



KITE SURFING & BELLA DESGAGNÉ - PHOTO CREDIT: L. BOUCHARD

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3RD EDITION OF “NORTHERN IMPACT 829” NETWORK IN JONQUIÈRE

On June 3–4, the North Shore Community Association (NSCA) had the pleasure of participating in the 3rd edition of the Northern Impact 829 Network, hosted in Jonquière, QC. This inspiring two-day event brought together organizations from across 3 regions to share experiences, explore common challenges, and develop collaborative strategies to support English-speaking communities in remote and northern areas.

NSCA partnered with Neighbours Rouyn-Noranda, Coasters Association, and English Community Organization Saguenay-Lac-Saint-Jean (ECO-02) to engage in rich dialogue around regional realities—from access to services and to youth retention and socio-economic and community development. Together, we worked on building clear action plans that reflect the lived experiences of our communities.

We are especially grateful for the strong support from the Community Health and Social Services Network (CHSSN) and the Regional Development Network (RDN). Their guidance and funding played a key role in making this initiative possible.

These kinds of collaborative efforts are essential to advancing our shared goals and ensuring that the voices of our communities are heard and valued. We're excited to continue this work and build on the momentum created in Jonquière!



ANNUAL GENERAL MEETING (AGM)

The NSCA Annual General Meeting will take place this year in Baie Comeau at the 'Le Grand Hotel' (48 place La Salle) on September 20, 2025, at 11:00 am. This year will mark the NSCA's 25th anniversary. Join us as we commemorate 25 years of excellence, growth, and community at the North Shore Community Association (NSCA)!



NSCA

ANNUAL GENERAL MEETING

Come and join us at our annual meeting with members followed by a light luncheon!



**Saturday, September 20, 2025
11:00 am**

**"Le Blues", Conference Room
48 Pl. la Salle, Baie-Comeau,
QC G4Z 1K3**

Registration is required, please confirm your presence by September 16th by calling 418-296-1545, ext.2 or email at nasca@quebecnorthshore.org



NSCA

Marc Deslaurier's Outstanding Community Involvement Award

Nomination form

Nominate someone who has shown strong leadership and dedication as a volunteer supporting the vitality of the English-speaking community on the North Shore.

Submit your application by September 4th, 2025 to: nasca@quebecnorthshore.org or call Jody Lessard, Executive Director: 418-296-1545, ext.2



Scan the code to access the form or use the link:

forms.gle/wS1vHBeFTqb7Z3bb6



MARC DESLAURIERS OUTSTANDING COMMUNITY INVOLVEMENT AWARD

This annual award recognizes an individual who has demonstrated exceptional volunteerism and positive contributions to the English-speaking communities of Quebec's North Shore.

Any member of the North Shore's anglophone community, with nominations typically submitted by friends, family, or colleagues who can attest to the nominee's impact.

MARK YOUR CALENDARS – THE 2ND ANNUAL SOCIAL TEA IS COMING!

The NSCA is delighted to announce that the **2nd Annual Social Tea** will be taking place on Friday, **September 27** in Baie-Comeau! (Location & time details coming soon)

Following the success of last year's gathering, this event promises another lovely afternoon of tea, treats, and terrific company.

Be sure to keep an eye on the **NSCA Facebook page** for upcoming updates and registration information. We look forward to seeing you there – it's an occasion not to be missed!

NSCA WELLNESS PROGRAM SET TO EXPAND TO PORT CARTIER

Exciting news for the English-speaking community in Port Cartier – the North Shore Community Association is planning to expand its **Senior Wellness Program** to the area!

Interest in bringing more wellness activities to Port Cartier was explored during a community breakfast meeting held on June 5, where local English-speaking residents shared their ideas and needs. The event provided a valuable opportunity for connection and conversation around healthy aging and community engagement.

Charlene, from the NSCA, will be reporting back on the findings in September and arranging some activities Stay tuned for more updates – exciting things are on the way for **Port Cartier's senior community!**

SHARP SESSIONS FOR FALL 2025

The NSCA, in collaboration with CHSSN, hosts “Services for Healthy Aging in the Right Place (SHARP) information sessions to provide tools and resources to support English-speaking adults. The upcoming sessions are scheduled, so please mark your calendars as you won't want to miss these informative sessions.

September 17, 2025 - How to access and use assistive devices to ease the strains of daily activities

October 15, 2025 - Resources for staying active and preventing falls at home

November 19, 2025 - Who to call for help: Info-Santé, Info-Social & other essential hotlines

For details and/or to register contact Natalie at n.greene@quebecnorthshore.org

Keep an eye out for more sessions coming in 2026!

THANK YOU LOUISE!

It takes many people coming together with a common interest to make a difference in the lives of many people. The NSCA would like to take this time and extend a heartfelt thank-you to NSCA's now retired, **Louise Mansbridge**.

We'd like to thank her for the love, time at our wellness activities, and the talent she poured into every Stitch N' Yarn gathering. The beautiful quilts and knitted creations brought comfort to so many, and her continued generosity to the community is a shining example of kindness in action and is truly inspiring. Louise, and the Stitch N' Yarn group, all share the common goal of helping others and this is to be commended. **THANK YOU!**

SENIOR WELLNESS ACTIVITIES

Sept-Îles

The NSCA Senior Wellness group in Sept-Îles had a lively and active start to the summer season.

On May 27, senior wellness group members went on a walk at the inspiring **Chute Manitou Falls**, which was followed by a luncheon.

Crazy Hair Day on May 28, had senior wellness members create their imaginative 'hair-dos', some of which included using knitting needles through braided hair, colorful wool woven into their crowning glory, and many other crazy creations. Many thanks to Erica and Anne-Marie from the CHSSN for visiting and joining in the fun.

The month of June saw the NSCA Senior Wellness group wrapping up events before summertime vacations. This doesn't mean they weren't busy.

On June 3, a luncheon was held at the **Battiseur**, for the English-speaking residents along with some members of the community. To recognize the upcoming Father's Day, they all participated in a pizza luncheon.

With ongoing fund-raising efforts throughout the year by the senior wellness group members, they were able to treat themselves to a lobster luncheon, complete with salads on June 4. After lunch they completed the afternoon by playing a variety of games, sharing laughter, silliness, and stories. A nice finish to the plethora of activities these past few months.

Baie Comeau

A visit from an occupational therapist at the **CISSS Côte Nord – Élodie Poirier** (former NSCA McGill bursary recipient) hosted an informative workshop for our participants, sharing valuable insights on staying active, independent, and safe as we age.

Artists abounded at the 55+ wellness event in May as members got together for **3D canvas painting**, layering textures and colors that would make Picasso proud!

The **55+ Senior Wellness Group** celebrated their last activity of the season in June with a joyful year-end luncheon, fun games, and some special **birthday celebrations!**

Thank you to everyone who joined us throughout the year – your energy, laughter, and community spirit made it all so special.

Wishing you all a relaxing summer, and we can't wait to see you again in the fall!



YOUTH NEWS AND EVENTS

Baie Comeau High School, along with NSCA's Christine Charlemagne, coordinated various life/social skills sessions during the '*Atelier 5 Épices*'. The students participating enjoyed learning tips and tricks about preparing food and this information will serve them well into the future.

Keeping in the vein of cooking food, the **Maison des Familles** collaborated with the NSCA in hosting **bilingual cooking classes**. It brought together 9 - 14 years old, both French and English-speaking students together to prepare delicious meals. Who doesn't like Cheesburger pizza and pouding Chomeur!



School Readiness Kits were distributed by the NSCA at the **Pre-School Open House event** held at Flemming Elementary in Sept-Îles. The kits house a wealth of information, tools and resources to assist your pre-schooler in adapting to a school environment.

The **Youth and Family Fair** drew a record crowd in Sept-Îles on Saturday, June 14 at the Guy-Charbonneau Arena. NSCA's Christine and Alicia participated in the 2nd Edition of the **Salon de jeunesse et famille**, organized by the Table de concertation jeunesse de Sept-Îles, in partnership with the Ville de Sept-Îles and Hommes Sept-Îles. The event brought together over 35 community organizations offering youth and family-oriented resources, services, and interactive exhibits. This year's fair was held in celebration of Father's Day and featured a vibrant lineup of activities including inflatable games, a prize rally worth over \$2200, zotherapy workshops, and a pop-up thrift store run by local youth.

The event saw a surge in participation, with organizers anticipating a record turnout—tripling last year's attendance. The Salon provided a unique opportunity for families to connect with local support services in a festive and welcoming atmosphere while highlighting the importance of community engagement and family well-being.

Among the many organizations present, the Nova Shore Community Association stood out with an impressive **106 participants** visiting their table, reflecting strong interest in their programs and a growing demand for culturally relevant community resources.



TODDLER TIME AND STORY TIME

In May, toddlers explored the world of bees and how to celebrate them rather than be afraid of them.

It was all about recognizing and celebrating our dads when it came to Story Time and Toddler Time events in June. These events were filled with creative craft-making, laughter, connection, and fun memories of times spent with our dads.

On June 19, Toddler Time wound up the summer with a 'summer fun day' by having everyone celebrate the summer season by listening to music and playing games.



CALLING ALL 6 - 12 YEAR-OLD READERS!

The NSCA and the Alice Lane Library will be offering a Summer Book Club starting every **2nd Friday from July 4 to August 15** from 1:00 - 3:00 pm. There will be lots of exciting activities to do in addition to reading some pretty cool books. Try your hand at writing jokes, playing trivia games, reading online stories, participating in an escape room activity, and much more.



Reading fun for kids, from Canada's public libraries
tdsummerreadingclub.ca



COME AND JOIN THE SUMMER BOOK CLUB

Join us for a captivating summer journey through pages filled with wonder, wisdom, and greatest adventure.

Participants will

- Track their reading
- Read stories online
- Escape room activity
- Write jokes, stories and book review
- Trivia games

BI-WEEKLY ON FRIDAYS | 1 - 3 PM

Starting **July 4th** to **August 15**

ALICE LANE LIBRARY
6 AVE RADISSON

6 - 12 years old

Register by **June 30th**



For more information, contact: Christine
c.charlemagne@quebecnorthshore.org

www.tdsummerreadingclub.ca

Co-created and delivered by 2,200 public libraries across Canada, this national bilingual program is developed by Toronto Public Library in partnership with Library and Archives Canada. Sponsorship is generously provided by TD Bank Group.

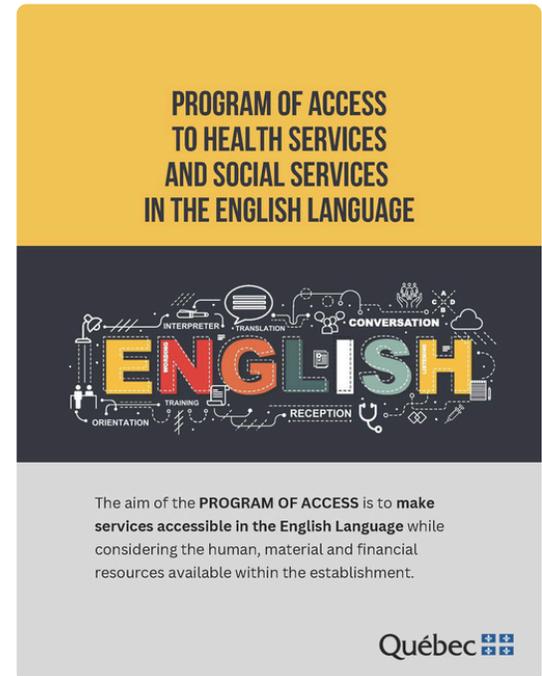
DID YOU KNOW? UNDERSTANDING THE ACCESS PROGRAM FOR ENGLISH LANGUAGE SERVICES

Every institution that delivers health and social services in Quebec is required to develop what's known as an **Access Program**. This important program is designed to identify and **make available English-language services** to English-speaking individuals and communities across the province. This program, developed under Section 15 of the Act respecting health services and social services (LSSSS), outlines the terms of access, the types of services covered, and the facilities or service points where services must be made available in English.

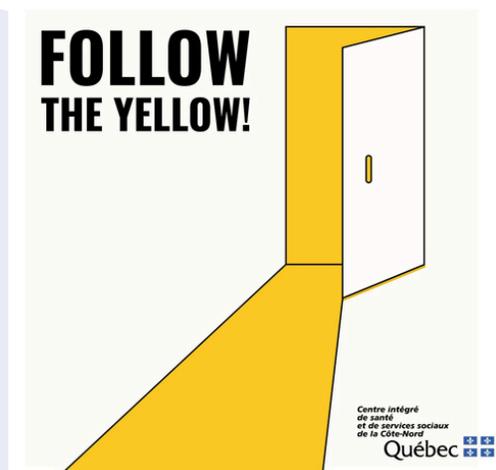
Here on the North Shore, the **CISSS de la Côte-Nord** has an Access Program in place to ensure that English-speaking residents can receive essential health and social services in a language they understand – supporting better communication, better care, and better outcomes. Whether you're navigating health care for yourself or assisting a loved one, knowing about the Access Program can help you advocate for and access services in English when needed.

To learn more about the CISSS Côte-Nord Access Program and how it can support you or your family, please visit our website:

👉 <https://quebecnorthshore.org/reports-publications/>



FOLLOW THE YELLOW - CISSS NORTH SHORE



The CISSS de la Côte-Nord continues to enhance services for English-speaking users with practical, easy-to-use tools that help you navigate their Francophone facilities. This is especially true at the Sept-Iles Hospital where accessibility for English services is observed. Just **Follow the Yellow**—your guide to finding your way with confidence!

These tools aren't just for visitors—they also support our staff in providing clear, inclusive service. Together, we're making every visit more accessible, more welcoming, and more human.

The CISSS also offers other services/resources for English speakers in Region 09. Check out their website for more information or copy and paste the URL below into your web browser: 👉 <https://tinyurl.com/mw9r5ayr>

NEW PICTOGRAMS AT THE SEPT-ÎLES HOSPITAL... YOUR OPINION IS IMPORTANT!

In order to make it easier for you to find your way in the hospital, simple, clear pictograms were added to the signs. This initiative aims to improve guidance while complying with the Charter of the French language.

Why? Because a picture is worth a thousand words... but everyone may interpret it differently!

Take two minutes to fill out the questionnaire and help them assess these new signs:

Use this link to fill out the questionnaire or a QR code

<https://forms.office.com/r/vs1Y0zUF51>

You can choose your language in the upper right corner of the screen.

Thank you for your invaluable collaboration as it assists us in enhancing our services that much more.



TEL-AIDE MONTRÉAL LAUNCHES TOLL-FREE NUMBER AND EXPANDS ITS SERVICE FOR ENGLISH-SPEAKING QUEBECERS

Tel-Aide Montréal (TAM) is expanding its **free, confidential, and anonymous active listening service** to be available 24/7 across Quebec, thanks to a new toll-free number: [1 877 935-1101](tel:18779351101). English-speaking individuals can now access a listening ear anytime, from anywhere in the province.

This initiative is made possible thanks to funding from the **Secrétariat aux relations avec les Québécois d'expression anglaise (SRQEA) of \$660,000 over the next two years**. "Everyone should have someone to talk to when they need support; day or night," said Minister Eric Girard. "We're proud to partner with Tel-Aide Montréal to strengthen mental health services for English-speaking Quebecers."

A Step Forward for Mental Health Support in Quebec

Following a volunteer shortage in 2022, TAM was forced to suspend overnight service. Today, that service is not only reinstated; it's expanded province-wide, powered by over 170 trained volunteers and a dedicated team of employees offering active listening around the clock.

Who Can Call Tel-Aide Montréal?

Anyone feeling lonely, overwhelmed, or in need of a listening ear can reach out. Whether it's stress, isolation, or a difficult moment, no issue is too small—TAM is here to listen.

Montreal area: [514 935-1101](tel:5149351101)

Toll-free, province-wide: [1 877 935-1101](tel:18779351101)

TOURISM AND CULTURE

SUMMER FUN ON THE CÔTE-NORD!

Tourisme Côte-Nord offers a vibrant summer filled with festivals, concerts, and activities for all. Highlights include the Painting Symposium, Music Festival, and Le Vieux Quai en Fête. Hopefully, many of you were able to get out in the communities and participate in the fun. Check out their website for upcoming events in your communities. www.tourismecote-nord.com/en/activities/

Upcoming Festivals and Events for July and August:

Macacain Festival of Natashquan

July 31 to August 3 the Macacains Festival is a unifying event that takes place every year in the pretty little village of Natashquan. It showcases local talent! On the program: music, games for all, various competitions, sporting activities, etc.

Innu Nikamu Festival

July 31 to August 3 the 40th edition of the Innu Nikamu festival ("he sings in Innu"), one of North America's largest indigenous music festivals, takes place in Maliotenam. For six days, performances by musicians and performers from different backgrounds follow one another on three stages.

Visual Arts Symposium

August 15-17: Visual arts symposium in Sacré-Coeur-sur-le-Fjord in Haute-Côte-Nord. Emerging and professional artists from La Haute-Côte-Nord and the surrounding area are offering visitors an authentic and memorable experience to immerse them in their creative world.

EXODE Festival

August 22-24 in Saint-Marce-de-Latour dive into the heart of nature and experience a unique electronic music event in the North-Coast region with the EXODE Festival. Born from the passion of talented young artists, this festival promises a diverse lineup across three distinct stages

SET OFF ON AN UNFORGETTABLE JOURNEY WITH EXPEDITION 51

Planning a road trip along Québec's breathtaking North Shore?

Let Expedition51.com be your trusted travel companion as you explore one of Canada's most epic routes! This adventure takes you through the northern regions of two provinces—starting in Baie-Comeau along Route 389, passing through Fermont, across Labrador on the Trans-Labrador Highway, and continuing down to the Lower North Shore.

Whether you're a seasoned adventurer or a curious first-timer, Expedition51 offers an interactive map, practical travel tips, and a ready-to-go itinerary to help you navigate over 1,700 km of rugged landscapes, rich history, and unforgettable scenery.

Discover hidden gems, scenic lookouts, cultural attractions, and essential services — all mapped out for your convenience. Whether you're looking for outdoor adventures or local eats, everything is at your fingertips. **Ready to explore?** Visit Expedition51.com and start planning your adventure today!





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.

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

www.quebecnorthshore.org



JULY

Entrepreneurship Workshops and Services

- Business Coaching**
 Work one-on-one with a business coach to develop a customized plan that's focused on your needs and your business. Open to any age and stage of business.*

Maximize Your Revenue Potential
 FREE | Wednesdays, July 2 & 30 | 2:00PM-3:30PM

Business Bootcamp: Kickstart Your Entrepreneurial Journey
 Series 6:
 FREE* | Thurs, July 3, 10, 17 & 24 | 1:00PM-3:30PM
 Series 7:
 FREE* | Thurs, July 31, Aug 7, 14 & 21 | 1:00PM-3:30PM

Learn@Lunch: Finding Business Opportunities with the Government
 FREE | Friday, July 4 | 12:00PM-1:00PM

- Financing Options for Your Business**
 FREE | Wednesday, July 9 | 2:00PM-3:30PM

9 Action Steps to Building a Successful Business
 FREE | Wednesday, July 16 | 2:00PM-3:30PM

Learn@Lunch: Intellectual Property for Small Businesses
 FREE | Tuesday, July 22 | 12:00PM-1:00PM

Idea Generator: Kickstart Your Business Journey
 FREE | Wednesday, July 23 | 2:00PM-3:30PM

Register now at yesmontreal.ca or call 514-878-9788.
 Workshops are available online or in a hybrid format. Pre-registration is required.
 *Entrepreneurship and Artist Services including business and artist coaching, Business Bootcamp, and legal information are free of charge (with a nominal file activation fee) for clients off the island of Montreal.



* *
DID YOU KNOW?

Services

SEMO Côte Nord 🔍

SEMO Côte-Nord's mission is to assist with workplace integration or retention for people facing functional limitations and who wish to hold a job. These limitations include Mental Health disability, intellectual disability, and other health related problems.

Basic Services

- ✔ Learn more about the job market and employment opportunities.
- ✔ Assess your interests, aptitudes and work capabilities.
- ✔ Develop an individual assistance plan.
- ✔ Support you in your job search.
- ✔ Meet employers.
- ✔ Obtain paid internship and/or wage subsidy, employment follow up and referral.
- ✔ Meet Specific needs.

Contact Information

- ✉ administration@semocn.qc.ca
- ☎ Sept-Îles: (418) 962-0481
Baie-Comeau: (418) 520-8349
- 📍 <https://www.semocn.qc.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!

@nscacq

VIRTUAL NEWSLETTER LIST!

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

nscacq@quebecnorthshore.org

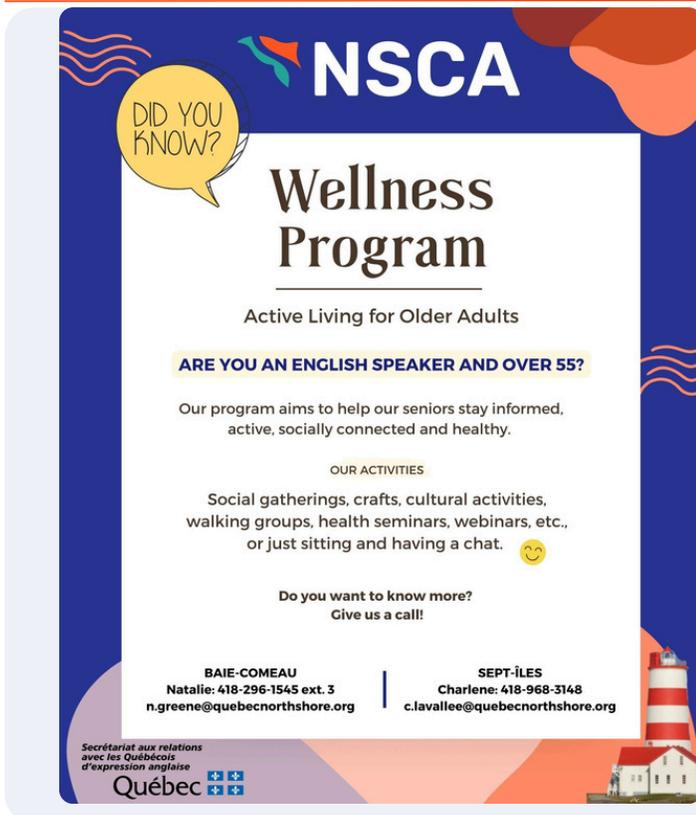
or visit our website quebecnorthshore.org

Subscribe

NSCA's Podcasts

Learn more about what is going on in your communities!
quebecnorthshore.org/topics/podcast/





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



Register before August 15

COME & JOIN US FOR OUR **FAMILY FUN DAY**

SATURDAY, AUGUST 23 BAIE-COMEAU HIGH SCHOOL
IN CASE OF RAIN AUGUST 24TH 39 AVE MARQUETTE SCHOOL YARD

11:00AM - 2:00PM

FREE ENTRY

Events
Bouncy Castle, BBQ, Cotton Candy, Face Painting, Tug of War, Potato Sack Race, Sandbag Toss, Live Music, Fire Truck and Police car and much more

For more information, contact Christine
c.charlemagne@quebecnorthshore.org
418-296-1545 #6

Secrétariat aux relations avec les Québécois d'expression anglaise
Québec

Canada

NSCA

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:

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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



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