



# PARTNERS IN HEALTH

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## Introducing a new activity: The CASE Colour Café

Discover the benefits to your mental health and wellness from engaging in art and creative activities

When it comes to art, there are certainly some misconceptions. Some feel that in order to consider yourself a real artist, you have to create something such as a sculpture or painting, while others believe that you either are or are not born with talent. However, every one of us is born with the desire and ability to express ourselves, and art is a wonderful way to achieve this, especially in terms of our mental health and wellness.

In the spirit of this idea, CASE is offering a new activity called the "Colour Café" - a space for adults to gather around creativity and making new friends (or meeting up with old or current ones). Some materials are provided, but you are welcome to bring your own! Participants are invited to colour, draw, and explore new crafts in a welcoming setting with coffee, tea and snacks.

Under the helpful animation of our Centre-du-Québec liaison agent Gwyneth Grant, it's a great place to explore your creative side in a positive and relaxed atmosphere.

At this time, the program is still under development and the dates may be subject to change. Check our calendar at [www.casemcq.com](http://www.casemcq.com) to stay up to date.

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### Special Note

The CASE offices will be closed from Dec. 23, 2019 - Jan. 3, 2020.

See you in the New Year!

# Romance & the Web: Protecting Yourself from Scammers

The spirit of giving, kindness and generosity during the holiday season can blind us to some otherwise obvious red flags when it comes to online romance. The reported financial losses from online scamming have increased in recent years, according to the Canadian Anti-Fraud Centre, and the median reported loss is often much higher for people over 70.

There are a number of ways to protect yourself. A few "red flags" to watch out according to the Canadian Anti-Fraud Centre include:

- *Keep your expectations realistic.* Scammers often offer up good-looking photos and boast about financial success. Be honest with yourself about who would be genuinely interested. If they seem "too perfect," your alarm bells should ring.
- *Don't be in a hurry to move off the site.* "Catfishers," as they are called, will try to quickly get you to change over to email or other private messaging systems, or even the phone.
- *Be suspicious when someone you haven't met in person professes their love to you.* Ask yourself if someone you've never met would really declare their love after only a few emails.
- *If trying to set up an in-person meeting, be suspicious if they always have an excuse not to meet.* If you do set up a meeting, arrange for it to be in a public place and tell your friends and family the time and location.
- *Suspect language.* If the person claims to be from your hometown but has poor spelling or grammar, uses overly flowery language, or uses phrases that don't make sense, be suspicious.

If you do fall victim to a romance scam and have shared financial information or sent money, the Canadian Anti-Fraud agency recommends reporting it to the financial institution you used, contacting police to file a report, and calling the Canadian Anti-fraud Centre, toll free at 1-888-495-8501.

## How to Be Kind Without Getting Taken

**The world could certainly use more kindness today.**

It is always a good idea to do nice things to help others. As you send kindness out into the world, take steps to also be kind to your identity. Scammers and fraudsters like to target generous people.



Scams against trusting people continue to rise.

**\$143 million**  
REPORTED STOLEN  
in romance scams last year <sup>[1]</sup>

**1 out of 7**  
ONLINE DATING PROFILES  
screened turn out to  
be bogus <sup>[2]</sup>

**1.3 million**  
INCIDENTS  
of U.S. government  
imposter scams in the  
past five years <sup>[3]</sup>

**75%**  
OF CANADIANS  
have received fraudulent emails  
or phone calls asking for personal  
information <sup>[4]</sup>

**\$703,000**  
LOST  
in the U.S. to the "Nigerian  
Prince" email scam last year—  
an average of \$2,133 per  
victim <sup>[4]</sup>

**£1.2 billion**  
WAS STOLEN  
through fraud and scams in  
the UK last year <sup>[5]</sup>

## 7 TIPS to Protect Yourself from Scams

- 1 Don't loan or give money to online romances.
- 2 Research charities before donating.
- 3 Don't trust incoming calls—numbers can be spoofed.
- 4 Don't give in to high pressure tactics/urgent requests.
- 5 Never "advance" money to anyone you don't know personally.
- 6 Don't pay money to receive a prize or sweepstakes/lottery winnings.
- 7 If someone claims to be from law enforcement, the government, or your bank, call back using a number you looked up yourself.

Source: Cyber Scout

## Do you practice good cybersafety?

Romance scams are just one of several types of fraudulent activity to look out for on the web. This infographic offers some tips on general online safety practices.



# Upcoming Events

**Dec. 18**

## **CASE COLOUR CAFÉ**

A space for adults to be creative and meet other community members. Art supplies provided, but you're invited to bring your own as well!

*Time:* 10 a.m. - 12 p.m.

*Location:* CASE Drummondville office, 1045 Chabanel

**Jan. 2**

## **REGISTRATION OPENS FOR MINI-MOVE GYM WINTER SESSION**

Sign-up for our 13-week winter session of the Mini-Move Gym, a free-play space for motor skills development in ages 0-5 in Trois-Rivières. The session will run Saturdays, 9 - 11 a.m., January 25 - April 18.

*To Register:* Call Centre Landry, (819) 376-4409

*For information about the activity:* Call CASE Trois-Rivières, 819 375-2332 ext. 1520

Keep an eye on our web calendar at [www.casemcq.com](http://www.casemcq.com) for more exciting activities in the New Year!



*Petits Sourires Photographie Familiale*

## **Our Mini-Move Gym prepares to roll into 2020 after early success**

This Fall we launched the Mini Move Gym at the Centre Alexandre Soucy in Trois-Rivières. The program promotes physical activity for children aged 0-5 and their older siblings. Children move and play in a gymnasium equipped with modules, obstacle courses and games designed to help develop gross motor skills and self confidence, as well as creativity and autonomy. The program is a place of exploration and discovery rather than a directed activity and great way for parents and children to spend quality time together while meeting other families.

During our first 10-week session we reached 23 families representing 58 people. We will offer a winter session on Saturday mornings, 9 - 11 a.m. for 13 weeks from Jan. 25 to Apr. 18. You can arrive and depart freely during the two-hour activity.

Registration for the next session opens Jan. 2 at Centre Landry. Family rates are available, or you can pay as you go for drop-ins. Please contact us for more information. We look forward to seeing you and your family in the New Year!



## **A Holiday Message from Our Directors**



As we wrap up 2019, halfway through our second year, we want to thank all of our partners, supporters and participants - of which there have been many - in the short time that we have existed. We look forward to working with you again in 2020 and the years ahead.

As a community organization, part of our mandate is to offer opportunities for people to meet by creating social gatherings, leading activities and providing information and referrals. You do not have to be unilingual nor need our services to participate in our programs. We have a brand new website at [www.casemcq.com](http://www.casemcq.com) where you can check out our monthly events.

If there is something that you would like us to organize, please get in touch. We are here to help! A community organization can make a difference, and people who say they have a strong sense of community also tend to say their health and mental health are very good or excellent.

"Home is where the heart is," and having a sense of community around your home leads to a happier living area. Have a wonderful holiday and all the best in the New Year!

**Shannon Keenan** Executive Director / **Andrew Holman** Board President