

5 May

Argenteuil COVID-19

community Newsletter

Community organizations at your service!

Most of the organizations can provide you with support and an ear through



Facebook, Messenger and telephone.

Youth and families

Maison de la famille Au cœur des générations d'Argenteuil (family centre)
450 562-0503
Information-sharing and workshop forms.

Centre de pédiatrie sociale communautaire d'Argenteuil (community social pediatrics centre)
438 831-6356

Facilitates access to health care, and prevents social isolation and delinquency, improving the quality of life for children and their families.

(youth centres)
Maison des jeunes de Lachute
450 562-3078
Maison des jeunes de Brownsburg-Chatham
450 533-6948
Maison des Jeunes de Grenville
819 242-2126

Laurentian Literacy Centre
450 562-3719

Helps children, teens and adults having reading, writing and math difficulties, and those needing help with a computer or tablet.

Adults

Pro-Gam
514-270-8462
Help for men with violent behaviour.

Carrefour des femmes
450 562-7122 women's centre

Centre aux Sources d'Argenteuil
450 562-0673
Alternative mental health self-help resource for persons 18 years of age and older who have or have had mental health problems.

La Citad'elle
450 562-7797

La Halte des proches (drop-in centre)
450 438-4291

L'Écluse des Laurentides
450 495-0997

Seniors

Centre d'action bénévole d'Argenteuil
450 562-7447

Centre aux Sources d'Argenteuil
450 562-0673
Alternative mental health self-help resource for persons 18 years of age and older who have or have had mental health problems.

Coopérative de services à domicile Coup de pouce Argenteuil (home services cooperative)
450 562-9993

Prévoyance envers les aînés des Laurentides (sentinels for seniors)
819 324-1430

Improving the quality of life for seniors in vulnerable situations.

Société Alzheimer des Laurentides
1 800 978-7881

4Korners
450 974-3940

Service de transport MRC d'Argenteuil
450 562-5797

Info-COVID : 1-877-644-4545

If you have symptoms or questions, or for an appointment at a testing clinic.

Info-Social 811 : 1-800-266-9372
(western part of the MRC)

Telephone support for stress, anxiety, psychosocial needs or to request service.

7 tips to help you feel good And maintain mental health



FEELING? Until 2026, each year MENTAL HEALTH MOVEMENT QUÉBEC will focus on one of its 7 tips for recharging: seven solid foundations for good mental health. This year, the Feeling tip will help develop our ability to listen to our own emotions to better receive the valuable messages they send us!

What does Feeling bring ?
To feel is to become aware that emotions are neither good nor bad, but have a purpose.



Promouvoir. Soutenir. Outiller.

1 Taking action

This means daring, taking advantage of your experiences, appreciating the good side of things, becoming socially involved.

2 Feeling

This means welcoming your emotions and understanding them to better guide yourself.
"Feeling means receiving a message."

3 Accepting yourself

This means recognizing your own strengths, abilities and limits and expressing your needs, which fosters self-esteem.

4 Choosing

This means making choices. Take stock of your priorities and choose based on your values.

5 Discovering

This means opening up to life. Facing change by using the power of creativity and by remaining curious.

6 Recharging your batteries

This means making room for what is good for you. It is essential to recharge in your own way: walking, cycling, gardening, cooking, breathing, reading, watching a TV series, listening to music, doing puzzles, meditating...

7 Creating connections

This means daring to meet new people, to have people around you, to love. It means getting news from your family and friends, writing an email, a real letter, finding friends on Facebook or sharing photos.

Each of these contributes to the dynamic balance of our mental health. Learn more on the Mouvement Santé mentale Québec website (in French only). etrebiedanssate.ca.

7 ASTUCES
POUR SE RECHARGER



Tous ensemble pour une bonne santé mentale