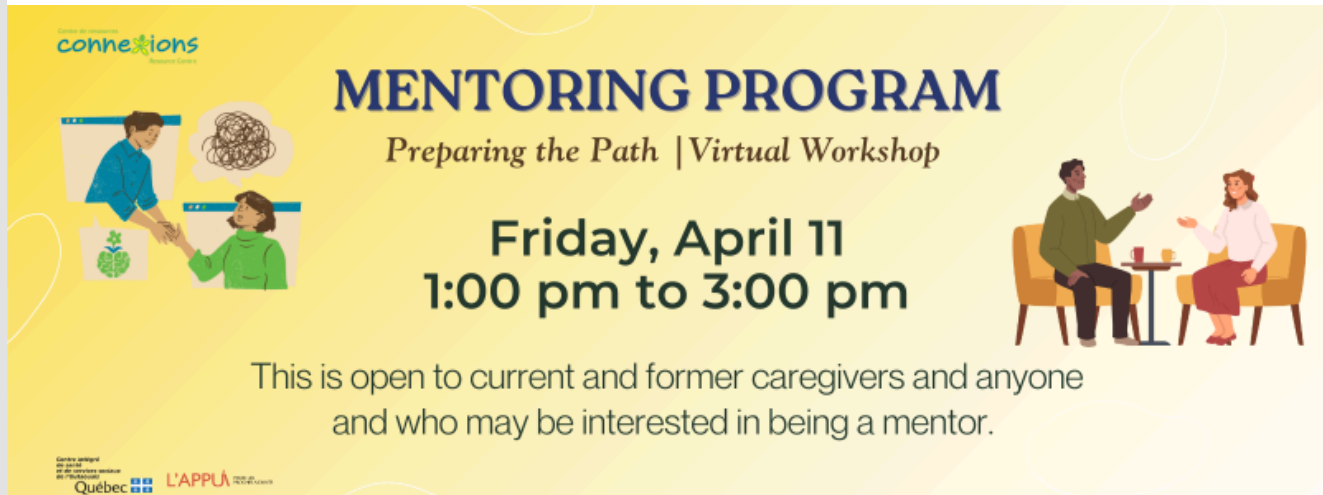


[View this email in your browser](#)





## Story Spotlight!



**MENTORING PROGRAM**  
*Preparing the Path | Virtual Workshop*

**Friday, April 11**  
**1:00 pm to 3:00 pm**

This is open to current and former caregivers and anyone and who may be interested in being a mentor.

Québec  L'APPLA 

## New Mentoring Program at Connexions!

Our new mentoring program consists of pairing volunteer mentors who will accompany caregiver mentees in achieving their personal goals as a caregivers.

Are you interested in learning more about how you can participate in this program? We will be hosting a free introductory virtual workshop on **Friday, April 11 from 1:00 pm to 3:00 pm**. This is a great opportunity you do not want to miss!

For more details on what to expect and how to register, click on the button below.

[Click here to register!](#)



# Community Survey Regional Profile of the Outaouais

Deadline: February 28, 2025

Complete the survey to have the  
chance to win a \$50 gift card!

Scan here to complete the survey



Complete the survey at: <https://bit.ly/40hgasR>

Questions? Contact us at 819-557-0615 or [info@centreconnexions.org](mailto:info@centreconnexions.org)

## Calendar of Events!

### Virtual Events via Zoom

Post-Caregiving Grief;  
Resources for  
Supporting Caregivers  
**Feb 19 @ 10 am**  
*SHARP Webinar*

Register!

Tutorship & Protection  
Mandate  
**Feb 20 @ 10 am**  
*With the Curateur  
public du Québec*

Register!

The Protection  
Mandate  
**Feb 25 @ 1 pm**  
*With Centre de justice  
de proximité de  
l'Outaouais (CJPO)*

Register!

Groove Dancing  
**Feb 27 & March 27**  
**@ 10 am**  
*With Kim Valiquette,*

Gentle Stretching  
**March 13**  
**@ 10 am**  
*With Kim Valiquette,*

Rent Increases, Lease  
Renewals &  
Repossession  
**March 19 @ 10 am**

Register!

Register!

Register!



## Events in the Pontiac MRC

Cell Phone Safety

**Feb 19 @ 10 am**

**In Campbell's Bay**

*With the WQLC*

Register!

Integrated Dynamic Balance Program

**March 6 @ 10 am**

**In Shawville**

*With the CISSS de l'Outaouais*

Register!

Coffee Chat

**March 12**

**@ 10 am**

**In Bryson**

*For seniors & caregivers*

Register!

Coffee Chat

**March 13**

**@ 10 am**

**In Campbell's Bay**

*For seniors & caregivers*

Register!

First Aid Workshop

**March 20 @ 10 am**

**In Shawville**

*With McGill University*

*MedCCO*

Register!



## Events in Gatineau (Aylmer, Buckingham & Hull)

Itsy Bitsy Tots

Playgroup

**Feb 18 & 25, Mar 11, 18 & 25**

**@ 9:00 am**

**In Hull**

[Register!](#)

Yoga

**Feb 18 & March 18**

**@ 10:30 am**

**In Aylmer**

*With Sabine Fettig*

[Register!](#)

Effective Strategies for

Aging in Place

**Feb 24 @ 10:00 am**

**In Buckingham**

*With Diane Wheatley*

[Register!](#)

Move It or Lose It!

**March 4**

**@ 10:30 am**

**In Aylmer**

*With Brenda Coukell*

[Register!](#)

Jog your Mind

**March 10**

**@ 10:00 am**

**In Buckingham**

*With Diane Wheatley*

[Register!](#)



[Creative Community Connexions](#)  
**Every Wednesday from Feb 19 to**

**Mar 28**

**@ 1 pm**

**In Rupert**

*With Linda Vanderlee*

[Register!](#)

[Yoga for Healthy Living](#)

**Feb 26, Mar 12 & 26**

**@ 10 am**

**In Chelsea**

*With Lynda Pedley*

[Register!](#)

[The Spectrum Club](#)

**Feb 23, Mar 9 & 23**

**@ 10 am**

**In Wakefield**

*Game club for kids on the autism spectrum or with special needs*

[Register!](#)

[Jog your Mind](#)

**March 19**

**@ 10 am**

**In Wakefield**

*With Diane Wheatley*

[Register!](#)

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[Explore All Events!](#)

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## [What's New in Your Community!](#)



**Find the latest news at your fingertips!**



**Join our Board**  
 WE'RE LOOKING FOR  
 MOTIVATED AND  
 PASSIONATE OUTAOUAIS  
 RESIDENTS TO JOIN OUR  
 BOARD OF DIRECTORS!

**Interested?**

SEND US AN EMAIL AT  
[CONNEXIONSBOARD@CENTRECONNEXIONS.ORG](mailto:CONNEXIONSBOARD@CENTRECONNEXIONS.ORG)



**Autonhomme Pontiac**

**Service D'aide en Impots Tax Assistance Services**  
 Gratuit / Free

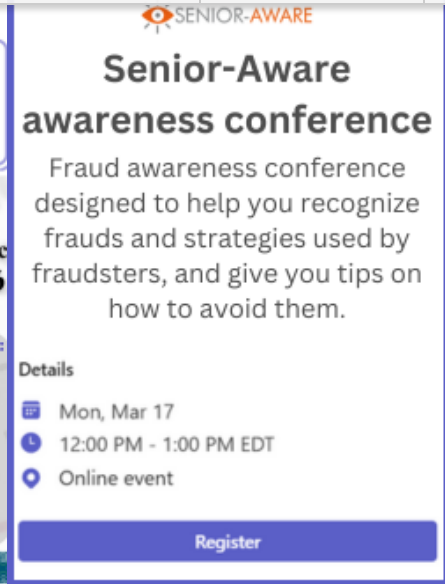
*A partir de / Starting date:* **19 février / February 19 2025**

**128 rue Front, Campbell's Bay, Quebec (819) 648-2309 Poste: 106**  
[impots@autonhommepontiac.ca](mailto:impots@autonhommepontiac.ca)

Comptoir d'impôts gratuit sera disponible dans les endroits suivants:  
 Free tax clinics will be held in the following locations:

- Quyon - Maison des Famille - 4 et le 18 mars
- Fort Coulonge - Maison des Famille Pontiac - 6 mars
- Le Patro - 20 mars

SVP appeler pour réserver / Please call to reserve



**Senior-Aware awareness conference**

Fraud awareness conference designed to help you recognize frauds and strategies used by fraudsters, and give you tips on how to avoid them.

**Details**

- Mon, Mar 17
- 12:00 PM - 1:00 PM EDT
- Online event

[Register](#)

**Questions about our events? Need help to RSVP on our Website?**

Call us at (819) 557-0615 or email us at [info@centreconnexions.org](mailto:info@centreconnexions.org).

**PLEASE NOTE: We cannot offer Zoom tech support via phone after 4pm.**

Please email us at [info@centreconnexions.org](mailto:info@centreconnexions.org) if you are having difficulties connecting to Zoom.

**Connexions Resource Centre promotes the health, social wellbeing and vitality of the English-speaking community through empowerment, participation and collaboration within the Outaouais.**

We encourage and appreciate your comments and questions.

Having difficulties accessing the information in this Newsletter? Need assistance in finding information or services in English? Please call us at (819) 557-0615 or e-mail us at [info@centreconnexions.org](mailto:info@centreconnexions.org).

Make sure to visit our [website](#) for upcoming news items and events and [follow us on Facebook](#).



**Fondation Lucie et André Chagnon**  
 With the support of the Lucie and André Chagnon Foundation's COVID-19 Emergency Funds



This initiative is funded by the Secrétariat à la jeunesse

**Public Health Agency of Canada** Agence de la santé publique du Canada  
 This initiative has been made possible through a financial contribution from the Public Health Agency of Canada.

This initiative is made possible through funding from the Secrétariat aux relations avec les Québécois d'expression anglaise



This initiative is funded by the CHSN through Health Canada as part of the Action Plan for Official Languages (2021-2028) - Protection-Promotion/Collaboration

