



# [REISACTION]

The East Island Network for English Language Services Newsletter

***Developing and promoting access to health and social services  
in English for Montreal's East end***

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## REISA's Annual General Meeting

REISA's Annual General Meeting was held on Thursday, June 30th, 2016, at the Centre Leonardo Da Vinci. Ms. Fatiha Gatre Guemiri, Executive Director at REISA, presented *REISA: One Year in Action*, which documented the organization's successes over the past year, which included networking and representation, health promotion initiatives, the Liaison Pilot Project and the McGill Retention of Health Professionals Project—to name a few.

REISA welcomed a new Board member, Mr. Colin Coole, Executive Director of ARC-Assistance and Referral Centre. Ms. Guemiri thanked all of REISA's partners for their vital contributions and instrumental support.

Please contact us for a copy of REISA's 2015-2016 Annual Report.

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Photos: REISA Annual General Meeting and Partners Lunch

## REISA's Official Website and Facebook Launch

REISA worked collaboratively with Commun-IT, a pilot project of COCo, to develop a new and interactive website. REISA's new website will inspire you to learn about the organization, its various projects and its programs. In addition, REISA's Health Passport application and a bank of health and social service resources is just a click away! For all the latest news and upcoming community events, visit: [REISA Official Website](#)

In addition, REISA has been working on its social media front to promote access to English language services in Montreal's East end through their Facebook Page. Follow and like our page for partner news and community events: [REISA Official Facebook Page](#)



## Families in Transition: Building Lasting Co-Parenting Relationships

Beginning in the fall, REISA, in partnership with Consensus Mediation Center, will conduct informal monthly information sessions to help families in transition and give an overview of laws and services available to address the issues that family systems face regarding the co-parenting relationship in the midst of a separation, divorce, forming new partnerships and remarriage.

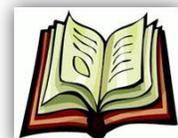
Meetings will be held at the Leonardo Da Vinci Centre and will be led by Dominic D'Abate of Consensus Mediation Center. The first meeting will take place on Thursday, September 22 at 7:00pm in Room 3.

To register or for more information, contact us at [info@reisa.ca](mailto:info@reisa.ca) or by telephone at (514) 955 8370 extension 2217.



## Community Internships in Health and Social Services

REISA has been in contact with educational institutions to promote East end community internships to students in health and social service disciplines. As a result, REISA has supported partnerships with 3 new disciplines: the McGill School of Physical and Occupational Therapy, the McGill School of Nursing and the Concordia School of Public Affairs and Policy Studies.



## Upcoming Community Health Education Program Videoconference

Mark your calendars for the following CHEP videoconference:

### "Anxiety, Stress and Panic Attacks"



We will raise awareness and provide information and resources on anxiety, stress and panic attacks.

October 19th, 2016 at 10am at 7355 boulevard Viau, Saint-Léonard, QC H1S 3C2

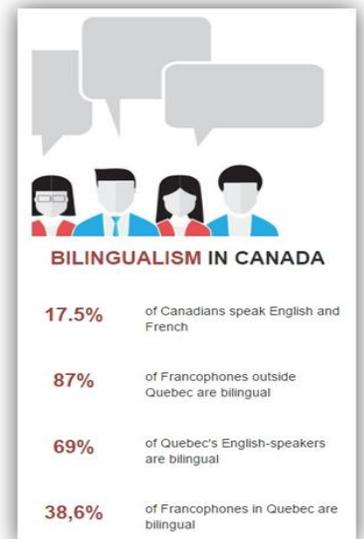
Feel free to contact us by email at [info@reisa.ca](mailto:info@reisa.ca) or by telephone at (514) 955 8370 extension 2217 to register.

## Canadian Heritage Official Languages Consultation Roundtable

On August 30th 2016, the President of REISA's Board of Directors, Ms. Ella Amir, represented REISA at Canadian Heritage's Official Languages Consultation Roundtable for the Montreal region.

This roundtable, organized by the Minister of Canadian Heritage, the Honourable Ms. Mélanie Joly, brought together public, private and not-for-profit stakeholders from minority-language communities to discuss and share how they interact with and are impacted by Canada's two official languages.

Invited speakers and Minister Joly emphasized that Aboriginal languages must be acknowledged in addition to Canada's two official languages. Common themes included depoliticizing discussions about language and learning to "vivre ensemble" – live together.



Source: Government of Canada

Ms. Amir highlighted that we must not recognize Montreal as just one entity. Rather, we must acknowledge that needs and accessibility differ across the region. For this reason, organizations such as REISA work towards access to English language services in the East end of Montreal, where the English-speaking community in this borough is a minority group.



Photo: Minister Mélanie Joly

Minister Joly assured that the vision for the 2018-2023 Roadmap for Canada's Official Languages will include an action plan that supports the vitality of linguistic communities and puts an emphasis on bilingualism to promote social inclusion across the nation.



Photo: Ms. Ella Amir representing REISA at the Official Languages Consultation Roundtable

To view the recording of this enriching roundtable, please visit the following link: [Official Languages Consultation Roundtable](#)



## Community News and Events



### Advances in Research on Brain Health Symposium

The McGill University Research Centre for Studies in Aging, in collaboration with the Douglas Mental Health University Institute, is holding a symposium on September 21st, 2016 on advances in research on brain health. Click on the following link to view event details:

[Research on Brain Health Symposium](#)

### AMI-Québec Fall Newsletter

If you are looking for programs activities to help caregivers and individuals with a lived experience of mental illness, check out the following link: [AMI-Québec](#)

[Share & Care Fall 2016 Newsletter](#)

### Laurier Macdonald Community Learning Centre



**Laurier Macdonald Open House** will take place at Laurier Macdonald High School on Thursday, October 20th, 2016.

**Peace Day** will be an all-day event, starting at 9:00am on September 21st, for students to focus on what peace is, what it means and why we need to work for it. There will be workshops, assignments and outdoor activities, such as all day soccer games and a color run.



### Saint-Leonard's New Local «Dépanneur» Service

Residents of Saint-Leonard, this is for you! The Dépanneur's mission is to simplify the life of residents of residents of Saint-Leonard and its surroundings by offering a variety of daily support services, either at home or in the workplace, and aiming at promoting the emergence of new local jobs. Check out their website:

[Conciergerie les dépanneurs](#)



### Alzheimer Society of Montreal Fall Program

Seeking support, services or activities for people with dementia and caregivers? Have a look through the Alzheimer Society of Montreal's booklet of Fall 2016 programs: [Alzheimer Society of Montreal Fall Program](#)

### Introducing the CIUSSS de l'Est-de-l'Île-de-Montréal's «Équipe mobile Résolution»

The Équipe mobile Résolution is a mobile intervention service that regroups different health professionals such as social workers, nurses and psychoeducators to help people and their loved ones who are in psychological distress.

Their services, including house calls, are available everyday from 7:00am to 11:00pm, along with a 24-hour telephone helpline. You can contact the Équipe mobile Résolution at (514) 351 9592.



### Mindful Eating Presentation

"Mindful eating is an ancient mindfulness practice with profound modern implications and applications for resolving our troubled love-hate relationship with food".

Join the Italian-Canadian Community Services of Quebec at the Almage Senior Community Centre on October 11th, 2016 at 1:00pm, where a licensed Dietician and a McGill School of Dietetics and Human Nutrition intern will provide you with practical tips and suggestions on how to re-engineer your way of eating!

