REISA's January Newsletter

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In this newsletter you will find:

- REISA Youth Focus Groups
- Community Resources for English-Speaking Seniors
- Alzheimer's Groupe Workshop
- AMI Quebec Mental Health Support Groups
- Y4Y Youth Forum: Empowering English-Speaking Youth

Youth Focus Group

REISA is seeking English-speaking youth (ages 16–29) from the East and North of Montreal to share their experiences accessing mental health services and social services. This focus group will complement our Youth Mental Health Survey and provide valuable insights to better support our youth.

Session details:

- 5–10 participants
- Refreshments provided
- End of January and early February

If you have any questions, feel free to reach out to us at info@reisa.ca

Services for Healthy Aging in the Right Place: Workshop

Webinar: Community Resources for English-Speaking Seniors

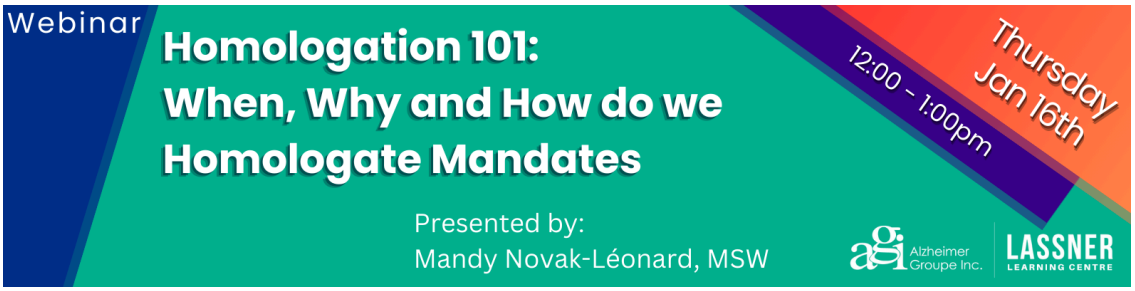
Date: January 15th

Time: 10:00–11:30 AM

Join Tony Alfonso from AMI-Quebec for an online session exploring mental health resources for seniors. Learn how to manage mental health and focus on what matters most.

Advance registration required on Zoom.

Register here



Homologation 101 Workshop by Alzhimer's Groupe

Learn the definition of homologation, when the right time is to homologate a mandate, what to do when you feel a loved one needs to be assessed. Why do people need to homologate mandates? What does the assessment look like? What is the process?

Thursday, January 16th, 12:00pm - 1:00pm

Register here

Online Mental Health Support Groups by AMI Quebec

Looking for support?

AMI Quebec's support groups provide a safe, confidential space to share, learn, and connect with others who understand your journey. Facilitated by those with lived or caregiving experience, these groups help you explore coping strategies, gain perspective, and discover community resources.

- **Start:** 6:30 PM
- **End:** 8:00 PM

Learn more here

Y4Y Québec's Annual Youth Forum 2025: Empowering English-Speaking Youth

Save the date for Y4Y Québec's Annual Youth Forum on **March 19, 2025**!

This exciting event brings together English-speaking youth from across Québec to connect, learn, and collaborate on the issues that matter most to them.

What to Expect:

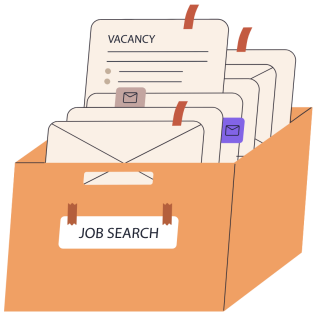
🌟 Insightful panel discussions on identity, democracy, and media

🌐 Networking opportunities with peers and professionals

🎨 The opening of a vibrant Youth Art Gallery showcasing young talent

💡 A platform to amplify youth voices Whether you're a student, a young professional, or someone passionate about making a difference, this forum has something for everyone.

For more information and to view the full agenda, visit here



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 spekaers, connecting you to essential services in your community. Click here to explore the resource guidep>

REISA is funded by

Health Canada Santé Canada

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