



LET'S GET CONNECTED

NSCA Newsletter



SPRING THAW - BAIE-TRINITE

APRIL 2026 - VOL.22 NO.4

SINCE 2000

QUEBECNORTHSHORE.ORG

IN THIS ISSUE

Salon d'emploi 2026

Page 2

Promoting Mental Health & Well-Being in Our Community

Page 4

Hands-On Workshops at local Schools

Page 8

EXCITING NEWS FOR THE NORTH SHORE – NEW EMPLOYABILITY SERVICES COMING TO OUR COMMUNITY!

The North Shore Community Association (NSCA) is proud to announce that we have secured new funding through the Community Opportunity Fund: Employment Service Support (ESS) to expand our services and better support English-speaking residents across the region.

This new initiative marks an important step forward in strengthening access to employment services in English on Quebec's North Shore. Through this funding, NSCA will enhance its ability to support individuals in finding, securing, and maintaining meaningful employment.

The program will offer a range of personalized and practical employment services, including:

- One-on-one career counselling
- Supporting career and educational orientation processes
- Skills, interest, and readiness assessments
- CV and cover letter support
- Interview preparation and job search guidance

In addition, clients will benefit from workshops, information sessions, and increased digital outreach, ensuring services are accessible and tailored to the needs of our community.

Continued on page 3 →

RIESS

Regional Individual Employment Services & Support

Côte-Nord

*Connecting the English-speaking
community to regional opportunities*



SALON D'EMPLOI 2026

NSCA recently participated in the Salon de l'emploi at the Galeries Montagnaises, where employers from across the region met with local job seekers.

Our team was there to support participants by helping with CV updates and sharing tips for interview preparation. It was great to see such strong interest and motivation from community members looking to move forward in their professional journeys. Events like this are a reminder of how important it is to create spaces where people can connect, ask questions, and feel supported in their job search.

Thank you to everyone who stopped by and to the organizers for this great event!



EMPLOYABILITY SURVEY

SURVEY

Help us identify the barriers and opportunities English speakers face when seeking work in Côte-Nord.

SCAN ME

or follow the link in the description!

Complete the survey for a chance to win 1 of 5 gift cards (\$75 value each)

Canada Yes NSCA RDN

The NSCA invites you to have your voice heard on identifying barriers and opportunities English speakers face when seeking employment and accessing employment services on the North Shore. Participants can enter to win one of five \$75 gift cards for groceries or gas. Check the NSCA Facebook page or follow the link below to complete the survey.

<https://www.surveymonkey.com/r/PFSNZWY>

The survey will close at the end of April, 2026.

NEW EMPLOYABILITY SERVICES!

This initiative is especially significant for English-speaking residents, including newcomers and individuals facing language barriers, who often encounter challenges accessing services primarily offered in French. By providing support in English, NSCA is helping to bridge this gap and ensure more equitable access to employment opportunities.

Working in collaboration with regional partners, employment centers, and community organizations, NSCA will also help connect individuals to complementary services such as training programs and literacy supports—ensuring a coordinated and efficient approach to employment assistance.

This new funding allows NSCA to continue building a stronger, more inclusive employment ecosystem on the North Shore – one where English-speaking residents have the tools, support, and confidence to succeed.

Stay tuned for more details as we roll out these exciting new services in the coming months!



Our Services

01

CV 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.
- Promoting 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



NSCA



Employment & Guidance Counselling

with Sarah Chicoine, Guidance Counsellor (c.o.)

Who We Support:

- ✓ Youth 16+ exploring education and career pathways;
- ✓ Adults re-entering the workforce;
- ✓ Individuals navigating career changes or transitions;
- ✓ Newcomers and English-speaking residents of North Shore;
- ✓ Individuals facing barriers related to language, confidence, isolation, or access to services.

Services Offered:

- ✓ Using professional tools to better understand interests, aptitudes, values, and career readiness
- ✓ Supporting career and educational decision-making through structured guidance approaches
- ✓ Accompanying individuals through career transitions and return-to-work processes
- ✓ Supporting individuals facing challenges related to employability, adaptation, or career change



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

Contact NSCA today



PROMOTING MENTAL HEALTH & WELL-BEING IN OUR COMMUNITY

NSCA has been actively engaging youth, seniors, and community members through a variety of mental health and well-being activities this March, creating opportunities for connection, creativity, and learning.

On March 11, Secondary 5 students from Queen Elizabeth High School (QEHS) joined Senior Wellness members for an intergenerational Positive Mental Health Day. Through icebreaker games like Jeopardy, 16 students and 18 seniors connected, shared experiences, and discussed personal well-being – highlighting the value of building relationships across generations.



Intergenerational connections continued on March 24 in Baie-Comeau, where BCHS high school students and the Senior Wellness group came together for a Well-Being BINGO afternoon, combining fun with meaningful discussions around mental health.

Rounding out the month, a Positive Well-Being BINGO Night was held in Sept-Îles on March 26, with a presentation by counsellor Sarah Chicoine, brought participants together to learn about healthy coping strategies while enjoying an interactive and engaging evening.

PAINT NIGHTS



Creativity was in full bloom during two virtual Paint Nights on March 24 and 25, where teens and adults, guided by artist Stephanie Bond, created their own winter-themed artwork in a fun and relaxing environment.

Through these activities, NSCA continues to promote positive mental health, encourage meaningful connections, and provide accessible, supportive spaces for our community.

TOOLBOX
for a positive mental health

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

Toolbox for Positive Mental Health

Looking for tools and resources to support your mental well-being?

This Toolbox for Positive Mental Health brings together helpful resources you can access anytime.

Scan the QR code or use this link:

<https://coffreaoutils.my.canva.site/positive-mental-health-toolbox/>

to explore supports, information, and tools designed to help you take care of your mental health.

SENIOR WELLNESS & COMMUNITY ACTIVITIES – NORTH SHORE

■ NSCA's senior wellness programming continues to create meaningful connections and engaging experiences for participants in both Sept-Îles and Baie-Comeau.

Sept-Îles

The 50+ Men's Night Group continues to meet monthly, bringing men together for discussion, camaraderie, and a shared meal. The next session will take place on April 16, featuring a turkey dinner (contact Charlene at 418-968-3148 for details).

On March 2, participants attended a Nutrition Workshop with the Hope for Dementia organization, learning how food can support brain health.

St. Patrick's Day celebrations were a highlight this month. Beginning with residents at Les Bâisseurs enjoyed a morning of games and BINGO. Later that week, 43 members from the Sept-Iles and Port Cartier Wellness groups gathered for a festive potluck luncheon filled with Irish-themed dishes, games, and entertainment.

Baie-Comeau

March was filled with a variety of engaging activities in Baie-Comeau. Participants took part in an online Nutrition Workshop, a lively Coffee Social focused on memory games, and a Collective Kitchen session where members prepared a delicious blueberry almond crisp.

Seasonal celebrations brought everyone together, including a St. Patrick's Day Luncheon with traditional dishes and games, and an Easter Social filled with food, laughter, and shared memories.

Intergenerational connections were also strengthened during a Well-Being BINGO activity, where students and seniors came together to play, learn, and discuss mental health.

These activities continue to promote well-being, learning, and social connection across generations and communities on the North Shore.



ROB LUTES, MUSICIAN - 'MUSIC WORKSHOP

March 18, 2026 - Fifteen participants from our Sept-Îles community attended this engaging session led by musician Rob Lutes. Music can have a powerful and very practical impact on people living with dementia - not just emotionally, but neurologically as well. Music can: trigger memories, improve mood and reduce anxiety, support communication, enhance movement and coordination, create structure and routine which activates multiple brain areas, encourages neuroplasticity, boosts cognitive skills and releases beneficial chemicals (dopamine and serotonin). While music doesn't cure dementia, it can significantly improve quality of life, connection, and emotional well-being, for both the person and their caregivers.



INTERGENERATIONAL ACTIVITIES

Our Senior Wellness Group recently shared some wonderful intergenerational moments with local students in Sept-Îles and Port-Cartier.

In Sept-Îles, seniors visited Flemming Elementary School for a special reading activity, sharing stories and laughter with students. The following day, they joined in the school's Olympic Day, helping with activities, cheering on participants, and even preparing hot chocolate for everyone to enjoy.

In Port-Cartier, seniors spent a creative morning with students from Riverview School, making crafts and decorating Valentine cupcakes together.



HANDS-ON WORKSHOPS AT LOCAL SCHOOLS

NSCA continues to offer engaging workshops at our schools, bringing hands-on learning opportunities to students and families.

5 Épices Cooking Workshops



BCHS Students have been enjoying interactive cooking sessions led by NSCA's Chef Christine Charlemagne. On March 2, thirty-one students from Grades 1–5 prepared a St. Patrick's Day comfort soup and beet muffins—quickly enjoyed with no leftovers! On March 27, Pre-K and Kindergarten students also took part in a fun muffin-making session. The final workshop will be held on April 21.

Parent Volet at BCBS



Parent Volet sessions continue to support families of young learners by offering practical tools and resources. The March 20 session focused on emotions, communication, and helping children express their needs, with strategies parents can use at home.

Upcoming sessions:

- April 17 – Social Skills
- May 22 – Sharing and Taking Turns

Follow NSCA's Facebook page for updates and more activities.

YOUTH PROGRAMS AT BCHS: SKILLS & CONNECTION

The North Shore Community Association (NSCA) is proud to support youth at Baie-Comeau High School (BCHS) through engaging programs that promote life skills and well-being.

After School Life Skills Program

Since February, students in Grades 3 to 6 have been meeting monthly to explore practical skills such as basic first aid, cooking, financial literacy, and outdoor survival. These hands-on sessions help build confidence, independence, and essential everyday knowledge.

The final session will take place in May.

Chat N' Chill – Lunch-Hour Sessions

NSCA also hosts Chat N' Chill, a monthly lunch-hour group where students can openly discuss topics important to them, including mental health, wellness, and community life. These sessions provide a safe and supportive space for students to connect and share.

Recent sessions were held on March 26 for Secondary 3 – 5 students, with a final session scheduled for April 9 for Secondary 1–2 students.

For more information, contact Christine at NSCA at 418-296-1545, Ext. 6.

STORY TIME FUN CONTINUES ACROSS THE NORTH SHORE!

The NSCA's Story Time program continues to bring families together across the region with engaging stories, creative crafts, and fun, themed activities for children and parents alike!

Baie-Comeau Story Time Highlights

On March 14, children and parents gathered at the Pavillon Mance to celebrate St. Patrick's Day. The group enjoyed an Irish-themed story, followed by a fun leprechaun craft and a healthy Irish snack – making for a festive and memorable morning.

Each Story Time session features a selection of engaging books, followed by creative crafts and a nutritious snack to round out the experience.

Sept-Îles & Port-Cartier Story Time

Story Time activities are also thriving in the Sept-Îles region!

On March 21 in Port-Cartier, nine children participated in International Colour Day, where they enjoyed a story and created vibrant rainbow crafts.



MCGILL BURSARY 2026

REMINDER: McGill Bursary Program 2026 Deadline application is: May 7, 2026

This community network bursary provides financial support to bilingual students pursuing full-time studies in the health and social services area in select Quebec regions.

Please contact the NSCA for further information at:

nsca@quebecnorthshore.org or by telephone at 418-296-1545, Ext. 2.



SPRING AND SUMMER ADVENTURES AWAIT!

With Spring giving way to summer, brighter days and warmer weather bring a welcome sense of renewal. Nature is in full bloom, and our communities are buzzing with activities, from outdoor events to simple moments enjoyed in the sunshine. It's a perfect time to embrace fresh beginnings, celebrate local events, and make the most of the vibrant season ahead. Let's get outside, connect with others, and appreciate the energy and beauty that this time of year brings. Check out a few of the events/activities happening in your communities.

The North Shore is never lacking in discovering new, exciting and interesting places.

If you are adventurous and want to discover the beauty of the North Shore, check out Tourism Cote Nord's website for enlightening road trips.

<https://www.tourismecote-nord.com/>

ACCESSING HEALTH & SOCIAL SERVICES

Need help?

Psychosocial support is available for you

If you experience several of these symptoms:

- ⇒ Concentration problems
- ⇒ Sleep problems
- ⇒ Tendency to stay socially isolated
- ⇒ Decreased interest for pleasant activities
- ⇒ Increased alcohol or drug consumption
- ⇒ Irritable mood or sadness (mood swing, discouragement)
- ⇒ Suicidal thoughts

Get help to figure it out...

INFO-SOCIAL

SUICIDE PREVENTION CENTRE
1-866-APPELLE (277-3553)

Access to a psychosocial worker
Professional and confidential service
7 days a week / 24 hours a day
or
Contact the nearest CLSC

Centre intégré de services sociaux de la Côte-Nord
Québec

Regroupement provincial des comités de la LISB (GRPC) **Search it / Recherchez-le**
www.rpcu.qc.ca

Users' 12 rights

- 01 Right to information
- 02 Right to receive services
- 03 Right to choose a professional or institution
- 04 Right to receive appropriate care according to one's health status
- 05 Right to consent to care or to refuse care
- 06 Right to actively participate in decision-making
- 07 Right to be accompanied, assisted and represented
- 08 Right to shelter/ accommodation
- 09 Right to receive services in English
- 10 Right to access one's User's file
- 11 Right to the confidentiality of one's User's file
- 12 Right to lodge a complaint

The rights set out in the list respecting health services and social services (LRSSB) The LRSSB holds on the fundamental rights in order to define the users' rights. Other rights are recognized by the Québec Charter of Human Rights and Freedoms and the Québec Civil Code. These rights are applicable everywhere including to the Health and Social Services Institute

COMMUNITY SPOTLIGHT

CENTRE D'ASSISTANCE ET D'ACCOMPAGNEMENT AUX PLAINTES CÔTE NORD

Target clientele:

All users of the health and social services who feel aggrieved in their rights or who question themselves about it, as well as all residents of private residences for seniors (PRS).

Services and activities offered:

- Information on the rights and procedure for handling complaints;
- Assistance and support in clarifying the subject of the complaint, in selecting and drafting the necessary documents;
- Support during meetings as part of the treatment of your complaint;
- Close support throughout the process.

New Arrival:

- CAAP on the Lease - A personalized support service to help you find a solution to your problem of lease in a private residence for seniors (PRS).

1800, boul. Lafliche
Baie-Comeau (QC)
G5C 1C9

690, boul. Laure, Local 157
Sept-Îles (QC)
G4R 4N8

418 295-2779
418-968-2779
1 877 767 2227

info@caap-cn.org

www.caap-cn.org

UPCOMING EVENTS

April /
May

Sept-Îles & Port-Cartier Senior Wellness

- April 15 – International Craft Day
- April 21 – Intergenerational Event (Riverview School)
- April 22 – Earth Day Activity
- April/May (TBD) – Birdhouse Building (Flemming School)
- May – Mother's Day Wellness Event
- May (TBD) – Social Luncheon
- May (TBD) – Port-Cartier Bowling & Picnic

April

Baie-Comeau Senior Wellness

- April 7 – Breakfast at T-Rex Pub Bistro
- April 23 – Bowling (Salon des Quilles)

May 11 - 17, 2026

31st QUEBEC FAMILY WEEK

is recognized province-wide and focuses on supporting and recognizing the diversity in families (i.e. single parents, blended families, grandparents, etc).

This week highlights the importance of families and raises awareness of family challenges and realities. This year's theme is **"Wearing Many Hats - That's Also What Family is!"**. Family members often juggle many roles –parent, worker, caregiver, student, etc. and recognize the effort that goes into keeping family life running smoothly. Check out some family-friendly activities in your communities, such as outdoor and family camping, brunches, community meals or gatherings, workshops and youth/ parenting events, recreational or cultural events. Let's all get out in our communities to strengthen community connections around family life.

Stay tuned for updates on NSCA's Facebook page!

BCHS Annual Bean Supper 2026



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 8, 2026
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

ANNUAL BEAN SUPPER - MAY 8, 2026

It's back! Yes, it's that time of year we all look forward to as the BCHS and the Home School Association, with sponsorship from the NSCA, collaborate on creating some exciting, traditional dishes that make up the bean supper. In addition to the supper, there will be live entertainment provided to round out the evening. You don't want to miss out!

UPCOMING STORY TIME SESSIONS

Baie-Comeau:

April 1 (Spring-themed), May 9 (Mother's Day),
June 20 (Father's Day)

Sept-Îles & Port-Cartier:

April 18 (Port-Cartier), April 19 (Sept-Îles),
May/June (TBD)

For updates, visit the NSCA Facebook page or contact Christine (Baie-Comeau) at 418-296-1545, Ext. 6 or Amber (Sept-Îles & Port-Cartier) at 418-968-3148.

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

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

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

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
canadien

Canadian
Heritage