

The Express Bulletin

The Amyotrophic Lateral Sclerosis Society of Québec



UPCOMING EVENTS & ACTIVITIES

INTERACTIVE GROUP

One group for caregivers, one group for persons diagnosed with ALS

📅 **Wednesday, July 14, 2010 from 1:00 pm to 3:00 pm at our offices in Montreal**

📞 Register with Elizabeth Barbosa by e-mail at ebarbosa@sla-quebec.ca or call (514) 725-2653 ext. 103 (toll free: 1-877-725-7725).

BEREAVEMENT SUPPORT GROUP

When someone mourns the loss of a loved one, intense feelings are felt, and much is called into question. Choosing to express these emotions allows one to find their bearings and feel as if a load has been lifted. This support group allows you to exchange and meet others who are in a similar situation.

📅 **Wednesday, July 21, 2010 from 7:00 pm to 9:00 pm at our offices in Montreal**

📞 Register with Elizabeth Barbosa by e-mail at ebarbosa@sla-quebec.ca or call (514) 725-2653 ext. 103 (toll free: 1-877-725-7725).

UPCOMING REGIONAL EVENTS

LET'S PIC-NIC IN THE PARK!

The ALS Society of Quebec would like to invite you to have fun in the sun and join us for a picnic in the park. All you need to bring is your smile and sun lotion- we'll provide the rest!

📅 **Saturday, July 24, 2010 as of 11:30 am- Parc de la Rivière des pins – BOUCHERVILLE**

📞 Register with Elizabeth Barbosa by e-mail at ebarbosa@sla-quebec.ca or call (514) 725-2653 ext. 103 (toll free: 1-877-725-7725).

* Open to all*



TELE-SUPPORT GROUP- OUTAOUAIS

The main objective of this self-support group is to facilitate exchanges with others living the same reality. During this session you will be able to ask questions, make comments, share your experiences and perhaps find the necessary help to lighten the load of every-day life... and who knows, maybe create helpful & nourishing bonds.



When ? Day, July 13, 2010 from 7:00 pm to 8:00 pm
For who? For ALS members and their caregivers in Outaouais
Register via www.reseautreaidants.com or call 1-866-396-2433

* **Upcoming regions (subject to change):** Laval / Laurentians / Lanaudière / Abitibi-Témiscamingue (7 September), Montérégie (12 October), Montréal (9 November).

CONFERENCE ON ALS – SAGUENAY

In French - Open to families and professionals

Speaker: Dr. Danielle Lavoie, Neurologist at the Montreal Neurological Institute

📅 **Friday, July 2, 2010 from 7:00 pm to 9:00 pm in the Théâtre de Ville La Baie**

📞 Register with Elizabeth Barbosa by e-mail at ebarbosa@sla-quebec.ca or call (514) 725-2653 ext. 103 (toll free: 1-877-725-7725).

UPCOMING FUNDRAISING EVENTS

2010 WALK FOR ALS- SAGUENAY

COME WALK WITH US!



The **Walk for ALS** stands out as an annual event in the summer throughout the province. In addition to being a great opportunity to come together and show solidarity, the walk aims at achieving two crucial objectives: continue to **raise public awareness** about the lives of people with ALS and their families, and to **raise funds** that will be used to maintain the quality of services offered to members and to promote research to find the cause and cure for this terrible disease.

📅 **Saturday, July 3, 2010 from 11 :00 am at Parc Mars**

📍 **Meet at the entrance:** Fjord Museum (Grande Baie Sud blvd.)

📞 Register with Isabelle Julien by e-mail at ijulien@sla-quebec.ca or call (514)725-2653 ext. 104 (toll free: 1-877-725-7725)

2010 WALKS FOR ALS

◇ **Sherbrooke:** August 28 ◇ **Québec:** September 11 ◇
◇ **Charlevoix:** September 12 ◇ **Outaouais:** September 25 ◇ **Montreal:** September 26 ◇

