

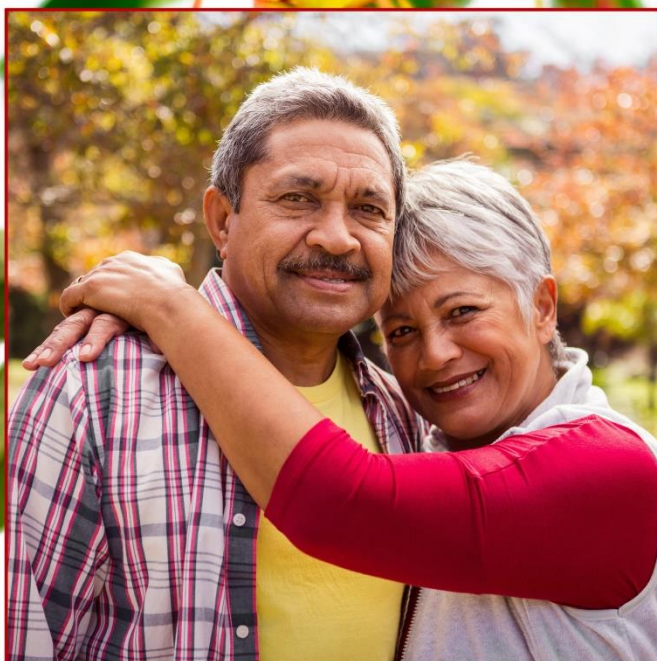
3  YEARS

CENTRE DE SOUTIEN  
**entr'Aidants**

*Caregiver* Support Centre  
Always there for you!

PROGRAM

September to December 2021



# 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.



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

## ANNUAL MEMBERSHIP

\$10 beneficiaries

\$15 general population

\$25 community organizations

\$75 companies and public institutions

## TEAM

### Intervention

Catherine Séguin ext. 208

Isabelle Hardy ext. 203

Jennifer Lalonde ext. 207

Laurence Beaumier-Grant ext. 202

Yvan Provencher ext. 206

### Administration

Anyela Vergara, Executive Director ext. 205

Marie-Ève Paquet, Administration ext. 201

Coordinator

Stéphanie Cousineau, Communications ext. 204



We are complying with the Ministry of Public Health directives and are following their recommendations. Changes to the activities may occur with the evolution of sanitary measures.

## INDIVIDUAL SUPPORT

### **LISTENING, REFERRAL AND PSYCHOSOCIAL 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.



# RESPIRE

Information at 450-465-2520 ext. 206

Respite services are available thanks to our partnership with *Amélys - Home Help Services* and *Alliance Santé* and 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

To allow you to get away from it all, a personal care attendant will take over for you at home for 50 hours.



**L'APPUI** POUR LES  
PROCHES AIDANTS

**You care for them,  
we care for you.**

# 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.



For our virtual group meetings, we use the Webex Meetings platform from Cisco.

**If you need technical support, contact Yvan Provencher at 450-465-2520 ext. 206.**

If you are not at ease with technology or do not have an Internet connection for the monthly meetings, it is possible to join the meeting simply by phone.



# MONTHLY SUPPORT GROUPS FOR CAREGIVERS

Registration required at 450-465-2520 ext. 206 or 208

Structured monthly meetings facilitated by counsellors, offering caregivers a special opportunity to exchange, receive support and learn. New theme each month.

## COFFEE MEETING **SUSPENDED**

In-person meetings at the Centre: \$3 morning (breakfast), \$2 afternoon or evening (dessert).

Duration 2 h 30 - Maximum of 18 participants.

## VIRTUAL MONTHLY MEETING

Videoconferencing with the Webex Meetings platform. It is also possible to participate by telephone.

Duration 1 h 30 - Free - Maximum of 15 participants

### **September** | *Time to Share*

- ☘ September 10<sup>th</sup> from 10:00 to 11:30 a.m.
- ☘ September 14<sup>th</sup> from 2:00 to 3:30 p.m.

### **October** | *Communicating Better With My Loved One*

- ☘ October 1<sup>st</sup> from 10:00 to 11:30 a.m.
- ☘ October 5<sup>th</sup> from 2:00 to 3:30 p.m.

### **November** | *Managing Anxiety*

- ☘ November 2<sup>nd</sup> from 2:00 to 3:30 p.m.
- ☘ November 5<sup>th</sup> from 10:00 to 11:30 a.m.

### **December** | *Holiday Special (2 hours)*

- ☘ December 17<sup>th</sup> from 1:30 to 3:30 p.m.

# WORKSHOPS FOR CAREGIVERS

## (\$20)

Registration required at 450-465-2520 ext. 206

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**—possibility of waiting lists.

### **DE-STRESS-ME**

**6 meetings of 3 h | 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.



**From September 15<sup>th</sup> to October 20<sup>th</sup>**  
**From 9:00 a.m. to noon**

# WORKSHOPS FOR CAREGIVERS (\$20)

Registration required at 450-465-2520 ext. 208

## **I-HONOUR-ME!**

**8 meetings of 2 h 30 + 1 follow-up meeting | Max. 6 participants**

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



**Winter 2022**



# WORKSHOPS FOR CAREGIVERS (\$20)

Registration required at 450-465-2520 ext. 208

## CAREGIVING AND END-OF-LIFE-CARE

4 meetings of 3 h | 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



From November 9<sup>th</sup> to 30<sup>th</sup>  
From 1:30 to 4:30 p.m.

# WORKSHOPS FOR CAREGIVERS

## (\$20)

Registration required at 450-465-2520 ext. 206

### CARE-FOR-ME

**6 meetings of 2 h 30 | 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



**From October 21<sup>st</sup> to November 25<sup>th</sup>**  
**From 9:30 a.m. to noon**

# MONTHLY SUPPORT GROUPS FOR FORMER CAREGIVERS

Registration required at 450-465-2520 ext. 206 or 208

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 **SUSPENDED**

In person meeting at the Centre - Duration 2 h 30 -  
Maximum of 18 participants

## MONTHLY VIRTUAL MEETING

Videoconferencing with the Webex Meetings platform. It is also possible to participate by telephone. Duration 1 h 30 -  
Free of charge - Maximum of 15 participants

### **September** | *Time to Share*

☘ September 29<sup>th</sup> from 2:00 to 3:30 p.m.

### **October** | *Communicating Better*

☘ October 27<sup>th</sup> from 2:00 to 3:30 p.m.

### **November** | *Managing Anxiety*

☘ November 24<sup>th</sup> from 2:00 to 3:30 p.m.

### **December** | *Holiday Special (2 hours with caregivers)*

☘ December 17<sup>th</sup> from 1:30 to 3:30 p.m.



# THEMATIC MEETING - GRIEF (FREE OF CHARGE)

Registration required at 450-465-2520 ext. 206

## MY FIRST HOLIDAY SEASON WITHOUT YOU

**One meeting of 2 h 30 | 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.



- ❁ **November 22<sup>nd</sup> from 1:30 to 4:00 p.m.**
- ❁ **December 10<sup>th</sup> from 9:30 a.m. to noon**

# THEMATIC MEETING - GRIEF (FREE OF CHARGE)

Registration required at 450-465-2520 ext. 206 or 208

## SURVIVING GRIEF

**One meeting of 2 h 30 | Max. 6 participants**

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.

**2022**

## CAREGIVER RECOGNITION DAY (\$20)

Information at 450-465-2520 ext. 204

As part of *National Caregivers' Week*, the Centre de soutien entr'Aidants pays tribute to the men and women who care for an elderly loved one by dedicating a special day to them. Featured this year: conference presented by Mrs. Sonia Benzera, activity with a kinesiologist, wine of honor and exhibition launch.

*Please note that the activities will be held mostly in French.*

**November 13<sup>th</sup>  
From 1:00 to 6:00 p.m.**

# CONFERENCES (FREE)

Registration required at 450-465-2520 ext. 204

## START PLANNING!

Videoconferencing with the Webex Meetings platform.  
Duration 1 h 30 - Free of charge - Maximum of 15 participants

Learn more about major and planned donations as well as bequests, thanks to the professionals participating in this videoconference. By the end of this meeting, you will have more information about the different types of donations and the tax benefits for each one of them.

Winter 2022

## MAJOR AND PLANNED DONATIONS

Information at 450-465-2520 ext. 204

It is now possible to help the Centre de soutien entr'Aidants, an organization that is 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.

# IN MEMORIAM DONATION

Information at 450-465-2520 ext. 204

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. Official receipts for tax purposes are automatically issued for all donations of \$10 or more.

***Make a donation!!!***

# 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.

To contribute, please call 450-465-2520 ext. 204 or contact us at [scousineau@centredesoutienentraidants.com](mailto:scousineau@centredesoutienentraidants.com).





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