



COMMUNITY CONNECT NEWSLETTER

May 2025

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.

SAVE THE DATE: [CRC AGM](#)

June 17th, 2025

EVENTS

Save the Date- Annual General Meetings

The Annual General Meeting Season is quickly approaching. If you would like your AGM posted on the CRC Community Calendar, please fill out the following [form](#)!

May 7

Speed Dating

West Island Community Shares, in collaboration with **Volunteer West Island** is organizing a speed dating event for aspiring board members. This is a unique opportunity to learn what it means to serve on a Board, what's expected, and how you can help shape a stronger West Island. Click [here](#) for more information.

May 15 & 29

Director Meet-Ups

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

May 10

Together for Mental Health

Join **Community Perspective for Mental Health** for the 7th edition of Together for Mental Health. Participate in an event designed to promote positive mental health! Learn more [here](#).

May 15

Movement and Meditation

Literacy Unlimited is hosting a free workshop for 55+ from 1:30-3 pm at The Teapot in Lachine. Relax with a Soundbath Heart chakra (singing bowl) and a gentle movement meditation. To sign up, call 438-531-8045.

May 22

Getting Your Affairs in Order

Literacy Unlimited is offering a free workshop for 55+ from 1:30-3 pm at the Vieille Brasserie (The Teapot) in Lachine. Protect your future! Learn about important documents like wills, power of attorney, and trusts. To sign up, call 438-531-8045.

May 28 & 29

Strengthening Care from Within Conference

AMCAL Family Services is hosting a two-day conference featuring sessions on youth anxiety and depression, building resilience, modern parenting, supporting grief and loss, and community well-being. Learn more [here](#).

May 29

Immigration Forum

Following last year's success, the PIC team of the **Table de Quartier du Nord du Ouest-de-l'Île** has organized another immigration forum, bringing together actors and organizations across the West Island to discuss the issues faced by immigrants in the region. Contact them for more information.

May 30

Fête de la Famille de Pierrefonds-Roxboro

Join the Community Sector for the 14th edition of the [Fête de la Famille](#) event at Park A-Ma-Baie from 4pm-8pm. Meet community organizations, participate in family friendly activities and more!

Click to see more
community events!

VOLUNTEERISM

- **NOVA West Island** and **The Thrift Shops for NOVA** are actively recruiting volunteers! Click [here](#) for all available volunteer opportunities.
- **Literacy Unlimited** is seeking volunteer tutors to help English-speaking adults improve their reading and writing. Tutor training is provided. Visit their [website](#) or call 514-694-0007 for more information.
- **ABOVAS** is seeking new volunteer companion drivers (nouveau bénévole accompagnateur conducteur). Those interested can visit their [website](#) or call Monica at 514-513-3838.
- **Literacy Unlimited** is seeking volunteers to become Technology Mentors for its new digital literacy program for seniors in the fall. Training is provided. Deadline is May 15. Call 438-531-8045 for more information and to sign up.

PROGRAMMING NEWS

- The **CIUSSS** is proud to announce the launch of their new newsletter for the population of our territory and the entire CIUSSS community. The West Island Health Hub becomes the voice of our organization. [Subscribe now!](#)
- Proximity Card is an initiative organized by Carrefour Solidaire and supported by **Corbeille de Pain (CDP)**. The program's mission is to support those who may not have the means to access nutritious, organic and local foods. This card can be used as a method of payment to purchase food items at any of the participating markets across the island of Montreal, including CDP's 3 markets on the West Island. Registration closes May 14th. They will contact all those who have been selected to receive a card by June 1st, 2025. Click [here](#) to access the registration form.
- **AMCAL Family Services** offers a [Summer Residence Program](#) offers teens (aged 12-17) a structured and supportive environment that blends therapeutic guidance with engaging activities. Designed for both younger teens transitioning to high school and older teens preparing for life after graduation.

FUNDRAISERS

May 3

Empty Bowls

Join **Corbeille de Pain** rain or shine for their annual Empty Bowls Fundraiser! Purchase a beautiful hand crafted bowl, enjoy homemade soup and more! Get the details [here](#).

May 10

Big Beau Garage Sale

The Big Beau Garage Sale is back and supporting **NOVA West Island**. Come shop in this community wide garage sale, enjoy musical performances and support a good cause. For more information, visit the [event page](#).

May 17

Angelman Foundation Walkathon

Join the **Angelman Center** as they participate in the Angelman Foundation [Walkathon](#)! Enjoy some fresh air while getting your steps in for a good cause!

May 31

Yoga for NOVA

Join **NOVA West Island** for the 17th edition of Yoga for NOVA. A wonderful occasion to do something good for yourself while doing something good for the community! Register [here](#).

Click to see more
fundraisers!

JOB POSTINGS

Solidarity Market Agent
Corbeille de Pain

Community Garden Agent
Corbeille de Pain

Social Accompaniment Coordinator
ABOVAS

Childrean Bereavement Program Counsellor
NOVA West Island

Active-Action Day Program Counsellor
WIAIH

Housekeeping Team Leader
Placement Potentiel

Housekeeping Supervisor
Placement Potentiel

NEXT EDITION

May 13, 2025

Deadline to submit content for the June 2025 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



**CONNECT.
PROMOTE.
SUPPORT.**

the West Island Community Sector