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**Clinique**  
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**Pointe-Saint-Charles Community Clinic**  
500 Ash avenue, Montreal, Quebec, H3K 2R4  
514 931-9251 - [www.ccpssc.qc.ca/en](http://www.ccpssc.qc.ca/en)  
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**2016**

**Mission:  
POSSIBLE**

**Your mission,  
should you accept it,  
will be to participate in our  
unique health project in Quebec!**



**YOUNG CHILDREN AND  
THE HEALTHY USE OF  
SCREENS**

**ANNUAL GENERAL  
A S S E M B L Y  
JUNE 22**

**LIVING WITH ANXIETY:  
IT CAN GET BETTER!**

# Securing the survival and future of a community-run health organization in Pointe-Saint-Charles in 2016: mission impossible or still relevant?

Dear members of the neighbourhood,

This year, the Clinic invites you to take part in the special mission of continuing our mission: **making health a non-negotiable, collective, and basic right** by organizing preventive and curative services and by bringing together community members to improve both short- and long-term health conditions. Despite Minister Barette's Law 10 and his drive to centralize powers under his own control, the Clinic still has the status of a community organization with a **CLSC mandate** for the neighbourhood of Point St. Charles. Community members (Board and General Assembly) still decide on the direction and services of the Clinic and ensure that they adequately respond to the neighbourhood's needs in terms of healthcare, social services, and neighbourhood community action.

Its local approach, its close collaboration with community partners, and the special role community members play in the organization, place the Clinic increasingly at odds

with a health system and minister moving rapidly in the opposite direction. In this context, we see our action as not only possible but even more necessary and relevant in 2016.

Want to make proposals or discuss your concerns about this issue? The Annual General Assembly (AGA) is THE place to do it! We will study the requests and questions raised in the AGA and if we can not give you an answer on the spot, we will be able to respond in writing in a message sent to members in the fall.

Want to participate in the Clinic? There are many organizing committees and we also need new people to join the Board. If you are interested, please consider standing for election at the AGA.

Come join us on June 22nd! Don't hesitate to phone for more information: 514-937-9251.

*Denis Charron, président du CA*

## ***Annual general assembly***

**Wednesday, June 22**

**1130 de la Sucrerie (Cité des Bâisseurs)**

**6pm Supper**

**6:30pm Beginning of the assembly**

Daycare, whispered English translation, wheelchair accessibility, transportation available on request

### **Draft agenda**

1. Opening of the assembly
2. Naming of the assembly chair and secretary
3. Reading and adoption of the agenda
4. Adoption of the minutes of June 17 2015
5. Board of Directors activity report and questions from the floor
6. Presentation of financial statements, appointment of an auditor and questions from the floor
7. Presentation and adoption of annual priorities for 2016-2017 and questions/proposals from the floor
8. Elections for the Board of Directors
9. Other business
10. Election results
11. Adjournment

## **2016, Pointe-Saint-Charles : SECURING THE FUTURE OF A COMMUNITY-RUN HEALTH ORGANIZATION**

**MISSION:  
POSSIBLE**

### ***Priorities for 2016-2017***

- 1- Straighten the financial position of the organization
- 2- Ensure our funding from the Ministry of Health and Social Services
- 3- Prepare the 50th anniversary of the Clinic

# Young children and the healthy use of screens

Televisions, computers, tablets, smart phones, game consoles: All these screens can limit the time kids spend moving, playing outdoors and having fun! Being exposed to screens for long periods of time can harm children's development and is associated with child obesity.

## How to manage young children's screen time?

It is recommend:

- **That children under 2 years old not spend time in front of screens.**

Children under two learn better when they interact with people than when they are in front of screens. The first 2 years of life are critical time for brain development.

- **That children aged 2 to 5 spend less than an hour a day in front of screens and that the children older than 5, spend maximum 2 hours a day in front of quality programming.**

Free play, physical activity, reading, and spending time with family and friends are encouraged to enhance child development.

- **That children not be exposed to violent content.**

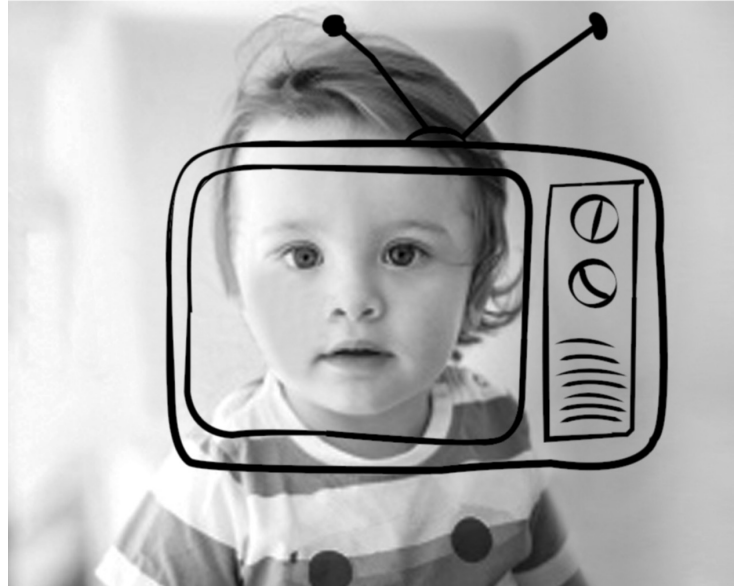
When viewed at a young age, on-screen violence can negatively affect children later on, especially regarding success, attention and concentration in school.

- **Promoting educational content.**

It is best to choose what to watch based on the youngest viewers in the household.

- **Putting screens in common rooms and not in children's bedrooms.**

A TV in a child's room increases the opportunities for the child to watch inappropriate content and can harm sleep. It is better to be with the child and to discuss what he or she is watching.



*Source: Direction de santé publique, Agence de la santé et des services sociaux de Montréal, Young children and the healthy use of screens, 2014.*

**Confidential**  
**Simple**  
**Effective**

**Sexually transmissible and blood-borne infections (STBBI)**  
**Contraception**  
**Pregnancy test**

24 years old and under  
1955 Centre street  
(Walk-in consultations Mondays and Wednesdays, from 2:00 to 6:00 p.m.)

25 years old and older  
500 Ash avenue

514 937-9251 - [www.ccpssc.qc.ca/en](http://www.ccpssc.qc.ca/en)

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# Living with anxiety: it can get better!

Interview with Véronique Vallée, psychoeducator with the Adult-Mental Health team

## Is everyone affected by anxiety?

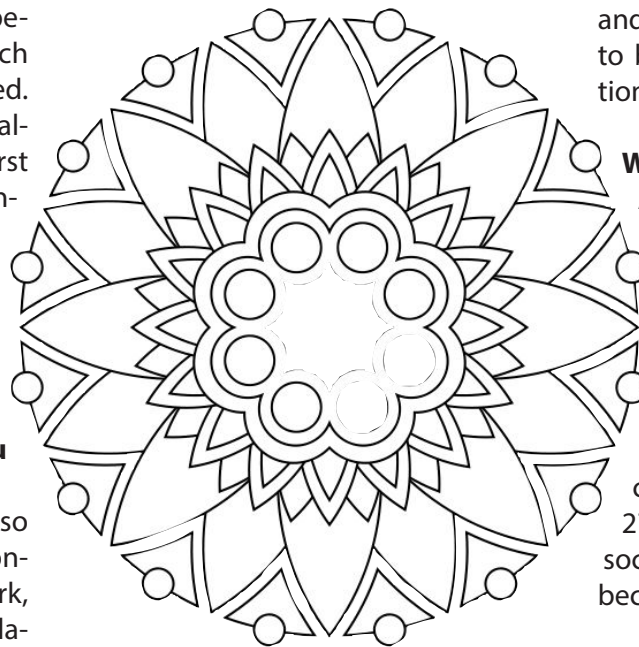
Yes, everyone deals with anxiety; whether or not they have been diagnosed with an anxiety disorder. Anxiety can be defined as a stress reaction triggered by a perceived or imagined danger. For example, think about what you go through before an exam or an interview for a new job: difficulty sleeping the night before, feeling under-prepared, sweaty palms, palpitations – and afterwards, such relief, because everything went so much better than you had imagined. Anxiety is a basic emotion; it allows us to prepare for the worst and react to danger. Experiencing anxiety is normal, even if unpleasant.

## I heard that anxiety is one of the most frequent reasons that people consult the Clinic. Can you tell us more?

Sometimes anxiety is so overwhelming that it is no longer possible to function at work, in leisure activities, or in relationships, to use public transport or even enjoy daily life. For example, some people avoid going to events where there may be people they don't know or they may feel socially uncomfortable even with people they do know. Others have had a panic attack and are afraid of having another. Some people feel that they are incompetent; they take on too much, have difficulty turning off, and find it hard to sleep, etc. People may be embarrassed to talk about these things or seek help. Too often, they wait until they are no longer functional before coming for a consultation.

## What are the most effective ways of preventing and/or learning to better manage anxiety?

First of all, there are good reasons that we are always told to adopt healthy life habits. Physical exercise helps produce endorphines; hormones which soothe us. Exercise also help lower levels of cortisol – a stress hormone - in the blood. Half an hour of physical activity every day is recommended. Walking rapidly is good exercise; it's free and there are more and more groups you can join to keep you motivated.



Next, these ten foods can help promote calm: bananas, cereals, brewer's yeast, 70% dark chocolate, chicken, legumes, dried nuts and fruit, fish such as salmon, herring, and sardines (and all other food containing omega-3), honey, and garlic.

Sleep is also important. Here are some tips for a good sleep hygiene: adopt a ritual before going to bed; indulge in relaxing activities (no intense sports just before bed); and avoid stimulants such as coffee and cigarettes. Note that quality of sleep is more important than quantity; some people sleep more while others require less sleep to be refreshed.

Because anxiety is closely related to our (often negative) interpretation of upcoming events, a change of perspective, thinking differently about what you anticipate, is a very effective way of slowing or reducing your rising anxiety.

Abdominal respiration (inhaling slowly by expanding the stomach and exhaling slowly by deflating it) is a very powerful tool to help restore calm.

Finally, the eastern practices of yoga and meditation are increasingly widespread and recognized as helping teach us how to better accept and live with our emotions and stress.

## What resources are available?

A social worker is available at the Clinic reception located at 500 Ash Avenue Monday to Friday from 9am to noon and 1pm to 5pm. This is how you can access our services; don't hesitate to come if you are in a difficult situation. Here are some other resources that can help you cope with anxiety: Phobie Zéro (514-276-3105), Revivre (514-738-4873), l'Association des troubles anxieux du Québec (514-251-0083).

## Want to know more?

These readings suggest concrete ways that can help you control and accept your anxiety: *The anxiety and phobia workbook*, by Dr. Bourne, *The Feeling Good Handbook* by Dr Burns, *Coming to Our Senses: Healing Ourselves and the World Through Mindfulness* by John Kabat Zinn, *La peur d'avoir peur* by Marchand and Letarte, *Arrêtez de vous faire du souci pour tout et pour rien* by R. Ladouceur, L. Bélanger and E. Léger, *La peur des autres*, by Christophe André and P. Légeron, *Par amour du stress* by Sonia Lupien, *Le cerveau de Bouddha* by Dr Mendis and R. Hanson, and *Pensouillard le hamster* by Dr Serge Marquis.

You can also take the time to draw, it is relaxing!