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REISA's November Newsletter

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Have questions or feedback? Want to connect with someone from our team?

We're available by phone every **Tuesday and Thursday from 9 AM to 4 PM**. Give us a call at **514-955-8370, ext. 2217,** we'd love to hear from you!

REISA News & Events

Podcast Episode: A Conversation with MinibiblioPLUS

We're excited to share the **second episode** of our podcast series: a conversation with **MinibiblioPLUS**!

MinibiblioPLUS, one of our cherished partners, helps nurture a love of books and reading among children. Over the years, we've collaborated on several initiatives to expand access to books and promote literacy across Montreal's east and north regions.

🎧 Tune in to hear about the fascinating journey of the **Fraser-Hickson Library** and how it evolved into today's **MinibiblioPLUS** outreach program — and discover why early childhood literacy matters more than ever.

Watch Now

Bonne nuit, on lit ! : Early Childhood Literacy Workshop

Join us for a bilingual workshop that will help you create a relaxing bedtime reading routine for your little ones. While your toddlers enjoy a story time activity, you will learn simple massage techniques presented by a qualified massage therapist. Activity in collaboration with minibiblioPLUS and Bibliothèque de Rivière-des-Prairies

🗓️ *Saturday, November 29, 11 h - 12 h*
📍 Bibliothèque de Rivière-des-Prairies, 9001, boulevard Perras, Montréal Québec, H1E 3J7

Sign Up

Workshop: Who to Call for Help: Info-Santé, Info-Social and More

The Services for Healthy Aging in the Right Place (SHARP) program invites you to join us, Wednesday, November 19 from 10 am - 11:30 am for an online workshop!

This presentation will explore the several free information hotlines offered by the government. Find out which one is right for you and your loved ones!

Register Here

Partner Events & Promotion

Tel-Aide Montréal is Here to Listen - You're Not Alone

If you're going through a tough time and need someone to talk to, we're here for you. Our free and confidential service offers active listening: an empathetic and caring approach that allows you to express your feelings, find comfort, and discover your own solutions. Everyone deserves to be heard – and sometimes, having someone listen can make all the difference.

Call us at 514-935-1101, we're available 24/7. It's free and confidential.

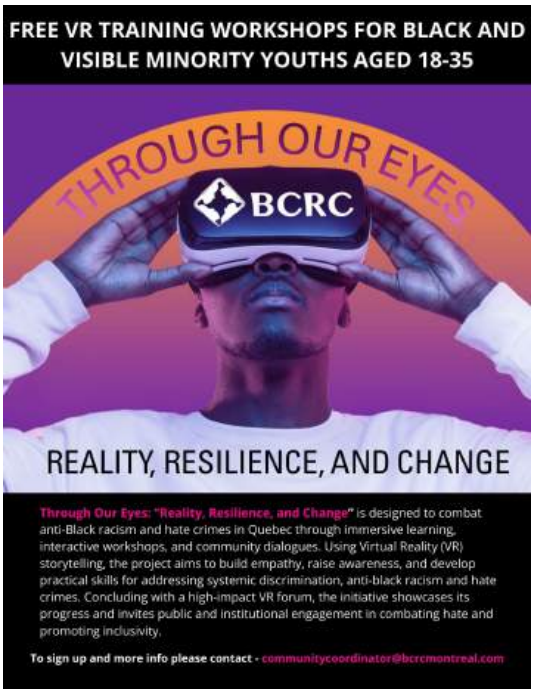
For information visit, telaidemontreal.org/en

AMI-Quebec Mental Health Forum 🌱

AMI-Quebec is hosting their Annual Mental Health Forum this upcoming **Thursday, November 13!**

👉 **About the event**: Is the current mental health ideology compromising the health of our younger generations? Find out at AMI's Annual Mental Health Forum with Dr. Sami Timimi, held in person in Montreal and livestreamed online.

Event Details



Through Our Eyes: Reality, Resileience, and Change: Youth Participant Callout

The Black Community Resource Centre is inviting youth aged **18 to 35** to take part in an exciting **Virtual Reality storytelling project**! This innovative initiative uses immersive learning, interactive workshops, and community dialogues to help **combat anti-Black racism and hate crimes in Quebec**.

Learn More

AMI-Quebec's Support Groups

AMI-Québec is offers **free online support groups** throughout the year for individuals living with mental illness, as well as for family and friends.

🗓️ Upcoming support group dates: November 10 and 24

🌐 **Learn more here:** amiquebec.org/support

AMI-Quebec Workshops

These workshops are designed to support family members and caregivers of individuals living with mental health disorders.

This month's topics include:

- Caregiver's group
- Navigating challenging situations
- Supporting loved one(s) during psychosis

👉 Learn more and register here: [Workshops - AMI-Quebec]

Honoré Mercier School Yoga Fundraiser

Every Wednesday evening Honoré Mercier School will host relaxing and rejuvenating yoga classes, all in support of a great cause! 🧘 ✨

These affordable, accessible sessions are open to everyone, and every dollar raised goes directly toward the Wellness Programs at Honoré Mercier School.

Questions & Registration

Job Board

Looking for a job? REISA's job board is your go-to resource!Start exploring opportunities today: Job board

Resource Guide

Looking for support in health and social services? REISA's Resource Guide lists services servicing English spekaers, connecting you to essential services. Click here to explore the resource guide

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