

The Express Bulletin

Amyotrophic Lateral Sclerosis Society of Québec

If you need assistance with transportation or respite services to be able to participate in our activities, please be sure to inform and **register with Elizabeth Barbosa** at (514) 725-2653, ext. 103 / 1 (877) 725-7725 or email: ebarbosa@sla-quebec.ca



Dear **members**,
We are happy to announce that our annual holiday season lunch will take place on:

- ✿ **Saturday, December 3rd at 11:30am – in the regions of QUEBEC & SHERBROOKE**
- ✿ **Saturday, December 10th at 11:30 am – in the MONTREAL region**

Please RSVP as soon as possible as seating is limited!

EVERYDAY LIFE WITH ALS

Open to people with ALS, their caregiver and healthcare professionals

Home adaptations and specialized equipment – What you need to know in order to be able to make choices relevant to each need in the varying stages of the illness.

GUEST SPEAKER: **Nathalie Beauvais** works as an Occupational Therapist from the West Island Health & Social Services Centre (CLSC Lac Saint-Louis)

December 7
7:00 pm to 9:00 pm

at our office in Montreal

SUPPORT GROUPS

Open to people with ALS and their caregiver

If you would like to obtain information, be part of a discussion group or simply share your feelings, please join us for our upcoming support group meetings. It is the ideal environment to exchange and to learn from others who are in a similar situation. There will be one group for caregivers and one group for persons living with ALS.

December 21 & January 25
1:00 pm to 3:00 pm

at our office in Montreal

INTRODUCTION TO ART THERAPY

Open to people with ALS, their caregiver and healthcare professionals

The Society invites you to a conference on art therapy and its benefits. A short workshop and a discussion period will follow the presentation. Come explore this creative approach with us!

GUEST SPEAKER: **Sophie Huot** is a professional art therapist, artist and teacher.

January 17
1:00 pm to 3:00 pm

at our office in Montreal

NOVA WEST ISLAND CAREGIVER SUPPORT GROUP*

[in English]

For more information or to register, please contact **Gloria Timmons** at info@novawi.org or 514-695-8335 ext. 204

This support group was made possible by the generous support of the Tony Proudfoot Fund.

The 1st Monday of every month
from 6 to 8pm
Christmas Park School
422 Beaconsfield Blvd.
Beaconsfield, Qc H9W 4B7



THE BULLETIN: FALL 2011 EDITION

As the ALS Society is trying to be more and more ecologically minded and economically responsible, the quarterly Bulletin will only be distributed electronically on our website: www.sla-quebec.ca

Please contact info@sla-quebec.ca to request a printed or electronic copy of The Bulletin or to add your email to our distribution list.

Please don't hesitate to share your suggestions or comments with us. We are here to listen.

FINANCIAL CONTRIBUTION PROGRAM

We understand that our members must face difficult challenges, but each one also possesses particular needs. This is why the ALS Society of Quebec is officially launching its new financial contribution program. The program aims to help members of the Society and their caregivers by reimbursing certain related expenses to the disease that are not covered by our regular financial aid and equipment loan programs.

For more information, please contact: **Kate Busch** at 1-877-725-7725 ext. 109 or kbusch@sla-quebec.ca

Please visit our website (www.sla-quebec.ca) for additional updates, our calendar of events and photos or join us on **facebook** for other announcements that we encourage you to view and share with your friends!

ALS SOCIETY OF QUÉBEC
5415 PARÉ ST., SUITE 200, MONT-ROYAL (QC) H4P 1P7
TEL: 514 725-2653, TOLL FREE: 1 877-725-7725
<http://www.sla-quebec.ca/> info@sla-quebec.ca