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REISACTION NEWSLETTER no. 23

- Fall 2017 -

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1. HELP Workshop- REISA Concordia Partnership

In March, REISA and Concordia's department of Human Systems Intervention developed a partnership which aimed at planning a workshop for Montreal's east end community; the topic: How to offer, give, and receive help. The REISA team and the Concordia Masters students collaborated over the past 7 months to plan this unique workshop. On October 20th and October 21st, the workshop was brought to life and over 45 members of the community were in attendance. Both days were a great success as citizens from different areas of the community came together to learn about the helping process. REISA would like to congratulate the Concordia Human System Intervention Masters students on a job well done!



2. James Carter Honored by the QCGN

James Carter from the Community Health and Social Services Network (CHSSN) was honored by the Quebec Community Groups Network (QCGN) at the Goldbloom Community Awards on October 26, 2017 for his exceptional work within the community. For years Mr. Carter has been working tirelessly to increase access to English health and social services in Quebec. He has been an inspiring influence within the NPI community; as a leader, James Carter recognizes potential within communities all across Quebec and guides them in collectively creating change. This award comes very well deserved, congratulations Jim!

3. Toxico Stop Open House

On October 4, 2017 REISA partner Toxico Stop Drug Rehabilitation and Social Reintegration Center hosted their first open house. The afternoon began with an introduction from co-founder Joe Marsillo, followed by various presentations from different employees giving attendees an in-depth view of how the center functions on a

day-to-day basis. A wonderful video was shown featuring different employees and residents of the centre and guests were invited on a tour of both establishments. To learn more about Toxico Stop follow the link below.

Toxico Stop

4. Health Education Sessions at Almage

On September 26, 2017 and October 10, 2017, REISA hosted two health education sessions at Almage Senior Centre in Anjou. The topics covered were: What is Cancer? and Moving forward with Arthritis- what's new? Both sessions were a great success, many seniors were in attendance as well as two health professionals who accompanied REISA to animate the sessions and answer questions. REISA will be hosting 3 more health education sessions this coming winter, refer to the schedule below for the exact dates and times.





**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**

5. Health Promotion- REISA McGill Partnership

REISA and McGill's school of Dietetics and Human Nutrition have formed an ongoing partnership that promotes internships in the east end. On October 23, 2017, REISA organized a health promotion presentation for the members of Almage's satellite center in Rosemont. Dietetics and Human Nutrition intern Jane Cui presented the topic: Prebiotics and Probiotics- A Guide to Nourishing Your Microbiome. The presentation provided seniors with dietary suggestions and tips for maintaining a healthy balance of bacteria in their system.



6. Don Bosco Youth Centre Fall Program

REISA partner Don Bosco Youth Leadership Centre has released their fall program and brochure. Don Bosco YLC is a non-profit community organization that provides a variety of services and programs to youth, teens, adults and families. Check out all that they have to offer in their fall program by following the link below.

[Don Bosco Fall Program](#)

7. NPI Exchange Conference

On November 21, 2017, the REISA team will be heading to Québec City to attend the NPI Exchange conference hosted by the CHSSN. All of the Networking and Partnership Initiative (NPI) networks across the province are invited to attend along with members from each of their respective Integrated University Health and Social Services Centres (CIUSSS). Each organization will have an opportunity to share the different linguistic adaptation projects they are currently working on in collaboration with their CIUSSS.

8. Helpful Resources for the Community

LEARN brings together the expertise and efforts of educators, students, parents and partners in their community to cultivate success for learners. Through their website you can access a variety of information and resources at no charge. They offer online tutoring, online classes, and a wide variety of “how to” tools that help students write papers and reports, prepare for exams, analyze results, and much more. They also offer resources for teachers and tools to help with lesson plans. Check out LEARN’s website to discover all that they have to offer!



Learn

Because she broke up with you.

TEL-JEUNES

Because you thought she was your best friend.

TEL-JEUNES

Because your parents always blame you.

TEL-JEUNES

Tel-Jeunes

Tel-Jeunes is a free, bilingual, and confidential service for youth across Quebec available 24 hours a day, 7 days a week. Young people can call in for advice, chat with a resources person online or by text, or use their confidential forum to get advice on a variety of topics. Tel-Jeunes also provides information and support to parents. Follow the link below to visit their website.

Tel- Jeunes

Our-Languages Blog

The Language Portal of Canada has launched a new blog where Canadians can come together to discuss language-related topics. Anyone is free to join the discussion, you can register by following the link below and instantly get involved with the topics that interest you.

canada.ca/our-languages
Resources of the
Language Portal of Canada

canada.ca/nos-langues
Ressources du
Portail linguistique du Canada



Our Languages Blog

Smoke-free Family

Smoke-free Family is a website that provides information about the risks of second hand smoke. They are affiliated with the "Quit to Win" challenge and various other partners. Follow the link below to access their website where you can download their promotional material and find support services for quitting smoking.



Smoke-free Family



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