



MEPEC is proud to launch its first newsletter, **The MEPECERS**, and share some of our successes with you.

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.

MEPECERS NEWS

As we begin a new year, let's look back at our accomplishments in the short time we have been in operation:

We have opened an office in Beloeil where we hold conferences and workshops. Come and visit us. We are located at 551, Sir-Wilfrid-Laurier, suite 106, in Beloeil.

On June 11, 2019, we invited you for a *BBQ Meet and Greet* event. We were joined by local citizens and their families from neighboring towns, partners, the Political Advisor to the Prime Minister, Eric Jabbari, and Political Attachés to the Provincial and Federal governments. The event was fun and a great success!

We also held our first Annual General Assembly at the Otterburn Park Legion premises. A new Board of Directors was elected.

We hired a Project Coordinator to create and develop our projects.

We held a *Blood Drive* at Mountainview School on November 23, 2019.

We were touched by the amount of people that showed up, from blood donors to volunteers, ready and willing to give of themselves.

Working with Héma-Québec was a very empowering experience and we look forward to organizing other future events with them.

MEPEC sponsored a *Fall Prevention Program* offered by *CISSS Montérégie Est* that targeted seniors. This was done in partnership with the Royal Canadian Legion Auclair Branch 121.

Two *Virtual Learning Workshops* were held at our premises, one in October – "*The importance of leisure and social contacts for optimal aging*" – and one in December – "*How to protect yourself in the digital age*". We had a good attendance and the exchanges were meaningful.

Make sure you keep an eye for future workshops coming up in 2020. We are members of the *Cummings Learning Centre* and have access to a large material on a variety of topics and there certainly will be one that will interest you.

Health & Social Services

Are you in need of a service?

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

Please drop us a line at mepec.info@gmail.com

Coming Soon

Escort to medical appointment

Health Passport

Translation (of small docs)

Virtual Learning Workshops (Please let us know which subjects interest you!)

Building Community Together (February 8th)



If you wish to become a member, or to inquire about our services please contact us at mepec.info@gmail.com or call 450-281-3732 or visit our website at www.mepec-pemca.org.

We'd be happy to help you!

