

# THE MEPECER



## We launched a new promotional video!

We are extremely proud to share a creative project we've been working on: MEPEC's new promotional video! With this video we hope to educate those who may not know about the services and resources here at MEPEC. We aim to connect with more members of the English-speaking population who share our values and visions on recreation, education and useful resources.

This initiative was funded by [Regional Development Network](#) and developed by [Avenue 8](#). MEPEC would like to thank both organizations for their efforts and creativity. A special thank you to our volunteers and participants, as this video would not have been possible without you.

We encourage you to take a look and share this video within your local community of friends and family in spreading the word on who MEPEC is and what we do.

Enjoy the full video, [HERE](#).



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## Did You Know...?

### THE CANADIAN DENTAL CARE PLAN

Debbie Hanney

In December, the Canadian Dental Care Plan was unveiled. The Eligibility criteria and who can apply are available [HERE](#).

Depending on your year of birth you can apply now, however, the Quebec Government has not yet stated all the details on what care will be covered. To be eligible for the Canadian Dental Care Plan, a person must:

- Be a Canadian resident for tax purposes.
- Have adjusted family net income of less than \$90,000 per year.
- Not have access to a private or employer/pension dental plan.
- Have completed your tax return.

If you are over 70 years old, you may receive a letter by March 2024 with instructions on how to apply. If you are between 65 and 69, you can apply online starting in May 2024. Adults with a Disability Tax Credit certificate and children under 18 can apply starting in June 2024.

#### Application schedule

Group	Applications open
Seniors aged 87 and above	As of December 2023
Seniors aged 77 to 86	Starting January 2024
Seniors aged 72 to 76	Starting February 2024
Seniors aged 70 to 71	Starting March 2024
Seniors aged 65 to 69	Starting May 2024
Adults with a valid Disability Tax Credit certificate	Starting June 2024
Children under the age of 18	Starting June 2024
All remaining eligible Canadian residents	Starting 2025



As of May 2024, applications can be completed online.

Apply through the automated system [HERE](#).

If you qualify, you will receive a coverage package. This package will be sent to you by Sun Life, they will be managing the claims.

Depending on your adjusted family net income, a tax-free payment of \$260, \$390, or \$650 is available for each eligible child. You can apply for a maximum of 2 payments per child.

Applications are open until June 30, 2024 for:

- dental care received between July 1, 2023 and June 30, 2024
- one additional payment if you meet the criteria

Benefit payments are administered by the Canada Revenue Agency (CRA). There are 2 benefit periods for the interim Canada Dental Benefit.

The eligibility criteria is specific to the period when your child receives dental care.

Check if you meet the criteria for each child you are applying for.

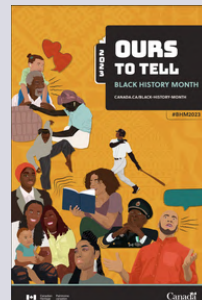
- You can apply until June 30, 2024, for dental care your child receives between July 1, 2023 and June 30, 2024.
- When you apply, you will need to provide details to confirm your eligibility.
- Find out how much you can get [HERE](#).

## FEBRUARY IS BLACK HISTORY MONTH

Although parts of Black history surround our everyday lives, February is a time to take moments to properly acknowledge and appreciate Black culture and communities. This is a time to learn about local Black-owned businesses, Black authors, musicians, artists and leaders.

More importantly, it is a time for Canadians to honor and celebrate the diversity, history and culture of Black people in Canada and to acknowledge the many everyday contributions of Black communities from across the country.

We want to encourage you to view the Canadian Heritage link for Black History Month, [HERE](#). You will find toolkits, educational videos and interesting articles.



## MEPEC's 55+ Activities and Services

*Please note that all our activities are not only for women, we encourage men to participate and sign up!*



### KNITTING GROUP

Our Knitters have their own name: The Knitting Wits!

Come to knit with this wonderful group every **Tuesday afternoon from 1 to 3 p.m.** in our Community Space.

To participate, register [HERE!](#)



### BILINGUAL CONVERSATION GROUP

If you would like to improve or maintain your skills in either French or English, then this group is for you. The group will discuss various topics of interest together over coffee. Part of the discussion will be conducted in French and part in English.

Join our educational and fun Bilingual Conversation group every **Wednesday from 10 am to 11:30 pm** at our Community Space. To participate, sign up [HERE!](#)



### VIRTUAL ACRYLIC PAINTING

MEPEC is happy to reopen the classic Virtual Acrylic Painting sessions. We invite you to join us in being creative and open in the comfort of your own space.

Join us on **Mondays from 2:30 to 4:30 pm**, virtually! The paint classes are led by Beverly Laundry from Preville Art Centre.

Supplies will be provided. A fee of \$20 applies for the Winter 2024 session. Register, [HERE](#)



### 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!

Our first quiz of 2024 will be held on **February 13th at 7:00pm** via Zoom. To participate, please register [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 **February 28th, 2024**. The book for February will be "Yellowface" by R.F. Kuang. Don't miss out on this wonderful group reading activity!

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



## CHOCOLATE CONFECTION, ART HIVE

Join us at our community space on **February 15th from 1 pm to 3 pm** for our Chocolate Confection Art Hive.

We will be making chocolate using molds and shapes adding flavors and toppings, a delicious treat awaits you!

We would love to have you, please register to save yourself a spot, [HERE](#)



## TEA TIME AND TAXES FOR ADULTS 65+

Join us for an interactive info session hosted by the Canadian Revenue Agency entitled: Tax Benefits & Credits for Adults 65+

When: February 14th from 1:30pm to 3:00pm.

Where: 555 Sir Wilfrid Laurier, MEPEC Community Space.

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



## DREAMCATCHER, ART HIVE

Join us for a creative and expressive Art Hive workshop on Dreamcatchers.

Come and make one with us on **February 29th from 1 pm to 3pm** at our community space.

Register to save yourself a spot, [HERE](#)



## 55+ DROP-IN

Drop by the MEPEC Community Space **every 1st and 3rd Thursday of the month from 1 pm. to 4 pm.** The next Drop-In are on February 8th and February 22nd. Come to play board games or card games, work on an art project, or just chat over a cup of coffee/tea.

To join, contact us at [info@mepec-pemca.org](mailto:info@mepec-pemca.org)



## 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.**



## 55+ AQUA FITNESS

Did you know that swimming regularly has also been referred to as "the fountain of youth"? Join us at our very first Aqua Fitness session of the year on **Wednesdays from 10:15 to 11:15 am**. Register, [HERE](#). We also have a second Aqua Fitness class on **Mondays from 10:45 to 11:45**. Register [HERE](#).

*Please note that we are at capacity for both days.*



## 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:** 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:** meet us at the Saint-Bruno Legion on **Wednesdays from 9:30 to 10:30 am or Fridays from 10:30 to 11:30 am** for an hour of moderate-intensity exercises. To participate, register [HERE](#).

*Please note that we are at capacity for both days.*

# MEPEC's Family Activities and Services



## SPROUTS MOVE AT LE BERCEAU

Come jump, run, and play! Physical activity in the early years doesn't need to be complicated, but it needs to happen. After all, children are born with the potential to move, but not with the skills. To develop their skills and capacities, we need to create and support daily movement opportunities.

Come join us at Le Berceau in Beloeil on **Monday mornings from 9:30 to 10:30** and let's get moving! **Registration fee: \$10.**

To participate, sign up [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 minutes of Fitness followed by a period of relaxation. Children can join in with you or keep busy with free play.

This activity is held on **Thursdays at 9:30 a.m. at Manoir Saint Bruno**, 1540 Rue Montarville, Saint-Bruno.

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



## PARENT-CHILD DROP-IN

This Winter, Eco-kids merged to the Parent-Child Drop-In! Come every **Friday morning from 9:30 to 11:30 a.m.**

Our drop-in program is for parents and children to attend together and participate in free play activities, optional crafts and group discussions with other parents. Snacks & Coffee will be provided. **Registration fees for this session is \$5.**

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. Activities are fun and help to increase a child's awareness of language, physical, and sensory experiences. \*You may only register to one day of Sprouts activity, either Tuesday or Thursday.

**Registration fee for the session is \$10.** Come join our weekly circle time activity every **Tuesday and Thursday at 9:30 a.m.** To register, click [HERE](#).

*Please note that our Tuesday session is at full capacity. However, we warmly invite all the parents who are not registered to join our Thursday session!*



## PUDDLES

Come splish splash with your children at Beloeil's Aqua center waddling pool every **Monday from 10:45 to 11:45am and Wednesday at 10:15 to 11:15am.**

Early swimming improves a child's sense of self-esteem, confidence, independence, and their ability to move more freely through the water. The pool is an ideal opportunity for parents and children to bond in a relaxed and fun environment that they will both love being a part of. \*You may only register to one day, either Monday or Wednesday. To register, click [HERE](#).

*Please note that we are at capacity for both days.*

## 55+ Wellness Centre

### EXO BUS FOR SENIORS, INFORMATION AND FARES

Alexandra Blasetti Kuhn

Did you know that Exo links all of the train, bus, and adapted transport services around the Greater Montreal Area?

"Exo is a public transit authority in operation since June 1st, 2017. It oversees commuter rail services as well as the North and South Shores' bus and paratransit services, taking over from the Agence métropolitaine de transport (AMT)."

Public transit and transportation programs play an essential role in the mobility of seniors, fostering independence, social participation, health, and safety, while reducing the burden on caregivers. As our population continues to age, the importance of these programs will only increase. This is why communities must invest, and innovate in public transportation services.

Public transit and transportation services are tailored to address the mobility needs of seniors, individuals with disabilities, and those with limited access to personal or public transportation. The transportation programs in most cities offer a wide range of services, such as:

- Fixed-route buses and shuttles: These services follow predetermined routes and schedules, enabling seniors to plan their trips with ease.
- Demand-responsive transportation: These services provide door-to-door or curb-to-curb transportation options, often requiring seniors to schedule their trips in advance.
- Ride-sharing or carpooling: Some communities facilitate ride-sharing or carpooling opportunities among seniors, matching individuals who have similar travel needs.

Many of these programs are subsidized or free of charge, making them accessible to seniors regardless of their economic status.

By sharing this information, we would like to ensure that all seniors have access to the different transportation options.



To better serve the community, Exo offers bilingual services. For more information visit the English Exo website [HERE](#) or contact the customer service at [1-833-255-6396](tel:1-833-255-6396).

**1) Start by planning your trip [HERE](#).** Enter origin, destination and the Trip Planner tool will retrieve the best itinerary for you. Find more information about the transportation services available in your city by using their [search tool](#).

**2) Find your fare in just a few clicks!** Use the selector to identify your fare zone [HERE](#) or access the full Fare Schedule [HERE](#).

**3) Find a sales and service outlet [HERE](#).** The Vallée du Richelieu sales and service outlet is located at 255, boul. Laurier, McMasterville, QC. Open hours: weekdays from 10 am to 6 pm. Check the full list of service outlets [HERE](#).

**4) Buy or recharge your Opus Card.** Find below more information on how to get your opus card with a reduced fare.

**5) Welcome abroad!** You are ready to travel around Montreal and the Montreal Greater Area!

### BONUS: HOW TO GET YOUR OPUS CARD

The information below is taken from the [65+ Exo webpage](#):



Are you aged 65 or over? If so, you qualify for a reduced fare. But you have to obtain an OPUS card with photo.

From the age of 65, you are entitled to a reduced rate on mass transit fares. An OPUS card with photo, which is personal and non-transferable, is proof of your eligibility for the reduced rate. If you don't have it with you when you travel, you will have to pay the regular fare. To obtain an OPUS card with photo:

- Go to [a ticket office or service centre](#) with an ID document showing your age (health insurance card, driver's licence, birth certificate or passport) and fill out [the application form](#).
- Pay the \$15.00 fee for issuing an OPUS card with photo.
- Your OPUS card will be valid for 7 years.

Source: • <https://eldwell.com/resources/the-role-of-community-transit-programs-in-supporting-senior-mobility> • <https://exo.quebec/en>

# For Youth and Families

## MIND MATTERS: NAVIGATING PSYCHOLOGY MONTH AND SUICIDE PREVENTION WEEK TOGETHER!

Paige Pelletier

Discover a month of mental health advocacy and support with MEPEC as we delve into Psychology Month and Suicide Prevention Week. Our commitment to the English-speaking community of the Montérégie East extends beyond health and social services – we're here to nurture the well-being of our youth and families!



**Psychology Month Exploration:** Dive into a series of engaging workshops, discussions, and activities designed to promote mental health awareness and resilience. Our events aim to empower individuals with the tools they need for a flourishing future or offer a moment of respite to those in need! Check out our MEPEC activity calendar, [HERE](#)



**Community Connections:** Strengthening bonds within our communities is the heart of what we do. Join us for family friendly activities that encourage open dialogue, creating a supportive space for sharing experiences and fostering connections.

Together, we build a network that values mental health and well-being. Follow our Facebook page to be part of our virtual community, [HERE](#)



**Suicide Prevention Week:** Stand united with us during Suicide Prevention Week as we shine a light on mental health challenges and work towards breaking the stigma. We aim to equip families with the knowledge and resources needed to recognize warning signs and provide essential support.

## LOOKING FOR MORE: HOW YOU CAN LEARN, EDUCATE & CONTRIBUTE

There is always an opportunity to expand your knowledge in this particular field. We feel it is important to share some useful and insightful resources.

MEPEC recommends this insightful article from the University of Utah about how to talk about suicide with your families, [HERE](#)

Need help for you or someone you care about? Counsellors are here 24/7, everywhere in Quebec. Here are helpful tips from [Suicide Canada](#).

**Call a counsellor:** 1 866 APPELLE (277-3553)  
**Text a counsellor:** 535353

**I'm thinking about suicide:** Click [HERE](#)  
**I'm worried about someone:** Click [HERE](#)  
**I'm grieving a loss by suicide:** Click [HERE](#)



# Employability and Education

## EMPOWERING ENGLISH SPEAKERS: YOUR ESSENTIAL EMPLOYMENT GUIDEBOOK IS HERE!

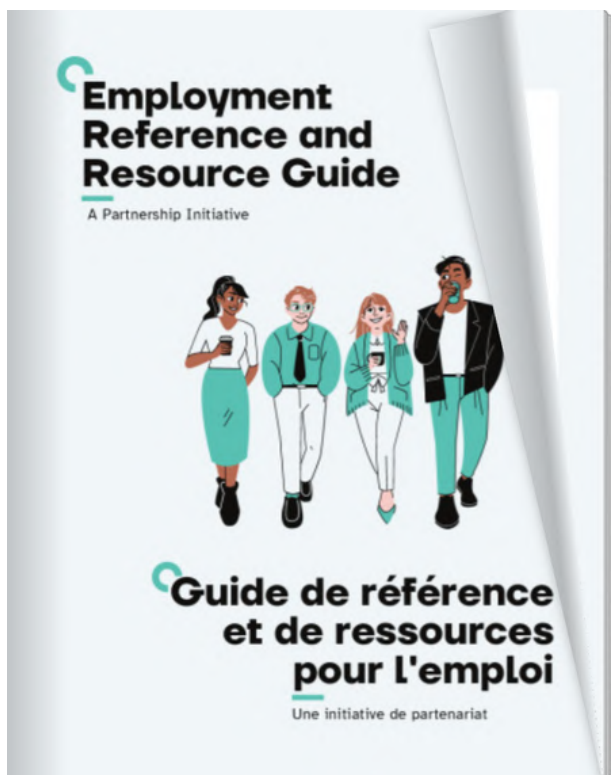
Regina Uyoga



We are delighted to share some exciting news with you - the joint efforts of the Assistance and Referral Centre (ARC), the Montérégie Est Partnership for the English-Speaking Community (MEPEC), and the Montérégie West Community Network (MWCN) have culminated in the creation of a comprehensive Employment Reference and Resource Guidebook. This guidebook is designed specifically to empower English-speaking job seekers in Quebec, providing them with the essential tools, practical solutions, and resources to help them confidently navigate Quebec's job market and guiding them to find meaningful employment.

### What to Expect from Your Employment Guidebook: Unlocking Opportunities in Quebec

Our Employment Reference and Resource Guidebook is a testament to our commitment to supporting the English-speaking community in Quebec. We understand the unique challenges faced by job seekers in a province where the predominant language is French. By offering tailored advice and resources, we aim to level the playing field and empower English speakers to pursue their career goals with confidence.



### Key Chapters to Propel Your Career:

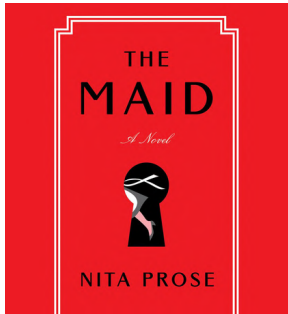
- **Discover Your Path:** Uncover the career that aligns with your personality and aspirations. This chapter provides insightful assessments and guidance to help you identify your strengths and preferences, guiding you toward a fulfilling and suitable career.
- **Confidently Bilingual:** Master the art of confidently answering interview questions in both English and French. This chapter equips you with the skills and language proficiency needed to excel in interviews, ensuring you stand out in a competitive job market.
- **Trades Jargon Decoded:** This chapter offers a comprehensive glossary of terms in English and French most often used in the trades. Expand your lexical knowledge and communicate effectively within the industry, whether you're a seasoned professional or just starting out.

We believe that this guidebook will serve as a valuable companion in your journey toward a fulfilling career in Quebec. Access the Employment Reference and Resource Guidebook, [HERE](#) or visit our [website](#) and download a copy today!

# MEPEC's Community Library

## NITA PROSE'S BOOKS: THE MAID & THE MYSTERY GUEST

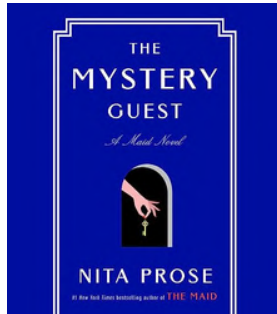
Jennifer Garofano



**Rated 3.78 on Goodreads and Goodreads Choice Award.**

Molly Gray is not like everyone else. She struggles with social skills and misreads the intentions of others. Her gran used to interpret the world for her, codifying it into simple rules that Molly could live by. Since Gran died a few months ago, twenty-five-year-old Molly has been navigating life's complexities all by herself. No matter—she throws herself with gusto into her work as a hotel maid. Her unique character, along with her obsessive love of cleaning and proper etiquette, make her an ideal fit for the job. She delights in donning her crisp uniform each morning, stocking her cart with miniature soaps and bottles, and returning the guest rooms at the Regency Grand Hotel to a state of perfection.

But Molly's orderly life is upended the day she enters the suite of the infamous and wealthy Charles Black, only to find it in a state of disarray and Mr. Black himself dead in his bed.



**Rated 3.93 on Good Reads.**

Molly Gray is not like anyone else. With her flair for cleaning and proper etiquette, she has risen through the ranks of the glorious five-star Regency Grand Hotel to become the esteemed Head Maid.

But just as her life reaches a pinnacle state of perfection, her world is turned upside down when J.D. Grimthorpe, the world-renowned mystery author, drops dead—very dead—on the hotel's tea room floor.

When Detective Stark, Molly's old foe, investigates the author's unexpected demise, it becomes clear that this death was murder most foul.

Suspects abound, and everyone wants to know who killed J.D. Grimthorpe? Was it Lily, the new Maid-in-Training? Or was it Serena, the author's secretary? Could Mr. Preston, the hotel's beloved doorman, be hiding something? And is Molly really as innocent as she seems?



### 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



### HEALTH & SOCIAL SERVICES HAPPY HOUR - PLACE AUX JEUNES EN RÉGION

Bilingual and Interested in health or social services in Quebec rural regions?

Come to a happy hour organised by Places aux Jeunes en région and presented by Dialogue McGill! Finger food and a free drink are included! Interested? [Sign up here!](#)



### AMIQUEBEC SUPPORT GROUPS

AMI-Québec warmly welcomes everyone! February is packed with free workshops offered by Ami-Québec.

Click [HERE](#) to view their full online schedule with additional details. Support groups begin at 6:30pm virtually.

**February 12:** Anxiety/OCD, Borderline Personality Disorder for Friends and Families

**February 18:** Bipolar, Depression, Young Family and Friends

**February 12: IN PERSON** - South Shore Family and Friends.



### AMIQUEBEC WORKSHOPS

AMI-Québec warmly welcomes everyone! February is packed with free workshops offered by Ami-Québec. Click [HERE](#) to view their full online schedule with additional details.

**February 6, 13, 20:** Caregivers 55+, 10:00am-12:00pm

**February 7:** Intro to Borderline Personality Disorder, 6-8pm

**February 8:** Discussion Group (youth 16-29)

**February 25:** A walk through Catania, 10:30 am.

**February 27:** Hands on Practice for Challenging Situations

Find more information [HERE](#).



### QUEBEC SUPPORT GROUP OF CELIAC CANADA

Restaurant meal with Gemma **Friday, February 16th at 6pm.** This is a vegan restaurant with several GF options.

Where: 276, rue Ste Catherine Ouest, Montreal in the Quartier des Spectacles by Place des Arts



## SOUTH SHORE RETIRED EDUCATORS

South Shore Retired Educators presentation **on Thursday, February 15th** by Sam Allison, a retired secondary History and Economics teacher.

The bridge that transformed Canada, the longest bridge in the world at that time and how it alters our every-day lives, even 150 years later.

For more details on this presentation, please contact:  
[southshoreretirededucators@gmail.com](mailto:southshoreretirededucators@gmail.com)



## THINKING ABOUT SUPPORT AND SERVICES - SHARP WORKSHOP

Join us on **February 21st, from 10:00 to 11:30 am. at Manoir Saint-Bruno** for an educational screening entitled "Thinking about supports and services... What can the CLSC offer to help me maintain my independence as I age?"

This is a SHARP Workshop (Services for Healthy Aging in the Right Place) organized by CHSSN. To participate, sign up [HERE!](#)



## STUDY GROUPS FOR SENIORS - MCGILL COMMUNITY LIFELONG LEARNING

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.

The Winter 2024 Program is now available on their website. Browse about the study groups, [HERE](#) and lectures, [HERE](#).

For people who want to learn for the joy of it! Winter registrations are open!



## SOUTH SHORE LIFE-LONG LEARNING GROUP

The South Shore Life-long Learning Group now meets every **Tuesday, at 2:30pm** at 330 Gladstone, Greenfield Park.

A variety of speakers will discuss: Climate Crisis, Antarctica, Zimbabwe, Celiac Disease, Monarch Butterflies and Human Evolution.

For more information call 450-466-1325 or contact them by email at [sscpn@bell.net](mailto:sscpn@bell.net)



## QUEBEC SUPPORT GROUP OF CELIAC CANADA: CAMP CELIAC

Registration now open for parents of children with celiac disease aged 7 - 16. Siblings of children without celiac disease welcome, but note all food is gluten-free.

General Registration is still open. For more information, visit their website [HERE](#).



## FETE DES NEIGES D'OTTERBURN PARK

**On Saturday, February 10th**, the city of Otterburn Park will be organizing their very own "Fetes des Neiges" at Parc Duncan Campbell from 2:00 - 5:00pm.

This event is for families and children of all ages.

If you are interested in being a part of their celebrations by volunteering your time, please register, [HERE](#).



## FEBRUARY IS THERAPEUTIC RECREATION AWARENESS MONTH

**On Monday February 5th, from 1:00pm - 3:00pm**, join Recreation Therapists from seven diverse Senior Wellness Centres who will share insights into how Therapeutic Recreation contributes to optimal health, wellbeing and a greater quality of life for older adults.

To participate from the comfort of your own home, please register [HERE](#)



## SHARE AND SHINE ARTHRITIS - ARTHRITHE RIVE SUD

Georgette-Lepage Library will be hosting an English presentation on the causes of arthritis on **February 26th from 1:30pm - 3:30pm**. Spots are limited, for more information contact Ms. Michèle Tibblin:

By telephone at 450-923-6350, extension 6280

By email at [michele.tibblin@brossard.ca](mailto:michele.tibblin@brossard.ca)

To participate, register online, [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](http://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



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This initiative is made possible with financial contributions from:

**Canada**

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

**Québec**



**CHSSN**