

THE MEPECER



New Employees at MEPEC

By Karoll-Ann Carrier

April and May 2022 have been very busy months at MEPEC. MEPEC opened 4 positions and successfully filled 3 of them.

On April 25, Alexandra Blasetti Kuhn joined the team as an Administrative Agent. Since her first day, Alexandra has been a great help to our team.

On May 5, Danica Logan, our current Senior Wellness, Outreach, and Liaison Coordinator, was hired to replace Karoll-Ann Carrier, Executive Director during her maternity leave, as Interim Executive Director. Danica will be starting full-time next month.

On May 20, Logan Dagnino joined the team as a Communications Agent and Animator. Since December 2021, Logan had been volunteering at MEPEC as a Youth Ambassador.

We are very pleased to welcome the newcomers and would like to congratulate them all on their new positions. We wish them every success.



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Did You Know...?

WHAT WE CHOOSE TO REMEMBER

What We Choose to Remember is a one-and-a-half-hour film that features a cast of over 30 characters, who share the story of their families as they arrived in successive waves of immigration. The oldest families arrived during the period of 'two solitudes' when Montreal's population was more than 50% English. They share first-hand accounts of the political upheaval experienced in those decades.

Filming began on the 50th anniversary of the October Crisis to capture eye-witness accounts of the fundamental events that shaped modern Quebec. During the second half of the last century, hundreds of thousands of Anglophones left Quebec. This is the story of those who stayed and the subsequent waves of immigrants who chose to make this colorful and quirky place their home. To watch the film, click on the picture.



Short history of Québec National Day

By Karoll-Ann Carrier

June 24 is commonly known as National Day of Québec but also as St. John the Baptist Day (la Saint-Jean-Baptiste). Originally, this day was celebrated in many European countries before arriving in Québec around 1636. St. John was not named patron saint of the French-Canadians until 1908, became a legal holiday in Québec in 1925 and was declared Fête Nationale in 1977.

In parallel to the film *What We Choose to Remember*, let's take a moment to remember the founding nations of Quebec. On the Montreal flag, we can see 4 symbols on each corner with their correspondence: the lily for France, the rose for England, the thistle for Scotland, and the clover for Ireland. Between 1608 and 1867, several immigrant movements allowed the colonization of what we know today as the province of Quebec. In 2017, the city of Montreal redesigned its flag to add a very important nation, the First Nations symbol with the golden pine in its center.

This year let's remember our origins, and not only those related to language. For centuries, our families have been a bit French, English, Scottish, Irish, Aboriginal and many others.

MEPEC IS HIRING

MEPEC is currently recruiting for a Seniors' Wellness, Outreach and Liaison (SOL) Coordinator.

The SOL Coordinator will be responsible for facilitating access to seniors' activities, projects and programs. He/She Provides support, information about the organization, available services, and creates links to community resources for the English-speaking community of Montréal East.

To have access to the full job posting, please visit MEPEC Website, by clicking [HERE](#).

If you know someone who might be interested, don't hesitate to share this opportunity with him/her.

To apply, contact Karoll-Ann, Executive Director at exdir@mepec-pemca.org.

We are hiring!

Come join the team of an English-speaking community organization located on the South Shore of Montreal.



MEPEC's Activities and Services



TD SUMMER READING CLUB - NEW

Studies show that kids who keep reading all summer do better when they return to school in the fall. The TD Summer Reading Club is a great way to encourage enthusiasm for reading and MEPEC Community Library is very proud and excited to offer this program to your children.

The TD Summer Reading Club website launches on June 13, 2022, as well as the online registration, but MEPEC has already opened registrations. For more information, go to page 7.

To pre-register, [click here](#).



ART HIVE

The Art Hive is open to everyone and provides a judgment-free space for dialogue and skill sharing. Drop by on Thursdays (no registration needed) to create with on-site materials or bring your project and work while enjoying the company of others.

There will also be a variety of workshops on Tuesdays to learn new skills:

- June 14: Painting Workshop by Art Will Studio, [click here](#) to register
- June 28: Magic Stick Workshop for children 4 to 9 years old, [click here](#) to register

Welcome to Sprouts

Starting in May 2022, come join us for:

Animated story time, Songs, and Crafts for Toddlers & Preschoolers ages 1-5

Sprouts will be held on Tuesday's from 10-11 am at MEPEC's Community Space starting May 27th. The cost of this activity is \$5 for 5 weeks.

SPROUTS

Join us with your toddler's ages 1 to 4 for our Sprouts program. This program is designed to provide a fun and educational environment for young children to learn about themselves and the world around them through stories, music, dance, and crafts.

Meet us at the Community Space every Tuesday morning from 10 am to 11 am until June 14. The cost of this activity is 5\$.

To register, [click here](#).



PARENT-CHILD DROP-IN

Our drop-in program is for parents and children to attend together and participate in activities such as:

- Free play,
- optional crafts,
- group discussions with other parents.

Participants are also encouraged to borrow a book from our library. Come spend quality time with your little ones every Wednesday morning from 9 am. to 11 am. starting May 4.



WALKING GROUP

Join the Walking Group for a weekly walk every Thursday morning at 10.

The group walk outside in different locations throughout Beloeil and surrounding areas.

To participate, [click here](#).



BOOK CLUB

The Book Club meets every last Wednesday of each month from 7:00 pm to 8:30 pm. The book club is an enjoyable social activity and an opportunity to expand your literary horizons. Each month we choose a book together, as a group and discuss it at the following meeting.

If you would like to register to join the Book Club, please [click here](#).



TRIVIA NIGHT

Every third Tuesday of the month, MEPEC hosts an online Trivia Night. We invite you to put your thinking caps on and join us to test your knowledge. Team up with your family or play by yourself, in the comfort of your home, and answer a series of questions. The next Trivia Night will be held on June 21 at 7 pm.

To register [click here](#).

Senior's Wellness Centre

Self-Awareness Part 5

By Danica Logan

When unexpected challenges arise, understanding what is within our control and what is not can help to cope with stress to build our resiliency.

Resilience is the ability to recover quickly from adversity and adapting well to change. It is not reserved for a few "lucky" individuals, but it is a skill that can be learned and nurtured at any age.

The last C's of Resilience: Coping and Control

Stress is a normal part of life, experienced at any time we perceive a threat to our status quo. We deal with stress every day. How we cope with stress is our response to our body's reaction to stressors. Our coping methods can be better understood by getting an accurate picture of our control.

According to Cabib and Puglisi-Allegra "Successful coping depends largely on the controllability and predictability of the stressor." When we believe that we have the capability to influence internal states and behaviors as well as our external environment, then we have a sense of perceived control.

If we believe however that we have very little control over our environment or even our inner feelings, then we may feel powerless and tend to take a passive approach to our lives. And in turn, not take steps to change situations that are not fulfilling or even harmful. On the other hand, if we believe that everything that happens in our lives is the result of our own choices and actions, then we may feel frustrated, anxious, and depressed when we are

faced with situations that we cannot change. It is important to have a balanced evaluation of what is within our control and what is not.

Our experiences in life influence our thinking, and our thinking influences how we will react when we are faced with stress. Sometimes these thoughts may be irrational, and it can be helpful to take a step back and reflect on how we are thinking about a situation. When we become more aware of the thoughts we have, we can then challenge those that are not helping us to advance. Here is an exercise that can help to facilitate this process:

The ABCDE Model

Adversity or Activating event	I forgot to do a task that I had planned to do today.
Recognize the irrational belief	I'm useless. I can't do anything right.
Recognize the consequence	I give up and stop planning to do anything.
Dispute the irrational belief and turn it into a rational belief	I have been doing more than usual lately and it is not unusual to forget this on occasion
Effect of the new rational belief	I sit down and make a list of things I want to accomplish and plan to do them. I revise the list each day to see what I have accomplished and what is left to do.



Sources:
Seniors Action Quebec, [Resilience Training](#)
Science Direct, [The mesoaccumbens dopamine in coping with stress](#)

Family and Youth Corner

Fatherhood Week

By Kareen Massé

From June 13 to June 19, 2022, is the 10th Anniversary of [Quebec's Fatherhood Week](#). The theme for this year's Fatherhood Week is "Hey Dad, Do You Need Help?" – all parents need support sometimes.

This week aims to highlight and promote men's work in the family, and Quebec's Fatherhood Week is affiliated with some sixty partners to offer thematic activities to the public. This week also intends to take a moment and reflect on the different struggles that fathers face, and provide them support through available services.

The father's role is no longer limited to that of breadwinner and may be different from one household to another. As mothers, they are concerned about the education and well-being of their children, take part in homework and extracurricular activities. Although the realities are different for everyone, fathers participate in daily chores, manage their schedules to drive children to daycare, and juggle between customers and their bosses. They also make time in their busy schedules when it is time to go to the doctor with their little ones.

Without speaking of isolation, men are clearly more discreet when it comes to networking or communicating in their role as fathers. Therefore, they have far fewer channels to express their issues publicly and generally do not know where to seek support.

However, they do manifest an interest in additional information or networking with other fathers. That said, the Regroupement pour la Valorisation de la Paternité brings together more than 250 organizations and professionals from all regions of Quebec to support fathers in their families. Its vision is to change the social norm so that fathers can fully exercise their role to provide better child development and greater well-being for all family members from a perspective of co-parenting and equality between women and men.

We invite you to consult their [website](#) for a variety of information as well as the special section dedicated to Fatherhood Week which suggests different activities that will take place.

Each dad is unique and plays a key role in the lives of his children. We have a great opportunity to celebrate them all during Quebec Fatherhood Week.

"Any fool can have a child. That doesn't make you a father. It's the courage to raise a child that makes you a father." – Barack Obama



MEPEC's Community Library

The Importance of Summer Reading

By Karoll-Ann Carrier



The TD Summer Reading Club (TD SRC) is Canada's biggest bilingual summer reading program for kids (0 to 12). This free Club is offered in over 2,000 public libraries across Canada, as well as online. The Club celebrates Canadian authors, illustrators, and stories, and inspires children to explore the fun of reading in their way. This is key to building a lifelong love of reading.

Studies show that kids who keep reading all summer do better when they return to school in the fall. The TD Summer Reading Club is a great way to encourage enthusiasm for reading and MEPEC Community Library is very proud and excited to offer this program to your children.

The [TD Summer Reading Club website](https://tdsummerreadingclub.ca) launches on June 13, 2022, and so the online registration. You can always contact us at library@mepec-pemca.org or by phone 450-281-3732 #2 for more information or come visit us at the Community Library. We have also prepared an online registration form if you like to pre-register.

[PRE-REGISTER HERE](#)

Top recommended reads

Starting on June 13, children will have access to a full list of 100 book recommendations at TD Summer Reading Club website. MEPEC also has a collection of many kids' books: 0 to 5, Grade 1 to 6, and Comics. Here is a brief selection of the [recommended books](#) by TD SRC:



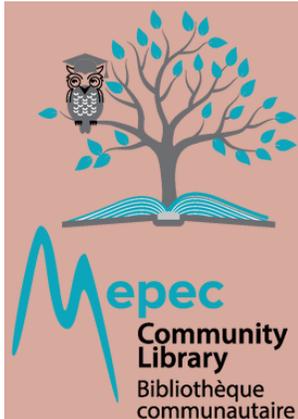
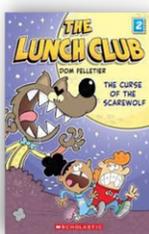
I Am Scary
by Elise Gravel
(0-5)

Ten Little Dumplings
by Larissa Fan
(4-8)



Meranda and the Legend of the Lake
by Megan Mahoney
(9-12)

The Lunch Club
by Dom Pelletier
(7-12)



OPENING HOURS:

TUESDAY

1:30 PM TO 3:30 PM

WEDNESDAY

1:30 PM TO 3:30 PM

THURSDAY

1:30 PM TO 3:30 PM

EVERY LAST

WEDNESDAY OF THE MONTH

7 PM TO 8:30 PM



MEPEC's Partners in the Spotlight

Centre Animation Mère-Enfant (C.A.M.E.)

The Centre Animation Mère-Enfant (C.A.M.E.) is a bilingual community organization that offers parents of preschool children time for themselves while their little ones are cared for by dedicated and experienced educators.

Whether you are on parental leave, a stay-at-home parent, or your children are in part-time day care, you and your children will be welcomed in a friendly environment where you can feel at home.

C.A.M.E. offers many activities and services, from September to Mid-June, such as:

- Coffee and Chatting for the parents while your children are cared for by dedicated and experienced educators
- Conferences for parents and special activities for children
- Family outings
- Drop-in day care

For more information, visit [C.A.M.E. website!](#)



Partners' Activities and Services



STROKE PREVENTION, MANAGEMENT AND CARE BY CHEP

On June 15, from 10 am. to 11 am, attend the free webinar by Community Health Education Program (CHEP) and learn how to prevent, manage and care for a Stroke.

To register, [click here.](#)



SPRING TEA AND PLANT SALE BY ST. AUGUSTINE'S PARISH

On June 10th, attend the Spring Tea and Plant Sale by St. Augustine's Parish. The day will begin with a plant sale at 10 am followed by a Tea Chat at 2 pm. Registration for the Tea chat is mandatory and tickets are \$15.

To register, [click here](#) or call 450-653-4402.



BBQ & BINGO AT THE OTTERBURN PARK LEGION

On Friday, June 24, from 5 pm. to 10 pm, attend the Otterburn Park Legion BBQ & Bingo Night. There will be great prizes to win and lots of fun for all!

For more information, contact the Legion by [email](#) or call 450 467-0881.



ACOUSTIC OPEN MIC EVENING BY ST. BRUNO LEGION

On June 2, at 7 pm, attend the Acoustic Open Mic Evening: Music, Poetry and Comedy at the Royal Canadian Legion of Saint-Bruno-de-Montarville (1622, Roberval Street).

For more information, call Ron at 450-653-4149.



SUMMER DAY CAMP PROGRAM BY ST. PHOENIX COMMUNITY PROJECTS

Summer is a great time for children to grow, have fun, and make new friends. This summer Phoenix will be providing its new summer Day Camp Program for children 5-12 years old.

Over the summer, travel through time from Ancient Greece to the future. For more information visit the [Phoenix website](#).

To register, [click here](#).



SELF-ASSESSMENT AND CAREER EXPLORATION BY YES EMPLOYMENT

If you're starting your career, exploring options, or changing your professional direction, the process can be both exciting and overwhelming. By combining technology, psychology, and data, different self-assessment tools can help you clarify your career identity and translate your diverse characteristics into straightforward and helpful insights. Get to know YOU better and join this essential and eye-opening workshop!

[Click here](#) to register.



WORKSHOPS BY YES EMPLOYMENT

From June 1 to June 28, YES Employment will offer 12 free workshops targeting people who are looking for a job or seeking new opportunities.

Visit their [website](#) or call 514-878-9788. Pre-registration is required as limited spaces are available.





Monteregie East Partnership for the English-Speaking Community

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

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