

THE MEPECER



MEPEC 5-year Anniversary

On October 12th, MEPEC celebrated its 5-year anniversary. A small event was hosted for our board members, staff, volunteers, partners and members as we acknowledged our successes, accomplishments and admirable moments.

MEPEC is proud to continue to serve the English-speaking community each day, while building meaningful relationships and bringing communities together through recreation and education.

Thank you to our board members, our staff and volunteers, our partners, our members, and here is to many more years of meaningful projects!



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Did You Know...?

INTERNATIONAL CAREGIVERS DAY & L'APPUI

Jennifer Garofano

Do you take care of getting your loved one's groceries? Do you accompany a friend or relative to their medical appointments? Do you support a person in need with transportation and mobility assistance? If you do, then you're a caregiver!

Providing care for one of more members of your family or entourage has its own challenges, constraints and barriers. On November 26th, MEPEC would like to celebrate "International Caregivers Day" by taking an opportunity to share recognition and valuable resources. We want to acknowledge, honor and say thank you to those who have dedicated their time to caring for others in need.

As we want to help recognize the importance of caregivers, we also want to recognize the challenges faced within this role. In understanding that it's not easy everyday, we would like to share the various resources that are available through L'Appui pour les proches aidants.

Appui pour les proches aidants has been supporting and listening to caregivers for over 10 years, and supports caregivers everywhere in Quebec. Funded by the Government of Quebec, they aim to make the lives of caregivers easier by sharing educational and psychosocial resources. Driven by the desire to improve the quality of life of caregivers throughout Quebec, l'Appui supports caregivers and organizations that come to their aid.

L'Appui's **Caregiver Support Helpline** is a free service for all caregivers, their families and professionals. Furthermore, they assist caregivers by referring them to organizations that are capable of helping with particular, unique needs.

The Caregiver Support Helpline is a professional, confidential, and free service, available daily from 8 a.m. to 8 p.m. by telephone at 1 855 852-7784, by live chat, and by email at info-aidant@lappui.org.

Contact us!

Our counsellors from the Caregiver support Helpline are there for you, every day, from 8 a.m. to 8 p.m.

Benevolent and confidential **consultation**

Personalized **information**

References tailored to your needs

1 855 852-7784

info-aidant@lappui.org

Appui
proches aidants

You care *for them*,
we care *for you*.



Étienne is a caregiver counselor at L'Appui.

"Our caregiver counselors are trained in helping relationships. They have access to an ongoing training program, mentoring and clinical support. They offer personalized, non-judgmental support based on caring and empathy."

Contact Étienne and his fellow, like-minded caregiver counselors."

When My Emotions are Overwhelming

As a caregiver, you deserve to take care and protect your well-being. Between caring for others, yourself and facing the many challenges within daily life, emotions can be varied and intense. L'Appui offers **6 advices** on how to manage overwhelming emotions that we encourage you to ponder.

Learning how to Become a Caregiver

Would you like to learn how to become a caregiver? L'Appui offers a program designed for people caring for someone who has been diagnosed with Alzheimer's or a related disease. See **HERE**, for more information on this program.

MEPEC's 55+ Activities and Services



ART HIVE: KNITTING AND WORKSHOPS

Empower yourself through creating art! Join our free art space for dialogue and bonding between members of all ages.

Our Knitters have their own name: The Knitting Wits! Come to knit with this wonderful group every **Tuesday afternoon from 1 to 4 p.m.** in our Community Space. They are presently working on a special project.

Register [HERE](#).



MEDICATION EDUCATION WORKSHOP

NEW

McGill Nursing students will be offering their "Medication Education" workshop for MEPEC's regular Snack & Learn. This workshop will be related to various medications, emergency scenarios, safe dosages and will offer a platform for Q&A.

Join us on **Tuesday, November 21st at 1:30 - 3:30 p.m.** at our Community Space.

To register, fill out the form [HERE](#).



SOAP MAKING WORKSHOP

NEW

Yes, you read correctly - MEPEC's newest Art Hive Workshop will be based on Glycerin Soap Making. Bring a friend for this artistic and fun workshop.

Join us on **Thursday, November 16th from 1:00 - 3:00 p.m.** at our Community Space.

To register, fill out our form [HERE](#).



BOOK CLUB

Every last Wednesday of the month, the book club meets **at 6:30 p.m.** in our community space. The next book club meeting will be held on **November 29th**, don't miss out this wonderful group reading activity!

If you would like to participate in our next book club, please register [HERE](#).



SOUTH SHORE LITERACY COUNCIL: MOTHER GOOSE PROGRAM

Got goose? That's right, Mother Goose is back in person, and online too! Mother Goose is a pre-literacy singing program free of charge for parents and young children (ages 0-4).

Attend in person every Friday from 9:30-10:30 a.m. at Mt. Bruno Elementary School. To register, contact maureen.mgoose@gmail.com.

Starting October 5th, attend online every Wednesday from 10-11 a.m. To register contact Laurel.MotherGoose@gmail.com.



55+ DROP IN: GAMES, CARDS & CRAFTS

Drop by the MEPEC Community Space every **Thursday (except the first Thursday of the month) from 1 pm. to 4 pm.** Come to play a variety of board games or card games, work on an art project, or just chat over a cup of coffee/tea.

We guarantee a great time and making new friends! If you have any games or crafts that you would like to share, please feel free to bring them with you.

To join, register [HERE](#).



WEEKLY RESPITE FOR CAREGIVERS

In collaboration with the Alzheimer's Society, this service provides a break for caregivers and families, while the affected person benefits from cognitive and socially stimulating activities. Come on **Mondays between 1 to 4 p.m.** in our Community Space.

For more information contact Olga from the Alzheimer Society at [579 371-1078](tel:579-371-1078).



TRIVIA NIGHT

Every second **Tuesday** of the month, we host 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, answer and win!

To participate, please register [HERE](#).



SENIORS' SNEAKERS: OTTERBURN PARK AND SAINT BRUNO

Same date and time, two different locations, and different exercise intensities! A fee of \$20 applies for the Fall session.

Seniors' Sneakers Otterburn Park: Until December 11th meet us at the Otterburn Park Legion on **Mondays from 10 to 11 a.m.** for an hour of light-intensity exercise program with chairs.

Seniors' Sneakers Saint-Bruno: until December 4th meet us at the Saint-Bruno Legion on **Mondays from 10 to 11 a.m.** for an hour of moderate-intensity exercise program.

We are at capacity for both venues, if you wish to be on the waiting list, please contact us at info@mepec-pemca.org.



MEN'S COFFEE CHATS

Looking to meet new people and connect?

Our Men's Coffee Chats is an activity at our MEPEC Community Space specifically for men to come together and get to know one another through chats and coffee. Our chats occur weekly on **Wednesdays** from 8:30-10:00 am.

We invite you to come alone or perhaps bring another male friend! To join us, register a spot, [HERE](#).



LUNCH & LEARN: CAREER COACHING WORKSHOP

NEW

Join Tam Nguyen, certified facilitator and career coach in this 60-minute, interactive workshop that will help guide you towards a successful career journey. Connect with like-minded individuals, clarify skills and generate future possibilities.

Join us, **December 2nd**, at 10:00 am, at the MEPEC community space in Beloeil.

To register, fill out our form [HERE](#).



ART HIVE: FABRIC CHRISTMAS ORNAMENTS

NEW

Get creative for the holidays with arts and crafts at our Community Space in Beloeil.

Join this free upcoming Art Hive workshop: Fabric Christmas Ornaments on **November 2nd from 1:00-3:00 p.m.**

Save a spot for this creative and festive activity by registering [HERE](#).



LEGAL TOOLS FOR PLANNING AHEAD SNACK AND LEARN WORKSHOP

On **December 5th, from 6:30-8:30 p.m.** attend this overview of some important legal tools to make life easier for your loved ones down the road.

This workshop will cover the basics of :

- Power of attorney
- Protection mandate
- Advance medical directives
- Wills

Register for this workshop at our Community Space, [HERE](#).



CALLING ALL KNITTERS

NEW

We are seeking volunteers who are interested in teaching elementary school students the art of knitting. The event would be held in a classroom of 20 students each at both Mountainview Elementary School in Otterburn Park and Cedar Street Elementary School in Beloeil. Let us know if you're interested helping weave a brighter future, one stitch at a time! Contact us: info@mepec-pemca.org

MEPEC's Family Activities and Services



COOK WITH DAD!

Spend quality time with your Dad! Cooking together is an excellent bonding activity that fosters many other early childhood developments such as basic math skills, listening to instructions, fine motor development, and boosting self-esteem.

The best part is that you both get to eat what you make!

Our monthly activity will be offered on **November 25th from 9:30-11:30 a.m.** To register, click [HERE](#).



PUDDLES

Come splish splash with your children at Beloeil's Aqua center waddling pool! Meet us every **Wednesday at 10 a.m.**

Early swimming fosters a growing sense of self-esteem, confidence, independence, and well-being. Time spent having fun and learning in the pool is an ideal opportunity for parents and children to bond in a relaxed and fun environment!

To register, please click [HERE](#).



MUMS AND TOTS FITNESS AND YOGA

Come with your little ones and participate in this energizing activity. This class begins with a fun 30 min of Fitness followed by a relaxing. Children can join in with you or keep busy with free play.

This activity is held in our Community Space on **Thursdays at 9:30 a.m.**

To register, please click [HERE](#) as space is limited.



LITTLE BEATS MUSIC CLASSES FOR KIDS

Calling all little Beethoven's and Mozart's! In this classes toddlers will learn about melody, rhythm, tempo, dynamics, movement, and much more using fun and educational musical materials.

Music has numerous benefits. Incorporating music into routines and play in the early years has a positive influence on your child's early development.

Join us on **Mondays at 9:30 a.m.** To register, click [HERE](#).



ECO-KIDS

Every **Friday from 9:30 to 11:30 a.m.**, we explore the outdoors, nature and learn what animals and insects do in their natural habitats. We also learn how plants and trees grow! Did you know outdoor play promotes mathematical learning and mental well being?

When playing outdoors, the possibilities for learning are endless. Different outings will be offered throughout the season!

To participate, register [HERE](#).



SPROUTS

Sprouts focuses on social interactions among young children and their parents through creative expression and play. Sprouts is an excellent way to familiarize children with the concept of time, early literacy, language, gross motor, and fine motor development.

Come join our weekly circle time activity every **Tuesday at 9:30 a.m.**

To register, click [HERE](#).

55+ Wellness Centre

TAKE ACTION TO PREVENT FALLS DURING "FALLS PREVENTION MONTH"

Alexandra Blasetti Kuhn

Did you know that anyone can fall and suffer an injury?

Recently, on October 17th, a new study by Montreal public health stated that "seniors are most at risk of serious injury from outdoor falls in Montreal, and falls happen most in parking lots or sidewalks in winter".

It's no secret that the risk of falling becomes greater due to the natural aging process. In Canada, falls are the leading cause of injury among older adults. The numbers don't lie: 20-30% of seniors experience one or more falls each year. Falls cause 85% of seniors' injury-related hospitalizations, 95% of all hip fractures, and \$2 billion a year in direct healthcare costs.

"Fall Prevention Month" is an annual call to encourage organizations and individuals to come together for a coordinated fall prevention campaign. Raising awareness of the burden and impact of fall-related injuries for Canadians is important, as it encourages everyone to acknowledge their role in preventing falls.

Fall prevention starts at home, every single action that anyone can take will make a big difference.

Check out the Fall Prevention Month website [HERE](#), they offer provincial, national, and global fall-specific data and sources [HERE](#).

In Quebec, the Institut National de Sante Publique du Quebec (INSPQ) developed a great informative document with many useful free resources, apps, and websites to help prevent falls. Access the document [HERE](#) and scroll down to find the suggested resources. The document is available in French only, but the links to most apps and websites are in English.

Free CHSSN Webinar

The Community Health and Social Services Network (CHSSN) will host their Services for Healthy Aging in the Right Place (SHARP) Information Session titled

"Thinking about your home and community, resources for fall prevention".

Join this free webinar on November 15th at 10 a.m.

Register and participate [HERE](#).



SENIORS' SNEAKERS: A CLASSIC PROGRAM AT MEPEC!

Fall Prevention Month in November is becoming a tradition at MEPEC. Since 2021 we have been committed to preventing falls. We launched our Seniors' Sneakers program in Otterburn Park and held our first fall prevention workshop. In 2022 we continued to promote fall prevention in our articles and emphasized the importance of Seniors' Sneakers as a fall prevention program for the English Speaking Community in our region.

This year, we renew the commitment to promote fall prevention and wellbeing. We are thrilled to announce that our Seniors' Sneakers program has now two venues with different exercise intensities!

Seniors Sneakers Otterburn Park is a light-intensity exercise program with chairs. Tara McAleer leads a healthy and more calm workout. Seniors' Sneakers Saint Bruno is a moderate-intensity exercise program. Christal Scott leads a healthy and more challenging workout.

The growth and success of our Seniors' Sneakers program is a win for the community. We would like to thank all the participants, coordinators, and funders who have made this initiative a continued success.

Unfortunately, we are at capacity for both venues, stay tuned to participate in the Winter 2024 session!

If you wish to be on the waiting list, please contact us at info@mepec-pemca.org.

For Youth and Families

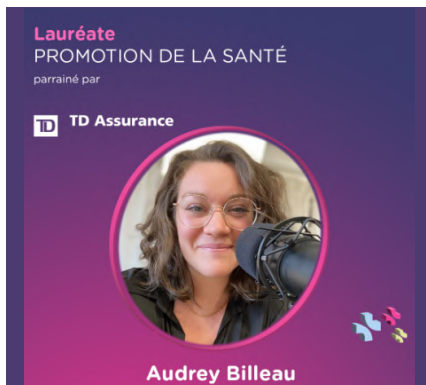
LA MAMAN INFIRMIER

Kareen Masse

Audrey Billeau, La Maman Infirmiere, is a triple threat. The Mom Nurse, works not only as a Clinical nurse for the CIUSSME but also at an Elementary school nurse in the Monteregie East region, and a Youth clinic nurse. A few years ago, while on maternity leave, she had the idea to provide families with concrete health information for children and youth.

She decided to create and share her knowledge through a now remarkably successful French Instagram account with over 20K followers!

Last month Audrey won the *Prix Florence* Award from the Order of Quebec Nurses for her outstanding involvement in Health Promotion.



After meeting Audrey at Boucherville Elementary's orientation day, MEPEC was quickly inspired by everything Audrey promotes on her French Instagram page. I wondered how MEPEC could help her translate all this wonderful information and share it with the English-speaking Community. Since September, MEPEC has been collaborating with The Mom Nurse to create and promote an English version of her page and has already over 90 followers.

Audrey wants to share health information to as many families as possible in both French and English and MEPEC will be collaborating on this goal. Follow Audrey on Instagram [HERE](#).

LA GRANDE SEMAINE DES TOUT PETITS

Stand up together with MEPEC to respect the rights of little ones. To learn more about how you can contribute and participate, please visit their website [HERE](#)



Employability and Education

DID YOU KNOW THAT NOVEMBER IS CAREER MONTH?

"Each November, Canadians from coast-to-coast-to-coast celebrate the importance of accessing meaningful work and all those that help us in connecting with our preferred futures."

Canada Career Month volunteers work to advance the agenda of improving access to career services and education so that all Canadians are better prepared to develop their careers and transition into the emergent labour market."

WHAT DO CAREER DEVELOPEMENT PROFESSIONALS DO?

- "Career Development Professionals help individuals navigate learning and work transitions across the lifespan.
- Career Development Professionals enable individuals to manage learning and work, acquire and enhance skills, seek/create employment, and access community services that support personal and professional growth in an increasingly complex, interdependent and changing world.
- Career Development Professionals collaborate with employers, education and training providers, community-based service organizations, and other private and public institutions to promote positive health, social and economic outcomes for individuals, institutions and communities.

If you are looking for a Career Development Professional to help you during Career Month, take a look at some of the amazing events happening in November."

CAREER COACHING WORKSHOP AT MEPEC

Regina Uyoga

As part of Career Month in November, MEPEC is thrilled to partner and host a Career Coaching Workshop in our community that is designed to empower you with the tools you need for professional growth and development.

Whether you're seeking opportunities to enhance your current trajectory or looking to make a career transition, join us in learning and get the chance to network and connect with fellow professionals.

Register [HERE](#) and secure your spot today!

Visit our [Employment page](#) for our complete program of activities.



LUNCH & LEARN

WHO YOU ARE MATTERS!

CAREER COACHING WORKSHOP

Join Tam NGUYEN, certified facilitator & career coach in this 60 minute interactive workshop that will help guide you towards a successful career journey. Connect with like-minded individuals, clarify skills and generate future possibilities.

Register Today!



2 DEC



10 AM

551 Sir Wilfrid Laurier, Beloeil

Secrétariat aux relations
avec les Québécois
d'expression anglaise
Québec

RDN
Regional Development Network
Réseau Développement Régional

EMPURPOSE

Mepec
Association de l'Ordre des professionnels
en développement de carrière
du Québec (Association of Career
Development Professionals of Quebec)

MEPEC's Community Library

NEW BOOK ALERT: EVERYTHING SHE FEARED BY RICK MOFINA

Jennifer Garofano



Rated 3.7/5 on Good Reads, Rick Mofina has created a creepy and heart pounding page-turner. A chilling thriller from beginning to end.

When a teen falls off a cliff while taking a selfie, the last thing she sees before plummeting to her death is Katie Harmon, the nine-year-old girl she was babysitting, looking down at her. Investigators gather at the scene, and Katie's mother, Sara, rushes to comfort her daughter, yet there's a small, secret ping of alarm in Sara's heart that she cannot share—though rookie detective Kim Pierce senses it.

For years, others have tried to unravel this secret, from true-crime podcasters to a haunted journalist searching for a killer who vanished after being released from prison. And now, with detectives tightening the focus of their investigation, Sara is consumed by her darkest fear—that the babysitter's death was not accidental.

What comes next is a desperate search for the killer. In this propulsive, well-written, unputdownable domestic thriller, cop procedural, and crime thriller —Mofina intricately interweaves the past and present, keeping you on the edge of your seat, flipping the pages to learn how the stories connect.

Visit our Community Library to see our newly added book by Rick Mofina. You can check our library opening hours and Book Club information, [HERE](#).

KINDLE PROGRAM AT MEPEC LIBRARY

Our Community Library offers members the opportunity to borrow a Kindle tablet for one month at a time. Fortunately, MEPEC has unlimited access to the Kindle library, and you can leave with up to 3 e-books per month. We offer training by our library volunteer during our office hours. Thank you to New Horizons for funding this project and making this experience possible.

For more information, visit MEPEC's Community Library



Mepec
Community Library
Bibliothèque communautaire

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

**BOOK CLUB: EVERY
LAST WEDNESDAY
OF THE MONTH
6:30 PM**



Partners' Activities and Services



CALL FOR PARTICIPANTS FOR A RESEARCH STUDY ON FRENCH-LANGUAGE LEARNING

Are you an English speaker living in Quebec? The goal of this research is to examine the barriers, gaps, and outcomes in learning French among English speakers in Québec's labor market.

This study is being conducted by the Provincial Employment Roundtable (PERT), a not-for-profit, multi-stakeholder initiative aimed at addressing the employment and employability challenges facing the English-speaking communities in Québec.

To participate, please fill out the form [HERE](#).



MCGILL COMMUNITY LIFELONG LEARNING

For people who want to learn for the joy of it! Do you know about the MCLL for Seniors? The McGill Community for Lifelong Learning, part of McGill University, is a non-profit, volunteer-based community of seniors focused on peer learning.

Check out their website [HERE](#).



STUDY GROUPS FOR SENIORS - MCGILL COMMUNITY LIFELONG LEARNING

Our Winter 2023 Program is now available! The McGill Community Lifelong Learning offers a wide variety of online, in-person and hybrid study groups and lectures for Seniors. Winter registration opens on **Tuesday, December 5th 2023** at 9 a.m.

For more information and how to register, view the list of study groups [HERE](#). View the list of lectures [HERE](#).



QUEBEC SUPPORT GROUP OF CELIAC CANADA: CHAT HOUR

The next *CHAT HOUR*, "Gluten-Free Holiday Baking and Cooking" will take place on Wednesday, **November 15th** at 8:00 pm via Zoom.

Get the link to join, [HERE](#).



AMIQUEBEC SUPPORT GROUPS

SUPPORT GROUP ON MONDAYS at 6:30 pm:

November 6 - Anxiety, BPD, Family & Friends

November 13 - Bipolar, Depression, Family & Friends

November 13 - South Shore Family & Friends (at 91 Churchill Blvd, Greenfield Park)

November 27 - Hoarding, Kaleidoscope, Family & Friends

Find more information click [HERE](#).



SENIORS' RIGHTS & OBLIGATIONS - SSRE

SSRE Guest Presentation for **November 9th** with be Guylaine Roy, Complaint Counsellor for CAAP.

CAAP is a community organization that assists users who wish to register official complaints through the Ministry's Complaint Processing System. We inform users and seniors of their rights and obligations as well as applicable laws and regulations.

For more information on this presentation, contact:
southshoreretirededucators@gmail.com

MEN'S HEALTH TALK BY MAISON INTERNATIONALE DE LA RIVE-SUD

From 2 to 4 p.m., Maison Internationale de la Rive-Sud is hosting on **November 25th** a Men's Health Talk in collaboration with South Shore Black Community. This session is open to all, and will be facilitated in English.

 317 Lawrence Street, Greenfield Park

For more information, call SSCPN: **450-466-1325**



TRIVIA NIGHT BY THE ROYAL CANADIAN LEGION MONTARVILLE

On **November 18th**, attend this special Montarville Legion's Trivia Night. The event starts at **5:30 p.m.** with a Italian supper following with a Trivia.

For registration, contact the Mont-Bruno Legion at:

There is 25\$ fees to participate. Payment is done during the registration.





CENTRE PRÉVILLE: HOLIDAY SPECTACULAR!

Centre Prévile is hosting a special fundraising concert! Join us for awe-inspiring music and dance to light up your holiday season, showcasing the talents of Prévile's very own faculty artists. Proceeds will support Prévile's "Help Send a Child to Camp" initiative.

December 10th, 2023 at Théâtre de la Providence
1425 Rue Patenaude, Longueuil, QC. J4P 3G5
\$20.00 per ticket

For more information, we invite you to visit their website, [HERE](#).



CHRISTMAS MARKET/MARCHÉ DE NOEL

Saint-Lambert United Church is hosting their annual Christmas Market. They have over 30 local artists all selling handmade products in time for the Holidays.

Come get your Christmas shopping done!

NOVEMBER 18th
10:00 - 4:00 PM

 **415 AVE. MERCILLE, SAINT-LAMBERT**



THE MUSICAL COMEDY MURDERS OF 1940

ST. BRUNO PLAYERS PRESENTS
 THE MUSICAL COMEDY MURDERS of 1940

It's December 1940, blizzard conditions, a house with secret passageways, and murders – lots of them. What could be funnier?

- Three shows: **Nov. 24th at 8 p.m., Nov. 25th at 2 p.m. and 8 p.m. p.m.** at Centre Marcel-Dulude, 530 Clairevue O, St. Bruno-de-Montarville.

For tickets call: 450-441-0362 or 514-995-5063 or click [HERE](#).



CHRISTMAS FAIR

Saint-Augustine of Canterbury Women's Guild is hosting their Christmas Fair. You will find baked goods, preserves, gift tables, vintage table, Christmas items, snack bar, door prizes and more.

*Donations of non-perishables for their local food bank would be greatly appreciated.

NOVEMBER 25th
10:00 - 3:00 PM

 **1741 ROBERVAL, SAINT-BRUNO-DE-MONTARVILLE**



OUR HARBOUR'S 20TH ANIVERSARY FUNDRAISING GALA

Our Harbour is inviting you to our Annual Winter FUNdraising Gala - 20th Anniversary Edition. The fundraiser will be in the style of a Live Auction, with fabulous, unique and valuable items up for grabs. The theme of the evening will be 1920's Speakeasy.

- Thursday, **November 16th**, from 6.00 pm to 9.00 pm
- 440 Notre Dame, St. Lambert, QC J4P 2K4
- Tickets: \$40 in advance/online; \$45 at the door: includes wine, fine appetizers, live music and dancing! Dressing up is not mandatory, however there will be a prize for the best costume!

Purchase your tickets online [HERE](#).



LITERACY QUEBEC WEBINAR: FROM BURNOUT TO BALANCE

Join this free webinar on November 7th, from 10:00 to 11:30 am, where you will learn valuable insights and practical techniques to navigate the challenges of modern life while maintaining your well-being.

Register for this webinar, [HERE](#).



SHARP WEBINAR

The Community Health and Social Services Network (CHSSN) will host a Services for Healthy Aging in the Right Place (SHARP) Information Session entitled *"Thinking about your Home and Community, Resources for Fall Prevention"*.

Join this free webinar on **November 15th** at 10:00 a.m.

Register and participate [HERE](#).



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

**Monteregie East Partnership
for the English-Speaking Community**

www.mepec-pemca.org

@MepecMonteregieEast

@mepecyouth

@mepec_monteregie_east

@mepecyouth

@Mepec-Pemca

@mepecyouth



551, boul. Sir-Wilfrid-Laurier, #105 and 106
Beloeil, Qc J3G 4J1



555, boul. Sir-Wilfrid-Laurier
Beloeil, Qc J3G 4J1



Tel: 450 281-3732

info@mepec-pemca.org

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Canada 

**Secrétariat aux relations
avec les Québécois
d'expression anglaise**

Québec



CHSSN