

THE MEPECER



STAR PROGRAM WINNER: AFIYA ROBERTS

We are thrilled to announce that Afiya Roberts has been named the STAR Program Winner this Fall! Afiya's unwavering dedication to our Family activities as a volunteer has been nothing short of exceptional. She has spearheaded successful initiatives, most notably facilitating the parenting skills workshops last spring, and regularly made it a point to attend our family activities with her little ones. Her contribution has been invaluable, and we are extremely grateful to have her in our community. We couldn't be prouder of Afiya, who has rightfully received this well-deserved award! Let's all congratulate Afiya on her incredible achievement!



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A SNEAK PEAK OF OUR FALL ACTIVITIES!

Take a look at some memorable moments from our programs, workshops and special events over the past two months! Thank you to all our members and partners who participated!



Health and Social Services

QUEBEC HAS OPENED A NEW UNIVERSITY FAMILY MEDICINE GROUP IN BOUCHERVILLE!

The Minister responsible for Social Services and MNA for Taillon, Lionel Carmant, today inaugurated the opening of the new Groupe de médecine de famille universitaire (GMF-U) des Montérégiennes, on the territory of the Centre intégré de santé et de services sociaux de la Montérégie-Est. The new GMF-U, in Boucherville, is affiliated with the Université de Montréal.

The team, which includes teaching physicians, specialized nurse practitioners, nurse clinicians, nursing assistants, a social worker and a pharmacist, has been welcoming patients since the end of September. The GMF-U's new bright and modern premises include 2 minor surgery rooms, 26 examination rooms, 4 consultation rooms, and equipment to accommodate a variety of patients.

The GMF-U welcomes candidates from the Université de Montréal's family medicine residency, medical externship and specialized nurse practitioner (SNP) master's programs.

For more details and information, click [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 the community space. The next meeting will be on November 27th. There isn't a specific title, the genre is non-fiction.

Don't miss out on this wonderful group reading activity! To participate, please register [HERE](#).



TRIVIA NIGHT



Join us for our trivia night on November 12th at 7:00 - 8:00 pm. From questions about science to history to psychology, we keep the topics varied and interesting.

To register, click [HERE](#).



EMPLOYMENT LUNCH & LEARN



MEPEC will be hosting local organizations that will share insights on employment pathways & community resources. Employment and Integration in our Community will be held on Friday, December 6th at 11:00 am in our Community Space. Take the time to connect with community leaders and discover new opportunities! Children are welcome to come and lunch will be provided!

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, click [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 program is designed with Mom & Tot in mind! Regain balance, strengthen core and promote wellness.

Thursdays from 9:30-10:30 am at St. Bruno Manoir. Cost: \$10
Register [HERE!](#)



PRESENTATIONS DURING DROP-IN

NEW

Drop by our Community Space with your little ones to have a coffee and learn. Take a break from your regular routine and come connect with other families. **Fridays from 9 am to 12 pm.** Cost: \$5. Sign up [HERE](#). Upcoming Presentations:

- Reading Comprehension Presentation on Nov. 7th.
- Dental Hygienist on Nov. 14th.
- Police Officer Visit on Friday on Nov. 22nd.
- Kindergarten Teacher Presentation on Nov. 28th.



COOK WITH DADS

NEW

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 take place on **November 16th at 10 am** in our community Space, it's always a fun time with Dad!



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



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 from 9:30-11:30 am. Cost: \$10.



SPROUTS MOVE AT LE BERCEAU

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 to 10:30 am. Cost: \$10.



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!](#)



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 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.

If interested, **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. WAITLIST.



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.

Join this weekly free meet-up every **Tuesday from 1:30-2:30pm**. To participate, please register [HERE!](#)



BAG PAINTING - ART HIVE

NEW

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 **November 7th from 1:00 - 3:00 pm**.

To participate, click [HERE](#).



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 **November 21st**.

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

MEPEC's Information Hub

HOLIDAY BASKETS: WHY, HOW AND WHERE TO DONATE FOR THOSE IN NEED

The holiday season, often called the "season of giving," is a time to spread kindness and generosity. Giving during the holidays goes beyond exchanging gifts—it's about showing care for others and strengthening our connections with loved ones and those in need. Whether through thoughtful presents, acts of service, or donations, giving brings joy to both the giver and receiver. It reminds us of the values of gratitude, compassion, and community, making the holidays a time for sharing warmth and creating lasting memories.

Interested in giving back this season? Here are some local fundraisers:

- **Holiday of Hope Campaign - Heritage Regional High School**

Every year, Heritage Regional High school organizes the Holiday of Hope Campaign through November to December, collecting non-perishable items. Additionally, for the second year, they will be having their much anticipated Used Book Drive. Various books of good quality will be sold at Heritage on December 3rd, 4th and 5th to students, staff and the outside community.

To drop off non-perishable items, contact: jennifer.garofano@rsb.qc.ca

To drop off books still in good shape, donations are accepted from October 21st to November 15th latest at the reception.

- **Sun Youth**

Every year, Sun Youth participates in distributing Christmas and Chanukah baskets between December 18th to December 24th. Food baskets and toys are given to 18,000 low-income individuals and underprivileged families. Sun Youth needs the support of the public and of companies and is in need of non-perishable food items and hygiene products. Also, with winter around the corner, Sun Youth's clothing bank is open Monday to Thursday from 9:30am to 11:30am and from 1:30pm to 2:30pm.

For more information on how to donate, visit: their website, [HERE](#)

- **Action Dignite Saint-Hubert**

Gift certificates distribution for Christmas. Christmas baskets delivery for people living alone who cannot move around because of age, a disability or illness.

Contact them at 450-800-6113 or visit their website, [HERE](#).



Family & Early Childhood

BENEFITS OF MUSIC DURING EARLY CHILDHOOD

Did you know that music can have a big impact on your child's development? Music plays a significant role in early childhood development, offering far more than entertainment for young children. It stimulates brain development, supports emotional growth, and enhances social skills in ways that make it a powerful tool for learning and development. Our "Little Beats" program is designed to help children grow through the joy of music. Research shows that music helps build important brain connections that support skills like problem-solving, emotional understanding, and even early literacy. Through fun activities like singing, dancing, and playing instruments, children strengthen their ability to recognize sounds, patterns, and rhythms—all of which help with language and learning. Music also helps children build social skills and express their emotions.



In our "Little Beats" classes, children explore music in a creative, playful way, which helps them gain confidence and feel connected with others. By offering this fun and engaging environment, we support children in unlocking their full potential while they have a great time learning and growing!



LA GRANDE SEMAINE DES TOUS PETITS/ EARLY CHILDHOOD WEEK PHOTO CONTEST

Together, for equal opportunities in all environments, La Semaine des tout-petits will have its 9th edition from November 18th - 24th, 2024. For regional and national activity ideas, click [HERE](#).

Why an Early Childhood week? Early Childhood Week aims to give a voice to the 514 747 children aged 5 and under in Quebec and to make early childhood development a true social priority. Early Childhood Week is an opportunity for us as a society to stop for a moment, take a closer look at the youngest members of our community and think about what we can do, together, to help each and every one of them get the best possible start in life.

Let's make the most of this week to inspire and inform a conversation about early childhood development in Quebec, from the womb through to preschool, as we shine the spotlight on local and regional support initiatives, and engage community groups, the business world, elected officials and society as a whole. Early Childhood Week is an opportunity to raise awareness, encourage dialogue and advocate for early childhood development.

Early Childhood Week Photo Contest at MEPEC! Celebrate Early Childhood Week with MEPEC! Join our "Life with Little Ones" photo contest, capturing the joy of family moments with children ages 0-5. Each day during Early Childhood Week, we'll showcase winning photos from five fun themes: cooking together, neighborhood exploring, sunrise/sunset moments, outdoor play, and cozy storytime.

How to Enter?

Snap a photo that fits one (or more) of the themes and submit it by **November 15th** to d.lamarre@mepec-pemca.org. Instructions will be posted on our Sprouts Facebook page, so make sure to follow for contest details and to see our winning pictures!

Prizes?

Each theme winner receives a bundle of children's books!
We can't wait to see the beautiful moments that make early childhood so special

**EARLY
CHILDHOOD
— WEEK —**

Youth & Education

EXCITING RELAUNCH OF MEPEC YOUTH SOCIAL MEDIA PAGES!

MEPEC Youth: Your Space, Your Voice, Your Community!

We are thrilled to announce the relaunch of the MEPEC Youth social media pages! These platforms are designed with our youth community in mind, offering a space to connect, share, and support one another.

Follow us on [Instagram](#) and [Facebook](#) to stay updated on mental health resources, fun activities, community events, and much more. Whether you're looking for support, ways to get involved, or just some positivity in your day, our pages have something for everyone. Parents, we encourage you to share this with your teens to help them stay connected and informed!

Follow for exciting updates, contests, and opportunities to engage with your community.



OVERCOMING ADVERSITY: A STUDENT'S PATH TO ACADEMIC SUCCESS

Elisabeth Doyon-Marchand was this year's recipient of the "Health and Social Services Community Leadership Bursary Program" funded by Dialogue McGill. Executive Director, Karoll-Ann Carrier (left) and Director of Operations, Debbie Hanney (right), were pleased to present Elisabeth with a cheque at this year's AGM.

Elisabeth's journey began in 2016 at Cégep du Vieux Montréal, studying social work. However, by 2018, personal challenges forced her to leave both her studies and her family home. This difficult time led to self-discovery and shaping her understanding of her goals.



Like so many others, the onset of the COVID-19 pandemic in 2020 brought greater hardship. She lost her job at Loto-Québec and had to rely on the Canada Emergency Response Benefit. Despite these setbacks, her determination never wavered. In 2022, she made the bold decision to return to school, this time in nursing.

Despite some financial challenges along the way, Elisabeth remained committed to her education. She pursued loans, scholarships, and leaned on her support network. Thanks to her perseverance and the help of a MEPEC bursary, she is now well-positioned to continue her studies with confidence.

The bursary has provided crucial financial relief, allowing her to manage her budget and set aside money for emergencies. Most importantly, it has given her peace of mind, enabling her to focus fully on her academic success. Looking ahead to university next fall, she remains hopeful, showing that resilience and community support can help overcome even the greatest challenges.

Seniors Wellness

VACCINATION AND GETTING READY FOR FLU SEASON: A GUIDE FOR SENIORS



As autumn sets in, the onset of flu season reminds us of the importance of health and well-being, especially for seniors. The flu can pose serious risks for older adults, making it crucial to take proactive steps to stay protected. Here's how seniors can prepare for the flu season and the importance of vaccination.

Understanding the Flu Season

Flu season typically peaks between December and February, but it can start as early as October. The virus spreads easily, especially in crowded places, and older adults are particularly vulnerable due to age-related changes in the immune system. Complications from the flu can lead to hospitalization and can be life-threatening.

Why Vaccination is Essential

Getting vaccinated is the most effective way to prevent the flu. The Centers for Disease Control and Prevention (CDC) recommends that everyone aged six months and older receive a flu vaccine annually. For seniors, there are specially formulated vaccines that provide a stronger immune response.

Tips for Seniors to Get Ready

1. **Schedule a Vaccination:** Aim to get the flu shot by the end of October. Many pharmacies and healthcare providers offer convenient vaccination options.
2. **Stay Informed:** Keep track of local flu activity and health advisories. Being aware of the flu's prevalence in your community can help you take extra precautions.
3. **Practice Good Hygiene:** Regular hand washing, using hand sanitizer, and avoiding close contact with sick individuals can help reduce the risk of catching the flu.
4. **Maintain a Healthy Lifestyle:** Eating a balanced diet, staying hydrated, and getting regular exercise can strengthen your immune system. Adequate sleep is also essential for overall health.
5. **Review Medications:** Check with your healthcare provider about any medications that may need adjustment during flu season, especially if you have chronic health conditions.
6. **Prepare for Illness:** Stock up on over-the-counter medications, tissues, and fluids. Have a plan for who can help you if you become ill.

By taking these steps and prioritizing vaccination, seniors can significantly reduce their risk of flu-related complications. Preparing for flu season is not just about protecting oneself; it's also about safeguarding the health of family and friends. Staying informed and proactive is key to a healthier winter season.

For more information on flu season and vaccination recommendations, effectiveness and safety, visit the Government of Canada website, [HERE](#).

Interested in making an appointment today? Follow the respective steps by clicking [HERE](#).



Employment

ARE YOU ON THE RIGHT CAREER PATH? HERE'S HOW TO TELL - AND WHAT TO DO IF YOU'RE NOT



Knowing whether you're on the right career path can be challenging. Sometimes what once felt like the perfect fit no longer aligns with your goals. Here are some signs that you're either on the right track—or maybe you need a change.

Signs You're on the Right Path!

- **You're Motivated:** If your work excites and challenges you, it's a good sign you're in the right place.
- **Your Skills Are in Use:** Your role lets you apply and develop your strengths.
- **You See Growth Opportunities:** You have room to grow and advance in your career.

Signs You May Need a Change

- **You're Burned Out:** Constant stress and dread about work are red flags.
- **You Feel Stuck:** No opportunities for growth or new challenges? It might be time to move on.
- **You're Disengaged:** If you've lost interest in your work, it could be a sign to re-evaluate.

What to Do Next?

- **Reflect:** Assess your skills and interests. Is there a better fit?
- **Seek Guidance:** Talk to mentors or professionals for advice.
- **Upskill:** Develop new skills through courses or workshops to ease a career shift.
- **Network:** Attend events and connect with people in fields you're interested in.

JOIN US AT OUR LUNCH & LEARN!



Employment and Community Integration

Friday, December 6th

11:00 - 12:00PM

MEPEC Community Space

Children are welcome to join.
Free Lunch will be provided!

[Reserve Now!](#) >



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.



Corporation de Développement Communautaire, Job Board and Offers (multiple)

To visit their job offers, click [HERE](#).



Educaloi, Multiple Positions

To view their open positions, click [HERE](#).



YES Employment + Entrepreneurship, Multiple Positions

To view their job board, click [HERE](#).



JA Quebec, Assistant, Programs and Administration

To apply, click [HERE](#).



Le Berceau, Aide-animatrice-eur au club de marche

To apply, click [HERE](#).

Arts & Culture

HISTORICAL ARTISTS: A BEAUTIFUL DAY IN FALL COLORS AT DOMAINE OZIAS LEDUC

On Saturday, October 26th fifteen MEPEC members of all ages gathered for the first session of our Historical Artists Event at the beautiful Domaine Ozias Leduc. Guided by an expert from the Musée des Beaux-Arts de Mont-Saint-Hilaire, attendees explored the life, work, and legacy of Ozias Leduc, one of Quebec's most celebrated artists.

Ozias Leduc (1864-1955) was a Quebecois painter renowned for his deep connection to Quebec's landscape, religious art, and still-life compositions. His work captures Quebec's spirit and identity, making him an influential figure in Quebec's cultural history. Leduc's legacy continues to inspire, and his unique artistic style has cemented his place as a central figure in Canadian art.

After the tour, members had the chance to channel their own creativity in a still-life drawing class, practicing techniques in the style of Leduc. It was a memorable start to our Historical Artists series, fostering community connection and creativity across generations.

Mark Your Calendars:

Our second session will take place on:

Saturday, **February 8, 2025**, at the Musée des Beaux-Arts de Mont-Saint-Hilaire, and will feature a workshop inspired by the expressive works of Jordi Bonet.

Registration opens in January 2025—don't miss the chance to join us for another day of art, history, and creativity! Perfect event for all family members!



WE WILL SOON BE LAUNCHING OUR ONLINE BOOK DATABASE!

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 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.

Stay tuned, 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, 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.

Additionally, there will be a Caregiver Group on Mondays and Wednesdays, each begin November 4th and 6th respectively. For more details and to register, click [HERE](#).



TANDEM EMPLOI

Do you want to optimize your human capital? Tandem Emploi has a team of experts at your service!

Through concerted actions, we help you invest strategically in your human capital. The goal is to help you build high-performing teams, saving time and money, and always keeping the human aspect in mind. For more information, click [HERE](#).



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](#).



YOUTH CAREER DAY

Don't miss your chance to connect with employers and explore your career



SSYO'S 2024 CAREER DAY IS HERE!

SSYO is excited to announce that we will be hosting our annual youth Career Day on **November 16, 2024** and we encourage you to share this information with the youth in your network. Together, we can empower them to take the next step in their career journeys.

If you have any questions or would like further information about how to go about registration, click [HERE](#).

Thyroid Foundation of Canada
La Fondation canadienne de la Thyroïde

Autoimmune Thyroid Disease and Celiac Disease

AUTOIMMUNE THYROID DISEASE AND CELIAC WEBINAR

This is a shared educational webinar presentation with TFC and **Celiac Canada** as there is a strong link between auto immune thyroid disease and celiac disease. There will be a 15 minute presentation from Nicole Byrom from Celiac Canada (a dietician) followed by about 15 minutes from Dr. Tala Abu-Hijleh, endocrinologist, on **November 13th**.

Find more information and register [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**.



SSRE PRESENTATION

South Shore Retired Educators is thrilled to present Anna Capobianco-Skipworth, an ambassador and speaker for the Quebec Breast cancer Foundation.

Anna is a three time Cancer Survivor. She will discuss the facts of her own experiences using humor and creativity.

Join this interesting presentation, for more information contact southshorere tirededucators@gmail.com



**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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@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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