



MEPEC's mission is to serve the interests of the English-speaking population in the Montérégie East region. We want to hear from you directly, meet with you and get your feedback on a variety of topics that are of concern to you.

With the current situation, we wanted to create a special edition of 'The MEPECERS' to share some public safety information with you.

COVID-19

MEPEC would like to remind you of the basic Public Health and Safety protocol put in place:

1. Only go outside of your home if necessary
2. Keep 2 meters when with others
3. Wash your hands with soap for 20 seconds
4. Observe the rules of hygiene when you cough or sneeze:
 - a. Cover your mouth and nose with your arm to reduce the spread of germs.
 - b. If you use a tissue, throw it out as soon as possible and wash your hands afterwards.
5. If you are sick, avoid contact with people who are more vulnerable people, including the elderly, people with weakened immune systems, and people with chronic illnesses.

If you have any concerns or anxiety about the coronavirus, you can call toll-free **1 877 644-4545**

For all the details and updates on Coronavirus disease, visit the Government of Canada website by clicking [here](#).

Available Resources

Grain d'sel.....	450-467-5733
CAB Vallée-du-Richelieu.....	450-467-9373
CAB Les p'tits bonheur, St-Bruno.....	450-441-0807
CAB Saint-Basile le grand.....	450-461-2111
La Petite Cuillère, Longueuil	450-748-4918
CAB South Shore.....	450-679-5916
CAB Ste-Julie.....	450-649-8874
CAB du Bas Richelieu.....	450-743-4310
CAB Ste-Hyacinthe.....	450-773-4966

Services available 24/7 throughout Québec

Info-Santé.....	8-1-1 (option 1)
Suicide prevention center	1-866-277-3553
Elder Abuse Help Line.....	1-888-489-2287
CLSC.....	Varies from region to region
S.O.S Domestic violence.....	1-800-363-9010
Crime Victims Assistance Centres.....	1-866-532-2822
Equifax.....	1-800-465-7166
Régie du logement du Québec.....	1-800-683-2245

For all resources in Monteregie-East, click [here](#).

Don't miss

Daily update in Canada:

- At 11 a.m.
- On your local news channel
- By the Prime Minister Justin Trudeau

Daily update in Quebec

- At 1 p.m.
- On your local news channel
- By the Prime Minister François Legault

Have a look at the new and complete directory of local merchants across the province



www.lepanierbleu.ca

We are reviewing the services needed in the English-speaking communities, and your feedback is most welcome.

Please drop us a line at info@mepec-pemca.org.

Activities to pass the time.

While we must all stay at home, its important to stay active and occupy your time.

Here is a list of things you can do just to have a little fun during your containment:

1. Read that book you've always wanted to
2. Try to acquire a new skill
3. Try a new hobby and focus on it, you have time
4. Phone people close to you and, what about that old friend that you haven't talked to for few years
5. Have a video chat with family members
6. Go for a walk, it's important to stay active
7. Read this newsletter
8. Try a new recipe and cook something different
9. Get interested in new things like art, culture, astronomy, yoga, etc.
10. Meditate
11. Share your ideas and photo on social media to inspire others to do the same
12. Color rainbows with your kids and share them with your community



If you wish to [become a member](#), or to inquire about our services please contact us at info@mepec-pemca.org or call 450-281-3732 or visit our website at mepec-pemca.org.

We'd be happy to help you!

Secrétariat aux relations
avec les Québécois
d'expression anglaise

Québec



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