

HELPING HANDS

BROME-MISSISQUOI CAREGIVERS SUPPORT GROUP BIENNIAL JOURNAL



Brome Missisquoi Caregivers Support Group is dedicated to enhance the wellbeing of caregivers by offering them a human approach.

An approach that invites listening, compassion and support to all caregivers' population of Brome-Missisquoi.



**MAISON Gilles-Carle
Brome-Missisquoi**

*"You are taking care of a loved one ...
We will take care of you!"*

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**2021
April to September
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CAREGIVER'S BILL OF RIGHTS



I have the right to take care of myself. It is not an act of selfishness. It will give me the ability to take better care of my loved one.



I have the right to seek help from others even though my loved one may object. I know the limits of my own endurance and strength.



I have the right to maintain parts of my own life that do not include the person I care for, just as I would if he were healthy. I know that I do everything that I reasonably can do for this person. I have the right to do some things just for myself.



I have the right to get angry, be depressed and express difficult feelings once in a while.



I have the right to reject any attempt by my loved one to make me do things out of guilt or anger.



I have the right to get consideration, affection, forgiveness and acceptance for what I do for my loved one, as I offer these in return.



I have the right to take pride in what I'm doing. And I have the right to applaud the courage it has taken to meet the needs of my loved one.

WORD FROM OUR PRESIDENT OF BOARD

Distinguished readers,

It is my pleasure to write these few lines to you.

A year has passed since the start of the pandemic. I, first, hope, very sincerely and warmly, that you and your loved ones are doing well, despite the current circumstances.

I would like to salute the exceptional dedication of the directors, officers, employees, members and volunteers of the organization. They all showed remarkable solidarity and benevolence. I would also like to thank our donors and partners, without whom, the last year would certainly have been much more difficult.

It is through all of us and together that the accomplishment of our mission is achieved daily. And it is in exceptional circumstances, such as those of the past year, that we can see the full value of the wonderful people who revolve around our organization. So whether you are a caring volunteer, dedicated employee, partner, donor or sponsor, a huge *Thank you*

Take care of yourselves. And to the sincere pleasure to meet again in the near future, filled with human warmth and closeness.

Warm greetings.



Joannie Tardif
President of the Board



WORD FROM OUR EXECUTIVE DIRECTOR

Dear Members,

Spring is upon us and a wind of change is blowing through our organization and Maison Gilles-Carle Brome-Missisquoi.

First, new home respite services have emerged and personal support services for your loved ones are now available. I am very happy with these additions to our service offering. These new services required the reorganization of certain tasks. In particular, Ms. Constance Noiseux is now the person who coordinates care and assistance services (family assistants) and no longer, Ms. Jozée Paquet who remains however coordinator of respite and psychosocial services.

The House expansion project is ongoing and planning and project preparation meetings are taking place.

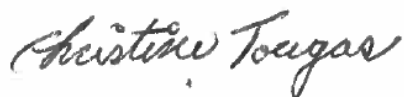
In a few months, work could begin and continue until winter.

Be assured that our entire team is working hard to improve the services offered to you.

Don't hesitate to give us your comments and suggestions.

I wish you a beautiful spring.

Looking forward to seeing you again.



Christine Tougas
Executive Director



OUR LOCATION

BROME MISSISQUOI CAREGIVER SUPPORT GROUP MAISON GILLES-CARLE BROME-MISSISQUOI

Our Location

Brome-Missisquoi Caregiver Support Group
614 J.-André-Deragon blvd
Cowansville (Québec) J2K 0H7

Business Hours : Monday to Friday
 8:30 am to 4:30 pm

To contact us: (450) 263-4236



Christine Tougas, Executive Director, option 1: direction@rsabm.ca
Jozée Paquet, Respite Coordinator and Social Counsellor, option 2: coordonnateur@rsabm.ca
Sabrina Harvey, Social Counsellor, option 3: intervenant@rsabm.ca
Constance Noiseux, Care and assistance services Coordinator (family auxiliaries) and Clinical Advisor, option 4: clinicienne@rsabm.ca
Renaud Pineault, Head family and social Assistant and Volunteer Manager, option 5: benevolat@rsabm.ca
Martine Pelchat, Administrative Assistant, option 6: secretariat@rsabm.ca
Brigitte Frégault, Accompanist for your loved ones , option 7: accompagnante@rsabm.ca
Sonia Duchaîne, Payroll and Human Resources files Clerk: rh@rsabm.ca

You can follow us on our social networks :

Facebook: Maison Gilles-Carle Brome-Missisquoi
 Jozée-Sabrina intervenantes
 Brigitte Frégault, Accompagnante à la personne
Web site: www.rsabm.ca

WORDS FROM OURS COUNSELLORS

Hello everyone!

I am the respite coordinator and also a counsellor here at Maison Gilles Carle. I'm now beginning my third year among you with as much enthusiasm as the first day! I feel so much joy and pride from being able to hear you and accompany you. Our team is working hard to always maintain our excellent services and make them even better.

We're open to any comments or suggestions you may have, so don't hesitate to share them. With spring coming, we will be starting again our outside meetings as we did last year. How nice was it to enjoy the fresh air!

Thank you for being part of this great big family ☺

Jozée Paquet
Social Counsellor

Hello dear caregivers,

I would like to wish you all a wonderful Springtime. Hopefully, the dawning of the new season will make possible a greater freedom to meet friends and relatives and to enjoy the sun!

I am pleased to continue my second year among you as a counselor. Everyday I learn from you and am glad to have the privilege to support you in your role. I always grow from our encounters and am satisfied by the road traveled by your side. You have trust in me and that is the greatest reward a counselor can hope for.

I hope you find the time to take care of yourselves, it's so important. Don't forget that we are here to help you make this possible!

Looking forward to seeing you around!

Sabrina Harvey
Social Counsellor

WORDS FROM OUR HEAD FAMILY ASSISTANT AND OUR CLINICAL ADVISOR

Hello dear members,

As the Head Family Assistant and Volunteer Manager, I am happy to see that our collective efforts against Covid-19 are bearing fruit. I am proud to see with what courage and discipline you have fought to this day. Above all, we must not let go of the guard because the fight not yet won. The safety of our caregivers, staff and volunteers remains our main issue. Let us be proud because despite adversity, we have so far been able to remain faithful to our mission and to the services that go with it.

Renaud Pineault

Head Family Assistant and Volunteer Manager

Hello dear members:

Despite the lockdown, control and prevention measures, we have put in place important measures to ensure the safety and well-being of people. Here are the purchases related to our concerns:

1. Alarm cushions are now installed in beds for people at risk of falls;
2. Motion detectors are installed at strategic locations and according to the people present at the House;
3. The addition of a standing station to help transfer people and prevent accidents to staff on place;
4. The dining room furniture is brand new, with cleanable and very solid seats;
5. Self locking and self lifting rocking chairs also ensure safety and comfort;
6. Step belts of different sizes are available to secure and promote walking as a daily exercise.

I hope that these additions will bring safety, ease and above all increase the pleasure of respite at Maison Gilles-Carle.

I also inform you that I now assume the role of Care and assistance services Coordinator and that I will be in charge of family auxiliaries at Maison Gilles-Carle. If you have any questions or comments, please do not hesitate to contact me.

Constance Noiseux

Care and assistance services Coordinator (family auxiliaries) and Clinical Advisor

YOUR BMCSG TEAM

ADMINISTRATIVE TEAM



From left to right:

- 1st line:** Jozée, Respite Coordinator and Social Counsellor
Christine, Executive Director
Sonia, Payroll and Human Resources files Clerk
- 2nd line:** Constance, Care and assistance services Coordinator (family auxiliaries) and Clinical Advisor
Renaud, Head Family Assistant and Volunteer Manager
- 3rd line:** Sabrina, Social Counsellor
Martine, Administrative Assistant
Brigitte, Accompanist for your loved ones

YOUR BMCSG TEAM

FAMILY AUXILIARIES TO THE RESPITE TEAM



From left to right:

1st line : Caroline and Marie-Josée
2^e line : Henri, Brigitte and Andrée



From left to right :

1st line : Christiane and Stacy
2nd line : Johanne, Nathalie
and Lisa

INFORMATION

BILLING – RESPITE SERVICE

CLAIM FORMS « FAMILY SUPPORT » OR TRANSPORT PAYMENT

Hello dear members,

I am pleased to share with you some information on the billing of our respite service and for the transport payment or claim forms to complete.

BILLING – RESPITE SERVICE

At the end of each month, when using the respite service, an invoice will be prepared and sent via email. This is why it is important to provide us, when opening your file, with all the essential information of the responsible person, including the email address. This address will also be useful to us for the transmission of information by our administrative team. If we cannot obtain an email address, we will contact you by phone.

Payment methods:

Due to the pandemic situation of Covid-19, payment by bank transfer, by interac transfer or by credit card (through telephone) is preferred. You can also make your payment as follows:

- Cash or check made out to : “ RSABM”;
(If I’m absent, you can leave your duly identified envelope in the box for this purpose at my office);
- Credit or debit card.

If you are proceeding by bank transfer or interac transfer, I invite you to contact me so I can provide you with the necessary information.

Please note that the monthly invoice will serve as a receipt. No further receipts will be issued.

CLAIMS FORM « FAMILY SUPPORT » OR PAYMENT FOR TRANSPORT

If you have any claim forms «Family support » or transport payment request to complete, it is important to send them to me. Auxiliaries are no longer authorized to sign these documents.

Thank you for your cooperation and do not hesitate to contact me for more information. You can communicate with me from Wednesday to Friday inclusively by phone at 450-263-4236, option 6 or by email: secretariat@rsabm.ca

Martine Pelchat
Administrative Assistant

HOME RESPITE

We are pleased to announce that our service offering has been enhanced by the addition of a fund dedicated to home respite by the board of directors. We plan to continue this service until March 2022.

Home respite is offered to people who find it difficult to move around or whose presence here at Maison Gilles-Carle may be problematic. We offer 4 hour blocks, depending on our availability and your needs, at a cost of \$ 5. To benefit from this service, please contact Ms. Jozée Paquet, respite Coordinator, by email at coordonnateur@rsabm.ca or by phone at 450-263-4236, option 2.

PSYCHOSOCIAL SUPPORT WITH YOUR LOVED ONE

Hello dear members!

I am so happy to join the wonderful team of Maison Gilles-Carle Brome-Missisquoi who works tirelessly, always with the aim of offering you the best services.

I introduce myself: I am Brigitte Frégault, social counselor. My role is to accompany your loved one during short visits.

With your agreement, I will visit your loved one. The accompaniment can take many forms. It could be for an activity, to chat, or simply to offer a caring presence. These moments have for purpose to get to know each other, to discuss, to give the possibility to express emotions, to have fun, etc. We hope this will have a positive impact in their life and also in yours.

As a social counselor, I specialize in seniors services (cognitive disorders, degenerative diseases, etc.). I am also a grief and loss counselor as I often accompanied people during end of life.

As the appearance of a loss of autonomy, a particular illness or condition is often accompanied by small and large griefs and I wish to create a space of trust and offer attentive listening to the person who is experiencing this transition.

At Maison Gilles Carle, at home, on the phone or even via social networks, it will be with great joy that I will be present for your loved ones.

I also wish to inform you that my playing accomplice « Rosie » (My Bernese mountain dog) is often present during my visits, to the delight of our guests!

Brigitte



BMCSG IN BRIEF

NEWS FROM OUR INTERN, JESSY

Hi dear members,

It has already been a couple of months that I have joined you. For those who do not know me, I'm an intern in social work technique at the Maison Gilles-Carle since last fall. I will be with you until the month of May.

Since my arrival, I've had the opportunity to dive in each service offered by the Maison Gilles-Carle. I lead some coffee-meetings with Jozée, Sabrina and sometimes, by myself. I accompany Renaud at "Les Amis de la Maison" where we do all sorts of different activities. I also spend some days with the beneficiary attendant to entertain and spend time with the participants. During last winter, I got the opportunity to be hired to help Jozée with the coordination of the new home care service. Either in person or by phone, I've had the joy to speak with some of you. For those who I have not met yet, I look forward to meeting you soon.

I admire your perseverance and your devotion during these hard times. We are living in a period of worry, of interrogation and of unknown. However, you never ceased to amaze me with your contagious good humor and liveliness.

Hopefully, we will be able to see each other in person soon enough. Until then, take some time for you and take one day at a time.

Jessy Brown



And one last big news.....


Maison Gilles-Carle Brome-Missisquoi is thinking big!


Indeed, our house expansion project is progressing and will probably begin in summer 2021 and last over a few months. An addition of 2 bedrooms, an additional living room and more.... To be continued!


OUR SERVICES


Dear members,

The entire team works towards offering you services that meet your needs, whether it be our respite services, our support services and psychosocial support services, our various workshops, moments of relaxation or coffee-meetings.

 **Respite Services :** We would like to inform you that it is possible to book in advance for a respite service (half-day, day, evening, night and home respite). We invite you to contact us as soon as possible if you are unable to make it or must cancel the service. It is also important to respect the hours of opening and closing of the respite service. For more information, please contact Ms. Jozée Paquet, by email: coordonnateur@rsabm.ca or by phone 450-263-4236, option 2.

 **Psychosocial Intervention Service :** Our counsellors are always available to welcome you, listen to you, offer professional support and answer your questions. Whether it is for services for your loved one with our accompanist, Ms. Brigitte Frégault, or through our counsellors, Ms. Jozée Paquet and Sabrina Harvey, we remind you that you can communicate by email with Brigitte at: accompagnante@rsabm.ca and Jozée or Sabrina at: intervenant@rsabm.ca or by phone at 450-263-4236.

 **Moments of relaxation (massage):** As a member, you can enjoy this beautiful moment of relaxation. Due to the pandemic situation, our volunteer massage therapists are pleased to offer you this moment in respect with the new instructions of public health. You will find this information at the relaxation moment section of the journal. Please notify us as soon as possible if you are unable to attend, we can then give your appointment to another caregiver.

 **Workshops / coffee-meeting:** Welcome to our discussion workshops and coffee-meetings: a moment of sharing for you and others who also go through what you live! A bit of healing in a pleasant atmosphere. Given the sanitary measures put in place by public health, we invite you to confirm your presence because places are limited.

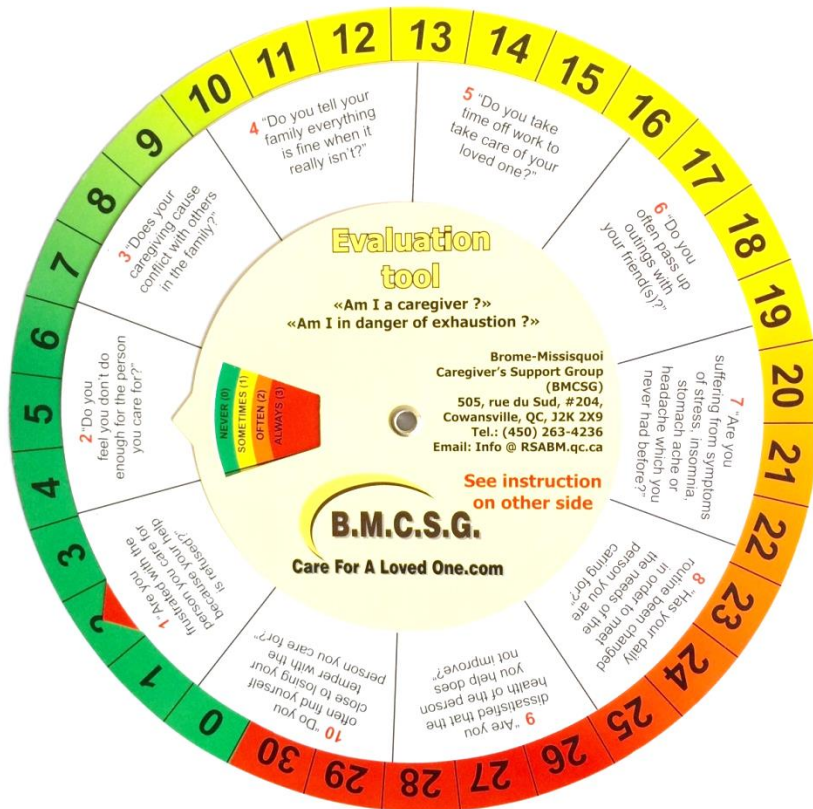
We thank you and remain at your disposal for any question, comment or suggestion.

The team of the Brome-Missisquoi Caregivers Home is here for you.

PSYCHOSOCIAL SUPPORT

To avoid exhaustion, to see more clearly in your situation and your emotions, we offer you the opportunity to meet our social counsellors at Brome-Missisquoi Caregivers Home (Maison Gilles-Carle) in Cowansville, on appointment.

In addition to Cowansville, we serve the population of Brome-Missisquoi and the surrounding area.



I'm so tired...
I'm close to losing my
temper...
I feel guilty...
What can I do?



For more information and /or making an appointment, please contact
Jozée Paquet or Sabrina Harvey, Social Counsellors
450-263-4236 / intervenant@rsabm.ca

OUR RESPITE SERVICES

Dear caregivers,

Here is a new description and pricing of our respite services and opening hours at the Brome-Missisquoi Caregivers Home. Do not hesitate to contact Jozée Paquet for more information or reservation: coordonnateur@rsabm.ca or 450 263 4236, option 2.

DAY RESPITE	Monday to Sunday, 7 days a week 8 :30 am to 4 :30 pm \$15 per day or \$7.50 per half-day, meal included (for morning period)
EVENING RESPITE	Sunday to Thursday, 4:30 pm to 8:30 pm \$ 7,50, meal included
OVERNIGHT RESPITE	Monday to Sunday, 7 days a week From 4 :30 pm \$25 per night, meals included
RESPITE AT HOME	According to your needs and our availability \$5 per 4 hours block



FREE ACTIVITY RESPITE



Dear caregivers, did you know that you can enjoy our respite service free of charge. Let us take care of your loved one to take full advantage of our services (coffee-meeting, massage, psychosocial support, discussion workshop). Note that you must book in advance in order to use this free service (subject to availability).

To reserve, contact us at 450-263-4236





Brome-Missisquoi Caregivers
Support Group /
Maison Gilles-Carle
Brome Missisquoi

MEMBERSHIP AND RENEWAL

APRIL 1ST 2021 TO MARCH 31ST 2022

Annual fee for one person: 10.00 \$

ACTIVE CAREGIVER	<input type="checkbox"/>	SUPPORTER/LOVED ONE	<input type="checkbox"/>
NON ACTIVE CAREGIVER	<input type="checkbox"/>	NEW MEMBERSHIP	<input type="checkbox"/>
VOLUNTEER	<input type="checkbox"/>	RENEWAL	<input type="checkbox"/>
SUPPORTER	<input type="checkbox"/>	(EACH YEAR APRIL 1 ST)	<input type="checkbox"/>

MEMBER INFORMATION

LAST NAME :	
FIRST NAME :	
ADDRESS :	
TOWN :	
POSTAL CODE :	
HOME PHONE NUMBER ::	
CELL PHONE NUMBER :	
BIRTH DATE :	
SPOKEN LANGUAGE :	

INFORMATION ON YOUR LOVED ONE

FIRST AND LAST NAME	
CAREGIVER SINCE:	
LOVED ONE DATE OF BIRTH:	
LOVED ONE DISABILITY:	
RELATIONSHIP WITH LOVED ONE :	
SPOKEN LANGUAGE	

Would you like to receive your newsletter helping hands in French ☐ or English ☐

Would you like to receive it via e-mail yes ☐ or no ☐

If yes please give us your e-mail : _____

Please take note that your renewal on April 1st each year is necessary to receive the journal and to have access to our services. Thank you!

THANK YOU FOR INCLUDING YOUR PAYMENT:

AMOUNT : _____ \$	CASH : <input type="checkbox"/>	CHECK: <input type="checkbox"/>
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MEMBER SIGNATURE :

DATE :

NOTES (FOR BMCSG) :



SUBJECT: INVITATION TO THE ANNUAL GENERAL MEETING OF BMCSG

Dear members,

You are cordially invited to the Annual General Meeting of the members of the Brome Missisquoi Caregivers Support Group which will be held:

MONDAY, MAY 17TH, 2021, 7:00PM

IN VIRTUAL MODE (ZOOM)

Your presence is essential because it is in this assembly that you have a right to vote and offer your comments and suggestions. At the same time, you will find out about everything that has been done and planned ahead.

In addition, we will present the 2020-2021 financial statement, our 2020-2021 achievements and our 2021-2022 action plan.

We invite you to register with Ms. Martine Pelchat, administrative assistant, by email: secretariat@rsabm.ca or by phone at 450-263-4236, option 6. We will send you a link to join this event.

Looking forward to meeting with you, please accept, dear members, our greatest thank you.

Christine Tougas
Executive Director
Brome Missisquoi Caregivers Support Group

THE CAREGIVER'S TOOLS

Dears Caregivers,

In this section, you will find tools for your daily life.

If you need: LISTENING

If you are looking for information, resources near you or if you just want to speak to someone, the Caregiver's helpline is available in English.

1 855 852-7784

If you need: INFORMATION

«Seniors.gc.ca» Find federal, provincial and some municipal information about the services, benefits, programs and initiatives relevant to caregivers in Québec.

www.seniors.gc.ca

«Agingcare.com» is a community of caregivers facing the challenges of caring for a loved one. They provide a comfortable meeting place for the exchange of ideas with professionals and people just like you. You will get answers to your questions and practical advice.

www.agingcare.com

Book: «**The Caregiver: A life with Alzheimer**» This book relates the story of a man's transformation from husband to caregiver after his wife's diagnosis of Alzheimer. An intelligent and beautiful testimony to how family members turned caregivers in becoming the ultimate advocates for their loved ones in the face of a disease with no cure.

If you need: ENTERTAINMENT

Movies: we have a selection of movies that you can borrow to watch at home. Tittle's like «The notebook» or «Unfinished song» are available, come and take a look!

Do not hesitate if you want to meet with the social counsellor and borrow a book or a movie at the same time!

CAREGIVER'S TESTIMONY

Hi, my name is Diane.

My dad died in February 2008.

In 2018, Mom had two strokes, and had another one in 2019. The three strokes left her paralyzed on her right side and speech impaired.

Mom started going at Maison Gilles-Carle at the end of Spring 2019. This was a new concept for me. It left me a bit wary because I was Mom's only caregiver since 2009. She now had been diagnosed with BPV (Benign Positional Vertigo).

At the beginning, Mom was not thrilled to go at Maison Gilles-Carle, but it gave me the chance to go run errands. Noticing that I had almost no respite before, with Maison Gilles-Carle I now had time for cleaning, baking and outdoor chores.

Taking care of Mom and doing the maintenance of the house for all these years, it does take a toll on you. Stress and fatigue accumulate.

It didn't take too long that my trust in the employees was full and complete.

Now, Mom keeps me up at night and I cherish Jozée's phone call to tell me that Maison Gilles-Carle can take her for a few days. When she's there, I mostly sleep to recuperate.

When the pandemic hit in 2020, Maison Gilles-Carle closed for a while. That's when I realized that I missed sending Mom over there, and that time off for me was heaven sent.

You don't know what something is worth until it's gone. Now when I pick up Mom, she hugs and kisses everybody there with a smile.

But back home, she keeps a mad face on just for me.

Diane

A MOMENT OF RELAXATION

MASSAGE THERAPY

Dear members,

In view of the Covid-19 pandemic situation, the schedule and location for massage therapy services given by our volunteers have been changed. Below you will find detailed information. We will keep you informed as soon as Mr. Laliberté returns. Thank you.

Mr. Verge offers a therapeutic acupressure massage based on several techniques (Jin Shin Do®, Thai, Reiki...). He was formed from 1993 to 1996 in acupressure, Jin Shin Do® and has attended several training courses in Quebec (massage Amma, Reiki, etc.) and in Thailand (Thai massage). The acupressure treatment is a unique experience of introspection. You'll be lying on a mattress (on table or on the ground), dressed and accompanied by the massage therapist. Before the treatment, he will question you briefly and will take your pulse to establish a care that meets your needs.

Volunteer	Murray Verge
Cost	FREE for the caregivers
Place	At 109, William St., Cowansville
Date	Wednesdays from April 7, 2021, exception April 14, 21 and 28 and May 5, 2021 Summer period to confirm.
Time	9 :00 am, 10 :15 am, 11 :30 am
Specifications	Dress comfortably
To reserve	Martine at 450 263-4236 or secretariat@rsabm.ca

Mr. Laliberté has been practicing massage therapy for more than 40 years and offers us a therapeutic massage based on the Jin Shin Do technique.

The Jin Shin Do® is an acupressure technique that aims to relieve the physical and emotional tensions of the body by the simultaneous pressure of two acupuncture points. It results from a synthesis of traditional Japanese and Chinese acupressure theories, Taoist philosophy and various Western psychotherapies.

Volunteer	André Laliberté
Cost	FREE for the caregivers
Place	At 109, William St., Cowansville
Date	TO COME
Time	TO COME
Specifications	Dress comfortably
To reserve	Martine at 450 263-4236 or secretariat@rsabm.ca

NOT TO BE MISSED

COFFEE-FILM

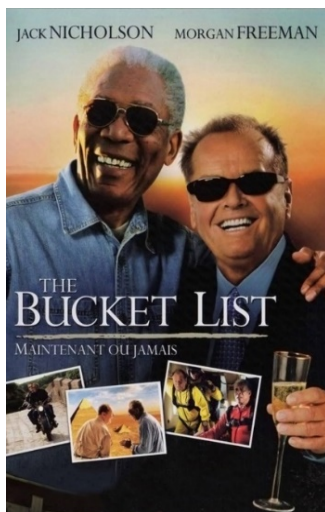
Dear members, participants and volunteers,

As our activity had to be canceled last December, due to sanitary measures, it is our pleasure to invite you to our next activity under the theme

" *A MOMENT OF WELLNESS OUTSIDE OUR DAILY LIVES* ".

This great opportunity to meet us will take place on:

**WEDNESDAY, MAY 5, 2021
1:00 PM TO 4:00 PM
CINÉMA PRINCESS – COWANSVILLE
141, Principale St, Cowansville**



«Billionaire Edward Cole (Jack Nicholson) and car mechanic Carter Chambers (Morgan Freeman) are complete strangers, until fate lands them in the same hospital room. The men find they have two things in common, a need to come to terms with who they are and what they have done with their lives, and a desire to complete a list of things they want to see and do before they die. Against their doctor's advice, the men leave the hospital and set out on the adventure of a lifetime. "

Please take note that the film will be in French.

At the end of the screening, the discussion will be open to allow us to exchange between us.

Confirmation of your presence is required.

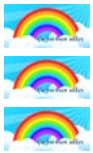
*Jozée Paquet and Sabrina Harvey
Social Counsellors*

SUPPORT GROUPS

Dear Caregivers,

Many of our members show us their enthusiasm regarding their participation in our support groups. They realize that they are not alone, they feel supported by others, they come seeking moral support. Many friendships are formed and even a couple has formed in one of these groups!

We have started new support groups mostly in French. Here are the groups in operation at the moment. They are held approximately once a month:



Loved ones in residences

Loved ones at home

Caregiver's meeting (English speaking group)

These groups are still open, but we have limited places. If you are interested to participate, you should therefore contact Jozée or Sabrina to discuss the possibility of joining.

The Thursday night coffee-meeting still takes place, but it is now a closed group because it is filled to max capacity.

As for our discussion-workshops (in French), they will take place on Wednesdays from 1:30 p.m. to 3:30 p.m. The discussion workshop topic will be communicated to you on our Facebook pages: *Jozée-Sabrina intervenantes* and *Maison Gilles-Carle Brome-Missisquoi*. In addition, we invite you to contact us at 450-263-4236 or by email and we will be happy to inform you of the topic of these discussion-workshops.

You **must confirm** your presence in order to respect the health measures and the ratio put in place because of the Covid-19. The places are limited.

For the moment, we are hosting these face-to-face meetings here at Maison Gilles-Carle, but that could change depending on the evolution of the pandemic. We will look together at the possible alternatives.

Most meetings start with a theme that guides the meeting, which facilitates discussions and exchanges.

We look forward to seeing you there!



Jozée Paquet and Sabrina Harvey
Social Counsellors

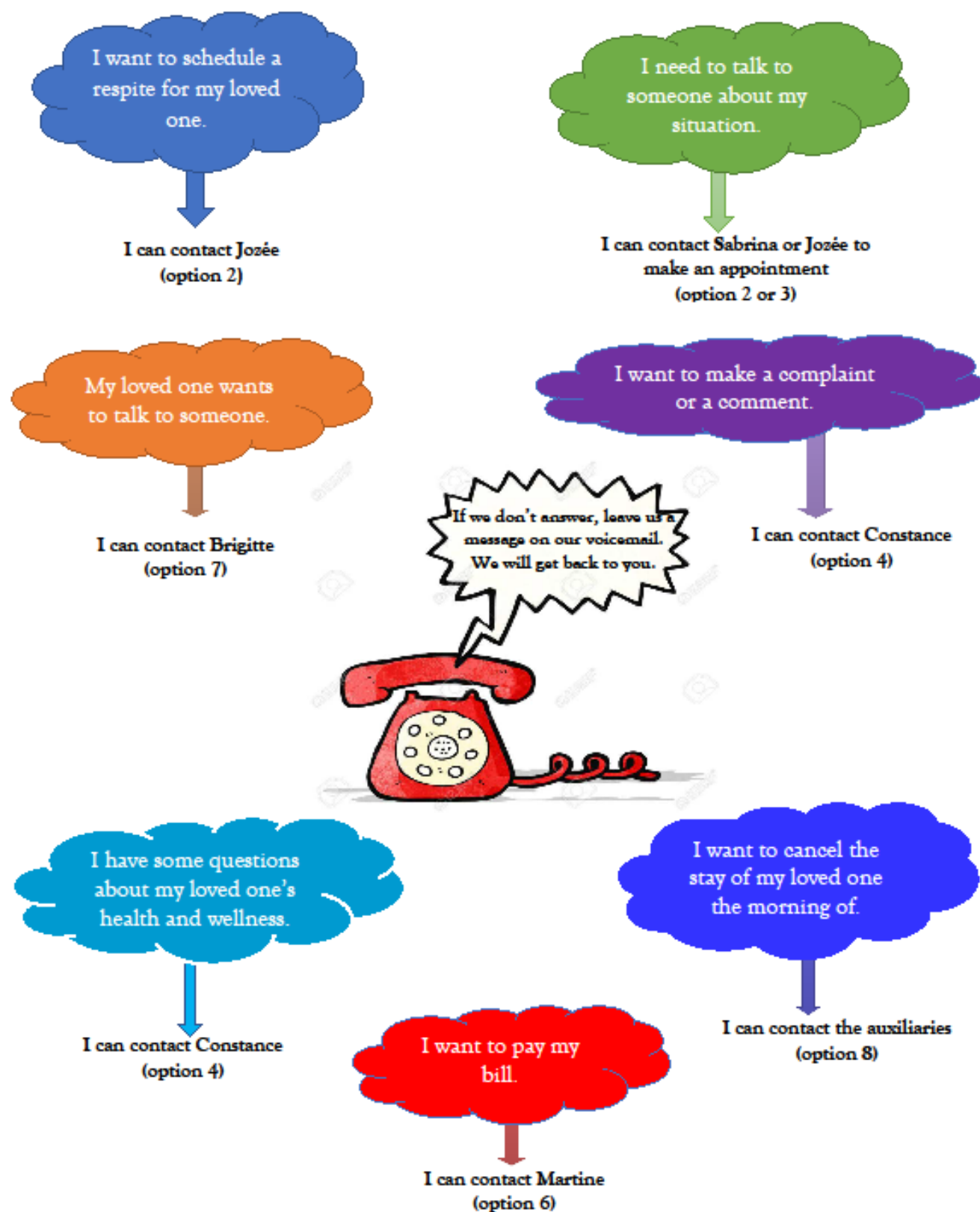
BOARD OF DIRECTORS

**THANK YOU TO OUR BOARD OF DIRECTORS FOR
THE GIFT OF THEIR TIME AND FOR THEIR
EXPERTISE**

President:	Joannie Tardif
Vice-president:	Michel Lafrance
Secretary:	Luce Goerlach
Treasurer :	Pierre Buote
Administrators:	Pierrette Beaudry Ginette Champagne Gisèle Desrochers



WHO IS MY RESOURCE PERSON?



OUR LOYAL PARTNERS



***Vous** êtes là pour **eux**,
nous sommes là pour **vous***

