

CUMMINGS-CONNEX

CUMMINGS-CONNEX INTEGRATION PROGRAM

A service for individuals experiencing barriers impacting their ability to participate in programs. Individuals seeking support in choosing social activities are linked with a professional who will assess their needs and leisure interests. Cummings Centre's recreational and/or therapeutic programs are recommended to promote meaningful engagement and socialization.

**For information, please email us at cjcsconnex@cummingscentre.org
514.343.3510.**



Roula Katsilakis is a Recreational Therapist at the Cummings Centre in Montreal with a degree from Concordia University. She has over three years of experience supporting individuals with neurocognitive and neurological conditions and created "Where Are My Keys? Train Your Brain," a program that promotes memory and cognitive health.



Stephanie Raby is a Case Manager at the Cummings Centre in Montreal. Holding a Master of Social Work from McGill University, she has diverse experience working in hospital, school, and community settings, as well as in private practice with a focus on loss and bereavement.

ABOUT THE CUMMINGS CENTRE

The Cummings Centre's mission is to empower and enhance the quality of life of adults aged 50 and over by providing dynamic and innovative programs, social services, and volunteer opportunities in a vibrant, respectful, inclusive and compassionate environment. Cummings Centre embraces its Jewish heritage and enthusiastically welcomes people of all ethnic, cultural and socio-economic backgrounds. The Centre offers programs and services at its main campus site in Montreal, various off-site locations throughout Montreal, and online.

OUR SPECIALIZED SOCIAL SERVICES INCLUDE:

- Older Adult Services
- Holocaust Survivor Services
- Community Mental Health
- L'Espoir Day Program
- Cummings-Connex Integration Program



CONNECTING GENERATIONS

As a young girl, I have fond memories of visiting the Cummings Centre with my grandmother. She loved volunteering in the kitchen and later taking part in the many activities offered.

When my mom and I came for a visit, her face lit up the moment we walked in. She immediately felt welcomed by Stephanie and Roula, who helped her choose programs that truly interested her.

After each visit, she would come home, call me right away, and tell me how much fun she had and how special she felt. Stephanie and Roula's kindness and attention made her feel genuinely cared for.

From one generation to the next, the Cummings Centre has remained a warm, safe, and supportive place for all.

Thank you both for your incredible and ongoing support.
-Shari R.

