

# PROGRAM

September to December 2024



CENTRE DE SOUTIEN **entr'Aidants**

Caregiver  
Support Centre

# GENERAL INFORMATION

## MISSION

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.

## ANNUAL MEMBERSHIP

\$20 individual members

\$25 community organizations

\$75 companies and public institutions

## 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
Julie De Bartolomeo, Administration	ext. 201
Communications	ext. 204

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

# INDIVIDUAL SUPPORT

## **LISTENING, REFERRAL AND PSYCHO-SOCIAL COUNSELLING SERVICES**

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

## TRANSPORTATION

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



# LOAN OF COMPUTER EQUIPMENT

It is possible to borrow a computer tablet **free** of charge in order to participate in our virtual activities. Ask the activity facilitator for more information.

A virtual coffee meeting for caregivers is offered once a month.

We use the Cisco Webex Meetings platform.

If you need technical support, please contact

**450 465-2520 ext. 204.**



# 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.

# RESPIRE

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

## **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. A trained caregiver will take care of your loved one during your getaway.



# SUPPORT GROUPS FOR CAREGIVERS

Registration required at 450-465-2520 ext. 203

Structured monthly meetings offering caregivers a chance to exchange, receive support and learn. There is a different theme each month. Facilitation alternates between 2 members of the intervention team.

## COFFEE MEETINGS

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

## VIRTUAL MONTHLY MEETING

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

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

### September | Mind and body: a good tandem

#### On-site at the Centre:

- ◆ Friday, September 6<sup>th</sup> from 1:30 to 4 p.m.
- ◆ Tuesday, September 10<sup>th</sup> from 9:00 a.m. to noon **Breakfast**

#### Virtual Format:

- ◆ Wednesday, September 18<sup>th</sup> from 2 to 3:30 p.m.

## **October | Fears in the role of caregiver**

### **On-site at the Centre:**

- ◆ Tuesday, October 1<sup>st</sup> from 9:00 to 11:30 a.m.
- ◆ Friday, October 4<sup>th</sup> from 1:30 to 4 p.m.

### **Virtual Format:**

- ◆ Wednesday, October 16<sup>th</sup> from 2:00 to 3:30 p.m.

## **November | Soak up gratitude to soften life's ups and downs**

### **On-site at the Centre:**

- ◆ Friday, November 1<sup>st</sup> from 1:30 to 4:00 p.m.
- ◆ Tuesday, November 5<sup>th</sup> from 9:00 to 11:30 a.m.

### **Virtual Format:**

- ◆ Wednesday, November 20<sup>th</sup> from 2:00 to 3:30 p.m.

## **December | Holiday Special (Lunch at restaurant)**

- ◆ Friday, December 6<sup>th</sup> from 11:30 a.m. to 2:30 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 by phone at 450 465-2520 ext. 202 or by email at [lbeaumier-grant@centredesoutienentraidants.com](mailto:lbeaumier-grant@centredesoutienentraidants.com).

## 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.



**Tuesdays from September 24<sup>th</sup> to October 29<sup>th</sup>  
from 1:30 to 4:30 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 September 5<sup>th</sup> to October 24<sup>th</sup>  
from 1:30 to 4:00 p.m. + Follow-up meeting**

# 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



**Mondays from November 4<sup>th</sup> to the 25<sup>th</sup>  
from 6:30 to 9:30 p.m.**

# 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 an opportunity to become aware of their own limits and needs.

### Themes discussed:

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



**Thursdays from October 31<sup>st</sup> to December 5<sup>th</sup>  
from 9:00 to 11:30 a.m.**

# SUPPORT GROUPS FOR FORMER CAREGIVERS

Registration required at 450-465-2520 ext. 202

Monthly meetings structured and led by a counsellor for caregivers who have participated in our activities and whose loved one has recently passed away. Among other things, the meetings help to break isolation while providing a place to meet with people who have experienced a similar situation.

## FORMER CAREGIVERS

In person meeting at the Centre | Duration 2h30 |  
Maximum of 14\* participants | Voluntary contribution

### September | Mind and body: a good tandem

**On-site at the Centre:**

- ◆ Wednesday, September 11<sup>th</sup> from 1:30 to 4:00  
p.m.

## **October | Fears of bereaved caregivers**

**On-site at the Centre:**

- ◆ Wednesday, October 9<sup>th</sup> from 1:30 to 4:00 p.m.

## **November | Soak up gratitude to soften life's ups and downs**

**On-site at the Centre:**

- ◆ Wednesday, November 13<sup>th</sup> from 1:30 to 4:00 p.m.

## **December | Holiday Special (Lunch at restaurant)**

- ◆ Friday, December 6<sup>th</sup> from 11:30 a.m. to 2:30 p.m.



# THEMATIC MEETING - GRIEF

Registration required at 450-465-2520 ext. 202

## MY FIRST HOLIDAY SEASON WITHOUT YOU

**One meeting of 3h | 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.

These feelings are natural and predictable. This workshop allows caregivers who have lost their loved ones during the past year to share and to acquire the tools they need to get through the holidays and the first year.

- ◆ **Friday, November 29<sup>th</sup> from 9:00 to noon**
- ◆ **Tuesday, December 3<sup>rd</sup> from 1:30 to 4:30 p.m.**



# THEMATIC MEETING - GRIEF

## 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.

**SPRING 2025**



# CAREGIVER RECOGNITION DAY

During *National Caregivers Week*, the Centre de soutien entr'Aidants pays tribute to the men and women who take care of an elderly loved one by dedicating a special day to them. To mark the occasion, speaker and author Yves Bélanger will present his lecture **Comment garder son équilibre dans un monde de fous!**

**November 9<sup>th</sup>, 2024**

195 Empire St., Greenfield Park,  
J4V 1T9  
Cynthia-Coull Arena, Jubilee Room



1:00 Welcome

1:30 Conference

3:15 “Committed... 30 years - 30 Portraits” exhibit

3:30 Chair Massage

5:00 Closing of the event

The event is free, but registration is required, and places are limited.

**To register, please contact  
450 465-2520 ext. 204 or at  
[info@centredesoutienentraidants.com](mailto:info@centredesoutienentraidants.com)**

**\*The activity is in French only\***

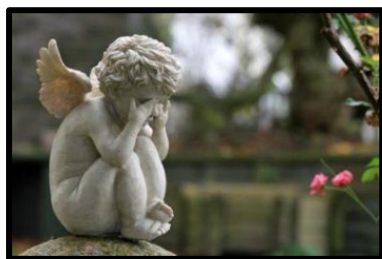


## IN MEMORIAM DONATION

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-Memoriám* 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

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 an elderly loved one. Official receipts for tax purposes 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](mailto:avergara@centredesoutienentraidants.com)



# COMMITTED...30 YEARS, 30 PORTRAITS

Information at 450 465-2520 ext. 205

As part of its 30<sup>th</sup> 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. All the while reflecting the 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](https://engages.centredesoutienentraidants.com)**



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