

GivingTuesday Accessibility Campaign



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Bits and Bites

We are excited to present to you a new format for the upcoming spring newsletter. Don't worry, we did not forget about all the amazing columns that were in our magazine such as **Hearing Journey**, **For Your Information**, **By The Way** and **Perspectives**. Have you heard of the recently updated RAMQ program for people with hearing loss? If you don't want to miss out on any of these great articles or up-to-date information, please consider subscribing to our newsletter on our website to stay informed with the voice of the hard of hearing community.

In this issue, you will find all the important information about the NEW renewal process of your membership for the 2022-23 year. This is the second

year that we are using the new renewal forms. Simply confirm your personal information, sign it and send it back with your payment. How easy is that?

If you are a new individual members, or a hearing health professionals, an organization / business working with us, please fill out the form in your package and return it to us as soon as possible.

You will also find your program registration form for this coming spring season and all the information about our exciting new programs. Lastly, your income tax receipt for 2021 will be added just in time for the tax season.

Membership & Registration

Please return all completed forms by mail, email (to info@hearhear.org), or in person (**by appointment only**) to the Hear Québec office with payment. You can also download these forms on our website: www.hearhear.org. For more information about membership and registration, please contact info@hearhear.org, call the office at 514-488-5552 ext. 4500 or call/text our cell number at 514-797-2447 if the staff are working remotely.

NEW Membership is valid between April 1st and March 31st of each year and must be renewed annually. Please complete both sides of the enclosed 2022-2023 membership form and return with payment.

Renewal Membership Forms: Last year, we debuted new membership renewal forms which received great feedback from our community! We will be using the new renewal forms again this year, which should make the membership renewal process faster and easier. If you are a returning Hear Québec member, you will receive a simplified renewal membership form in the mail. For the renewal to be successfully processed, the form must still be completed, signed, and returned to Hear Québec with payment.

Registration: Please note that registration is mandatory for all programs, events, and services. It is important that you register prior to your activity and not on the day that it starts. Please indicate your interest on the registration form, and return it with your payment. As space may be limited due to COVID protocols, only members who have indicated that they are interested and register for an activity/program will receive updates and information through email. Spots will be reserved on a first-come, first-served basis. Register early to secure your place!

COVID-19: With the uncertainty of the restrictions, many of our upcoming programs will be held virtually for the next little while. We hope that things ameliorate in the next few months so that we can begin to return to in-person activities. We will communicate these decisions to you via email, on social media and our website as they are made. Please be assured that if programs are able to return in person, we will do everything in our power to make these events and activities safe and accessible for all involved.

Payment Methods Payments can be made by cash, cheque, credit card, or debit card. Payments in-person **by appointment only**. If you are sending your payment by mail, it needs to be by cheque, payable to **Hear Québec**. You may make secure payments or donations online at: <https://hearhear.nationbuilder.com/donate>

Accessibility All programs, events, and activities will be accessible for those with hearing loss. This can include sound amplification, FM systems, or Live Transcribe. If there is a virtual event, Hear Québec will use accessible platforms such as Google Meet which allows for live captioning. If you feel that you need further accommodations, please let us know and we will do our best to meet your needs.

If there is any concern about participation due to financial hardship, please email the Executive Director at heidywager@hearhear.org or call 514-488-5552 ext 4500.



Programs & Events

SPRING Coffee Breaks (Daytime) and Cocktails (Evening)

Coffee Breaks and Cocktails will be returning with expanded content! Members can look forward to weekly Coffee Breaks with guest speakers, hearing loss information and interesting conversations. Monthly Cocktails will take place in the evening and include a variety of topics sure to captivate your interest. Register for these programs now to receive news of upcoming sessions and attend at your convenience!

Current Coffee Breaks: Wednesdays 1pm-2pm

Spring Coffee Breaks start Wednesday, March 30th, from 10:30am-11:30am

Cocktails: Thursday, March 10th from 7pm-8pm – A Discussion on Mental Health and Coping Strategies

Cocktails: Thursday, April 7th from 7pm-8pm – Matthieu Paquette from Le Groupe Forget will provide new updates and info on hearing aids.



SPRING Peer Mentoring (Hybrid Digital and In-Person)

For Spring 2022, we will be launching a NEW Peer Mentoring program. Are you looking for support in living with your hearing loss? Would you like to help others with hearing loss live their best life by sharing your experience? We are actively recruiting both Mentors and Mentees for this program! The Mentor training will be a hybrid online and in-person format depending on current restrictions.

Peer Mentor training sessions: Tuesdays and Thursdays 1:00pm - 2:30pm for 5 weeks

Start date: April 19th, 2022 (Hybrid of virtual and in-person training)



New SPRING Pilot Project (Hybrid Digital and In-Person)

New this year is a Pilot project for our French speaking members: *Les rencontres sociales*. These social meet-ups will be conducted in French and will take place at le Centre communautaire Hochelaga. You will have the opportunity to socialize, play games, and stay up-to-date on hearing-loss information.

(Digital) Date: April 23rd, 2022

Time: 10:30am - 11:30am

Place: Virtual meeting

**You will receive the link after registration*

(In-person) Date: May 7th, 2022

Time: 10am - 12pm

Place: Le Centre communautaire Hochelaga
1884 Rue St. Germain HIW 2T6



SPRING Events

To commemorate World Hearing Day, you are invited to join us for this special event with Dale Bonnycastle:

World Hearing Day Special Event - Protecting Your Residual Hearing with Dale Bonnycastle

Date: March 3rd, 2022 **Time:** 2pm - 3pm

Place: Google Meet

Registration deadline: February 24th, 2022



Annual General Meeting: Save the Date!

Hear Québec's Annual General Meeting will be held on June 8th, 2022 in the evening. Please RSVP on the registration form if you are interested in attending. You will then be contacted in May by email about the specific details surrounding the event.



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For more information

Phone: 1-800-567-1465



TTY:
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