



PLAGE ROCHELOIS, PORT CARTIER. PHOTO CREDITS: DEBBIE LAURIE

IN THIS ISSUE

**ANNUAL
CHRISTMAS
SOCIAL TEA**

Page 3

**A Welcome Kit
for Newcomers**

Page 6

**MiniBiblio Plus
Partnership**

Page 10

RDN - COMMUNITY BUILDERS RETREAT AND AGM

The Regional Development Network (RDN), a non-profit organization, celebrated its fifth year anniversary on Nov 15th. Originally founded by 9 executive directors from regional English-speaking organizations, of which our own Jody Lessard was one. RDN has grown from nine to nineteen partners, and a staff of one to nine.

In its five years, RDN has accomplished many things, including developing a strong network of provincial stakeholders and government actors in sectors essential to English-speaking communities. They have also begun and grown an initiative to increase English-speaking Quebecers participation in the social economy (SEEnet). They have pursued the employment strategy initiative to increase access to employment services and employability resources for English-speaking Quebecers with an emphasis on the youth population, and have launched other initiatives and projects, including the Canadian Heritage Video Project, a research initiative funded by the Commission des Partenaires du Marché du Travail, and a Community Builder award.

Executive Director of RDN, Cathy Brown, said "Since its founding in 2019, RDN has established and strengthened its position, forging crucial relationships with provincial peers. I take immense pride in the outstanding achievements realized over these past five years, thanks to the dedicated efforts of the board, the RDN team, and our member organizations across the province".

Source: RDN <https://regdevnet.ca/>



NSCA'S GENEROUS SPIRITS

FOOD DRIVES

Sept-Îles - On December 4th, staff and some members from the 55+ Wellness group in Sept-Îles donated 117.5 kg of non-perishable items to the local food bank. Instead of doing their annual gift exchange, the ladies generously decided to give their gifts instead. Thank you, ladies, for making such a difference in your community!

Baie-Comeau - Members of the 55+ Wellness group in Baie-Comeau collected non-perishable items for their first food drive. Many bags were collected and brought to the Comptoir Alimentaire l'Escale, the local food bank. The donations were greatly appreciated, and this event will definitely be repeated next year!



Baie-Comeau group

AUTOUR D'ELLES, MAISON D'AIDE ET D'HÉBERGEMENT

November 28, 2024 - The NSCA collected supplies and artistic creations from members and donated them to the women and children at the centre. This kind gesture enabled the residents to be artistic and creative and it also boosted their morale by knowing they are not alone in their struggles but have the support of their community behind them.

L'ATRE DE SEPT-ILES

November 27, 2024 - We're happy to have received Christmas gift baskets. Items that were purchased by the NSCA were from proceeds raised from the Christmas Social Tea (Nov. 24).



WOMEN'S SHELTER IN SEPT-ILES

November, 2024 - The ladies of the 50+ club in Sept-Îles put together care packages and artistic creations such as scarves, mittens and socks, and donated them to the Women's Shelter "Autour d'Elles, maison d'aide et d'hebergement". This gesture not only provides material support, but also shows the women that they are not alone in their community. Congratulations ladies for your generous and thoughtful gesture!



ANNUAL CHRISTMAS SOCIAL TEA IN SEPT-ILES

Once again, the Annual Christmas Social Tea event was held on November 24th in Sept-Îles, and as usual it did not disappoint! The community and Christmas spirit were definitely present as people chatted with new friends and old, bought beautiful homemade crafts and enjoyed delicious treats. A special thank you to the students of QEHS for your assistance, and to the many volunteers who help make this event happen!



FOOD CONSERVATION WORKSHOP

The Baie-Comeau 55+ Wellness Group was very fortunate this year to have the opportunity to take part in a Food Conservation Workshop, funded by the URLS Côte-Nord. The workshop was divided into two parts. Part one was the freezing/dehydrating or canning of a chosen fruit or vegetable, and part two was to use that food in a recipe. The chosen vegetable for the group was zucchini. It was grated in part one on the 26th of November 2024, and then baked in a bread recipe on the 21st of January 2025 in part two.

Two very enjoyable afternoons were spent preparing and making the recipe together as a group. There was plenty of laughter, conversation and sharing of memories and other recipes, and everyone got to take home a zucchini bread!

A big thank you to URLS Côte-Nord for making this happen and for your dedication to the health and well-being of our communities.



ANNUAL FRUITCAKE MAKING

The 55+ members started off the holiday season with the traditional fruitcake making! Thanks to our very own Walter Bisson, who guides and teaches us his personal recipe, everyone gets to make and bring home this delicious treat! It is always a highlight of the season and a perfect way to get into the Christmas spirit!



PAINT NIGHT

On Friday, January 10th, the Young Adults group in Sept-Îles started off 2025 with a Paint Night. In collaboration with Miyako Chan from YM Miyako's Galerie d'Art Sept-Îles, 23 participants learned how to layer, texture, and incorporate sand into their paints to create beautiful beach scenes.

All types of supplies were provided, including seashells, pearls, and glitter, which helped unleash everyone's creative side. Fun was had by all, and many participants expressed their hope to see more of these activities in the future!

Thank you to Miyako and the YA group for a wonderful evening!



CAREER FAIR DAY IN SEPT-ÎLES

What an amazing Career Fair Day held on November 27th at QEHS! 140 students from QEHS, Riverview and Flemming were present to speak to professionals, gather information for prospective careers and explore different opportunities.

There were 2 new kiosks this year, from CAASI and Chrysler. A big thank you to all the professionals who took the time to spend the day with the students and make this event a success!

Shout out to all the volunteer community members that prepared the luncheon! Also thank you to our partners, QEHS and CJE Duplessis who make this event possible!



A WELCOME KIT FOR NEWCOMERS FOR THE MANICOUAGAN REGION

The Attraction Réention Manicouagan committee presented the welcome kit for new arrivals at a press conference on January 16, 2025.

A virtual kit, which will be available shortly, aims to answer all the relevant questions asked by newcomers to Manicouagan.

The welcome kit will soon be available online and includes 16 information sheets in French and English.

It will facilitate the integration of newcomers to Manicouagan, whether they are immigrants or not.

This initiative is the product of the Attraction Réention Manicouagan committee, which held several meetings to determine the needs of the Manicouagan region in terms of attracting new residents and about retaining people. Once people have settled in the region, it is important to make sure that their welcome and integration are structured.

Several organisations were involved in creating the kit, including the Ville de Baie-Comeau, Émersion and Manicouagan Interculturelle, the Cégep de Baie-Comeau, the North Shore Community Association (NSCA) and Place aux jeunes Manicouagan.

The next phase will include a guide to assist employers who have a responsibility to hire a person of immigrant background.

NSCA is a proud partner in the project!



DON'T HAVE A FAMILY PHYSICIAN? CALL 811 - PRIMARY CARE ACCESS POINT (GAP)

You can register to the access gateway by completing the online form or by calling the access gateway (Quebec Family Doctor Finder-GAMF). Check out the website below for more information!

<https://www.quebec.ca/en/health/finding-a-resource/primary-care-access-point>

The GAP is not an emergency line. If you have a serious problem or an urgent need, call 911 or go to the emergency department.



You do not have a family physician?
You have a health problem?

If your situation is not urgent, contact the primary care access point (GAP).
 We can help you!

1 844 962-4263, option 2

For more details about this service, scan this QR code.

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

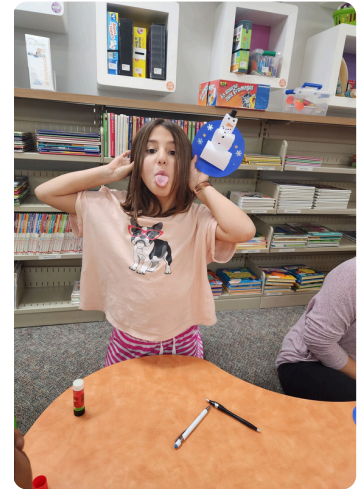
PIZZA AND PLAY

The NSCA hosted a Pizza & Play event for adults on Friday, Jan 17th, and it was a great success! Almost 30 people attended to eat great pizza and play all types of games. It was wonderful to see so many people interacting, connecting and playing together from different backgrounds, generations and organizations. It also shows the need and want of this type of activity in our community. Many participants expressed their enjoyment of the evening, the opportunity to meet new people, and are looking forward to more events to come!



CHRISTMAS STORY TIME

Families gathered at the Alice Lane Library in Baie-Comeau to celebrate the season with festive stories and a fun snowman ornament craft. The room was filled with laughter, creativity, and holiday cheer!



STORY TIME IN PORT-CARTIER

NSCA hosted Story Time in Port-Cartier, bringing joy to both returning and new families with captivating stories and engaging activities for children.

It was a pleasure to see everyone again and to welcome some new faces, as parents connected and enjoyed the warm atmosphere.

Organizers thanked everyone as snow gently fell and looked forward to future events, wishing all a wonderful time this winter!



EARLY CHILDHOOD

The Book Muncher kiosks can be found at the following locations:

- Baie Comeau High School
- NSCA Sept-Îles Office - Early Childhood area
- Flemming School-Sept-Iles
- Port Cartier REC Centre

or contact Amber at the NSCA Sept-Îles office for more details. She can be reached by email at: a.dalby@quebecnorthshore.org or by telephone at: 418-968-3148 and would be happy to assist you on your reading journey.



TRAVELLING LITERACY BAGS

FREE TWO-WEEK LOANS OF BOOK BAGS AND LITERACY KITS FOR CHILDREN AGES 0 TO 5 YEARS

NSCA

TRAVELLING LITERACY BAGS

If you're planning to travel, consider the Travelling Literacy Bags! Our 16 themed backpacks are packed with fun activities, current learning resources, and age-appropriate books for kids aged 0-5. Topics include teeth brushing, sleep time, bath time, and sharing to support your child's development.

The bags are available at: Baie Comeau Alice Lane Library, Port Cartier Le Manuscrit Library, Sept-Îles Louis-Ange Santerre Library, and the Sept-Îles NSCA office.

NSCA BOOK CLUB

Discover:
New genres and books

Discuss:
Your favorite books and new finds

Help us decide our monthly themes

Every other month

For Baie-Comeau contact: Jody Lessard - nasca@quebecnorthshore.org or Natalie Greene - n.greene@quebecnorthshore.org
For Sept-Îles contact: Alicia Buffitt - a.buffitt@quebecnorthshore.org

SCHOOL READINESS KIT

TRousse DE PRÉPARATION À L'ÉCOLE

EACH PRINTED CLOTH BAG CONTAINS

- ✓ Kindergarten, Here I Come! storybook
- ✓ Naitre et Grandir Welcome to Kindergarten special edition
- ✓ Feeding Children Ages 1 to 5 factsheet
- ✓ Screen Free Challenge resources
- ✓ Kindergarten interactive book
- ✓ family activity booklet
- ✓ vaccination schedule
- ✓ toothbrushing calendar
- ✓ various textured balls
- ✓ white board

CHACQUE SAC RÉUTILISABLE CONTIENT

- album Kindergarten, Here I come!
- édition spéciale "La préparation à l'école" de Naitre et Grandir
- fiche sur l'alimentation des enfants
- ressources Défi sans écran
- livre interactif Kindergarten
- cahier d'activités familial
- horaire de vaccination
- calendrier d'hygiène dentaire
- balles à textures variées
- tableau blanc

Contact the NSCA today to receive a School Readiness Kit for your child!

Contactez-nous pour recevoir une trousse préparatoire pour la rentrée à l'école pour votre enfant!

NSCA Baie-Comeau: (418) 296-1545 Sept-Îles: (418) 968-3148 www.quebecnorthshore.org

QR CODE CROQUE LIVRE

Do you have any children's books lying around? Put them in a Croque-livres!



MINIBIBLIO PLUS

This year the NSCA is collaborating with a new partner, MiniBiblio Plus! They offer free public mini library service to partner organizations giving access to their collection, support and early literacy tools. Their mission is “to raise literacy levels by empowering partners to instill in children a life-long love of reading and learning from birth and to enable free access to books and animation services”. We are excited to be able to offer bags made from the books lent to us by MiniBiblio Plus. There are 20 bags available at the Alice Lane Library in Baie-Comeau, placed beside our Travelling Literacy Bags.

We also have 11 bags at the NSCA offices in Sept-Îles. The bags contain 5 books with many different themes like culture, seasons and holidays, and range in age from 0-9 in Baie-Comeau, and 0-12 in Sept-Îles.

Hopefully this is only the beginning of a collaboration that will help foster and encourage early literacy for the children of our communities.



AUTISM LENDING RESOURCE LIBRARY

Resources Galore! The NSCA has many early childhood and family resources available to our community members.

The new Autism Lending Library is now operational and is full of resources and sensory equipment which can be loaned out. If you'd like to know more, please contact Amber in Sept-Îles at 418-968-3148 or Laury in Baie Comeau at 418-296-1545 and they will be happy to guide, and discuss with you appropriate resources.

NSCA

AUTISM LENDING RESOURCE LIBRARY

DROP BY THE OFFICE TO CHECK OUT THESE SENSORY TOOLS!

598 Boul. Laure, Local 108
Sept-Îles

Opening hours:
Monday – Thursday: 08:00 – 16:00
Friday – 08:00 to 12:00
Saturday – Sunday: Closed

Contact: Laury Boulianne
lboulianne@quebecnorthshore.org
(418) 296-1545, ext.5

Health Canada Santé Canada **CHSN**

Le Salon de l'Emploi Uashat: Your Career Awaits!

Le Salon de l'emploi Uashat mak Mani-utenam – Sept-Rivières is the perfect opportunity to meet future employers and find out about available jobs related to your fields of interest as well as job prospects and career opportunities that await you. If you are currently looking for a job, this is your sign to be there on February 20.

ARE YOU READY?
 ON FEBRUARY 20, 2025, EMPLOYERS FROM UASHAT MAK MANI-UTENAM, SEPT-ÎLES AND PORT-CARTIER WILL BE AT LES GALERIES MONTAGNAISES TO MEET YOU AND PRESENT THEIR JOB OFFERS. IT WILL BE POSSIBLE FOR YOU TO SUBMIT YOUR APPLICATION ON SITE!

NCSA OFFERS YOU, NOW, TO CREATE OR UPDATE YOUR CV. AGENTS CAN ALSO HELP YOU PREPARE FOR YOUR FUTURE INTERVIEW.




SALON DE L'EMPLOI
 Uashat mak Mani-utenam – Sept-Rivières

20 FÉVRIER 2025 | 13 h à 18 h
 GALERIES MONTAGNAISES • UASHAT

salonemploi.ca

OUR TEAM CAN HELP YOU PREPARE!




RIESS
 Regional Individual Employment Services & Support
 Côte-Nord
 Connecting the English-speaking community to regional opportunities

Our Services

- 01 Resume Translation & Creation**
 - Professional translation services
 - Expert resume crafting to highlight your skills and experiences effectively.
- 02 Employability Referrals**
 - Connecting English-speaking professionals with top employability service providers.
 - We promote employment organizations on our social media platforms to expand your opportunities and network.
- 03 Form Assistance & Interpretation**
 - Help filling out job application forms.
 - Clear interpretation services to eliminate any language barriers.
- 04 Personalized Accompaniment**
 - Support throughout your job search process.
 - Guidance and mentorship to help you achieve your career goals.

Get Started Today! Contact us at info@quebecnorthshore.org or (418) 296-1545.

Visit us at 337 Blvd.LaSalle, local 202, Baie-Comeau, QC G4Z 2Z1
 598 Blvd.Laure, local 108, Sept-Îles, QC G4R 1X7
 Facebook: @riess.nasca



EMPLOYABILITY SERVICES OFFERED THROUGH THE NSCA

RIESS (Regional Individual Employment Services & Support) Côte-Nord offers comprehensive employability services to help job seekers secure meaningful employment and achieve their career goals.

NSCA's Podcasts

Learn more about what is going on in your communities!

quebecnorthshore.org/topics/podcast/



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

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

#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!

f North Shore Community Association

ig @nscaqc

NSCA

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 burseries, upcoming community events, and more!

@nscaqc

suicide.ca
help • educate • prevent

24/7

Confide in a counsellor by text message
1 855 957 5353

An initiative of
AQPS Association québécoise de prévention du suicide

If you prefer to receive an electronic copy of the newsletter, please forward an email to: 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

Head Office:

337, Blvd. LaSalle, Local 202
Baie-Comeau, QC
G4Z 2Z1
www.quebecnorthshore.org
nsca@quebecnorthshore.org

Sept-Îles Branch Office:

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

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)

Sponsored by the Official Languages Support Program of the Department of Canadian Heritage



Patrimoine
canadien

Canadian
Heritage