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REISACTION Newsletter – No. 30

November 1 2021

REISA has had a busy and exciting 2021, and the year isn't over yet! We're excited to share with you a few highlights from the past months.



Clockwise from top-left: Vanier College, Marie de Saint-Laurent, CLSC de Saint-Laurent, mural *Jade et ses homies* on rue Tassé.

REISA is in Saint-Laurent!

REISA has expanded with a new office in Saint-Laurent!

This new satellite office is in the heart of beautiful Vieux Saint-Laurent, just

steps from the Orange Line metro route, Vanier College, and several beautiful parks. Our office building is right across the street from the Saint-Laurent mayoral offices.

REISA is excited to have a physical anchor in Saint-Laurent and to have started the work of building a network for Saint-Laurent's diverse English-speaking minority. English-speakers make up approximately 42% percent of the borough's population, and seniors represent about 15% of Saint-Laurent's English-speaking community. REISA has already begun working with the *Comité des organismes sociaux de Saint-Laurent (COSSL)*, the *CIUSSS de Nord-de-l'Île-de-Montréal*, CLSC Saint-Laurent, and the *Carrefour jeunesse emploi Saint-Laurent*. We are setting strong foundations for REISA's outreach in northern Montreal Island!

Come visit REISA in Saint-Laurent!

750 Marcel-Laurin Blvd, Suite #120b
Saint-Laurent (Montreal), Quebec
H4M 2M4

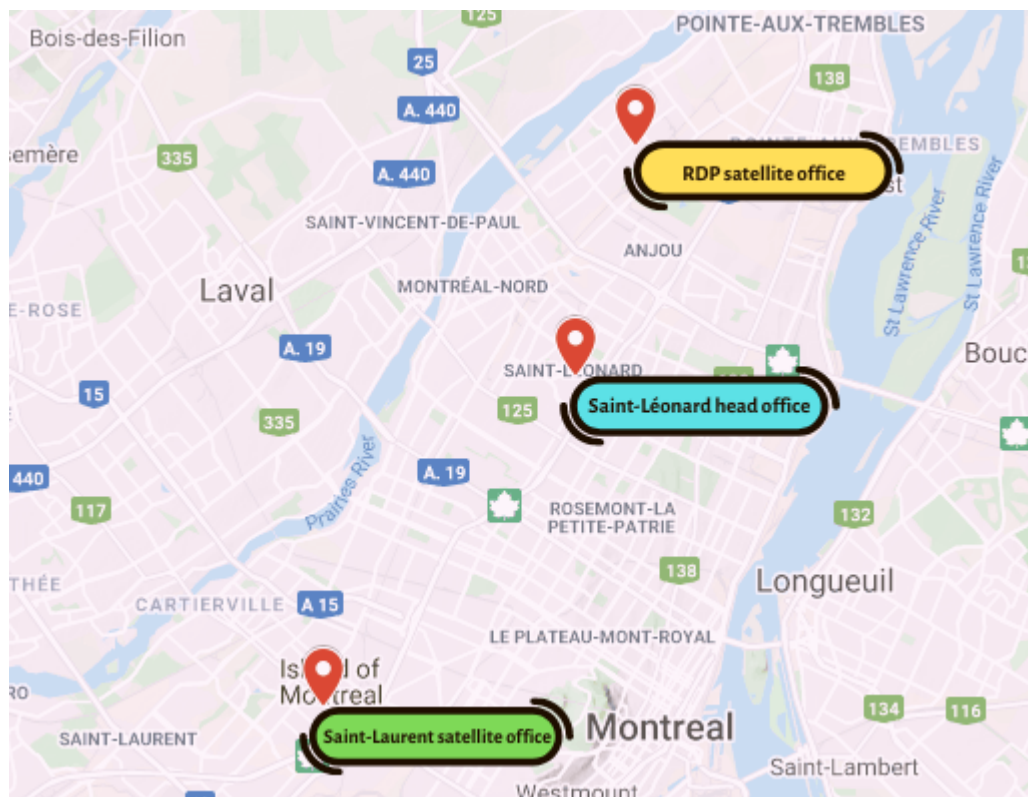


... and in Rivière-des-Prairies!

REISA not only opened one new office this autumn, we opened a second! To reinforce our network activities in Montreal Island's eastern end, REISA now has an additional satellite office in Rivière-des-Prairies. This office is within the Don Bosco Youth Leadership Centre, a longtime network partner of REISA's. With this satellite office REISA looks forward to continued work with the *Corporation de développement communautaire de Rivière-des-Prairies (CDC-RDP)*, *Carrefour jeunesse-emploi Rivière-des-Prairies*, CLSC de Rivière-des-Prairies, Lester B. Pearson high school, and elementary schools like East Hill.

Find REISA in Rivière-des-Prairies!

11991 Av. Pierre-Baillargeon
Montréal, QC H1E 2E5



Program and Representation Updates

Borough Representation

Transitions Program

REISA is submitting applications to be recognized as a non-profit in four target boroughs this Fall: **Saint-Léonard, Saint-Laurent, Montréal-Nord** and **Rivière-des-Prairies**. The goal of achieving recognition is to offer more visibility amongst the other organizations in the borough, collaborate and support the adaptation of existing services of local groups and better serve the English-speaking community.

REISA engages in community development, importing English-language services and building community capacity in the four boroughs. The network is represented on tables and committees, and collaborates with partners working with **youth, seniors, young families and special needs** to develop and offer English-language programs.

Ensemble contre l'intimidation

This year REISA and the [Montreal School of Performing Arts](#) have offered the innovative *Ensemble contre l'intimidation (Improv Against Bullying)* program for youth, **developing resiliency, self-esteem, and conflict resolution skills through improvisational theatre**. During the ongoing pandemic, the program was successfully adapted for the [Don Bosco Youth Leadership Centre](#)'s summer camps. **55 youth aged 4-to-15 took part in five 90-minute workshops**, helping them build trust, boost confidence, and develop empathy, all while having fun and expressing their creativity.

This Fall, *Improv Against Bullying* is coming to Laurier Macdonald (Saint-Leonard) and John F. Kennedy (Saint-Michel) high schools, with plans to introduce the program to other secondary schools in our network this year.

School-aged Transitions programs are off to a great start! REISA is again facilitating the *Island of Friends* program in English-language elementary schools, supporting children's **self-regulation and emotional intelligence** as they transition either from Pre-K to Kindergarten or Kindergarten to Grade 1. The *Transition to High School* program is designed to prepare Grade 6 students for the transition to high school, teaching **practical skills, study tips for different learning styles, stress management, and how to navigate social situations**.

REISA is bringing the Transitions programs to three schools this year: Gerald McShane (Montreal North), Nesbitt (Rosemont), and Cedarcrest (Saint-Laurent). We are partnering with [Agence Ometz](#) again this year to provide facilitation and animation, and we will be reaching at minimum about **a hundred students**. REISA is now actively looking for funding to offer Transitions programs to additional schools which have expressed interest.

Éducaloi

Éducaloi's *Community Mobilization Project* mandates REISA and other networks across the province of Québec to enhance the knowledge of the English-speaking community of all ages about their rights and about legal topics of everyday concern via legal information workshops.

Last year, REISA organized **8 workshops** in partnership with educational institutions, senior centers, a women's center and a special needs center. Virtual workshops are currently being organised; please contact REISA at programs@reisa.ca if you are a community organization or high school that wishes to plan a customized legal information workshop in the coming months!

To learn more about Éducaloi's online and print resources, visit www.educaloi.qc.ca!

REISA has made it international!

The Journal *Linguistic Minorities and Society* published their issue No. 15-16 this summer, taking a global look at how health and social services are supported for official language minority communities.

The article "**Quebec's English-Speaking Community and the Partnership**

Approach of Its Networks in Health” discusses the innovations of the CHSSN’s approaches and techniques in this field. REISA is cited as an example of innovative resource and skill-sharing among partners!

Read the article!

Stay in touch with REISA! Click on the icons below to reach our website, our email, and our social media accounts.



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