

COMMUNITY NetLink

NEWS FOR THE COMMUNITY HEALTH AND SOCIAL SERVICES NETWORK

AUTUMN 2020 | VOLUME 33

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Sharing my experience in NPI satellite development

 Anna Cole, Heritage Lower Saint Lawrence

**BY ANNA CONE, HEALTH
AND COMMUNITY PROJECTS
COORDINATOR, HERITAGE
LOWER SAINT LAWRENCE**

I actually started working on our NPI satellite project before it was a project, as a volunteer helping to build the bookshelves for our Rimouski branch library that opened in February of 2018.

Heritage Lower Saint Lawrence (HLSL) had been operating the Métis-sur-

Mer bilingual public library from our main resource centre and offering free English books loans to community members through inter-library loans, but everyone was really excited that we were finally going to be able to browse our very own English book collection in Rimouski, in-person! Even in this age of Ebooks, there’s just something still so nice about a real book, especially with kids. In a region where only 0.6% of the population speaks English, many of us still remember the days when

we scrambled to trade books and VHS cassettes in English because not a one could be found in our neck of the woods.

In May of 2018, as a freshly graduated McGill bursary scholar with my social work degree in hand, I started working for HLSL just a few hours a week to hold down the fort in our new location with the hope that we could soon do more for our community. In November, when we got the wonderful news that we would be getting ERCC, and then, not long after, NPI satellite funding, ►

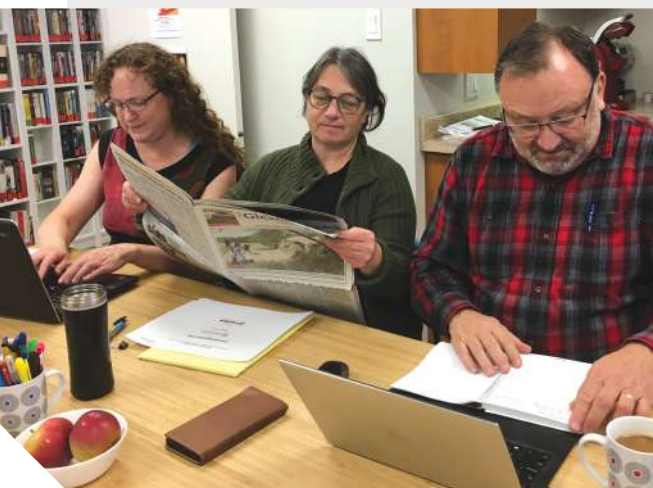
Anna
Cone
continued...

I was officially brought on board to develop our Rimouski NPI satellite location.

My most used item of office supplies in the first six months was my box of tissues. Most of our community members were so touched the first time they visited the Centre that they spontaneously burst into tears. People would tell me that they felt an overwhelming sense of relief to be in a space that felt like home, where they were free to be who they were.

That's what we've tried to create with our satellite location, an English-speaking oasis where established and new community members, Anglophones and Anglophiles, come to meet and chat.

As time goes on, we continue to listen to our community's needs and build and maintain bridges with community and institutional partners to better serve our community. All of this would never have been possible without the hard work and dedication of our volunteers, my colleagues in Métis and the support and guidance of the CHSSN. Our community has become more virtual in the midst of the pandemic, but we're still connected and looking forward to the day when we'll be back to meeting up in our little cozy space without a webcam in sight! 📺



Anna Cone and Marie Claude Giroux, NPI coordinator, working with Hugh Maynard from Qu'anglo.



CHSSN consultant and researcher Dr. Joanne Pocock was a guest panelist for a Zoom-webinar sponsored by Abo Akademi University in Finland entitled "Social and health care services for linguistic minorities in bilingual settings: Experiences from Finland, Catalonia, Ireland, Wales and Quebec" on November 5th, 2020.

Well known across the CHSSN network for her in-depth research and analysis of sociological trends in Quebec's English-speaking communities, Dr. Pocock is a sociologist with expertise in policy analysis, evaluation and multi-method research techniques. Her studies on the socio-demographic characteristics of English-speaking Quebec as well as health and social service access as a key social determinant of health and well-being are drawing international attention.

"Comparative cross-national research has the impact of clarifying both the unique position of Quebec's English speakers and the commonalities among minority language communities around the world with respect to challenges in accessing health and social services," explained Pocock following her presentation.

All the seminar participants expressed their enthusiasm for continued exchange and hopefully the return to in-person gatherings soon. 📺

INCREASING STAFF SUPPORT for the Greater Montreal region

Jenn Cooke has been in her position as the CHSSN Development Agent for Greater Montreal for just over a year now. She previously worked for the *Regroupement des organismes communautaires autonomes jeunesse du Québec* supporting youth-based organizations across the province.

Her focus at CHSSN has been finding ways to increase support to organizations already participating in CHSSN programming like our Greater Montreal-based NPIs as well as making connections with other English language organizations, primarily in the health and social services sector. She also manages CHSSN's Montreal area Youth Employment project.

It's a complicated job because Greater Montreal is itself very complex.

"The cities that make up Greater Montreal (including Laval and parts of the Montérégie) have dense, diverse populations with needs that differ greatly from one neighbourhood to the next," says Cooke. "My job, basically, is connecting the dots between what's on the ground for English-speaking communities with policy at a higher level."



(L to R) Betty Millien (4 Korner), Amanda Ruggles (ACDPN), Anna Cone (HLSL), Ezgi Cakmak (CAMI), Jenn Cooke (CHSSN), Hayley Campbell (RAWQ).

Cooke deals with five different CIUSSS-CISSSs and many public institutions, sitting in on board meetings and networking with program managers and providers. She also acts as a connector for groups already active on the ground.

"There's so much going on!" she observes. "Often I have the biggest impact just by knowing what's happening at the community and the CIUSSS-CISSS level — connecting groups to the people they need to know so we don't waste energy reinventing the wheel."

Jenn also coordinated a series of online workshops focused on Montreal that reached well beyond CHSSN existing networks with dozens of community-based organizations participating. In partnership with our Quebec City NPI, Jeffrey Hale Community Partners, Jenn organized a session entitled *Health and Wellness during-COVID19/post-COVID19* as part of CHSSN's Spring Workshop series, hosted by Amy Bilodeau, Volunteer Coordinator at The Wellness Centre at Jeffrey Hale.

The session explored how the global pandemic is challenging "all of us, especially non-profits with a health and

wellness mandate, to think creatively, to innovate and to change on a dime both professionally and personally."

CHSSN also offered a workshop entitled *How to write work plans and grant applications* for NPI's and English-speaking organisations on the island of Montreal. Participants got a crash course in grant-writing lingo and strategies to prepare the kind of work plan and evaluation criteria that enhance grant application success.

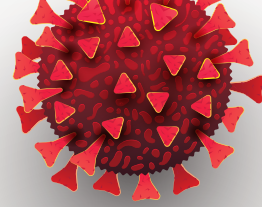
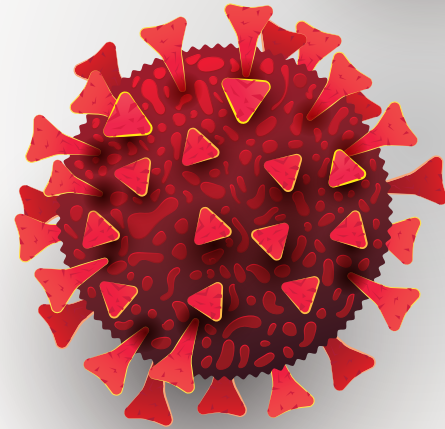
"Jenn has been able to expand the community development support role that CHSSN has in Greater Montreal and create several new, exciting partnerships," explains Russ Kueber, Program Coordinator with CHSSN. "We're lucky to have someone with her experience and contacts working with us."

"There are big service gaps that we're trying to map and fill," concludes Cooke. "It's not that the public system doesn't want the services to exist but they need help understanding what services people need and how to connect with them." 📺

You can reach out to Jenn at jcooke@chssn.org

HOW HAS COVID-19 IMPACTED YOUR WORK?

Six Executive Directors share the successes & challenges of the past 8 months.



Jennifer Johnson

A TRUE TEST OF CHSSN'S ADAPTABILITY

"You know," reflected Jennifer Johnson, Executive Director of CHSSN, "the pandemic actually brought our team closer together. I thought our proximity, mostly in our main office in Quebec City, was a huge strength that we could lose. But my team really rose to the occasion and our relationship with our networks deepened and strengthened as well."

Johnson now sees COVID-19 as a "true test of CHSSN's adaptability" — a test that the organization passed with flying colours. She said it has probably changed how the organization will function even when things return to something more like what existed before March 2020.

"We're all 'zombies' now!" she laughed, explaining that from online learning sessions to the annual meeting of the organization on October 15, being online means more people from across the province can participate with much greater efficiency.

She said that CHSSN is beginning to understand how it will function in the "new normal" and the CHSSN network has demonstrated notable adaptability in the first nine months of the pandemic. But, she continued, "We are far away from feeling the end of COVID-19 and its effects on our networks and the vulnerable populations they serve."

"It's good to see that we're no longer in 'scramble mode' but for us and for our networks, it's become clear that we are a literal life line, especially for isolated seniors and for many families with small children who turn to us as a true essential service in English in times of crisis."



▲ Helena Burke (CAMI), Cathy Brown (CASA), and Jennifer Johnson (CHSSN).

Helena Burke with Joël Arsenau, MNA for Îles-de-la-Madeleine.



Helena Burke

THE BENEFITS OF GEOGRAPHIC ISOLATION

For once, being a community on an isolated island has been an unquestioned good thing for the people of the Magdalen Islands.

"We're lucky — we didn't have any community spread," explained Helena Burke from her office at CAMI. "There was some concern about the virus coming in, especially as tourism season arrived, but except for one small outbreak in September that was contained quickly, we've been okay."

Still, the English-speaking community felt the impact of the world-wide pandemic.

"Our community is very dependent on the fisheries, especially the lobster catch," said Burke. "There was a lot of fear that with restaurants and cruise ships shutting down across North America that prices would collapse. People wondered if it was even going to be worthwhile putting their boats in the water."

As it turned out, prices dipped but not too severely and the catch was a good one so at least economically, the community wasn't hit too hard.

"With help from CHSSN and ERCC, we hired a special contact person to make sure that communications were happening easily between English and French-speaking fisherman and with the government departments managing the impact of COVID on the fishery," said Burke. "We did similar work with the CISSS, the *Centre d'Action Bénévole des Îles-de-la-Madeleine* (CAB), and other partners, making sure that

COVID-19 emergency programming will continue as the primary focus of most CHSSN networks well into 2021. Johnson reminds the organization, however, that other critically important work awaits CHSSN and its member NPIs and organizations over the next twelve months.

"We have several major program evaluations to be finalized and published in the next six months," she enumerated. "These evaluations are essential for us to improve the quality of services we offer and to secure renewed funding."

Health Canada's current five-year funding program for Official Language Minority Communities is at its halfway point, also a moment when serious review and planning for renewal of the program gets underway. As well, the first block of ERCC money from Quebec's Secretariat for relations with English-speaking Quebecers will come to an end in March 2021 and review and priority setting will need to be done.

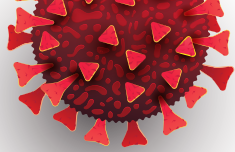
"And it is, of course, our twentieth anniversary this fall!" Johnson said. "COVID-19 kept us from getting together to mark this milestone but we intend to find a way to celebrate the progress we've made in reinforcing and enhancing the vitality of our communities through improved access to health and social services and other community development priorities. As they say, 'Watch this space!' because we have an amazing story to tell and a network of community and organizational partners who we will recognize and praise as we turn twenty." ■

communications were happening and that resources like a special pamphlet that was produced for COVID-related services was translated and distributed in our community."

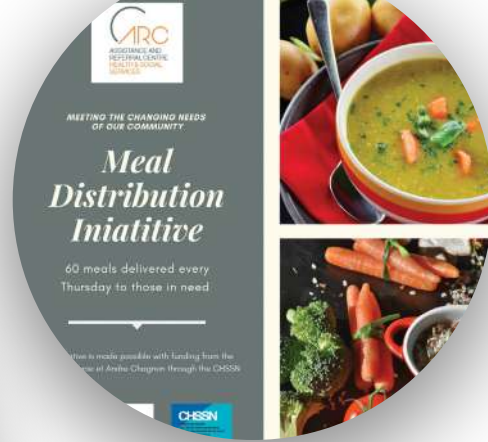
CAMI also anticipated increased need for the kind of mental health services that are always difficult to access in English. The organization had worked with Chad Diabo, a mental health practitioner and trainer from Kahnawake, and hired him to be available as a first contact and patient navigator for people in distress.

Because the virus was largely absent from the islands, CAMI was able to go back to work in its offices with appropriate sanitary measures in place in June. However, much of its programming, especially for seniors and young children and families, is done in close collaboration with partners like local schools and the CAB that were shut down by the province.

"It's been especially hard on seniors," observed Burke. "Our Wellness Centres haven't been able to function. We've kept our meals-on-wheels program going but we have a lot of seniors who live on their own and they're really feeling the isolation and calling often to find out when we can start up our in-person programming again." ■



Chris Lapointe of ARC with colleague from Our Harbour.



Chris Lapointe

NPIs AS ESSENTIAL SERVICES IN THE PANDEMIC

NPIs across the province were rapidly identified as an “essential service” by public authorities who recognized that communities were turning instinctively to these trusted organizations for information and support. The NPI network has risen to this challenge with panache.

“In fact, the pandemic was very good for us in terms of productivity,” concluded Chris Lapointe, Executive Director for ARC, from his office on the South Shore of Montreal. “Within a week of lockdown in mid-March, we’d almost magically moved into a remote working situation for all our staff and within two weeks we were running online programming to replace a lot of the in-person services we provide.”

First off the mark at ARC was a “Virtual Café” designed to keep seniors who participate in ARC’s weekly drop-in connected and informed as the pandemic

swept over the Montreal area. The Virtual Café was quickly followed by a “Virtual Drawing” activity online, then a “Colour Café”, a “Virtual Acrylic Painting” activity, and even “Online Inline Dancing” attracting upwards of 35 people per session from as far away as Phoenix, Arizona.

“It’s very popular,” smiled Lapointe. “The guy who leads it is *très rassembleur!* We even produced a ‘Zoom Guide for Dummies’ to help people get online and dancing.”

Last year, ARC had a particular focus on mental health issues, offering mental health first aid to 22 people and creating a mental health guide and a list of resources in English on the South Shore of Montreal. The pandemic only heightened the need for mental health programming; existing work with the mental health housing NGO Our Harbour was enhanced and

partnerships were developed with the South Shore Reading Council and the Preville Fine Art Center to support art programs for people living with mental health and developmental challenges. ARC also sponsored online zoom sessions on resilience and facing fear and anxiety.

With support from CHSSN, ERCC, and the Lucie and André Chagnon Foundation, nearly 1500 meals were distributed to break isolation and support mental health with vulnerable and isolated seniors. ARC staff and volunteers also kept active their Mother Goose services as part of local Bright Beginnings’ support for families with young children.

“We also chair a Partnership Table that brings together 31 groups, institutions, and agencies on the South Shore,” continued Lapointe. “Quite naturally, many of them turned to us as a source of information about what kind of help was available because they know that we have good relations with the public health and social services system.”

Crisis has brought out the best in many NPIs — dedication, resilience, and innovation are just part of the DNA of these deeply rooted, well-connected community-based organizations. [N](#)

Tania Callender

“STILL WE RISE” WITH ACDPN

Tania Callender is the Executive Director of ACDPN. Asked to describe what it’s been like for her organization since the pandemic struck, her response is immediate.

“Insane!” she laughed. “Can I say that?” ACDPN (African Canadian Development and Prevention Network) works with many families at risk who were particularly vulnerable to the social, educational, and economic disruptions of COVID-19. Food security rapidly became the number one priority for the people they serve.

“It still occupies a big part of our staff time and energy,” said Callender. “Food security — that and information and referral about resources and programs that are available to people beyond our own support programming.”

Staff at the CIUSSS de l’Ouest-de-l’Île-de-Montréal support #StillWeRise



As the crisis lengthened and deepened, Callender’s staff also looked for creative ways to support families. When schools closed and access to public services like libraries and pools were restricted, they delivered art and summer kits and created an online kids’ corner to give parents a bit of a hand keeping stay-at-home kids occupied and active.

Her organization then found itself simultaneously challenged by the Black Lives Matter movement, given new urgency by the murder of George Floyd.

“Most of my staff are from the Black community and while we all have had to deal with the hurt and sadness of these moments individually, we realized that we needed a collective response at ACDPN,” remembered Callender. “While BLM is about acknowledgment, we wanted to take the next step and move to a call to action that would encourage change here and now.”

That’s how ACDPN’s “Still We Rise” movement was born. With support from CHSSN, Callender and her team

challenged individuals to commit to making one change, big or small, whether it be at home, at work, or in their communities. They asked, “What is one thing that we can each do differently today to bring about change tomorrow.”

IT WILL TAKE ALL OF US.

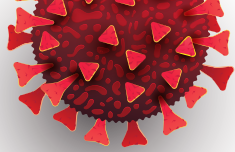
They produced an emotional video that can be found on their website at www.acdpn.org. As a symbol of unity, they designed t-shirts and asked those who have committed to individual action to post a picture to social media with the hashtag #SWR.

“The next step is creating resources for what we call a ‘cultural conversation’ — encouraging communities and institutions to create awareness and to talk about about how real change can be achieved though incremental but impactful action.” said Callender. “That’s underway with our close partner at Batshaw. We hope that it will extend into other institutions and the CIUSSS in our region as well as across the province through CHSSN networks.” [N](#)

To join the movement for empowerment, allyship, and justice contact them at info@acdpn.org



(Far Left) Tania Callender and family. (Left) Russ Kueber shows his support for the “Still We Rise” movement.



Kim Buffitt

THE NEED FOR COMMUNITY-BASED STRUCTURES



You could argue that the COVID-19 pandemic hit the Lower North Shore harder than almost any other region even though the number of actual cases there was low.

“The biggest problem here,” explained Kimberley Buffitt, Director of Programs with the Coasters Association, “was that all the community-based structures the government just assumed would be present to deliver emergency responses don’t exist.”

She described the scramble to respond to the crisis and how Coasters became, in effect, the essential service provider, coordinating the efforts of the local MRC, the CISSS, police, educational institutions, and even the Canadian military.

“As an example, we had to stand up 13 emergency food banks along the coast in a week,” she remembered. “We were coordinating the Canadian Rangers delivery of food and medicines in a dozen communities. Food security was a huge problem. So was the economic hit on the fishing industry and on tourism. The administrative burden we took on when we stepped up because there wasn’t anybody else was very heavy.”

Like in other regions, Coasters saw early and ongoing signs of the mental health impact of the pandemic and rushed to put in place enhanced information and response resources. They worked hand in hand with the CISSS and other local health authorities to keep communities, especially the most vulnerable in those communities, informed and supported. And as financial support programs became available from the federal and provincial governments, Coasters staff and volunteers guided people through the processes and forms that had to be followed to gain access.

All the while, Coasters had to restructure and equip its own staff to be able to work virtually as a team spread out along the coast with thirteen satellite offices.

“It was really hard,” admitted Buffitt, “but CHSSN was a godsend. Often, they were the only place I could turn for guidance and encouragement. CHSSN, and also the Secretariat, helped us respond quickly and well.”

Buffitt hopes that the Quebec government will recognize how the lack of community infrastructure and resources made the crisis much worse in a remote, rural region like hers. She also expects 2021 to a difficult year on the Lower North Shore.

“Neither the fishery nor tourism is likely to bounce back quickly,” she said, “and I’m really worried that most people who received some support from CERB and other emergency programs are going to be shocked and unable to pay the tax bills that will start arriving in April. We’re not out of this yet. Not at all.”



Kim Buffitt, Coasters Association.

Pauline Wiedow

SATELLITE OFFICES EXTEND THE BENEFITS OF NPIs

“We’ve been active in Huntingdon for years,” said Pauline Wiedow, Executive Director of Montérégie West Community Network, from the MWCN home office in Chateauguay. “We were working out of the Huntingdon Adult Education and Community Centre but we needed somewhere more accessible for the local community.”

When resources became available for satellite office development across the CHSSN NPI network, MWCN moved to the “Old Mill” on Dalhousie Street where the *Corporation de Développement communautaire du Haut-Saint-Laurent* is already housed.

“We renovated three small offices and have access to larger common spaces in the building for our new Wellness Centre and other activities,” explained Wiedow. “For us, the satellite office space lets us work more efficiently and effectively in a community we already know well but can always serve better.”

The satellite office has allowed MWCN to be an important resource during the COVID-19 pandemic, especially for seniors, with online and distanced in-person programming to reduce isolation and keep vulnerable people connected, informed, and supported. Walking groups, chair yoga, BINGO, tablet loan services, Zoom training, knitters group, library services, protective mask sewing volunteers, care packages to seniors, Bright Beginnings programming—the list is long.



Pauline Wiedow, MWCN.



“We’ve become an essential service in our communities,” said Wiedow. “We’re present and we’re making a difference.”

In total, fourteen health and social service satellite network initiatives are underway across the province, extending coverage and outreach to support underserved English speakers in their region. New satellite offices have been established by:

- + 4 Korner's Family Resource Center
- + Committee for Anglophone Social Action (CASA)
- + Coasters Association
- + English Community Organization of Lanaudière (ECOL)
- + Heritage Lower Saint Lawrence (HLSL)
- + Montérégie West Community Network (MWCN)
- + North Shore Community Association (NSCA)
- + REISA The East Island Network for English Language Services
- + Centre for Access to Services in English (CASE)
- + Council for Anglophone Magdalen Islanders (CAMI)

Satellite development initiatives are underway with as yet no satellite site by the Connexions Resource Centre and Neighbours Regional Association.

These satellite extensions allow NPIs to increase their representation with local and regional partners resulting in more partnerships bringing improved support services in English.

“Growing from Within”

Dunham House joins CHSSN

CHSSN’s newest organizational member is Dunham House, the Eastern Townships based residential treatment centre for individuals suffering from mental health and concurrent disorders, including addiction.

Dunham House offers individualized psycho-educational programs consisting of workshops, group counselling, lectures, and residential responsibilities to help each individual develop the skills to deal with their illnesses and to have a better quality of life — they call it “growing from within”.

“We founded Dunham House for a simple reason,” said Daniel Colson, founder and member of the Board of Directors. “Someone in my family needed this kind of service and there was nothing like it available in Quebec in English.”

In its bucolic country setting, Dunham House offers therapeutic activities such as art, music, yoga, and equine assisted therapy available throughout the week from professional and accredited staff.

Dunham House provides a vital and much-needed resource for hospitals, doctors and social workers who work with English-speaking communities across Quebec. The facility is accredited by the Quebec government but is owned and operated by a non-profit corporation and registered charity. Its residents are a mix of private and publicly funded residents. More information about its programming is available at dunhamhouse.ca

“We joined CHSSN because we wanted more people to know that our kind of specialized, professional service is available now in English,” said Colson. “There’s a real need in the province; we’re expanding our capacity and offering support to individuals and families who need help with mental health and related substance abuse problems.”



Maison
Dunham
House



Danielle Boisvert and Natalina Pace from AGAPE presenting their HEY Program

HEY, Good News!

THE GOVERNMENT OF CANADA ANNOUNCES SUPPORT FOR YOUNG CHILDREN AND FAMILIES

In August, the Public Health Agency of Canada (PHAC) announced funding for CHSSN and the *Société santé en français* to deliver PHAC’s Healthy Years Program (HEY). The program is designed to support official language minority children across Canada to get a healthier start in life.

The CHSSN will receive more than \$1.2 million, to be distributed for on-the-ground programming through its NPI networks.

“These networks already have considerable experience with early childhood issues and community-based responses,” explains Anne-Marie Cech, CHSSN Early Childhood Program Manager.

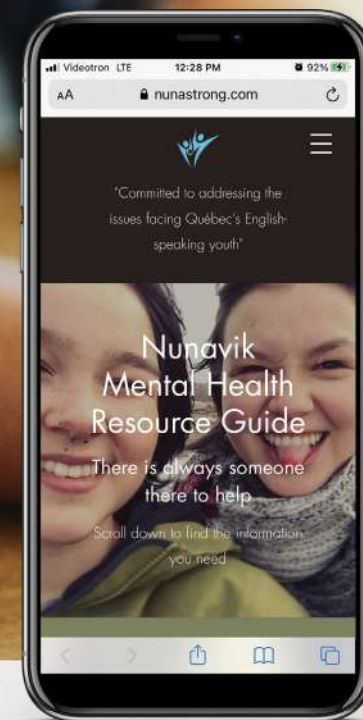
“They all participate in our ongoing BRIGHT BEGINNINGS program funded by the Lucie and André Chagnon Foundation.”

The CHSSN-HEY program also supports implementation of early childhood programming in professional training and support.

To learn more about CHSSN-HEY, visit www.chssn.org

Y4Y Québec

Y4Y’s Project Aliana Partners with Inuit Youth



The Nuna Strong website

Project Aliana is a youth led initiative (sponsored by CHSSN organizational member Y4Y) whose main focus is to address the suicide crisis facing communities across Nunavik by supporting prevention, mental health promotion, and resilience through awareness building, connection and creative expression.

“Aliana was co-created by a young Inuk from Kangiqsujuaq, Nigel Adams, who wanted to make a difference for his community and Y4Y,” explained Kathleen Mulawka, Project Coordinator with Y4Y. “Some of our members met Nigel at the Bishop’s Forum for young English-speaking Quebecers two summers ago and saw an opportunity to work together.”

An in-person forum on suicide had been planned in Kangiqsujuaq back in March, but had to be cancelled because of COVID-19. Instead, Aliana hosted a series of interviews with leaders, mental health experts, and artists from the community and from across Canada to talk about mental health from different perspectives including youth

engagement, access to resources, and reconciliation. These interviews are available on the Y4Y website.

Aliana also created a resource guide <https://www.nunastrong.com/> and circulated a policy brief on alternative strategies to address suicide prevention in Indigenous communities. This brief is being integrated into a training program created by *Université de Laval* for non-Indigenous public sector workers in the North.

“It’s been a privilege to work on this project,” said Mulawka. “I met so many incredible youth. There’s already a lot of impressive resilience, persistence, and hard work in these communities. It’s powerful to see the difference young people are making.”

WELLNESS TOGETHER Canada

WELLNESSTOGETHER.CA: NEW ONLINE RESOURCE IN ENGLISH AND FRENCH FOR ALL CANADIANS

Mental health is a priority issue for CHSSN, its networks, and many of its partners, so we're pleased to promote a new online resource from Health Canada that was launched in response to growing mental health concerns related to the COVID-19 pandemic.


As the new website says, "People are being challenged like never before due to isolation, physical health concerns, substance use concerns, financial and employment uncertainty, and the emotional dialogue around racial equality."

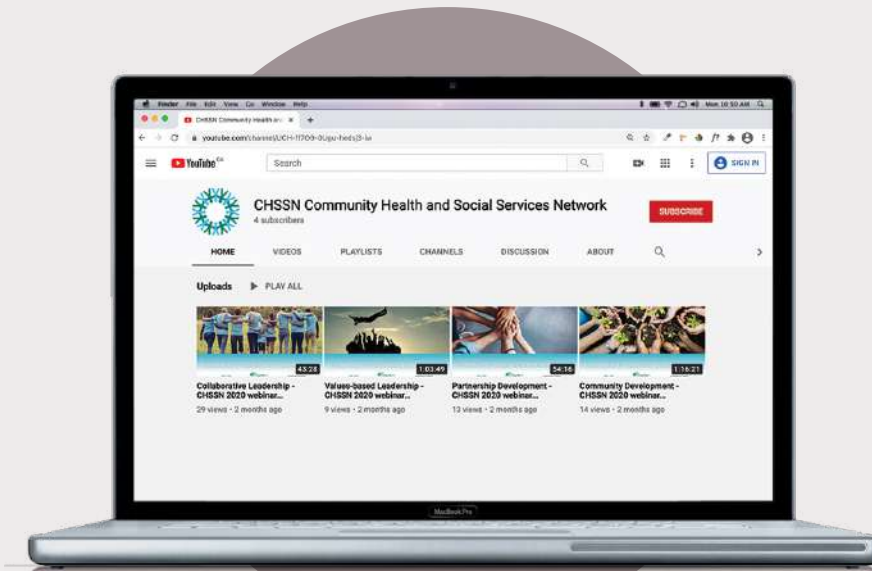
The free resources available include:

- + Immediate text support
- + Information and videos on common mental health issues
- + Mental wellness programs you can do on your own and with coaching
- + Monitored communities of support
- + Individual phone, video, and text counselling

Check it out! wellnesstogether.ca

RESOURCES AND SUPPORT FOR YOUR MENTAL HEALTH AND WELLNESS JOURNEY.

Wellness Together Canada was funded by the Government of Canada in response to the unprecedented rise in mental distress due to the COVID-19 pandemic. People are being challenged like never before due to isolation, physical health concerns, substance use concerns, financial and employment uncertainty, and the emotional dialogue around racial equality. We're all going through this together, and we believe that mental health is a journey, not a destination. Each day, we can take a step for our own wellbeing. Wellness Together Canada is here to support everybody on that journey. 



CHSSN now has its own YouTube channel!

Check us out on YouTube! The new CHSSN YouTube channel features our four recent community leadership webinars on Collaborative Leadership, Values-Based Leadership, Partnership Development and Community Development.

www.youtube.com/channel/UCH-ff709-0Ugu-hedsj3-iw



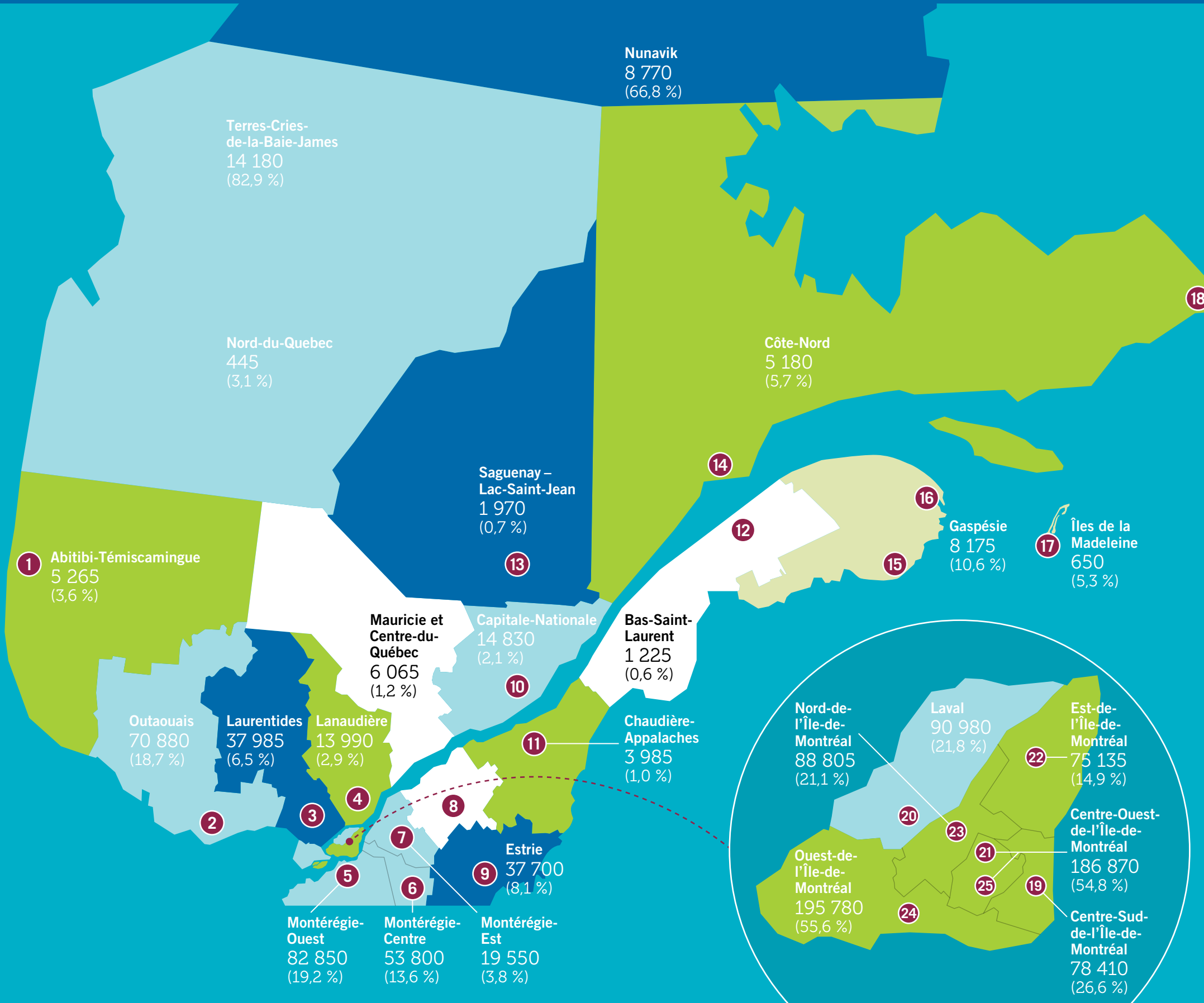
Ella Amir receives Order of Canada

On November 27th, 2020, Ella Amir, Executive Director of AMI Quebec and long-time friend of CHSSN, was awarded the prestigious Order of Canada for "her contributions to the field of mental health and for advocating on behalf of families and caregivers." The CHSSN congratulates Ella for this well-deserved recognition for the many years of dedication she has given to help support families affected by mental health.

CHSSN
Community Health
And Social Services Network

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Legal deposit: National Library of Canada:
ISSN 1709-2175 Bibliothèque et Archives
nationales du Québec.
Publication of this newsletter is made
possible through a financial contribution
from Health Canada.



Population
1 103 475
2016 Census of Canada
Recensement du Canada, 2016

13,7 %
of Quebec
du Québec

**The CHSSN
NPI* Network** | **Le réseau
NPI* du CHSSN**

- 1 Abitibi-Témiscamingue**
Neighbours Regional Association
- 2 Outaouais**
Connexions Resource Centre
- 3 Laurentides**
4 Korners Family Resource Center
- 4 Lanaudière**
English Community Organization of Lanaudière (ECOL)
- 5 Montérégie-Ouest**
Montérégie West Community Network (MWCN)
- 6 Montérégie-Centre**
Assistance and Referral Centre (ARC)
- * 7 Montérégie-Est**
Monteregie East Partnership for the English-Speaking Community (MEPEC)
- 8 Mauricie et Centre-du-Québec**
Centre for Access to Services in English (CASE)
- 9 Estrie**
Townshippers' – Eastern Townships Partner for Health and Social Sevices – Estrie and ME
- 10 Capitale-Nationale**
Jeffery Hale Community Partners
- 11 Chaudière-Appalaches**
Megantic English-speaking Community Development Corp. (MCDC)
- 12 Bas-Saint-Laurent**
Heritage Lower Saint Lawrence
- * 13 Saguenay – Lac-Saint-Jean**
English Community Organization of Saguenay – Lac-Saint-Jean
- 14 Côte-Nord**
North Shore Community Association (NSCA)
- 15 Gaspésie**
Committee for Anglophone Social Action (CASA)
- 16 Gaspésie**
Vision Gaspé-Percé Now (VGPN)
- 17 Îles de la Madeleine**
Council for Anglophone Magdalen Islanders (CAMI)
- 18 Côte-Nord**
Coasters Association (LNSCH)
- 19 Centre-Sud-de-l'Île-de-Montréal**
Collective Community Services (CCS)
- 20 Laval**
AGAPE – The Youth & Parents AGAPE Association Inc.
- 21 Centre-Ouest-de-l'Île-de-Montréal**
African Canadian Development & Prevention Network (ACDPN)
- 22 Est-de-l'Île-de-Montréal**
East Island Network for English-language Services (REISA)
- * 23 Nord-de-l'Île-de-Montréal**
East Island Network for English-language Services (REISA)
- * 24 Ouest-de-l'Île-de-Montréal**
African Canadian Development & Prevention Network (ACDPN)
- * 25 Centre-Ouest-de-l'Île-Montréal**
NDG Senior Citizens' Council (NDGSCC)

* Network in development.