



SPRING THAW - BAIE TRINITE, QC: JODY LESSARD

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IT'S ALL ABOUT NETWORKING!

The Networking and Partnership Initiative (NPI) is a project that supports the development and mobilization of health and social services networks for English-speaking communities throughout the province of Quebec.

The Network Partnership Initiative (NPI) was in full force when 6 staff from the NSCA were welcomed by their NPI partner at the Vision Gaspé-Percé office on February 10 - 11, 2025. Staff, from both the NSCA and Vision, shared different approaches to identified issues, best practices, building a stronger connection between 2 community organizations and exploring opportunities to help support one another and future collaborations.

Two days were dedicated to networking; however, time was also spent enjoying the beautiful scenic area of the Gaspé-Percé region and learning more about their local communities and the vast territory.

It was a wonderful way to get to know staff, the region and a time to network. A heartfelt 'thank you' to everyone at the Vision Gaspé Percé for offering their time, knowledge and experiences with us. Perhaps in the future a visit can be reciprocated and the NSCA can showcase their region on the North Shore.



APRIL IS AUTISM AWARENESS MONTH

The month of April is dedicated to learning about autism spectrum disorders (ASD) and focuses on embracing and uplifting positive aspects of autistic identity, empowering individuals to fully appreciate and take pride in their experiences.

April 2 was designated by the United Nations in 2007 as the one day a year to recognize autism and this date continues to current date.

Understanding autism as a developmental disability, which affects both genders, aids us in understanding how an autistic individual functions and views the world around them, which in turn guides us in developing training programs. Autism affects the brain with signs/symptoms manifesting themselves around the age of 3 years old.

These early signs are often noticed in:

- Difficulty interacting socially;
- Problems with verbal and non-verbal communication;
- Restrictive and/or repetitive behaviours; and,
- Limited set of interests or activities.

There has been a noticeable rise of autism in many countries placing challenges on education, health care, and training sectors.

On the North Shore, Action Autism Côte Nord Manicouagan, in Baie Comeau, offers support and resources to individuals and families living with autism. You can check their website for more details at: <https://actionautisme.ca>

In Sept-îles, Autisme Côte Nord, specializes in supporting individuals with ASD and assists in raising awareness about autism. www.autismecote-nord.ca

The NSCA is proud to partner with both of these community organizations and we also are able to offer an Autism Learning Resource library, complete with resources and sensory equipment available at the NSCA Sept-îles office.

If you'd like to learn more, or take advantage of our learning resource library, please contact the NSCA office or contact one of the community organizations listed above. A wealth of information and resources are available.

COMMUNITY SPOTLIGHT 

AUTISME CÔTE-NORD



 700 boul. Laure, local 235
Sept-îles G4R 1Y1

 418-962-2272

 direction@autismecote-nord.ca

 <https://www.facebook.com/autismecote-nord/>

Target clientele:
People living with an autism spectrum disorder and their families.

Services and activities offered:

- Financial assistance for respite;
- Support-advice;
- Leisure activities;
- Group for parents;
- Group for teenagers and adults with ASD;
- Training Courses;
- Conferences.

New Arrival:

- Awareness-raising in schools;
- Loan of specialized equipment.

NOTABLE MOMENTS FROM PAST EVENTS

EMPLOYABILITY

February 20 - Le Salon de l'emploi Uashat Mak Mani-Utenam - MRC Sept-Rivières

If you were looking for a job or wanted to find out about different career choices, then this was the place to be. Le Salon provided an opportunity to meet with different employers to discuss the services they offer, potential job openings, and a chance to learn about various career opportunities available on the North Shore.


A large audience of students and job seekers came to meet the 82 recruiting employers on site. A well attended event which is sure to be repeated next year.

The NSCA hosted a kiosk to provide information on their services and programs, along with providing information on how they can help support English speakers for various paths to employability.



SEMO (Service Externes de Main-d'Oeuvre)

In collaboration with the NSCA, SEMO, created a promotional video showcasing their employment services offered to people with disabilities. If you are 16+ years of age you would be eligible to participate in their program. SEMO offers personalized guidance and support to various career paths while employers receive available incentives to hire within this target group. Check out the informative video on our Facebook page. #SEMOCoteNord



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AT SEMO, THEY SUPPORT PEOPLE WITH DISABILITIES TO FIND, INTEGRATE AND KEEP A JOB

Discover how SEMO can help you achieve your goals with expert support and resources!

YOUNG ADULTS

February 25 - Jomarie Einish - Healthy Alternatives to Addiction

Jomarie Einish, from Montreal, an independent motivational speaker/consultant, was on hand to talk about her own personal experiences and share some insights on addictions. Students from QEHS (Queen Elizabeth High School) listened as she spoke about discovering healthy alternatives to vaping, drugs, and smoking. For example, chewing a piece of gum when you want to vape to take away the craving. Students were given an opportunity to ask questions, share their stories and overall, walked away with some helpful tips and resources.



March 15 - "Panic At the Disco" Groovy Murder Mystery

Ten participants came dressed in groovy '70's garb and joined together to enjoy an evening of suspense, dance and food. A 'who dunnit' atmosphere pervaded the room as everyone tried to find the murderer and victim. Thanks to Melissa and Amber for their convincing roles. After the suspense, a dance competition was held, prizes awarded and was followed up with a potluck meal. An evening to be remembered.



After School Life Skills Program (ASLP)

Baie Comeau High School (BCHS)
 April 24 - 3:00 - 4:00 pm
 Grades 5 - Secondary 3 are invited to attend

This extremely popular program commenced March 27 runs bi-weekly with the next sessions being offered on the following dates: April 9, April 24, May 8 and May 28.

This program aims to equip students with essential life skills for success both in and outside of the classroom. Students will engage in a variety of hands-on activities that focus on developing practical skills, build confidence, and enhance their overall well-being.

AFTER SCHOOL LIFE SKILLS PROGRAM
 GRADE 5 - SECONDARY 3
 BI/WEEKLY | BAIE-COMEAU HIGH SCHOOL | 3PM - 4PM
 COOKING SKILLS | COMMUNICATION SKILLS | SURVIVAL SKILLS
 PERSONAL RESPONSIBILITY | EXPLORING ARTISTIC EXPRESSION | CLEANING & ORGANIZATIONAL SKILLS
 Upcoming Program dates:
 • March 27th, 2025
 • April 9th, 2025
 • April 24th, 2025
 • May 8th, 2025
 • May 28th, 2025
 For more information, contact Christine at 418-296-1545 ext 6
 c.charlemagne@quebecnorthshore.org
 NSCA

COMMUNITY AND CULTURAL EVENTS

March 6 - International Women's Day - Baie Comeau

Each year, on March 8, we take the time to recognize and celebrate the women in our lives. It is a global day to celebrate women's achievements and advocate for gender equality. This year the theme focused on the rights, equality and empowerment for all women and girls.

In Baie Comeau, the NSCA recognized and celebrated women by hosting an evening gathering filled with laughter, fun games, and delightful meal. As a token of appreciation and celebrating women, participants left with 'pamper bags' for a touch of self-care items.



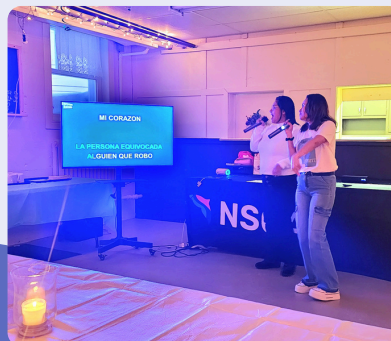
March 14 - St. Patrick's Day Supper - Sept-îles

This popular evening event had 38 participants attend, dressed in their favourite green outfits, searching for the elusive leprechauns. Everyone attending provided a potluck dish which were devoured.



March 21 - Karaoke Night with Crystal Clarke

Ms. Clarke performed and sang heartily out a few songs with audience members joining in. Baie Comeau community members were on hand to sing their version, 'karaoke style,' with a great evening being had by all who attended.



SENIOR WELLNESS

Our seniors in Baie Comeau and Sept-îles are always on the move participating in the many events the NSCA hosts. Some of the highlights include:

BINGO and luncheon at Batisseur

Ten residents, 3 NSCA staff and 2 community members attended the Batisseur for a light luncheon followed by a few rounds of BINGO.

The residents delighted in this activity as many are not able to leave the centre to participate in events held at the NSCA office.



The NSCA Sept-îles 50+ senior wellness members invited three CAB Le Virage members to a luncheon and to participate in a BINGO activity at their office.

The luncheon was ordered through the CAB. This event provided a great opportunity to explore the services the CAB offers and to extend our partnership with them. We will continue extending our partnership by getting together once a month to network and enjoy activities.

A visit to the Borale Soap Factory in Baie Comeau

A personal guided tour was provided which was followed up with product viewing. A beautiful 'scentful' experience and a wonderful way to explore out local shops.



It's All About Maple Syrup - Sept-îles

Nineteen of our 50+ senior wellness members attended the information session on Senior Fraud, after which they were treated to maple syrup snacks, and a story on the history of maple syrup. A very sweet afternoon enjoyed by all.

Pétanque - Baie Comeau

What is Pétanque you ask and where do I play this? Pétanque is a cherished pastime in Quebec and Baie Comeau is no exception as it has its own club which is located at the Henry Leonard Arena. The game is similar to Bocce but uses metal balls being thrown underhanded with the objective of having the balls land as close as possible to a small wooden target called the 'cochonnet' or 'jack'.

Pétanque has its own unique set of rules and style of play. Eleven 50+ senior wellness members learned about the game and its intricacies from Francine at the arena. This game is not physically taxing but a whole lot of fun. Our members will definitely be enjoying this game more often.



Wills - Legal Session

Information session with Angela Morency - Centre de Justice Proximité de la Côte Nord - Sept - îles - which focused on Wills. A well attended session with 22 seniors, all eager to learn about the importance of estate planning and the impact of not having a will in place.

EARLY CHILDHOOD

Baby Book Bags - The NSCA is committed to providing high-quality services and programs for the English-speaking population. Towards this goal, the NSCA developed the Baby Book bag initiative to get your infant started on their journey to reading.

It has been shown that reading to your baby as soon as they are born contributes to a healthy bond between you and your child. Reading helps them develop early language skills, prepares them for school, and aids in developing a love of reading as they grow up.

Come into the NSCA office to pick up your free Baby Book Bag and start reading together.

Toddler Time and Story Time -

Continue to be very popular as children aged 0 - 5 years come together to create themed crafts, enjoy a story and a healthy snack. Check out the NSCA Facebook page for upcoming sessions in Sept-îles, Baie Comeau and Port Cartier.



Mini Biblio Plus Partnership

The NSCA has recently partnered with Mini Biblio Plus to provide free mini library services to their collection of books and access to early literacy tools. Currently, there are 20 Biblio bags available at the Alice Lane Library in Baie Comeau where they are located by the already familiar Travelling Literacy Bags. Eleven bags are available to the NSCA office in Sept-îles. Each of these bags contains 5 different themed books and covers topics such as culture, seasons and holidays. The target group for the bags are 0-9 years in Baie Comeau and 0-12 years in Sept-îles. This initiative was developed to help instill a life-long love of reading and learning in our children. Drop by the libraries and check out these wonderful books and tools.



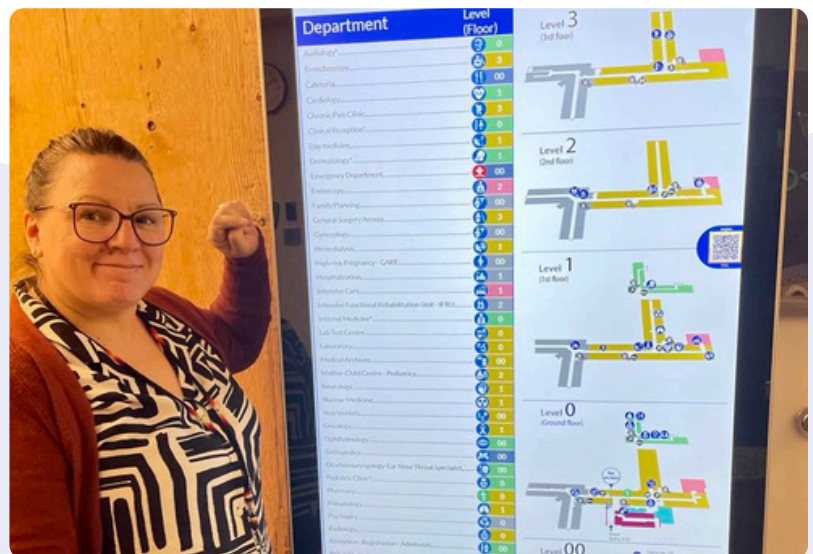
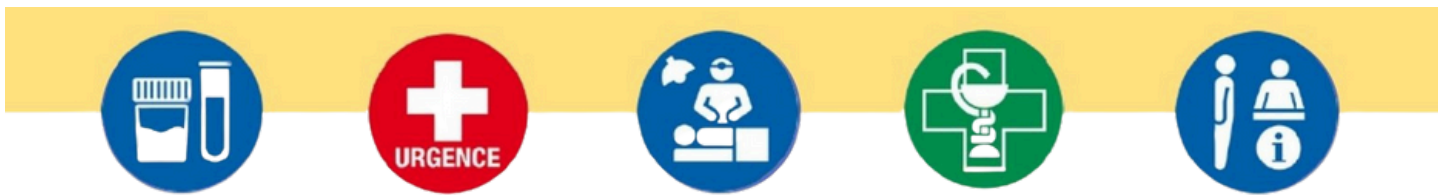
WERE YOU AWARE...

The Sept-îles Hospital has a wonderful navigation system by way of pictograms and geolocators?

In 2023, the CISSS de la Côte Nord participated in a pilot project which has now become a reality where pictograms and geo-locators assist the English-speaking population navigate the corridors of the hospital. Community members of the Access Committee assisted in the pilot program, one of which was the NSCA.

Images, representing the service are affixed throughout the hospital for ease of getting to the proper department. Two touch screens (geolocators) can be found at the main entrance and the emergency department entrance to help users find their way in around the hospital.

You can check out the pictograms : [lexique_pictogrammes-angl.pdf](https://www.cisss.cotenord.gouv.qc) through the CISSS Côte Nord website: <https://www.cisss.cotenord.gouv.qc>



BILL 96 - QUEBEC'S CHARTER OF THE FRENCH LANGUAGE AND HOW IT CAN IMPACT YOU - EDUCALOI

Bill 96 has brought significant changes to Quebec's language laws. It makes it challenging to know when you can and can't use English.

Bill 96 is a provincial law, passed by Quebec's National Assembly. The Act, officially known as, "An Act Respecting French, the official and common language of Quebec", establishes French as the official language of Quebec in business, law, and the workplace and was passed in June 2022.

The goal is to protect and strengthen French as the official language within the province. There are specific rules that affect the language of service, written communication, advertisement and trademarks and if there is non-compliance, there are fines to pay.

For example, in the education field, the Bill places caps on the number of students permitted in English-language institutions providing college instruction, and states that the total number of English-language students cannot exceed 17.5% of the French-language student population. Workplace language, requiring French in certain documents, communications, and contracts and limiting the use of other languages in certain situations. In the government arena, the Bill emphasizes the use of French in government services and public administration, with a duty to use French in an exemplary and exclusive manner, subject to certain exceptions.

Anglophones retain certain language rights, including the right to access government services in English, receive health and social services in English, and have their children educated in English if they met specific criteria.

If you wish to learn more about the requirements and restrictions of Bill 96, please visit: <https://educaloi.qc.ca/en/capsules/charter-of-the-french-language/>

DIGITAL LITERACY WORKSHOPS WITH GLC

On March 11 & 12 our members discovered what AI (Artificial Intelligence) is, what it can do and how it can be accessed. We welcomed Rebecca MacDonald from the Gaspésie Literacy Council (GLC) at our seniors wellness activities in Baie-Comeau and Sept-Îles, where she provided an informative presentation, followed by a Q & A. During the workshop, Ms. MacDonald presented different applications for digital technology, how to download them and how to use them. There were many solid questions asked with Ms. MacDonald our answering them all. The community members thoroughly enjoyed this session and asked for a repeat performance. Stay tuned for more to come!



COMING UP - MARK YOUR CALENDARS!

STORY TIME

April 12 - 10 am
Port Cartier Library
Theme: Easter Story Time

April 12 - 10:30 am
Alice Lane Library-Baie Comeau
Theme: Easter Story Time, craft and Easter Egg hunt

April 13 - 10 am
NSCA - Sept-îles
Theme: Easter Story Time

May 3 - 10 am
Port Cartier Library

May 3 - 10:30 am
Alice Lane Library - Baie Comeau
Theme: Mother's Day and Families

May 4 - Sept îles
Story Time

June 14 - 10 am
Port Cartier library

June 15 - 10 am
NSCA office - Sept-îles

TODDLER TIME

April 25 - 10 am
NSCA office - Sept-îles
Theme - April Showers

May 23 - 10 am
NSCA -Sept-îles

June 6 - 10 am
NSCA office - Sept. Îles

YOUTH & YOUNG ADULTS

Pizza and Board Game Night

Baie Comeau High School (BCHS)
May 2 - 6:00 - 9:00 pm

Ages 15+ are welcome with a small fee being charged of \$5.

Feel free to bring your own board games, however, there will be some at the event as well.

After School Life Skills Program (ASLP)

Baie Comeau High School (BCHS)
April 24 - 3:00 - 4:00 pm

Grades 5 - Secondary 3 are invited to attend

This program runs on a bi-weekly schedule. The next scheduled sessions are on the following dates: April 9, April 24, May 8 and May 28.

2nd Bilingual Cooking Class

May 15 - 5:00 - 8:00 pm

In collaboration with Maison des Familles
9 - 14 year olds are invited to attend, with a fee of \$10/person

Contact Christine at the NSCA office at 418-296-1545, Ext. 6 for further details.

Calling all young adults, aged 18-49 years old.

In May we will be reading the book, "The Women", by author Kristin Hannah. Contact Alicia if you would like to participate at 418-968-3148 or require more details.

Self Care Night

NSCA office (Sept-Îles)
May 24 - 6:00 - 9:00 pm

Ages 16+

Join us for a rejuvenating self-care event. Contact Alicia for more information or how to register.

SENIOR WELLNESS

SHARP Session - "Ensuring Safety and Independence As You Age With Home Care Support", presented by Marie France Juneau - Nova West Island, Montreal and Robert Francois - EESAD (Le réseau de corporation des entreprises d'économie sociale en aide à domicile)

April 16 - 10:00 - 11:30

NSCA Office - Baie Comeau

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

BCHS Annual Bean Supper 2025



Come join this fundraising campaign for the students of BCHS.

Everyone is welcome!

Great food! Fun entertainment! Door prizes!

A great tradition!

Join us on Friday May 9, 2025
 39, ave Marquette, Baie-Comeau
 (School Gymnasium)
 5:30 p.m.

Tickets sold at the door:
 Adults: \$20
 Children 12 and under: \$15

Info: 418-296-2832

Organised by the BCHS Home & School Association

NSCA

DID YOU KNOW?

Wellness Program

Active Living for Older Adults

ARE YOU AN ENGLISH SPEAKER AND OVER 55?

Our program aims to help our seniors stay informed, active, socially connected and healthy.

OUR ACTIVITIES

Social gatherings, crafts, cultural activities, walking groups, health seminars, webinars, etc., or just sitting and having a chat. 😊

Do you want to know more?
 Give us a call!

BAIE-COMEAU
 Natalie: 418-296-1545 ext. 3
 n.greene@quebecnorthshore.org

SEPT-ÎLES
 Charlene: 418-968-3148
 c.lavallee@quebecnorthshore.org

Secrétariat aux relations avec les Québécois d'expression anglaise

Québec



abandonment financial difficulties
mourning exhaustion stress
conflict housing depression
sexual assault
addictions

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



NSCA MENTAL HEALTH LIBRARY


Check out our new selection of books on various mental health topics!



Drop by our Sept-Îles office!
598 Bout. Laure, Local 108

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

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!

@nscagc

NSCA's Podcasts

Learn more about what is going on in your communities!

quebecnorthshore.org/topics/podcast/



If you prefer to receive an electronic copy of the newsletter, please forward an email to: nasca@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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337, Blvd. LaSalle, Local 202
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www.quebecnorthshore.org
nasca@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 nasca@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