



The MEPECERS  
JULY 2020

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.



## NEWS !

### *MEPEC OFFICE RE-OPENS*

Yes, we are back at the office and working harder than ever. After 3 months of working from home, we are starting to plan activities and hope to see you soon.

### *MOTHER GOOSE PROGRAM*

In September, we are going to hold our first partnership initiative program in Boucherville.

The Parent-Child Mother Goose Program is a weekly one-hour gathering of parents and toddlers to share the joys of language through nursery rhymes, songs, stories, and games.

### *ANNUAL GENERAL MEETING*

Unfortunately, because of the situation with the Covid-19 virus, our AGM has been postponed to the fall. We will notify everyone once we set a new date. In the meantime, if you want to learn more about MEPEC and what we do, drop by the office for a coffee or a chat.

### *WORKSHOP*

We are currently developing a brand-new workshop called: **Fraud Prevention**.

Given by a police officer, this workshop is for everyone from youths to seniors. You will learn about fraudulent activity that can happen on the internet, over the phone or just by shopping at the mall. It is a great presentation to increase your awareness and learn how to protect yourself. This workshop will be offered online for the moment, but as soon as we can meet as a group, we will hold a session in our office.

## Coming Soon

### NEEDS ASSESSMENT SURVEY

To help MEPEC serve the English-Speaking Community, we will be distributing a survey throughout the Montérégie East to better understand your Health and Social Services needs. Please complete the Needs Assessment survey as it relates to Health and Social Services, Educational and Community resources available to you.

### HEALTH PASSPORT

We are developing a *Health Passport* booklet to support communications between the English-Speaking Community and the Health and Social Service providers. This booklet contains both French and English to help you communicate with individuals who do not speak English regarding your medical symptoms, and much more.



### FRIDGE MAGNETS

We will have fridge magnets for you! These magnet shows up to 14 different user's right according to the Health and Social Services.



## Drop in!

We are here for you, if you need to talk or have suggestion for activities you want to attend, give us a call: **450-281-3732** or send us an email at: [info@mepec-pemca.org](mailto:info@mepec-pemca.org)

We are available from:

Monday: 9AM – 4:30PM

Tuesday: 9AM – 4:30PM

Wednesday: 9AM – 4:30PM

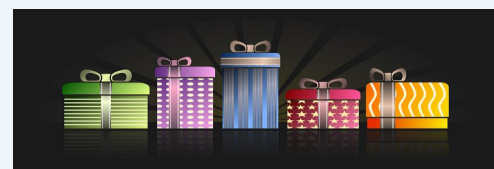
Thursday: 9AM – 4:30PM

Friday: 9AM – 4:30PM

We invite you to follow our social networks for updates on different projects, initiatives in your region and news from our partners:



A little tough for those you celebrated birthdays during the confinement...  
MEPEC wishes you all a Happy Belated Birthday!



Happy Birthday to Everyone born in July!

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



Health Canada

Santé Canada

