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REISA's April Newsletter

In this newsletter you will find:

REISA is Hiring: Communications Assistant
Expérience Bébé: Sensory and Parenting Session
AMI-Quebec Caregiver Resource Fair
Y4Y: Demystifying Canadian Elections
Project 10: Gender Gear Drop-In
Meet Dress for Success

We're Hiring: Communications Assistant for Podcast Project

Join our dedicated team in helping increase access to health and social services for the minority English-speaking community!

We are looking for a student or recent graduate to help us edit, film and produce our podcast during a 12-week summer employment opportunity.

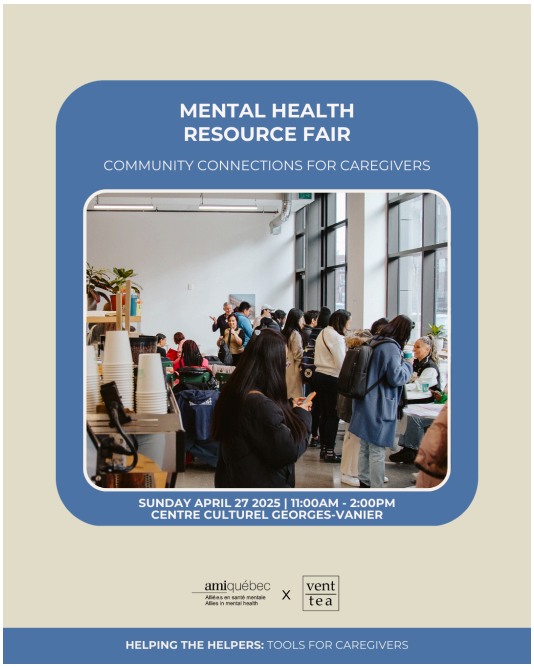
Interested? Read the full job description here: https://bit.ly/4iWAU0U

Sensory Play & Parenting Tips Class

Expérience Bébé, in collaboration with REISA, is hosting another sensory baby class that you know and love, with a special guest speaker. Albina Sarno from the CIUSSS-EMTL will give a workshop focusing on child development, self-esteem, anxiety, and social skills. Join us to connect with your baby while learning crucial parenting skills and tips from a professional.

When: Monday, April 7, 11 am - 12 pm
Where: Don Bosco Youth Centre, 11991 Pierre-Baillargeon, Montreal, Quebec

Don't wait, spots fill up fast! Register here



Mental Health Resource Fair: Community Connections for Caregivers

This resource fair, presented by AMI-Quebec and Vent oVer Tea, will connect caregivers directly with local organizations offering practical resources like active listening, peer support groups, and mental wellness strategies. Whether you're looking for advice, community, or simple ways to recharge, this fair will provide you with resources to care for yourself and others.

When: Sunday, April 27, 11 am - 2 pm
Where: Centre Georges-Vanier, 2450 rue Workman, Montreal, Quebec

Must register in advance! Visit amiquebec.org/fair

📣 **Have you heard? There will be a Canadian federal election on Monday, April 28th!** 🗳️

Join Y4Y Québec's virtual info session (Zoom) to learn more about the political parties, what they stand for, how elections work, and how to make sure you're eligible to vote. The info session will end with a Q&A.

Sign up here, don't miss out! 🔗⬇
https://forms.office.com/r/iX2zKV4Frs

Y4Y Québec

Funded by:
Canada Québec

Project 10 Gender Gear Drop-In

When: Every Thursday from 1:00 PM - 3:00 PM & 4:00 PM - 6:00 PM
Location: 10138 rue Lajeunesse, Suite 301, Montreal, QC

Looking for gender-affirming gear? Project 10's got you covered! Whether you're looking for a binder, gaff, or packer, they have a selection available for you to try on in a safe, welcoming environment. Their team is here to answer any questions and provide support during your visit. And who knows? You might just leave with a new piece of gear!

How to Get Started

To get started, please fill out the support form on our website at www.p10.qc.ca/support.

👋 Meet Dress for Success 👋

Dress for Success Montréal is a non-profit organization that empowers women on their path to financial independence by providing professional attire, workshops, mentorship, and personalized support.

📍 Located in the Parc-Extension

👔 Suiting Program

Do you have a job interview or are you starting a new job? Take advantage of our suiting service! A volunteer stylist will help you choose a professional outfit for free, so you can make a great first impression.

👉 Learn more: Client Services - Dress for Success

👗 Upcoming Clothing Donation Days

Want to donate professional clothing? Our next donation drop-off days are **Friday, April 5 and Friday, May 3, 2025**. Thank you for supporting our mission!

👉 Donation guidelines and accepted items: Clothing donations - Dress for Success

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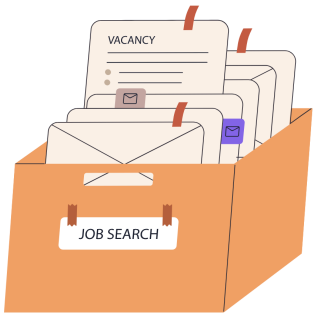

Job Board

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 guide

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REISA is funded by

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