



ROUTE 389 & MONTS GROULX

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# NPI'S GET TOGETHER TO DEVELOP A NORTHERN NETWORK...

Northern NPI organizations, NSCA, Neighbours (Abitibi -Témiscamingue region), Coasters, and ECO-02 (Saguenay-Lac-St-Jean region) came together in Sept-Îles on March 18 & 19 for an inaugural event to develop a Northern Community Network - Community of Practice (COP). As these organizations are working with English-speaking communities in remote/rural regions, they often experience similar challenges when trying to deliver service, create partnerships and develop programs. The two-day event was beneficial for them to meet and share their successes, challenges, resources with each other and establish an action plan and meetings on a more frequent basis.

Jody Lessard, Executive Director of NSCA said it was great to host the event, as it was the first time most of the participants had visited the region. She continued by saying that they were able to see firsthand some of our challenges and learn from their realities and experiences. Nancy Bilodeau from the CISSS de la Côte-Nord was also on hand to share her expertise on their **Access Program** and the current initiatives in place that are offering services to the English-speaking population.



Left to right  
Natalie Chevrier, Sharleen Sullivan, Jody Lessard, Brittney Chabot, Laury Boulianne,  
Ashely Roy (absent from photo: Kayla Kippen)

# WORLD AUTISM DAY- APRIL 2ND, 2024

April 2nd marked *World Autism Awareness Day*, a time when Quebec joined the global community in understanding and supporting individuals with autism spectrum disorder (ASD).



Autism presents unique challenges in social interaction and communication, but also brings strengths and talents. In Quebec, efforts on this day focus on early diagnosis, educational support, and inclusive employment opportunities. Schools and organizations across Quebec work to create autism-friendly environments, ensuring individuals on the spectrum have the resources they need to thrive academically and socially.

Through awareness, education, and advocacy, Quebec strives to foster a more inclusive society where individuals with autism are respected, accepted, and empowered to reach their full potential.

Let us use *World Autism Awareness Day* as a reminder of our ongoing commitment to embracing neurodiversity and creating a world where everyone, regardless of their differences, is valued and included. Additionally, we want to shine a spot light on some of our youth in our communities!

I am 16 years old and I have Autism. I am a friendly guy who sees the best in every situation. I have many interests and I enjoy making people laugh. I love my 2 dogs and enjoy spending time with family. I am who I am and I love me.

I am 6 and have been diagnosed with Autism Level 1. I can focus for hours on something that interests me and talk your ear off. Loud noises and yelling scares me. My memory is like a super power! I can do everything you can but please be patient.

I am 16 years old and love learning. I am not shy and enjoy conversations with teachers at school. I am very particular about following procedure and the rules. I appreciate knowing things in advance and giving my opinion. I am very interested in getting all my credits to get my diploma in Sec. 5. I am who I am and I love me.

On the North Shore, we have community organizations that deal specifically with autism and pervasive development disorders.

1. **Autisme Cote Nord**, Sept-Iles, located at 700 Blvd. Laure, Bureau, 235 (418-962-2272);
2. **Autisme Haute-Cote Nord Manicouagan** in Baie Comeau, located at 313B, Blvd. LaSalle (418-296-2867);
3. **Association Nord-Côtière de l'autisme et des Envahissants du développement**, located at 700 Blvd. Laure, Bureau 157.1 (418-962-2272)

Please feel free to reach out to them for information on resources and tools available to the English-speaking population on the North Shore.



# NSCA HAPPENINGS...



- #1: **March 19-** International Read to Me Day- Flemming Elementary with 5 Seniors read to Pre-K to Grade 2
- #2: **March 13-** National Positive Mental Health Day with QEHS Sec. 3 Class
- #3: **March 26-** Seniors at Batticeurs for Easter Bingo
- #4: **March 15-** St. Patrick's Day Supper in Baie-Comeau
- #5: **March 23-** Young Adults Painting Activity in Sept-Îles
- #6: **March 8-** International Women's Day event in Sept-Îles
- #7: **March 15-** St. Patrick's Day Supper in Sept-Îles

**March 28-** Easter Toddler Time in Sept-Îles!

Contact Amber at the NSCA Sept-Îles for more information  
[a.dalby@quebecnorthshore.org](mailto:a.dalby@quebecnorthshore.org) or 418-968-3148

**TODDLER TIME**  
**Easter Fun**

Join Amber in the  
NSCA Sept-Îles'  
office for games and  
crafts!

**Thursday, March 28<sup>th</sup>**  
**10:00 AM**

598 Laure Blvd., Local 108  
Register at 418 968-3148 or  
a.dalby@quebecnorthshore.org

Amber's Dreaming

# THE PERKS OF VOLUNTEERING

People volunteer for many reasons; they can be personal or professional. On the North Shore, we are very privileged to have many volunteers in our communities who dedicate their time, services and skills to benefit others.



The NSCA surveyed some of our community members in the communities of Baie Comeau and Sept-Îles to hear what they had to say on their role as a volunteer. We asked the following questions:

1. How did you first become involved in community services, and what motivated you to dedicate your time and efforts to making a positive impact?
2. Can you share a specific project or initiative you have worked on that you believe has made a difference in the community? What were the key outcomes or achievements?

## Here's what they had to say...

"After I noticed that the NSCA was a great organization I decided to become involved. This organization groups all seniors and many people that I have known all my life. I love to help seniors. The project was to make changes at the hospital because it is removing the written signs to picture signs. The project is now being applied. (Sept-Îles Hospital Pictogram Navigation program)"

- Alice -Sept-Îles

"I became a volunteer, and I enjoy helping whenever I can."

-Suzanne-Sept-Îles

"I help people in anyway I can. For years now and teaching cooking to children in school. Teaching cooking to students in school. Children are happy and I am happy; gives me lots of pleasure and I love it."

-Kusum-Sept-Îles

"I started with the boy Scouts, then the Beavers ad Cubs. Volunteering for the Baie Comeau Tourism and cruise ships helped correct a lot of misinformation."

-Walter - Baie Comeau

"I first became involved because of my daughter. I volunteered as a parent and also the Scouts."

-Marilyn - Baie Comeau

"I started out reading in church, teaching Sunday school. Reading at schools, so on. Always willing to help out where needed. Becoming a lay incumbent in my church. Helping people in my community who are looking for religious help."

-Linda - Sept-Îles

"I became involved through a friend. My motivation was my kids to show them that it is a privilege to be able to do something for your community. I volunteered at a women's shelter painting and cleaning. It was a wonderful experience."

-Jessie-Sept-Îles

"I got involved in church for many years helping people from the Lower North Shore. While involved in church I would visit people in hospital cause they has no family to visit them here. Would bring the pregnant woman a little gift."

-Georgina - Sept-Îles

"I first became involved in community when they started to play games, cards, etc. When special projects involving young people, I enjoy this because they are our future."

- Mildred-Sept-Îles

# SNIPPETS OF INTEREST ON THE NORTH SHORE

**“No New Buyer for North Shore Grocery Store”** - The mayor of Port-Cartier, Alain Thibault, confirmed that there has been no new interest from potential buyers for the recently closed **Le Riverain** grocery store. Despite initial inquiries, the store, which served as a vital food source for residents between Baie-Trinité and Port-Cartier, remains without a buyer. Four groups had initially shown interest, but no progress has been made since then. The management of the takeover file is being handled by the Raymond Chabot Grant Thornton firm. With the closure of **Le Riverain**, residents of Pentecote now have to travel to Port-Cartier or Pointe-aux-Anglais to access basic groceries.

Original Source: Radio Canada – March 5, 2024  
Source Rediffused by: Quebec Connect



**“Regional Air Service Initiatives”** - The Quebec Regional Air Transport Plan aims to address issues of high-ticket prices and insufficient flight frequency in regional air services. The plan, developed in response to the impact of the COVID-19 pandemic, focuses on ensuring essential air services and improving service offerings and prices. Additionally, the Regional Air Access Program aims to make air travel more accessible by reimbursing residents of remote areas and setting maximum airfare pricing. This program involves participating airlines offering discounted tickets for selected routes.

**For more detailed information on the regional air transport plan, please visit the links below:**

[https://www.transports.gouv.qc.ca/fr/ministere/role\\_ministere/plan-transport-aerien-regional/Pages/faq.aspx](https://www.transports.gouv.qc.ca/fr/ministere/role_ministere/plan-transport-aerien-regional/Pages/faq.aspx)

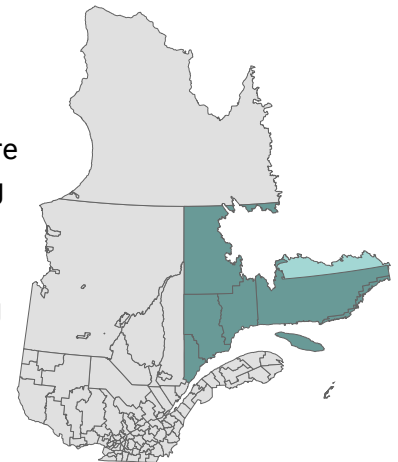
or

<https://www.transports.gouv.qc.ca/en/transport-aerien/regional-air-access-program/Pages/regional-air-access-program.aspx>

(Source: Ministry of Transport and Sustainable Mobility)

**“Access to a Family Doctor - Guichet d'accès à la première ligne (GAP)”**

The Minister of Health, Christian Dubé, has announced that Quebec's primary care access portal, known as Guichet d'accès à la première ligne (GAP), is undergoing a digital transformation. Individuals who are waiting for a family doctor or are registered with a family medicine group can now access the service directly online at [Quebec.ca/GuichetAccès](https://Quebec.ca/GuichetAccès). The online service is available 24/7, allowing patients to fill out a health questionnaire and be contacted by a healthcare professional. This new digital GAP also provides guidance and services for individuals with a family doctor, such as directing them to the appropriate healthcare service based on their health issue. While the telephone option for GAP remains available, the ministry encourages patients to use the online platform to avoid phone wait times. The introduction of digital GAP aims to improve access to healthcare services and is part of the government's efforts to enhance the healthcare system through digital transformation.



**Further information can be obtained by visiting the below**

<https://www.journaldelevis.com/jdl/25/Sant%C3%A9.html?id=38210>

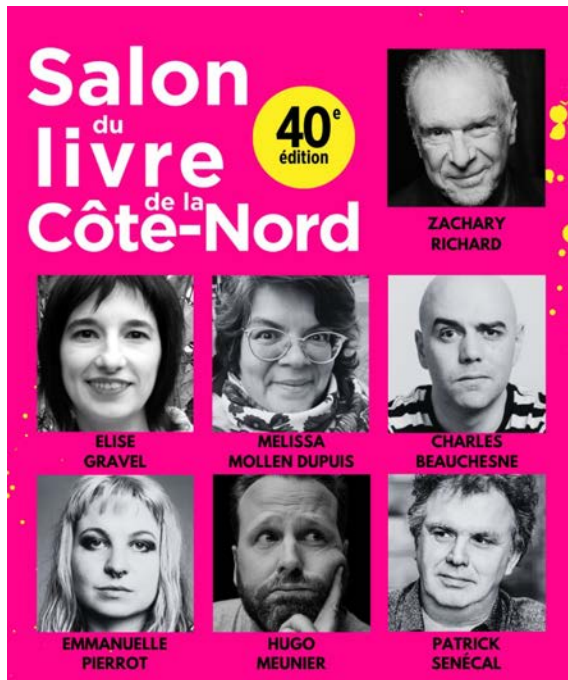
(Source: Journal de Levis – February 28, 2024  
Source: Rediffused by Quebec Connect )

## THINGS TO DO..

Winter can be long, especially when the North Shore keeps receiving Mother Nature's snowfall, however, we can embrace the winter by having fun things to do and/or visit. Check out these events:

### Calling all literary lovers...

**April 25 to 28, 2024**



The 40th edition of the "Salon du Livre" or "North Shore Book Fair" will be held at the **Guy Charbonneau Arena, 490 Jolliet Avenue, Sept-Îles**, emphasizing the celebration of reading and books. This cultural event prioritizes human interaction, fostering connections between North Shore residents and the literary community. Showcasing Quebec and Canadian literature, the fair also shines a spotlight on North Shore, non- Innu, and Innu literature, along with their respective authors. It promises to be an enriching literary adventure not to be missed. For more detailed information, please visit the website at: <https://www.tourismecote-nord.com/fr/salon-du-livre-de-la-cote-nord/evenements-et-spectacles/> OR contact them by telephone at: [418-968-4634](tel:418-968-4634).

### **If being outdoors is your thing, check out the Snowshoe and Ski-Doo Trails -Baie Comeau**

What could be better than hiking the trails on snowshoes at a slower pace that allows you to contemplate nature, one step at a time.

Check out the three trails in the Baie Comeau area:

- Remy Bourque
- Wooded Pointe St-Gilles
- Sea Spray

If this interests you, visit their website listed below:

<https://www.tourismebaiecomeau.com/motoneige-vtt-motocross?lang=en>

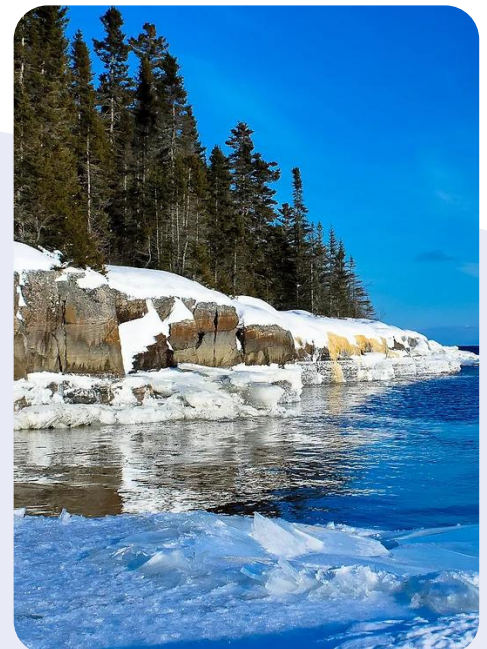
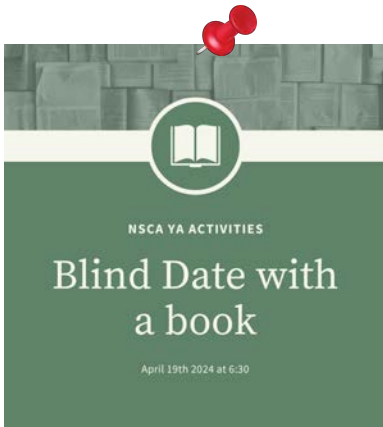


Photo Credit: Tourisme Baie Comeau

# MARK YOUR CALENDARS!



Contact Alicia for more information about the YA Book Club and other Young Adult (18-49) activities!

[a.buffitt@quebecnorthshore.org](mailto:a.buffitt@quebecnorthshore.org) OR

**418-968-3148**

April 19th we will be discussing our Book with a Blue Cover and participating in a Blind Date with a book! Hope to see you there!




## #CompassionConnects

**May 6 – 12, 2024 -Mental Health Week in Canada**

This year's **Mental Health Week** is centered on the healing power of compassion. In a world plagued by suffering, we emphasize that kindness is equally intrinsic to our humanity.

Check out: [mentalhealthweek.ca](http://mentalhealthweek.ca) for more information!

IMPORTANT MENTAL HEALTH DAYS

-  **May 7th:** National Child and Youth Mental Health Day
-  **May 17th:** International Day Against Homophobia, Biphobia and Transphobia
-  **May 24th:** World Schizophrenia Day

PLEASE JOIN US AT  
**BAIE COMEAU HIGH SCHOOL**

*Annual Bean Supper  
and  
Dance Show*

FRIDAY | 10 MAY | 5:30 P.M.

FOOD, DRINKS AND RAFFLES

ALL PROFITS WILL BE FOR THE GRADUATIONS, BURSARIES  
AND SCHOOL ACTIVITIES

TICKETS SOLD AT THE DOOR

ADULT TICKET: 20\$

CHILDREN UNDER 12: 15\$

EVERYONE IS WELCOME!

ONLINE SHARP SESSIONS:

**April 17-** "Accessing Health and Social Services...Overcoming Barriers with Tools and Resources" with Alexandra Ethier, Sherbrooke University

**May 15-** "Alternative Living Arrangements for Aging in the Community" with Melissa Chang & Jen Recknagel, NORC Innovation Centre

**June 19-** "User Rights and Filing Complaints with the Healthy System" - with Jean-Phillippe, CIUSSS West Central

Contact Charlene in Sept-Îles at 418-968-3148 or Natalie in Baie-Comeau at 418-296-1545 ext. 3 for more information!

# NSCA'S BABY BOOK BAG

There are a lot of advantages for parents to read to babies as soon as they are born:

- They get to snuggle and hear your voice.
- They are exposed to books and will be curious about them.
- They get to hear different words, tone of voices and rhythm.

All of this contributes to a healthy bond between you and your child. Reading helps them develop their language skills. Later in life, their interest in reading and school readiness is also increased.

The NSCA's Baby Book Bags contain books suited for babies and resources for parents.

Contact us to get a bag for your child!



## TRAVELLING LITERACY BAGS

Ages 0-5

Books

Activities

Current resources

### Locations

- Baie-Comeau  
Alice Lane Library
- Port Cartier  
Le Manuscrit Library
- Sept-Îles  
NSCA Office
- Sept-Îles  
Louis-Angé-Santerre Library



# NSCA'S PODCASTS

Keep informed on what is going on in your community and discover new organizations and the people who work in these organizations by tuning into the NSCA's podcast through YouTube and NSCA Facebook page. You won't want to miss these very fun and informative podcasts.



[https://www.youtube.com/channel/UC6zaLC5\\_n8K9pD7Opt4eGsw](https://www.youtube.com/channel/UC6zaLC5_n8K9pD7Opt4eGsw)

## COMMUNITY NETWORK BURSARY PROGRAM

REGIONAL RETENTION

### ARE YOU INTERESTED IN A CAREER IN HEALTH AND SOCIAL SERVICES?

**DESCRIPTION**  
Created by the McGill University Training and Retention of Health Professionals Project, the Community Network Bursary Program provides financial support to students in health and social services programs; it is designed to respond to regional and local priorities for access to health and social services in English.

**ELIGIBILITY**  
The program awards bursaries to students from selected Quebec regions (Côte-Nord), with English and French language skills, who are pursuing full-time studies in the area of health and social services.

**BURSARY AMOUNT**  
Bursary amounts depend on the level of study and whether the educational institution is located within or outside the student's home region.

Within Home Region	Outside Home Region
University   \$5,000	University   \$10,000
Cegep/College   \$2,500	Cegep/College   \$5,000
Vocational Training   \$2,000	

**NEED INFORMATION AND SUPPORT**  
Have any questions on the application process, the application forms or on the bursary itself? Please contact our organization and we will accompany you in your process.

**Contact**

**NSCA**  
Laury Boulianne  
418-296-1545 ext 5  
337 Blvd. Lasalle, Local #202  
Baie-Comeau, Qc G4Z 2Z1

With the contribution of:  
**Dialogue McGill**

## PROGRAMME DE BOURSES DES RÉSEAUX COMMUNAUTAIRES

RÉTENTION RÉGIONALE

### UNE CARRIÈRE EN SANTÉ ET SERVICES SOCIAUX VOUS INTÉRESSE?

**DESCRIPTION**  
Créé par le projet de formation et de maintien en poste des professionnels de la santé de l'Université McGill, le Programme de bourses des réseaux communautaires (Programme de bourses) en santé et en services sociaux offre un soutien aux personnes étudiantes dans le domaine de la santé et des services sociaux afin de combler le manque de professionnels bilingues dans les régions du Québec.

**ÉLIGIBILITÉ**  
Le programme accorde des bourses à des étudiants de certaines régions du Québec (Côte-Nord), maîtrisant l'anglais et le français, qui poursuivent des études à temps plein dans le domaine de la santé et des services sociaux.

**MONTANT DE LA BOURSE**  
Le montant des bourses dépend du niveau d'études et du fait que l'établissement d'enseignement est situé dans la région d'origine de l'étudiant ou à l'extérieur de celle-ci.

À l'intérieur de la région	À l'extérieur de la région
Université   \$5,000	Université   \$10,000
Cégep/Collège   \$2,500	Cégep/Collège   \$5,000
Formation professionnelle   \$2,000	

**BESOIN D'INFORMATION ET DE SOUTIEN**  
Vous avez des questions sur le processus de candidature, les formulaires de candidature ou la bourse elle-même? Contactez notre organisation et nous vous accompagnerons dans votre démarche.

**Contact**

**NSCA**  
Laury Boulianne  
418-296-1545 ext 5  
337 Blvd. Lasalle, Local #202  
Baie-Comeau, Qc G4Z 2Z1

Avec la contribution de:  
**Dialogue McGill**

# NSCA RESOURCES & TOOLS



Did you know the NSCA has a 'Newcomer's Guide' for those relocating to the MRC Sept-Rivières? The guide includes organizations offering their services in the English language and is available through the NSCA offices.

The newest NSCA resource is a parent resource of available services on the Cote Nord! Some of the services are local, regional and even provincial. All necessary information in one convenient place.



**"My Life in High School – Tips and Tricks for Survival – Dealing with Mental Health High School and What Comes After Graduation" Guide:** The purpose of this document is to give you some healthy, sustainable ways to get through the hard times. The goal is to show you the stepping stones to getting help- or for you to help someone else if they need it! - including help from health professionals.

**For more information on these resources, contact:**  
**Laury Boulianne, Manager of Community Development, at 418-296-1545, Ext. 5, or via email [l.boulianne@quebecnorthshore.org](mailto:l.boulianne@quebecnorthshore.org)**  
**OR**  
**Alicia Buffitt, Project Coordinator, at 418-968-3148, or via email [a.buffitt@quebecnorthshore.org](mailto:a.buffitt@quebecnorthshore.org)**

### ARE YOU TRAVELLING TO QUEBEC CITY FOR HEALTH SERVICES?

**LOOKING FOR SUPPORT WHILE YOU ARE THERE?**  
A patient navigator can accompany you while you are in Quebec city

### NEED HELP?

**Do not wait... Call 8-1-1, option 2**

- You are experiencing a difficult situation and you want support
- You want to learn more about the resources that may help you
- You want to ask for psychosocial services

This telephone service is available 24/7, confidential, free of charge, and provided by professionals

### TRAVELLING FOR HEALTH? TOOLKIT

**North Shore**

USEFUL INFORMATION FOR PEOPLE WHO HAVE TO TRAVEL OUT-OF-REGION TO ACCESS HEALTH SERVICES

### Follow us on Instagram!

That's right! The NSCA is now on Instagram.

Give us a follow to stay up to date on the latest podcasts, available bursaries, upcoming community events, and more!

[@nscaqc](#)

### YOU SPEAK ENGLISH AND YOU ARE HERE TO RECEIVE HEALTH AND SOCIAL SERVICES?

Have you heard about the English interpreter and accompaniment service offered in the Sept-Îles facilities?

**TO USE THIS SERVICE, CALL 418 965-7621**

www.ciiss.commont.gouv.qc.ca  
Centre intégré de santé et de services sociaux de la Côte-Nord  
Québec

Call or text **9-8-8**

### Suicide Crisis Helpline

For suicide prevention support 24/7



Do you speak English? Did you know that you have the right to receive services in English at the CISSS de la Côte-Nord?

Look for health professionals wearing a **YELLOW** identification card . They have volunteered to help you! They will support you to make sure you are understood and help you assimilate the information that is given to you while you are at one of our facilities.

### #techtuesdays 00:00

#### Need tech help?

Drop by from 1-3 on Tuesdays at the Sept-Îles Office!  
598 Boul. Laure Local 108

Sure! YES!!!!!!

Check out the NSCA Facebook and Instagram to get some tech support cheat sheets on various topics!

[North Shore Community Association](#)

[@nscaqc](#)

## ★ VIRTUAL NEWSLETTER OPTION ★

Published quarterly, the NSCA community newsletter keeps our communities informed of events, local news, and other program developments. Our membership has the option to sign up for a virtual copy of the newsletter.

If you prefer to receive an electronic copy, please forward us an email at [nsca@quebecnorthshore.org](mailto:nsca@quebecnorthshore.org) indicating that you want to be added to the virtual newsletter list. It's just as simple as that!

As always, your feedback is welcome and will help us shape the content for future issues.

Happy Reading!



### 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.

#### Mailing:

P.O. Box 6102  
Baie-Comeau, QC  
G4Z 2G9  
418-296-1545

#### Sept-Îles Branch Office:

598, Blvd. Laure,  
Locale 108  
Sept-Îles, QC  
G4R 1X7  
418-968-3148

#### Head Office:

337, Blvd. LaSalle, Local 202  
Baie-Comeau, QC  
G4Z 2Z1

[www.quebecnorthshore.org](http://www.quebecnorthshore.org)  
[nsca@quebecnorthshore.org](mailto:nsca@quebecnorthshore.org)

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](mailto:nsca@quebecnorthshore.org). (All submissions are subject to editing and approval)

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