



# CARREFOUR BIENVEILLANCE 50+

Pour un vieillissement actif et heureux  
dans Vaudreuil-Soulanges

Newsletter  
november 2024

*The Carrefour Bienveillance 50+ would like to take advantage of this National Caregiver Day to highlight your involvement with someone close to you, family, friends, and/or neighbors.*

## **You are certainly people of heart!**

One in three people in Quebec provides support through their presence, whether regular or occasional, short or long term as a caregiver. The goal is to ensure a certain comfort, restore, maintain or improve the quality of life of your loved one, despite their disability. Most of the time, we become caregivers without really choosing to be and we have difficulty recognizing ourselves as such.

*At Carrefour Bienveillance 50 +, we offer individual support and listening meetings as well as themed coffee meetings offering a time for exchange and learning. This week is the perfect opportunity to invite you to join us for a coffee meeting.*

Looking forward to meeting you!

### **Invitation to National Caregiver Day:**

**Coffee-meeting**  
**Friday, November 8**  
**1:00 p.m. to 3:00 p.m**

*418 ave St-Charles,  
Vaudreuil-Dorion  
salle 309*

*Come and chat, exchange  
with us*

*Attendance prizes*

**Julie Lafrenière,**

Support for the  
caregiver group



REGISTRATION: 450-424-0111 EXT 223

## Our team was there

Faire en santé et bien-être  
organisée par le Montérégie West Community Network  
(MWCN)

Pin court octobre 19th



Julie Lafrenière, caregiver  
worker and Linda  
Demers, companion  
were on site



Jasmine Dufour  
and  
Marie-Pier  
Baucher,  
community workers



Julie Lafrenière, caregiver worker  
and  
Jasmine Dufour, community worker



date to put in the diary

*Noël sans toi*

december 10th

1:30 pm to à 4:00 pm





to help... it takes a  
whole community

Caregiver day

Proche aideance  
Québec  
Regroupement d'organismes engagés pour  
les personnes proches aidantes



## ***Carrefour Bienveillance 50+ is financially supported by Centraide Sud-Ouest in connection with one of its many objectives***

### **Breaking social isolation**

Provide marginalized people with support, mutual aid networks, places of belonging and opportunities to get involved. For some people, it can be more difficult to build relationships with others. This difficulty may be caused by functional limitations, moving or immigration, aging, a difficult personal situation or, quite simply, poverty. This is why Centraide, with its network of associated organizations, recognizes the value of all people, encourages them to believe in their abilities, and helps them break their social isolation.

### **The strategy**

To break social isolation, we invest in local community programs and organizations that can reach out and establish a close relationship with the person. They contribute to the establishment of support networks and diverse living environments and promote integration, recognition of talents and the full participation of all; a wealth that we cannot do without.

Recommended actions:

- Break the isolation of seniors
- Promote the inclusion of people with disabilities
- Support the integration of immigrants and refugees
- Help people in crisis situations or living with mental health issues



**Carrefour  
Bienveillance 50+**





**1 PERSONNE  
SUR 5 REÇOIT  
NOTRE AIDE.**

**5 PERSONNES  
SUR 5 EN  
BÉNÉFICIENT.**



Soutenir un réseau d'organismes pour favoriser l'inclusion, c'est aussi enrichir les milieux de travail.

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SUR 5 REÇOIT  
NOTRE AIDE.**

**5 PERSONNES  
SUR 5 EN  
BÉNÉFICIENT.**



Soutenir un réseau d'organismes communautaires pour favoriser l'accès à l'éducation, c'est aussi permettre à tout le monde de s'épanouir dans la société.



Centraide

À go, on Centraide

**Give to Centraide Sud-Ouest**