



COMMUNITY CONNECT NEWSLETTER

May 2023

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

Welcome to the May 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

Save the date for the **CRC's** AGM on June 8th at 5:30pm. Does your organization have an AGM scheduled? Let us know [here](#) and we will add it to our Community Calendar.

VOLUNTEERISM

The **Thrift Shops for NOVA** are actively recruiting volunteers! For more information, contact them directly at 514-694-8417

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

FUNDRAISERS

May 6

Spring Cleaning Donation Day

Big Brothers Big Sisters West Island is hosting a spring-cleaning donation day at Village Des Valeurs on Sources Blvd from 10am-2pm! Drop off your gently used clothes and small house appliances and learn more about their partnership. For more information: 514-538-6100 or bbbswi@bigbrothersbigsisters.ca.

May 13

Big Beau Garage Sale

Come participate in the [Big Beau Garage Sale](#)! A wonderful community initiative with 100+ Garage Sales in Beaufort Village with free musical performances while supporting **NOVA West Island**.

May 27

Yoga for NOVA

Join an impactful yoga session supporting **NOVA West Island** at the Harpell Community Center. This event will begin at 10 am with a 1-hour yoga session, followed by snacks and door prizes. Click [here](#) to register.

Click to see more
fundraisers!

TRAININGS

May 2

Eating Disorders (Presented in English)

The **West Island Women's Centre** presents a free online seminar presented in coordination with ANEB at 7pm. Discuss various topics related to eating disorders and how to intervene. Registration is required. For more information, contact Nadia at outreach@wiwc.ca or visit their [website](#).

May 2

A World Without Labels: Taking a Service-Centered Approach to Inclusion

Join the **Tamarack Institute** as they discuss what strategies exist for dismantling the labels that those who work in community often apply to groups with common experiences. Click [here](#) to learn more!

May 8

Perinatal Mental Health: Understanding and Supporting (Presented in French)

The **West Island Women's Centre**, in collaboration with les Amis de la santé mentale, is offering a free online seminar for people suffering from mental health issues during the perinatal period, their loved ones, and anyone interested. Click [here](#) to register.

EVENTS

May 1

Everyday Home Organizing

Join **Literacy Unlimited** at **Volunteer West Island** to learn some practical organizing techniques, tools, and ideas to make your home more functional. Register [here](#).

May 2

Book Launch

Join **Literacy Unlimited** at the official book launch for Catherine McKenzie's (as Katie Wicks) new Rom-Com: Hazel Fine Sings Along. Learn more [here](#).

May 5, 19 & 26

Community Kitchens

Join **Corbeille de Pain** almost every Friday from 10:00AM to 1:00PM as you cook and eat with others from your community.. To register please email them at cuisines@corbeilledepain.com or call (514)894-5850. Visit their [website](#) for upcoming workshops.

May 9

Social Teatime 55+

Visit **Literacy Unlimited** for some fun, a chat, food, and activities. Light lunch and drinks are provided. Register [here](#).

May 9

Lecture Series with AVON

Join **West Island Community Shares** for an exciting lecture series presented by AVON. This series is designed to empower and inspire women to embrace their strength, beauty, confidence and success. Click [here](#) for more information!

May 16

Armchair travel to Japan 55+

Take a trip to Japan with Suzanne from **Literacy Unlimited** to learn about sights to see, foods to eat, and cultural experiences. Click [here](#) to register.

May 18

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!](#)

May 26

Tech Help 55+

Bring your laptop, tablet, or cell phone and join **Literacy Unlimited** to learn the tech tip of the day! Register [here](#).

Click to see more
community events!

JOB POSTINGS

Volunteer Services and Recruitment Coordinator
Volunteer West Island

Psychosocial Worker
West Island CALACS

Assistant Director
Corbeille de Pain

Animator- Group Home
Omega Community Resources

Animator- Day Center
Omega Community Resources

On Call-Mental Health Worker
Omega Community Resources

Click to see more
community jobs!

PROGRAMMING NEWS

- **ANEB** is looking for the [input](#) of BIPOC contributors (individuals with lived experience, professionals and researchers) to help with the creation of a specialized eating disorder support group for BIPOC and to help make changes in order to better serve BIPOC individuals affected by eating disorders.
- **West Island Mission** is looking for used books (Kindergarten-Secondary 5) in French and English for their upcoming back to school event.
- The **West Island Women's Centre** is offering free language classes such as: Converse in French for Beginner/Intermediate and English Conversation Class. Registration is required for the class & childcare. For more information, contact Nadia at outreach@wiwc.ca, or visit their [website](#).
- The **Ngadi Foundation** is thrilled to announce the opening of this year's application for their Scholarship award program for students attending CEGEP or University in Fall 2023 for the first time. Visit their [website](#) for more information!
- The **Québec Adapted Sailing Association** has acquired a new safety boat thanks to the Martin-Matte Foundation. A special ceremony will be held during their launch on May 24th at 5:00pm.
- The **West Island Women's Centre** is offering a free Café Pause Maman for Mom Entrepreneurs to form supportive relationships and exchange ideas with other "mom-preneurs". Free wifi, coffee, snacks and childcare available. Registration is required. For more information, contact Nadia at outreach@wiwc.ca, or visit their [website](#).

NEXT EDITION

May 15, 2023

Deadline to submit content for the June 2023 Newsletter

**** Please note this will be the final edition of Community Connect for the summer. Please continue to email us your summer events, fundraisers, etc. to be included on our calendar and website.**

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

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