

THE MEPECER



International Women's Day

By Melissa Hynes, Vice-President



"Women belong in all places where decisions are being made. It shouldn't be that women are the exception." Ruth Bader Ginsburg, Supreme Court Justice

International Women's Day

International Women's Day is a global day celebrating the social, economic, cultural, and political achievements of women. March 8th it's also the day that marks a call to action for accelerating gender parity. Significant activity is witnessed worldwide as groups come together to celebrate women's achievements or rally for women's equality. International Women's Day has occurred for well over a century with the first gathering held in 1911.

What can you do?

- Celebrate women's achievements
- Raise awareness about women's equality
- Lobby for accelerated gender parity
- Fundraise for female-focused charities

Have you decided what you will #ChooseToChallenge to mark #InternationalWomensDay this year?

To learn more, please visit: www.internationalwomensday.com

If you have been forwarded this newsletter and wish to **subscribe**, contact us or visit our [website](#) to become a member.

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Did You Know ...?

NEW STAFF AT MEPEC

Last week, we welcomed a new staff member at MEPEC. **Danica Logan** began her journey as **Community Events and Liaison Coordinator** on February 22nd.

Danice has a bachelor's degree in applied psychology from Bishop's University. She is interested in Community engagement, mental health, and well-being. She has worked to support women, families and children and has experience as Project Coordinator in the social and research sectors as well as small business development.

We are very happy and pleased to have her on the team and wish her every success in her new position.
Welcome to MEPEC Danica!



CUMMINGS CENTRE

The **Cummings Centre's** mission is to empower and enhance the quality of life of adults age 50 and over by providing dynamic and innovative programs, social services, and volunteer opportunities in a vibrant, respectful, inclusive and compassionate environment.

The Centre **offers more than 300 programs each session and a varied roster of educational and stimulated courses.** Programs are designed for members to continually challenge themselves by learning, experiencing and sharing.

Through the CHSSN partnership, **MEPEC is able to provide individual access to the Cummings Centre Virtual Library.** This library offer includes:

- Health Promotion for seniors (over 250 videos)
- Access to the online course such as
 - ◆ "Pillars of a Healthy Brain"
 - ◆ Exercise classes
 - ◆ Brain training
 - ◆ Cooking classes
- Access to live lectures on a variety of topics
- Tech support for the participants

If you are interested, you have to contact us at info@mepec-pemca.org and we will provide you individual access ID and password.



Don't forget to follow us on our **social media** and visit our **website!**



Grocery Store Treasure Hunt

During Spring Break, do a Grocery Store Treasure Hunt and create new recipes with your kids/grandkids!



Grocery Store TREASURE HUNT

La Constellation du Granit
Table réalité jeunesse du Granit
MRC DU GRANIT
CHSSN
MÉDIATHÈQUE Nelly-Arcan
Québec
Canada

PROJET PARTENAIRES POUR LA SÉCURITÉ ÉLÉVÉE EN ESTRIE
Commission scolaire des Hauts-Cantons
Maison de la Famille du Granit

Congratulations, you've found the pirate treasure!

Take part in a treasure hunt... at the grocery store!

Pirates have hidden fabulous treasure and to find it, you must find the three ingredients shown on the treasure map below.

Enjoy your search sailor!



Visit our website and social media for more information!

MEPEC's Activities and Services

COFFEE CHAT

The monthly **Coffee Chat** is a social meeting to discuss topics of interest. The subject of the February Coffee Chat will be **Health and Social Service in Montérégie East**.

The subject of this month: Let's talk about your favorite television shows and books. Come and share your favorite TV shows and/or books with other participants. We want to know why you are passionate about these programs or books and we want to broaden our horizons.

This activity will be held online by Zoom **on March 11th, at 2 p.m.** The information to connect will be given to the participants 2 days prior the activity. **Register** at <http://zoom.us/.../TJltd-qrpzouGdOinPc1C0MrJVnogqXGTuly>.

We hope to see you there. **Bring your coffee and enjoy a good chat**



READ WITH ME ONLINE

Each week, we welcome your children and/or grandchildren for a reading session and an activity on Facebook Live. A book from **MEPEC's Community Library** is read for toddlers by **Miss Margaret**, a retired primary school teacher.

To learn more about the selected books, visit our Facebook page [@MepecMonteregieEast](#).

You can also listen to the stories as many times as you want since we save them on our YouTube channel.

We also add all the "Read With Me" videos on our website.

If you want to animate an activity online or in the library please contact us at info@mepec-pemca.org.

Please take note this activity is temporally on pause until the end of the confinement.



MONDAY BUZZ

Becoming a member of MEPEC has its advantages. Each week MEPEC sends its weekly update *THE Monday Buzz* exclusively to MEPEC members.

This short "Newsletter" updates the latest news and activities at MEPEC, presents interesting discoveries, offers a funny page and shares important information that is not included in *The MEPECER newsletter*.

If you have not received your *Monday Buzz*, there are two ways to get on the mailing list: (1) visit our [website](#) or (2) contact us for more information.



PARENTS TALK TEENS

Every 2nd Wednesday, from March 17 to April 28, 2021, between 12-1 pm, come to exchange (or just listen!) in a series of discussion on some present-day issues that parents of teens face in a judgement-free setting and leave with a few strategies in hand.

About the speaker: Karen Delage, from [ParenTeenFocus](#), worked with the Youth Protection mandate for 15 years, specializing in supporting parents and teens in working together.

To register for 1 or all 4 live sessions, click on this link: <https://forms.gle/KFqahDnhb24bim4fA> or contact us at info@mepec-pemca.org.

PARENTEENFOCUS PRESENTS

PARENTS TALK TEENS

EVERY 2ND WEDNESDAY
MARCH 17 + 31
APRIL 14 + 28, 2021
12-1PM
FREE - RSVP

Guided, theme-based discussions on some of the present-day issues parents of teens are facing.

Come to exchange (or just listen!) in a judgement-free setting and leave with a few more strategies in hand!

FOR MORE INFORMATION AND TO RSVP:

[HTTPS://FORMS.GLE/KFQAHDNHB24BIM4FA](https://forms.gle/KFqahDnhb24bim4fA)

Facilitated by Karen Delage, Family Life Educator
Karen has worked with the Youth Protection mandate for over 15 years, specializing in supporting parents and teens in working together.

Mepec Montérégie East Partnership for English-Speaking Community
Secretariat aux relations avec les Québécois d'expression anglaise
Québec ERCC
CHSSN 20 ANS ENSEMBLE TOGETHER
THIS INITIATIVE IS MADE POSSIBLE BY FUNDING FROM SECRETARIAT FOR RELATIONS WITH ENGLISH-SPEAKING QUEBECERS THROUGH CHSSN

PARENTEENFOCUS

NUTRITION WORKSHOP



Nutrition Workshop

The Intuitive Eating Approach: to get rid of the diet mentality

Tired of being disappointed by the multi-billion dollars weight loss industry that always promises us the new miracle pill?

Achieving a healthy weight without counting calories and without depriving yourself is finally possible. Born from mindfulness, **intuitive eating is based on respect for the body's feeling of hunger and satiety**. This approach takes into account the psycho-social and environmental factors that influence appetite.

Restore the communication with your body and change the way you see food by attending **The Intuitive Eating Approach: to get rid of the diet mentality** workshop, on **March 30th at 2 p.m.** via Zoom.

Tuesday March 30th at 2:00 pm via Zoom

Everyone is welcome to participate!

To register: Contact us at INFO@MEPEC-PEMCA.ORG



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TRIVIA NIGHT

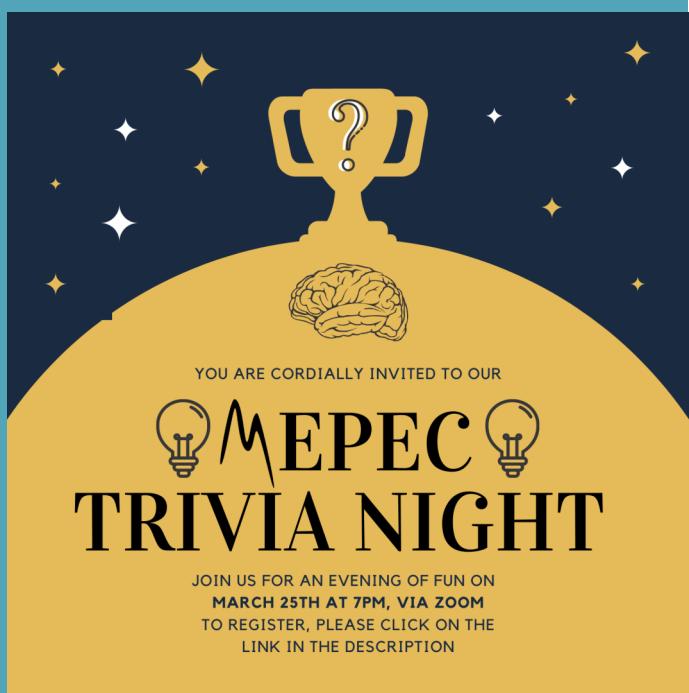
On **March 25th, at 7 p.m.**, MEPEC will be hosting an online **Trivia Night**. So, put your thinking caps on and join us to test your knowledge.

Team up with your family, in the comfort of your home, and answer to a series of question pertaining to these **5 categories**: (1) General Knowledge, (2) Entertaining, (3) Food and Drink, (4) Science and Nature and (5) Geography.

Each correct answer will gain you 1 point and at the end of the activity, we will tally these points to determine a winner. In the event of a tie, we will have a reserved question in History or Dictionary to break the tie.

The rule and procedures will be explain at the beginning of the activity.

So, get you team ready and sign up at <https://zoom.us/.../tJwvfuCvrj8tHt0NRBpXcfKgaSqwV4EUXODe>.



MEPEC's New Partners

ST. AUGUSTINE OF CANTERBURY CHURCH

Located in St-Bruno-de-Montarville, the **St. Augustine of Canterbury Church** is an English-speaking Catholic church built in 1967 and **serves a community of 250 parishioners of the Diocese of St-Jean-Longueuil**. In 2016 the Quebec Religious Heritage Council declared St. Augustine's Church in Canterbury "Incontournable A", making it a heritage church. Award-winning architect Victor Prus (1917-2017) and talented Quebec artist Jordi Bonet (1932-1979) came together to collaborate on the design of this building, its altars, baptismal font and other points of interest.

Everyone is invited to join our parish to participate in various services such as Sunday Mass, monthly conferences and other social activities.

Contact information:

105, Cherbourg Street, Saint-Bruno-de-Montarville, J3V 2K8

 450-653-4402

 johnpaul2.weebly.com

 staugustineparish@bellnet.ca

 [@StAugustineofCanterburyParish](https://www.facebook.com/StAugustineofCanterburyParish)

Opening hours:

Monday to Friday
9 a.m. to 1 p.m.



St. Augustine of Canterbury Parish

105 de Cherbourg Street
St-Bruno-de-Montarville, Québec J3V 2K8

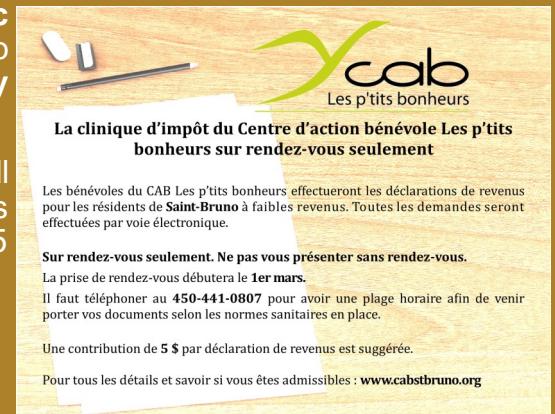
Partners' Activities and Services

TAX CLINIC BY CAB LES P'TITS BONHEUR

CAB Les p'tits bonheurs' volunteers will hold a **tax clinic** and complete income tax returns for low-income Saint-Bruno residents. All requests will be made electronically and **by appointment only**.

Appointments will begin on March 1st. You will have to call 450-411-0807 to have a time slot and bring your documents according to the health standards in place. A contribution of 5 \$ per tax return is suggested.

For more details and to find out if you are eligible, please visit www.cabstbruno.org.



EMOTIONAL & MENTAL HEALTH BY ARC HEALTH AND SOCIAL SERVICES

ARC Health and Social Services is offering free webinars for teens and parents of teens to learn about **Emotional & Mental Health**.

Attend 1 or all 4 session, every 2nd Wednesday from **7 to 8 pm starting on March 10th until April 21st**. To register, complete the form by clicking [here](#).

Sessions are facilitated by Karen Delage, Family Life Educator, who worked with the Youth Protection mandate for over 15 years. She is specialize in supporting teens and parents during the often challenging "transition" years as children enter adolescence (grades 5-8). Karen's interactive webinars seek to empower parents, teens and professionals alike in assuring a smoother "transition" for all.

PARENTTEENFOCUS PRESENTS
EMOTIONAL & MENTAL HEALTH
IT'S TIME TO TALK SERIES
Free Webinars for
Teens & Parents of Teens
Every 2nd Wednesday / 7-8pm
March 10th + 24th + April 7th + 21st, 2021
Bringing the focus back to what really matters
RESERVE YOUR SPOT TODAY:
[HTTPS://FORMS.GLE/BKKQJ6CMCTJPDSCX6](https://forms.gle/BKKQJ6CMCTJPDSCX6)

ARC CHSSN20 Health Canada ParentTeenFocus

This ARC Assistance and Referral Centre initiative is made possible with funding from Health Canada through the CHSSN.

WORKSHOPS BY ARTHRISTIS SOUTH SHORE



Wellness Workshop Online: A Workshop on Arthritis adapted fitness exercises and activities wil by hold on March 8, 2021 from 1:30 to 3:30 pm.

Learn why maintaining activities and doing some adapted fitness exercises can help to maintain and improve mobility. Some easy tips will be share. The workshop will include a presentation, few easy exercises and a question period. To get the link (Zoom), please register at: <https://activitesbiblio.brossard.ca/activites/>.

On **March 26th, from 1:30 to 3:30 pm**, attend the informal gathering of the Arthritis South Shore call **Share and Shine Together**. This activity is for those who wish to join the arthritis community to **share about arthritis, talk of their own story and experience, inspire and be inspired and learn from others**. To register, contact info@arthriterivesud.org. Please take note that the activity will be held with Microsoft Teams.

COVID-19 AND THE VACCINE: Q&A WITH DR. SCHWARCZ BY SENIORS COLLECTIVE COMMUNITY SERVICES (CCS)

Do you have questions about COVID-19 and the Vaccine? [Collective Community Services \(CCS\)](#) would like to invite you to a free webinar, "**Covid-19 and the Vaccine: Q&A with Dr. Joe Schwarcz**" on March 8th, 2021 from 12.00pm to 1.30pm.

About the speaker: Professor Schwarcz has received numerous awards for teaching chemistry and for interpreting science for the public. He has also been awarded honorary degrees by Athabasca University, Cape Breton University, the University of Windsor and Simon Fraser University.

In this Q&A, community members will have the opportunity to **hear more about the COVID-19 vaccine and ask questions they may have regarding the vaccine.**

To register, click on the following link: <https://drschwarcz covid19vaccinetalk.eventbrite.ca> or contact jeanc@ccs-montreal.org.



COVID-19 and the Vaccine: Q&A with Dr. Schwarcz

Via Zoom

Monday, March 8th 2021 12:00pm – 1:30pm



Speaker: Dr. Joe Schwarcz

Director of McGill University's "Office for Science and Society" which has the mission of separating sense from nonsense. Recently the Office has focused on trying to unravel the mysteries of COVID-19.

Come learn about COVID-19 and the vaccine with Dr. Joe Schwarcz and have your questions answered!

To register please [click here](#) or contact jeanc@ccs-montreal.org



The views expressed do not necessarily represent the views of the Public Health Agency of Canada or the CHSN.

WE'RE ALL IN THIS TOGETHER BY SENIORS ACTION QUEBEC



We're All In This Together is a web series and community collaboration between ELAN and **Seniors Action Quebec**, with a mission to connect and inspire isolated, English-speaking seniors across Quebec during the pandemic.

To access the videos, go on youtube at www.youtube.com/WereAllInThisTogether.

Episode 1: Holiday Baking—Making Sugar Cookies

Episode 2: Holiday Concert

Episode 3: Art Therapy

Episode 4: Mindfulness & Movement

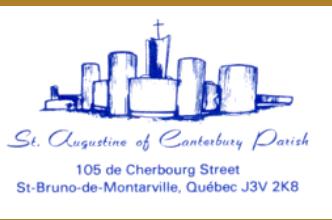
Episode 5: Author Conversations

Episode 6: Creative Writing

COMPASSIONATE LIVING BY ST. AUGUSTINE

On March 28, at 2 pm, attend the St. Augustine Series—Compassionate Living and learn how a vegan and plant-based way of living can improve your health, save the animals, protect the environment and nourish your soul. By gaining knowledge on the benefits and simplicity of a whole plant-based nutrition and how to cook delicious and colourful foods, you will become empowered by creating and contributing to a better world.

Register to this series of free monthly conferences on Zoom in English and inform and inspire you in 2021. To reserve your place and to receive the Zoom link please send an email to augustineseries@bellnet.ca.



SOME ACTIVITIES WITH MWCN

2nd Annual International Women's Day Celebration

FREE for ALL on Zoom!

March 6th, 2021 10 am - 12 pm

Laughing at Life: No One Ever Gets Out Alive!

Invite your friends, grab a drink and come celebrate YOU with US on March 6th from 10:00 a.m. - 12:00 p.m. Join us for some fun, laughs, inspirational talks, music and of course, some door prizes! A FREE event for ALL! For more information OR to reserve your spot call: 450-691-1444 or email nlandrigan.mwcn@gmail.com

FEATURING: LAUGHTER YOGA

HOW DO YOU DEFEAT A CONTAGIOUS VIRUS LIKE COVID...WITH A CONTAGIOUS LAUGH OF COURSE!

Chantal St-Pierre will lead and encourage the champion of the most uncontrollable laugh in all of Canada 2021. Chris will share his skills as a laughter teacher, discuss how beneficial laughter is for the body and how one can integrate laughing in their everyday lives!

Get ready to learn something you never would have thought of when it comes to laughter and humour!



INSPIRATIONAL SPEAKERS:

Elyse Gold-Cipriani – Entrepreneur and owner of 30-Minute Hif and newly opened Force Nutrition Bar whose personal motto is: "Only regret what you don't say YES to!"

Gill Cooney – Entrepreneur and owner of Chateauguay business Ressources Illimitées will share her thoughts on how only YOU can define what success means for you.



LIVE MUSIC to uplift and energize YOU with local songstress **LINDSAY ALEXANDER!**

Canadian Heritage Patrimoine canadien

Visit [MWCN facebook page](#) to learn more about their activities during the month of March.

• International Women's Day Celebration on March 6th, 10 am to 12 pm

• St. Patrick's Day on March 13th, 2-3:30 pm

To register, contact MWCN at nlandrigan.mwcn@gmail.com or 450-691-1444.

St. Patrick's Day Virtual Celebration!

Come join us online for a celebration of Irish culture, with presentations on the history of the Irish, their music, their presence in Chateauguay, past celebrations and storytelling!

MARCH 15th from 2:00 p.m. - 3:30 p.m.

For more information or to reserve your spot call 450-691-1444 or email nlandrigan.mwcn@gmail.com



KAREN FADA – with a minor in Canadian Irish Studies, Karen is very proud of her Irish heritage and has been involved with the Chateauguay Irish Heritage Association in the past. Throughout Irish history, music and the instruments used have been an integral part of the culture and its people. One can say it's in the blood of the Irish people. Through their music, stories have been told throughout the ages. Join Karen for a historical tour of Irish music through the ages.



ERIC BROPHY – a lifelong resident of Chateauguay, Eric is a member of the Chateauguay and Valley Irish Heritage Association since 2004 and has taken photographs and video at events and every parade since its beginning in 2005. He has served in the past as a judge in relationship to the Chateauguay St. Patrick's Day Parade. Marlene Davies, author of the book Chateauguay St. Patrick's Day Parade, Eric will discuss the rich history of the Irish in Chateauguay, the importance of fostering oral tradition from one generation to the next, and why we should learn about our heritage now!



JOHN DAVID HICKEY – also known as JD, John David Hickey has been performing as a storyteller since 1996, telling tales in concerts, festivals, and events across Canada. Originally from Quebec City, he has made a name for himself as one of Montreal's best-known storytellers in both the Anglophone and Francophone communities. Come and meet JD as he spins a tale or two with an Irish twist!



EVENTS BY CUMMINGS CENTRE

Cummings Centre is offering two events during the month of March. To attend, please contact us at info@mepec-pemca.org to receive the link.

Harnessing the power of music – March 18, 4-5 pm

Music is a valuable therapeutic tool. The reasons are sometimes obvious, but the ways our bodies and brains respond to music is complex. Join us for this free talk, celebrating Music Therapy Awareness Month where you can expect to **learn about the surprising ways we interact with music**. This talk will cover some of the tools and interventions used by music therapists in some of the places where they work, and will show you some of the ways you can use music as a therapeutic tool in your own life.



Worrier to Warrior – March 3, 7-9pm

Join Robert Wise, Co-Founder of the RISE Anxiety and Depression Clinic, who will give a presentation on Mindtraps- How we all fall into them; Black and White behaviours in anxious times; Identifying/recognizing anxious thoughts; Challenging the thoughts and fears; Conquering the thoughts and fears; Dealing with anxiety.

ACTIVITIES WITH HEAR ENTENDRE QUÉBEC

If you or someone you know are having trouble engaging in social activities during this time, Hear Entendre Québec got you covered.



Activities done through the organization are accessible for those with hearing loss, therefore close captioning is provided. If you are interested in an activity or learning more contact info@hearhear.org or 514-488-5552 ext. 4500.

Activities:

- Monthly HEARTalks—E-Learning Wellness series
- Weekly Coffee break with Hear Québec
- Monthly Evenings Cocktail and Ale with Hear Québec

CAAP MONTÉRÉGIE ON THE LEASE



CAAP on the lease is a new service offered to seniors by a CAAP located in each region of Québec. It allows seniors in residence and their family to be informed about their rights and responsibilities and to be accompanied during the process.

CAAP Montérégie always prioritizes agreement and negotiation between the parties. Seniors who know their rights and obligations are more able to negotiate with landlords. So they can stay longer in their apartment and are happier. A win-win formula.

All residents and their families can contact CAAP Montérégie at 450-347-0670 or 1-800-263-0670 or visit <https://caapmonteregie.ca>.

ZOOM SCHEDULE BY PARRAINAGE CIVIQUE DE LA VALLÉE-DU-RICHELIEU

During all month of March, **Parrainage civique de la Vallée-du-Richelieu** has numerous bilingual zoom sessions. To register, contact info@pcvr.ca or 450-464-5325

- **March 2nd, Battle Ship (6:30-8:30 pm)** - **March 10th, Let's Talk With Gabrielle Marion-Rivard (1:30-3:30 pm)** - **March 16th, St-Patrick's Bingo—Let's Dress in Green! (6:30-`8:30 pm)** - **March 24th, O.K.O. (1:30-3:30 pm)** - **March 30th, Easter Quiz—Take Out Those Bunny Ears (6:30-8:30 pm)**



PARRAINAGE CIVIQUE DE LA VALLÉE-DU-RICHELIEU



Parrainage civique de la
Vallée-du-Richelieu
Make a difference!

Once a month, break the isolation of a person in your community with an intellectual disability, autism or down syndrome.

Go for a walk, watch a movie, play pool, chat over coffee, text... Only a few hours a month can make a big difference in a person's life!

Find out more at: info@pcvr.ca 450-464-5325 and or [f](#)

Becoming a volunteer gives you the chance to contribute to the kind of community and world you want to live in every day. It gives you the opportunity to be a part of something bigger than yourself and use your own skills and knowledge to assist in the empowerment of those in need.

Do you have 3 hours a month to help make a difference? **Parrainage civique de la Vallée-du-Richelieu** is looking for volunteers to help break the isolation of people in the community with an intellectual disability, autism, or down syndrome. Go for a walk, watch a movie, play pool, chat over coffee, text. Only a few hours a month can make a big difference in a person's life!

Find out more at www.pcvr.ca/ or contact at info@pcvr.ca or 450-464-5325.

MEPEC BOARD OF DIRECTORS



The **MEPEC Board of Directors (BOD)** is seeking an individual to fill a **Director position**. If you know someone or if you **care about the well-being of the English-speaking community**, what better place than the MEPEC Board of Directors. Many projects are also on the horizon for the MEPEC BOD, so don't hesitate to join your efforts to see them through. Click on the link to submit the candidacy of someone you know or for you: mepec-pemca.org/board/.

MEPEC's Community Library

BOOKS TO DONATE

Once a year our devoted Library volunteers' sort through the books in the Library to update the collection and discard duplicates from the shelves.

This year although we are not officially open, MEPEC would like to make these book available to you for free! Our hope however is that if you do take one of these books, you leave a small donation. All donations will go back to the Library and be used to buy new books.

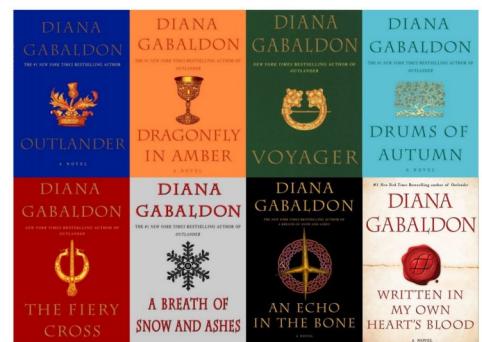
Very soon, a catalog of available books to take away will be available. Until the catalog is created, contact us at info@mepec-pemca.org to make an appointment to come and take a look at the shelves of books to donate.



BOOK REVIEW: THE OUTLANDER SERIES

If you enjoy the television series, you will love these books. Do not be intimidated by their size! This series effortlessly takes the reader on a time traveling journey across continents and over four generations.

Diana Gabaldon revisits historical events from the perspective of Claire Randall, a bold, intelligent and intrepid woman. We begin in Scotland following the Second World War where Claire, an army nurse, is reunited with her husband Frank. The couple is separated when Claire embarks on her surprising journey to the past, two century ago, where she meets Jamie Fraser a brave, fiery, highlander. Sparks fly between the two as their love story begins. Romance, humor, battles and more await you.



Literacy Helpline BY LITERACY QUEBEC

The **Literacy Helpline** is a free service that provides information and support for tasks that require reading, writing and/or digital literacy skills. Call 1-888-521-8181 or contact at help@literacyquebec.org if you need help to: (1) Print forms and essential information, (2) understand written instructions including health & government information, (3) learn how to safely use digital devices and access online programs & services and (4) improve reading and writing skills.



Monteregie East Partnership for the English-Speaking Community

Partenariat de l'est de la Montérégie pour
la communauté d'expression anglaise

www.mepec-pemca.org



551 Boul. Sir-Wilfrid-Laurier, #105&106

@MepecMonteregieEast



Beloeil, Qc J3G 0A4

@mepec_monteregie_east



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This initiative is made possible with financial contribution from:



Health
Canada

Santé
Canada

Secrétariat aux relations
avec les Québécois
d'expression anglaise

Québec

