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**REISA Updates**

REISA is dedicated to strengthening the English-speaking community by understanding its unique needs. This year, we are developing in-depth community portraits of Rivière-des-Prairies, Villeray, Saint-Michel, Parc-Extension, and Saint-Laurent to better understand the realities, challenges, and priorities of English speakers in these boroughs.

Every neighborhood is distinct, with its own strengths and service gaps. By gathering data and firsthand insights, these portraits will allow REISA to advocate more effectively, providing concrete evidence of where resources are most needed.

Our team has been diligently working to capture an accurate representation of each

community, but we can't do it alone. The voices of local residents are essential to this process. If you live in one of these boroughs, we invite you to participate, share your experiences, and help shape the future of services for English speakers. Interested in contributing? Consider volunteering or spreading the word!



## Early Childhood & Young Families Survey 🧑👦

We want to hear from YOU! If you're a parent or caregiver in Montreal's East and North ends, this is your opportunity to share your valuable insights and experiences.

[Complete the survey here](#)

## 👤 Youth Representative Callout 👤

We are currently seeking a passionate Youth Representative to join our Board of Directors! If you're eager to bring fresh perspectives and innovative ideas to the table, we want to hear from you.

[For more information click here](#)



## REISA Youth Focus Groups 🔍

If you've navigated the mental health and social services landscape as an English speaker, we want to hear from you! We're looking for youth (18 - 29) to share their insights and experiences in an informal group conversation.

Join us for just one hour to make a



difference. As a token of our gratitude, you'll receive a \$25 gift card.

For more information, contact [youth@reisa.ca](mailto:youth@reisa.ca)

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### Éducualoi

As March approaches, many renters anticipate receiving their lease renewal notices in the mail. Éducualoi provides a wealth of legal information on its website to help the public understand the rental procedures that need to be followed.

To learn more, [click here](#) to access articles detailing the rights and responsibilities of both landlords and tenants.

### Minister of Senior's Newsletter

Stay informed with the monthly Minister of Seniors' newsletter—your go-to source for essential updates tailored for older Canadians. Each edition is easy to navigate, featuring vital topics like tax information webinars, fraud prevention tips, and an exclusive message from the Minister.

[Register here](#)

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### AMI-Quebec February Workshops 🗨️

[AMI Quebec's](#) workshops offer a safe space to learn, grow, and connect with others who value mental health. Led by mental health experts, these workshops allow you to explore coping strategies and gain valuable perspective.

[Discover AMI-Quebec's February Workshops](#)

The graphic is a pink-themed poster for 'FEBRUARY WORKSHOPS AT AMI'. At the top right is the logo for 'amiquébec' with the tagline 'Alliés en santé mentale / Allies in mental health'. A central pink speech bubble reads: 'For families & friends who care about someone living with mental illness'. Below this are five workshop cards, each with a representative image and a date: 1. 'Aging While Caring for Others' (Feb 4, 11, 18) with an image of two women. 2. 'Coping Skills' (Feb 4) with an image of a corkboard with a note that says 'Are You Coping?'. 3. 'Anger & Caregiving Relationships' (Feb 12) with an image of a hand flipping a switch labeled 'ANGER ON/OFF'. 4. 'Regulating Emotions' (Feb 16) with an image of two men talking. 5. 'Write From Your Heart' (Starts Feb 27) with an image of a purple card that says 'Write FROM YOUR Heart'. At the bottom left are three red balloons. At the bottom center, it says 'Learn more and register now! [amiquebec.org/workshops](https://amiquebec.org/workshops)'.

**Adolescent Group Counselling  
Creative Arts Therapies**  
A space for neurodiverse adolescents  
<https://centreofdreamsandhopes.org/>

**CENTRE OF DREAMS AND HOPES**  
CDH is a community non-profit organization that offers therapeutic, recreational, respite, educational and mental health support for people with neurodiversity.

**WHAT ARE CREATIVE ARTS THERAPIES?**  
Creative arts therapies uses the power of visual art, drama, music, dance and play. It provides a space where one can also explore non-verbally-alternatively, using their body, objects and art tools as means of expression. Topics covered are emotion & self-regulation, navigating interpersonal relationships.

**TWO GROUPS**

**Group 1:** We have 1 group for Neurodivergent teens who benefit from a higher level of support, structure, or accommodations in their daily lives (medically referred to as Levels 2 & 3). People who thrive in environments that provide more intensive, personalized, or tailored approaches to sensory, communication, or executive functioning needs.

**Group 2:** We have 1 group for Neurodivergent teens who have lower levels of support needs, (medically referred to as Level 1). People who require less support in the environment but who may benefit from guidance with navigating relationships within a group.

**WHEN?**  
Bi-weekly group on Thursdays  
6:30 - 7:30pm. New group starting end of February!

**WHERE?**  
Centre of Dreams and Hopes  
9825 Rue Verville, H3L 3E1

**AGE?**  
12-16 years old

**COST?**  
30\$ contribution for materials (no justification needed for reduced rate)  
Yearly 50\$ membership required for new members

**INTERESTED?!**

Amanda Marra, amandamarra.cdhe@gmail.com  
Drama Therapist and Mental Health Clinician  
514-789-0792 ext 402  
lindsayficara.cdhe@gmail.com

Lindsay ficara  
Art Therapist and Mental Health Clinician

Secrétariat à la jeunesse Québec  
CHSN  
Fondation Lucie et André Chagnon

Centre of Dreams and Hopes  
pour les communautés neurodiverses  
Département de la santé mentale

**Groupe Parent-Enfant**

HORAIRE	THÈMES ET OBJECTIFS	ÂGE
4 SESSIONS		
En personne Une semaine sur deux, <b>les jeudis de 16h30 à 17h30</b> le 20 février le 6 mars le 20 mars le 3 avril	Les parents, les gardien.nes, les membres de la famille et les enfants sont tous les bienvenus dans ce groupe relationnel pour <b>améliorer la connexion et l'attachement</b> dans un contexte thérapeutique axé sur les arts.	Tous les enfants, <b>quel que soit leur âge</b> , et leurs parents sont acceptés dans ce programme. Les enfants adultes et leurs parents sont également les bienvenus!  Nous adapterons le groupe à vos besoins.

Tarif: 35\$ total par famille (tarifs réduits disponibles)  
**Inscription requise.**

Intéressé.es? Veuillez contacter **Amanda** (elle) à  
amandamarra.cdhe@gmail.com

9825 Verville Montreal, H3L 3E1 <https://centreofdreamsandhopes.org/>

## Upcoming Activities at Centre of Dreams and Hopes

This February, the [Centre of Hopes and Dreams](https://centreofdreamsandhopes.org/) is offering two exciting programs to support youth and families:

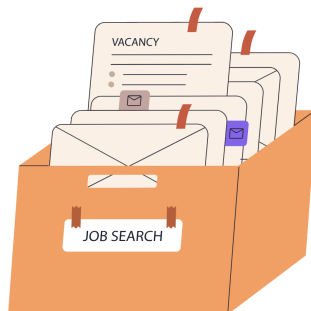
### **Adolescence Group Counselling – Creative Art Therapies**

A space for teens to express themselves, build confidence, and explore their emotions through creative art therapy sessions.

### **Parent-Child Groups**

Strengthening connections through guided activities designed to support communication, understanding, and bonding between parents and their children.

For more information or to register, email **Amanda Marra** at [amandamarra.cdhe@gmail.com](mailto:amandamarra.cdhe@gmail.com)



## Job Board

Looking for a job? REISA's job board is your go-to resource! Updated often, it's designed to help English speakers find roles that match their skills and goals. Start exploring opportunities today: [Job board](#)



## Resource Guide

Looking for support in health and social services? REISA's Resource Guide lists services and organizations tailored to various needs, servicing English speakers, connecting you to essential services in your community. [Click here to explore the resource guide](#)

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## REISA is funded by



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