



LET'S GET CONNECTED

NSCA Newsletter



ALONG THE ROUTE 138 NEAR BAIE TRINITE

JANUARY 2024 - VOL. 20 NO. 3

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Career Day in Sept-Îles- January 18th

Everyone needs a bit of sustenance before making the rounds of the career kiosks. Before the Career Fair got underway students and community participants were invited to a soup, sandwich, and cookie luncheon prepared by the Sept-Îles 50+ wellness members and NSCA staff. The two delicious soups of the day were chicken rice and vegetable which were a big hit, along with the savoury sandwiches and, of course, the amazing cookies for dessert. Approximately 120+ attended the delectable luncheon.

Twenty-five career and entrepreneurial kiosks, led by career professionals, were represented on this day. Some of the highlighted career kiosks included Wild Life Protection Officers, ER Doctor and Nurse, High School Teachers, and CISSS HR Representatives, just to mention a few.

Students are always eager to participate in this annual event and enjoy the career kiosks where they are invited to ask any questions related to each career. This year we welcomed 5 schools with approximately 150 students from Riverview, QEHS, Northern Lights Adult Education Centre, Flemming School (Grades 5 & 6), and Baie Comeau High School (BCHS).

We wouldn't be able to organize this event every year without the assistance of many volunteers, community members, professionals, and staff, however, we'd like to specially acknowledge and thank Lisa Lavallee, CDA CLC Sept-Îles, and Carrefour Jeunesse Emploi Duplessis (CJED), for their roles in coordinating, and fundraising the Career Day. THANK YOU!



A Word from the Chair

May the New Year bring health and happiness to you and yours. Moving into 2024, the NSCA has many new and continuing programs, events, and activities to connect the English-speaking population to the available resources in our communities. To stay abreast of what will be happening in your respective communities, please consult the NSCA Facebook page, contact our offices in Baie Comeau or Sept-Îles, stay tuned to our podcasts, and refer to our website at: www.quebecnorthshore.org. We look forward to being actively involved in your community.



Our staff hit the ground running in this new year. They hosted our ever-popular Career Day in Sept Îles which was a resounding success bringing together students from 3 communities. Heartfelt thanks to the 50+ Wellness Club members for the delicious luncheon they prepared for the participants. In addition, the NSCA also sponsored English movies at our local film festivals, Cinoche and Cine 7, for your enjoyment.

Confirmation of the NSCA's success, achieved by the sum of all its efforts over the years, has led it to grow so much that we have had to relocate to new offices in Sept-Îles. Congratulations to Jody Lessard, our Executive Director, and her wonderful team for reaching this important milestone. Staff and Board members look forward to seeing you at the various activities throughout the year and remain available for any questions or suggestions you may have.

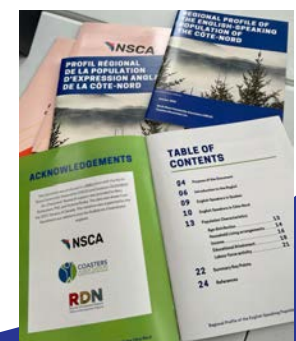
Mary Ellen Beaulieu, Chair

NEW PARTNERSHIPS AND CONTINUED COLLABORATION

On December 6, 2023, NSCA's Executive Director, Jody Lessard and Manager of Community Development, Laury Boulianne met with the Centre d'Amitié Autochtone de Sept-Îles team. It was a step forward in developing a future partnership with the English-speaking First Nations. The NSCA looks forward to meeting again and discussing future possibilities together.



Our partnership with the Coasters Association, from the Lower North Shore, continues. On December 5, 2023, the NSCA met with the Coasters in Sept-Îles to collaborate and identify priorities for the English-speaking community of the North Shore. The 'Regional Profile of the English-speaking Population of the Cote-Nord' was developed and published, outlining the identified priorities. Many thanks to the Regional Development Network (RDN), for their collaborative support on this initiative.



NSCA'S NEW LOCALE IN SEPT-ÎLES- JANUARY 2024



It's official! We have now moved to a new location. The NSCA required more space to continue hosting the many events and activities for our senior wellness, early childhood initiatives, Stitch N' Yarn, and a myriad of other well-attended activities, including a resource centre. We were very pleased to have members from the Centre d'Amité Autochtone to perform a smudge ceremony that purified and cleansed our new location. We were also fortunate to have some staff from the CHSSN team to visit our offices and also to participate in the smudge ceremony.

Come by and check it out. Our new location is situated at **#108, 598 Blvd. Laure**, directly beside the 'old' site in Sept-Îles.

“Living Without Violence” – Hommes Sept-Îles and NSCA

Since October 2023, the NSCA and Hommes Sept-Îles have collaborated on a program developed by ACCROC (<https://accroc.qc.ca>). The program is geared towards the English-speaking men of the North Shore region who acknowledge their need to stop using violence in their family life and who wish to actively develop stronger communication and conflict resolution skills, regardless of their background.

While this same program is offered in English in the Quebec City and Laurentides Region, there was soon a strong identified need for this type of program on the North Shore. There is no cost for the program and it is online. Pierre L'Heureux, Co-Founder of the program, and NSCA's Amber Dalby, are available to discuss this valuable program. Contact a.dalby@quebecnorthshore.org for more details.

Remember...You are not alone and there is help available.

SOCIAL ECONOMY 101



The North Shore Community Association ended the year 2023 on a good note with many new developments, partnerships, initiatives, and projects moving forward into 2024.

One such initiative, developed with a collaboration between the Pôle d'économie sociale Côte-Nord and the North Shore Community Association, happened in late 2023. On November 28, 2023, a Social Economy 101 event was co-organized by SEEnet and the Pole d'économie Cote Nord and was held at the Church of St. Andrew & George in Baie Comeau to focus on the place of social economy in the innovation and development of the North Shore. Executive Director, Béatrice Alain, Chantier de l'économie sociale, was present to talk about social enterprises.

The Social Economy 101 event held in Baie Comeau focused on topics such as senior's needs, childcare services, and tourism, also increasing knowledge of social and economic development organizations, and representatives from different social enterprises. An excellent opportunity that involved parties to network, discuss identified needs, and challenges, and increase a sense of belonging. All very important topics of interest to many people living on the North Shore.

We'd like to extend our heartfelt thanks to the Pôle d'économie sociale Côte-Nord, the RDN, and SEEnet for the coordination of this event, especially hosting it for the English-speaking community.



BECOME A SCHOOL DAYCARE EDUCATOR

Training begins on March 18, 2023



For more information contact:

TERRI-LYNE LAURENT
TLaurent2@rsb.qc.ca

[Register here!](#)

The Scoop!

Earn a Skills Training Certificate from March 18 - November 1, 2024.

- From Monday to Friday: 8:30am-11:30am.
- Tuition is free! Participants will be responsible for the cost of materials or books.
- Prerequisite: Secondary School Diploma (SSD) or its equivalent.
- This program is a joint collaboration between 8 English School Boards of Quebec.

Did you know that Eastern Shores School Board offers online courses (ie: Trucking, School Daycare Educator, and much more).

Contact Zachary Cyr for more information:

zachary.cyr@essb.qc.ca

IF ENGLISH-LANGUAGE MOVIES ARE YOUR THING-BAIE COMEAU AND SEPT-ÎLES...

We are very fortunate to have newly released English-language films showing on the big screen on the North Shore in the towns of Baie Comeau and Sept-Îles, however, we need to keep attending so we do not lose them. Please continue to come out and support this initiative. Let's not run the risk of these movies disappearing just like the old drive-ins did. Let's get together for a movie night at the local theatre and make it a special evening out.

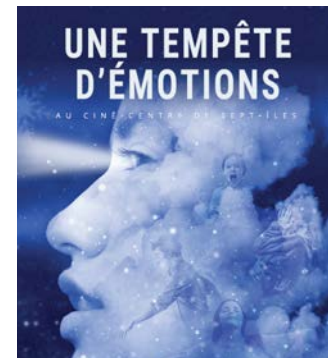
CINOCHE FILM FESTIVAL – Baie Comeau

The NSCA was proud to sponsor two English-language films this year: **"Étrange Façon de Vivre"** (Strange Way of Life) – an American western where hired gunmen take to the desert to delve into their past; and, **"La Voie Humaine"** (The Human Voice) - a love story gone bad.



CINE 7 MOVIES – Sept-Îles

Additionally, in Sept-Îles, the NSCA continued to support English-language movies and sponsored two films: **"Dumb Money"** - a comedic-drama about a financial analyst's GameStop adventure and **"Brother"** - a touching tale of family bonds in Scarborough.



Young Adults Activities



Guess who did it? Another murder mystery night at the NSCA for young adults aged 18-49, who joined together for a wild west-themed party. With everyone dressed in character, there was a lot of guessing and adventures.

Contact Alicia for more information on upcoming activities!

418-968-3148

a.buffitt@quebecnorthshore.org

STAY TUNED... OUR NEW INITIATIVE ON AUTISM SPECTRUM DISORDER (ASD)

It all started with a virtual information session with a regional community organization in Sept-Îles on December 4, 2023, where needs were identified in the North Shore for parents and families dealing with persons who have autism spectrum disorder.

In collaboration with Autism Côte Nord, the NSCA is creating resources and tools to address the needs of parents and families who have a person in their lives with autism spectrum disorder (ASD). With funding received from CHSSN, these tools will be developed in the form of translating publications from French into English, raising awareness and acceptance through training, and developing sensory tools through English Fact Sheets and Information cards. These new tools and resources will be available to be loaned out to those parents or families wishing to have them in the English language.

IT'S TIME TO REGISTER YOUR CHILDREN FOR THE 2024-2025 SCHOOL YEAR!

School Registration in Quebec

Quebec's requirement for a child to go to school is to be the appropriate age on the 30th of September; 4 for pre-kindergarten, 5 for kindergarten, and 6 for Grade 1.

For more detailed information on the current rules for eligibility by the Government of Quebec, check out the link below:

<https://www.education.gouv.qc.ca/en/contenus-communs/parents-and-guardians/instruction-in-english/>

The NSCA also has available an information pamphlet, "*Can You Enroll Your Child in An English School in Quebec?*", which you may find helpful. **Contact us at 418-296-1545.**

Contact the school nearest to you for more information:

Baie-Comeau

High School:

418 296-2832

bchs.admin@essb.qc.ca

Riverview

School:

418 766-2665

Riverview.admin@essb.qc.ca

Flemming

Elementary

School:

418 968-8412

flemming.admin@essb.qc.ca

Queen Elizabeth

High School:

418-962-4540

qehs.admin@essb.qc.ca

Fermont School:

418 287-5497

fermont.admin@essb.qc.ca

NSCA RESOURCES & TOOLS

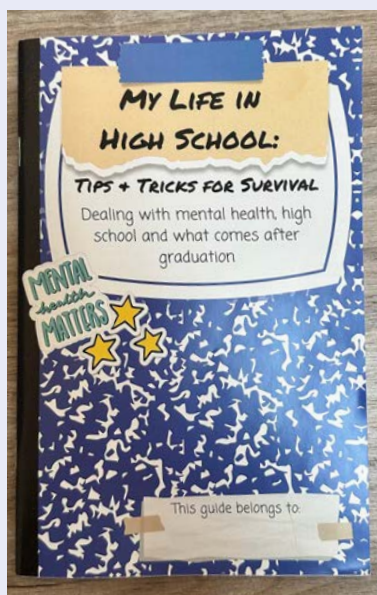
Did you know the NSCA has many resources and tools available at no charge? Contact the NSCA for more information on how to obtain these tools and resources.



School Readiness Kits: As parents, we want to help our children have the best experience at school, as the transition to school can be stressful for the whole family. The NSCA has created a School Readiness kit to assist in coping with this transition. These free of charge kit contains books, tips on routines, toys and activities to guide parents as their children enter school.

A parent's job is to ensure their child is ready for day-to-day learning. To do this we can ensure the child(ren) have enough sleep, eat breakfast and bring a snack to school. By doing these things your child will have a great start to life-long learning.

Travelling Literacy Bags: A new reason, for children aged 0-2 and 3-5 years, to visit the Louis-Ange Santerre library in Sept-Îles. Thirty-two of these delightful Travelling Literacy backpacks have 16 different themed bags covering topics on healthy habits and are filled with books, activities, and information pamphlets. The NSCA office in Sept-Îles will now carry the Travelling Literacy backpacks for children aged 0-2 years. Sixteen Travelling Literacy Bags are available in Port Cartier at the Le Manuscrit Library for ages 3-5 years, and Baie Comeau hosts 32 bags (16 themes) at the Alice Lane Library for ages 0-2- and 3-5-year-olds. These kits can be borrowed for two weeks at a time and all we ask is that you enjoy all the activities and resources included but please return the reading book to the NSCA.



"My Life in High School – Tips and Tricks for Survival – Dealing with Mental Health High School and What Comes After Graduation" Guide: The guide is meant for anyone struggling with mental health, and for those who may be concerned about a friend or a classmate. When you're facing hard questions, it can take a while to figure out what's actually going on. If you or someone around you is feeling lost, and in need of some help or information, this guide is for you.

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 from health professionals.

EARLY CHILDHOOD AND YOUTH INITIATIVES



Parent Volet Program

The 'Parent Volet' program, in partnership with the Eastern Shores School Board, continues at Riverview School and Baie Comeau High School into 2024 for children pre-K, and Kindergarten. Once a month, in-class activities, prepared by the NSCA, are offered to students and parents. All activities are approached with the understanding that parents are the best teachers for their children and we want parents to feel welcomed by their respective schools and by the community, and to add tools and resources to the strengths they already have. The next session will be held in February. You won't want to miss out as Annie and Amber have some very crafty activities planned.

Toddler Time – Sept-Îles

The popular Toddler Time started with a 'pop' this year on January 19 with toddlers and parents enjoying a film, complete with popcorn and a crafty self-made popcorn tray to hold all goody items. These activities often include contests, painting, arts and crafts, outdoor games, motor skills, reading, and sensory development. A great way for children to network and for parents to watch their children interact with others. Stay tuned for our upcoming sessions by checking our Facebook page.

Upcoming Story Time Activities:

Sept-Îles at the Louis-Ange Santerre library

Saturday, February 16th

Saturday March 18th

Check out our Facebook page for more details!

Port Cartier at Le Manuscrit Library

Sunday February 16th

Sunday March 17th

Family Literacy Day – Port Cartier

NSCA in collaboration with Riverview School held a post Family Literacy activity with students, staff, and family members on January 29th.

The morning activity was filled with loads of fun exploring different types of literacy. Rotating stations with a variety of board games, having fun with digital literacy through BINGO and also having Miss Story present to read a few books. A fun-filled morning had by all!



IT'S A CULTURAL AFFAIR!

The Annual Christmas Tea, held on November 26, 2023, in Sept-Îles, had a wonderful turnout once again. Tickets sold out very quickly, as they do every year. Approximately 85 participants (staff and community members) came out to the Anglican Church to enjoy an afternoon of camaraderie, laughs, and delectable food. Many thanks to the numerous volunteers and community members who get together and make this event happen every year. People truly enjoy coming out and socializing with each other. We are already looking forward to next year.



THE HISTORICAL CHURCH OF ST. ANDREW AND ST. GEORGE FUNDRAISING INITIATIVE

Slow and steady wins the race, however, we need your support to win this race against time.

This beautiful church has a very lengthy history as it has been part of the Baie-Comeau community since 1937 and was the first church built in Baie Comeau. Eighty-six years of Mother Nature and its elements have made it critical to replace the church roof, along with replacing the oil furnace with electrical heating, replacing the siding, insulation, and exterior woodwork, and replacing upper windows.

In May 2023, the Ville de Baie Comeau (VBC) officially designated the church as a cultural heritage site under Quebec's heritage act. The VBC has allocated \$30,000 to help with the cost of a new roof, however, it is conditional upon the parish raising an estimated \$35,000 in necessary funds. This is where everyone can help by making a donation to keep this cultural heritage site functioning and providing more opportunities to host social gatherings, Sunday services, senior wellness activities, and serve as a tourism venue. If you wish to make a donation or would like more information, please contact the following: **Walter Bisson by telephone: at 418-768-6689 or Stephen Kohner at 418-295-3431/418-378-0679 or by email at: parish.andrewgeorge@gmail.com.**

The NSCA is an active community partner, and also member of the the Church Restoration Committee, that is actively meeting and organizing critical elements to help preserve and repair the historical building.



Senior Wellness

Baie Comeau

December 2023

The Baie-Comeau Wellness group gathered together on two separate occasions to celebrate the holidays together. First, they spent an afternoons making and baking a variety of yummy cookies. They also gathered for a Christmas Potluck with everyone leaving with a Christmas-themed goodie bag.

January 2024

We welcomed in the New Year at the Coffee Chat Social while savouring homemade goodies, and enjoying a hot coffee while catching up with friends. We then joined together to check reminisce Baie-Comeau's history on film by watching *Shelter Bay* and a film-guided tour of the area!

We were joined by Monique from Sport Conscience for some interactive sessions on practical tips and tricks on how to maintain core strength (which helps with posture, prevent falls and keep us physically healthy). We look forward to more sessions with her in 2024!

Contact Natalie at the NSCA at 418-296-1545, Ext. 3, or at: n.greene@quebecnorthshore.org for more details!



Sept-Îles

The **50+ Wellness Group** was spreading the Christmas spirit and always giving back to the community, the staff and 50+ community members in Sept-Îles went even further and collected 113 kgs. of food and household items which were then given to the local Food Bank-Comptoir Alimentaire de Sept-Îles. Knitted many socks, baby booties, and sweaters which were donated to the maternity ward, in addition to collecting and donating personal toiletry items for the care packages. An amazing accomplishment! Not to be left out, the shut-ins in the English-speaking community of Sept-Îles were also treated to a gift basket filled with homemade baked goodies, games, socks, and knitted dish rags.

Contact Charlene at the NSCA at 418-968-3148 or at: c.lavallee@quebecnorthshore.org for more details about activities!

TRAVELLING FOR HEALTH?
TOOLKIT

North Shore

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

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.ciss-cotenord.gouv.qc.ca
Centre intégré de santé et de services sociaux de la Côte-Nord

Centre intégré de santé et de services sociaux de la Côte-Nord
Québec

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

navigator@qchfoundation.org
418-932-0095
www.travel4health.ca

suicide.ca
help • educate • prevent

24/7

Confide in a counsellor by text message
1 855 957 5353

An initiative of AQPSS Association québécoise de prévention du suicide

Call or text
9-8-8

Suicide Crisis Helpline
For suicide prevention support 24/7

CANADA.CA/MENTAL-HEALTH
Canada

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

abandonment financial difficulties
mourning
extortion
gambling
conflict housing depression
sexual assault
substance use
gambler's

INFO-SOCIAL
811

Digital Literacy- “#TechTuesdays”

A big ‘thank you’ to Alicia at Sept-Îles NSCA for hosting and animating the very informative “#TechTuesdays’. Community members commented that they enjoyed the ‘cheat sheets’ after each session and felt they were now in a better position to navigate their digital devices.

Don’t forget, **every Tuesday, from 1:00–3:00 p.m.**, the NSCA will be offering any technical support you may require with digital devices or on-line assistance to complete forms or registrations of any type.

Contact: Alicia at 418-968-3148 or a.buffitt@quebecnorthshore.org in Sept-Îles

If you are living in the Baie-Comeau area and need technical support, please contact Natalie at **418-296-1545 ext. 3** or **n.greene@quebecnorthshore.org**

CAREER DAY CONT'D...



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



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

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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
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. (All submissions are subject to editing and approval)

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Heritage