

WELCOME TO OUR SEPTEMBER 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 difficulties 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 us on [Facebook](#). **PLEASE SHARE THIS NEWSLETTER WITH FRIENDS AND FAMILY.**

OUR TEAM CONTINUES TO GROW!

Connexions is pleased to welcome a new staff member, Francine Lacroix, Project Coordinator for The Pontiac Caring Community for Caregivers project.

With her excellent interpersonal skills, her experience working with seniors and her great enthusiasm, Francine will be an asset to Connexions and the community.

CONNEXIONS HAS MOVED!

After seven years at Pierre Elliott Trudeau Elementary school (PETEs), we have moved to new offices at Philemon Wright High School (Hull Sector).

You can still reach us by phone at 819-777-3206 or by email at info@centreconnexions.org.

We would like to thank David McFall, the Principal at PETEs, as well as the staff, teachers and parents for their support and hospitality over the years.

HELP US SAVE PAPER

Receive the Connexions Newsletter directly to your email inbox. Simply call us, e-mail us or subscribe directly on our website at www.centreconnexions.org.

NEW PROJECT FOR CONNEXIONS TO SUPPORT CAREGIVERS FOR SENIORS IN THE PONTIAC

Join us on Thursday, September 21, as Connexions announces its new initiative and partnership with l'Appui Outaouais, which is providing funding for our Pontiac Caring Community for Caregivers project.

The goal of this project is to reduce isolation and exhaustion among caregivers of English-speaking seniors and to sensitize the community to better recognize and support those most

vulnerable. This will include the creation of Caring Community Volunteers, who will receive training to help them identify vulnerable caregivers helping seniors to provide them with the information and tools they need to better support them in their role as caregivers.

For more information about our upcoming Press Conference and to RSVP, please call us at 819-777-3206 or e-mail us at info@centreconnexions.org.



GATINEAU SENIORS WELLNESS EVENT: SHARING INFORMATION FOR BETTER HEALTH AND AWARENESS

In collaboration with the Gatineau Friendship Club, Connexions will be hosting this Wellness Event for seniors on Thursday, October 19 from 1:00 pm to 4:00 pm at the St. Aloysius Church in Gatineau.

Seniors, their families and caregivers will have a chance to explore a variety of health and wellness issues and meet with participating senior and caregiver organizations who will share information and resources about available health and social supports in the Outaouais.

For more information and to RSVP, please call or email us.



LOOKING FOR MENTAL HEALTH RESOURCES FOR YOUR TEEN?

TEL-JEUNES

The [Tel-Jeunes website](#) is now available in English!

A professional, confidential and free emergency service, Tel-Jeunes offers online resources for youth in Québec who have questions or just need to chat online, by phone or text with someone about their mental health.

A YEAR IN REVIEW: CONNEXIONS' ANNUAL GENERAL MEETING



On Tuesday, June 20, Connexions welcomed new members to the organization and acknowledged the hard work and dedication of the Board Members, Executive Director, Staff and Volunteers for the 2016-2017 year.

To learn more about our event and review our Annual Report, please visit our [Website](#).

This newsletter was funded by Health Canada via the CHSSN through the Roadmap for Canada's Official Languages 2013-2018: Education, Immigration, Communities.

FREE VIDEOCONFERENCE - SILENT THIEF: OSTEOPOROSIS AND BONE HEALTH

Join us on Wednesday, September 20 from 9:45 am to 12:00 pm for a free videoconference on osteoporosis and bone health. Presenter Myra Siminovitch, B.Sc., MBA, a physiotherapist with a special interest in Arthritis and Osteoporosis, will talk to us about this disease, which can weaken bones and make them more likely to break.

For more information and to RSVP, please call us at 819-777-3206 or email us at info@centreconnexions.org.

1/3 of women **1/5 of men**

Will Suffer From An Osteoporotic Fracture During Their Lifetime

Fractures from osteoporosis are more common than heart attacks, strokes and breast cancer combined.

NEW LOCATION! ITSY BITSY TOTS PLAYGROUP NOW AT HERITAGE COLLEGE IN HULL!

Thanks to a partnership with Heritage College and their Early Childhood Care and Education (ECCE) program, the Itsy Bitsy Tots Playgroup will now be held at Heritage College in their bright and spacious new wing. We're looking forward to working with staff and students from the ECCE program to provide parents and tots with even more fun and educational activities.



A FREE drop-in space for parents and their children aged 0-4, the Itsy Bitsy Tots Playgroup allows tots to explore, discover and play while having creative fun with music, stories, movement and even cooking.

Make sure to come chat and see our new space at our first play-date on Thursday, September 28, from 9:30 am to 11:00 am at 325 Cité-Des-Jeunes Blvd. in Hull. Please call us or email us to RSVP. Free parking is available and snacks will be served.

THE GATINEAU MOBILE MARKET: FRESH AND HEALTHY PRODUCTS AT AN AFFORDABLE PRICE

The Mobile Market recently launched by the Coopérative de solidarité du Marché mobile de Gatineau has started its travels in select neighbourhoods of Gatineau selling fresh fruit and vegetables in its effort to target sectors of the city that are considered a 'food desert' and to promote healthy eating.

To find out more info about this initiative, please visit our [Website](#).



Health Canada

Santé Canada

