



PROGRAM

April to August 2024



GENERAL INFORMATION

MISSION

To support caregivers by offering a range of services to help them take care of an elderly loved one while maintaining their own physical, psychological and financial health.

TERRITORY

Brossard, Saint-Lambert and Longueuil boroughs of Greenfield Park, Saint-Hubert and Vieux-Longueuil, Le Moyne sector.

SERVICES

The Centre de soutien entr'Aidants offers telephone support, referral and psychosocial intervention services and support and self-help groups, workshops, information, respite care and a number of specialized publications. What's more, to facilitate access to our services, we offer free transportation provided by our volunteers.

ANNUAL MEMBERSHIP

\$20 Individual Members

\$25 Community Organizations

\$75 Companies and Public Institutions

***** Nos services sont également offerts en français.
Contactez-nous pour plus d'informations. *****

THE TEAM



THE TEAM

Intervention

Amanda Bossa	ext. 208
Atika Mahi	ext. 207
Benoîte Saint-Sernin, S.W.	ext. 209
Claire Glacial	ext. 206
Isabelle Hardy	ext. 203
Laurence Beaumier-Grant	ext. 202

Administration

Anyela Vergara, Executive Director	ext. 205
Jérémy L'Allier, Communications	ext. 204
Julie De Bartolomeo, Administration	ext. 201

INDIVIDUAL SUPPORT

LISTENING, REFERRAL AND PSYCHOSOCIAL COUNSELLING SERVICES

Do you need to discuss your situation with a psychosocial worker? Our team is available by phone, videoconference, at your home, or at our offices. This free service offers support, assistance, and referrals to external resources.

TRANSPORT

Thanks to the participation of volunteers, we can offer our members free transportation from their homes to our Centre to facilitate their participation in each of our activities.



RESPIRE

Respite services are available thanks to our partnership with *Amélys - Home Help Services* and are offered free of charge to our members under certain conditions.

IN-HOME SUPERVISION

The presence of a personal care attendant in your home who will take care of your loved one during your participation in our activities.

RESPIRE GETAWAY

Respite Getaway offers the possibility of long-term respite. During your getaway, a trained caregiver will take care of your loved one.



LOAN OF COMPUTER EQUIPMENT

It's possible to borrow a tablet free of charge in order to participate in our virtual activities. Ask one of our team members to get the details.

Virtual coffee meetings
are offered once a month for caregivers.

We use the **Cisco Webex Meetings** platform.

**If you need technical support, please contact
Jérémy L'Allier at 450-465-2520 ext. 204.**



Webex Meetings

NEWSLETTER

We invite you to sign up for our newsletter, which is available at the beginning of every month, to stay informed of all the Centre's activities. The newsletter contains a schedule of the month's activities, as well as important information and resources for caregivers. Visit our website and click on "[**Subscribe to our Newsletter**](#)" at the bottom of the page.

MONTHLY SUPPORT GROUPS FOR CAREGIVERS

Registration required at 450-465-2520 ext. 202

Structured monthly meetings offering caregivers a chance to exchange, receive support and learn. There is a different theme each month. Facilitation alternates between two members of the intervention team.

COFFEE MEETINGS

In-person meetings at the Centre | Duration 2h30 |
Maximum of 14 participants | Voluntary contribution

VIRTUAL COFFEE MEETINGS

Videoconferencing with the Webex Meetings platform.*
Duration 1h30 | Free | Maximum of 14 participants

**It is also possible to participate by phone.*

April | Lighten your daily mental load

On-site at the Centre:

- ◆ Friday, April 5th from 1:30 to 4 p.m.
- ◆ Tuesday, April 9th from 9:30 a.m. to noon

Virtual Format:

- ◆ Wednesday, April 17th from 2 to 3:30 p.m.

May | Because taking care of yourself takes planning

On-site at the Centre:

- ◆ Friday, May 3rd from 1:30 to 4 p.m.
- ◆ Tuesday, May 7th from 9:30 a.m. to noon

Virtual Format:

- ◆ Wednesday, May 22nd from 2 to 3:30 p.m.

June | Getting to know yourself better

On-site at the Centre:

- ◆ Tuesday, June 4th from 9:30 a.m. to noon
- ◆ Friday, June 7th from 1:30 to 4 p.m.

Virtual Format:

- ◆ Wednesday, June 19th from 2 to 3:30 p.m.

July | On the road to serenity

On-site at the Centre:

- ◆ Tuesday, July 2nd from 9:30 a.m. to noon
- ◆ Friday, July 5th from 1:30 to 4 p.m.

Virtual Format:

- ◆ Wednesday, July 17th from 2 to 3:30 p.m.

August | Sunny thoughts

On-site at the Centre:

- ◆ Friday, August 2nd from 1:30 to 4 p.m.
- ◆ Tuesday, August 6th from 9:30 a.m. to noon

Virtual Format:

- ◆ Wednesday, August 21st from 2 to 3:30 p.m.

WORKSHOPS FOR CAREGIVERS (\$20)

Registration required at 450-465-2520 ext. 202

Workshops are offered several times a year. Each workshop is offered at the cost of \$20 regardless of the number of weekly meetings. Registration is required.

DE-STRESS-ME

6 meetings of 3h | Max. 6 participants | In person

This workshop is designed to help caregivers manage their stress. It will offer tips and relaxation techniques. At the same time, participants will learn to enhance their understanding of stress and its impact, identify personal stressors and build a “strategic toolbox” to maintain a balance in their everyday life.



**Wednesdays, from April 17th to May 22nd
From 6:30 to 9:30 p.m.**

WORKSHOPS FOR CAREGIVERS (\$20)

Registration required at 450-465-2520 ext. 202

I-HONOUR-ME!

8 meetings of 2h30 + 1 follow-up meeting | Max. 6 participants | In-person

This workshop is designed for women caregivers. It allows them to become aware of their level of self-esteem, to recognize their skills, abilities and personal value. In a place of exchange and sharing, the participants will improve and consolidate their self-esteem by taking into account their needs and limits.

Themes discussed:

- ◆ Self-Determination
- ◆ Security
- ◆ Identity & Belonging
- ◆ Competence
- ◆ Self-Love, Self-Acceptance, Self-Compassion
- ◆ Self-Assertiveness and Adaptation
- ◆ Well-being & Self-Esteem



**Thursdays, from April 4th to May 23rd
From 1:30 to 4:00 p.m.
Follow-up meeting on June 20th**

WORKSHOPS FOR CAREGIVERS (\$20)

Registration required at 450-465-2520 ext. 202

CAREGIVING AND END-OF-LIFE-CARE

4 meetings of 3h | Max. 6 participants | In-person

This course, which is a workshop-sharing experience, is specifically designed for caregivers who will eventually face the last moments of their loved one's life. Through personal reflection on death and dying, as well as skill development, participants will be better equipped to care for and accompany their loved ones when the time comes.

Themes discussed:

- ◆ Accompanying the other is accompanying oneself
- ◆ Accompanying while respecting the other
- ◆ Dealing with suffering
- ◆ Helping and supporting life



Thursdays, from May 30th to June 27th
From 6:30 to 9:30 p.m.
(Break on June 20th)

WORKSHOPS FOR CAREGIVERS (\$20)

Registration required at 450-465-2520 ext. 202

CARE-FOR-ME

6 meetings of 2h30 | Max. 6 participants | In-person

The workshop aims to prevent caregiver burnout. It allows caregivers to break their isolation, lighten their daily lives and share their experiences with others in the same situation. During the meetings, the participants have the opportunity to become aware of their own limits and needs.

Themes discussed:

- ◆ Motivations and expectations
- ◆ Exhaustion and guilt
- ◆ Caregiver needs
- ◆ Choices
- ◆ Power to change



Mondays, from April 29th to June 10th
From 9:30 a.m. to noon
(Break on May 20th)

MONTHLY SUPPORT GROUPS FOR FORMER CAREGIVERS

Registration required at 450-465-2520 ext. 202

Structured monthly meetings are offered for former caregivers who have previously participated in our activities and whose loved one has recently passed away. The meetings help break isolation and provide a place to meet and exchange with others living a similar experience.

FORMER CAREGIVERS

In person meeting at the Centre | Duration 2h | Maximum of 14* participants | Voluntary contribution

April | Lighten your daily mental load

On-site at the Centre:

◆ Wednesday, April 24th from 1:30 to 3:30 p.m.

May | Because taking care of yourself takes planning

On-site at the Centre:

- ◆ Wednesday, May 29th from 1:30 to 3:30 p.m.

June | Getting to know yourself better

On-site at the Centre:

- ◆ Wednesday, June 26th from 1:30 to 3:30 p.m.

July | On the road to serenity

On-site at the Centre:

- ◆ Wednesday, July 31st from 1:30 to 3:30 p.m.

August | Sunny thoughts

On-site at the Centre:

- ◆ Wednesday, August 28th from 1:30 to 3:30 p.m.

THEMATIC MEETING – GRIEF

Registration required at 450-465-2520 ext. 202

SURVIVING GRIEF

One meeting of 3h | Max. 6 participants | In-person

As we go through the grieving process, we sometimes have the impression that healing will never come. It becomes essential to seek comfort and human warmth and to be supported during this difficult time. This workshop allows bereaved caregivers to learn about the grief process and, if necessary, be referred to specialized resources.

**Monday, June 17th
From 1:30 to 4:30 p.m.**



MY FIRST HOLIDAY SEASON WITHOUT YOU

One meeting of 2h30 | Max. 6 participants | In-person

Grieving the loss of a loved one is most painful during the holidays, celebrations, birthdays, anniversaries or other special days when the feelings of grief take on additional clarity and depth.

Fall 2024

CAREGIVER RECOGNITION DAY

As part of *National Caregivers' Week*, the Centre de soutien entr'Aidants dedicates a special day to the men and women who care for elderly loved ones.

Saturday November 9th, 2024

CONFERENCE - EXCHANGE

Information at 450-465-2520 ext 202

IMPROVE YOUR QUALITY OF LIFE WITH ASSISTED THERAPY

One meeting of 2 h | Max. 25 participants

This conference explores zootherapy, an approach that is gaining increasing recognition in Quebec. The benefits, the types of services available, the animals chosen and how the process is adapted to the patient are just some of the topics covered.

Presented by zootherapists Caroline St-Onge and Sylvie Côté

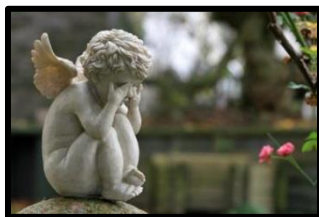
Thursday April 25th from 1:30 to 3:30 p.m.

IN MEMORIAM DONATION

Information at 450-465-2520 ext. 205

A donation in honour of a loved one is a way to express your sympathy. By supporting the Centre de soutien entr'Aidants with an *In Memoriam* donation, you contribute to the well-being of caregivers and seniors.

For each donation, the Centre de soutien entr'Aidants will send a card stating that a donation was made in memory of the deceased.



MAJOR AND PLANNED DONATIONS

Information at 450-465-2520 ext. 205

It's now possible to help the Centre de soutien entr'Aidants, an organization close to your heart, through major and planned donations. There are various options available to you:

- ◆ Donation of a life insurance policy
- ◆ Donation of listed securities
- ◆ Testamentary bequests

Find out more about the tax benefits of these donations or visit the appropriate section on our website.

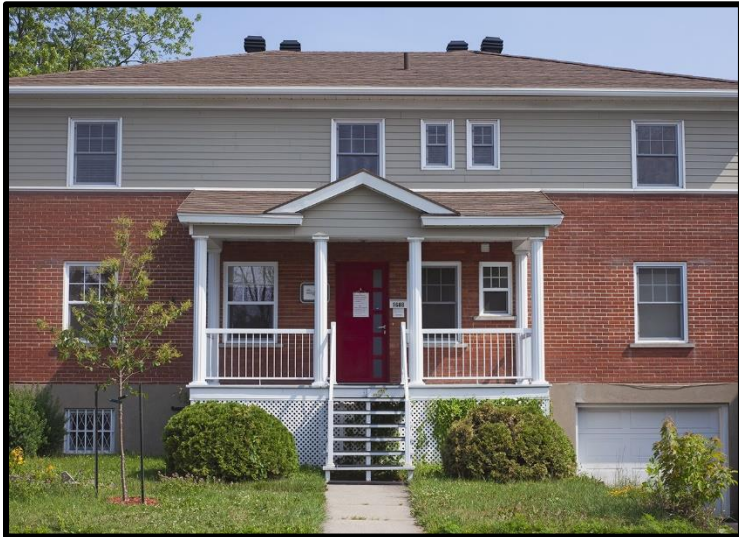
FUNDRAISING CAMPAIGN

Information at 450-465-2520 ext. 205

The Centre de soutien entr'Aidants launches its major annual fundraising campaign every autumn.

The need for respite is growing while funding is decreasing, and government support is slow in coming. We must ensure the survival of the services offered by the Centre de soutien entr'Aidants, the first community organization in Quebec to provide services to caregivers caring for elderly loved ones. Official tax receipts are automatically issued for all donations of \$20 or more.

To contribute, please call 450-465-2520 ext. 205 or contact us at avergara@centredesoutienentraidants.com



COMMITTED...30 YEARS, 30 PORTRAITS

Information at 450-465-2520 ext. 204

As part of its 30th anniversary, the Centre de soutien entr'Aidants launched a travelling exhibit in April 2022. Through 30 portraits and testimonials, the exhibit traces the history of the great family that has gravitated around the Centre de soutien entr'Aidants over the past 30 years.

The exhibit showcases the caregiving community—the cornerstone of the Centre. It also presents volunteers, partners, staff, and board members who contributed to building the organization of today, while reflecting our values of **respect**, **commitment**, **humanity**, and **quality**. The exhibit raises public awareness of the issues and realities of being a caregiver.



Joëlle Paré-Beaulieu
Spokesperson
Photo: Andéanne Gauthier

*Engagés...
30 ans
portraits*



Consult the virtual version of the exhibit at:
engages.centredesoutienentraidants.com/en



1688 Gustave-Désourdy St., Saint-Hubert (QC) J4T 1Y6

T. 450-465-2520 F. 450-465-2290

info@centredesoutienentraidants.com

<http://www.centredesoutienentraidants.com/en>

