness, laughter, friendship, and time to experience new things. Put a smile on your face and keep one in your heart as well. Always have a kind word on the tip of your tongue.

Thanks for being part of the NSCA!

Debbie Laurie

Chair



<http://exhibit.quebecnorthshore.org>

Born to Read Book Bags available to Newborns

by Max Côté

The "Born to Read" program began in 1990, the brain-child of the New Carlisle Literacy Exchange in the Gaspé and the project has been adapted many different ways since then.

The main objective is to encourage young mothers to begin reading to their infants at a very early age, even before they are old enough to hold a book or turn a page themselves.

The sooner they are introduced to the world of books, the better! Research has shown a marked improvement of school success amongst children who are exposed to reading early.

Several local Home and School Associations have adopted this activity as part of their literacy program.

Baie Comeau High School is looking for any parents of newborns who would like to receive a free book bag in the Baie-Comeau area.

Please contact Maxime Côté, CLC Coordinator, for more information or to reserve a book bag. clc.bchs@hotmail.com 418-296-1547.



English Movies in Baie-Comeau and Sept-Iles

English movies are shown on a weekly basis (Sunday evenings) at the Ciné Centre in Baie-Comeau and Sept-Iles. Please check our community calendar at www.quebecnorthshore.org/full-calendar or follow us on Facebook to check out the schedule for what film is playing at your local theater.

Community Health Education Program (CHEP)

Videoconferencing Sessions

Thanks to funding from Health Canada and in collaboration with the Community Health and Social Services Network (CHSSN), the Community Health Education Program (CHEP) has been increasing access to health and social services in English through the delivery videoconferences to various regions across Quebec. The North Shore Community Association has been privileged to be a part of the program and in the past has delivered many sessions to the English-speaking communities in Baie-Comeau and Sept-Iles.

On January 22, 2014 the NSCA will be hosting a 'Breakfast and Learn' for the videoconference "Let's Talk About Alzheimer's Disease!" in both Baie-Comeau and Sept-Iles. The breakfast will start at 9:00 am and the videoconference will begin at 10:00 am.

Place: Baie-Comeau High School, Room 317
and Sept-Iles Adult Ed Centre, 3rd floor

Please pre-register: Marilyn Durepos - Tel.: 418-296-1549 (Baie-Comeau)
or
Jackie Bizeau – Tel: 418-968-3148 (Sept-Îles)



Possible Upcoming CHEP Videoconferences:

February 19, 2014 – Who Cares for the Caregivers?

March 26, 2014 – Care-giving Stress and Anxiety (Date tentative)

For more information on these and other events, you can contact our office at 418-296-1545 or check our website www.quebecnorthshore.org or Facebook page.



The mission of l'APPUI Côte-Nord is to ensure caregivers of seniors have the moral support needed as well as access to a wide range of resources that will enable them to continue the delivery of care to someone with an age related loss of autonomy.

L'APPUI Côte-Nord aims to support family caregivers by providing personalized information service, training, counseling and respite through a single source.

It works in tandem with various local organizations, so that caregivers can easily be redirected to the necessary resource and acts in collaboration with local stakeholders to identify local priorities and improve the services offered, including the development of information services, training, psychosocial support and respite.

Contact Information:

L'APPUI CÔTE-NORD
810, rue Bossé, Bureau 102
Baie-Comeau, (Québec) G5C 1L6
Telephone: 418 589-4014
Fax: 418 589-4226

Diane Hamel, directrice
418 589-4014 poste 101
dhamel@lappuicotenord.org

Johanne Émond, agente de gestion clinique et financière
418 589-4014 poste 103
jemond@lappuicotenord.org

<http://www.lappui.org/cote-nord>

Interested in Joining the 50+ Club Sept-Iles?

The 50+ Club Sept-Iles is now an affiliated member of the FADOQ. The Club has over 65 members and has weekly activities varying from social, cultural, health and wellness. As members of a FADOQ group, they also enjoy benefits and privileges from various enterprises and organizations whenever they show their membership card.

If you are interested in joining the 50+ Club Sept-Iles, and/or would like to know more about obtaining a FADOQ membership, contact the NSCA office at 418-296-1545.

St. Patrick's Community Potluck For 50+ Club of Sept-Iles

An evening of fun, great food and activities is planned!

This year's St.Pat's celebration will be held possibly on March 15th (watch for publicity confirming the date) at 47 Ungava - parish hall of All Saints Church.



The evening will commence with a community potluck at 6:30 p.m.

If you need more information, please contact Gail at 418-968-6961.

December: A Busy Month for the 50+ Club Sept-Iles

By Michelle Petit

50+ Club Sept-Iles had their annual Christmas party on December 7th, 2013. This year the theme was 'a Christmas Tea'. Everyone helped out by bringing sandwiches, jello desserts and short bread cookies.

There were 33 people who attended and participated in the many amusing activities of the afternoon. There were Christmas stories from the past, accordion playing by Louise Tanguay, a Christmas carol sing along, some silly games, and to top things off, a humorous skit based on the "Mummers' Song", an old Christmas tradition from Newfoundland. Much fun and laughter was had by all.

Also during the month of December, the 50+ Club in Sept-Iles were invited to Flemming Elementary School for a private screening of the annual Christmas Show. The students from grade 5 presented each 50+ member with a handmade Christmas card. Thank you to the students and staff that made this such an enjoyable event.

The bowling teams had their Christmas celebration on December 13th. Bowling will resume in the New Year.

The NSCA would like to give a big 'thank you' to all who participated and helped out for these activities. None of this would have been possible without your involvement. We would also like to wish you all a healthy and safe 2014.

Here are a few activities/events that are in the works for the next few months.

- January 22 – CHEP session
- February – Hero in 30 & Lifeline presentation
- March – Senior Aware
- April – Service Canada presentation
- May – FADOQ Games
- June – End of year party



A Lesson in North Shore Agro-Forestry

by Joanne McCreary

On November 18th, Northern Lights Adult Education Center in Sept-Iles was privileged to have authors Steve Debreuil and Guy Côté speak about food(s) eaten and produced here on the North Shore.

It has often been said that a picture is worth a thousand words and their presentation included many pictures from various towns and villages. We saw pictures of the Normand farm which produced and sold milk to local families here in Sept-Iles in the 1950's. We also learned how the heat from the pulp and papermill in Baie Comeau was recuperated or recycled to help heat a greenhouse giving the town residents better access to vegetables. The picture, which got the most laughs, was from Schefferville where the truck was clearly labelled, "Black Flies Milk". I think there were a few of us prepared to argue that black flies aren't only in Schefferville!

In the 1900's many families on the North Shore practiced agro-forestry. They generally had their own gardens where they grew vegetables such as cabbage, potatoes and rhubarb. In addition, they often worked in the forestry industry to support their families. Later, mining jobs became available.

Boats were used for transportation so flour, potatoes, molasses, etc. were purchased in bulk. People varied their diet by hunting and fishing. The early settlers dried smoked, salted or pickled food to preserve it. Berry collecting was an important family activity for the young and the old. We take the variety and availability of fruits and vegetables for granted but the settlers did not have that luxury.

We also looked at local produce and new products or speciality products which are being developed. In Sept-Iles, it's possible to purchase local produce in summer. Berries, jams, and honey are available as well as various teas, dried mushrooms and spice mixes. Cloudberry or 'chicoutai' jam or tea are among my personal favorites.

The class enjoyed learning about and seeing this 'slice of the past.' We also enjoyed sampling the 'red berry slice' which Guy prepared as a snack.

Their book called '*Le Terroir alimentaire nord-côtier à l'honneur*' was published earlier this year. It can be purchased at the local museum.

Updates from the 50+ Club in Baie-Comeau

by Michelle Petit

On November 14th, 2013 the 50+ club of Baie-Comeau met with Monique Gervais an English speaking kinesiologist (study of human movement). She showed some simple exercises that are beneficial for strengthening your "power house" (from your abdomen to your thighs). No matter what ability or lack of ability participates had, she was able to guide everyone through the movements. All appreciated her professionalism and clarity in explaining. If you are interested in finding out more of what Mrs. Gervais does or how she can help, please call 418-297-7771. She is located in the same locale as Maxi Form in the Centre Lafleche shopping mall.

The month of November was also a time to remember those who are or have been in the military serving our country. With this in mind the 50+ club invited Mr. Real Comeau as a guest speaker. Mr. Comeau served in the Canadian military and done several overseas deployments. Mr. & Mrs. Comeau joined the 50+ Club at Le Manoir du Café for breakfast where he spoke about his experience in the military. Everyone was intrigued with his interesting stories and passion of his message – "don't forget the sacrifices made during war for the freedom we have today". Thank you to Mr. & Mrs. Real Comeau; we hope to see you again.

In the month of December the Baie-Comeau 50+ club had their Christmas party. It was a light hearted afternoon filled with good food, laughter and pleasant company. They played some crazy games and shared some stories from years gone by. Thanks to all who came and shared your tasty dishes. The NSCA wish you all a safe and healthy new year.



Movie Night in 7-Iles

by Jacquie Bizeau

As I sat waiting to watch the 'Hunger Games' movie in English at the Cine-Centre de Sept-Îles, I noticed the room was filling up fast. I saw many new faces. Some of the people were speaking in French and many people speaking English had heavy French accents. I thought to myself "isn't this nice all these French-speaking people trying very hard to speak in English". It was music to my ears.

The room was nearly full (over 100 people), the snack bar was busy, and people were in a good mood. They were excited to see 'the movie' of the year. The whole room was very quiet until one part of the movie where everybody almost jumped out of their seats screaming; then we heard people laughing.

At the end of the movie I stood up to leave and a teenager sitting behind me told his father, "Well, I'll have to wait a year till the next one". I told him he could read the book and in a friendly tone he told me he would wait for the next movie in English.

On my way out, people were talking and saying how much they enjoyed the movie. They said it was fun to be able to go to the movies and watch a good movie in English.

Just before Christmas I was at the grocery store when a man came to me to tell me how happy he was that finally, after all these years here in Sept-Iles, movies were playing in English. He told me he couldn't go to them all but he did enjoy those he saw.

I still thank Denis Simard to this day for giving us this chance by playing our first English movie back in December 2012. A year has already passed since then. It's great to see all the people that do go out and enjoy the movies. For some its date night, for others its family night out, for others just a movie night. It doesn't matter what the reason is, just as long as we enjoy them.

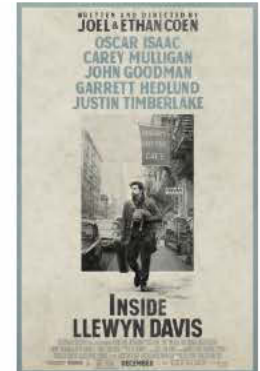
CINOCHÉ 2014

For the 4th consecutive year, the North Shore Community Association (NSCA) is pleased to be a sponsor of "Cinoche" - International Film Festival of Baie-Comeau. This year's 26th annual festival begins on January 16th and will run up to January 26th.

The English-language films that are sponsored by the NSCA are:



Dallas Buyers Club



Inside Llewyn Davis

Details of the films and its showing times can be found by visiting the **Cinoche** website at www.festivalcinoche.ca

Upcoming English Movies in Fermont



ENDER'S GAME
Fri. Jan. 24 at 6p.m.



CATCHING FIRE
Fri. Jan. 31 at 6p.m.



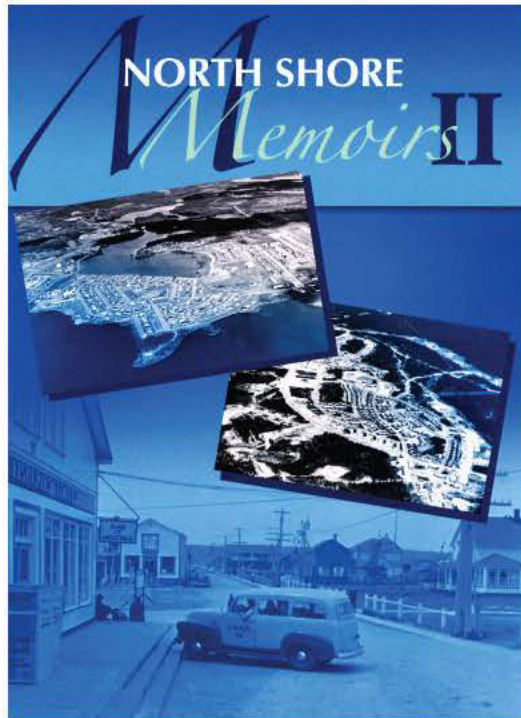
HOMEFRONT
Fri. Feb. 7 at 6p.m.



THOR: THE DARK WORLD
Fri. Feb. 14 at 6p.m.

Ciné-Club Fermont will be showing the following movies (listed above) in English at the Auditorium at Polyvalente Horizon Blancs. Admission is \$8 for an adult and \$6 for those 18 and under. Ticket Office opens 45 minutes before showtime.

North Shore Memoirs II



You can purchase a copy for \$10 each

Please contact our office to place your order:

418-296-1545

or

nsca@quebecnorthshore.org

Photos Needed!



NSCA is seeking digital photos of scenic spots on the North Shore.

Photos are needed for the cover page of the "Let's Get Connected" community newsletter.

Photographers will be acknowledged for their photos!! So, get out there and start clicking!

Worship Services

All Saints' Church

39, av. Ungava

Sept-Iles

All services commence at 10:30a.m.



Jan. 12: United Church Service
 Jan. 19: United Church Service
 Jan. 26: Anglican Service
 Feb. 2: Anglican Service
 Feb. 9: United Church Service
 Feb. 16: Anglican Service
 Feb. 23: United Church Service
 March 2: Anglican Service
 March 9: United Church Service
 March 16: Anglican Service
 March 23: United Church Service
 March 30: Joint United Church/Anglican Service

Sainte Famille Catholic Church

15 Comeau, Sept-Iles

English Catholic services are held every Saturday commencing at 5pm. A bilingual bulletin which indicates upcoming special services/events is available at the church.

Weekly schedules of masses and church bulletins can be accessed online at paroissesseptiles.org/



Church of St. Andrew & St. George

34, av. Carleton, Baie-Comeau

All services commence at 11a.m.

Jan. 19: Communion Service
 Feb. 2: Communion Service
 Feb. 23: Communion Service and Vestry Meeting
 March 16: Communion Service
 April 6: Communion Service

Information:

Canon Stephen Kohner (418-295-3431)

stephen.kohner@cgcable.ca

Coming to Quebec City for Medical Treatment?

Let us know...We're here to help.

Members of the Pastoral Services Team of the Anglican Diocese of Quebec provide a variety of services for English-speaking patients & their families treated in Quebec City hospitals. They may be able to:

- provide transportation
- visit patients and family members who accompany them to Quebec City
- provide translation
- run small errands

pastoralcare@quebec.anglican.ca / 581-308-8393

Great turn-out for BCHS/Community Activities

by Stephen Kohner, principal

During the months of November and December, BCHS organized a number of events in collaboration with a number of school-based community partners. The school was pleased to be able to host these annual events.



On November 11th, M. Réal Comeau (on right) spoke to the students and members of the NSCA 50+ Club about his experiences in the Canadian Armed Forces as a Peace-keeper in Cypress. Many thanks to Mary Ellen Beaulieu, ESSB Commissioner for arranging this unique opportunity.



Student Parliament collected well over 300 articles of food for Accueil Marie de l'Incarnation. Soeur Jeannette Lord was on-hand at the annual Christmas concert to receive the donations. Many thanks to Max Coté (CLC Coordinator), Michelle Petit (Spiritual Animator) & the Student Parliament for organizing this essential event.



The community turned out in droves for the annual BCHS Christmas Show organized by teacher Mrs. Laura Kenny on December 19th. The 75-minute show comprised of songs and skits with the Christmas spirit in full evidence. There was a real mix of English and French productions - it was a wonderful evening!

Queen Elizabeth High School gets Involved

By Diane Petit



In the month of December, students and staff of Queen Elizabeth High School were involved with “La Maison de la Famille” / L’Envol of Sept-Îles. La Maison de la Famille, a community organization, was created to help parents and children improve the quality of their family life.

From December 2nd through December 13th, 2013, students and staff of Queen Elizabeth High School had a food drive, collecting canned and dry food that would be destined to the families in need. On December 16th, 17th, and 18th, students helped with the collection of food and the sorting of it at la Maison Alouette on De Quen Street. Other students were involved in the wrapping of gifts for the families.

La Maison de la Famille really appreciated the involvement from Queen Elizabeth High School. Great job everyone!



A Great Way to Give Back To Your School!

by Isabelle Noel

I am the mother of 2 young girls, who attend the Flemming Elementary School in Sept-Îles. I have been part of this school family for over 7 years now and right from the start in my first year, I knew that this was a great school with an excellent environment. I could see the involvement of staff members and parents making the school a great and fun place to be in.

During the first year of my child attending the school, I was partially involved in the school activities. It was during my second year that I was asked to join the PPO (Parent Participation Organization). They were missing some volunteers and needed new members. I accepted the invitation and have been part of this group ever since!! The PPO organizes between 10-15 activities in the school year, most of them are free!!

For my 2 girls, having a mommy in the PPO is awesome, they see me in their school and participating in their activities throughout the year. The pride they have when they see me participating is awesome. The smiles, the kindness and the excitement we see in the children's faces when they see us walk in the school is priceless!! All the hard work and hours put in by the parents magically disappear when we get hugs, smiles, songs and thank you's from the children. At times, these moments have brought tears to my eyes, knowing that I was doing something awesome for our children. For the past 2 years, the PPO Flemming group has become a larger group and a very close family.

Always searching for new ideas and members, the PPO is a great way to give back to your child's school!! I just love being a part of this group and will continue to do so for as long as I can!!

Using our WITS at Flemming School

by Karen Fequet, principal

To enhance our school culture that promotes respect and behaving responsibly, we have added a new program to our list of strategies.

Under the guidance of our resource teacher Ms. Monderie and the support of all staff members, we have implemented a program developed by educators and endorsed by the RCMP called WITS The acronym stands for: WALK AWAY, IGNORE, TALK IT OUT, SEEK HELP.

"The WITS Primary Program teaches children in Kindergarten to Grade 3 to make safe and positive choices when faced with peer conflict. WITS provides a common language that children and the adults in their environments can use to talk about and respond to peer victimization".

Students were initially introduced to the WITS program in the 2012-2013 school year and learned the strategies of how to deal with peer conflict. During that time, Ms. Monderie contacted the SQ to invite them to take part in the program and their response was very positive and complimentary!

On Thursday October 24th, 2013, Sergeant Tremblay from the Surete du Quebec visited students from grade 1 to grade 4 to discuss his role in the WITS program. As a follow-up to this visit, Sergeant Tremblay returned with Sergeant Beaupré to officiate a swearing-in ceremony. Each child was then given a WITS badge after a proud salute and a special handshake, making them WITS Special Constables.

<http://www.witsprogram.ca>

Is your child eligible to receive education in English?

Now is the time to think about registration for the 2014-2015 school year. Communities served by the NSCA each have educational establishments that are able to educate your child in English while offering quality French-language instruction. Many of the schools offer low student-teacher ratios, dynamic extra-curricular activities, and quality instruction.

- Has the father, mother, or grandparents of the child gone to elementary school in English?
- Are you aware of your grandparents' schooling?
- Are you considered an Aboriginal or do you live on a reserve?
- Have you immigrated to Québec on a temporary company transfer?
- Does your child have a half-brother or half-sister in the English educational system?
- Has your child turned 16 years of age as of the 30th of June 2010? He or she may continue their education in French or English.
- Are you a member of the Canadian Armed Forces?

For more information contact the English schools of Eastern Shores School Board:

SCHOOL	ADDRESS	PHONE	E-MAIL
Fermont School	130, rue Le Carrefour Fermont, QC G0G 1J0	(418) 287-5497	fermontschool@tlb.sympatico.ca
Flemming Elementary, Sept-Iles	542, av Brochu Sept-Iles, QC G4R 2X3	(418) 962-2166	flemming.admin@essb.qc.ca
Queen Elizabeth High, Sept-Iles	95, rue Père Divet Sept-Iles, QC G4R 3P2	(418) 962-4540	qchs.admin@essb.qc.ca
Riverview School, Port-Cartier	67, rue Audubon Port-Cartier, QC G5B 1M7	(418) 766-2665	riverview.admin@essb.qc.ca
Baie-Comeau High	39, av Marquette Baie-Comeau, QC G4Z 1K4	(418) 296-2832	bchsadm@cgocable.ca

Baie-Comeau Community Learning Centre offering Possibility of 4 Videoconferences

by Max Côté



PARENTING 101: February 4, 7-9 p.m./ presented by OMETZ

This presentation raises discussion on what children need to become independent, self-reliant and resilient. It includes enhancing self-esteem in a positive manner, building coping strategies when faced with failure or disappointment, encouraging motivation and fostering strong decision making techniques, as well as the influence of peers and parenting styles.

WILLS AND ESTATES: February 26, 7-9 p.m. / presented by Éducaloi

Éducaloi will explain what kinds of wills are valid, how to change a will and the impact of not having a will. The workshop will also cover the steps in settling someone's affairs after death.

INTERNET SAFETY & DIGITAL CITIZENSHIP: DISCONNECT IN A CONNECTED WORLD: March 12, 7-9p.m. / presented by OMETZ

This presentation will help parents and educators who feel disconnected from their children's online activities to become more aware of important issues related to internet safety, while equipping them with tools for helping children develop positive digital citizenship habits.

SENIORS: PROTECTION FROM EXPLOITATION AND ABUSE: March 26, 1-2:30 p.m. / presented by FADOQ

This presentation will provide a glimpse at the various forms of abuse and fraud that seniors may be subject to. The Senior Aware program is a tool to sensitize seniors, professionals and the general public to the abuse and fraud to which seniors may be subjected as well as offer some prevention advice.

For more information or to register, contact Maxime Côté at 418-296-1547

Healthy steps to a New Year's you

You made the resolution to eat well and to exercise regularly? That will give you energy to lead a healthy, active lifestyle and help reduce the risks of developing diseases.

How to stay on tracks? Health Canada and the Public Health Agency of Canada recommend the following strategies:

- **Set specific goals.** Instead of "I want to eat healthier," just say "I will eat one serving of vegetable at every snack."
- **Think about healthier foods to add to your diet.** Not just about what to eliminate.
- **Keep stock.** Shopping and cooking ahead ensures you will always have a "plan B" in your freezer, fridge and pantry.
- **Start slow and gradually increase your physical activity.** Climbing stairs, shovelling snow, even walking the dog, it all counts.

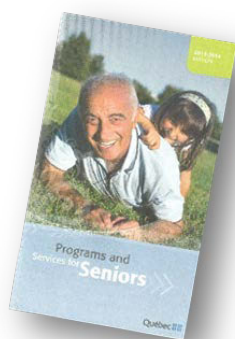
To find many other **healthy steps to a New Year's you**, visit: <http://healthycanadians.gc.ca/eating-nutrition/healthy-eating-saine-alimentation/healthy-steps-etapes-saine-eng.php>

Programs and Services for Seniors 2013-2014

Government of Québec

This guide contains information on the different programs and services for seniors, offered by government departments and agencies. It covers topics such as:

- Health
- Loss of Independence
- Staying in your own Home
- Housing
- Retirement Income
- Income Tax and Fiscal Measures
- Death
- Other Rights and Remedies
- Travelling or Living Abroad
- Other Government Programs
- Information Clearinghouses for Seniors
- Government of Canada Programs and Services
- Government du Québec Services
- Community Organizations
- Other Useful Links
- Services for Persons with a Hearing or Speech Impairment
- Gouvernement du Québec Portal



You can pick up a copy at the NSCA offices or for more information give us a call (418) 296-1545.





ami québec
Agir contre la maladie mentale
Action on mental illness

PLEASE POST

WINTER/SPRING 2014

*Interactive sessions across Quebec.
Experts present topics and answer questions (English).*

MUST register in advance for Tele-Workshops:
1-866-396-2433
www.caringvoice.com

Tele-Workshops

Workshops over the telephone from the comfort of your home

Wednesday, January 15, 2014 / 7-8 pm
Why Are You So Angry: A Management Guide
Speaker: Tom Caplan, social worker

Wednesday, February 19, 2014 / 7-8 pm
How Best To Communicate With Your Ill Relative
Speaker: Perry Adler, psychologist

Wednesday, March 19, 2014 / 7-8 pm
Frightened To Death? There Is Help For Your Phobias
Speaker: Dr. Karen White, psychologist

Wednesday, April 16, 2014 / 7-8 pm
Good Anxiety Bad Anxiety: Know The Difference and When To Get Help
Speaker: Dr. Luisa Cameli

Wednesday May 21, 2014 / 7-8 pm
Living In The Moment: Improve Your Life With Mindfulness and Meditation
Speaker : Dr. Joe Flanders, psychologist

Roundtables

At the AMI office (6875 Decarie #300) and via videoconference throughout Quebec

MUST register in advance
For more information or to register: Montreal: 514-486-1448

Outside Montreal contact your Community Learning Center (CLC), or call AMI toll free at 1-877-303-0264

Wednesday, January 29, 2014 / 7-9 pm
Everything You Wanted To Know About Schizophrenia
Speaker: Dr. Marc Laporta, psychiatrist

Wednesday April 23 2013 / 7-9 pm
So You Have A Mental Illness, But You Can Still Have a Life, and a Good One
Speaker: Moira Edwards, nurse and psychotherapist

www.amiquebec.org
info@amiquebec.org
514-486-1448
1-877-303-0264

 CARE-RING VOICE NETWORK

Project developed in partnership with
The Caregiver Support Centre of Centre de santé et de services sociaux Cavendish
Centre affilié universitaire

These programs are supported by



Fermont School Christmas Show

by Karen Kean, principal

Fermont School held a Winter Concert on Thursday, December 12. The students in Pre-Kindergarten to Grade 3 sang songs, and acted in the play – “Snowmen at Night”.

Grades 4 to 6 students also sang songs, played recorder, and for the first time, they played BoomWhackers. We closed the show with all the children from Pre-Kindergarten to Grade 6 singing “What Does the Fox Say?”



Approximately 100 people attended the entertaining show.

The NSCA would like to thank all those who have generously made a contribution to this newsletter. For any comments or suggestions, please contact us, we would love to hear from you. If you wish to make a submission for our next newsletter, please forward it to nsca@quebecnorthshore.org. (All submissions are subject to editing and approval)

North Shore Community Association

Volume 10, Number 3

NSCA Mission:

The North Shore Community Association is a non-profit regional organization dedicated to serving, representing, and instilling pride in the English-speaking community of Quebec's North Shore. Our aim is to empower residents and to strengthen the community across the region by working to make information and resources available, by facilitating community initiatives, by encouraging and improving communication, by promoting access to services, by developing partnerships and by increasing the visibility of the English-speaking community. Together, we are building a vital, informed, and strong community.

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