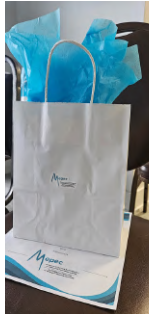


THE MEPECER



THANK YOU TO EVERYONE WHO ATTENDED OUR ANNUAL GENERAL MEETING!

We want to kindly thank everyone who attended our Annual General Meeting. We sincerely thank our members for their unwavering support, which helps us persevere. Most importantly we have to thank Paul Mitchell, our former President for all his time and dedication to MEPEC, you will be missed. Although bittersweet, we also had the privilege of welcoming Stephen Thompson as our new President, we are thrilled to begin this new journey. We would like extend our heartfelt congratulations to Elizabeth Doyon for receiving the McGill bursary, and a special thank you to Denise Parsons for generously providing us the space at Manoir Saint-Bruno.



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If you have been forwarded this publication and wish to subscribe to receive it, contact us or visit our website to become a member.

Health and Social Services

RAMQ & HOW TO REGISTER ON THE WAITING LIST FOR A FAMILY DOCTOR

We are fully aware of the difficulties and frustrations of not having family doctor. If you are seeking an appointment with a healthcare professional while you do not have a family doctor, we advise you to follow the steps of last month's September newsletter (LINK). In the meantime, while you rely on that service, we want to help you get on waiting list for a family doctor. There are 3 ways to do this:

RÉGIE DE L'ASSURANCE MALADIE DU QUÉBEC

With your Health Insurance Card, you can benefit from a range of services covered under the Québec Health Insurance Plan.

Explore the various options best suited to your needs:

HEALTH INSURANCE CARD

- [How do I obtain a new Health Insurance Card?](#)
- [How do I renew my Health Insurance Card?](#)
- [How do I replace or correct my Health Insurance Card?](#)
- [What are the eligibility conditions to obtain a Health Insurance card?](#)
- [How can I register or re-register for a Health Insurance card?](#)

HOW TO REGISTER FOR A FAMILY DOCTOR

One option is to register online, by using the [Guichet d'accès à un médecin de famille / Québec Family Doctor Finder \(GAMF\)](#)

Another online option is to use your [Québec Health Booklet](#).

Lastly, you can contact your [region's CLSC](#) and do this task over the phone.

For more information about registering, eligibility, updating your registration, finding your own family doctor, and more, visit: [Registering with a Family Doctor](#).

To keep your place on the waiting list, it is important to make sure that your registration with the Québec Family Doctor Finder is kept up to date. Do not forget to update your contact information and to report any changes in your health condition. To find about more, go to the page [Québec Family Doctor Finder](#).



In the event of a serious problem or emergency, please dial 9-1-1 or go to the emergency room.

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 book that has been chosen for this month is "The Book of Negroes" by Lawrence Hill. 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 also 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 meeting point will be emailed to registered walkers every week. To participate, register [HERE](#).



HISTORICAL ARTISTS WORKSHOP



This free three part workshop series will include a guided tour of each historical site followed by an art workshop. Open to everyone, this is a perfect opportunity to connect, learn, and celebrate our shared heritage!

For the 1st workshop participants will meet at Domaine Ozias-Leduc on Saturday, October 26th at 2:00-3:30pm. Location: 272 Chemin Ozias-Leduc Mont-Saint-Hilaire.

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, 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 Tuesdays from 8:30 - 10:00 and 10:30-12:00. Cost: 10\$.
Waitlist.



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. Waitlist.



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.

Wednesdays from 10:30am -11:30am. Cost: \$10.
Register [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.

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

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.

Thursdays at St. Bruno from 9:30-10:30 am. Cost: \$10
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.

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



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.roberts1@gmail.com

MEPEC's Seniors Activities



SENIORS' SNEAKERS: OTTERBURN PARK AND SAINT BRUNO

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

We apologize for the ones who couldn't participate in Spring 2024 session! **We encourage you to join our waiting list, [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 Beloeil.

Wednesdays 10:30am-11:30am. Cost: \$40

Although we are full, we encourage you to sign up on our waiting list, [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. **Stay tuned for the start date and registration period.**



SENIORS LUNCHEON

NEW

We're excited to announce that we will be hosting community lunches for Seniors once a month! Join us for delicious food, engaging conversation, and a chance to build lasting connections. The Senior's Luncheon will take place in our community space at noon on **October 17th**.

Register as soon as possible, [HERE](#).



SENIORS NIGHT WITH ROB LUTES

NEW

We invite you to our special Seniors Night on **Friday, October 4th, starting at 5:00 PM - 9:00 PM**. Enjoy a delightful evening featuring a workshop by Rob Lutes on the history of music, followed by a three-course dinner: vegetable potage, pork medallions with spaghetti and vegetables, and dessert with tea and coffee. Alcoholic beverages will be available for purchase.

Registration closed.

MEPEC's Information Hub

HISTORICAL ARTISTS: JOIN OUR BRAND-NEW ART WORKSHOP OPEN TO EVERYONE!



Through funding from Canadian Heritage, we are thrilled to offer an artistic activity that incorporates Canadian and Quebec history while showcasing the heritage sites within our community. Collaborating with the Mont Saint-Hilaire Museum of Fine Arts (MBAMSH - Le Musée des Beaux-Arts de Mont-Saint-Hilaire) our community will learn about the artistic pioneers within the community, Paul-Émile Borduas, Ozias Leduc and Jordi Bonet.

During these outings the participants will receive a brief historical background of the site, outlining the significance and importance of the chosen location to local history. Following the tour, participants will be provided with art materials and will be invited to create their own artistic expression of the site. We would like to adapt the services offered at these heritage sites in English so the English-speaking community as well as the French-speaking community can enjoy the history of our province and country.



Join us for an exciting artistic journey through Quebec history!

This FREE three part workshop series will include a guided tour of each historical site followed by an art workshop. Our first event will highlight Ozias Leduc who is considered one of the most significant painters in Canadian History! Open to everyone, this is a perfect opportunity to connect, learn, and celebrate our shared heritage!

Workshop 1: Ozias-Leduc

Date: Saturday, October 26th, 2024

Time: 2:00-3:30pm

Location: 272 Chemin Ozias-Leduc Mont-Saint-Hilaire.

Participants will meet at the Domaine Ozias-Leduc for a guided tour and workshop. Workshop 2 and 3 are scheduled for February and March. Join us for one, two, or all three sessions. Register now [HERE](#) to reserve your spot!

Family & Early Childhood

HALLOWEEN FESTIVITIES NEAR YOU!

Halloween in Saint-Bruno:

Don't miss Ski Saint Bruno's Halloween event on October 28th from 10:00am - 4:00 pm.

• [550 Rang des Vingt-Cinq Est. Saint-Bruno, QC J3V 0G6, Canada](#)

Dwarfs and other magical creatures have planned to take refuge in the Haunted Forest and all over Ski Saint-Bruno. Looks like they're working on a plan to kick-start Halloween... Maybe you want to go undercover and put on your costume this weekend? Pack your scariest costumes! A pumpkin hunt along with several sweet prizes are waiting for you! Psst... We received highly confidential information. Skigolo seems to be the one who sent out the invitation to the witches and wizards. Who knows, maybe he'll be there?

To enjoy these haunted week-ends at the mount, get your ticket [HERE](#).



Halloween in Saint-Hilaire:

Do not miss Halloween 2024 on October 31st from 6:00pm - 9:00 pm at La Maison Des Jeunes des Quatre Fenetres.

• [100, rue Michel, Mont-Saint-Hilaire Derrière l'école Aquarelle](#)

There will be an outdoor, haunted maze for families, a haunted house and of course, a distribution of candy!



Halloween in Boucherville:

The city of Boucherville is hosting various events for you and your family come October.

October 25: The Family Thrill Trail at Bois-de-Brouage Park is a must-do activity to celebrate Halloween in Boucherville! Click [HERE](#) for more information.

October 26: Come and enjoy a festive afternoon at the Lionel-Daunais Public Market. Click [HERE](#) for details.

October 31: Haunted Youth House! Click [HERE](#) for details.

Want to register for the Boucherville Haunted Trail? Click [HERE](#) to sign up!



MEPEC wishes you a safe and happy Halloween!

Youth & Education

DISCIPLINE 101: THE DO'S AND DON'TS OF PARENTING



Parenting is a deeply rewarding yet often challenging journey. Every parent recognizes that there isn't a universal method that works for everyone, but there are some key principles to consider.

Consistency is key with children, especially preschoolers. Once you establish a rule or limit, it's important to enforce it the same way each time your child steps over the line. Following through consistently provides your child with a sense of security and stability. They learn that you will be there for them if they have trouble regulating their emotions or when they are trying to do something that is not safe for them. Children of all ages typically thrive on predictable and consistent routines. Try keeping the essential rhythms of your day the same from week to week, month to month, including: mealtimes, getting dressed, leaving for school and bedtime.

To help prevent challenging behaviors, **offer your child choices** when they're feeling overwhelmed. Presenting two options empowers them while still keeping your routine intact.

Following **regular routines** can help establish an expectation that you and your child will follow the routine. And when a young child can anticipate what will happen next in their day, they may be more apt to transition to each event or activity smoothly.

Don't forget to acknowledge and **praise positive behavior!** If it seems like your feedback is mostly negative, you're not alone. However, pay attention to moments when your child expresses gratitude, shares toys, or puts on their shoes independently. Be specific in your praise to reinforce these behaviors.

Studies show that screen time for children should be no more than one hour per day. **Limiting screen time** for your children has been proven to impact children behaviorally, cognitively and emotionally.

Parenting is a continuous journey of learning for both you and your child. By adhering to these guidelines, you can foster a supportive environment that encourages healthy development, resilience, and strong family connections. Remember, there's no perfect parent, but being intentional in your approach can significantly impact your family's well-being.



The Do's

1. Do Show Unconditional Love. Your children need to know they are loved no matter what. This foundation fosters their self-esteem and emotional well-being.
2. Do Set Clear Boundaries. Children thrive in structured environments. Establish consistent rules and consequences to help them understand expectations and limits.
3. Do Encourage Independence. Allow your children to make choices and learn from their mistakes. This nurtures confidence and decision-making skills.
4. Do Foster Open Communication. Create a safe space for your children to express their feelings and thoughts. Listen actively and validate their emotions to build trust.

The Don'ts

1. Don't Compare Your Children to Others. Every child develops at their own pace. Comparing them to siblings or peers can lead to feelings of inadequacy and resentment.
2. Don't Use Negative Labels. Avoid labeling your children with terms like "lazy" or "troublesome." Such labels can shape their self-image negatively. Instead, focus on behaviors rather than character.
3. Don't Overprotect. While it's natural to want to shield your children from harm, overprotection can hinder their ability to handle challenges. Encourage risk-taking within safe boundaries.
4. Don't Dismiss Their Feelings. Children experience emotions intensely. Dismissing their feelings can lead to frustration and a sense of isolation. Acknowledge their feelings, even if you don't fully understand them.

Seniors Wellness

TASTY & DELICIOUS LUNCH FOR SENIORS IN OUR COMMUNITY SPACE!

We're excited to announce that we will be hosting community lunches for Seniors once a month! Join us for delicious food, engaging conversation, and a chance to build lasting connections. The Senior's Luncheon Program will take place in our community space at noon, the **third Thursday of each month from October to March**. Early registration is encouraged as we are accepting a maximum of 20-25 people.

If you are interested, sign up [HERE](#). If you register, you will be assigned a date. Please note that registration doesn't mean confirmation. You will receive a second email from the organizer confirming your spot. Join us on October 17th for our very first luncheon.



THE BENEFITS OF COMMUNITY MEALS FOR SENIORS

As people age, maintaining social connections and a healthy lifestyle becomes more important than ever. One of the most effective and enjoyable ways to achieve both is through community meals or lunches. These gatherings offer much more than just a meal—they provide seniors with a chance to connect, share stories, and engage with their community, all while enjoying nutritious food.

Combatting Loneliness and Isolation

Many seniors experience loneliness due to life changes such as retirement, the loss of a spouse, or children moving away. Community meals provide an opportunity for seniors to meet regularly with others, helping them form new friendships and maintain meaningful social interactions. Social connections can improve mental health, reduce feelings of depression, and even enhance cognitive function.

Promoting Healthy Eating

Seniors often face challenges when it comes to preparing healthy meals at home, whether due to limited mobility, difficulty shopping, or simply lack of motivation to cook for one. Community meals ensure that seniors enjoy a balanced and nutritious meal, which can positively impact their overall health. By providing fresh and wholesome food, these gatherings can help seniors meet their dietary needs, prevent malnutrition, and promote well-being.

Building a Sense of Community

Community meals foster a sense of belonging and strengthen the social fabric of neighborhoods. They provide an inclusive space where seniors can feel valued and connected to their community. These events encourage participation and engagement in other community activities, helping seniors stay active and involved in their local area.

Emotional and Mental Well-being

Eating together can boost emotional well-being. The simple act of sharing a meal can lift spirits, reduce stress, and provide a comforting routine. Having something to look forward to, like a weekly community lunch, gives seniors a sense of purpose and positivity in their day-to-day lives.

Employment & Education

HOW TO MAKE AN EXCELLENT CV AND COVER LETTER

Having a hard time finding a job? Perhaps your CV needs some tweaking! When it comes to landing your dream job, a well-crafted CV can make all the difference. Your CV serves as a first impression to potential employers, highlighting your skills, experiences, and qualifications. Whether you're a recent graduate or a seasoned professional, follow our advice to create a standout CV that truly represents you. Follow these steps to ensure your CV stands out from the competition:

1. Understand the Purpose of Your CV

Your CV is not just a list of qualifications; it's your personal marketing tool. Its purpose is to present your skills, experiences, and achievements in a way that convinces employers you're the right fit for the job.

2. Choose the Right CV Format

Select a CV format that suits your background and the industry you're applying to. Common formats include chronological, functional, and combination CVs. Tailor your choice to showcase your strengths effectively.

3. Start with a Compelling Header

Your CV header should include your full name, professional title, contact information, and optionally, a link to your LinkedIn profile. This header is the first thing employers see, so make it attention-grabbing.

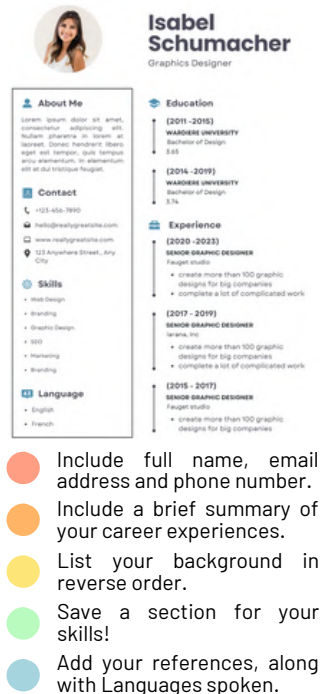
4. Craft a Strong Personal Statement

Write a concise personal statement that highlights your career goals, key skills, and what you bring to the table. Make it clear why you're a valuable asset to potential employers.

5. Showcase Your Work Experience

List your work experience in reverse chronological order, starting with your most recent job. For each role, include the company name, your position, dates of employment, and a brief description of your responsibilities and achievements.

See the additional steps [HERE](#) on LinkedIn.



Isabel Schumacher
Graphics Designer

About Me
Lorem ipsum dolor sit amet, consectetur adipiscing elit. Nullam pharetra in ipsum ac feugiat. Donec hendrerit blandit eget. Sed tempus, nulla fermentum, nulla fermentum, in aliquam, sit at orci tristique feugiat.

Contact
+123-456-7890
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123 Anywhere Street, Any City

Skills
• Web Design
• Branding
• Graphic Design
• SEO
• Marketing
• Branding

Language
• English
• French

Education
(2011 - 2015)
WARRICK UNIVERSITY
 Bachelor of Design
 88%
(2016 - 2019)
WARRICK UNIVERSITY
 Bachelor of Design
 87%
Experience
(2020 - 2023)
SENIOR GRAPHIC DESIGNER
 Fugiat Inc.
 • create more than 100 graphic designs for big companies
 • complete a lot of complicated work
(2017 - 2019)
SENIOR GRAPHIC DESIGNER
 Ipsum, Inc.
 • create more than 100 graphic designs for big companies
 • complete a lot of complicated work
(2015 - 2017)
SENIOR GRAPHIC DESIGNER
 Fugiat Inc.
 • create more than 100 graphic designs for big companies

- Include full name, email address and phone number.
- Include a brief summary of your career experiences.
- List your background in reverse order.
- Save a section for your skills!
- Add your references, along with Languages spoken.

MCIT CAREER CENTER WORKSHOP: HOW TO BUILD A PROFESSIONAL RESUME

Lucky for you MCIT's is hosting a workshop on Wednesday, October 9th at 6:00 pm, online.

Join MCIT's Career Centre Director, Louis Karras, and explore how to craft an impactful resume. This event will cover: Effectively highlighting your technical soft skills, describing your work experience & achievements, enhance your ability to capture the attention of potential employers and improve your chances of securing your ideal job. Register [HERE](#).



MC IT MONTREAL COLLEGE IT

Join us !
Wednesday the 9th of October 2024 at 6:00pm !

CAREER CENTER WORKSHOP
"HOW TO BUILD A PROFESSIONAL RESUME"

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.



Riverside School Board, School/Daycare Educator

To apply, click [HERE](#).



La Maison des Enfants de la Montérégie, Commis de bureau

To apply, click [HERE](#).



CDC Vallée-du-Richelieu, Agent(e) de liaison et mobilisation

To apply, click [HERE](#).



JA Quebec, Assistant, Programs and Administration

To apply, click [HERE](#).



The Looma, Sales Advisor

To apply, click [HERE](#).

Arts & Culture

AN INTRODUCTION TO HOW ONLINE LIBRARIES WORK

Libraries have always been central to communities, offering a rich source of knowledge, imagination, and lifelong learning. As technology advances, libraries are evolving to meet the needs of the digital age. Many community libraries worldwide now offer online databases, making it easier than ever for members to search for a novel, reserve a book, or explore a new genre. These online systems offer users a new and convenient way to engage with their library, all from the comfort of their homes.

Online libraries offer users an intuitive experience, allowing members to browse book catalogues, audiobooks, and sometimes even e-books, all with just a few clicks. In many cases, these systems replicate the traditional experience of visiting a library. Once reserved, the books can be picked up at the library, or, in some cases, delivered digitally for instant access.

Essentially, online libraries are built to connect communities, giving everyone equal access to knowledge, regardless of location or time. They encourage more people to use their services, whether they are regular visitors or have not visited in years. This shift to online databases also means libraries can reach a broader audience, especially young generations and people with reduced mobility.

Online databases are designed to be easy to use, and many libraries around the world have adopted them successfully. Members stay informed about new arrivals, bestsellers, and even upcoming events. In this way, users feel more connected to their library and actively participate in the appropriation of knowledge and the excitement of discovering something new.



WE WILL SOON BE LAUNCHING OUR ONLINE BOOK DATABASE!

We are thrilled that we will be able 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 it for later pick up.

We can't expect a near-perfect database, but we can guarantee a revamped online database thanks to the hard work of our team and library volunteers. We hope this new database will be more than worth it for all our members! Stay tuned for our November Newsletter issue for more information on how to access our online library. We are working on it!



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



AMIQUEBEC 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.



TANDEM EMPLOI AGM

Do not miss Tandem Emploi's Annual General Meeting which will be held on October 17th at 6:30 pm at **545, boulevard Sir-Wilfrid-Laurier, office 301, in Beloeil.**

You will receive the annual activity report and there will be elections of directors, since two positions are to be filled.

A snack will be served after the meeting.

For information or registration (mandatory), please contact Johanne Ricard at: 450 464-5323, ext. 213.



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



MCGILL COMMUNITY LIFELONG LEARNING

For people who want to learn for the fun 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](#).



QUEBEC SUPPORT GROUP - CELIAC CANADA

On Sunday October 6th the Team Quebec Support Group for Celiac Canada has organized a 5 km walk in Parc Saint Bruno to raise awareness and much needed funds for Celiac Canada.

In conjunction with the Toronto Waterfront Marathon and their Captain Margaret. Click [HERE](#) to donate to a team.



YES EMPLOYMENT

Join YES Montreal on **October 8th at 12:00 pm - 3:30 pm**, online for their "[Legal Information Clinic](#)". Are legal information questions keeping you up at night? Take advantage of our free, weekly legal information clinics for entrepreneurs. Our Legal Information Officer is available to provide information and answer questions related to business issues such as business structures, contract law, taxation, and intellectual property.

For information on how to register, click [HERE](#).

MCIT MONTREAL COLLEGE IT

Join us!
Wednesday the 9th of October 2024 at 6:00pm!

CAREER CENTER WORKSHOP
"HOW TO BUILD A PROFESSIONAL RESUME"

CAREER CENTER WORKSHOP: HOW TO BUILD A RESUME

Join MCIT's Career Centre Director, Louis Karras, and explore how to craft an impactful resume, on **Wednesday, October 9th at 6:00 pm, online**.

To reserve a spot, click [HERE](#).

HOPE & COPE

HOPE AND COPE

Join Hope & Cope's in-person, *English* activities in June:

Tuesday(s): Chair Workout, Relaxation

Wednesday(s): Open Art Studio

Thursday(s): Qi Gong

Additional English Workshops: Stronger Together, Living with Loss, The Art of Coping & Cancer & Sexuality.

For detailed scheduling, date and times, please see their calendar [HERE](#), or call **514-340-3616**.



DISCOVER FORT-CHAMBLY

Integration Competence is hosting a discovery activity of the historic site of Fort-Chambly. Join them on October 6th from 1:10 pm - 3:30 pm.

To participate, register [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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**Secrétariat aux relations
avec les Québécois
d'expression anglaise**

