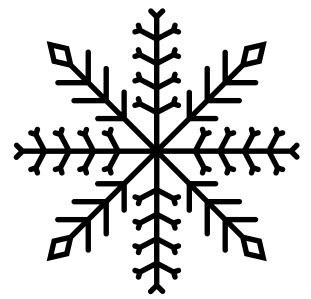


# ARA NEWS

## December, 2022



### IMPORTANT

This month you will also receive a **"Signs I Want Support"** questionnaire with your monthly newsletter. This is a tool for your community support coordinator to better understand how they can support you in times of need. Please take the time to answer the questions as best as you can.

**Pick up date for the questionnaires will be:**

December 22nd During OHS inspections

**Support Line Numbers and Programs**

**Crisis Service Canada:**

Text START to 45645

**Crisis Service Canada:**

1-833-456-4566

**CHIMO helpline:**

1-800-668-6868

**Mobile Crisis:**

1-866-771-7760

**South East Adult Education**

GED Program - Free  
Contact Lauren at (506)866-8558 for more information

**YMCA Adult day program**

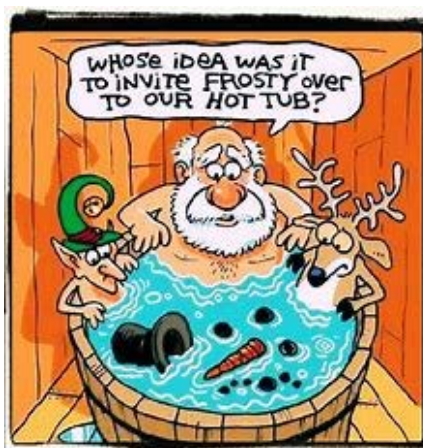
Mon-Fri, 9am-3pm  
\$39.50 per day

December is a month for holiday fun and giving back. But lets also make it a month where we break the stigma around asking for help or receiving support.

This Month i would like everyone to focus on reaching out for support when needed and using the available resources to their fullest extent.

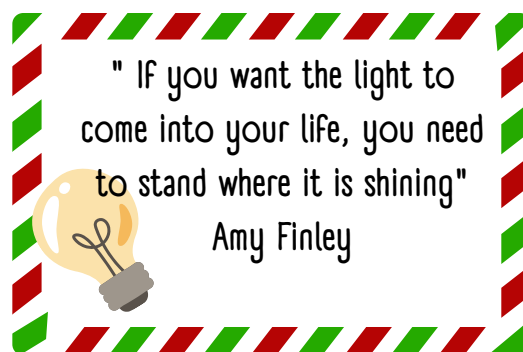
December will be packed full of activites and events for everybody to enjoy, like skating, Lights at the zoo, the christmas tree lighting at Amirault and much more.

I encourage you all to use what resources are around you. And if you're having a difficult time this holiday season, make it a point to seek out help, reach out to friends and family and be engaged in activities and events that are happening in the community.



### When To Ask For Support

- 1) *If you're feeling sad or down for a long period of time*
- 2) *Noticeable mood changes*
- 3) *Constantly worrying about an event or situation*
- 4) *Disturbed sleep patterns*
- 5) *Noticeable changes in eating patterns*
- 6) *Thinking about self-harm as a way of coping*
- 7) *Isolating yourself*



**IF YOU HAVE ANY QUESTIONS CONTACT YOUR COMMUNITY SUPPORT COORDINATOR**

Phone: (506) 866-8558

Email: [csc@arainc.org](mailto:csc@arainc.org)

