



# COMMUNITY CONNECT NEWSLETTER

April 2023

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

Welcome to the April 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.

## COMMUNITY QUESTION

Does your organization have an AGM scheduled? Let us know [here](#) and we will add it to our Community Calendar.

## TRAININGS

**April 11**

### Living with Arthritis

**AWISH** is offering a free series of 5 weekly sessions delving into: coping tips, nutrition, exercise, alternative therapies, etc. at the Sarto Desnoyers Community Centre in Dorval, 6:30 to 8:30 pm. Registration is a must. Contact AWISH at 514-631-3288 or [arthritis@awishmontreal.org](mailto:arthritis@awishmontreal.org).

**April 13**

### From Brittle to Nimble: How to Lead Organizations and People with Resilience

**CharityVillage** is offering a free one hour webinar to learn how to lead organizations and people with resilience. To learn more, click [here](#).

## FUNDRAISERS

**April 13**

### Under the Cover

Join **Literacy Unlimited** for their Under the Cover fundraiser event featuring indigenous author Michelle Good. Buy your tickets [here](#).

**April 17**

### A Taste of AMCAL

Join **AMCAL** for their 15th annual Taste of AMCAL event! Click [here](#) for more information!

**April 21- 23**

### Art Expo for NOVA

The Lakeshore Artist Association is hosting its 35th Art Exposition in support of **NOVA West Island**. More [information](#) coming soon!

**April 29**

### Spring Concert

Come and enjoy a musical performance by Octet Plus in support of the **Low Vision Self-Help Association**. Details can be found on the event [flyer](#).

**April 29**

### Challenge the Brave

Join the **West Island Cancer Wellness Centre** for their annual Challenge the Brave event! Visit the [event page](#) for more information.

**April 29**

### Empty Bowls

Come see **Corbeille de Pain** for their annual Empty Bowls event! Shop handmade bowls and get a free soup! Visit their [website](#) for more information.

Click to see more  
fundraisers!

# EVENTS

**April 4**

**Tech Help 55+**

Bring your laptop, tablet, or cell phone to 90 Jubilee Square, Pointe-Claire from 1-2pm and join **Literacy Unlimited** to learn the tech tip of the day! Register [here](#).

**April 12**

**Director Meet-Up - In Person**

An in person meet-up for directors of community organizations to meet, chat, ask a question or share an idea. For more information and to register, click [here](#).

**April 14**

**Power Snacks 55+**

Join **Literacy Unlimited** and Nevine Elchibini at 90 Jubilee Square from 1-2pm to learn about healthy snacks. Make an easy power ball and eat it together. Register [here](#).

**April 18**

**Social Tea Time 55+**

Visit **Literacy Unlimited** at 90 Jubilee Square from 1-2pm for fun, a chat, food, and activities. Light lunch and drinks are provided. Register [here](#).

**April 20**

**Director Meet Up - Virtual**

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!](#)

**April 21 & 28**

**Community kitchens**

**Corbeille de pain** has released new dates for their Community Kitchens. Almost every Friday from 10:00AM to 1:00PM, join others from your community as you cook and eat together. To register please email them at [cuisines@corbeilledepain.com](mailto:cuisines@corbeilledepain.com) or call (514)894-5850. Visit their [website](#) for upcoming workshops.

**April 25**

**Chair Exercises 55+**

Join Kumie Nakane from Kumie's Gym and **Literacy Unlimited** for chair exercises to build healthier muscles and bones. Register [here](#).

**April 29**

**Youth Volunteer Fair**

The **Table de quartier Sud de l'Ouest-de-l'Île (TQSOI)** and its partners of the poverty reduction and social inclusion committee are organizing an event that aims to inform youth aged 12- 17 and their parents of local volunteer opportunities. Click [here](#) for more information.

Click to see more  
community events!

# JOB POSTINGS

Street Outreach Worker  
AJOI

Aspiring Animator  
WIAIH

Summer Animators  
WIAIH

Specialized Educator  
WIAIH

Click to see more  
community jobs!

# VOLUNTEERISM

**National Volunteer Week! April 16-22**

Thank you to all the volunteers who make a difference in the West Island Community! You can view **Volunteer West Island's** poster for National Volunteer Week [here!](#)

Volunteer with **Corbeille de pain** to help out in one of their programs! If you are interested, please fill out the volunteer [application form](#).

## PROGRAMMING NEWS

- **PCP** is offering free weekly women's only exercise classes each Wednesday from 9-10am! Each week is something new such as Zumba, strengthening, belly dancing etc. Contact Cristin Bleau at [cbleau@pcpwi.ca](mailto:cbleau@pcpwi.ca) for information!
- **Carrefour Jeunesse Emploi de l'Ouest-de-l'Île** offers weekly employability workshops aimed at supporting young adults looking to get back into the job market. Contact CJE directly to learn more about their workshops!
- **Literacy Unlimited** is thrilled to announce the name of its new seniors program, Unlimited Seniors Club. The program offers seniors unlimited opportunities and possibilities, whether it be for socializing, learning, or participating in activities.
- **Carrefour Jeunesse Emploi de l'Ouest-de-l'Île** offers several social integration programs focused on supporting young adults with obstacles and social integration. Contact CJE to learn more about the program activities and how to register.

## NEXT EDITION

**April 14th, 2023**

**Deadline to submit content for the May 2023 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)

**Join Our Mailing List!**

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



**CONNECT.  
PROMOTE.  
SUPPORT.**

**the West Island Community Sector**