



LET'S GET CONNECTED

NSCA Newsletter



TADOUSSAC DUNES. PHOTO CREDIT: M.COTÉ

JULY 2026 - VOL.23 NO.1

SINCE 2000

QUEBECNORTHSHORE.ORG

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STUDENTS GIVE BACK THROUGH COMMUNITY CARE MEAL PROJECT

Students participating in the After School Life Skills Program (ASLSP), an initiative of the North Shore Community Association (NSCA), recently put their skills into action by preparing Community Care Meal Bags for individuals and families in need.

As part of this community service project, students worked together to cook, prepare, and package nutritious meals, including spaghetti with meat sauce, homemade banana oat muffins, fresh fruit, and bottled water. The meal bags were then delivered to the community fridge at Maison des familles de Baie-Comeau, where they were made available to anyone who could benefit from them.

The ASLSP provides students with opportunities to develop practical life skills through hands-on learning, teamwork, and community engagement. This project allowed participants to apply those skills while making a meaningful contribution to their community and learning the importance of kindness, compassion, and giving back.

The NSCA extends its sincere thanks to the students for their enthusiasm and commitment, leading this successful initiative



SHOWCASING THE CÔTE-NORD AT SIIQ 2026

The North Shore Community Association (NSCA) was proud to be represented by Christine Charlemagne, Development Agent, as part of the Destination Côte-Nord delegation at the Salon de l'immigration et de l'intégration au Québec (SIIQ) 2026, held at the Palais des congrès de Montréal.

The two-day event provided an excellent opportunity to promote the Côte-Nord region to individuals and families interested in living and working in Quebec. Visitors learned about the region's employment opportunities, quality of life, community services, and the supports available to newcomers considering a move to the North Shore.

The Destination Côte-Nord kiosk welcomed 282 visitors throughout the event, generating valuable conversations with prospective residents eager to learn more about the region. NSCA was pleased to contribute by sharing information about the services and programs available to support English-speaking newcomers and residents.

Participating in SIIQ continues to strengthen partnerships and raise awareness of the many opportunities the Côte-Nord has to offer.



Share Your Experience in Quebec's Job Market

ONGOING SURVEY

Is your first language other than French?
Share your experience in the Quebec job market!

CONTEXT

Since 2022, several changes have strengthened the use of French in Quebec workplaces, notably the adoption of Law 14.

PARTICIPANTS WANTED

- English-speaking Quebecers
- Immigrants
- Members of First Nations and Inuit communities

RESEARCH OBJECTIVE

We would like to better understand your experiences related to:

- accessing the labour market;
- integrating into the workplace and staying employed;
- learning or using French in the workplace.

TO PARTICIPATE IN THE STUDY

15-minute survey

Chance to win one of three \$100 prizes

* This research project is being conducted by Groupe DDM on behalf of the Advisory Committee for Immigrants (CCPI), the First Nations and Inuit Advisory Committee on the Labour Market (CCPNMT), and the Advisory Committee for English-Speaking Quebecers (CCQE).

Is your first language other than French? An ongoing survey is seeking English-speaking Quebecers, immigrants, and members of First Nations and Inuit communities to share their experiences accessing the labour market, integrating into the workplace, and using French at work.

Participants have a chance to win one of three \$100 prizes. Scan the QR code to participate or use this link:

<https://fs30.formsite.com/GDDM/ImpactLoi14-Individu/index>

NSCA CONNECTS WITH THE COMMUNITY AT THE INTERCULTURAL PICNIC

The North Shore Community Association (NSCA) was pleased to participate in the Intercultural Picnic – "Cap sur Franquelin", hosted by Manicouagan Interculturelle on Saturday, June 20 at the Village forestier d'antan in Franquelin.

The event brought together approximately 120 participants from across the region for a day of cultural celebration, community connections, and family-friendly activities.



Throughout the day, 92 families visited the NSCA information kiosk to learn more about our programs and services, ask questions, and connect with our team. It was a wonderful opportunity to meet both new and familiar faces and share information about the supports and activities available to the English-speaking community on the North Shore.

Congratulations to the four lucky winners of our NSCA door prize bags and thank you to everyone who stopped by our kiosk. We appreciate the opportunity to be part of such a welcoming and vibrant community event and look forward to participating again next year!

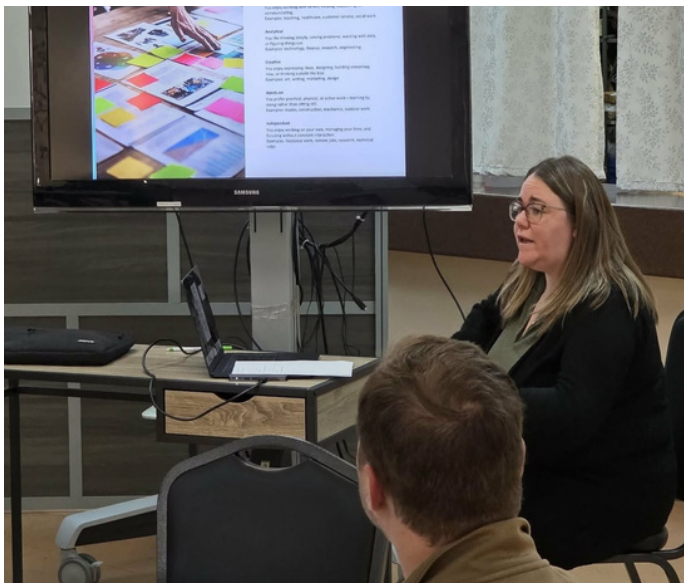
SUPPORTING EMPLOYMENT SUCCESS THROUGH RIESS

The **Regional Individual Employment Services and Support (RIESS)** program is dedicated to helping English-speaking residents connect with employment opportunities and build successful careers on the North Shore. Through personalized one-on-one support, career planning, job search assistance, résumé and interview preparation, and specialized resources, RIESS helps participants navigate the local labour market with confidence.



EMPLOYABILITY WORKSHOP "MORE SKILLED THAN YOU REALIZE"

As part of the program, NSCA recently hosted an employability workshop, "**More Skilled Than You Realize**," led by Career Guidance Counsellor, Sarah Chicoine. The interactive session encouraged participants to recognize their existing strengths, identify transferable skills, and explore future education, career, and personal development opportunities. Participants left feeling more confident in their abilities and better prepared to take the next steps toward achieving their employment goals.



SUPPORTING EMPLOYMENT SUCCESS THROUGH RIESS

Whether you are entering the workforce, changing careers, or looking for new opportunities, RIESS is here to support your journey. Contact our team at either of our offices to learn more about the program and the services available to English-speaking job seekers.

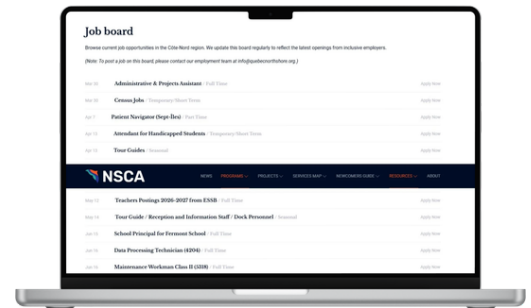
You can also visit the RIESS section of our website, where you'll find information about our services, upcoming workshops, resources, and our **Job Board**, featuring current employment opportunities across the North Shore.

Baie-Comeau Office

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

Sept-Îles Office

598 Blvd. Laure, Local 108
Sept-Îles, QC G4R 1X7



For more information, visit our RIESS webpage: <https://quebecnorthshore.org/riess/> or follow our RIESS Facebook page: <https://www.facebook.com/riess.nsca> for the latest job postings, workshops, and employment resources.

Join the Port of Baie-Comeau Cruise Team!

The Port of Baie-Comeau, in partnership with the North Shore Community Association, is recruiting for the upcoming international cruise season.

Three types of positions are available: **tour guides, reception and information staff, and dock personnel**. Tour guides will accompany cruise passengers on walking or bus tours conducted entirely in English. Reception staff will welcome visitors and answer questions, while dock personnel will help manage passenger and bus traffic and support tour departures.

The salary is \$21 per hour, with paid training provided in August. Work schedules will vary according to the cruise ship timetable.

Interested candidates can contact Brigitte Lalo Malec at (418) 968-3148 or b.lalomalec@quebecnorthshore.org.

JOIN OUR TEAM!

INTERNATIONAL CRUISE IN BAIE-COMEAU

21\$

/HOUR

3 POSITIONS TO FILL

TOUR GUIDE

Gives guided tours to cruise passengers on foot or by bus. The tours are 100% in English.

RECEPTION AND INFORMATION STAFF

Provides information and answers questions from cruise passengers on the dock or at Place La Salle.

DOCK PERSONNEL

Manages traffic logistics on the dock between pedestrians and buses. They also help with the logistics of sending out guided tours. They assist with various tasks.

SCHEDULE

Depends on the cruise timetable

TRAINING IN AUGUST

Training is included and paid

SALARY

\$21 per hour

PRE-INTERVIEW VIA TEAMS

Port of Baie-Comeau is in partnership with the North Shore Community Association for this job post

INTERESTED?

Contact us!

Brigitte Lalo Malec
(418) 968-3148
b.lalomalec@quebecnorthshore.org

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.

From April through June, NSCA's Senior Wellness Program offered a variety of activities that encouraged older adults to stay active, engaged, and connected. Participants enjoyed art and sea glass workshops, digital literacy sessions, bowling outings, Men's Night Out, bingo, social gatherings, and seasonal luncheons, all designed to promote healthy aging and meaningful social connections.

A highlight of the season was the Interregional Lobster Luncheon, which brought together participants from Sept-Îles and Baie-Comeau for a day of friendship, laughter, and great food. The event provided a wonderful opportunity for members to reconnect, make new friendships, and strengthen ties between our two communities.

These activities fostered lifelong learning, creativity, and community spirit while supporting the overall well-being of our participants. We look forward to welcoming everyone back this fall for another season of fun, friendship, and engaging activities.



Mens Night Out



Bowlin outings



World Art Day



End of Year Luncheon



Bingo & Social Gathering



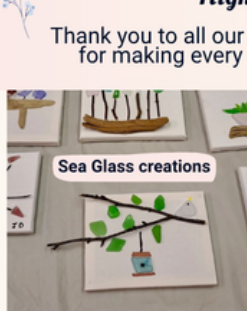
World Art Day



Interregional Lobster Luncheon



Digital Literacy Workshop



Sea Glass creations



Baie-Comeau Social



Sea Glass creations

Senior Wellness

Highlights

Thank you to all our amazing participants for making every activity so special!

A big thank you to our wonderful volunteers, organizers and participants for making these moments possible!

BUILDING CONNECTIONS ACROSS GENERATIONS

This spring, NSCA's Senior Wellness Program brought older adults and students together through a series of intergenerational activities with Riverview School (Port Cartier), Baie-Comeau High School (Baie-Comeau), and Flemming Elementary School (Sept-Iles).

Participants enjoyed a variety of hands-on activities, including spring crafts, cookie decorating, and building and painting bird feeders and birdhouses. These activities encouraged teamwork, creativity, and meaningful conversations while creating lasting friendships across generations.

These intergenerational activities highlight the value of bringing young people and older adults together. By sharing experiences, skills, and conversations, participants strengthened community ties, developed new friendships, and created memories that will last well beyond the activities themselves.

The NSCA extends its sincere thanks to the students, teachers, school staff, volunteers, and our Senior Wellness participants for making these activities such a success. We look forward to continuing to strengthen connections between generations through future community events.



SUMMER DAY CAMP



Our Summer Day Camp welcomed 43 campers who participated in this year's five-week program. Through a valued partnership with Centre Amitié Autochtone de Sept-Îles, children enjoyed a fun, engaging, and inclusive summer experience.

Each week featured a different theme that guided a variety of games, creative crafts, team-building activities, and planned outings. Campers had the opportunity to make new friends, build confidence, develop new skills, and create lasting summer memories in a safe and welcoming environment.

The program provided a summer filled with laughter, learning, adventure, and meaningful experiences for all participants, while fostering friendships and encouraging active participation throughout the five weeks.

SUMMER BOOK CLUB CLUB DE LECTURE D'ÉTÉ

Track your reading, read stories online
Write jokes, stories and book review
Escape room activity
Trivia games

Suis tes lectures, lis des histoires en ligne
Crée des histoires et des blagues
Activité de salle d'évasion
Jeux-questionnaires

Days	Times	Dates
Fridays	1:00 - 3:00 PM	July 24, July 31, August 7, August 14
Les vendredis	13 h à 15 h	24 juillet, 31 juillet, 7 août, 14 août

ALICE LANE LIBRARY
BIBLIOTHÈQUE ALICE LANE
441 RAVENSON, BAIE-COMEAU

REGISTER NOW
INSCRIS-TOI MAINTENANT

c.charlemagne@quebecnorthshore.org
418-296-1545 ext. 6

www.tdsummerreadingclub.ca

SUMMER BOOK CLUB AT ALICE LANE LIBRARY

Children ages 6 to 12 are invited to join the 2026 TD Summer Reading Club at Alice Lane Library in Baie-Comeau. The program includes reading activities, online stories, creative writing, jokes, book reviews, trivia games and an escape room activity.

Sessions will take place on Fridays from 1:00 to 3:00 p.m. on July 24, July 31, August 7 and August 14. Registration is required.

To register or learn more, contact:
c.charlemagne@quebecnorthshore.org or call 418-296-1545, extension 6.

STORY TIME BRINGS FAMILIES TOGETHER

NSCA's Story Time Program continues to provide fun, interactive learning experiences for young children and their families in Baie-Comeau, Port-Cartier, and Sept-Îles. Through stories, crafts, games, and hands-on activities, children have the opportunity to learn, explore, and develop early literacy skills in a welcoming and engaging environment.

This spring, families enjoyed a variety of themed Story Time sessions, including learning about the fascinating life cycle of mushrooms through storytelling, insect-sorting activities, spring colouring pages, and creative crafts. Another session featured playful stories, themed crafts, and interactive games that kept children engaged and smiling throughout the morning.

These monthly activities encourage a love of reading while giving families an opportunity to connect with one another in a fun and supportive setting. We thank all the families who joined us throughout the season.

Story Time will return in September! Be sure to follow the **NSCA Facebook page** for information on upcoming activities, dates, and locations as we prepare for another season of stories, creativity, and fun.



MENTAL HEALTH & WELLNESS

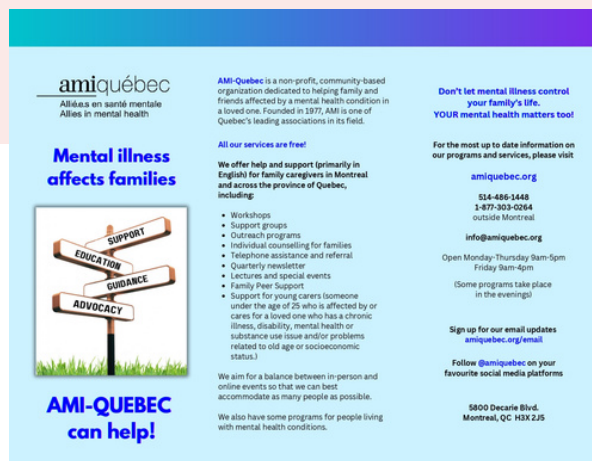
Several free mental health resources are available to individuals, families and youth across Quebec. **AMI-Quebec** offers English-language support for families and friends affected by a loved one's mental illness, including workshops, counselling, support groups and referrals. Visit amiquebec.org or call 1-877-303-0264 from outside Montreal.

The **Toolbox for Positive Mental Health** provides practical information and resources to support well-being. Access it by scanning the QR code or visiting:

<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.

Aire Ouverte offers accessible health and social services for young people ages 12 to 25, as well as support for their families and loved ones. Services include psychosocial and nursing follow-up, telehealth consultations and personalized referrals. Young people can access the service with or without an appointment, and no referral form is required. The service is available in and around Baie-Comeau, Monday to Friday from 9:00 a.m. to 6:00 p.m.



amiquebec
Alliés en santé mentale
Allies in mental health

Mental illness affects families

AMI-Quebec is a non-profit, community-based organization dedicated to helping family and friends affected by a mental health condition in a loved one. Founded in 1977, AMI is one of Quebec's leading associations in its field.

All our services are free!

We offer help and support (primarily in English) for family caregivers in Montreal and across the province of Quebec, including:

- Workshops
- Support groups
- Outreach programs
- Individual counselling for families
- Telephone assistance and referral
- Quarterly newsletter
- Lectures and special events
- Family Peer Support
- Support for young carers (someone under the age of 25 who is affected by or cares for a loved one who has a chronic illness, disability, mental health or substance use issue and/or problems related to old age or socioeconomic status.)

We aim for a balance between in-person and online events so that we can best accommodate as many people as possible.

We also have some programs for people living with mental health conditions.

Don't let mental illness control your family's life. YOUR mental health matters too!

For the most up to date information on our programs and services, please visit amiquebec.org

514-486-1448
1-877-303-0264 (outside Montreal)

info@amiquebec.org

Open Monday-Thursday 9am-5pm
Friday 9am-4pm
(Some programs take place in the evenings)

Sign up for our email updates amiquebec.org/email

Follow @amiquebec on your favourite social media platforms

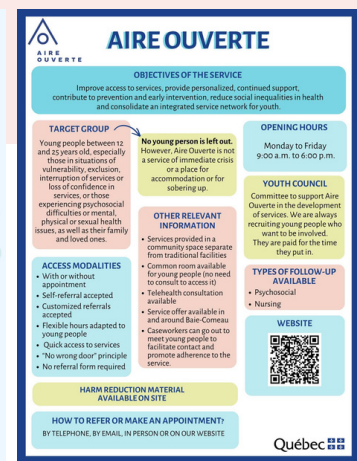
5800 Decarie Blvd.
Montreal, QC H3X 2J5



TOOLBOX
for a positive mental health

Scan the QR code to access help resources

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



AIRE OUVERTE

OBJECTIVES OF THE SERVICE
Improve access to services, provide personalized, continued support, contribute to prevention and early intervention, reduce social inequalities in health and consolidate an integrated service network for youth.

TARGET GROUP
Young people between 12 and 25 years old, especially those in situations of vulnerability, exclusion, interruption of services or loss of confidence in services, or those experiencing psychological difficulties or mental, physical or sexual health issues, as well as their family and loved ones.

Other relevant information

- No young person is left out. However, Aire Ouverte is not a service of immediate crisis or a place for accommodation or for sobering up.
- Services provided in a community space separate from traditional facilities
- Common room available for young people (no need to consult to access it)
- Telehealth consultation available
- Service offer available in and around Baie-Comeau
- Careworkers can go out to meet young people to facilitate contact and promote adherence to the service

ACCESS MODALITIES

- With or without appointment
- Self-referral accepted
- Customized referrals accepted
- Flexible hours adapted to young people
- Quick access to services
- No "wrong door" principle
- No referral form required

HARM REDUCTION MATERIAL AVAILABLE ON SITE

HOW TO REFER OR MAKE AN APPOINTMENT?
BY TELEPHONE, BY EMAIL, IN PERSON OR ON OUR WEBSITE

OPENING HOURS
Monday to Friday
9:00 a.m. to 6:00 p.m.

YOUTH COUNCIL
Committee to support Aire Ouverte in the development of services. We are always recruiting young people who want to be involved. They are paid for the time they put in.

TYPES OF FOLLOW-UP AVAILABLE

- Psychosocial
- Nursing

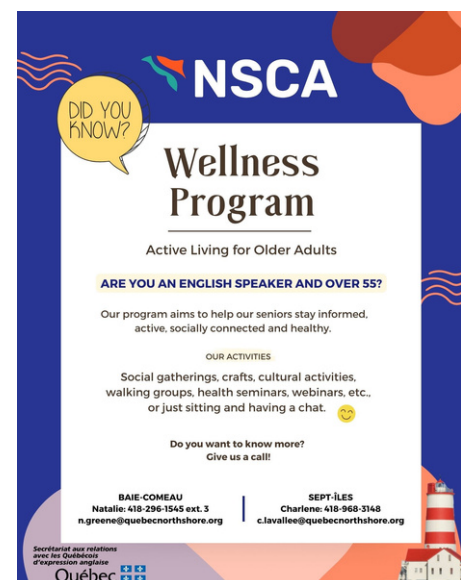
WEBSITE

Québec

Stay Active and Connected with NSCA's Wellness Program

NSCA's Wellness Program supports English-speaking adults aged 55 and over in Baie-Comeau and Sept-Îles. The program helps participants stay active, informed, socially connected and healthy through activities such as social gatherings, crafts, cultural outings, walking groups, health seminars, webinars and friendly conversations.

For more information in **Baie-Comeau**, contact Natalie at 418-296-1545, extension 3 or n.greene@quebecnorthshore.org. In **Sept-Îles**, contact Charlene at 418-968-3148 or c.lavallee@quebecnorthshore.org.



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

EVENTS & ACTIVITIES

ANNUAL GENERAL MEETING & OUTSTANDING COMMUNITY INVOLVEMENT AWARD

Join NSCA's Annual General Meeting on September 19 at 11 a.m. in Sept-Îles.

Register by September 15.

Nominations are also open for Marc Deslaurier's Outstanding Community Involvement Award, recognizing dedicated North Shore volunteers. Submit nominations by September 4, 2026.



NSCA
YOU'RE INVITED TO **NSCA**
Annual General Meeting 2026
Bringing Communities Together

September 19, 2026
11 AM

NSCA office, Sept-Îles
598 Blvd. Laure, local #108

NSCA welcomes members to join them at our annual meeting followed by a light luncheon! Join us to learn about NSCA programs and activities & connect with the community!

Registration is required, please confirm your presence by September 15, 2026 by phone or email:

☎ **418-296-1545, ext.2** ✉ **nsca@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, 2026** to: nsca@quebecnorthshore.org or call Jody Lessard 418-296-1545, ext.2

Scan the code to access the form or use the link:
forms.gle/wS1vHBFTqb7Z3bb6



Conversation Café

FRIENDLY ATMOSPHERE
Small groups where everyone gets to speak

ENGLISH CONVERSATION CLASSES
Cours de conversation en anglais

- PRACTICING FOR DIFFERENT SITUATIONS**
Everyday conversations, travel, work and more
Entraînement pour différentes situations
Conversations du quotidien, voyages, travail et plus encore
- SPEAK ENGLISH**
Feel comfortable, speak freely, and be yourself
Pratique ton anglais
Sentez-vous à l'aise, parlez librement et soyez vous-même
- IMPROVE YOUR VOCABULARY**
Learn new words and express yourself better
Améliorez votre vocabulaire
Apprenez de nouveaux mots et exprimez-vous mieux
- NO STRESS ENVIRONMENT**
Where you can practice your English
Un environnement sans stress
où vous pouvez pratiquer votre anglais

Sessions will be held every Thursday, with the possibility of Wednesdays.
Les séances auront lieu tous les jeudis, avec la possibilité des mercredis

337 boul. LaSalle, local 202
Baie-Comeau

Contact Natalie Greene to register & pricing info:
greenenatalie506@gmail.com

English Conversation Café & Bilingual Guided Church Tours

Practice English in a friendly, stress-free setting through everyday conversations and small-group activities. Sessions are held weekly in Baie-Comeau.

Discover the history and architecture of St. Andrew & St. George Church through bilingual guided tours, available from July 6 to August 14, 2026.

The Church of St. Andrew & St. George
34, ave Carleton - Baie-Comeau - QC
Since 1937



Bilingual Guided Tours
Constructed within a period of ten weeks in the fall of 1937, this unique Anglican church features Tudor-style architecture with oak finishings. The principle stained-glass window, designed by Clara Fargo Thomas, depicts the Nativity, Pierre "Ti-Basse" St-Onge, and the wildlife of the North Shore region - a gift from Colonel Robert McCormick in memory of his first wife, Amy.

Bilingual guided tours are available Monday through Friday from 9:15-12:00 and from 12:30 - 16:15. July 6 to August 14, 2026.

In addition, there is an exhibit entitled "IN SEARCH OF YESTERDAY" featuring bilingual interpretation banners depicting the history of Baie-Comeau and the unique features of its anglophone community through text and archival photographs. A number of artifacts are also on display.

Information:
418-296-2833
stephen.kohner@gmail.com

L'Église anglicane St-Andrew & St-Georges
34, ave Carleton - Baie-Comeau - QC
Depuis 1937



Venez faire un tour...
Nichée sur l'avenue Carleton, face au Parc des Pionniers, cette église anglicane unique, fut en 1937, la première église construite de la région. De style Tudor, elle comprend de magnifiques boiseries massives en chêne ainsi que d'exceptionnels vitraux.

Le vitrail principal, œuvre de Clara Fargo Thomas, se distingue par sa représentation de la nativité entourée d'animaux de la Côte-Nord et de Pierre "Ti-Basse" St-Onge. Une vraie perle pour le patrimoine religieux du Québec.

Visite guidée:
- du lundi au vendredi / 09:15-12:00 et de 12:30-16:15
- du 6 juillet au 14 août 2026

Une exposition bilingue réunissant des photos, des textes et des objets de la communauté anglophone de Baie-Comeau y sera présentée. Venez nous rencontrer...

Information:
418-296-2833
stephen.kohner@gmail.com

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



Regroupement provincial des comités des usagers
Santé et services sociaux
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 Act respecting health services and social services (LSSSS) The LSSSS builds on the fundamental rights in order to define the users' rights. Other rights are recognized by the Quebec Charter of Human Rights and Freedoms and the Quebec Civil Code. These rights are applicable everywhere including to the Health and Social Services institution

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
canadien

Canadian
Heritage