

SEPTEMBER 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 CLOSED	1 CLOSED	2 CLOSED	3 CLOSED	4 CLOSED
7 CLOSED	8 English Day 10:30am-11:30am Chat & Snack 1pm-2pm Chat & Snack 3pm-4pm (Outside) Chat & Snack in the park	9 CLOSED	10 French Day 10:30am-11:30am Chat & Snack 1pm-2pm Chat & Snack 3pm-4pm (Outside) Chat & Snack in the park	11 CLOSED
14 Sign-up Day! 10am-4:30pm	15 English Day 10:30am-11:30am Chat & Snack 1pm-2pm Chat & Snack 3pm-4pm (Outside) Chat & Snack in the park	16 CLOSED	17 French Day 10:30am-11:30am Chat & Snack 1pm-2pm Chat & Snack 3pm-4pm (Outside) Chat & Snack in the park	18 CLOSED
21 Sign-up Day! 10am-4:30pm	22 English Day 10:30am-11:30am Chat & Snack 1pm-2pm Chat & Snack 3pm-4pm (Outside) Chat & Snack in the park	23 CLOSED	24 French Day 10:30am-11:30am Chat & Snack 1pm-2pm Chat & Snack 3pm-4pm (Outside) Chat & Snack in the park	25 CLOSED
28 Sign-up Day! 10am-4:30pm	29 English Day 10:30am-11:30am Chat & Snack 1pm-2pm Chat & Snack 3pm-4pm (Outside) Chat & Snack in the park	30 CLOSED	31 French Day 10:30am-11:30am Chat & Snack 1pm-2pm Chat & Snack 3pm-4pm (Outside) Chat & Snack in the park	1 CLOSED

MY APPOINTMENTS



WHERE IS PAL?



861 de L'Eglise
Verdun, Quebec
H4G 2N3



108 bus to the corner of Bannantyne and de l'Eglise
OR
107 bus to the corner of Verdun and de l'Eglise



A 10-minute walk from metro stations Verdun and De l'Eglise



FOR MORE INFORMATION, YOU CAN CONTACT US AT:



514-767-4701 #227



www.projetpal.com



info@projetpal.com

NOTICES

Re-Opening

After months of being closed, we will be gradually re-opening the drop-in as of Tuesday, September 8th. To follow public guidelines and to prioritize everyone's safety, we will start by re-opening two days a week.

Since communication can be challenging while wearing masks we have divided the groups by language. Tuesdays will be designated to English-speaking members, and Thursdays for those who speak French. Each group will have a maximum of 8 members at a time to make sure everyone can comfortably maintain physical distance from one another.

As you can see on the calendar, the last "Snack and Chat" held on Tuesdays and Thursdays will take place outdoors in a nearby park. Those who sign-up for these slots will be asked to meet at PAL, and we will walk to the park together as a group. If the weather is poor, we will host the "Snack and Chat" indoors at PAL.

We will call all members on the first week of September to explain the calendar and offer to sign up for September 8th or September 10th. After that, if you are interested in attending PAL activities, you must call the office Monday ((Sign-up Day) of each week. A staff member will sign you up for that week and give you the time and day that you can come in. We ask that you do not come in unless you have a scheduled time.

Safety

Your safety is important to us! The following are some of the strategies that we are using to help keep you safe:

- We ask that you maintain a 2-metre distance from staff and other members at all times!
- Masks are mandatory
- We will be regularly sanitizing commonly-touched surfaces
- If you have the following symptoms, we recommend calling 811 or the COVID line (1-877-644-4545) to be assessed and *ask that you please do not come to PAL:*
 - Sudden loss of taste or smell
 - A new or worsening cough
 - A fever (37.8°C or higher)
 - Difficulty breathing
 - Other symptoms include sore throat, fatigue, severe loss of appetite, diarrhea, aching muscles, headache, and more.

Thank you for your understanding and patience. We are looking forward to seeing you!

Individual Aid and Accompaniment

Accessing health services, making a request to welfare, speaking with a legal aid lawyer, or settling a conflict with a landlord are not easy tasks. PAL's individual aid and accompaniment worker is there to listen, and to help you find and access the appropriate services or resolve the situation. We are happy to offer you support and to make referrals over the phone. If your situation requires an in-person meeting, you will be able to set an appointment. Note that if you have a follow-up in one of PAL's housings or have a social worker, it's a good idea to ask them first for support. You can get in touch with Anne-Marie at 514-767-4701 #228