



COMMUNITY CONNECT NEWSLETTER October 2023

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

Welcome to the October 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.

FUNDRAISERS

October 18 Poker Tournament

Alzheimer Groupe Inc. is hosting their annual poker tournament! Click [here](#) for more information on the different ways you can participate.

October 21 Yoga for NOVA

Join **NOVA West Island** for their 14th annual Yoga for NOVA Fundraiser! Register for the event [here](#).

October 29 WICA'S Haunted House

Join the **West Island Citizen Advocacy** for their annual haunted house! Free with donation at the door! Get the details [here](#).

Click to see more
fundraisers!

EVENTS

October 1 WIAIH 65th Anniversary

Rain or shine, join **WIAIH** from 12-4pm as they celebrate their 65th anniversary! BBQ, family games, music and more!

October 3 Living Library

Come and be the readers of **Omega Community Resources** living books as they share with you their stories, their struggle, their obstacles and their recovery in mental health. Sign up [here](#).

October 10 World Mental Health Day

The **West Island Citizens Group** is proud to present another big, positive mental health community event in conjunction with World Mental Health Day, and in collaboration with **PCSM**. Click [here](#) for more information!

October 12 & 26 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!](#)

October Solidarity Markets

Visit **Corbeille de Pain** for the last two weeks of their solidarity markets in Pointe-Claire at the Neighborhood Market and at the Gerry-Robertson Community Centre. View the [schedule](#) for the remaining dates.

Community Kitchens

Corbeille de Pain's Community Kitchens are up and running! Part workshop and part community meal, this program allows West Island residents to cook and eat together, and best of all, take home the leftovers! Click [here](#) to access the schedule. Register prior by sending an email to cuisines@corbeilledepain.com.

Click to see more
community events!

TRAININGS

October

WICA Free Online Courses

West Island Citizen Advocacy is offering several free online workshops throughout the month of October. View the different courses and how to register [here](#).

October 13

Supportive Communication Course

Alzheimer Groupe Inc presents Karen Derouaux, as she teaches how to effectively communicate and interact with a person living with dementia. Click [here](#) for more information.

PROGRAMMING NEWS

- The **West Island Citizen Advocacy** is actively looking for donations to help fill their Christmas baskets! Food, gifts items, household products and gift certificates can be dropped off at their office.
- **L'Équipe Entreprise** is currently recruiting new participants for their social and socio-professional integration program! This program is designed for individuals living with mental health conditions or psychosocial disorders. They are seeking participants for our kitchen programs. Learn more on the website (www.equipeentreprise.org), or you can contact Amina at 514-636-1081 or amina.farah@equipeentreprise.org for further information.
- Do you know someone struggling with low English literacy skills? **Literacy Unlimited** offers free programs to adults who want to improve their reading and writing skills. Help us reach those in need by referring someone today. Together, we can unlock a world of possibilities and a brighter future. literacyunlimited.ca // 514-694-0007
- **ANEB** is proud to offer a brand-new support group for Black people, Aboriginals and people of color who suffer from an eating disorder. This 8-week group will take place on Tuesdays starting October 10. Meetings will be held remotely, using the Zoom. Visit their [website](#) for more information.

VOLUNTEERISM

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

JOB POSTINGS

Building Management Coordinator
West Island Women's Shelter

Community Apartment Program Worker
West Island Citizen Advocacy

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

NEXT EDITION

October 13th, 2023

Deadline to submit content for the November 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

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