

THE MEPECER



The 2023-2024 Annual General Meeting

The icing on the cake this month is MEPEC's 6th Annual General Meeting (AGM).

MEPEC members and partners will soon be invited to mark their calendars for our special event, scheduled for the evening of September 24 in Saint-Bruno-de-Montarville.

As part of this year's AGM, the Board will also invite the members to nominate a new Board member. There are great advantages in joining MEPEC's Board of Directors, such as being part of an experienced and multi-sectoral team, joining committees to support the organization's development and participating in important decisions for the organization's future.

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



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Health and Social Services

THE QUEBEC GOVERNMENT STATEMENT ON THE RIGHT TO HEALTH & SOCIAL SERVICES IN ENGLISH

The Gazette, August 9, 2024

The Government of Québec imposes absolutely no linguistic conditions in healthcare settings before providing healthcare in English to anyone who requests it. Every English-speaking individual in Québec has the right to receive health and social services in English, as per section 15 of the Act respecting health services and social services. This right is clear and in no way is being called into question.

The Charter of the French language confirms and upholds the right to health and social services in English. The adoption of the Act respecting French, the official and common language of Québec (formerly known as Bill 96), which amended the Charter, does not change the availability of health and social services in English. Moreover, the Regional Access Plans requested by the English community have been approved by the government.

The recent directive published by the Ministry of Health and Social Services does not limit the circumstances under which users have the right to receive health and social services in English. Any suggestion to the contrary is false. Organizations in the health and social services network do not request documentation or proof from users for the provision of care in a particular language.

The directive also recognizes the special status of health and social service establishments, such as the Jewish General and Santa Cabrini hospitals, which was also recognized by the Office québécois de la langue française.

The Government of Québec's intention has never been to restrict access to healthcare for English speakers in Québec. We understand that many people are concerned about the directive. We will be meeting with representatives of the English-speaking community to hear their concerns and reassure them of our desire to provide healthcare to Quebecers without linguistic requirements. We are open to clarifying the directive to make it clear that there will never be language requirements in Québec to treat a patient.

Jean-François Roberge, Minister of the French Language, Minister Responsible for Canadian Relations and the Canadian Francophonie, Minister Responsible for Democratic Institutions, Minister Responsible for Access to Information and Privacy, and Minister Responsible for Laicity.

Eric Girard, Minister of Finance and Minister Responsible for Relations with English-Speaking Quebecers.

Christian Dubé, Minister of Health.



ARE YOU A PARTNER OF MEPEC? PLEASE FILL OUT THIS SURVEY!

The Comité régional d'accès en langue anglaise de la Montérégie is mandated to monitor the English-language access programs of the three Centres intégrés de santé et de services sociaux (CISSS) de la Montérégie.

Part of their respective responsibilities is to document the challenges related to accessing health and social services in English in the Montérégie. To do this, they are consulting partners who are involved with the English-speaking population, and who have a good understanding of how services are used.

As a stakeholder or manager of a concerned organization, you are therefore invited to complete the following short questionnaire by September 10th. Please fill out the survey [HERE](#).

MEPEC's General Activities

Please note that all our activities are gender inclusive and all age groups are welcome, regardless of target audience. We encourage diversity and equal access to all our programs, activities and events.



BOOK CLUB

Every last Wednesday of the month, the book club meets at **6:30 p.m.** in our community space. The next meeting will be held on **September 25th, 2024**.

The book chosen for this month is *The Innocents* by Michael Crummey. Don't miss out on this wonderful group reading activity! To participate, please register [HERE](#).



WALKING GROUP

Did you know that walking regularly allows the mind to calm, and promotes a healthy heart? Walking reduces the risks of heart disease, strokes, high cholesterol and muscular stiffness or pain.

Join us every Monday from 10:00-11:00 am. The schedule and more information will be emailed to registered walkers. If interested, contact us at info@mepec-pemca.org



BAG PAINTING - ART HIVE

This year, on the 1st Thursday of every month, we will host our classic Art Hive in the Community Space. Don't miss our first session! We will get down to work with the Bag Painting workshop on **October 3rd from 1:00 - 3:00 pm.**

Registration will be open on September 16th. To participate, click [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 on Wednesdays from 10:00-11:30 am at our Community Space. **Registration will open on September 17th.** To participate, click [HERE](#).

MEPEC's Family Activities



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.

Every Tuesday & Thursday from 9:30 - 11:30. Cost: 10\$. To participate, register [HERE](#).



SPROUTS MOVE

MOVE-ing is important for young children for a variety of reasons, it helps to develop large muscle groups, improve coordination and balance, and promote cardiovascular health. Gross motor activities are also a great way to release energy and reduce stress. And of course, they're just plain fun!

Every Monday from 9:30-10:30. Cost: \$10. Register [HERE](#).



PUDDLES

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.

Every Wednesday from 10:30am -11:30am. Cost: \$10

Register for our first session October 9th, [HERE](#).



LITTLE BEATS

Calling all little Beethoven's and Mozart's for this introduction to music class. Toddlers will learn about melody, rhythm, tempo, dynamics, movement and much more using fun, unique and educational musical materials. Incorporating music into routines and play in the early years has a positive influence on your child's early development. Register [HERE](#).

Every Monday from 9:30am - 10:30am, Cost: \$10

MEPEC's Family Activities



MUMS & TOTS FITNESS AND YOGA

From caliente to namaste, come with your little ones and participate in this energizing activity. This activity begins with a fun 30 min dance fitness followed by a relaxing Yoga. This program is designed with mom & tot in mind! Regain balance, strengthen core and promote wellness.

Wednesdays in St. Bruno from 9:30-10:30 am. Cost: \$10
To participate, register [HERE](#).



DROP-IN

Open to all! Drop by our Community Space with your little ones to have a coffee and chat with other parents. Take a break from your regular routine and come connect with other families. Register, [HERE](#).

Fridays from 11:00am -12:30am
Cost: \$5



ACTIVITIES WITH DADS

Calling all Super Dads to participate in Dad and Me Activities! We have some activities lined up for you and your little ones throughout these next months.

Our Cook with Dad activity will be taking place this Fall! It's always a fun time with Dad!

Weekends; Stay tuned for specific dates & times



HOMESCHOOL GROUP

Join MEPEC's Homeschool Group which will be held in our community space **every Friday from 9:30-11:00 am**.

Let's learn together and develop our reading, mathematics and social skills through playful and hands-on activities! All activities will be geared towards children aged 5 to 8 year old.

Places are limited and younger siblings are welcomed. For more information please contact Afiya Roberts at afiya.roberts@gmail.com

MEPEC's Seniors Activities



SENIORS' SNEAKERS: OTTERBURN PARK AND SAINT BRUNO

Did you know that regular movement improves muscle ability, memory, confidence, sleep, mood and balance? Seniors Sneakers Otterburn Park is a light-intensity exercise program with chairs while Saint Bruno is a moderate-intensity exercise program.

The Otterburn Park class will start on **October 7 at 10:00 am. Cost: \$40.** The Saint-Bruno class on Wednesdays will start on **October 9th at 10:00 am. Cost: \$50.** The Saint-Bruno class on Fridays will start on **October 11th at 10:00 am. Cost: \$50.**

Registration will open on September 17th on a first-come, first-served basis. Please note that registration doesn't mean confirmation. You will receive a confirmation email from the coordinator and will be placed on the waiting list if spots are filled. To participate, click [HERE](#).



AQUA FITNESS

Back by popular demand! Grab your swim cap and bathing suit and get ready for adapted water aerobics. Classes will be held at Centre Aquatique Beoelil. Join every **Wednesday from 10:30-11:30 am** Cost: \$40

Registration will open on September 17th on a first-come, first-served basis. Please note that registration doesn't mean confirmation. You will receive a confirmation email from the coordinator and will be placed on the waiting list if spots are filled. To participate, click [HERE](#).



KNITTING AND CROCHET GROUP

Knitting uses fine motor skills that are responsible for reducing stress and improving dexterity, social connections, self-esteem, and brain activity.

Convinced to join The Knitting group yet?! Join this weekly free meet-up every Tuesday from 1:30-2:30pm. **Registration will open on September 17th.** To participate, click [HERE](#).



INTERGENERATIONAL PEN PALS

Take part in meaningful exchanges between school-aged children and seniors of our region to encourage literacy and social connections. The program will include writing letters back and forth with elementary school students.

Coming soon, stay tuned!

MEPEC's Information Hub

GENERAL: TERRY FOX RUN/WALK 2024



Sunday, September 15th



10:00 am - 1:00 pm



Gilles Plante Park, 255 Boul Constable,
McMasterville, QC J3G 6N9

The Terry Fox Run is an annual charity event held in Canada and various other countries to raise funds for cancer research. Terry Fox's "Marathon of Hope," was cut short, but he inspired millions with his determination and spirit. We aim to spread this same spirit by recruiting members for our very own MEPEC walk!

Join MEPEC at this year's Terry Fox Run as we commemorate the late Janice Cowan, an active and beloved senior member of MEPEC who we lost earlier this year after her battle with cancer.

MEPEC welcomes you to join our walking team on September 15th and spend the day connecting with your community. The MEPEC Walkie Talkies Team is a great opportunity to connect with your community while supporting a great cause! We will be walking or running together for 1k-5k distance. The route is wheelchair accessible, rollerblades are allowed, bikes are not. Dogs are welcome, however must be on a leash.

The team is free to join, however, MEPEC encourages you to donate \$20. You will receive a team package including an official Terry Fox **"MEPEC Walkie Talkies Team"** T-shirt, and a custom MEPEC reusable water bottle. The best part? *MEPEC will match \$10 of your donation.* To participate, register [HERE!](#)

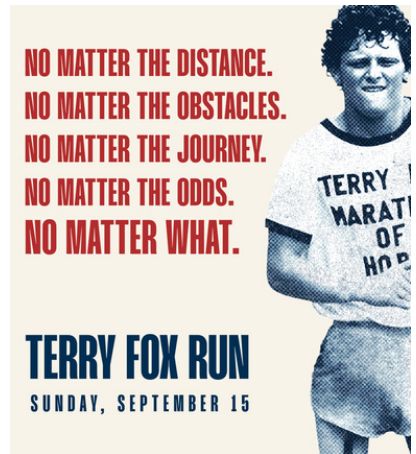
Can't make the event but would like to contribute? Share the MEPEC Walkie Talkies fundraising page with your friends, or feel free to make a direct donation, [HERE!](#)

Please note that any donations for the team package must be given to MEPEC directly. Donations made to the MEPEC fundraising page will not count towards the package; please refer to the registration form for further details.



WALK FOR JANICE COWAN

Janice Cowan was a cherished member of the MEPEC Community and was a part of the knitting group. On September 15th, all MEPEC staff as well the Walkie Talkies will be walking on Janice's behalf as we commemorate her life and kind heart.



Family & Early Childhood

REGISTER FOR FALL 2024!

Are you ready to take part in our family and early childhood activities and events? We are ready for you with a full schedule.

To take a look at what we have to offer this Fall, click [HERE](#).

We hope everyone had a well-rested summer, enjoying family time and the beautiful weather we were fortunate to receive. Participating in our activities is a wonderful opportunity to meet new people within your community, engage in healthy and educative programs, and enjoy the numerous benefits that leisure and recreation have on the body and the mind!

We are thrilled to be back this September with brand new programs and activities catered to your needs. For a full scope, you can view our online Programs & Activities document, [HERE](#).

We hope you find something that peaks your interest and gets you involved!



2024-2025 Annual Programs & Activities



THE CITY OF BLOEIL IS HAVING A FAMILY EVENT

Don't miss out on Beloeil's September family event: Salon des familles de la Vallée!

The Table de concertation Jeunesse de la Vallée des Patriotes and the Table de concertation de la petite enfance de la Vallée des Patriotes are joining forces to invite families to the Salon des Familles de la Vallée-du-Richelieu on **Saturday, September 14th** at Polybel high school in Beloeil. Our aim is to provide parents with information on positive parenting practices. Participants will be able to meet local community organizations in the exhibitor area. There will also be talks on various themes of interest to parents of children of all ages. Children will be able to use the play area to burn off some energy. Lastly, there will be a bazaar area where anyone who wants to can clear out their clutter with items that can be used by others. If you are interested in reserving a table at the Bazaar, please register [HERE](#).

For more information on details and location, click [HERE](#).



Youth & Education

SAFE SPACE ROOM AT HERITAGE REGIONAL HIGH SCHOOL

Jennifer Garofano

We are happy to share that MEPEC and Heritage Regional High School (Saint-Hubert) will be partners once again for another school year. As a pilot project with ideas derived from a student survey, We will be providing HRHS with a Safe Space Room in their Learning Commons area.

This room will be aimed at a space for students in need of special attention emotionally and mentally with a staff member. The purpose is to avoid students leaving their classroom and provide a time and place to recalibrate and set goals for the day. As we begin planning the logistics of our new space, we first must design it! Our theme will be "Calm Boho" and are seeking any donations from our community to help us decorate the room to ensure it provides a calm atmosphere. If you'd like to donate items such as lamps, meditative activities, plants, coasters, chairs, window covers, etc., please contact: kareen.masse@mepec-pemca.org



WHY SHOULD TEENS BE OFFERED A SAFE SPACE IN THEIR SCHOOL?

Providing teens with a safe space in high schools is crucial for their development and well-being. Allowing them a space, dedicated to their mental wellness can allow them the reassurance they need to be resilient and independent when it comes to their emotions.

Emotional Support: Teens often face emotional challenges related to academics, social pressures, and personal issues. A safe space offers a supportive environment where they can express their feelings and seek guidance without fear of judgment.

Mental Health: A safe space can be a refuge for students dealing with mental health issues like anxiety, depression, or trauma. It provides a non-threatening environment where they can engage in activities that promote mental well-being, such as counseling or relaxation techniques.

Conflict Resolution: These spaces can serve as neutral ground where students can work through conflicts or misunderstandings with peers in a calm, structured environment. This can help prevent escalation and promote constructive dialogue.

WHAT ARE THE LONG TERM BENEFITS OF TEENS HAVING A SAFE SPACE TO TURN TO?

Increased Autonomy: Allowing teens some control over how they spend their time in a free space can promote a sense of autonomy and responsibility. This can help build their decision-making skills and self-discipline. Eventually teens can learn how to self regulate their emotions and feelings.

Encouragement of Healthy Habits: By providing a space that supports relaxation and social interaction, eventually teens are encouraged to seek healthier habits. Students might use the time for physical activities, mindfulness exercises, or simply to engage in meaningful conversations. Teens can learn the value in providing themselves with a quiet space, time to reflect, or other tips they learn along the way.

Positive School Climate: A free space can contribute to a positive school climate by showing that the school values student well-being and understands the importance of balance between work and relaxation. This can increase student attendance in the long-run and make teens feel if an issue arises at school, there is a safe space for them to turn to.



Seniors Wellness

ON TURNING 65

Jennifer Garofano

Many Baby Boomers will be turning 65 in 2024 and we wanted to share an early birthday present with you - an encouraging guide to gracefully embracing this new chapter of life and celebrating the journey of becoming a "senior." Here are some important words of wisdom to remember:

Aging is a Privilege:

First and foremost, aging is a privilege that not everyone gets to experience. Each year you've lived is a testament to your resilience and the rich experiences that have shaped you. As you approach this milestone, take pride in your accomplishments, hard lessons and new skills acquired along the way. Think of the gratitude you feel for reaching this wonderful point in your life.

Keep in Shape:

Maintaining physical health is crucial as we age. Regular exercise can help keep your body strong, improve your mood, and boost overall well-being. Consider incorporating activities that you enjoy, whether it's gardening, walking, swimming, or practicing yoga. Staying active not only supports physical health but also enhances mental clarity and emotional resilience.

Take Daily Walks:

One of the simplest yet most effective ways to stay active is through daily walks. Walking is a low-impact exercise that can be adapted to fit any fitness level. It allows you to connect with nature, clear your mind, and enjoy the present moment.

Read a Novel:

Reading can be a delightful and enriching pastime. Dive into novels that transport you to different worlds, challenge your thinking, or simply entertain you. Books have the power to stimulate your mind, provide relaxation, and offer new perspectives. Set aside time for reading as part of your routine to continually engage and inspire yourself.

Break Isolation:

Social connections are vital for emotional health. We were not beings who are meant to be alone, find company and keep busy. If you find yourself feeling isolated, make an effort to reach out to friends, family, and loved ones. Engaging in meaningful conversations and shared activities can uplift your spirits and strengthen relationships. Don't hesitate to reconnect with old friends or seek out new social opportunities.

Join Your Community:

Becoming an active member of your community can bring a sense of purpose and belonging. Look for local groups, clubs, or volunteer opportunities that align with your interests and passions. Whether it's participating in a book club, attending community events, or volunteering for a cause you care about, getting involved can provide fulfillment and help you build new connections.



JOIN THE MEPEC COMMUNITY

Specifically catered to seniors, MEPEC offers an array of recreation just for you. Join us for active activities which hold numerous benefits to your body mind, such as, Aqua Fitness and Seniors Sneakers! We also offer the Intergenerational Pen Pals program and weekly Trivia Nights. All of our other activities welcome members of all ages. Take a look at our new programs and activities, [HERE.](#)



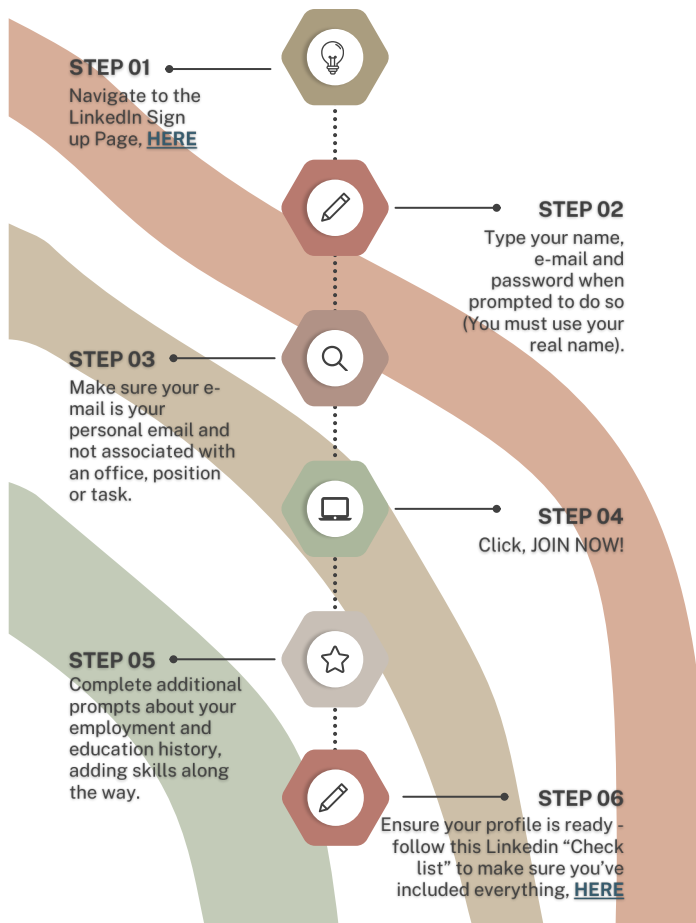
Employment & Education



HOW TO MAKE A LINKED IN PROFILE

LinkedIn, for those who do not know, is a business and employment-focused social media platform that works through websites and mobile apps. Members create their very own profile including relevant employment and experience history. LinkedIn also allows members to research various companies and explore values, mission and employment opportunities across the globe.

LinkedIn has helped 4 million people get jobs through its "Jobs for You" feature on their website, and candidates with a comprehensive LinkedIn profile have a 71% higher chance of getting a job interview. If you are seeking further endeavors, and want to make a healthy career change, we strongly encourage you make your very own LinkedIn profile.



Job Board

NEW POSITIONS NEAR YOU

In this new section of our newsletter, we want to promote our fellow partner's job opportunities. This helps our partners find appropriate candidates as well as helps our members find local partnership job opportunities all in our place.

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CEC Publishing Inc., Project Manager

To apply, click [HERE](#)



Hôtel de Ville Saint-Jean-sur-Richelieu, Investigation & Prevention Technician

To apply, click [HERE](#)



City of Brossard, Division Manager

To apply, click [HERE](#)



Head & Hands, Young Parents Program Director

To apply, click [HERE](#)



Autism Montreal, Coordination of the Access Respite Service

To apply, click [HERE](#)

Arts & Culture

WE WILL SOON BE LAUNCHING OUR ONLINE BOOK DATABASE!

We are thrilled to share our new library database with you shortly. We hope this new process will bring you closer to our community Library!

You will be able to research all our novels online, as well as reserve one just for you!

Stay tuned for our October Newsletter issue for more information.



MINIBIBLIO+ (EARLY CHILDHOOD LIBRARY)



Drop by our Community Space and come check out some new titles for kids! We have received over 200 books lent to us through our collaboration with Fraser Hickson's Minibiblioplus program. Parents are welcome to pass by during our morning activities to borrow Early Childhood books!

DID YOU KNOW YOU CAN LEND A KINDLE?

Our Kindles at MEPEC are available to borrow as a part of our regular book lending program.

This is a great opportunity to discover new novels at the tip of your fingers. Don't like the Kindle eBooks? We've got you covered with over 4000 English hardcover novels and pocket books available!



MEPEC'S BOOK CLUB

The book club is an enjoyable social activity and an opportunity to expand your literary horizons. Each month we discuss a new book that has been chosen by the group, or we suggest a theme and members get to select novels that respect the chosen theme.

Meetings are held the last **Wednesday of each month from 6:30 pm to 8:00 pm** in our community space.

To participate, register [HERE!](#)



OPENING HOURS:

**TUESDAYS,
WEDNESDAYS &
THURSDAYS
1:30 PM TO 3:30 PM**

Our library is filled with books about love, opportunity, success, journeys and possibilities. We invite you to have a visit and borrow a great read!

Partners' Activities and Services



AMIQUÉBEC SUPPORT GROUPS

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

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

September 9th: Support Groups for Anxiety, Bipolar, Family & Friends



ENSEMBLE LONGUEUIL

Share photos of your city and contribute to it's transformation! The city of Longueuil is asking you to fill out a short questionnaire and to register. Take part in the Ensemble action-research project, which aims to improve social cohesion so that members of a community feel accepted, supported, safe and connected to each other.

Find their questionnaire, [HERE](#)
Learn more about Ensemble, [HERE](#)



SOUTH SHORE LIFE-LONG LEARNING

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



ARTHRITE RIVE-SUD

Arthritis Rive-Sud is a community organization dedicated to informing, supporting and helping individuals and their loved ones to live better with any form of arthritis. They offer a variety of conferences such as "Share and shine", "I take care of my arthritis", and activities such as Adapted Exercises and Adapted Dance.

For more information, check out their bilingual calendar of activities [HERE](#).



BACK TO REALITY: STREET FEST

Looking for talented face painting artists for your children? The 3rd annual Street-Fest will be hosted in Saint-Hubert on **Friday, September 20th, 2024**. This is a wonderful and creative activity to conclude the last bits of summer and welcome the new school year together as a family. Get back to reality with other families during this new cycle.

This event will be from **5:30-8:00 pm at 4955 Montee St. Hubert, QC**. For more information on the details of this family party call 438-935-0372.



THE AMERICAN WOMEN'S CLUB: ALICE IN WONDERLAND

Join the American Women's Club on Saturday, September 7th, 2024 at Olympia Reception Restaurant for a dinner, dancing, silent auction, raffles and more!

All proceeds will benefit [Our Harbour](#), a caring, cost-effective long-term housing program on Montreal's South Shore for people of diverse backgrounds living with mental health conditions.

Buy tickets [HERE](#).



SOUTH SHORE RETIRED EDUCATORS

September Presentation: Essor Santé is a Vaccination Clinic specialized in Travel Health since 2009, assisting clients with their travel Health and Safety preparations. Anne Chenard, Bachelor of Nursing MBA, will share the following topics.

- How to prepare for an unforgettable trip
- New Vaccine recommendations for 50 and over
- Trip Insurance consultation for travel with complete peace of mind and Questions & Answers

Contact southshoreretirededucators@gmail.com if interested



YES MONTREAL EMPLOYMENT & ENTREPRENEURSHIP

Yes Employment will be hosting Entrepreneurship workshops and services during the month of September on Business Coaching. For more details on their schedule, click [HERE](#).

They will also be offering Employment Workshops and Services during the month of September for youth. For more details on their schedule, click [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

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@mepecyouth

@mepec_monteregie_east
@mepecyouth

@Mepec-Pemca

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avec les Québécois
d'expression anglaise**

