

[View this email in your browser](#)



© Designed by Loogart for REISA

REISACTION NEWSLETTER no. 22

1. **Special Needs Resource Guide and Pamphlet**
2. **Health Education Sessions at Almage**
3. **HELP Workshop- Registration Now Open!**
4. **AMI Quebec Fall Programs**
5. **Camp LIFT Fundraiser**
6. **East Foundation Annual Gala**



1. Special Needs Resource Guide and Pamphlet

REISA is very proud to announce that a new resource guide for families with special needs is now available online! This new resource guide contains information for parents on: government programs, services and subsidies, health and therapeutic services, recreation, respite, education and tutoring services, transportation, and much more. The full guide and pocket version can be found online at www.reisa.ca- follow the link below.

[Special Needs Resource Guide](http://www.reisa.ca)

2. Health Education Sessions at Almage

This spring, REISA installed a new video conferencing system at Almage Senior Community Center so that its members could easily attend many educational and informative health sessions given by the MUHC. On September 26th, REISA will host their 1st DVD session: What is Cancer? A health professional will animate the session and answer any questions the participants may have. REISA has a total of 5 DVD sessions planned from September until March spanning a wide range of health

topics, the schedule can be found below. Almage provides its members with many other programs and services including health promotion, educational, recreational, social integration programs, and support services. With two satellite centres for seniors living in the Rosemont and Montreal-North regions, Almage aims to break the isolation of many seniors living in the east end . If you are a senior living in the east end and are interested in joining a *senior helping senior community* you can register online at www.almage.org or call the centre at (514) 355-1712.



Community Health Education Program (CHEP)
DVD Sessions 2017-2018
Almage Senior Centre



1. **Tuesday, September 26, 2017: What is Cancer?**
2. **Tuesday, October 10, 2017: Moving Forward with Arthritis - what's new?**
3. **Tuesday, January 30, 2018: Maintaining our Self-Esteem Throughout the Aging Process - A Mission Impossible?**
4. **Tuesday, February 20, 2018: Take the Pressure Off - High Blood Pressure**
5. **Tuesday, March 20, 2018: Nutrition - Let's Talk about Protein**

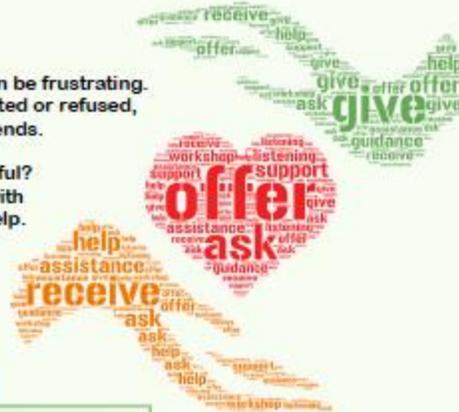
HELP is on the way!

How to Offer, Give and Receive Help

A One-Day Interactive Workshop:
Friday, October 20, 2017 OR Saturday, October 21, 2017

We all love to help, but it can be frustrating. Avoid being resented, resisted or refused, at home, at work or with friends.

Why is help not always helpful? Listen, learn and connect with others to offer or receive help.



REGISTRATION:

Date: Friday, October 20, 2017 OR
Saturday, October 21, 2017

Time: 9:00am - 3:00pm
Location: Leonardo da Vinci Centre,
8370, boul. Lacordaire, Saint-Léonard, QC

Register by September 15, 2017
Space is limited!

To Register, please email info@reisa.ca
15\$ Registration fee; lunch is provided
Open to community groups, health professionals,
youth 16+, seniors and families

This workshop is being offered by
the East Island Network for English
Language Services-REISA in
partnership with Concordia
University, Department of Applied
Human Sciences, Graduate Program
in Human Systems Intervention.



3. HELP Workshop- Registration Now Open

Fall is quickly approaching, and that means the HELP workshop is on its way! Come join REISA and Concordia graduate students on Friday October 20th or Saturday October 21st for an informative workshop on how to offer, give, and receive help. Registration is now open, the fee is 15\$ and lunch will be provided. To register, follow the link below or email info@reisa.ca, Don't miss out on this wonderful learning experience!

[Register Here!](#)

4. AMI Quebec Fall Programs

REISA partner AMI Quebec has just released their new session of programs for the fall season and they are open for registration! Find their full program and calendar on their website by following the link below.

Please post and save for reference

amiquébec

Agir contre la maladie mentale
Action on mental illness

Calendar September–December 2017

Programs <small>Registration required: amiquebec.org/programs or 514-486-1448</small>		
<p>One-Time Workshops <i>Family* only, at AMI, 6-8pm</i></p> <p>Intro to BPD September 12</p> <p>Recovery September 14</p> <p>Communication October 5</p> <p>Types of Mental Illness October 19</p> <p>Coping Skills November 1</p> <p>Creative Expression November 15</p> <p>Treatments for Mental Illness November 23</p> <p>Resilience November 29</p> <p><small>For information and registration: amiquebec.org/workshops</small></p>	<p>Mindfulness <i>(For all; at AMI; 10-11:30 am)</i></p> <p>Introduction September 12</p> <p>Every Tuesday <i>(no need to register)</i> September 19 – December 12</p> <p><small>For information: amiquebec.org/mindfulness</small></p> <hr/> <p>Teleworkshops <i>(For all; by phone, 7-8:15 pm)</i></p> <p>Treatments for Mental Illness October 24</p> <p>Addiction and Mental Illness December 5</p> <p><small>For information and registration: amiquebec.org/teleworkshops</small></p>	<p>BPD Family Connections <i>(Family* only, at AMI)</i> <i>Must attend all 6 sessions</i></p> <p>Starts September 16th</p> <p><small>For information and registration: amiquebec.org/BPD</small></p>
<p>*Family includes <i>Those in the circle of support of someone living with mental illness (parents, spouses, siblings, adult children, friends, etc.)</i></p>		

Subject to change; other workshops may be added. Check amiquebec.org for the most up to date information.

Support Groups <small>Mondays, 6:30-8:00 pm 4333 Côte Ste Catherine Rd, unless otherwise indicated. Registration not required.</small>				
For family*, friends, and people living with mental illness:			For information visit amiquebec.org/support	
ANXIETY Sept 11; Oct 2; Nov 6; Dec 4	BIPOLAR DISORDER Sept 18; Oct 16; Nov 13; Dec 11	DEPRESSION Sept 18; Oct 16; Nov 13; Dec 11	HOARDING Sept 25; Oct 23; Nov 20; Dec 18	OBSESSIVE COMPULSIVE DISORDER (OCD) Sept 11; Oct 2; Nov 6; Dec 4
<p>For family* & friends only — any diagnosis welcome:</p> <p>FAMILY* Sept 11, 18, 25; Oct 2, 16, 23; Nov 6, 13, 20; Dec 4, 11, 18</p> <p>BPD FOR CAREGIVERS Sept 18; Oct 16; Nov 13; Dec 11</p> <p>SOUTH SHORE Wednesdays, 6:30pm-8:30pm Greenfield Park Baptist Church basement (side door) 598 Bellevue North, Greenfield Park, QC. Sept 6, 20; Oct 4, 18; Nov 1, 15, 29; Dec 13, 27</p>			<p>For people living with mental illness only— any diagnosis welcome:</p> <p>KALEIDOSCOPE Sept 25; Oct 23; Nov 20; Dec 18</p>	

Look for **AMIQuebec** on:



Low-Beer Memorial Lecture
September 28

40th Anniversary Gala
October 12

Montreal Walks for Mental Health October 15

www.amiquebec.org
514-486-1448
1-877-303-0264 (outside Montreal)
info@amiquebec.org

AMI Quebec Programs

5. Camp LIFT Fundraiser

LIFT is a non-profit organization that works towards preventing addiction, delinquency, and drop-out rates in youth by building integrity and equipping them with the necessary tools to make healthy life choices. Program director- Jonathan Sbrolini, invites yoga instructors, nutritionists, and osteopaths, to teach teens good habits and promote a holistic lifestyle that will enable youth to live a full, balanced life. LIFT is currently holding a fundraiser to help send more youth to camp; every donation of 25\$ will receive a LIFT t-shirt. To read more about camp LIFT and to donate, follow the link below.

[Camp LIFT](#)

6. The East Foundation Annual Gala

The East Foundation is a non-profit organization in the East End of Montreal that provides English therapeutic and recreational activities for youth and young adults with intellectual and/or physical disabilities. They work towards facilitating the integration of children and adults with special needs into mainstream educational, social and leisure activities while providing extensive support to parents and caregivers of children with special needs. On November 4, 2017 they will be hosting their annual fundraising gala at Plaza Volaré on 6600 Cote de Liesse, St. Laurent. If you would like to reserve tickets, contact their office at: 514-323-9950. You can also visit their website to donate, just follow the link below!

[Donate: East Foundation](#)



Copyright © 2017 The East Island Network for English Language Services, All rights reserved.

You are receiving this email because you are a partner of REISA or have signed up to receive our e-newsletters.

Our mailing address is:

The East Island Network for English Language Services
8370 Lacordaire Boulevard
suite 312
Montreal, Qc H1R 3Y6
Canada

[Add us to your address book](#)

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#).

MailChimp.