



RIVIÈRE-AU-TONNERRE. PHOTO CREDITS: AITALINA STEPANOVA

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WELCOME BACK TO OUR COMMUNITY IN 2026!

As we step into a fresh new year, we're thrilled to welcome everyone back by sharing our vibrant community newsletter. The holiday season has flown by, and we're excited to reconnect with our wonderful community. In this issue, we'll reflect on some of the memorable events and achievements from the past year that brought us closer as a community, while looking ahead to the inspiring gatherings, workshops, and celebrations planned for the months to come. Here's to fresh beginnings, stronger connections, friendship, collaboration, and shared success as we join together for another fantastic year.

One of the memorable events took place in November, when NSCA's Executive Director, Jody Lessard, attended the RDN (Regional Development Network) Community Builders Event and Annual General Meeting in Quebec City. Federal and provincial organizations were on hand, sharing a wealth of valuable information and insights.

During this event, the RDN also took the opportunity to recognize the NSCA as one of five community organizations celebrating milestone anniversaries. We were proud to celebrate a significant achievement - 25 years of dedicated community service!



NSCA PRESENTS “AGELESS – REAL TALK, REAL CHANGE”

The NSCA recently hosted multiple screenings of “AGELESS – Real Talk, Real Change: To End Ageism”, a documentary exploring ageism in Quebec’s English-speaking communities through real stories across generations.

The series began in Sept-Îles, where Senior Wellness members and QEHS students viewed the film in November. Seventeen seniors and fifteen students reflected on age-based assumptions and shared insights about how ageism can appear in everyday life. Many found the stories thought-provoking and eye-opening, particularly as the film highlighted real experiences from their own community.



Screenings continued in Baie-Comeau in December. Seventeen Senior Wellness members watched the documentary, which featured Walter Bisson, a local member sharing his personal story. On Dec. 8, an intergenerational group of twelve BCHS students, three seniors, and a staff member attended. Pre- and post-film reflections sparked meaningful discussions, and students had the opportunity to ask Walter questions, bringing the documentary’s messages to life.

Through these screenings, the NSCA encouraged reflection, dialogue, and intergenerational connections, helping participants confront ageist assumptions and celebrate diverse experiences across all ages.



YOUNG ADULTS

Paint Night - November 7

An artful evening with Y-W-Miyako Galerie d'Art was enjoyed by 5 participants along with Alicia from the NSCA. The group designed and created a beautiful canvas project under the guidance of Ms. Miyako. This is an event that is sure to be repeated in the future as we appear to have quite a few budding artists.



Gingerbread House Competition - December 6

This delightful and fragrant competition drew out creative designing skills in building a gingerbread house. Seven senior wellness members participated in the selection panel to judge and select a winner. The gingerbread house creator winner went to Pierre Paul. Awesome creation!

Christmas Book Club - Dec 12

4 participants joined together to discuss a Christmas-themed book and was followed by BINGO, complete with prizes. Everyone walked away a winner!

Please Note: Book Club dates have now been changed to meet on Wednesdays and will no longer be on Fridays. Meeting time remains the same from (6:00 - 8:00 pm. Meetings are scheduled every second month commencing in February 2026. Please continue to monitor the NSCA Facebook page for details or contact Alicia at 418-968-3148.

CAREER DAY

December 2, 2025 - QEHS

Approximately 139 students came out to explore different types of occupations available on the North Shore. They were not disappointed as 20 kiosks were on site to provide information about various career choices. Students found out about resources, funding, and much more at this annual event. This was an excellent way to connect with local organizations and look toward future employment opportunities.

A big thank you to CJE Duplessis and CLC QEHS for helping make this annual event a success. We appreciate your support and partnership!



SENIOR WELLNESS HIGHLIGHTS

The Senior Wellness program enjoyed a busy and festive November and December, offering meaningful learning opportunities, intergenerational activities, and holiday celebrations across Baie-Comeau, Sept-Îles, and Port-Cartier.

Baie-Comeau

In November, senior wellness members participated in a Facebook and AI Workshop led by Rebecca McDonald from the Eastern Quebec Literacy Council (EQLC).



The session focused on navigating Facebook safely and introduced the topic of artificial intelligence, sparking engaging discussions.



The group also gathered at St. George/St. Andrew Church for the Annual Fruitcake Make and Bake, a cherished tradition filled with laughter, friendship, and holiday spirit.

Later in the month, Caroline Martel from Service Canada presented an Information Session on the Canadian Dental Care Plan, providing helpful guidance on eligibility and registration.

The season concluded with a Festive Holiday Brunch, where members enjoyed a delicious meal and time reconnecting with one another.



Sept-Îles

Holiday activities in Sept-Îles began with joyful intergenerational cookie decorating and craft activities, bringing together seniors, students, teachers, and NSCA staff. The celebrations continued with the Annual Christmas Dinner at the NSCA office, featuring a catered cipaïlle, live music, games, and plenty of laughter.

Intergenerational connections were further strengthened through a Cooking Class at QEHS, where seniors and students worked together to prepare and enjoy a nourishing luncheon. The festivities wrapped up with a traditional turkey dinner at Résidence de Bâtitseur, offering residents a warm and memorable Christmas celebration.



Port-Cartier

On December 2, the Senior Wellness Coordinator, along with community members, hosted a heartwarming intergenerational activity with Riverview School in Port-Cartier. Students enjoyed a festive morning creating Christmas crafts and decorating holiday cookies, making it a fun-filled and meaningful experience for everyone involved.



EARLY CHILDHOOD WEEK: CELEBRATING OUR YOUNGEST COMMUNITY MEMBERS

Early Childhood Week, celebrated during the week of November 17, highlights the importance of young children and their role in our communities. Across the region, organizations came together to raise awareness and show support for early childhood.

At Baie-Comeau High School (BCHS), the **2nd Annual Early Childhood Parade** brought students together to celebrate childhood and early development. Twenty-six students and two staff members also created a special Early Childhood flag, symbolizing the value of young children in the community.

In Sept-Îles, members of the Senior Wellness Group, joined by NSCA staff and community members, showed their solidarity by wearing “**blankie squares.**” This thoughtful gesture sent a clear message of care and encouragement, reminding our youngest community members that they are seen, valued, and supported.

The week ended with meaningful messages from **Maison des familles** de Baie-Comeau and NSCA’s **Christine**, emphasizing inclusion, care, and community support so all children can thrive. Watch the video: <https://www.facebook.com/reel/2231758230648925>



Together, these activities reflected a strong commitment to nurturing and celebrating early childhood across our communities.

BILINGUAL COOKING & CRAFTING FUN WITH YOUTH IN BAIE-COMEAU

On December 22nd, we partnered with **Maison des familles de Baie-Comeau** to host a bilingual cooking and crafting activity for youth in a warm, welcoming space.

Participants enjoyed simple recipes, hands-on crafts, and practicing both English and French, creating meaningful connections along the way. We look forward to continuing this partnership and offering more bilingual activities for youth in our community.



CELEBRATING CHILDREN AND BUILDING LIFE SKILLS AT BCHS

On November 20, we held a special activity with BCHS students to celebrate **World Children's Day**. Students created and decorated mini mountains, along with one large collaborative mountain symbolizing the road and resilience of every child. As part of the celebration, NSCA's Christine Charlemagne distributed *Enfant Soleil* cookies from Tim Hortons to 29 participants, adding a sweet touch to a meaningful day.

On December 19, NSCA hosted a festive Story Time session with the Pre-K and Kindergarten classes at BCHS. Children enjoyed the story *A Christmas Memory* (an NSCA publication) and created a Christmas tree craft. The morning was made even more special when the Home and School Association invited NSCA to breakfast—complete with a surprise visit from Santa! Students were also treated to reindeer snacks prepared by Christine.

Looking ahead, the **After-School Life Skills Program** will resume in January 2026 at BCHS, running from 3:00 to 4:00 p.m. and continuing once a month thereafter. Targeting students in Grades 3 to 6, this popular and highly successful program offers hands-on learning in essential life skills such as cooking, cleaning, budgeting, and preparing grocery lists. We are excited to bring this valuable program back to students once again.



STORY TIME CELEBRATES THE HOLIDAY SEASON

Our December Story Time sessions brought festive fun and joyful learning to children across the region.

On December 13 in Port-Cartier, children enjoyed a Christmas-themed story while dressed in their holiday best. The following day in Sept-Îles, participants listened to a Christmas story and created a festive craft.

Earlier, on November 30, Christmas Story Time at the Alice Lane Library featured the locally published *A Christmas Memory*, read by Christine. Children followed along on the big screen and enjoyed creative activities including gingerbread-themed crafts and handmade Christmas cards. Each child went home with small treats, a holiday activity, and an NSCA ornament—plus a special visit from Santa!



GIVING BACK TO THE COMMUNITY - THE SPIRIT OF CHRISTMAS

For the past several years, the staff at the NSCA office in Sept-Iles have fundraised in order to be able to give back to the less fortunate in their community. Using the funds raised from their Annual Christmas Tea event, senior community members were able to provide 24 backpacks filled with personal and knitted items and donated to the Le Rond Pont. Additional care packages were delivered to the women's shelter (Autour d'Elles). Members from the senior wellness group personally donated items to be included in the packsacks. Items included hygiene and health products, knitted goods, granola bars, Kleenex, and band-aids.

Additionally, 10 gift bags were given to NSCA's respite care clients and included personal care items, cookies, candies, Scrabble, coloring books with crayons, and knitted items such as socks.

In addition, two boxes of goods were delivered to the local women's shelter - La Maison des Femmes-Sept-Iles - and included knitted goods, and personal care items donated from NSCA's senior wellness group.

Thank you to our wonderful, generous staff working behind the scenes, the recipients of these backpacks and gift backpacks are truly appreciative.



ANNUAL CHRISTMAS TEA IN SEPT-ILES

The ever-popular Christmas Tea was truly successful again this year with 82 community members, plus staff and volunteer students joining together for a total of 90 participants!

We would like to take this time to acknowledge and thank every volunteer who helped out in making this event possible. Tea, delicious, donated sandwiches and sweets, craft and bake table, and a prize table made up this social event. All baked goods were sold out, speaking to the bakers' talent of creating delicious goodies. Money raised from this fundraising community event was put towards giving back to the community.



FOLLOW THE YELLOW

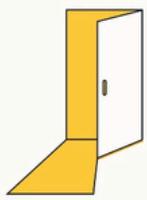
Do you speak English? Did you know that you have the right to receive services in English at the CISSS de la Côte-Nord?

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.

AIRE OUVERTE

Aire ouverte offers a safe, welcoming space for youth aged 12–25 to relax, hang out, and connect. Drop into the **Common Room** during opening hours to play games, do homework, read, listen to music, draw, or chat with friends and team members – no appointment needed.

Need to speak with a professional but can't travel? Free and confidential psychosocial **telehealth services** are also available between Tadoussac and Blanc-Sablon. Appointments can be booked online by selecting "Make an appointment" and choosing the "telehealth" option.



FOLLOW THE YELLOW!

The Centre intégré de santé et de services sociaux (CISSS) de la Côte-Nord has highlighted, in yellow, the services that are accessible to English-speaking users.

Services offered in English



ALLO Program
Bilingual employees wear a yellow card sleeve. Do not hesitate to seek their assistance.



Touch screens
(Hôpital de Sept-Îles only)
Screens are available at the main entrance and at the emergency department entrance. Choose the English language to find your way.



Regional interpreter
Someone is available to serve as an interpreter during exchanges between you and French-speaking staff.



Signs with pictograms
(Hôpital de Sept-Îles only)
Scan the QR codes in yellow boxes for an instant translation.



Yellow color
The information or components with some yellow are intended for English-speaking users. For example, scan the yellow-framed QR codes with your cellphone to access the translations.

Upcoming travel to the Hôpital de Sept-Îles?
Contact the regional interpreter to inform them of your arrival and to book their services: 418 965-7621

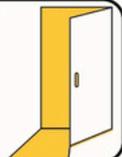
- Reception at the Hôpital de Sept-Îles
- Orientation in the hospital
- Assistance during your consultation to serve as an interpreter with complete confidentiality

Do you need an interpreter?
The regional interpreter can serve as an interpreter for the exchanges with health and social services staff, even remotely. Do not hesitate to make an appointment: 418 965-7621

The CISSS de la Côte-Nord is not allowed to post signs in English in its facilities in accordance with the rules of the Office québécois de la langue française, except in facilities of the Lower North Shore.

UPCOMING TRAVEL TO THE HÔPITAL DE SEPT-ÎLES?

Contact the regional interpreter:
☎ 418 965-7621



If you have questions about services implemented for English-speaking users, contact:

Communications department
835, boulevard Jolliet
Baie-Comeau (Québec) G5C 1P5
Email: 09.ci.sss.communications@sss.gouv.qc.ca
Website: www.ci.sss-cotenord.gouv.qc.ca



COMMON ROOM



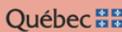


Did you know that the Aire ouverte space can also be used as a place to relax, play games, do homework, read a book, listen to music, chat with friends, draw, and much more?

No need to notify us in advance; simply come by during our opening hours.

It's the perfect place to meet other young people or chat with team members in an informal setting.









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 :





UPCOMING EVENTS

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 19.

SHARP session on February 18 at 10 am - online session with Revenu Quebec - Financial subsidies to help you live comfortably at home. Contact Natalie at n.green@quebecnorthshore.org for more information of to register.

After School Lifeskills program

After School Lifeskills program offered at Baie-Comeau High School (BCHS) Baie-Comeau:

- February 17th, 3-4 pm
- March 18th, 3-4 pm
- April 22nd, 3-4 pm

Upcoming Storytime Sessions – Join Us!

- February 14 – Port-Cartier
- February 14 – Baie-Comeau
- February 15 – Sept-Îles
- March 14 – Baie-Comeau
- March 21 – Port-Cartier
- March 22 – Sept-Îles

Enjoy a creative evening at our Winter Painting Workshop 🎨

Join Stephanie Bond for a step-by-step, guided session to complete a beautiful winter scene. This hybrid workshop takes place on Thursday, February 12, from 5:30 to 8:30 p.m., both in person at NSCA offices (Sept-Îles & Baie-Comeau) and online. Open to adults 16+. Places are limited—registration required.

Weekly Activities at NSCA

Stitch n' Yarn

Sept-Îles Office, Every Monday - 1:00 – 3:30 p.m.

A relaxing and social time to knit, crochet, and share skills in good company.

Senior Wellness Activities

- Baie-Comeau – Every Tuesday, 1:00 – 3:30 p.m.
- Sept-Îles – Every Wednesday, 1:00 – 3:30 p.m.

These sessions focus on connection, wellbeing, and enjoying activities together in a welcoming environment. Contact our office for more details.



19 FÉVRIER 2026 | 13 h à 18 h
GALERIES MONTAGNAISES * UASHAT

salonemploi.ca

OUR TEAM WILL BE PRESENT...DROP BY THE NSCA KIOSK!



AFTER SCHOOL LIFE SKILLS PROGRAM

For Grade 3 to Secondary 2

Join our After-School Life Skills Program and unlock skills that will help you at school, at home, and in your future. Sign up today!

- ✓ Cooking Skills
- ✓ Communication Skills
- ✓ Survival Skills
- ✓ Personal Responsibility
- ✓ Exploring Artistic Expression
- ✓ Cleaning & Organizational Skills

WEDNESDAY, 3-4PM

- January 21, 2026
- February 17, 2026
- March 18, 2026
- April 22, 2026
- May 20, 2026

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

Winter PAINTING WORKSHOP

Follow along with Stephanie Bond
STEP BY STEP
to complete a winter scene!

5:30 TO 8:30 PM
THURSDAY, FEBRUARY 12TH
Hybrid- At NSCA Office and Online
NSCA SI Office: 598 Boul. Laure, Local 108
NSCA BC Office: 337 Boul. LaSalle, Local 202

Scan QR Code to Register or email a.buffitt@quebecnorthshore.org
ADULT EVENT 16+
PLACES ARE LIMITED!

Our Services

- Resume Translation & Creation**
 - Professional translation services
 - Expert resume crafting to highlight your skills and experiences effectively.
- 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.
- Form Assistance & Interpretation**
 - Help filling out job application forms.
 - Clear interpretation services to eliminate any language barriers.
- 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.nsca

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

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

CHAQUE 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

Special Valentine's Day oil pastel workshop

with **NSCA YW MIYAKO'S GALERIE**

When: February 13, 2026, from 5:00 p.m. to 7:00 p.m.
Where: Aire ouverte, 500 avenue Jolliet
For whom: 12 to 25 years old

Places are limited!
 Registration at: 418 968-3148

ART FREE!!!

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
Nlae.admin@essb.qc.ca

More Information
www.essb.qc.ca

COMMUNITY SERVICES MAP

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

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.

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

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



abandonment financial difficulties
mourning exhaustion drug use
conflict housing depression
sexual assault
gambling

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

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!

@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)

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



Patrimoine
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