



BAIE-COMEAU, PHOTO CREDITS: RENÉ MÉTHOT

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CELEBRATING 25 YEARS AT THE AGM

Nearly 40 community members joined us for the Annual General Meeting on September 20, 2025, welcoming special guests Jennifer Johnson, Executive Director of CHSSN, and Andrew Palucci, Senior Regional Engagement Agent – Office of the Commissioner of Official Languages (OCOL). The event honored 25 years of the NSCA's dedication to building and maintaining accessible programs and services for the English-speaking community of the North Shore. Speeches, congratulations, and an informative atmosphere made it a memorable gathering.

Executive Director, Jody Lessard, was recognized for her 25 years of unwavering dedication, with praise for her leadership and the organization's many achievements.

Marc Deslaurier's Outstanding Community Involvement Award was awarded to:

- Mark Kerr (Baie Comeau),
- Mederic O'Brien (Sept-Îles),
- Donald Goodfellow (Baie Comeau).

Their contributions continue to strengthen our communities in meaningful ways.



BUILDING BONDS AND VISION NSCA STAFF RETREAT

September 4–5, 2025 -Parc Nature de Pointe-aux-Outardes

Our Baie Comeau and Sept-Îles teams spent two inspiring days together, blending strategic planning, team-building activities, networking, and exploration of the beautiful park. It was a perfect mix of collaboration, fun, and rejuvenation—setting the stage for an impactful year ahead.



MAMU CONNECTONS ENSEMBLES

Sept 13, 2025 - MAMU CONNECTONS ENSEMBLES - BLOCK PARTY - Manicouagan Park

A community event filled with games, lunch, and the chance to meet and connect with local community organizations offering their services in English. Theatre play, inflatable games, dunk tank, clowns, and more surprises were in store for the many, many participants who joined in. Approximately 50 people inquired at the NSCA kiosk, manned by Christine and Natalie, about NSCA's programs and services.



SALON D'EMPLOI IN MONTREAL

October 8 - 9 - SALON d'EMPLOI - MONTREAL - Palais des congrés, as part of the "Destination Cote-Nord", the community partner organizations: Alpha Lira, Centre Emersion/Manicouagan Interculturelle, Place aux Jeunes and MRC Minganie hosted kiosks showcasing unique and exciting career opportunities available on the North Shore. NSCA's Development Agent, Christine Charlemagne, was on site representing the NSCA. An amazing 550 people filled out information forms to visit the North Shore for employment.



McGill's Community Network Bursary 2025-2026

Congratulations to Julia Fillion, the recipient of the bursary for this year. Julia is from the Sept-Îles community, and she continues pursuing her studies in the field of Social Work at the Université du Québec a Chicoutimi.

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.

Congratulations to our McGill Bursary Recipient!

JULIA FILLION
Sept-Îles
Bachelor in Social work



WEAR IT PURPLE DAY AT QEHS AND BCHS!

On October 24, QEHS proudly celebrated its third annual Wear It Purple Day in collaboration with the NSCA and community partners. On November 4, BCBS also marked its second annual edition of the event, highlighting the school's ongoing partnership with the NSCA.

The day brought students and staff together to show their support for LGBTQ+ youth and to promote messages of inclusion, acceptance, and self-expression. The school was filled with shades of purple as everyone joined in activities and discussions that encouraged kindness, understanding, and pride in who we are.

Each year, this event continues to grow, creating an even stronger sense of community at QEHS. Thank you to our partners, Aire Ouverte, ESSB, Le Rond Point, CISSS Côte-Nord and community volunteers for their support and help in making sure this event was successful again this year! The NSCA is proud to continue supporting youth engagement and inclusive spaces across the North Shore.



ALLÔ PROGRAM

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

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



COCO PLACOTE LANGUAGE CAPSULES

October 1 - November 21 Coco Placote Language capsules (8 episodes for 8 weeks-every Wednesday) commenced in October and was carried out in collaboration with the Collectif de développement social de la Côte-Nord and the Groupe Neurones du Nord-du-Québec with its last episode airing on November 21.

Video sessions with speech language pathologist, Julie Parent, explains how and why to communicate with young children including discussions on common pitfalls to avoid with toddlers when communicating with them, how to stimulate language with verbal routines, myths about late-talking children, how to help your toddler talk without putting pressure on yourself and many other interesting topics.

If you'd like to view the sessions, please scan the QR code or visit their website.

<https://groupeneuronesndq.com/coco-placote/>

COCO PLACOTE

The Collectif de développement social de la Côte-Nord appreciates your support in following the rerun campaign Coco Placote language videos.

In collaboration with the Groupe Neurones du Nord-du-Québec and speech-language pathologist Julie Parent, we hope that these videos have supported you in the wonderful journey of your little ones.

For even more resources, visit the Groupe Neurones website:
<https://groupeneuronesndq.com/coco-placote/>

Speech-language pathologist Julie Parent

Click here to rewatch the Coco Placote videos on their YouTube channel.

groupe neurones NORD-DU-QUÉBEC

Collectif de développement social de la Côte-Nord

NSCA

Of special note, the English subtitling of the Coco Placote language capsules was carried by the North Shore Community Association, as part of our effort to make the content accessible for the English community.

SENIOR WELLNESS ACTIVITIES

Sept-Îles & Port Cartier & Baie-Comeau, September - October 2025

September 21 - the residents at Résidence des Bâtisseurs had a blast testing their drawing skills and enjoying a few lively rounds of BINGO. Laughter, creativity and great company.



September 23 - Port Cartier Events - the senior wellness group kicked off their first inaugural wellness activity with a beautiful walk and some outdoor exploring starting at the GRAFFITI Cafe and ending by enjoying a luncheon at Dixie Lee.



September 24 - The senior wellness group in Baie-Comeau came together for a rock painting activity with the painted rocks joining the “Serpent de roches d’Hugo” project (#SerpentDeRoches).



On September 26, a few local seniors of our wellness group in Sept-Îles joined the Annual Terry Fox Run at the Flemming Elementary school and raised \$105 towards the school’s campaign in support of cancer research. A proud and worthy moment for sure.



SENIOR WELLNESS ACTIVITIES

On October 1st, we celebrated National Senior's Day with our wonderful communities in Sept-Îles and Baie-Comeau, bringing together 55 seniors for food, fun, and friendship.



October 7-21 – Chair Yoga & Fun, Fitness and Birthdays

Throughout October, seniors in Sept-Îles enjoyed lively Chair Yoga sessions before wellness activities, filled with stretches, laughter, and good spirits. The month also featured our Fun, Fitness and Birthdays celebration, where participants combined gentle exercise with creative activities and took time to celebrate our senior's birthdays.



October 21 - Luncheon at Bâtisseurs followed by rounds of BINGO and social afternoon.

October 28 - Halloween Jeopardy & Spooky Treats - A rousing and competitive afternoon playing Jeopardy and enjoying Halloween treats.



October 30 - Men's Card Night - A first wellness gathering for our men, an enjoyable evening of card games, live music, and great food.



COMMUNITY BOOK CLUBS!

Love a good story and great company? Our Community Book Clubs in Sept-Îles and Baie-Comeau are the perfect way to connect, share ideas, and discover new reads!

Sept-Îles Book Club

Meets every second month, on the last Friday.

The next gathering is on December 12th, featuring a Christmas-themed book to get everyone in the holiday spirit!

Contact Alicia in Sept-Îles for more details or to join:

[418-968-3148](tel:418-968-3148)

Baie-Comeau Book Club

Meets monthly, offering a warm and welcoming gathering to chat about books, authors, and all things literary.

Contact Natalie in Baie-Comeau to learn more or sign up:

[418-296-1545 ext 3](tel:418-296-1545)

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 Jody in Baie Comeau at 418-296-1545, ext.2 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: NSCA office in Sept-Îles 418-968-3148 or in Baie-Comeau 418-296-1545

  Health Canada  



TRAVELLING LITERACY BAGS

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





TRAVELING LITERACY BAGS & MINIBIBLIOPUS BOOKS

These two resource tools are available for free through the loan-out process in Sept-Îles. If you'd like to stay sharp with your reading skills and enjoy some pretty cool books over the Christmas break, then drop by the office to check them out.

STORY TIME & TODDLER TIME

Our **Story Time** sessions focused on the fall season and the many changes that come with it. Starting out with entering school in September after summer break and registering for sports and events, it was a busy start for all.



Most children look forward to Halloween Day on October 31 to go 'trick or treat' in the neighborhood and come home with a bag of spooktacular treats. To get into the spirit of things our Story Time in October was all about Halloween.

Stories were read, Halloween crafts were made and everyone left with a goody bag.

Set aside the following dates for the **upcoming Story Time & Toddler Time events** that you won't want to miss out on:

- Sat. Nov 29 (Port Cartier)
- Sun Nov 30 (Sept-Îles)
- Sat Nov 22 (Baie-Comeau)
- Dec 13 (Baie-Comeau)
- Dec 13 (Port Cartier) - Christmas theme; come dressed in your festive wear
- Dec 14 (Sept-Îles) - Christmas party theme; come dressed in your festive wear

TODDLER TIME

- Dec 4 (Sept-Îles) How the Grinch Stole Christmas

Come out and join us as we will watch the movie, "How the Grinch Stole Christmas," then make a craft and finish off with a healthy snack.

211 SERVICE FOR THE NORTH SHORE REGION

On October 27, we saw the **211 Service for the North Shore Region** official launch. This initiative is aimed at improving access to social, governmental and community resources for citizens.

The 211 service is a free, confidential and accessible 7 days a week information line, by phone and online, which allows people to quickly find support services in their community: food support, emergency shelter, employment assistance, mental health support, services for seniors, families, people with disabilities, and much more.

Already established in several regions of Québec, the 211 service has demonstrated its effectiveness in promoting better knowledge and use of community services, while contributing to the fight against poverty and social exclusion.

The service is now available throughout the North Shore region, including the RCMs of Haute-Côte-Nord, Manicouagan, Sept-Rivières, Caniapiscau, Minganie and the Golf du Saint-Laurent.



To learn more or access the service:

Dial : 211

www.211quebecregions.ca

COMMUNITY SERVICES MAP

Making English Services Easier to Find – Try Our New Online Map

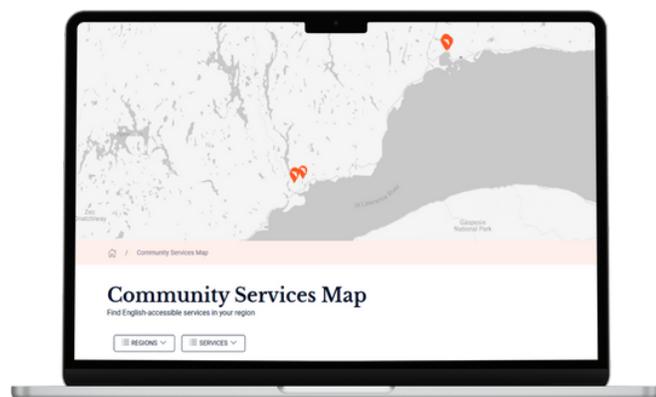
We're proud to launch the Community Services Mapping Tool.

This easy-to-use online map connects you with organizations offering some level of services in English across the North Shore—making it simpler than ever to access support.

Visit our website to explore the full map of services available in your community!

You can find it on our website under the **Services Map** tab:

<https://quebecnorthshore.org/organizations/>



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

NORTHERN LIGHTS

Adult & Vocational Education Center

COURSES OFFERED

- Mathematics, French,
- Science, Social Sciences,
- English Language Arts.

Our academic upgrading program can help you earn your high school diploma and make you eligible for post-secondary education, vocational training, and more.

REGISTER TODAY!

Contact Us
418-968-8412 ext. 422
Nlce.admin@essb.qc.ca

More Information
www.essb.qc.ca

Northern LIGHTS
ADULT EDUCATION AND VOCATIONAL CENTER

AIRE OUVERTE

12-25 years old

Telehealth

Do you need to speak to a professional but can't get to the services?

Aire ouverte offers free and confidential psychosocial Telehealth services between Tadoussac and Blanc-Sablon.

Select the "Make an appointment by clicking here" tab, and choose the "Telehealth" option:

Québec

COMMISSION SCOLAIRE Eastern Shores SCHOOL BOARD

BUSINESS ACCOUNTING DVS 5731

Start Date: January 12, 2026

HYBRID PROGRAM
1,350 hours

CONTACT US

Nikita Jean-Beliveau

Nikita.jeanbeliveau@essb.qc.ca

(418) 368-3376

NSCA's Calendar

Learn more about our upcoming events!

<https://quebecnorthshore.org/>



ARE YOU TRAVELLING TO QUEBEC CITY FOR HEALTH SERVICES?



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

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

TRAVELLING FOR HEALTH?
TOOLKIT



North Shore

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

Follow us on Instagram!

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

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

@nscaqc

VIRTUAL NEWSLETTER LIST!

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

nsca@quebecnorthshore.org

or visit our website
quebecnorthshore.org

Subscribe

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

Sept-Îles Branch Office:

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

Head Office:

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