



# COMMUNITY CONNECT NEWSLETTER

February 2022

West Island Community Sector:  
**Rooted in Unity,  
Empowering Community**

Welcome to the February edition of Community Connect. Our goal for this newsletter is to create a space to share news of interest to community group teams. We welcome your feedback! [Click here](#) to share your thoughts.

## Join Our Mailing List!

If you are interested in being on our Community Connect mailing list please sign up [here](#).

## FUNDRAISERS

### Valentine's Day Fundraiser

**Big Brother Big Sister West Island** is collaborating with local restaurants from February 12-14th for their Valentines Day Fundraiser. Each participating restaurant will donate 1\$ for every order made. For more information, click [here](#).

### Valentine's Day Grams

Send one of **WIAIH's** Valentine's Day Grams to your loved ones and support a good cause. To send a gram, click [here](#).

### Cookbook for Sale

**Bread Basket's** cookbook, *Simple Local Fare*, includes seasonal recipes, stories of local farmers and beautiful photos. All funds raised support food security programming. Buy [here](#).

Click to see more  
fundraisers!

## EVENTS

### February 1

#### Launch of National Eating Disorder Awareness Week

A free video conference animated by ANEB and Maison l'Eclaircie discussing eating disorders, signs and symptoms and available resources. For access to the conference, click [here](#).

### February 4, 18 & 25

#### Community Kitchen

Bread Basket offers community kitchens which are groups of people (4 to 6), accompanied by a kitchen animator, who, together, prepare a balanced, appetizing and economical meal in three steps (cooking, eating and sharing portions). To register: contact [corbeilledepain@gmail.com](mailto:corbeilledepain@gmail.com) / (514) 894-5850.

### February 7-10 & 21-24

#### Objectif Intégration

CIMOI is the only organization in the West Island that offers the Objective Intégration program for immigrants. For more information, click [here](#). To register for the program, email [info@cimoi.com](mailto:info@cimoi.com).

### February 10, 17 & 24

#### Director Meet-Ups

An online space for directors of community organizations to meet, chat, ask a question or share an idea. Hosted by the CRC. [Join us when you can!](#)

### February 16

#### Group Chat: Interpersonal Relationships and Eating Disorders

Anorexia and Bulimia Québec (ANEB) is hosting an online group chat for youth aged 17 and older. To register, click [here](#).

Click to see more  
community events!



**CONNECT.  
PROMOTE.  
SUPPORT.**

the West Island Community Sector

## TRAININGS

### February 3

#### The Sensitive Topics of Intimacy & Dementia

Join Alzheimer Groupe Inc. (AGI) for a free online lecture by Occupational Therapist Sylvia Davidson. To register, click [here](#).

### February 17

#### Cybersecurity Awareness Training

Charity Village is offering an online training session that will cover how to identify cybersecurity threats and provide insight into how to protect your organization's sensitive data from cyberattacks. To register, click [here](#).

### February - April

#### Centraide Community Training

A series of free mental health workshops for community workers offered in French. For more information, click [here](#).

## VOLUNTEERISM

**Volunteer West Island** would like to inform you that nominations are now being accepted for Canada's Volunteer Awards. Does your organization have an outstanding volunteer that you would like recognized for their dedication? For more information, click [here](#).

**West Island Citizen Advocacy** would like to highlight that their organization is actively searching for volunteers for their matching program. More details [here](#).

Does your community organization need volunteers? Are you interested in volunteering at a local organization? Click [here](#) for more information from Volunteer West Island.

## CELEBRATE

- AJOI is opening a second [Halte-Transition](#) in the basement of the Très-Saint-Sacrement church on Provost Street in Lachine!
- After only 78 days of generous donations, NOVA ambassadors have raised 85% of their Annual Campaign [objective](#)! Click [here](#) to donate!

## JOB POSTINGS

**In Home Activity Health Aide**  
Nova West Island

**Bookkeeper/Administrative Assistant**  
VOBOC

**Community Kitchen and Food Animator**  
Bread Basket

**Development Assistant**  
l'Association québécoise de voile adaptée

**Part-time Mental Health Worker -  
Supervised Apartments/Group Home**  
Omega Community Resources

**Housekeeper**  
West-Nette

**Teen Zone Youth Worker -  
Plus One Mentoring Program**  
West Island YMCA

**Various Positions**  
Action Jeunesse de l'Ouest-de-l'Île (AJOI)

[Click to see more  
community jobs!](#)

## WELCOME & FAREWELL

- Linda Thompson, after 4 years at the **W.I. Cancer Wellness Centre**, has decided to retire and focus on things that bring her great joy. Linda has been an exceptional community advocate and we wish her all the best. The WICWC team welcomes Jacqueline Epifanie as their new Marketing and Communications Coordinator.
- **WIAIH** welcomes Josée Bergeron as the new Coordinator, Community and Volunteer relations and Development Agent!

## PROGRAMMING NEWS

- **ABOVAS** is now offering a new social accompaniment service to help seniors get groceries, go to the pharmacy etc. For more information, click [here](#).
- **Alzheimer Groupe Inc. (AGI)** has developed a new cognitive stimulation kit for people with dementia. It is available at the Pointe Claire library. Please contact [conference\\_bib@pointe-claire.ca](mailto:conference_bib@pointe-claire.ca) for more information.
- **Alzheimer Groupe Inc. (AGI)** is launching a brand-new dance therapy program for people with dementia in partnership with Les Grands Ballets Montreal. Contact them at [info@agiteam.org](mailto:info@agiteam.org) for more info and to sign up.
- **CIMOI** has opened a 3rd service center in Dorval at the corner of Sunnybrooke and the 40 highway. There you will find integration services, group activities, French classes and job-searching help for immigrants.
- **AWISH** is offering free online exercises for those with arthritis and chronic pain, at no cost. Available on their YouTube channel, click [here](#).
- **Omega Group Home** has spaces available. The home is a transitional living resource for adults with mental illness who play an active role in the creation and/or re-establishment of their future. For more information, click [here](#).

## DID YOU KNOW...

- **Clic Aide** is a non-profit organization offering a low-cost videoconference consultation service for individuals, couples or families experiencing a difficult situation and/or feeling the need to confide. For more information, click [here](#).
- The first week of February is National Eating Disorder Prevention Week. **Anorexia and Bulimia Québec (ANEB)** offers programs for practitioners, conferences, presentations and prevention kiosks free of charge for organizations in the West Island? For more information click [here](#).
- If anyone within your network would like to improve their English reading, **Literacy Unlimited** offers free, confidential, [online one-on-one tutoring](#) for English-speaking adults in the West Island.

## SAVE THE DATE 2022

### March 3

#### Virtual Job Fair

Carrefour Jeunesse Emploi de l'Ouest-de-l'Île is hosting a virtual job fair for youth that will include West Island employers looking to hire summer, part time and full time positions. More information and registration coming [soon!](#)

### March 23 & April 27

#### Under the Cover

Literacy Unlimited will be hosting an online fundraising event featuring two guest authors discussing books, the writing process and answering audience questions. For more information, click [here](#).

### April 10-30

#### LAA Virtual Art Show

A virtual art show fundraiser for NOVA West Island hosted by the Lakeshore Artists Association. More information, coming [soon!](#)

### April 30

#### Empty Bowls

Bread Basket's annual fundraising event Empty Bowls is scheduled for Saturday April 30th (rain date: May 7th). There will also be an online event in April. Stay tuned!

### April 30

#### Challenge of the Brave

Create a team of four and join this fun, new fundraiser for the West Island Cancer Wellness Centre! For more information, click [here](#).

## NEXT EDITION

### February 17th 2022

#### Deadline to submit content for the March 2022 Newsletter

Does your organization have: news to share? An event, fundraiser, or training of interest to community group team members? A new program or milestone to celebrate? Send your information to [news@crcinfo.ca](mailto:news@crcinfo.ca)