

2023.2024

Annual Report



Table of Contents

2	Mission, Vision, Values, Staff & Board
4	Message from the President & Executive Director
5	Funders, Partners & Representation
7	2024-2027 Strategic Plan
8	Community-Centered Initiatives
10	Communications Activities
11	Building Stronger & Healthier Families
13	A Continued Commitment to Connecting with Youth
15	Responding to the Needs of our Seniors & Caregivers
18	Supporting our Community's Mental Health
19	Training, Team Building & Learning Opportunities
21	Timely Referrals Provide Critical Support
23	Communications Activities





MISSION

Connexions Resource Centre promotes the health, social wellbeing, and vitality of the English-speaking community through empowerment, participation and collaboration within the Outaouais.



VISION

A strong, inclusive, healthy English-speaking community; recognized, interconnected, and contributing to the vitality of the Outaouais.



VALUES

Compassion: We serve with kindness and care.

Integrity: We hold ourselves and each other to high ethical standards

Accountability: We are responsible to each other, our community, and those who support us.

Collaboration: We work with our community and partners to fulfill our mission.

Resourcefulness: We adapt, innovate, and strive for excellence.

Inclusion: We create spaces of belonging where everyone is treated with respect and dignity.

BOARD OF DIRECTORS

Cary O'Brien
President

Susan Lewis
Vice-President

Rose Regimbald
Treasurer

Ruth Williams
Secretary

Kathleen Jean
Director

John Mynott
Director

Adriana Saenz
Director

CURRENT STAFF

Danielle Lanyi
Executive Director

Natalie Filiou
Director of Operations

Sabine Fettig
Executive Assistant

Diane Wheatley
Regional Seniors' Coordinator

Michèle Gagnon
Communications Coordinator

Angela Mugisha
Special Project Coordinator

Krishnan Sundaram
Community Health & Wellness Facilitator

Cassandra Hope Sydor
Regional Coordinator - Early Childhood, Youth and Families

Marquis Bureau
Community Caregiver Wellness Coordinator

Paul Brown
Community Engagement & Outreach Coordinator – MRC des-Collines

Shelley Heaphy
Community Engagement & Outreach Coordinator – MRC Pontiac



Message from the President



As I write my final message as the outgoing president of Connexions Resource Centre, I am filled with many emotions. It has been an incredible journey: one marked by milestones achieved, challenges overcome, and incredible organizational growth.

Over the past 10 years, we have worked tirelessly to advance our mission of promoting the health, social wellbeing, and vitality of the English-speaking community through empowerment, participation, and collaboration within the Outaouais. Together, we have made a tangible difference in the lives of countless individuals in the community, leaving an indelible mark on our region and the province.

Reflecting on our achievements, I am filled with immense pride. Over the past decade, we have effectively bolstered our staff levels, witnessing significant growth, and opening offices in Aylmer, Shawville, and Wakefield. We have consistently pushed the boundaries of what is possible, breaking down barriers and creating opportunities where none seemed to exist. The dedication, passion, and unwavering commitment of our team have been the driving force behind our success.

As I prepare to pass the torch to my successor, I am filled with optimism for the future of Connexions. The foundation we have laid together is strong and sturdy, capable of supporting even greater achievements in the years to come. I have every confidence that the organization will continue to thrive and flourish, reaching new heights of success and impact.

To each one of you who have supported us along the way – our volunteers, staff members, partners, and community members – I extend my deepest gratitude. Your belief in our mission, your dedication to our cause, and your unwavering support have been the lifeblood of our organization. Without you, none of this would have been possible.

As I bid farewell to my role as President, I do so with a heart full of gratitude and a sense of fulfillment. It has been an honour and a privilege to serve this organization and its community, and I will carry the memories of our shared journey with me always.

In closing, let me say a special thank you to our Executive Director, Danielle Lanyi, for your unwavering dedication, hard work, and friendship. Your leadership has been instrumental in shaping Connexions' success, and your commitment has not gone unnoticed. Your tireless efforts, coupled with your passion for our mission, have inspired us all to reach greater heights. It is not just what you do, but the way you do it – with grace, integrity, and an unwavering focus on excellence – that truly sets you apart. Thank you for everything you do, today and every day.

Together, we have made a difference. Together, we have changed lives. And together, we will continue to make the community a better place for generations to come.

Cary O'Brien

President

Message from the Executive Director



As I reflect on the past year, I am filled with gratitude for the unwavering support and dedication of each and every one of you. Your resilience and commitment have propelled our organization forward, allowing us to continue serving our community with passion and purpose.

I would like to take this opportunity to express my sincere gratitude to our President, Cary O'Brien, for his exceptional contributions, which have been vital to our organization's success. His dedication, expertise, and unwavering commitment have greatly inspired us, shaping our direction and ensuring our continued impact in the community. Cary's leadership has been instrumental, and I am sincerely grateful for his devotion to our cause. Thank you for your unwavering support!

In this year's annual report, we celebrate the milestones we've achieved together and the impact we've made on the lives of those we serve. From expanding our programs to forging new partnerships, every accomplishment is a testament to the collective efforts of our board, staff, volunteers, and supporters.

As we look ahead, let us remain steadfast in our mission to empower and uplift our community. Together, we have the power to create positive change and build a brighter future for all. Thank you for your continued support and dedication. Here's to another year of growth, resilience, and impact.

Danielle Lanyi

Executive Director



At the staff holiday dinner, Cary presented Danielle with flowers in recognition of her enduring dedication to Connexion's mission.

“
| Together, we have the power to create positive
change and build a brighter future for all.

Connexions worked closely with the following funders and partners to develop and enhance its programs and outreach activities to meet the diverse needs of English-speakers in the region.

Funders



Partners



Cabinet d'orthophonie
Jessica Bélisle Macquart



www.cabinetjbm.com



Partenaires
du Secteur Aylmer





New 0-5 Committee Brings Together Partners in early childhood

Connexions is proud to have hosted, *Nurturing the Future of Our English-Speaking Little Ones*, a key gathering that brought together 30 representatives from the Western Québec School Board, the CISSS de l'Outaouais, Centraide Outaouais, subsidized daycare centers, regional committees, and community organizations to focus on the well-being of English-speaking children in the region.

Representation

Connexions participated in local and regional committees to represent the needs of the English-speaking community. These committees focus on a variety of topics such as early childhood, youth and families, seniors, elder abuse prevention, caregiver support, social development, and healthy lifestyles.

CISSS de l'Outaouais

- Table régionale contre la maltraitance envers les personnes âgées
- Comités Aire Ouverte
- Comité territorial du RLS des Collines
- Comité territorial du RLS de Pontiac
- Comité régionale en prévention des dépendances
- Comité régionale langue anglaise
- Concertation des saines habitudes de vie-petite enfance
- Comité démarche santé mentale Pontiac

Comité d'implantation provincial pour contrer la maltraitance envers les aînés des communautés culturelles

Comité Gatineau Ouest, Comité naître, grandir et vieillir

Comité Hull en Santé

Concertation pour le développement social de l'Outaouais - Chantier 0-5

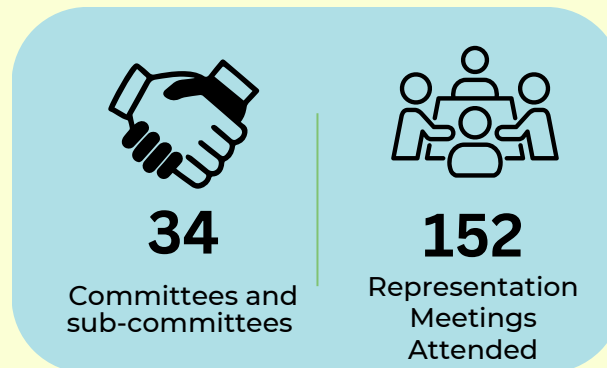
Partenaires du secteur Aylmer

Table de développement sociale des Collines

Table de développement sociale du Pontiac

Table Éducation Outaouais

Table Soutien aux personnes âgées de Gatineau



Highlights from Connexions 2024-2027 Strategic Plan

As we look towards the future, Connexions is dedicated to advancing our mission through strategic initiatives that emphasize growth, innovation, and community engagement. Our 2024-2027 Strategic Plan outlines key priorities designed to enhance our organizational impact and effectiveness. These highlights showcase our commitment to building a stronger, more resilient community:

Enhancing Knowledge Development

Stands as a cornerstone of our efforts to elevate our impact and effectiveness.

Prioritizing Partnership Development

To leverage diverse expertise and resources, enhancing our capacity to deliver impactful services and expand our reach within the community.

Conducting a Comprehensive Service Review

To ensure alignment with evolving community needs and emerging trends.

Implementing Volunteer Engagement Initiatives

To foster a vibrant and engaged community committed to our mission and objectives.

Prioritizing Staff Wellness

To ensure a supportive work environment that fosters employee health, engagement, and productivity.

Developing Innovative Fundraising Initiatives

To diversify revenue streams and ensure long-term financial sustainability.



Connexions Board of Directors and Staff gather for dinner to celebrate the holidays.

These strategic priorities will guide Connexions as we strive to make a lasting difference in the lives of those we serve. Together, we can achieve our vision of a connected and thriving community.

Community-Centered Initiatives

Community connection is at the heart of everything we do at Connexions. We believe that strong relationships are the foundation of a vibrant and resilient community. Our commitment to outreach ensures that we not only meet people where they are, but also cultivate lasting partnerships.

Wakefield Satellite Office Grand Opening

In the fall, Connexions opened its new satellite office in Wakefield, marking a significant step in our mission to enhance our presence in the region.

We were pleased to welcome **70 attendees** from both the local community and partnering organizations to celebrate this exciting occasion. The event featured an art show by the talented artist Nathan Vanek, adding a vibrant touch to the grand opening.

As our second satellite office, this new location will allow us to expand our reach and better serve the needs of the English-speaking community. We look forward to building strong relationships and contributing to the vibrant community of the MRC des Collines.



Connexions' President, Cary O'Brien welcomes a full house at the Wakefield Grand Opening.

Community Meeting

The meeting aimed to unite the community, allowing organizations to showcase their work, discuss common challenges, and explore opportunities for stronger partnerships, all to better serve the English-speaking population of the Outaouais.

Participants

- Western Québec School Board (WQSB)
- 100 Mile Arts Network
- Community Health and Social Services Network (CHSSN)
- Regional Association of West Quebecers (RAWQ)
- Community Economic Development and Employability Corporation (CEDEC)
- Cégep Heritage College
- Be and Become
- Wakefield Golden Age Club

Priorities:

- Access to health and social services (mental health)
- Access to transportation

Challenges:

- Building awareness of the English-speaking community and its needs
- Communicating between partners and sharing information
- Reaching out to vulnerable community members, particularly in rural areas
- Developing a sense of purpose, connection and belonging with the community

Participants emphasized the need to enhance collaboration and resource-sharing to improve services for the English-speaking community. They highlighted the importance of comprehensive community representation, shared vision, and partnership-building to foster cohesion and resilience. This collaborative approach underscores the value of knowledge-sharing and strong coordination among community partners to achieve collective goals.



Richard Walling of Walling Consulting leads the community discussion.

Focus Groups to **Connect & Better Understand** the Needs of our Community

With funding from the Secrétariat aux relations avec les Québécois d'expression anglaise, Connexions hosted nine focus groups – five in the MRC Pontiac (Shawville, Campbell's Bay, Otter Lake, Portage-du-Fort, Upper Pontiac) and four in the MRC des Collines-de-l'Outaouais (Chelsea, Wakefield, Cantley, Vals-des-Monts). These groups explored community needs on topics such as health and well-being, social life and education, economy, and environment. Connexions will release a full report detailing the findings in the coming year.



9

Focus Groups



50

Participants



2

MRCs

“ I loved meeting and hearing from other community members about their views on the community.

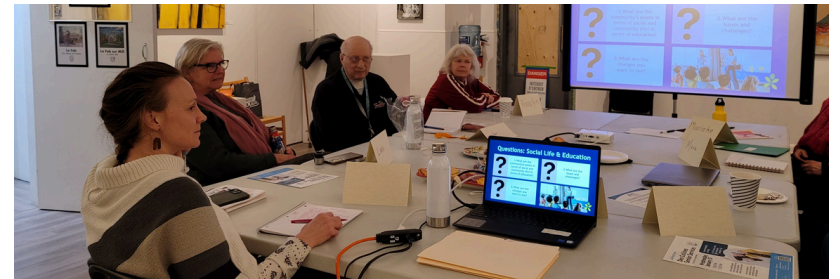
-Otter Lake participant



Campbell's Bay Community Focus Group



Portage-du-Fort Community Focus Group



Chelsea Community Focus Group

Engaging our Communities through our Kiosks & Presentations

Through our kiosks and presentations, we bring our resources directly to the heart of the community, serving as touchpoints for information, support, and engagement. Our kiosks at various community events provide accessible ways for people to learn about our services. Additionally, our presentations at local gatherings further facilitate community connections.



21

Kiosks & Presentations



2,444

People reached

Community Outreach & Engagement Coordinator, Shelley Heaphy and Regional Coordinator - Early Childhood, Youth and Families, Cassandra Hope Sydor [left to right]

Attracting Bilingual Health & Social Services Students to the Outaouais Region

McGill University's Health & Social Services Community Bursary Program aims to improve access to health & social services in English by supporting bilingual students in their post-secondary studies and encouraging them to work within the Outaouais health & social services system.

Congratulations to our 2023 Bursary Recipients!



Josée Roy, Nursing student at Cégep Heritage College



Jérôme Lamontagne, Medical student at McGill University Campus Outaouais



Tanya McGill-Lalonde, Masters of Social Work student at McGill University in Montreal



Alexis Kaldi, Special Care Counselling student at Cégep Heritage College

“ I'm grateful for the bursary which has allowed me to be actively involved in my community while working towards completing my medical studies.

-Jérôme Lamontagne


This year, Connexions awarded \$20,000 through the Health and Social Services Community Bursary Program to support students in completing their studies in the field of health and social services.

PROGRAMS OF STUDY HAVE INCLUDED

Pharmacotherapy, Speech-Language Pathology, Nursing, Immunology & Microbiology, Community Health, Audiology, Social Work, Doctor of Medicine.

Since 2011

 **36**
Scholarships

 **35**
Students

 **\$241,250**
Total Investment

Promoting Careers in Health & Social Services

This initiative included kiosks at 4 High School Career Fairs, where we distributed resources to over 600 students. Additionally, we hosted a kiosk at McGill University Campus Outaouais' Journée JOPE for 60 medical students, and delivered 3 presentations to 69 students at the Western Quebec Career Centre (WQCC) and Cégep Heritage College.



Jérôme Lamontagne and Natalie Filiou, Director of Operations, at Hadley & Philemon Wright High School.

Building Stronger Healthier Families

Connexions is committed to supporting the physical, mental, and emotional wellbeing of English-speaking families and their children. Through collaborative partnerships and evidence-based programming, we empower families to thrive.

Itsy Bitsy Tots Playgroup

Our Itsy Bitsy Tots Playgroup for parents and their children aged 0-5 continues to engage young families through interactive learning and play. Kids explored, discovered, and had fun with music, stories, movement, and crafts while parents built a supportive network. Thanks to our partnership with Cégep Heritage College, our playgroup offered English-speaking families a chance to connect and access health promotion activities and valuable information.



Thanks to our Playgroup special guests, Massage Therapist, Jenna Knight and Doula & Lactation consultant, Danielle James.

Supporting Early Childhood Development

Connexions' series of Parent-Child Dyad Workshops and Speech Language Webinars, led by Speech-Language Therapists (SLPs), provided hands-on help for **25 children** aged 0-5 who had speech, language, or communication delays or disabilities. We are grateful to the CISSS de l'Outaouais for partnering with us to refer families to these sessions.

Our Parent Resource Series, which included participation from families, school staff, and professionals who work with children, featured expert speakers from the Western Québec School Board, the CISSS de l'Outaouais and community organizations, who offered information on their service offerings and available resources.

Our fun family-oriented activities, which included drumming with dads and their children, created engaging experiences for all.



22
Playgroup
Get-Togethers



154
Parents &
caregivers



186
Children



23
Webinars &
Workshops



131
Parents &
caregivers



39
Children



Community Outreach & Engagement Coordinator, Shelley Heaphy and Community Health & Wellness Facilitator, Krishnan Sundaram wrap-up our first Nobody's Perfect Parenting Program.

Nobody's Perfect Program

For the first time this year, Connexions offered the *Nobody's Perfect* parenting program.

This six-week workshop series helped parents develop new skills and build stronger connections with their children. The program's interactive format encouraged open dialogue and mutual support, creating a safe space for parents to learn and grow together.

Ensuring a Successful Start to School

School Transition Kits

Connexions produced 800 School Transition Kits for English-speaking families of the Outaouais to help them prepare their child for the transition from home or daycare to school, thereby promoting school success.

Connexions collaborated with the Western Quebec School Board (WQSB) to develop the Kits, with funding provided by Centraide Outaouais.

Let's Play & Talk Kits

Thanks to funding from the CISSS de l'Outaouais, Connexions produced 216 Let's Play & Talk Kits designed for children aged 3-5. Each kit includes engaging learning activities that encourage parent-child play, language development, and early literacy.

These kits were distributed to the CISSS de l'Outaouais for use by their social workers and speech-language therapists, as well as to BIBLIO-Outaouais, enabling families throughout the Outaouais to borrow these kits from their local library.



Sylvie Thibault, Executive Director and Dorothy St-Marseille, President of the Board [right, Biblio-Outaouais] and Natalie Filiou, Director of Operations and Cassandra Hope Sydor, Regional Coordinator - Early Childhood, Youth and Families [left, Connexions]



Back-to-School Bags

Thanks to Connexions' long-time volunteers, Cary and Susan O'Brien, 90 Back-to-School Bags were produced and delivered to 6 elementary schools and 3 high schools in the WQSB, as well as to 20 students at Cégep Heritage College.

Cary, President of Connexions' Board of Directors and Julie Goulet, Director of Student Services, Cégep Heritage College



1,106
Kits & Back-to-School Bags



16
WQSB Schools



43
Libraries

“ This is amazing! Knowing I could start school with a new backpack and school supplies is so helpful. Thank you, Connexions! ”

“ I have two children and your generosity goes a long way, thank you. ”



A Continued Commitment to Connecting Youth

Connexions continued to offer programming to youth aged 6 to 25 and their families. We extend a special thank you to the school staff throughout the Western Québec School Board (WQSB), the Centre de services scolaire des Portages-de-l'Outaouais, the CISSS de l'Outaouais, and community organizations who joined us in our outreach.

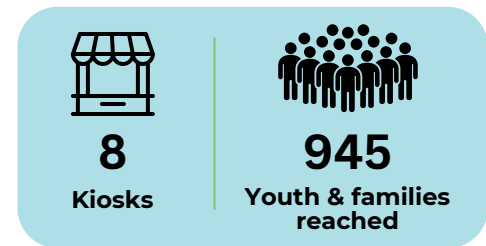
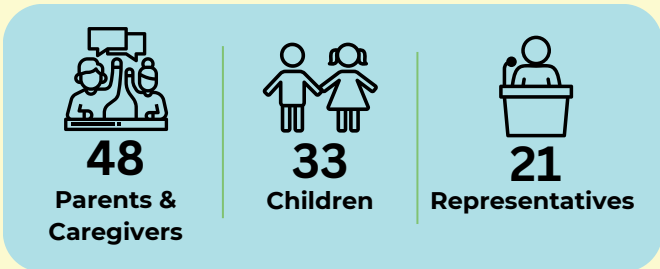
Roadmap to Services for Families

This year, Connexions organized the *Roadmap to Services for Families* event in partnership with local schools from the WQSB and the CISSS de l'Outaouais. The event brought together parents, educators, and community service providers for a morning of learning and networking.

Attendees discovered a wide range of public and community services available to support families. This collaborative effort exemplifies Connexions' dedication to bridging the gap between families and the services they need.

Community and School Health Fairs & Kiosks

Connexions joined a number of school and community organized Health Fairs and kiosk activities to connect with students and their families, as well as school staff and other community organizations in attendance.



The event welcomed keynote speakers from the CISSS de l'Outaouais, featured kiosks hosted by community organizations and provided active and creative activities to keep the kids entertained.



The Roadmap to Services Planning Committee, which included staff from the CISSS de l'Outaouais and the WQSB, worked to ensure that families have access to information about vital services in their community.



Our Community Health and Wellness Facilitator, Krish Sundaram, with Buckingham Elementary School Principal, James Price, at their Carnival day community event.

Peer Support Groups

Again this year, Connexions partnered with Hadley & Philemon Wright High School to offer a weekly Peer Support Group for its students. With help from school staff at St-Michael's and Symmes & D'arcy High Schools, new support groups were formed, allowing more students to take part in a safe space to recharge and connect during their lunch break.



Philemon Wright High School students decorate flower pots during a peer support group activity.



494
Students



36
Get-togethers



3
High Schools

Placement Students

Connexions had the pleasure of welcoming Eric and Chelsea for a school placement. Both brought enthusiasm and valuable contributions to our organization, assisting in the planning and facilitation of various activities. We are grateful for their hard work and commitment!



*Chelsea Chislett-Rowsell,
Cégep Heritage College, Special
Care Counseling student*



*Eric Landry,
Medical student at McGill
University, Campus Outaouais*



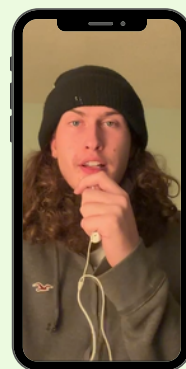
“ A special thanks to Connexions for your ongoing support of our Citizenship Club at Pierre Elliott Trudeau Elementary School! We proudly display the Connexions' logo on our new hoodies as we head off on our YMCA sponsored exchange trip to Temiscamingue, Québec. Thank you, Connexions!

-PETES Elementary School

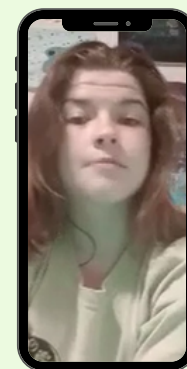
Mental Health Influencer Internship

Connexions continued its initiative to promote youth mental health with another round of the Youth Mental Health Influencer Internship.

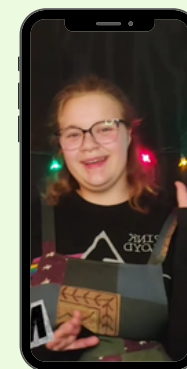
This year, we hired three interns aged 15 to 29 to design and lead 2 youth-centered activities that support wellbeing. They also created 17 videos to raise awareness of available services within the region.



Nikola Lavoye-Sunder



Florence Richter



Sneza M Drouin

Responding to the Needs of Our Seniors AND Caregivers

Our Seniors Wellness Program is dedicated to understanding and addressing the unique needs of seniors. We connect them with essential public and community services and provide activities designed to reduce social isolation, promote healthy living, and enhance mental well-being.



1,052
participants



5
Activity sites



97
Activities

Expanding our Reach to the 55+ Community

Building on our established activities in Aylmer, Shawville, and online, we have expanded our programming to Chelsea, Buckingham, and Wakefield. This expansion allows us to reach more seniors with a diverse range of activities and resources that promote social connection and personal growth.

Our Regional Senior's Coordinator has created numerous opportunities for seniors to connect, nurture their health and wellbeing, and explore their creativity. Programs like "Active Fun," "Jog Your Mind," and "Art 101" are just a few examples of the enriching activities that were offered this year. Additionally, we are thankful for our partnership with the Western Québec Literacy Council (WQLC), whose facilitation of workshop series such as "Cell Phone Security and Internet Research" in Aylmer, Shawville, and Buckingham has helped us enhance our community's digital literacy.

Special thanks to our community partners—Wakefield Golden Age Club, Centre Action Générations des Aînés, and the Anglican Parish of West Québec—for providing the space to host these engaging activities.



*Regional Senior's Coordinator,
Diane Wheatley [Center]*

Providing Plain-Language Legal Information

To protect the rights and safeguard the wellbeing of our clientele, Connexions offered plain language information and resources through its Information and Referral Service.

Thanks to funding from Éducaloi, we also offered 5 legal information sessions with support from experts representing the Centre de justice de proximité de l'Outaouais (CJPO), the Centre d'assistance & d'accompagnement aux plaintes (CAAP) Outaouais, and the Canada Revenue Agency (CRA).



Myla François, Lawyer from the CJPO presents a workshop on Protection Mandates.

Outreach to Vulnerable Seniors through the Initiative de travail de milieu auprès des aînés vulnérables (ITMAV)

Through our ITMAV program, Connexions reached some of the most vulnerable seniors living within the Aylmer area of the City of Gatineau.

We provided support to 174 vulnerable seniors who faced challenges in accessing information on a wide range of services. Our Senior Outreach Worker provided 483 referrals to help seniors access the services they needed.



483

Referrals Completed



174

Individuals Accompanied

Services for Healthy Aging in the Right Place (SHARP) Webinars

The SHARP program, an initiative of the Community Health and Social Services Network (CHSSN), offers a wide range of health education programming.

This year, the CHSSN hosted six webinars covering topics such as Advanced Care Planning, Aging in Place, Treatment & Community Resources for Alzheimer's Disease, Fall Prevention Resources, Bridging the Loneliness Gap for Seniors Living in the Community, and information on what the CLSC can offer to help seniors maintain their independence as they age.

New Services for Caregivers

Thanks to funding from the CISSS de l'Outaouais, Connexions has expanded its caregiver services.

We established a working relationship with representatives from the Office d'habitation (OH) du Pontiac, which oversees 20 homes, to host Listening Circles in four communities, reaching 35 individuals.

We also established an accompaniment service, offering one-on-one support from two coaches, two relationship coaches, and one psychotherapist, and began planning a mentorship program to empower caregivers through peer support.

Additionally, we partnered with organizations like Le Bras Outaouais and AFIO (Accompagnement des femmes immigrantes de l'Outaouais) to improve service access for caregivers in minority and English-speaking communities, fostering community development through collaboration with regional partners.



43

**Activities /
Events for
Caregivers**



227

Participants

Bilingual Support Groups for Caregivers

With funding from Appui, Connexions provided support groups in English and French to caregivers of seniors.

These support groups provided a welcoming space where caregivers could connect, share experiences, and receive expert guidance. The sessions fostered a sense of community and offered valuable resources for those caring for older adults.

Thanks to the Centre d'action bénévole Accès d'Aylmer (CABA) for welcoming our caregiver groups at their office.



Julie Cool, Executive Director at CAB d'Aylmer, with Marquis Bureau, Connexions' Community Caregiver Wellness Coordinator.

Caregiver Wellness Conferences and Workshops

Connexions is dedicated to supporting caregivers through a diverse range of workshops and conferences offered in both French and English. In total, we provided 7 workshops in French and 3 in English, focusing on essential themes such as helping caregivers identify their role, maintaining motivation, managing stress, and navigating life transitions. These sessions aimed to equip caregivers with practical tools and valuable insights to enhance their wellbeing and resilience.

These initiatives reflect Connexions' ongoing commitment to delivering accessible and comprehensive support to caregivers in our community.

Supporting our Community's Mental Health

Connexions is dedicated to fostering a supportive and inclusive environment for our community. We focus on providing programs and initiatives that promote mental health and wellbeing through connection, understanding, and support. Our efforts aim to meet the unique needs of diverse groups and ensure everyone has access to resources that can make a positive difference.



35

Clients served



58

Sessions

Programs for Men

Our new Man Talk support group, complemented by a full-day storytelling writing workshop, offered a safe space for men to connect and share their experiences.

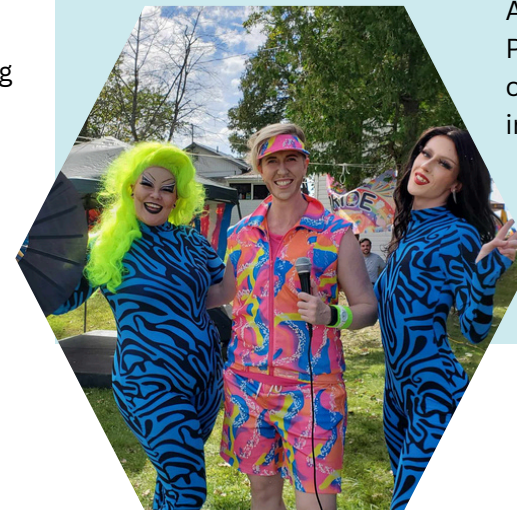
In partnership with Donne toi une chance, we offered the Living Without Violence program, aimed at helping men learn healthier ways to manage anger and build positive relationships.



Krishnan Sundaram, Community Health & Wellness Facilitator led our Living Without Violence and Man Talk support groups

Supporting 2SLGBTQIA+ Communities

We expanded our outreach to 2SLGBTQIA+ individuals by setting up resource kiosks at various LGBTQ+ events, providing essential information to marginalized communities. Additionally, we proudly sponsored the Pontiac Pride Festival, demonstrating our ongoing commitment to promoting inclusivity, diversity, and support for all.



Drag performers at the Pontiac Pride Festival, Toxxic Waist, Zak Zinya, & Katarina Jones [left to right]



27

Clients served



15+

Hours of Active Listening

Mental Health & Wellbeing Check-ins

This year, we introduced a new Mental Health & Wellness Check-In service. These free and confidential 30-minute calls provided individuals with a safe space to share their thoughts and feelings, and discuss their concerns without judgment, receiving a compassionate ear.

For those feeling overwhelmed, isolated or in need of additional support, Connexions referred them to available health and social services and community resources. Creating an environment of support and understanding helped our callers take the first step towards better mental health and wellbeing.



Training, Team Building AND Learning Opportunities

Connexions prioritized the mental health and well-being of our staff through dedicated wellness and team-building initiatives. We also offered various learning opportunities to our team, community partners, and the public – fostering continuous growth and engagement.

Staff Training & Team Building

This year, we dedicated time to enriching our workplace culture by engaging in team-building exercises led by S.O.A.R. Solutions and Walling Consulting. These sessions fostered a sense of unity among staff while promoting positive workplace dynamics.



Connexions staff discusses values at our team building session with Walling Consulting.

With support from the Red Cross Initiative, which aims to promote the mental health and wellbeing of community workers, we celebrated the winter solstice with Luce Bélanger, a Métis-Algonquin Knowledge Keeper. This event offered us a meaningful wellness activity and an enriching learning experience.



Knowledge Keeper, Luce Bélanger, performs a smudging ceremony with Connexions staff. Angela Mugisha and Krish Sundaram receive her blessings [left to right].

Learning Opportunities for Staff, Community Partners and the Public

Connexions provided a wide range of learning opportunities for our staff, community partners, and the public. This included an active listening webinar led by Vent Over Tea, two 2SLGBTQIA+ awareness training sessions led by the Coalition des familles LGBT, and 2 Mental Health First Aid Trainings led by a social worker from the Mental Health Commission of Canada.

We were especially pleased to partner with McGill's Medical Student Wellness Committee (MSW) to offer the First Aid to 25 medical students. This training equipped them with essential skills for supporting their wellbeing and the mental health of their future patients.



5

Workshops/
activities



56

Participants



Connexions, L'Autre chez soi, and the Western Québec Literacy Council staff, volunteers and Board members receive Mental Health First-Aid Training

Timely Referrals Provide Critical Support

The English-speaking community continues to turn to Connexions for information on services.

This year, Connexions received 740 inquiries, highlighting a sustained demand for our services.

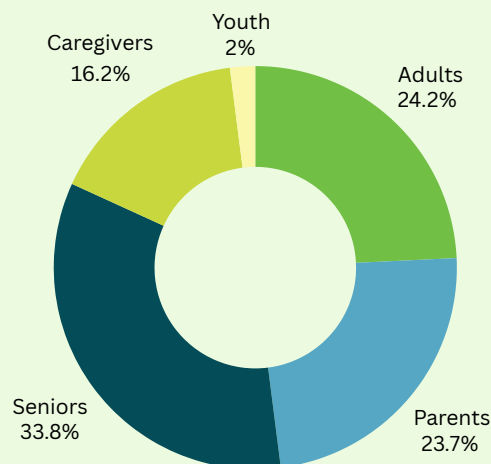
We received
740
inquires

Where do our Inquirers Reside?

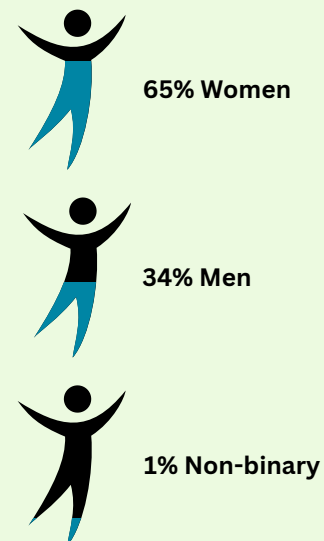


- Over half of inquiries were from residents of Gatineau (72%),
- followed by des Collines-de-l'Outaouais (10%, a 9% increase from last year's 1%),
- the Pontiac (9%),
- other MRCs (0.5%).
- Inquiries from outside of our region (8.5%) are made by individuals moving to the Outaouais and by organizations or institutions looking for information to serve their Québec clients.

Who Is Reaching Out?



The most notable increase in inquiries is among **caregivers**, rising from 6% last year to 16.2% this year. In contrast, other categories have remained relatively consistent.



This year, we've seen a significant increase in inquiries from men, with a 13% rise compared to last year. Our efforts to engage with this demographic have been successful, reflecting our commitment to inclusivity and outreach.

How & Why Are People Reaching Out?

PEOPLE REACH OUT TO CONNEXIONS MOST OFTEN VIA



55%

Reached out via telephone



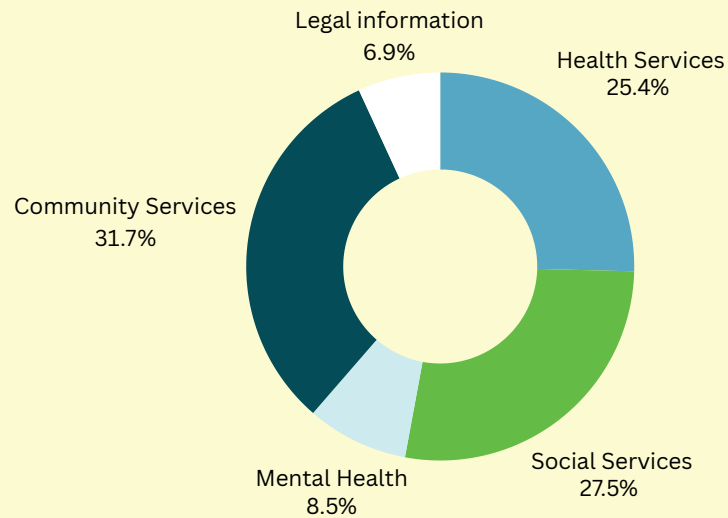
33%

Contacted us through email



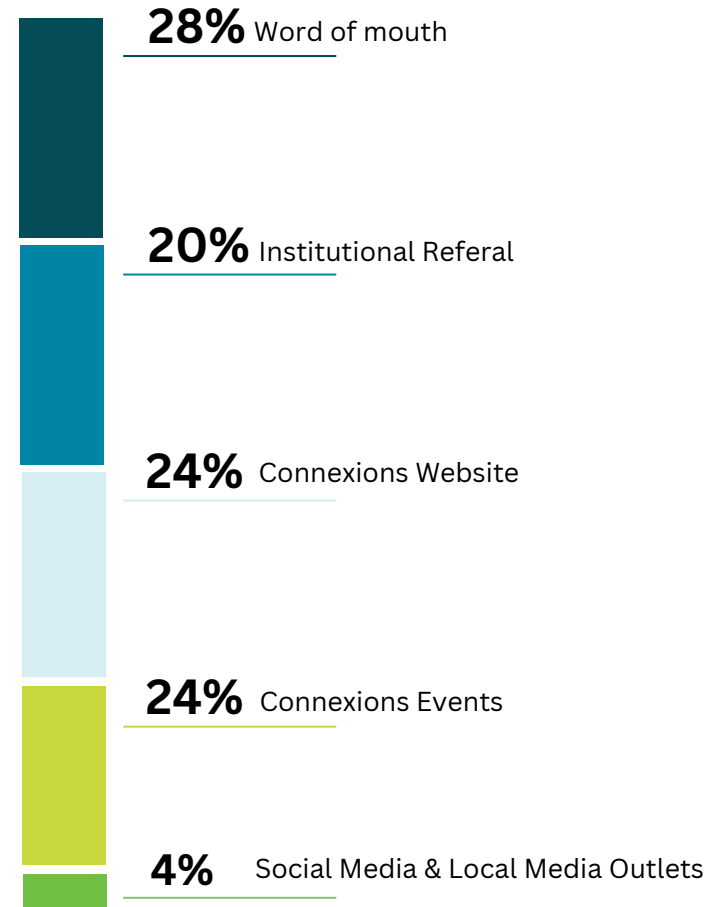
12%

Received in-person through office drop-ins and outreach activities



- ↑ Inquiries from individuals seeking information about available health services (from 16% last year to 25% this year);
- ↑ Social services (from 14% to 28%);
- ↓ Services related to mental health decreased (from 43% to 9%);
- ↑ Seeking community or government services and programs (from 24% to 32%)
- ↑ Legal information (from 3% to 7%)

How Are People Finding us?



Communications Activities

Newsletters

Connexions' email Newsletters have a wide readership, from families with children and youth (Family Buzz), the 55+ community (Well 55+) and caregivers of seniors (Caregivers' Circle + *Le cercle de la proche aide*).



40

Newsletters



1872

Subscribers

Website

This year, we revamped our website design to provide a more intuitive user experience and to clearly articulate our mission and services.



24,383

Unique Visitors



52,184

Website Views

Social Media

Connexions posts regularly to several different social media and media outlets. Our Facebook page is our most active social media channel, and this year we gained another 253 followers (9% increase) bringing us to a total of **2,977**.



192,925

Facebook Reach



24,855

Facebook Engagement

Advertising

This year, we continued our commitment to supporting print media and our local media outlets. Special thanks to the Pontiac Journal, Equity, Low Down, Aylmer Bulletin, West Quebec Post, and CHIP Radio for featuring our achievements.



40

Ads Placed



12

Articles Published

Sharing Knowledge: Infographic Resources

Our infographic consultant, Madison Lester, and student volunteer, Emma Harvie, created 40 infographics on various health and wellbeing topics for our online community as part of our weekly #WellnessWednesday campaign on social media. Additionally, Madison created 67 infographics using statistics on the English-speaking community gathered from the Community Health and Social Services Network (CHSSN). We shared these infographics on social media as part of our #FactFriday campaign.



Emma Harvie



Madison Lester

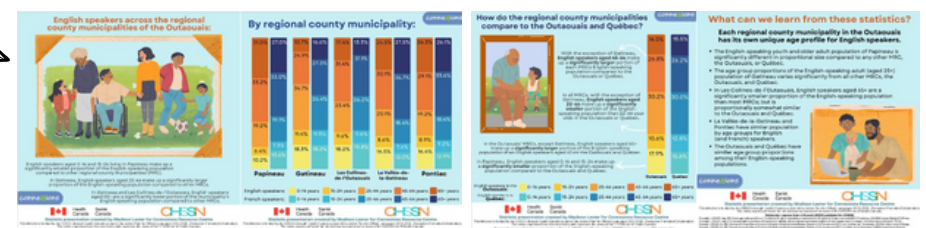
#WellnessWednesday mental health & wellbeing infographics



107

Resources created

#FactFriday posts





ANNEX

Community-Centered Initiatives

Program/Activity	Dates	Location	Special Guest Speaker	Participants	Partners	Tools/Resources	Details
Community Outreach							
Wakefield Office Open House & Art Show	Sept 28, 2023 2 sessions (5 pm to 7 pm and 7 pm to 9 pm)	Connexions Wakefield office (La Pêche)	Exhibit by local artist, Nathan Vanek	70 Adults		Participants received a Connexions bag filled with resources	Participants from partnering organizations and the community at large joined us to celebrate the opening of our new satellite office in Wakefield.
Community Meeting	Nov 16, 2023	The British, Gatineau (Aylmer)		Representatives from 8 organizations	Western Québec School Board (WQSB); 100 Mile Arts Network; Community Health and Social Services Network (CHSSN); Regional Association of West Quebecers (RAWQ); Community Economic Development and Employability Corporation (CEDEC); Cégep Heritage College; Be and Become; Wakefield Golden Age Club		The meeting aimed to unite the community, allowing organizations to showcase their work, discuss common challenges, and explore opportunities for stronger partnerships, all to better serve the English-speaking population of the Outaouais.

Community-Centered Initiatives

Program/Activity	Dates	Location	Special Guest Speaker	Participants	Partners	Tools/Resources	Details
Focus Groups to Connect & Better Understand the Needs of our Community							
ERCC Focus Group Otter Lake	Jan 11, 2024	Otter Lake, Recreation Centre (Pontiac)		5 Adults			All community members were invited to tell us about their community (health and wellbeing; social life and education; economy and environment).
ERCC Focus Group Shawville	Jan 16, 2024	Shawville, Community Lodge (Pontiac)		8 Adults			All community members were invited to tell us about their community (health and wellbeing; social life and education; economy and environment).
ERCC Focus Group Chelsea	Jan 18, 2024	La Fab Sur Mill, Chelsea (Des Collines)		6 Adults			All community members were invited to tell us about their community (health and wellbeing; social life and education; economy and environment).
ERCC Focus Group Campbell's Bay	Jan 23, 2024	AutonHomme, Campbell's Bay (Pontiac)		7 Adults			All community members were invited to tell us about their community (health and wellbeing; social life and education; economy and environment).
ERCC Focus Group Wakefield	Jan 25, 2024	Connexions, Wakefield Office (Des Collines)		2 Adults			All community members were invited to tell us about their community (health and wellbeing; social life and education; economy and environment).
ERCC Focus Group Portage-du-Fort	Jan 30, 2024	Municipal Hall, Portage-du-Fort (Pontiac)		8 Adults			All community members were invited to tell us about their community (health and wellbeing; social life and education; economy and environment).
ERCC Focus Group Cantley	Feb 01, 2024	Centre communautaire de Cantley, Cantley (Des Collines)		2 Adults			All community members were invited to tell us about their community (health and wellbeing; social life and education; economy and environment).
ERCC Focus Group Upper Pontiac	Feb 06, 2024	St-Joseph's Center, L'Isle- aux-Allumettes (Pontiac)		11 Adults			All community members were invited to tell us about their community (health and wellbeing; social life and education; economy and environment).

Community-Centered Initiatives

Program/Activity	Dates	Location	Special Guest Speaker	Participants	Partners	Tools/Resources	Details
Engaging our Communities through our Kiosks & Presentations (Promoting Careers in Health & Social Services)							
St-Mike's and Maniwaki Career Fair	Oct 31, 2023	St-Michael's High School (Low)		120 Youth	St-Michael's High School [Western Quebec School Board (WQSB)]	Distributed bursary and mental health rack cards	We promoted the McGill Bursary and the new Peer Support Group at St-Michael's High School.
College, University and Trades Career Fair	Nov 02, 2023	Philemon Wright High School (Gatineau)		250 Youth	Philemon Wright & Darcy McGee High School [Western Quebec School Board (WQSB)]	Distributed multiple rack cards and resources	We promoted our services and the McGill bursary at this Career Fair for grade 10 and 11 students from both D'Arcy and Philemon Wright High School.
Pontiac High School Career Fair	Dec 07, 2023	Pontiac High School (Shawville)		140 Students/youth	Pontiac High School [Western Quebec School Board (WQSB)]	Distributed multiple rack cards and resources	This event was aimed at promoting post-secondary institutions, trades and careers.
McGill Bursary Presentation	Feb 22, 2024	Heritage College (Gatineau)		25 Youth/Adults	Heritage College, McGill University	We made 25 goodie bags packed with Youth-related infographics and information about the McGill bursary	Presentation to Special Care Counselling Year 2 class about the McGill bursary application, what a field placement would consist of at Connexions, and what Connexions does.
Journée des Organismes Partenaires de l'Enseignement (JOPE)	Feb 20, 2024	McGill University, Outaouais Campus (Gatineau)		160 Youth/Adults	McGill University	Distributed multiple rack cards and resources	Met medical students, shared information about Connexions and our Bursary Program, and recruited student volunteers.
Puppet Workshop and Presentation of Connexions' Services	March 12, 2024	Cégep Heritage College (Gatineau)		6 Adults	Cégep Heritage College	Distributed multiple rack cards and resources	Early Childhood Care and Education program students of Heritage College connected with Connexions staff during this interactive puppet workshop and learned to share the message about our services when working with youth and families.
Lunch & Learn Kiosk	March 19, 2024	Philemon/Hadley High School (Gatineau)	Jérôme, Medical Student from McGill University Outaouais Campus and bursary recipient	150 students	Philemon/Hadley High School [Western Quebec School Board (WQSB)]	Distributed multiple rack cards and resources	We promoted the McGill Bursary and Connexions' Resources
Presentation to Western Québec Career Centre students	March 26, 2024	Western Quebec Career Centre (WQCC) (Gatineau)		38 Adults	WQCC	Disseminated our Bursary Program Rack Cards	Connexions shared information about the Bursary, and distributed our Mental Health & Wellbeing resources.

Community-Centered Initiatives

Program/Activity	Dates	Location	Special Guest Speaker	Participants	Partners	Tools/Resources	Details
Engaging our Communities through our Kiosks & Presentations							
Gatineau à la rencontre des aînés Kiosk	June 09, 2023	les Promenades Gatineau (Gatineau)		500 Adults	Ville de Gatineau	Pamphlets and rack cards were distributed	Kiosk visitors learned about Connexions' services for seniors and caregivers.
Fierté Gatineau	Aug 25, 2023	Place Laval, (Gatineau)		7 Adults 31 Youth	Jeunesse Idem	Pamphlets and rack cards were distributed	Connexions hosted a kiosk at this event to raise awareness of our services and the work we have been doing to promote inclusion and diversity in our communities. The LGBTQ2+ Youth Mental Health rack card promoted ways to foster positive mental health outcomes for LGBTQ2+ youth and provide information on LGBTQ2+ specific resources.
Pontiac Pride Community Festival	Sept 10, 2023	Esprit Rafting (Mansfield)	Performances by Zak Zinya, Toxxic Waist, and Katarina Jones. Opening presentation by Member of Parliament, Sophie Chatel	51 Adults 19 Youth	Pontiac Pride	Pamphlets and rack cards were distributed	Attendees celebrated diversity, inclusivity and love at Pontiac's second community Pride Festival. Fun filled event included: free taco bar, drag performances, music, canoeing, paddle boarding and swimming at the Esprit Rafting grounds. Connexions held a kiosk where we distributed our 2SLGBTQIA+ rack cards, other resources and distributed prizes.
Pontiac Artisans Christmas Market	Nov 25, 2023	Dr. S. E. McDowell Home and School (Shawville)		120 Adults	Dr. S. E. McDowell Home and School	Pamphlets and rack cards were distributed	Connexions hosted a kiosk at this school fundraiser to help spread the word about our services and introduce our new Community Engagement and Outreach Coordinator for the MRC Pontiac.
Information Kiosk	March 12, 2024	Café-Plateau (La Cité) (Gatineau)		30 Adults		Pamphlets and rack cards were distributed	We hosted a kiosk to target English-speaking families in the Plateau/Aylmer area who attend the French school system, promoted Connexions' services and distributed resources.
Écoute Agricole Presentation	March 28, 2024	TNT Belgian's Farm, (Bristol)		12 Adults	SADC Pontiac, MAPAQ	Pamphlets and rack cards were distributed	The goal of this event was to create a community within the farming community that will help benefit mental health of farmers.

Community-Centered Initiatives

Program/Activity	Dates	Location	Special Guest Speaker	Participants	Partners	Tools/Resources	Details
Engaging our Communities through our Kiosks & Presentations (School Health Fairs)							
PETES' Walk for Autism Kiosk	Apr 2, 2023	Pierre Elliott Trudeau Elementary School (PETES), (Gatineau)		90 Adults 110 children/ youth	PETES Elementary School [Western Quebec School Board (WQSB)]	Distributed multiple rack cards and resources	Connexions hosted a kiosk at PETES' Walk for Autism to present our resources.
International Day against Homophobia and Transphobia	May 17, 2023	Parc Mousette, Gatineau		35 Adults 50 youth	Jeunesse Idem	Community members came by the kiosk to pick-up free Pride buttons and mental health resources.	Connexions was invited to participate in Jeunesse Idem's community event to highlight the International Day against Homophobia and Transphobia.
Salon mon avenir m'appartient	May 18, 2023	l'Escale du Centre d'éducation des adultes des Draveurs, (Gatineau)		75 Adults 25 youth		Distributed multiple rack cards and resources	Connexions distributed resources at this event designed to help plan the future of teenagers and young adults living with a disability.
Carnival Day	Sept 13, 2023	Buckingham Elementary School (Gatineau)		9 Adults 31 Youth	Buckingham Elementary School [Western Quebec School Board (WQSB)]	Distributed multiple rack cards and resources	Connexions hosted a kiosk at this event along with a drumming circle and a bean bag toss with prizes for the children.
Health Fair	Nov 29, 2023	Hull Adult Education Centre (Gatineau)		120 Students/ youth	Hull Adult Education Centre [Western Quebec School Board (WQSB)]	Distributed multiple rack cards and resources	Connexions helped to organize this activity, inviting other community organizations to participate with the aim of increasing student awareness of services in their community.
Kiosk at Pierre Elliott Trudeau Elementary	Feb 5, 2024	Pierre Elliott Trudeau Elementary (Gatineau)		100 Adults/Staff /Youth	Pierre Elliott Trudeau Elementary [Western Québec School Board (WQSB)]	Distributed multiple rack cards and resources	We informed families about our services and upcoming events during PETES' Family Math Games and Pizza night .
Pontiac High School Suicide Prevention Week Kiosk	Feb 7, 2024	Pontiac High School (Shawville)		140 Adults/Staff /Youth	Pontiac High School [Western Québec School Board (WQSB)]	Disseminated Mental Health resources	We shared mental health resources at PHS' Suicide Prevention event.

Building Stronger & Healthier Families

Program/Activity	Dates	Location	Special Guest Speaker	Participants	Partners	Tools/Resources	Details
Itsy-Bitsy Tots Playgroup							
Itsy Bitsy Tots Playgroup	Spring 2023 6 sessions	Cégep Heritage College	Participants made Easter art, had a dance party, made their own masks, squished playdough, created mother's day art and built a bus out of a cardboard box.	66 Adults 78 children	Cégep Heritage College		Parents and their 0 to 5 year olds participated in a variety of activities on a weekly basis.
Itsy Bitsy Tots Playgroup	Fall 2023 10 sessions	Cégep Heritage College	We welcomed special guest Massage Therapist, Jenna Knight; 5 playgroups were facilitated by Heritage College ECCE students	59 Adults 72 Children	Cégep Heritage College		Parents and their 0 to 5 year olds participated in a variety of activities on a weekly basis.
Itsy Bitsy Tots Playgroup	Winter 2024 6 sessions	Cégep Heritage College	We welcomed special guest Doula and lactation educator, Danielle James.	29 Adults 36 Children	Cégep Heritage College		Parents and their 0 to 5 year olds participated in a variety of activities on a weekly basis.

Building Stronger & Healthier Families

Program/Activity	Dates	Location	Special Guest Speaker	Participants	Partners	Tools/Resources	Details
Supporting Early Childhood Development							
Connexions' Community Speech-Language Pathology Continuum (CSLPC) Initiative for Families and Professionals who Work with Children 0-5							
Parent-Child Dyad Workshops 0-3	Spring 2023 6 sessions	Virtual Workshops	Alexina Fortin and Aida Cherrid, M.Sc.S., SLP, Cabinet d'orthophonie - Jessica Bélisle Macquart	15 Adults, 15 Children	Cabinet d'orthophonie - Jessica Bélisle Macquart	Connexions developed kits to distribute to each family containing 4 children's books, fun print activities (including a fun craft where kids created their very own Reading Buddy) and parenting information.	Series of six Parent-Child Workshops were led by two SLPs to provide hands-on strategies for integrating language stimulation techniques into the daily routine of their child through play.
Parent-Child Dyad Workshops 4-5	Spring 2023 6 sessions	Virtual Workshops	Alexina Fortin and Aida Cherrid, M.Sc.S., SLP, Cabinet d'orthophonie - Jessica Bélisle Macquart	10 Adults, 10 Children	Cabinet d'orthophonie - Jessica Bélisle Macquart	Connexions developed kits to distribute to each family containing 4 children's books, fun print activities (including a fun craft where kids created their very own Reading Buddy) and parenting information.	Series of six Parent-Child Workshops led by two SLPs to provide hands-on strategies for integrating language stimulation techniques into the daily routine of their child and through play.
Parent & Child Dyads: Make up Session (0-3 and 4-5; parents only)	June 19, 2023	Virtual Workshops	Alexina Fortin and Aida Cherrid, M.Sc.S., SLP, Cabinet d'orthophonie - Jessica Bélisle Macquart	6 adults	Cabinet d'orthophonie - Jessica Bélisle Macquart		Parents received a summary and overview of strategies that they can use and learned about specific red flags for a child's age.

Building Stronger & Healthier Families

Program/Activity	Dates	Location	Special Guest Speaker	Participants	Partners	Tools/Resources	Details
Supporting Early Childhood Development							
Workshops & Webinars							
Family Resource Series	Spring 2023 to Spring 2024 6 sessions	Webinar	Helen Carriere, experienced parent; Tanina Dinino-Lamy from APICO; CISSS de l'Outaouais representatives; Fiona Cooligan, Youth Net Réseau Ado (YNRA); Manon Belleau, psychoéducatrice, CISSS de l'Outaouais; Janet Sauve, Michele Elstone, Carlee St. Denis, Re-Adaptation Officers (ASD & Early Intervention), Western Québec School Board.	30 Adults	Western Québec School Board, CISSS de l'Outaouais, APICO, YNRA		Presentations were delivered on the following subjects/organizations/services: Funding applications; Association pour l'intégration communautaire de l'Outaouais (APICO); Aire Ouverte; Youth Net; CISSS de l'Outaouais' services for children with developmental challenges/behavioral and/or social adaptation issues; Exploring the transition from daycare to school for children with Autism Spectrum Disorder (ASD)
Drumming with Dad	June 17, 2023	Aylmer Food Bank (Gatineau)	Drumming workshop lead by Connexions' Community Health and Wellness Facilitator, Krishnan Sundaram	4 Adults 8 Children			Participants celebrated the Semaine Québécoise de la paternité while tapping into the learning and wellness benefits of drumming.
Songwriting Workshop	Winter 2024 2 sessions	Pierre Elliott-Trudeau Elementary School & Eardley Elementary School (Gatineau)		6 Adults 6 Youth	The Western Québec Literacy Council		Connexions joined the WQLC to present 2 songwriting workshops during their afterschool literacy promotion program.
Nobody's Perfect Parenting Program	Winter 2024 6 sessions	Aylmer Food Bank (Aylmer, Gatineau)		3 Adults <i>(individual Count)</i>			With the support of trained Connexions facilitators, parents learned about and developed the best strategies to support their children.
All About Tax Benefits & Credits with the CRA	Feb 21, 2024	Webinar	Antonio Quinones, Outreach officer, Income Tax Assistance and Outreach, Canada Revenue Agency	7 Adults	Canada Revenue Agency, Éducaloi		Participants explored Topics such as: Do you have to file a tax return? How to file a tax return. What documents do you need to file your taxes? Most common tax credits and deductions for families and more...

Building Stronger & Healthier Families

Program/Activity	Dates	Delivered by	Partners	Tools/Resources	Details
Ensuring a Successful Start to School					
School Transition Kits, Back-to-School Bags & Let's Play & Talk Kits					
School Transition Kits	2023-2024	The Western Québec School Board (WQSB) delivered 800 Kits to their Kinder families. 3 community members volunteers helped assemble the Kits, volunteering a total of 34 hours.	Connexions collaborated with the WQSB to develop the Kits with funding provided by Centraide Outaouais.	The 800 Kits contained resources for parents on available health & social services in the Outaouais, parenting tip sheets, fun activities for children including a Kitty Kat & Friends Cookbook and storybook from Naître & Grandir, play-doh, print activities to help children with their fine motor skills, scissors and glue and character print-outs for children to create their very own Reading Buddy, as well as a cute kids backpack with branding and more.	Connexions produced School Readiness Kits for English-speaking families of the Outaouais to help them prepare their child for the transition from home or daycare to school, thereby promoting school success.
Let's Play & Talk Kits	2023-2024	Developed, assembled and delivered Kits to Réseau BIBLIO de l'Outaouais.	Connexions collaborated with the Cabinet d'orthophonie Jessica Belisle to develop the contents of the Kits. This project was made possible by funding from the CISSS de l'Outaouais.	The two Kits included books, games and language resources. One Kit had a food based theme, while the other was emotions. 92 kits were distributed to BIBLIO-Outaouais for distribution within their regional network.	The two Kits were developed to support families who had children aged 3-5 who may have a speech delay or disability. Kits can be borrowed directly from the library.
Back-to-School Bags	2023-2024 School Year	Developed, assembled, and delivered by two community volunteers (60 volunteer hours)		90 Back-to-School Bags were produced and delivered to 6 elementary schools and 3 high schools in the WQSB, as well as to 20 students at Cégep Heritage College.	The Back-to-School Bags were delivered to students attending Pierre Elliott Trudeau Elementary School (Hull), Dr. S.E. McDowell Elementary School (Shawville), Eardley Elementary School (Aylmer), and Buckingham Elementary Schools within the WQSB.

A Continued Commitment to Connecting with Youth

Program/Activity	Dates	Location	Special Guest Speaker	Participants	Partners	Tools/ Resources	Details
Youth Activities							
Roadmap to Services: Helping Families Navigate Health and Social Services	June 03, 2023	Symmes D'Arcy School (Gatineau)	Keynote speakers from the CISSS de l'Outaouais: Joanne Dubois, Adjointe à la directrice du RLS Pontiac, Répondante de l'accessibilité aux services en langue anglaise, Direction RLS du Pontiac; Simona Hudema, Chef de service, Directrice Jeunesse; Mari-Line Laroche, Chef intérimaire DCMC	48 Adults 33 children 4 volunteers	Western Québec School Board, Lord Aylmer School, Symmes D'Arcy McGee School, CISSS de l'Outaouais		Connexions welcomed families from the WQSB for a morning of presentations and a Community Fair. The morning also included lunch and childcare (arts, soccer, games, drumming)
Hadley & Philemon Wright Peer Support Group	Spring 2023 7 sessions Fall 2023 7 sessions Winter 2024 6 sessions	Hadley & Philemon Wright High School (Symmes D'Arcy)		185 Youth	Philemon Wright & Hadley High School [Western Québec School Board (WQSB)]		The Peer Support Group provided a safe space to connect, recharge, and seek support.
St-Mike's Peer Support Group	Fall 2023 3 sessions Winter 2024 4 sessions	St-Michael's High School (Low)		36 Youth	St-Michael's High School [Western Québec School Board (WQSB)]		The Peer Support Group provided a safe space to connect, recharge, and seek support.
Symmes Darcy McGee Peer Support Group	Fall 2023 4 sessions Winter 2024 3 sessions	Symmes D'Arcy McGee High School (Gatineau)		48 Youth	Symmes D'Arcy McGee High School [Western Québec School Board (WQSB)]		The Peer Support Group provided a safe space to connect, recharge, and seek support.
Mental Health First Aid Training	Spring 2023 2 sessions	McGill University, Outaouais Campus (Gatineau)	Hilary Jocelyn, MHFA trainer for the Mental Health Commission of Canada's MHFA program	25 Youth	MHFA McGill		McGill medical students received the MHFA training.
Art Journaling to Support 2SLGBTQIA+ Students	May 24, 2023	St-Michael's High School (Low)		2 Adults 11 Youth	St-Michael's High School [Western Québec School Board (WQSB)]	Participants received an art journaling guide	Students participated in an art Journaling workshop. The activity aimed to provide a brave space for the students amidst the ongoing transphobic / homophobic hate crimes they were facing within the school.

A Continued Commitment to Connecting with Youth

Program/Activity	Dates	Location	Special Guest Speaker	Participants	Partners	Tools/ Resources	Details
Mental Health Influencer Internship							
Youth Mental Health Influencer Paid Internship	Fall 2023	Remote + Connexions' office, Aylmer (Gatineau)		3 youth		17 videos produced by students.	Connexions hired 3 youth (aged 15 to 29) for a paid internship to create videos promoting mental health and wellbeing. They were tasked with sharing their videos, spreading the word about Connexions' services and helping us grow our youth followers on our social media platform by liking, commenting, and sharing. At the end of this 8-week program, the Interns organized, promoted and hosted an activity in collaboration with the Philemon Peer support group.
Paint a Flower Pot	May 16, 2023	Hadley & Philemon Wright High School (Gatineau)		50 Youth		Each participant brought a plant home	The Mental Health Influencer Interns planned Workshop where participants painted their own potted plant and promoted the peer support group.
Winter Wonderland Cookie Decorating	Dec 05, 2023	Hadley & Philemon Wright High School (Gatineau)		173 Youth 3 Adults			Youth from the peer support group and Mental Health Internship came together to help organize this event to help promote the peer support group.

Responding to the Needs of Our Seniors and Caregivers

Program/Activity	Dates	Location	Special Guest Speaker	Participants	Partners	Tools/Resources	Details
Seniors Wellness Initiative							
Activities in Aylmer	Spring 2023 to Spring 2024 18 activities	St Mark's Church in Aylmer (Gatineau)	Kathy Kelly, RPN/Footcare Nurse; Carolyn Hibbs, Program Coordinator, Western Québec Literacy Council; Krishnan Sundaram, Flow Drumming Remo Health Rhythms trained facilitator; Sabine Fettig, Certified Yoga Teacher	247 Adults	Western Québec Literacy Council		Seniors participated in the following workshops: Easter Treats and Healthy Snacks, Gardening, Walk & Talk (2 sessions), Make your Own Summer Cooling Scarf, Jog your Mind (3 sessions), Focus Group, Footcare, Cell Phone Security & Internet Research (2 sessions), Art 101: Let's Be Creative, Drumming for Wellness, Yoga (3 sessions), Share your Heritage: Design your Family Tree.
Activities in Shawville	Spring 2023 to Spring 2024 16 activities	Shawville Satellite Office (Shawville)	Carolyn Hibbs, Program Coordinator, Western Québec Literacy Council; Krishnan Sundaram, Flow Drumming	146 Adults	Western Québec Literacy Council, the Anglican Parish of West Québec		Seniors participated in the following workshops: Intro to computers (6 sessions), Meet and Greet, Jog your Mind (2 sessions), Art 101: Let's Be Creative, Share your Heritage: Design your Family Tree, Christmas is Around the Corner, Drumming for Wellness, Active Fun, Cell Phone Security and Internet Research, Create Healthy Easter Treats
Activities in Chelsea	Fall 2023 to Spring 2024 7 activities	St. Mary Magdelene Church Hall (Chelsea)	Lynda Pedley, MBA, certified Yoga Therapist, Certified iRest, Meditation Teacher, Intergal Master Coach and Certified Personal Trainer	57 Adults			Seniors participated in the following workshops: Jog your Mind, Meet and Greet, Art 101: Let's Be Creative, Share your Heritage: Design your Family Tree, Yoga for Healthy Living (3 sessions)
Activities in Buckingham	Fall 2023- Spring 2024 11 Activities	CAGA (Gatineau, Buckingham sector)	Carolyn Hibbs, Program Coordinator, Western Québec Literacy Council	120 Adults	Centre Action Générations des Aînés (CAGA); Western Québec Literacy Council; CISSS de l'Outaouais		Seniors participated in the following workshops: Jog your Mind (2 sessions), Meet and Greet, Art 101: Let's Be Creative, Share your Heritage: Design your Family Tree, Christmas is Around the Corner, Active Fun, Cell Phone Security and Internet Research (2 sessions), Create Healthy Easter Treats, Public Health and Wellness- CISSS de l'Outaouais Consultation with ESC

Responding to the Needs of Our Seniors and Caregivers

Program/Activity	Dates	Location	Special Guest Speaker	Participants	Partners	Tools/Resources	Details
Seniors Wellness Initiative							
Activities in Wakefield	Winter 2024	Centre Wakefield La Pêche (Wakefield)	Services aux aînés des Collines Senior Services team; Andrée-Michelle Cormier, Société Alzheimer Outaouais; representatives from the CISSS de l'Outaouais	45 Adults	CISSS de l'Outaouais; Services aux aînés des Collines Senior Services; Société Alzheimer Outaouais		Seniors participated in the following workshops: Services aux Aînés des Collines Senior Services Presentation, How to Diminish the Risk of Developing Alzheimer's Disease, Info Session: Info-Santé 811 Telephone Service
Yoga for Healthy Living	Spring 2023 6 sessions Fall 2023 4 sessions	Virtual	Lynda Pedley, MBA, certified Yoga Therapist, Certified iRest, Meditation Teacher, Integral Master Coach and Certified Personal Trainer	93 Adults			Yoga to help balance the mind, body and spirit.
Gentle Stretching	Spring 2023 6 sessions Fall 2023 4 sessions Winter 2024 3 sessions	Virtual	Kim Valiquette, Dance Instructor	150 Adults			Participants learned gentle stretching techniques for strength, balance and flexibility
The Groove Method Dancing	Spring 2023 6 sessions Fall 2023 4 sessions Winter 2024 3 sessions	Virtual	Kim Valiquette, Dance Instructor	83 Adults			Participants benefited from the health promoting effects of a body in motion while having fun dancing.
Creative Writing: Exploring Self-Expression	May 13, 2023	Aylmer Food Bank (Gatineau)	Nadine Neema, author, multidisciplinary artist & member of the Québec Writer's Federation	7 Adults	Québec Writer's Federation		Participants learned how to tell their story through prose, poetry and songwriting
Conversation with the English-speaking Group at l'Initial	Jan 08, 2024	L'Initial (Gatineau, Aylmer)		24 Adults	L'Initial, un résidence du Groupe Maurice		Conversation with the English-speaking group at l'Initial. A presentation was also given to the group.

Responding to the Needs of Our Seniors and Caregivers

Program/Activity	Dates	Location	Special Guest Speaker	Participants	Partners	Tools/Resources	Details
Providing Plain-Language Legal Information							
Protection Mandates	June 20, 2023	Mark's Church in Aylmer (Gatineau)	Jurist at the Centre de justice de proximité de l'Outaouais (CJPO)	9 Adults	Centre de justice de proximité de l'Outaouais (CJPO)		This workshop covered the concept of incapacity, the form and content of the protection mandate, the role of the mandatary, homologation and the end of the mandate of protection.
Know your Rights	Sept 26, 2023	Mark's Church in Aylmer (Gatineau)	Colette Paré, CAAP Outaouais	11 Adults	Centre d'assistance et d'accompagnement aux plaintes (CAAP) Outaouais		Participants learned about their Health & Social Services rights with CAAP Outaouais.
Wills	Nov 01, 2023	St Mark's Church in Aylmer (Gatineau)	Jurist from the Centre de justice de proximité de l'Outaouais (CJPO)	13 Adults	Centre de justice de proximité de l'Outaouais (CJPO)	Éducaloi materials were distributed	Participants learned the importance of having and updating their Will.
All About Tax Benefits & Credits with the CRA	Jan 29, 2024	Webinar	Marly-Geneviève Damas, Outreach officer, Income Tax Assistance and Outreach, Canada Revenue Agency	14 Adults	Canada Revenue Agency (CRA)		Participants explored Topics such as: Senior's Income RRSP and Income Splitting Tax Credits (DTC, CCC), Medical and Accessibility Expenses, CRA Online Tools and more...
Wills	Feb 28, 2024	Shawville Satellite Office (Shawville)	Jurist from the Centre de justice de proximité de l'Outaouais	10 Adults	Centre de justice de proximité de l'Outaouais (CJPO), Anglican Parish of West Québec		Participants learned the importance of having and updating their Will.

Responding to the Needs of Our Seniors and Caregivers

Program/Activity	Dates	Location	Special Guest Speaker	Participants	Partners	Tools/ Resources	Details
Services for Healthy Aging in the Right Place (SHARP) Webinars							
If you Love them Leave them Lists: Tips for Advanced Care Planning	Apr 19, 2023	Webinar	Jennifer Hobbs-Robert, M.ScA, BCN, CNEd, Senior Advisor - JHCP	3 Adults	SHARP		Participants were guided on how to prepare their legacy notebook.
Aging in Place While Lightsizing	May 17, 2023	Webinar	Marie-Claude Giguere, Founder of Helping Seniors	8 Adult	SHARP		Participants were guided on how to declutter and prepare their house for aging in place.
Treatment & Community Resources For Alzheimer's Disease	Sept 20, 2023	Webinar	Dr. Serge Gauthier, Director of the Alzheimer Disease and Related Disorders Research Unit at the McGill Centre for Studies of Aging	4 Adults	SHARP		Learning about memory loss and possible treatments.
Thinking about staying connected... Bridging the loneliness gap for seniors living in the community SHARP	Jan 17, 2024	Webinar	Bette Watson-Borg, Project Manager, Social Isolation and Loneliness Project, Canadian Coalition for Seniors' Mental Health (CCSMH)	5 Adults	SHARP		Learning about how to stay connected while living in the community
Thinking about supports and services...What can the CLSC offer to help me maintain my independence as I age?	Feb 21, 2024	Webinar	Jean-Phillipe Payment, Service Quality and Complaints Commissioner, CIUSSS West-Central Montreal	3 adults	SHARP		Participants learned about what the CLSC can offer to help them maintain independence as they age.

Responding to the Needs of Our Seniors and Caregivers

Program/Activity	Dates	Location	Special Guest Speaker	Participants	Partners	Tools/Resources	Details
Helping Caregivers Identify as Caregivers							
Coffee Chat for Caregivers	Spring 2023 7 sessions	Connexions Office (Aylmer)		15 Adults			Participants come together to gain support and friendship with others, exchange information, share common experiences and practical tips, access information, and learn coping ideas.
Café Rencontre pour personne proche aidante	Summer & Fall 2023, Winter 2024 16 sessions	Centre d'action bénévole Accès (Gatineau, Aylmer)		53 Adults	Centre d'action bénévole Accès		French peer support group for caregivers. Participants come together to gain support and friendship with others, exchange information, share common experiences and practical tips, access information, and learn coping ideas.
Coffee Chat for Caregivers	Fall 2023 & Winter 2024 10 sessions	Centre d'action bénévole Accès (Gatineau, Aylmer)		25 Adults	Centre d'action bénévole Accès		English peer support group for caregivers. Participants come together to gain support and friendship with others, exchange information, share common experiences and practical tips, access information, and learn coping ideas.
À la découverte de notre source de motivation	Oct 24, 2023	L'Initial (Gatineau, Aylmer sector)		6 Adults	L'Initial, une résidence du Groupe Maurice		Cet atelier a mis l'accent sur la motivation, la proche aidance et le « bien vieillir ».
The Role of a Caregiver	Oct 31, 2023	Hybrid: virtual & at L'Initial (Gatineau, Aylmer sector)		6 Adults	L'Initial, une résidence du Groupe Maurice		Participants learned to identify the roles they played and learned what doing their best as a caregiver means
Ranimer le feu du courage	Nov 9, 2023	CR3A (Saint-André-Avelin)		10 Adults			Cet atelier a permis aux personnes proches aidantes d'explorer les types d'actions possibles lorsqu'elles sont affectées par l'épreuve.
Bien réussir les transitions de vie	Nov 10, 2023	Hotel Château Lodge (Maniwaki)		16 Adults			Cet atelier a aidé les participants à identifier leur rapport au changement et à naviguer les transitions, petites et grandes, de leur vie.
Discovering your Source of Motivation	Nov 21, 2023	L'Initial (Gatineau, Aylmer)		5 Adults	L'Initial, une résidence du Groupe Maurice		Participants learned how to maintain motivation and what it means to “age well”

Responding to the Needs of Our Seniors and Caregivers

Program/Activity	Dates	Location	Special Guest Speaker	Participants	Partners	Tools/Resources	Details
Helping Caregivers Identify as Caregivers							
Pontiac Listening Circle	Winter 2024 4 sessions	Bryson; l'île-du-Grand-Calumet; Fort-Coulonge; Bryson (MRC Pontiac)		35 Adults	OH Pontiac		Bilingual listening circle with the OH representatives of the 20 homes in the Pontiac. This was a first step in building a relationship with the members of these homes.
Conversations with the English-speaking group at L'Initial	Jan 8, 2024	L'Initial (Gatineau, Aylmer)		24 Adults			Conversation with the English-speaking group at l'Initial. A presentation was also given to the group.
Caregiving EDI - Vieillir Gaiement en Outaouais	Jan 24, 2024	Maison George Bryson in Mansfield		9 Adults	Le Bras		Service d'information de groupe. Identifier les besoins en proche aidance auprès des hommes gais de l'Outaouais.
Naître et grandir comme personne proche aidante	Jan 26, 2024	Cabane en bois rond, Gatineau		10 Adults			Dans cet atelier, les participants ont exploré et traduit leurs identités multiples et images de soi en représentations et symboles, et ont réalisé leur récit singulier : ce que j'étais, ce que je suis, ce que je veux devenir comme personne proche aidante.
Le lâcher-prise	Winter 2024 3 sessions	Shawville Satellite Office	co-animation avec Marquis Bureau et Michel Charron	31 Adults	Centre d'entraide aux aînés		Une série de 3 ateliers présentés en français pour aider les proches aidants à gérer le stress. (Raminer le feu du courage, les principes et les pratiques conduisant au lâcher-prise, le cadeau du lâcher-prise)

Supporting our Community's Mental Health

Program/Activity	Dates	Location	Special Guest Speaker	Participants	Partners	Tools/Resources	Details
Activities and Programs for men and fathers							
Living Without Violence for Men	Fall 2023 - Winter 2024 54 group sessions	Virtual support group		16 Adults (Individual Count)	ACCROC Donne-toi une chance Autohomme	Participants completed a survey/self- assessment	Designed to help men understand the root cause of their anger and to manage conflict in their personal relationships without using violence.
Man Talk	Fall 2023 3 sessions Winter 2024 1 session	Aylmer Food Bank (Gatineau)	Marcia Walker from the Québec Writer's Federation joined us for one of our sessions	17 Adults	Aylmer Food Bank, Québec Writer's Federation		This peer support group offers a safe and confidential space for men to talk, share and learn.

Training, Team Building & Learning Opportunities

Program/Activity	Dates	Location	Special Guest Speaker	Participants	Partners	Tools/Resources	Details
Learning Opportunities for Staff, Community Partners and the Public							
Mental Health First Aid (MHFA) Training	Spring 2023 2 sessions	Connexions office (Gatineau)	Hilary Jocelyn, MHFA trainer of the Mental Health Commission of Canada's MHFA's Program	11 Adults	Mental Health Commission of Canada	Participants received a free Mental Health First Aid Booklet and certification.	In-person two-day training for Connexions, L'Autre chez soi, and the Western Québec Literacy Council staff, volunteers and Board members on learning how to help someone who is experiencing a decline in their mental wellbeing or who is in a mental health crisis.
Mental Health First Aid (MHFA) Training	Spring 2023 2 sessions	McGill Campus Outaouais (Gatineau)	Hilary Jocelyn, MHFA trainer of the Mental Health Commission of Canada's MHFA's Program	25 Adults	Mental Health Commission of Canada, McGill University Campus Outaouais		This two-day training was offered to McGill Medical students equipping them with essential skills for supporting their wellbeing and the mental health of their future patients.
Vent Over Tea Active Listening Training	Sept 13, 2023	Virtual	Marie-Pier Fortin, Program Manager Estrie	8 Adults	Vent Over Tea		Vent Over Tea presented an Active Listening training for Connexions staff members.
Winter Solstice Celebration	Dec 21, 2023	Connexions office (Gatineau)	Luce Bélangeer, Métis-Algonquin Knowledge Keeper	6 Adults	Red Cross		Staff celebrated the winter solstice and experienced an enriching learning experience.
A Place for Every Family (for professionals and practitioners working with children, youth and their families)	Feb 02, 2024	Webinar	Coalition des Familles LGBT+	8 Adults			Participants learned about key themes on sexual and gender diversity; Demystifying families with LGBT+ parents; Discussions on issues faced by LGBT+ families; Creating inclusive interventions and practices (role-playing scenarios); How to promote inclusion in your environments; etc
LGBTQIA+: Towards a Better understanding (General Community)	March 12, 2024	Webinar	Coalition des Familles LGBT+	2 Adults			The community at large was invited to learn more about the LGBTQIA2S+ community and explore: Key themes in sexual and gender diversity, Intersectional and anti-oppressive social reflection on LGBT+ phobias, issues faced by professionals, Introduction to family diversity, tools to promote inclusion, and more.

Communications Activities

Program/Activity	Dates	Distribution	Creators	Partners	Tools/Resources	Details
Sharing Knowledge: Infographic Resources						
Mental Health Infographics	Spring 2023 to Winter 2024 Student Volunteer	Shared by Emma on social media (Facebook and Instagram) and on our website as part of our #WellnessWednesday weekly social media series	Emma Harvie, Community Volunteer		Produced 19 Infographics.	Introduction to Mindfulness, Compassion Fatigue, Coping with Life Transitions, National Day of Truth and Reconciliation: Indigenous Mental Health, Building Resilience, Spring Cleaning: Wellness Edition, Tips for Drinking Alcohol Responsibly, Burn out 101, Calm Down Kits for Kids, Wellness Bingo, Seasonal Affective Disorder, Tips for a Good Night's Sleep, New Year's Resolution VS Intentions, Protecting your Mental Health During the Holidays, Men's Mental Health: Suicide Awareness, Psychiatric Comorbidities, Accommodations for Students with Autism, Movement and Mental Health, Borderline Personality Disorder
Mental Health Infographics	Spring 2023 to Winter 2024 Infographics Consultant	Shared by Madison on social media (Facebook and Instagram) and on our website as part of our #WellnessWednesday weekly social media series	Madison Lester, past student volunteer from Ottawa University) and infographic consultant.		Produced 20 infographics	Types of Rest, 2SLGBTQIA+ Barriers to Accessing Mental Health Care, Summer and Mental Health, Obsessive-Compulsive Disorder, Creating a Safety Plan, Being a Good Ally to BIPOC Individuals and Communities, Social Anxiety Disorder, Imposterism, Spring Journal Prompts for Mental Health, Personality Traits in Youth that Increase Risk of Substance Use, Cognitive Distortions, How to be a Good Ally to the 2SLGBTQIA+ Community, Challenging Mental Health Self-stigma, Types of Dementia, Communicating with Someone with Dementia, Psychotherapeutic Approaches, Let's Learn About Panic Disorder, Types of Intimacy, Gender Differences in Attention-Deficit/ Hyperactivity Disorder, Signs of Autism by Age
English-speaking Population Infographics	2023-2024 Infographics Consultant	Shared by Madison on social media (Facebook and Instagram) and on our website as part of our #FactFriday weekly social media series	Madison Lester, Infographics Consultant (past student volunteer from Ottawa University)		Produced 61 Infographics	The Infographics included information on youth mental health in the Outaouais, Québec's English-speaking men and fathers, visible minorities in the Outaouais and Québec, the 55+ population in the Outaouais and statistics on the English-speaking community in the Outaouais MRCs.

MINUTES OF THE MEETING 2022-2023

June 27, 2023

7:00 PM

Connexions Wakefield Satellite Office,
721 chemin Riverside, Suite 201,
Wakefield, QC

PRESENT

Cary O'Brien (President)
Sheilagh Murphy (Vice-President)
Rose Regimbald (Treasurer)
Rev. Susan Lewis (Director)
Ruth Williams (Director)

Danielle Lanyi (Executive Director,
Connexions)
Natalie Filiou (Connexions)
Diane Wheatley (Connexions)
Michèle Gagnon (Connexions)
Angela Mugisha (Connexions)
MaCayla Nesbitt-Batten (Connexions)
Krishnan Sundaram (Connexions)
Sébastien Lafontaine (Connexions)
Marquis Bureau (Connexions)
Paul Brown (Connexions))

Christian Asselin (CPA), Joanne Dubois
(Guest Speaker, CISSSO), Kathleen
Mulawka (Secretariat for Relations with
English-speaking Quebecers), Andrea
Shattler (WQSB), Virginia Jakutavicius,
Sally Swan, Sandra Lemieux, Mary Bodfish,
Charlene Engstrom, Hannah Scott-Talib,
Judith Dunne, Steve Harris, Mélanie
Vigneault, Sheena Boyd, Faith Bigras,
Judith Matheson, Martine Campeau,
Adriana Saenz, John Mynott

ANNUAL GENERAL MEETING

Welcome:

Welcome: On behalf of Connexions, Cary O'Brien, President, welcomed everyone to the Annual General Meeting being held in the new Wakefield satellite office. The meeting was called to order at 7:02 pm.

1. Guest Speaker, Joanne Dubois, Adjointe à la directrice du RLS Pontiac, Répondante de l'accessibilité aux services en langue anglaise, Direction RLS Pontiac, CISSS de l'Outaouais was introduced by Danielle Lanyi. Joanne spoke to some of the initiatives being put in place to assist English-speaking people attempting to access medical services at the CISSSO. Joanne also responded to questions from the floor.

2. Nomination of Meeting Chair and Secretary

AGM 23-06-27 #01 It was moved by Susan Lewis and seconded by Sally Swan that Cary O'Brien be the Chairperson of the AGM and that Danielle Lanyi be the Secretary.
CARRIED UNANIMOUSLY

3. Adoption of Agenda

AGM 23-06-27 #02 It was moved by John Mynott and seconded by Sandra Lemieux to approve the agenda, as presented.
CARRIED UNANIMOUSLY

4. Approval of AGM minutes of June 29, 2022

AGM 23-06-27 #03 It was moved by Rose Regimbald and seconded by Sheilagh Murphy to approve the AGM minutes of June 29, 2022, as presented.
CARRIED UNANIMOUSLY

5. Auditor's Report – Statement of Financial Position as of March 31, 2023

AGM 23-06-27 #04 Upon review of the 2022 – 2023 Financial Statement prepared and presented by Christian Asselin, CPA, CA, CMA, CFE it was moved by Rose Regimbald and seconded by Steve Harris to adopt the Auditor's report as presented.
CARRIED UNANIMOUSLY

6. Naming of Auditor for 2023-24

AGM 23-06-27 #05 It was moved by Rose Regimbald and seconded by Sally Swan to appoint Christian Asselin, CPA, CA, CMA, CFE to conduct Connexions' audit for the fiscal year 2023 – 2024. CARRIED UNANIMOUSLY

7. Presentation of By-Law Changes

AGM 23-06-27 #06 It was moved by Adriana Saenz and seconded by Ruth Williams to adopt the By-law changes as presented. CARRIED UNANIMOUSLY

8. 2022-2023 Annual Report

AGM 23-06-27 #07 It was moved by Susan Lewis and seconded by Sally Swan to accept the 2022 – 2023 Annual Report as presented. The members also recognize the hard work and efforts of the Connexions' staff under the leadership of Danielle Lanyi. CARRIED UNANIMOUSLY

9. Elections- Board of Directors

AGM 23-06-27 #08 It was moved by Rose Regimbald and seconded by Sheilagh Murphy to open nominations for the four vacant positions on the Board of Directors. CARRIED UNANIMOUSLY

AGM 23-06-27 #09 It was moved by Sally Swan and seconded by Sheilagh Murphy to close nominations for the Board of Directors. CARRIED UNANIMOUSLY

AGM 23-06-27 #10 It was moved by Susan Lewis and seconded by Rose Regimbald to appoint Ruth Williams, Adriana Saenz, John Mynott, and Kathleen Jean to the Board of Directors for a two year mandate. CARRIED UNANIMOUSLY

10. Partners and Friends (Open discussion)

The floor was opened for participants to make comments or ask questions.

11. Adjournment

AGM 23-06-27 #11 It was moved by Ruth Williams and seconded by Sheilagh Murphy to adjourn the meeting at 9:01 PM. CARRIED UNANIMOUSLY

Cary O'Brien, President
Danielle Lanyi, Meeting Secretary



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