



# Karihwí:ios

Karihwí:ios serves to distribute health information from the Kanesatake Health Center to the community of Kanesatake. Karihwí:ios provides a positive forum from which to honor the achievements of community members. Karihwí:ios promotes community services, their activities, and accomplishments. It advertises and promotes upcoming special events and activities to be held in and around Kanesatake.

## Sun Safety Tips

Cover up. When the UV Index is 3 or higher, protect your skin as much as possible. Wear light-coloured, long-sleeved shirts, pants, and a wide-brimmed hat made from breathable fabric. When you buy sunglasses, make sure they provide protection against both UVA and UVB rays.

Limit your time in the sun. Keep out of the sun and heat between 11 a.m. and 3 p.m. The UV index in Canada can be 3 or higher during those times. When your shadow is shorter than you, the sun is very strong. Look for places with lots of shade, like a park with big trees, partial roofs, awnings, umbrellas or gazebo tents. Always take an umbrella to the beach.

Use the UV Index forecast. Tune in to local radio and TV stations or check online for the UV index forecast in your area. When the UV index is 3 or higher, wear protective clothing, sunglasses, and sunscreen, even when it's cloudy.

Use sunscreen. Put sunscreen on when the UV index is 3 or higher. Use sunscreen labelled "broad spectrum" and "water resistant" with an SPF of at least 30.

Drink plenty of cool liquids (especially water) before you feel thirsty. If sunny days are also hot and humid, stay cool and hydrated to avoid heat illness. Dehydration (not having enough fluids in your body) is dangerous, and thirst is not a good indicator of dehydration.

Avoid using tanning equipment. There is no such thing as a 'healthy' tan. Using tanning equipment damages your skin and increases your risk of developing melanoma, the deadliest form of skin cancer.

Taken from Canada.ca

## Successful 2019 Career Fair

Photos: Susan Oke



By Susan Oke

The Kanesatake Human Resource's Office Career Fair was well attended, well organized, and buzzing with activity. It took place Thursday, April 4, 2019 at the Ratihente High School Gym. There were 25+ organizations and schools represented at the tables. As usual there were giveaways at every table; even as you walked in the KHRO representatives were handing you a bag of goodies and a door prize ticket for an iPad Mini or one of the gift cards that were given away throughout the day.

The event organizer this year was Julia Lazore, a recent participant in KHRO's Thatiniarotarihoks Skills training and Work Experience Program. After completing the program, KHRO funded Julia's training in event planning. She has a contract for this year and will continue to plan events in the community during that time. Julia says of the event, "It was an absolute success. There was a team of people who worked

tirelessly to help plan, promote, and launch the career fair."

It was great to see everyone skillfully pitching their programs to the youth and the youth engaging with the representatives. If you are unsure of what you want to do, hearing about the requirements from an experienced person can motivate you to pursue an avenue you hadn't thought about.

They explained prerequisites and what programs they offer that are in high demand. For instance, graduates of the Youth and Adult Correctional Intervention Program at John Abbot College have many career paths open to them such as working in drug rehabilitation centres, drop-in centers, shelters, high schools, in addition to correctional facilities. An example of a high demand occupation according to a representative from the Lester B. Pearson school board, is in the administrative assistant and secretarial field. Also many CEGEPs are offering health care careers and the health center was there to encourage students to

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## Canada Pension Plan/Old Age Security

### All payment dates

- May 29, 2019
- June 26, 2019
- July 29, 2019
- August 28, 2019
- September 26, 2019
- October 29, 2019
- November 27, 2019
- December 20, 2019

## ARE YOU AFFECTED BY THE FLOODS & NEED TO TALK?



KHC Inc. will be offering 24/7 support during the flooding crisis period.

A qualified mental health worker will respond to community members in crisis and in need to talk, by phone or in person, depending on the request.

- **Weekdays:** 8:00 am-4:00 pm 450-479-6000 ext. 267
- **Monday-Thursday:** 4:00 pm-8:00 am 514-601-6660
- **Friday 4:00 pm-Monday 8:00 am:** 514-601-6660





# Easter Brunch Was Hopping With Activity!

By Crystal Diabo, Child Support Worker

On Sunday April 14, 2019 the Kanesatake Health Center's Child and Family Support team hosted an Easter brunch and egg hunt for the community. The event was held at the Ratihente High Schoolgymnasium. Doors opened at 11:00 am and brunch was served at 11:30. Local caterer Keith Nelson prepared a delicious meal that included scrambled eggs, bacon, sausage, home fries, fruit salad and toast.

Upon arrival, families registered their children for the egg hunt in four age categories: 0-2, 3-5, 6-9 and 10-17 years of age. Over 150 community members attended, which included 75 children who registered for the hunt. The egg hunt was held in different areas inside and around the high school

grounds. After each age category finished the egg hunt, each child chose a toy from the prize table.

Each adult received a door prize ticket when they arrived. Throughout the event tickets were drawn and the winners got to choose from a variety of different prizes. In addition, anyone who filled out a satisfactory form was entered to win a special prize. The lucky winner Jordan Nelson, won The Giant Bunny Rabbit holding a very special shiny, metallic Easter egg. Inside the lucky egg was a \$150 Visa card.

The Child and Family support team would like to send a big niawenhko:wa to all that came out and enjoyed this event and a special thanks for those who volunteered with the clean-up.

Photos: Shyann Nelson-Baker



Career Fair continued from front page.

take a look at them. We need nurses in the community but just so you know, we won't say no to a local doctor either. Also being promoted, were many vocational programs including those in construction and in the army or police forces. There was something for everyone at the fair.

The Eastern Door was there encouraging students who might want to study journalism and RKR (reviving Kanehsatake Radio) was broadcasting on site and promoting careers in broadcasting and even had some guest DeeJays, including Kahnawake's own Jeremy White. Julia says, "(RKR) really made the career fair come alive with their interactive radio station and the door prizes every hour kept everyone waiting there."

The food was catered by Mamie's Kitchen and Moccasin Jo coffee was there serving up their Wolf Blend. According to the organizer the feedback was "Positive all around" with some suggestions to make it even better, such as a later start time so that people who work until 4:00 PM, or later, can attend. Julia would like to thank the Career Fair Committee: Michelle Lamouche, Caitlyn Richard, Beverly Nelson, Mary Simon, and Melanie Sterner. She also thanks her team of volunteers: Dustin Krupp, Douglas Canatonquin, Tyson Canatonquin, and Caleb Hannaburg, and the last minute volunteers, Sabrina Richard and Jared Richard. The big winner of the day was Crissann Thompson who won the iPad Mini.



## Mini-Mohawk Lesson

Courtesy of Wenh'tí:io Gareau

Ó:nen thó:ha ieióhe aetewaiéntho – It's almost time (for us all) to plant

Tiénthos – I plant

Tsénthos – You plant

Háo tewaiéntho! – Lets plant!

Kà:nios – It's growing

Kaienthohserí:io – It's a nice plant Katsi'tsí:io – It's a nice flower

lotsì:tsonte – The flower is blooming

lotsi'tsón:ton – The flowers are blooming



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	MAY
CLINIC DATES ARE SUBJECT TO CHANGE			1 Dr. Moisan	2	3 Dietician, Vinita Rawat	4	
5	6 Dr. Moisan	7 Dr. Dumont-Maurice Blood Clinic 7:00-9:00 am	8 Dr. Moisan	9 Blood Clinic 8:00-9:00 am	10	11	
12	13 Dr. Moisan	14 Blood Clinic 7:00-9:00 am	15	16 Dr. Moisan  Blood Clinic 8:00-9:00 am	17 Dr. Saba	18	
19	20 KHC CLOSED Victoria Day	21 Dr. Dumont-Maurice Blood Clinic 7:00-9:00 am	22 Dr. Moisan	23 Dr. Moisan Blood Clinic 8:00-9:00 am	24  Dietician, Vinita Rawat	25	
26	27 Dr. Moisan	28 Blood Clinic 7:00-9:00 am	29 Dr. Moisan	30  Blood Clinic 8:00-9:00 am	31 Dietician, Vinita Rawat		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	JUNE
			PLEASE CALL AHEAD IF YOU NEED TO CANCEL AN APPOINTMENT. WE HAVE A WAITING LIST FOR YOUR SPOT.			1	
2	3 Dr. Moisan	4 Dr. Dumont-Maurice  Blood Clinic 7:00-9:00 am	5	6 Dr. Moisan Blood Clinic 8:00-900 am	7 Dr. Saba	8	
9	10 Dr. Moisan	11 Blood Clinic 7:00-9:00 am	12	13 Dr. Moisan Blood Clinic 8:00-900 am	14	15	
16	17 Dr. Moisan	18 Dr. Dumont-Maurice Blood Clinic 7:00-9:00 am	19	20 Dr. Moisan Blood Clinic 8:00-900 am	21 KHC CLOSED Aboriginal Day	22	
23	24 KHC CLOSED St. Jean Baptiste Day	25 Blood Clinic 7:00-9:00 am	26	27	28	29	

# Mental Health Week May 6-12: Self-Care For Improved Mental Health

By Robert Marcheterre

Ever think to yourself, “I just don’t have the time for me, and I am miserable”? The benefits of self-care for our mental health/well-being are immeasurable, and there are simple strategies to improve it that don’t take too much time or money—let’s face it, budgets can be an issue. These strategies will allow you to reduce stress and gain the peace of mind you are worthy of. This article will discuss six areas in which you can practice self-care. Be mindful that self-care is just that, for you and you alone, and the strategy that you use is as individual as you, as long as it is healthy and does not harm anyone else.

## The key areas that will be reviewed are:

- Workplace/Professional
- Physical
- Psychological
- Emotional
- Spiritual
- Relationships

### Workplace/Professional

For the most part, we need to work, and our jobs can be a great source for mental wellness and self-care. It helps to get involved in your own personal growth. Within our work environment this can be achieved by taking part in professional growth activities, such as trainings relevant to your job, taking part in supervisions on a regular basis or learning from more experienced co-workers, and being part of social groups with colleagues. Talk with your co-workers, get to know them and be friendly. This interaction will make your work more pleasurable and it will help you avoid the dreaded feeling of not wanting to be there. Professional development will keep you engaged in your work and possibly set you up for new challenges and promotions

### Physical

“We want to pump, you up” (SNL). No, it doesn’t take a huge gym commitment and muscles like Saturday

Night Live’s Hans and Franz to achieve physical self-care, and strategies that help stimulate our brains and offer incredible stress relief are just outside your door. In the You Tube whiteboard video, “23 and ½ Hours”, Dr. Mike Evans discusses the substantial benefits of taking one 30 minute walk a day.

The physical rewards should not be dismissed, but for the purpose of this article, those for our mental health are remarkable, including an increased reduction in anxiety (48%) and depression (30%). Other beneficial physical self-care activities include a healthy diet, proper sleep routine, and taking time for yourself, which includes taking a sick day when needed (I like the term “wellness” since that is what we are working towards).

### Psychological

Due to the unfortunate impact of stigma, this is an area that so few people wish to discuss; however one that is paramount to mental health & wellness. Reflection on our psychological well-being can go a long way to living a better life, and in cases where events seem overwhelming, meeting with a professional is beneficial.

In cases where we feel we can manage on our own, there are simple strategies that can be practiced which will help achieve balance and allow for a healthy outlook on life. One such way is to keep a daily journal. Take time each day to jot down how your day went, good or bad, and then allow yourself to be free of any negativities.

Other strategies can include engaging in hobbies that free you from other, more serious responsibilities. Take time to socialize with friends and make room for relaxation. There is nothing wrong with doing nothing. Life is so busy that at times it is nice to do “nothing”. Take time for yourself.

### Emotional

Humans are motivated by emotions; good and bad. It is important

to be emotionally honest and not bottle everything up inside with the hope that these emotions will all go away. Invariably, the emotions do come out, and in most cases not in the best way. We are social creatures, and it is key to find safe places for emotional honesty. Find someone that you can trust for such times to share your feelings, and if this is difficult, then meet with a mental health professional who can help guide you through your emotions and work on positive coping strategies. Countless times I have met with people who did not know how to feel, and within a short time learned to recognize their emotions, their triggers, and learning coping mechanisms that assisted in a more balanced life.

Other strategies mentioned earlier include, socializing, hobbies, and taking part in pleasurable, healthy activities.

### Spiritual

Spiritual connection, as a self-care activity, can go a long way to gaining improved mental health. Spirituality is the practice of having an outlook that goes beyond daily life. Speaking with Elders, religious leaders, and taking part in ceremonies, assist in this area. Spirituality can also be experienced through meditation, nature walks, and talk with friends and family.

### Relationships

As mentioned before, humans are social animals who strive for connection. Maintaining strong, healthy bonds with others serve as excellent ways to achieve improved mental health. Having someone with whom to talk, spend time, and share activities is part of the human experience that should not be minimized.

Ultimately it is your life, and your self-care package comes down to what makes you feel good about yourself. A plan that includes healthy activities will lead to a more balanced experience. Your plan is yours, and if for some reason it seems like a daunting task, you can contact KHC Inc. to speak with an

experienced mental health worker.

In his book, "The Speed of Trust: The One Thing that Changes Everything", Stephen Covey states that, "change happens at the speed of trust." Trust yourself, care for yourself, and make yourself a priority. You matter and you can start today by making simple choices in self-care that will reap long-term benefits.

Self-care, is as unique as the person performing it, so go on and take time for yourself to feel good; you deserve it.

#### Sources

"Developing a Self-Care Plan,"  
[www.schools.au.reachout.com/articles/developing-a-self-care-plan](http://www.schools.au.reachout.com/articles/developing-a-self-care-plan)

"23 and ½ Hours" , Dr. Mike Evans,  
[www.youtube.com](http://www.youtube.com)

The Speed of Trust: The One Thing that Changes Everything, Stephen Covey (2008), Simon & Schuster

# Yoga



## Wednesdays

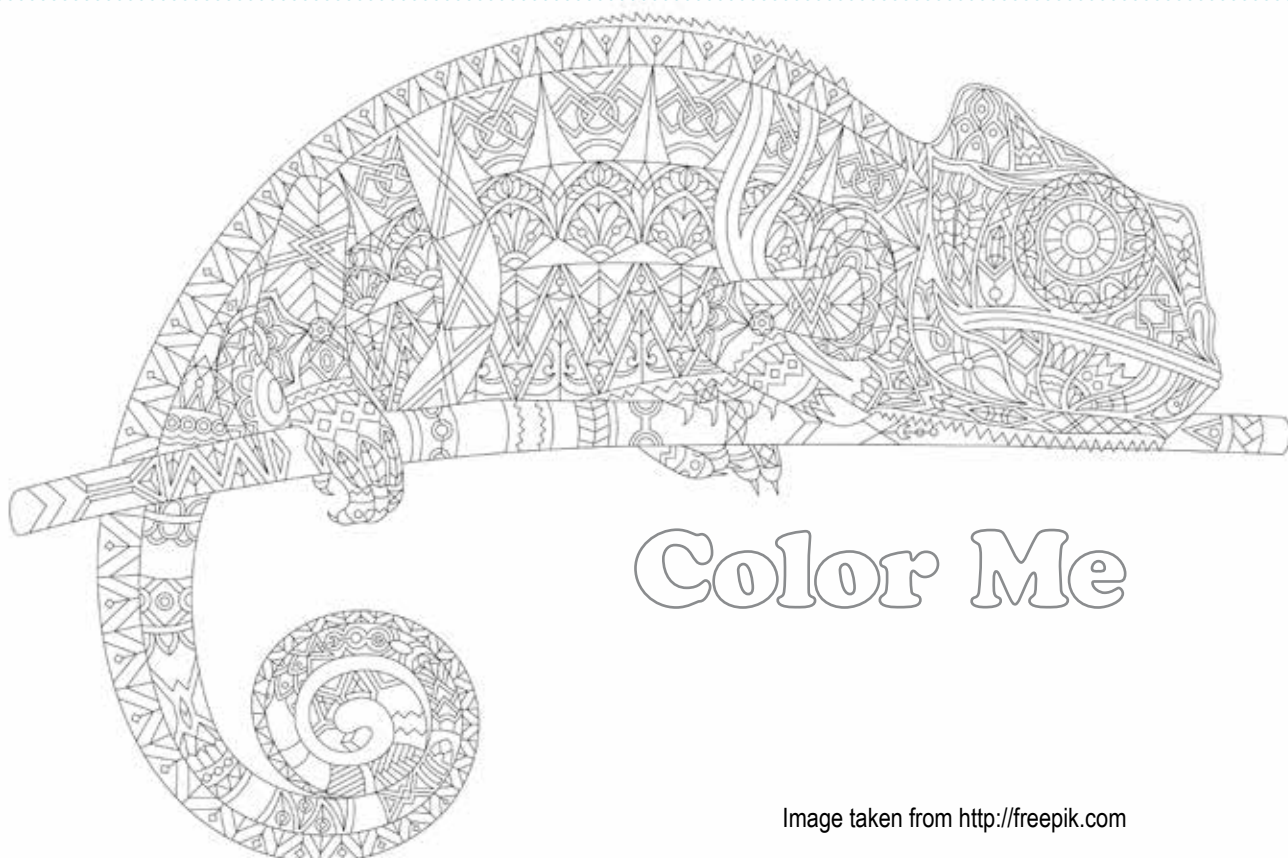
at Rotiwennakehte  
Elementary School in  
the Pines

Core Yoga:  
6:00 - 7:15 PM

Relaxation Yoga:  
7:30 - 8:15 PM

No registration is  
required.

Facilitator:  
Stella Pethakas



## Color Me



## FLOOD CLEANUP: KEEP IN MIND INDOOR AIR QUALITY

After a flood, it's important to restore your home to good order as soon as possible to protect your health and prevent further damage to your house and belongings. In an emergency situation, the indoor air quality in your home may appear to be the least of your problems. However, failure to remove standing water or water damaged materials can present serious long-term health risks. Standing water and wet materials will allow viruses, bacteria, and mould to grow. These organisms can cause disease, trigger allergic reactions, and continue to damage materials long after the flood.

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**IMMEDIATE ACTION IS IMPORTANT. YOUR HOUSE AND FURNISHINGS ARE LESS LIKELY TO GROW MOULD IF THEY ARE DRIED WITHIN 48 HOURS.**

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### Before you begin

**Put your own safety first. Avoid electrical shock. Wear rubber boots at all times while standing in water. Keep extension cords out of the water.** Shut the power off to the flooded area at the breaker box. Ask your local electrical utility for help if needed.

Determine if the flood involves relatively clean water or sewage-contaminated water. You must take special precautions if your house is flooded with sewage. There is a very real and significant danger of infection from breathing the air in an area contaminated by sewage and from handling water and materials contaminated by sewage. Children, pregnant women and people with respiratory problems should never handle water and materials contaminated by sewage. Household items that have been contaminated by sewage, or that have been wet for a long time, may have to be bagged, tagged and discarded according to local regulations. Contact your local public health department if you suspect sewage contamination. A more thorough disinfection procedure will be needed, as well as greater precaution to avoid exposure of family members and pets.

Whether you do the cleanup yourself or hire a contractor, this document will help you get organized.

Set up a step-by-step action plan to:

- prepare for the cleanup
- remove water, mud and other debris
- dispose of contaminated household goods
- clean and dry out your house and salvageable possessions.

Prepare for the cleanup. Assemble equipment and supplies:

- disposable gloves, N95 mask, goggles
- pails, mops, sponges and plastic garbage bags
- unscented detergent (Note: Bleach is not necessary to cleanup mould)
- where possible open windows and doors to provide fresh air



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## FLOOD CLEANUP: KEEP IN MIND INDOOR AIR QUALITY

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- you may need to rent extension cords, submersible pumps, wet/dry shop vacuums and dehumidifiers
1. Remove water, mud and other debris
    - Remove standing water with pumps or pails, then with a wet/dry shop vacuum.
    - Remove all soaked and dirty materials, debris, residual mud and soil.
    - Clean any dirt on walls and furnishings with an unscented soap solution, removing the remaining water with a wet/dry shop vacuum. Then clean all floors as quickly as possible.
  2. Dispose of contaminated household items that cannot be dried
    - Flooring that has been soaked by flood water should be removed and discarded.
    - Remove finished walls completely if: the water level was several feet high; it took many days or longer before the water was drained; or the area was very humid for an extended period.
    - Dispose of all insulation materials, drywall, carpets, particleboard furniture, mattresses, box springs, stuffed toys, pillows, cushions and furniture coverings that have been exposed to flood water and cannot be dried (see *Addressing Moisture and Mould in Your Home* for more details).
    - Identify the materials that may be kept and which should be given priority for cleanup.
  3. Clean and dry out the house and salvageable possessions
    - Surfaces that are dry and/or have not been directly affected by the flood water should be vacuumed with a HEPA vacuum cleaner.
    - After cleaning the surfaces with an unscented soap solution, ventilate or dehumidify the house until it is dry.
    - Rapid drying is important to prevent mould growth. If outside weather permits (low humidity and moderate temperature), open doors and windows and speed up the drying process with fans.
    - If the outside weather is not suitable or the drying is slow, use a dehumidifier.

### Avoid Carbon Monoxide Poisoning

Carbon monoxide is a colourless, odourless gas that can be lethal at high levels. It can build up quickly if, for example, pumps or heaters powered by gasoline, kerosene, or propane, are used in a poorly ventilated room. Do not use combustion equipment designed for outdoor use indoors.

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### MAKE SURE THERE IS A WORKING CARBON MONOXIDE DETECTOR, ESPECIALLY WHEN DRYING OUT YOUR HOUSE.

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For more information, contact us by phone at (613) 957-1876, by email at [air@hc-sc.gc.ca](mailto:air@hc-sc.gc.ca) or go to <http://www.getprepared.gc.ca/cnt/hzd/flds-eng.aspx>.

# Nutrition: Summer Veggie Gardens

By Vinita Rawat, Dietitian/Nutritionist

Summer is knocking at our doors. Why not try growing some vegetables and fruits to add color and health to your diet? Canada's Food Guide recommends that half our plate be filled with an assortment of fruits and vegetables.

## Why is that?

### A great source of nutrients

Most vegetables are naturally low in fat and calories. None have cholesterol. Potassium helps maintain healthy blood pressure. Vegetable sources of potassium include potatoes, tomatoes, soybeans, spinach, lentils, and kidney beans. Fruit sources include bananas, peaches, apricots, and cantaloupe.

Dietary fiber from vegetables and fruits helps reduce blood cholesterol levels and lower the risk of heart disease. It is also important for proper bowel function, helping to reduce constipation and diverticulosis. Fiber-containing foods help provide a feeling of fullness with fewer calories. Keep in mind, however, that fruit juices do not contain fiber.

Folate helps the body form red blood cells. It is found in leafy greens, beets, citrus fruits, and broccoli, among others. Adequate folate intake is very important during periods of rapid growth such as pregnancy, infancy, and adolescence.

Vitamin A keeps eyes and skin healthy and helps protect against infections. Sweet potatoes and winter squash have large amounts of vitamin A.

Vitamin C aids in growth and repair of body tissues, iron absorption, and keeps teeth and gums healthy.

### Plenty of health benefits

- Reduced risk for heart disease, including heart attack and stroke.
- Protection against certain types of cancers
- Fiber may reduce the risk of heart disease, obesity, and type 2 diabetes
- Potassium may lower blood pressure and may also reduce the risk of developing kidney stones and help to decrease bone loss
- Lower calorie intake
- Nuts and soy are associated with decreased LDL (low-density lipoprotein) cholesterol

### Better for our world

Raising livestock for meat, eggs and dairy generates 14.5% of total global greenhouse gas emissions. Producing beef uses 20 times the land and generates 20 times the emissions as producing beans, per gram of protein. By eating less meat, you are reducing your carbon footprint.



A smoothie for breakfast, a salad for lunch, a stir fry for dinner... incorporating more plant-based meals into your diet can be simple!

## Banana Berry Wake-Up Shake

*Makes two servings*

- 1 banana
- 1 cup fresh or frozen berries
- 1 cup low-fat milk or vanilla-flavored soy beverage
- 3/4 cup low-fat yogurt

In a blender, liquefy fruit with a small amount of the milk. Add remaining milk and yogurt; blend until smooth. If shake is too thick, add extra milk or soy beverage to achieve desired consistency.

Very high in: vitamin C, riboflavin, vitamin B12, calcium  
High in: vitamin B6, folacin, pantothenic acid, magnesium, fiber  
Source of: vitamin A, thiamine, niacin, zinc  
<https://www.dietitians.ca/Downloads/Public/Recipe-Berry-Wake-up-Shake.aspx>

## Fresh Lunch Salad

Preparation Time: 15 minutes

*Makes one serving*

- 1 cup chopped red or green leaf lettuce
- 1 small carrot, shredded
- 1/4 cup diced tomatoes
- 1/4 red or green pepper, diced
- 1 Tbsp flax seeds
- 2 thin slices lean turkey, chicken, or cheese
- 1 hard boiled egg, quartered
- 1/3 cup croutons

Homemade Vinaigrette

- 1 tsp olive oil
- 2 tsp cider vinegar
- 1 mL mustard

In a bowl, toss together lettuce, carrot, tomatoes, pepper, onion and flax seeds. Top with turkey, egg and croutons; set aside. To make the homemade vinaigrette, in a small bowl, whisk together oil, vinegar, mustard, salt and pepper. Pour over salad and toss to combine before serving.

<http://www.unlockfood.ca/en/Articles/Child-Toddler-Nutrition/Fresh-Lunch-Salad.aspx>

## How to make a healthy stir-fry

Stir-frying is a fast way to cook small pieces of food in a hot pan or wok. As the name indicates, the food is constantly stirred while you cook it. You can prepare different vegetables, meats, seafood and poultry using this method.

In addition to being quick and easy, stir-frying is also healthy. It results in tender-crisp vegetables that retain more nutrients than if they were boiled. And since stir-frying requires only a small amount of oil, the fat content is low.

### Use these five basic steps to create a healthy stir-fry:

1. Find a large, shallow pan with a handle. You will also need a heat-resistant spatula or large spoon for stirring.

2. Choose an oil. Since a stir-fry is cooked at a high temperature, choose oil with a high smoke point. That means the oil will not emit smoke or unpleasant flavours. Oils with a high smoke point (440-470°F) include safflower, corn, canola, soybean, sunflower, peanut. If you want to use olive oil, choose a pure or refined olive oil (not extra virgin). Do not stir-fry in flax or hemp oil since they have very low smoke points (225°F).

3. Add protein. Once the oil is hot, add your favorite meat or alternative: shrimp, lean beef, chicken, lean pork, salmon, tofu. The meat should be cut into thin strips, so it cooks quickly and evenly. Once it's cooked, remove it from the heat.

4. Cook the vegetables. Add garlic to the hot pan. Once sizzling, add your favourite vegetables and cook until tender-crisp: broccoli, cauliflower, carrots, celery, baby corn, mushrooms, eggplant, peppers, bok choy.

5. Add flavour. Many stir-fry sauces are high in sodium. For example, soy sauce has over 1000 mg of sodium per tablespoon. A healthy diet should contain no more than 1500 mg of sodium per day. Instead of a salty sauce, flavour your stir-fry with:

Herbs: basil, oregano, cilantro

Spices: cumin, coriander, cardamom

Lower sodium broth

Fresh lemongrass, garlic or ginger

100% fruit juice

Citrus zest

Lower sodium sauces (<140 mg sodium per tablespoon)

To complete your meal, serve your stir-fry on top of brown rice, whole grain noodles or quinoa.

<http://www.unlockfood.ca/en/Articles/Cooking-And-Food/Cooking-Methods/How-To-Make-A-Healthy-Stir-Fry.aspx>

Try any of these combinations to make a healthy and tasty stir fry:

Dish	Protein	Vegetables	Flavor
Simple Shrimp and Broccoli Stir-fry	Shrimp	Broccoli Garlic	lower-sodium broth, lemon zest
Sunset Orange-Ginger Pork	Pork tenderloin	Cauliflower, carrots, yellow peppers	Orange juice, orange zest, fresh ginger, lower-sodium broth
Thai Stir-fry	Chicken	Red peppers, eggplant, mushrooms, bean sprouts, bok choy	Lemongrass, lime leaves, garlic, sweet red chili sauce



Images taken from <https://www.freepik.com>





## NETTOYAGE APRÈS UNE INONDATION: GARDEZ EN TÊTE LA QUALITÉ DE L'AIR INTÉRIEUR

Après une inondation, il est important de remettre votre demeure en état le plus rapidement possible afin de protéger votre santé et de prévenir des dommages plus importants à votre demeure ou à vos biens. Dans l'urgence de la situation, la qualité de l'air intérieur peut sembler le dernier de vos soucis. Toutefois, le fait de ne pas enlever l'eau ou les matériaux endommagés par l'eau peut représenter des risques sérieux pour la santé à long terme. L'accumulation d'eau et les matériaux mouillés permettront aux virus, aux bactéries et à la moisissure de croître. Ces organismes peuvent causer des maladies, provoquer des réactions allergiques et continuer d'endommager les matériaux, longtemps après l'inondation.

**IL EST IMPORTANT D'AGIR IMMÉDIATEMENT. IL EST MOINS PROBABLE QUE DE LA MOISSURE SE DÉVELOPPE DANS VOTRE DEMEURE ET SUR VOS MEUBLES SI VOUS ASSÉCHEZ CEUX-CI DANS LES 48 HEURES.**

### Avant de commencer

**Assurez-vous de rester en sécurité. Évitez les chocs électriques. Portez des bottes de caoutchouc en tout temps lorsque vous vous tenez dans l'eau.** Coupez le courant dans la zone inondée à l'aide de la boîte électrique. Demandez à votre fournisseur local d'électricité de vous aider si nécessaire.

Déterminez si l'inondation était de l'eau relativement propre ou s'il s'agissait d'eau d'égout contaminée. Vous devez prendre des précautions particulières lorsqu'il s'agit d'eau provenant des égouts. Il y a un danger réel et significatif à respirer de l'air dans une zone contaminée par de l'eau d'égout et à manipuler de l'eau ou des matériaux contaminés par les égouts. Les enfants, les femmes enceintes et les gens ayant des problèmes respiratoires ne devraient jamais manipuler de l'eau ou des objets contaminés par les égouts. Il est possible que les objets ayant été contaminés par les égouts ou qui ont été mouillés pendant une longue période de temps doivent être mis dans des sacs, être identifiés et jetés selon des règlements locaux. Contactez la direction de la santé publique de votre région si vous soupçonnez une contamination provenant d'égouts. Une désinfection plus approfondie est nécessaire, de même qu'une plus grande précaution afin d'éviter d'exposer des membres de votre famille ou des animaux de compagnie.

Que vous effectuiez les travaux vous-mêmes ou que vous engagiez un professionnel, ce document vous aidera à planifier les travaux de nettoyage.

Mettez en œuvre un plan d'action étape par étape pour:

- Préparer le nettoyage.
- Éliminer l'eau, la boue et les débris.
- Jeter les objets contaminés.
- Nettoyer et assécher votre demeure et les objets récupérables.

Préparez le nettoyage. Rassemblez l'équipement et le matériel nécessaire:

- Masque jetable N95, lunettes de sécurité et gants de caoutchouc.
- Seau, vadrouille, éponges et sacs de poubelles en plastique.
- Détergent non parfumé (Note: l'eau de javel n'est pas nécessaire pour nettoyer la moisissure).
- Lorsque possible, ouvrez les portes et les fenêtres afin d'apporter de l'air frais.

Canada

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## NETTOYAGE APRÈS UNE INONDATION: GARDEZ EN TÊTE LA QUALITÉ DE L'AIR INTÉRIEUR

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- Vous pourriez avoir besoin de louer des rallonges électriques, une pompe, un aspirateur industriel pour aspirer de l'eau et un déshumidificateur.
1. Éliminez l'eau, la boue et les débris
    - Éliminez l'eau accumulée avec une pompe ou un seau et passer l'aspirateur industriel.
    - Éliminez tous les matériaux détrempés ou sales, les débris, les résidus de boue et la terre.
    - Nettoyez la saleté sur les murs et sur les meubles avec une solution savonneuse, en enlevant l'eau restante avec l'aspirateur industriel. Ensuite, nettoyez les planchers le plus rapidement possible.
  2. Jetez les objets qui ne peuvent pas être asséchés
    - Les revêtements de sol qui ont été inondés doivent être enlevés et jetés.
    - Enlevez les panneaux de gypse si : le niveau de l'eau a atteint plusieurs pieds de haut; s'il a fallu plusieurs jours ou plus pour que l'eau soit éliminée; ou si la zone est demeurée très humide pendant une longue période de temps.
    - Jetez tous les matériaux isolants, les panneaux de gypse, les tapis, les meubles en bois pressé, les matelas, les sommiers, les animaux en peluche, les oreillers, les coussins et les revêtements de meubles qui ont été inondés et qui ne peuvent pas être asséchés. (voir le document *Prendre en charge les problèmes d'humidité et de moisissure dans votre demeure* pour plus de détails).
    - Identifiez les matériaux qui doivent être gardés et qui devraient être nettoyés de façon prioritaire.
  3. Nettoyez et asséchez la demeure et les objets récupérables
    - Les surfaces qui sont sèches ou qui n'ont pas été directement touchées par l'inondation devraient être nettoyées avec un aspirateur muni d'un filtre HEPA.
    - Après avoir nettoyé les surfaces avec une solution savonneuse non parfumée, maintenez une bonne ventilation ou utilisez un déshumidificateur jusqu'à ce que votre demeure soit complètement asséchée.
    - Il est important d'assécher rapidement afin de prévenir la croissance de moisissure. Si la température extérieure le permet (faible humidité et températures modérées), ouvrez les fenêtres et les portes et accélérez le processus de séchage en utilisant des ventilateurs.
    - Si la température extérieure ne le permet pas ou si le séchage est lent, utilisez un déshumidificateur.

### Évitez l'intoxication au monoxyde de carbone

Le monoxyde de carbone est un gaz incolore, inodore et qui peut être mortel à des niveaux élevés. Il peut s'accumuler rapidement dans votre demeure si vous utilisez, par exemple, des pompes ou des systèmes de chauffage à essence, au kérosène ou au propane à l'intérieur de pièces mal ventilées. N'utilisez jamais d'équipement à combustion à l'intérieur si ceux-ci sont conçus pour être utilisés à l'extérieur.

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### ASSUREZ-VOUS D'AVOIR UN AVERTISSEUR DE MONOXYDE DE CARBONE EN FONCTION, PLUS SPÉCIALEMENT LORSQUE VOUS ASSÉCHEZ VOTRE DEMEURE.

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Pour de plus amples informations, veuillez nous contacter par téléphone au (613) 957-1876, par courriel à AIR@hc-sc.gc.ca ou visitez le: <http://www.preparez-vous.gc.ca/cnt/hzd/flds-fra.aspx>.

# Type 2 Diabetes

Taken from: <https://www.canada.ca/en/public-health/services/diseases/type-2-diabetes.html>

About nine out of ten people with diabetes have type 2 diabetes. The good news is that type 2 diabetes can be prevented or postponed by making healthy lifestyle choices.

Diabetes is a lifelong condition where either your body does not produce enough insulin, or the body cannot use the insulin it produces. The body needs insulin in order to change the sugar from food into energy. If your body does not have insulin or cannot use it properly, the result is a high blood sugar (glucose) level. There are three main types of diabetes:

**Type 1**, where the body makes little or no insulin.

**Type 2**, where the body makes insulin but cannot use it properly.

**Gestational diabetes**, where the body does not properly use insulin during pregnancy. This type of diabetes usually goes away after the baby is born.

At the present, type 1 diabetes cannot be prevented, and people living with type 1 diabetes depend on insulin to stay alive.

## Symptoms of type 2 diabetes

The classic symptoms of diabetes (type 1 and type 2) are the following:

- fatigue;
- frequent urination;
- unusual thirst; and
- unexplained weight loss.

In type 1 diabetes, the symptoms usually progress quickly and are often dramatic. In type 2 diabetes, symptoms are slower to progress. However, it is important to note that many people who have type 2 diabetes may have no symptoms. These people may find out they have type 2 diabetes when they go to the doctor for another, unrelated problem.

## The health risks of type 2 diabetes

Diabetes is a lifelong condition. High blood glucose levels over a long period of time can cause:

- blindness;
- heart disease;
- reduced blood supply to the limbs, leading to amputation;
- nerve damage;
- erectile dysfunction; and
- stroke.

Although there is no cure for diabetes, the condition can be managed by medication and/or insulin, and by making healthy lifestyle choices.

## Risk factors for type 2 diabetes

There is no single cause of type 2 diabetes but some factors can put you at greater risk. They include:

- being age 40 or over;
- being overweight (especially with abdominal obesity);
- having a family member who has diabetes;
- having had gestational diabetes;
- having given birth to a baby that weighed more than 4 kg (9 lb) at birth;
- high blood pressure;
- high cholesterol or other fats in the blood; or
- member of a high-risk ethnic group.

## Minimizing your risk

You can help prevent or postpone type 2 diabetes by taking these measures:

- Don't smoke.
- Achieve a healthy weight and maintain it.
- Be physically active.
- Limit your intake of fat and sugar.
- Eat regular, balanced meals that include the four food groups from Canada's Food Guide to Healthy Eating.
- Keep your cholesterol and other blood fats within the target level.
- Maintain a normal blood pressure.

Should you develop type 2 diabetes, you should also follow these steps to manage it effectively:

- Take your medication as prescribed.
- Monitor your blood glucose regularly as recommended by your doctor.
- Take care of your feet by examining the skin for redness and sores.
- Visit your doctor and dentist regularly and see an eye specialist as recommended.
- Consult a dietitian about creating balanced meals.
- If you drink alcohol, consume it in moderation and avoid drinking on an empty stomach as this can cause hypoglycemia (low blood glucose).
- If you are pregnant, ask your doctor about using artificial sweeteners.



# Elder Abuse: Time to Face Reality

Taken from <https://www.canada.ca/en/employment-social-development/campaigns/elder-abuse/reality.html#b>

One in five Canadians believes they know of a senior who might be experiencing some form of abuse. Seniors from all walks of life are vulnerable to elder abuse and it is happening in communities across Canada.

Elder abuse is any action by someone in a relationship of trust that results in harm or distress to an older person. Neglect is a lack of action by that person in a relationship of trust with the same result. Commonly recognized types of elder abuse include physical, psychological and financial. Often, more than one type of abuse occurs at the same time. Abuse can be a single incident or a repeated pattern of behaviour. Financial abuse is the most commonly reported type of elder abuse.

Elder abuse often occurs because of the abuser's power and control over an older person. In some situations, the abuse may also result from addiction issues (drugs, alcohol or gambling), mental health problems, a cycle of family violence or ageism. Abuse can happen when the aggressor wants to intimidate, isolate, dominate or control another person.

Older adults affected by abuse often know and trust the person mistreating them. Elder abuse can be caused by a family member, a friend, someone who provides assistance with basic needs or services, or health care providers in institutional settings. In many situations of elder abuse, the abuser is dependent on the older adult for money, food or shelter.

Most older people who experience abuse are able to make decisions for themselves. Abuse can happen to anyone, in any family or relationship. It can happen to people of all backgrounds, ages, religions, races, cultures and ethnic origins.

Older adults may feel ashamed or embarrassed to tell anyone they are being abused by someone they trust. They may fear retaliation or punishment, or they may have concerns about having to move from their home or community. They may also feel a sense of family loyalty. Often, older adults may not be aware of people and resources that can help.

It is important that the older person have access to information to make informed decisions and be aware of available help. This may include support and assistance from family members or friends, health care providers, social services, police, legal professionals and/or members of faith communities. No one ever deserves to be abused or neglected.

Elder abuse and neglect can be very difficult to detect. The following signs and symptoms may indicate that an older adult is being victimized or neglected: fear, anxiety, depression or passiveness in relation to a family member, friend or care provider;

- unexplained physical injuries;
- dehydration, poor nutrition or poor hygiene;
- improper use of medication;
- confusion about new legal documents, such as a new will or a new mortgage;
- sudden drop in cash flow or financial holdings; and
- reluctance to speak about the situation.

Physical abuse of seniors includes actions that injure or risk injuring an older person or cause them physical pain and may include:

- striking/hitting;
- pushing/shaking;
- burning;
- shoving;
- inappropriate physical and chemical restraints; or harm created by over or under medicating.

Psychological abuse of seniors includes actions that decrease their sense of self-worth and dignity, and may include:

- insults;
- threats;
- intimidation;
- humiliation;
- harassment;
- treating them like a child; or
- isolating them from family, friends or regular activities.

Financial abuse includes actions that decrease the financial worth of an older person without benefit to that person and may include:

- misusing or stealing a senior's assets, property or money;
- cashing an elderly person's cheques without authorization;
- forging an elderly person's signature;
- unduly pressuring seniors to make or change a will, or to sign legal documents that they do not fully understand;
- sharing an older person's home without paying a fair share of the expenses when requested.

Neglect includes inactions that may result in harm to an older person and may include a caregiver or family member not providing appropriate:

- water or food;
- shelter;
- clothing;
- medication or medical attention;
- assistance with basic necessities.

Seniors most vulnerable to neglect include those who are socially isolated, and those with serious health conditions. Abuse happens when one person hurts or mistreats another. Remember:

**Seniors are entitled to respect.**

**Seniors have every right to live in safety and security.**

**There is no excuse for abuse.**

# Community Member Abby Cree Wins Gold!

By Kevin Nelson

This past year Kanehsatake's Abby Cree tried out for the AAA hockey team, les étoiles Laurentide/Lanaudiere. She was unfortunately cut but received an invitation to tryout for les Amazone Laval AAA team. She made that team and received another invitation to tryout for the Laurentides to play in the Quebec Games.

All the teams in Quebec select the best players from their respective regions to play in the Quebec Games. The Laurentides team only selects the best players in the region. She tried out for the Laurentides bantam AAA hockey team. She made that team and her team went undefeated leading up to the final.

The French sports station RDS showed the girls final. Her team won 3-1 over Outaouais, with Abby Cree scoring the game-winning goal. Her story reflects perseverance She has worked hard and displayed an

enthusiastic attitude by not giving up despite getting cut. She has also been selected to be a part of the National Aboriginal Hockey Championship for team Eastern Door and The North. I interviewed her regarding her success.

## What age did you start playing hockey?

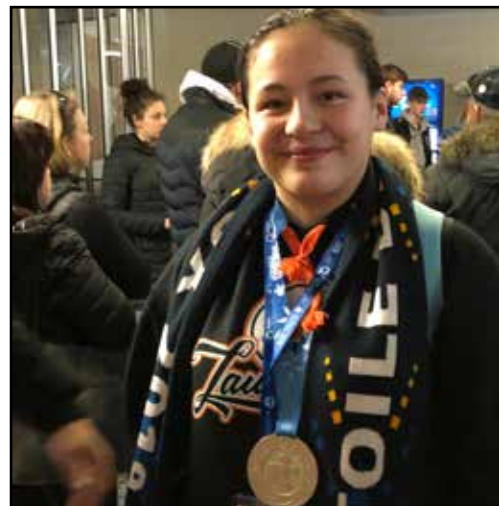
I originally started playing Ringette at age 4 then switched to hockey 5 years ago.

## Why did you want to play hockey?

I started out playing Ringette and a teammate's dad suggested I play hockey. I like everything about hockey, it brings me joy. I just do my best and not worry about the results. I just see what happens.

## What do you attribute to your success in playing bantam AAA?

I do a lot of training year round. I attend hockey etcetera elite training. It's a hockey camp that only takes players AA



and up.

## What are your long-term goals in hockey?

I just enjoy playing hockey. I want to play hockey as long as I can. When I'm done hockey I would like to coach someday.

## Who is someone you look up to in hockey?

Jean Gabriel Pageau is my hero. I like how hard he works and I think he has good stick-handling skills and he has a good face.



Photo courtesy of Ratihente High School

By Susan Oke

Karihohetsha Cupples is a 17-year-old, grade 11 student at Ratihente High School. After winning the local science fair she was sent to the 2019 Quebec Aboriginal Science Fair in Kuujjuaq, where she competed against 10 different communities and won again in the traditional knowledge category with her project on cedar tea.

# Karihohetsha Cupples: First Place at Regional Science Fair

**Karihwios:** What were you trying to explain?

**Karihohetsha:** My project was about diluting cedar tea and testing which result people liked best, so I could use it for a standardized procedure.

**Karihwios:** How did you choose your project?

**Karihohetsha:** I chose this project because I wanted to do something with traditional medicine and use it in modern medicine.

**Karihwios:** How did you react when you found out you won in the Sec. 4/5 category?

**Karihohetsha:** I was very shocked when I found out I won because I rarely win anything, but it felt good that the hard work paid off.

**Karihwios:** How do you feel about going to Fredricton, N.B. for the National Aboriginal Science Fair?

**Karihohetsha:** I'm very excited and honored to represent indigenous people at the Canada wide Science Fair.

**Karihwios:** Who has helped or encouraged you along the way?

**Karihohetsha:** I had a lot of support from my family, friends, and my school, but a special thank you to my teacher Monica Walzack. She helped me after school and during her spare time because the school does not offer science classes for my grade level.

We wish Karihohetsha good luck in May in Fredricton, New Brunswick!

For further information contact:

Community coordinator:  
Karennahawi McComber

k.mccomber@kanesatakehealthcenter.ca  
(450) 479-6000 Ext. 288



For further information concerning  
U19 Volleyball contact:

Manager: Kahsennine Nelson

kt.nelson@kanesatakehealthcenter.ca  
(514) 358-6406

Porte de l'Est et du Nord

**ÉQUIPE PEN**  
**TEAM EDN**

Eastern Door and the North

**HALIFAX**  
**2 0 2 0**

# SELECTION CAMPS

The information on the selection camps is now available!

Go visit the website to have all the details.

**PEN-EDN.COM**



ÉQUIPE PEN - TEAM EDN  
ATHLÈTES PARALYMPIQUES  
CANADIENS



équipe pen - team edn





# Retinopathy Screening

## Invitation to all diabetic community members

The Kanesatake Health Center Inc. is holding a diabetic retinopathy screening clinic.

**MAY 30th**  
**at the Kanesatake**  
**Health Center**

What this means is when you make a screening appointment with the health center, we will take a photo of the back of your eye using a special camera. It is not a medical procedure, it's simply a photo of your eye.

We will then transmit the photos electronically to the ophthalmologists who will interpret the photos. You will get a copy of the results indicating either everything is fine or it will indicate that you need to follow up with an ophthalmologist.

Whether you are a long time diabetic or newly diagnosed, it is important to check for retinopathy every year because the sooner you catch it, the better the outcome. Retinopathy, if left untreated will lead to blindness, so it's important to be screened.

### Appointments:

**(450) 479- 6000 Ext. 229**

### Kanehsatake Crossfit Thank You

Kanehsatake Crossfit would like to take this time to thank the following individuals.

#### Kahnawake Crossfit

#### Chateauguay Crossfit

**MC Decarie** (KCF Jewelry Line)

**Kimberly Simon** (Hate Never Wins Sweaters)

**Jackie Smith** (The Bar items donation)

**Shawn Nelson Johnstone & Jessica Gural,**  
(KCF Bracelets)

#### Chase the Ace Committee

(\$25, 000 donated for equipment)

#### Kanohsesne ne Kanehsatake Social

(Molly Gabriel-basket, Travis Gabriel-lacrosse stick, Will Gareau-Water drum, Christine Gabriel-Jewelry, Harvey Gabriel-Kanien'keha dictionary.

#### Kahnawake Marina Poker Run

**Valerie Tewisha,** Queen-sized quilt

**Catherine Verdon,** KCF special edition magazine

**Mathilde Fays,** Burpee-a-thon chocolate donation

**Nawi Nicholas,** Burpee-a-thon beaded earrings donation

**Aerosport** (Lucie Oceau) Burpee-a-thon gift card donation

**Mat Houde,** Platinum rig equipment donation

**Greco,** money donation

**Kanesatake Health Center,** Burpee-a-thon (Karennahawi, Tiohenta, Jadyn, Katsi)

**Caitlyn Richard (KHRO)** half & half raffle

**Kanesatake Lacrosse Committee,** money donation

**Burpee-a-thon volunteers,** (Melissa, Joanne, Emma, Lilianne, Lynn, Lise, John, Walter)

**The Depot** (Television & Xbox raffle)

**The Depot, LeRoi, and The Medicine Box**  
**employees** for donating their tips.

**Anyone who personally donated money or donated to our Gofundme page, as well as, anyone who donated their time and/or sent kind words to show their support.**



**Mary Sateiokwen Etienne Nelson**

*The family of the late Mary Sateiokwen Etienne Nelson would like to say Niawenh:kowa to the following;*

*To Dr. Moisan and Riverside staff for the loving care given to our Mom and nurse Sabrina Richard who made it possible for Mom to stay at the Elders to the end.*

*To the U.C.W. for your dedication and compassion, Pastor John Thevenot and Arlene who provided spiritual care even after our Mom could no longer attend church.*

*We would like to thank Public Works for digging the grave.*

*And to everyone who gave their sympathies, money, and donated food.*

*If anyone was inadvertently left out of our thank you, we did appreciate everything you did for us during this time.*

#### *A Poem for our Mom*

*"I Truly Never Learned  
What the words  
I miss you were  
Until I reach for  
My Mom's Hands  
And it wasn't there"*

*~Unknown*



**Karihohtettha Cupples**  
Congratulations

Congratulations to our daughter Karihohtettha Cupples for winning 1st place in the sec. 4/5 category at the Quebec Aboriginal Science Fair 2019, in Kuujuaq. Good luck at the National Aboriginal Science Fair this May in Fredricton!

With love  
Istha, Bubba & family

Happy Belated Birthday

**Trevor Nelson**  
Feb. 28

**Skyler Nelson Baker**  
March 28

**Wayne & Earl**  
March 19

**Gladys Conway**  
April 4

**Joe Nelson**  
March 17

**Gloria Jean Nelson**  
March 24

**Tyron Canatonquin**  
April 6

From Jessie

**Dinah Nelson**  
May 2

Happy birthday to my mom Dinah Nelson. Wishing her all she wishes for. And Happy Mother's Day!

Love her daughter  
Priscilla, Chris and the boys

# Announcements

Health Center Birthdays

**Joyce Bonspiel Nelson**  
May 2

**Susan Oke**  
May 8

**Crystal Diabo**  
May 26

**Matthew Barr**  
May 28

**Katsitsaronkwas Jacobs**  
May 31

**Stephanie Nelson**  
April 14

Happy birthday to everyone celebrating in May and a happy belated birthday to Stephanie.



**Joan Myra Gabriel Nelson**  
April 14

Mom, we are so blessed to celebrate another birthday with you. Your strength and the determination to pull through the rough and bumpy road that the beginning of this year brought you. But somehow you found the strength to keep going, and we admire and love you for being a strong woman, especially being our mom. We wish you all the best wishes and foremost better health today and everyday. We love you Mom and happy birthday!

Your children, grand children, great grand children and great, great grandchildren XOXO



**Leon Warner Aronhiatà:ko Beauvais**  
*October 18, 1962-March 6, 2019*

*On behalf of the Beauvais family, we would like to say niawenhkó:wa for the support we got from family, friends, & community members during our time of loss. Our dearest brother & uncle Leon Beauvais will be missed greatly.*

*The Beauvais Family*

**Ida Nelson**  
May 17

Happy Birthday to my cousin Ida Nelson, Wishing you a wonderful one.

Your cousin Priscilla

**Chris Meloche**

Happy fathers day to an amazing dad and my honey, Chris Meloche.

Love your honey Priscilla and the boys

**Pamela Oke**  
May 18

Happy Birthday to my cousin Pamela Oke, Wishing you a wonderful one.

Your cousin Priscilla

## May

Celiac Awareness Month  
Hypertension Awareness Month  
  
Mental Health Week  
May 6-12  
National Nursing Week  
May 6-12  
National Child & Youth  
Mental Health Day  
May 7  
World Red Cross Day  
May 8  
World Lupus Day  
May 10  
Mother's Day  
May 12  
World Melanoma Day  
May 14  
Victoria's Day  
May 20  
World No Tobacco Day  
May 31

## June

Thyroid Month  
Canadian Men's Health Week  
June 11-17  
World Environment Day:  
June 5  
World Elder Abuse  
Awareness Day  
June 15  
Father's Day  
June 16  
Aboriginal Day  
June 21  
St. Jean Baptiste  
June 24

## Garbage

May 9, 23  
June 6, 19

## Recycling

May 2, 16, 30  
June 13, 27

## Brown Bins

May 7, 14, 21, 28  
June 4, 11, 18, 25

\*Leaves May 7



### Emergency Phone Numbers

Fire and Ambulance: 911

Police Emergency:

310-4141 \*4141 (cell)

Police Non-emergency  
(office) (450) 479-1313

## Ami-Quebec Support Groups

*For family, friends & people living with mental illness*

### Anxiety

May 6  
June 3

### Bipolar Disorder

May 13  
June 10

### Depression

May 13  
June 10

### Hoarding

May 27  
June 17

### Obsessive Compulsive Disorder

May 6  
June 3

All Support groups take place on Mondays, 6:30-8:30 PM, 4333 Cote Ste. Catherine Rd.

For information: [amiquebec.org](http://amiquebec.org)

514-486-1448

1-877-303-0264

[info@amiquebec.org](mailto:info@amiquebec.org)