

WELCOME TO OUR APRIL 2017 ISSUE

Connexions Resource Centre serves and promotes the health and well-being of the English-speaking population of the Outaouais. We encourage and appreciate your comments and questions. If you have any problems accessing the information in this newsletter or if you need assistance in finding information or services in English, please call us at 819-777-3206 or e-mail us at info@centreconnexions.org. Make sure to visit our [website](#) for upcoming news items and events and follow on [Facebook](#). **PLEASE SHARE THIS NEWSLETTER WITH FRIENDS AND FAMILY.**

OUR TEAM CONTINUES TO GROW!

Connexions is pleased to welcome a new staff member, Anne Maloney, as Liaison Agent for the Pontiac and des Collines territories.

With her expertise in community outreach, her knowledge of health and social services in the Outaouais and her great enthusiasm, Anne will be invaluable to Connexions and the community.

HELP US PREVENT ELDER ABUSE

This year, June 15th marks the Annual World Elder Abuse Awareness Day, which offers us the opportunity to raise awareness and end elder abuse.

If you think you are a witness to elder abuse, first try to identify the signs (i.e., intimidation, humiliation or isolation from friends). Listen carefully to the person and reassure them. Create a bond of trust and do not be afraid to ask questions.

If in doubt, call the Ligne Aide Abus Aînée toll-free helpline at 1-888-489-2287 to find a listening ear and resources to support you.

FREE INFORMATION SESSION FOR SENIORS ON FRAUD, SCAMS AND ELDER ABUSE IN BUCKINGHAM!

In collaboration with the Centre Action Générations des Aînés and the Papineau Health and Social Services Network (PHSSN), an information session for seniors on Fraud Prevention will be held on Wednesday, May 24 at 10 am at the Buckingham Community Centre on 181 Joseph Street. Guest speaker, Stéphanie Stuart, a police officer from the Gatineau Police Department, will discuss how to protect yourself from fraud and what to do if you suspect foul play.



For more information about this session or to register, please call Julie Mercier at 819-281-4343 ext. 102 or e-mail her at coordoactivitescaga@videotron.ca. Refreshments will be served.

Find practical tips on fraud at the [Senior-Aware Program's website](#) or call 1-800-544-9058.

NEED ADVICE ON HOW TO TALK WITH YOUR KIDS ABOUT DRUGS?

In response to growing concerns regarding opioids and drug abuse in youth, Connexions will be co-hosting a Drug Awareness Parent Information Session on Monday, May 15 from 7 pm to 8:30 pm in partnership with the Special Education Advisory Committee (SEAC) of the Western Quebec School Board (WQSB).

The session will provide parents and caregivers with tools and information on:

- Services offered in WQSB schools,
- Youth drug culture in the Outaouais,
- Drugs commonly used in the region.

Make sure to book your spot as spaces are limited and go quickly!



Did you miss our Empowerment Through Mindfulness Parent Information Session on March 9? Check out our [summary of the event](#) and make sure to try out the fun deep-breathing and muscle-relaxation exercises with your child!

NEW FUNDING FOR CONNEXIONS TO SUPPORT SENIOR CAREGIVERS IN THE PONTIAC!

Connexions is pleased to announce it recently received funding from l'Appui Outaouais to develop initiatives that will support senior caregivers in the Pontiac.

By creating networks of support and links between various organizations and volunteers, Connexions aims to decrease isolation and burn-out for senior caregivers.

We will train volunteers to help them better identify senior caregivers who need assistance. Information sessions for senior caregivers will also be held in the coming year to provide them with the information and tools they need to better support them in their role as caregivers.

We will officially launch this new project in May. Stay tuned!

MORE INFORMATION ON

L'APPUI POUR LES PROCHES AIDANTS D'AINÉS

L'APPUI pour les proches aidants d'ânés was created in 2009 to help improve the quality of life of those providing care to older adults by facilitating their daily tasks and ensuring that they take full advantage of available resources.

To contact l'APPUI Outaouais, you call them at 819-205-7705 or visit their [website](#).

You can also visit our website to consult their [newsletter](#).

ARE YOU STUDYING IN THE FIELD OF HEALTH OR SOCIAL SERVICES?

Connexions is pleased to announce we are once again offering the Health and Social Services Community Leadership Bursary Program to support students in the completion of their studies in the field of health and social services.

This bursary provides financial incentive for students from the Outaouais region with English and French language skills pursuing full-time studies in the health and social services field to work and serve in the Outaouais.

The application deadline is May 12, 2017. For more information, to check the eligibility criteria or to receive an application, call us at 819-777-3206 or visit our [website](#).



SEEKING A NEW CHALLENGE? JOIN OUR BOARD OF DIRECTORS!



Connexions is seeking motivated and passionate volunteers to sit on its Board of Directors. As a non-profit organization, Connexions plays a significant role as a driver of change towards improving and contributing to the health and well-being of the English-speaking community.

In support of the organization's mission and vision, you will have the opportunity to determine the strategic orientation of the organization as well as monitor progress and govern the organization in respect to its by-laws and policies.

For more information about this opportunity and eligibility requirements, please call Danielle Lanyi at 819-777-3206 or email her at d_lanyi@centreconnexions.org.

JOIN US FOR OUR AGM AND MAKE YOUR VOTE COUNT!

We would like to extend an invitation to all Outaouais residents to join us for our Annual General Meeting on Wednesday, June 20 at 7 pm at the Connexions Resource Centre. It's a great opportunity to find out more about Connexions' activities, as well as meet new people and share your opinions about issues facing our community.

CONNEXIONS' WEBSITE HAS UNDERGONE A NEW MAKEOVER!

We've revamped our [homepage](#) to give you quick and easy access to our newsworthy articles and upcoming events. Find out what's happening in the health and social services sector of the Outaouais and what our community partners are up to.

We'd love to hear your feedback!

HELP US SAVE PAPER AND STAY CONNECTED!

Receive the Connexions Newsletter directly to your email inbox. Get first-hand access to our featured articles on a wide range of topics in the sphere of health and social services. And find out about upcoming events and activities organized by Connexions and other community organizations in the Outaouais area.

Simply call us, [email us](#) or subscribe directly on our [website](#).