

# THE MEPECER



## HAPPY HOLIDAYS TO OUR COMMUNITY

As the holiday season approaches, we want to take a moment to express our heartfelt gratitude for your support throughout the year. It's been a pleasure working with you, and we appreciate your partnership.

Wishing you and your loved ones a joyful holiday season filled with warmth, happiness, and cherished moments. We look forward to continuing our journey together in the new year!

Please note that our office and library will be closed from December 20th to January 3rd. All our in-house activities will resume on Monday, January 6th.

Thank you again for being a valued part of our community. Happy Holidays!



## THANK YOU, DEBBIE ♥♥

We take this opportunity to inform you of a transition that will be taking place within our MEPEC team. Debbie Hanney will be stepping down as Director of Operations on December 19th, after spending the last five years with us.

Debbie began her adventure with us as a Director on the Board in June 2019. She joined the team in March 2020 as Office Manager, then became Program Manager in 2021 and finally Director of Operations in 2024.

We would like to thank Debbie most sincerely for her great contribution to the many successes achieved in recent years. We wish her all the best in her future endeavors and lots of special time with her loved ones.

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# Health and Social Services

## THE USE OF A LANGUAGE OTHER THAN FRENCH: WITH USERS OF HEALTH AND SOCIAL SERVICES

In Quebec, the language of health and social services is governed by three laws: the Act respecting health services and social services (LSSSS), the Act to modify the organization and governance of the health and social services network, in particular by abolishing the regional agencies (LMRSSS) and the Charter of the French Language (Charter).

**This following checklist is intended as a summary of situations in which a language other than French may be used with users of health and social services. It is intended for use by intuitions in the health and social services network (RSSS).**



Every English-speaking person has the right to receive health and social services in English to the extent provided by access programs. Thus, all services provided by institutions designated by government decree, and services indicated in the access programs must be offered in English. No restrictions have been placed on this right.



Health and social services provided by recognized institutions may be offered in the language of recognition.



In all other cases, health and social services may be offered in a language other than French, upon request, when the health of any person so requires<sup>1</sup>.

All these situations enable RSSS interveners to communicate in a language other than French. No validation of the user's identity is required to access services. These health and social services situations are presented in the table below (partial list).

### PERSON'S LANGUAGE: FRENCH (FR)

CIRCUMSTANCE	ORAL	WRITTEN
In all circumstances, users <sup>2</sup> are entitled to communications and services in French.	FR	FR

### PERSON'S LANGUAGE: ENGLISH (ENG) OR OTHER LANGUAGE (OL)

English or another language may be used with a user<sup>2</sup> under the following circumstances:

CIRCUMSTANCE	ORAL	WRITTEN
<b>Designated institutions and access programs *</b>	ENG	ENG
<b>Recognized institutions *</b>	Recognized language	FR and recognized languages (English, Italian, Polish, Chinese)
<b>When the health of any person requires it *</b> - <a href="#">art. 22.3</a> , Charter.	ENG or OL - The intervener can communicate in the user's ENG or OL if he/she has the ability to do so or use interpreting services <sup>4</sup> .	FR and ENG or OL - The intervener can write in ENG or OL if he or she has the ability to do so or use translation services.

## MEPEC's General Activities



### BOOK CLUB

Every last Wednesday of the month, the book club meets **at 6:30 p.m.**

The next gathering will be **Wednesday, January 29th** in our Community Space. The book of the month will be **"The Women"** by Kristin Hannah.

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



### EMBRACING MIDLIFE: WELCOMING BALANCE & SERENITY AT 40 AND BEYOND WITH JEANNINE PLAICHE



Going through a midlife transition can be a challenging experience. With the right tools, however, midlife can offer us a wonderful opportunity to take inventory of where we are now, to renew our commitment to ourselves and to realign our actions with our innermost values and desires.

**January 20th from 7:00-8:30 pm.** We will be serving tea and snacks, to register click [HERE](#).



### CLAY - ART HIVE

This year, on the 1st Thursday of every month, we will host our classic Art Hive in the Community Space.

We are closed on the 2nd, don't miss our first Workshop on January 9th from 1:00 - 3:00 pm. Note that this activity is free for those aged 55+. Cost for non-seniors: \$5

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 every **Wednesday from 10:00 am to 11:30 pm** at our Community Space. To participate, click [HERE](#).

# MEPEC's Family Activities

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## 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.** Cost: 10\$

If interested, we encourage you to join the Waitlist [HERE](#). We appreciate your input to better plan, understand your needs and preferences.



## 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 10:30am - 11:30am,** Cost: \$10.

If interested, we encourage you to join the Waitlist [HERE](#). We appreciate your input to better plan, understand your needs and preferences.

# MEPEC's Family Activities



## MOVE - @MEPEC NEW

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 9:00 to 10:00 am. Cost: \$10.

If interested, we encourage you to join the Waitlist [HERE](#). We appreciate your input to better plan, understand your needs and preferences.



## PARENTING SKILLS WORKSHOPS



Join us for an in-person parenting workshop where you can bring your children and connect with other parents! We'll explore key topics like play-based learning, language development, emotions, emotional regulation, self-esteem, and creating a balanced childhood. Get valuable tips, activities, and insights to support your child's growth in a fun, interactive environment. Don't miss this chance to learn and share with fellow parents!

**Wednesdays January 22nd to February 26th from 9:30am -11:30am.** Free activity!! Register [HERE!](#)



## LITTLE BEATS

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

## MEPEC's Family Activities



### 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.

**Our first session of the new year will be Friday January 31st, 2025, 9:30-11:30am.**

Free activity, register , [HERE](#).



### ACTIVITIES WITH DADS



Calling all Super Dads to participate in our 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 winter! Join us on **January 18th, 10:00-11:30 am in our Community Space.**

Register [HERE!](#)



### HOMESCHOOL GROUP

Join MEPEC's Homeschool Group which will be held in our community space **on Thursdays from 9:30-11:30 am. Our first class will be held on January 23rd, 2025.**

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. To join, please register using the link, [HERE](#).

## 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.

**Mondays in Otterburn Park, 10:00-11:00. Wednesdays and Fridays in St-Bruno, 9:30am-10:30am.**

If interested, we encourage you to join the Waitlist [HERE](#). We appreciate your input to better plan, understand your needs and preferences.



### 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

If interested, we encourage you to join the Waitlist [HERE](#). We appreciate your input to better plan, understand your needs and preferences.



### KNITTING AND CROCHET GROUP

Knitting uses fine motor skills which has been known to reduce stress and improve dexterity, social connections, self-esteem, and brain activity.

Convinced to join The Knitting group yet?! Join this weekly free meet-up every **Tuesdays from 1:00-3:00pm**. Register [HERE](#).



### COOKING CLASSES FOR SENIORS NEW

MEPEC is excited to offer bimonthly cooking classes at Le Pavillon des Aînés in Beloeil! Join us on **Saturday mornings for 5 sessions from 9:00 am**.

Led by a passionate nutritionist who loves sharing her enthusiasm for cooking and eating, these classes are designed to inspire your culinary creativity. Spaces are limited! The price is 40\$ for all 5 sessions! Register [HERE](#)! **40\$ for all 5 sessions!**

Let's create something delicious together!

# MEPEC's Information Hub



## LOCAL CHRISTMAS EVENTS NEAR YOU

### Christmas Concert in Beloeil on Sunday, December 22, 2024

Come and experience a magical moment to celebrate the birth of Jesus with a unique morning of music at the Christmas Celebration on **Sunday, December 22, from 10 a.m. to 11:30 a.m.** at Mountainview Community Church, 600 Mountainview Street, Otterburn Park.

This special concert features jazz and blues interpretations of traditional Christmas carols, played by professional and semi-professional musicians. A great opportunity to enjoy the music, fellowship and depth of the Christmas story, while discovering the deeper meaning of Jesus' birth.

#### What you'll experience:

A warm and festive atmosphere

Captivating musical arrangements in a jazz and blues style

A reflection on the importance of Christmas and the birth of Jesus for our lives today. Free admission! For more information, click [HERE](#).



### Christmas Parade in Beloeil

Experience the Christmas parade organized by the municipality! Santa Claus, Mrs. Claus and her elves will be strolling through the streets of the municipality on **Saturday 21 December from 9 a.m. to 12 p.m.** to bring you the magic of the holiday season! Since it may be difficult for the vehicle to get through certain streets, the Municipality has planned a few stops and rally points so that all residents can enjoy watching the parade.

After the parade, Santa will be at the Town Hall to meet the children and their families!

On **Saturday 21 December, from 2 p.m. to 3 p.m.**, families are invited to come and have their photos taken with Santa and his cronies in a magical holiday setting. Digital photos will be e-mailed to participants in the week following the activity.

For more information, click [HERE](#).



# Family & Early Childhood

## FAMILY AND THE HOLIDAYS

The holiday season is a cherished time of year, often filled with joy, gratitude, and reflection. While the hustle and bustle of holiday preparations can be overwhelming, the true essence of this season lies in connecting with loved ones. Spending time together fosters relationships, creates lasting memories, and provides emotional support, all of which are vital for our well-being.

### HOW TO SPEND THE HOLIDAYS WITH LOVED ONES

**Plan Gatherings:** Organize family dinners, game nights, or potlucks. The act of coming together over food is a time-honored tradition that promotes bonding and creates a festive atmosphere.

**Engage in Traditions:** Whether it's decorating a tree, baking cookies, or watching classic holiday movies, participating in traditions strengthens connections. These rituals create a sense of continuity and belonging.

**Be Present:** In our busy lives, it's easy to get distracted by technology and responsibilities. Make a conscious effort to be present with your loved ones, putting away phones and truly engaging in conversations and activities.

**Plan Activities or Games:** Think of creative ways to bond and compete with your family members. Boardgames, arts and crafts or a movie night!

### WHY IT MATTERS

**Strengthening Bonds:** The holidays offer a unique opportunity to deepen connections with family and friends. Shared experiences, whether through meals, traditions, or activities, help reinforce the bonds that tie us together.

**Creating Memories:** The stories and moments we create during the holidays become treasured memories that we carry with us. From festive gatherings to spontaneous laughter, these experiences shape our lives and contribute to our sense of belonging.

**Emotional Well-Being:** Being with loved ones can significantly enhance our mood and reduce feelings of loneliness. The warmth of companionship and the comfort of shared traditions provide a sense of security during what can sometimes be a stressful season.



## Youth & Education

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### BE UNSINKABLE! JUST BE YOU: A NEW PEER-TO-PEER MENTORSHIP PROGRAM FOR YOUTH

MEPEC is excited to announce the launch of Be Unsinkable! Just Be You, a brand-new peer-to-peer mentorship program for English-speaking youth aged 16-26 in the Montérégie-Est region. This initiative, developed in partnership with [Unsinkable Youth](#), marks the first time this impactful program is being offered in Quebec.

#### What Is *Be Unsinkable! Just Be You*?

This pilot program creates a safe, supportive, and judgment-free space where youth can connect, build resilience, and support one another. Whether you're looking to inspire others as a mentor or seeking guidance as a mentee, this program is for you. Through regular meetings and group activities, participants will have the opportunity to:

- Build meaningful relationships with peers in their community.
- Learn valuable life skills for navigating challenges.
- Foster a sense of belonging while growing together.

#### Program Details

##### Program Dates:

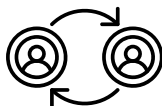
- February 2025 - June 2025 (Time and Day to Be Determined)

##### Location:

- MEPEC Community Space, Beloeil, QC

##### Cost:

- Free, thanks to support from Unsinkable Youth, MEPEC, and the Community Mental Health and Youth Initiative (CMHYI).



#### Get Involved!

Are you ready to make a difference? Or looking for support from someone who gets you?

Complete the form [HERE](#) for more information.



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### CALLING ALL YOUNG CREATORS: JOIN MEPEC'S YOUTH-LED COMMUNITY PODCAST!

MEPEC is thrilled to announce the launch of a youth-led community podcast in winter 2025, designed to give English-speaking youth ages 12-17 the opportunity to speak out about cultural and social issues that matter to the Montérégie-Est community. This podcast will begin in Winter 2025!

#### What You'll Do:

- Create and host 5 episodes on important cultural topics.
- Gain hands-on experience in podcasting, storytelling, and marketing.

#### Why Join?

Build leadership and media skills, share your voice, and make a real impact. No experience needed—just passion and creativity!

Click [HERE](#) to sign up now! You can also contact us at [j.malysh@mepec-pemca.ca](mailto:j.malysh@mepec-pemca.ca). Let's create something amazing together—don't miss out!



# Seniors Wellness

## STAYING WARM AND SAFE DURING THE WINTER SEASON IN CANADA: A GUIDE FOR SENIORS

Canadian winters can be harsh, but with a little preparation, you can stay comfortable and secure throughout the season. Here are some practical tips tailored to help seniors navigate the cold months safely.

### 1. Dress in Layers

Layering is key to staying warm. Begin with a moisture-wicking base layer, add an insulating middle layer like wool or fleece, and finish with a waterproof, wind-resistant outer layer. Don't forget hats, gloves, scarves, and insulated boots to keep extremities warm and dry.

### 2. Keep Your Home Cozy

Ensure your home is well-insulated and draft-free. Keep the thermostat set to a safe temperature—around 20–22°C during the day. Consider space heaters or electric blankets for extra warmth, but always follow safety instructions to prevent fire hazards.

### 3. Stay Active Indoors

Movement generates heat, so engage in light indoor exercises like stretching or yoga to stay warm and maintain mobility. It's also a great way to boost mood during shorter, darker days.

### 4. Prepare an Emergency Kit

Winter storms can lead to power outages or restricted travel. Stock up on essentials such as flashlights, batteries, non-perishable food, water, medications, and a fully charged mobile phone. Keep extra blankets and warm clothing readily available.



### 5. Watch for Ice and Snow

Slippery surfaces can lead to falls, which are particularly dangerous for seniors. Wear boots with good grip and consider using walking aids with ice tips. Salt or sand walkways around your home, and ask for help clearing snow if needed.

### 6. Stay Connected

Check in regularly with family, friends, or neighbours. Let someone know if you're heading out, especially during extreme weather. Isolation during winter can be hazardous, so maintain social connections to ensure support if needed.

### 7. Hydrate and Eat Well

It's easy to forget about hydration in winter, but drinking water is crucial for regulating body temperature. Enjoy warm, nutritious meals like soups and stews to fuel your body and keep you warm.

### 8. Monitor Weather Alerts

Stay informed about local weather conditions. Sign up for alerts or check forecasts regularly to plan activities safely. Avoid venturing out during extreme cold warnings or heavy snowfall.

By taking these precautions, you can enjoy the beauty of winter while staying safe and warm. Remember, it's always better to be over-prepared when it comes to Canadian winters!

# Employment

## HOW TO MAKE AN EXCELLENT COVER LETTER

Applying for a new job? A cover letter is your first opportunity to make a lasting impression on potential employers. It's more than just a formality; it's a personalized pitch that sets the tone for your application. A great cover letter not only complements your resume but also highlights your personality, enthusiasm, and fit for the role. Here's a step-by-step guide to writing a standout cover letter.

### Start with a Professional Greeting

Addressing the hiring manager by name, if possible, adds a personal touch and shows that you've done your homework. If the name is not available, "Dear Hiring Manager" is an acceptable alternative.

### Convey Enthusiasm and Cultural Fit

Employers want candidates who are not only skilled but also enthusiastic about joining their team. Research the company's culture, values, and mission, and reflect on how they resonate with you. Showing genuine excitement and connecting to the company's vision helps you stand out.

### Craft a Strong Opening

The first sentence of your cover letter should grab attention immediately. Skip the clichés like "I am writing to apply for..." Instead, mention what excites you about the role and the company, while briefly introducing your qualifications. For example, "As a passionate marketer with five years of experience in driving growth through creative strategies, I was thrilled to see an opening at XYZ Corp."

### Keep It Concise

A cover letter should be no more than one page. Aim for three to four paragraphs that communicate your strengths succinctly. Avoid overly complex sentences or unnecessary details that might dilute your message.

### Tailor It to the Job

Generic cover letters are easily spotted and quickly dismissed. Customize your letter by referencing the specific job description. Highlight the key qualifications the employer is seeking and link them to your own skills and experiences. This shows not only that you've read the job posting thoroughly but that you understand how your expertise aligns with the company's needs.

### End with a Strong Closing

Your closing should be confident and forward-thinking. Express gratitude for the opportunity to apply, and state that you're looking forward to discussing how you can contribute to the company's success. A phrase like "I am excited about the opportunity to bring my skills to XYZ Corp and look forward to discussing my application further" creates a proactive and positive tone.

### Showcase Your Value

In the body of the letter, provide concrete examples of your past achievements. Use measurable results when possible. For instance, instead of saying "I improved customer engagement," say, "I increased customer engagement by 30% through a targeted email campaign." This provides clear evidence of your impact.

### Proofread Thoroughly

Typos, grammatical errors, or clunky wording can undermine your professionalism. Proofread your letter carefully, and consider having someone else review it before submission.

The perfect cover letter is engaging, tailored, and strategically highlights why you're the ideal fit for the role. Need more guidance on how to write a cover letter? Click [HERE](#) to learn from LinkedIn.

## Job Board

### NEW POSITIONS NEAR YOU!

In this section of our newsletter, we want to promote our fellow partner's job opportunities. We have selected jobs within the Montérégie East to help facilitate the search. We also have jobs close to the East. This helps our partners find appropriate candidates as well as helps our members find local partnership job opportunities all in our place.



#### Join our Team!!

1. Administrative and Communications Coordinator
2. Community Outreach and Liaison Coordinator

To apply, click [HERE](#).



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

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



#### Tandem Emploi, Coordinator - Beloeil

To apply, click [HERE](#).



#### Saint-Julie Youth House, Programming Coordination

To apply, click [HERE](#).



#### CAAP Montérégie-Resident's Advisor

To apply, click [HERE](#).

## Arts & Culture

### DID YOU HEAR ABOUT MEPEC'S NEW LIBRARY FEATURE?



#### Book Catalogue

A book catalog streamlines library management by organizing collections for easy access. It enhances user experience by enabling quick searches, aids in inventory tracking, and supports informed decisions on acquisitions or weeding.

Catalogs are an essential tool that simplifies access to resources, enabling patrons to find books and materials quickly. It supports efficient organization, streamlines inventory management, and provides valuable insights for curating and maintaining a well-rounded collection.

#### Browse our library book catalogue now!

Our library has evolved to meet the needs of the digital age! We aim to help our members feel more connected to their library and enjoy the process of gaining knowledge.

Whether you're looking for a specific author, genre, or just exploring for fun, our book catalog provide a new and convenient way to engage with our community library—all from the comfort of your home!

Visit our library section on the website [HERE](#).

This feature allows your to search through authors, genres, page numbers, descriptions and more. To view our Library Catalogue, click [HERE](#).



#### 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.



### ASSISTANCE & REFERRAL CENTRE - ARC

Do you know anyone who lives in the Montérégie Centre? Perhaps seeking recreation and community? If you don't already know, ARC is a non-profit who provide information and resources to enhance access to health and social services. They hold workshops, events, education, recreation, employability, inter-generational support and more.

To visit their website 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](mailto: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](#).



## COMMUNITY DIGITAL ARTS CLUB

CDAH in the Regions is an extension of the services of CDAH designed to reach English-speaking artists and arts, culture, and heritage organizations located in the different regions of Quebec. The project offers partnerships with arts, culture and heritage organizations located in these regions to offer training, capacity-building workshops, paid internship opportunities, and mentorship circles.

For more information, visit their website, [HERE](#).



## BOUNDARIES & SETTING LIMITS

Caregiving relationships challenge everyone involved in discovering what's acceptable and what's not acceptable within the unique dynamic. The aim of this workshop is to identify these limits and learn to communicate the boundaries necessary to protect both the relationship and the caregiver.

Join AMI QUEBEC, online, on December 10th from 6:00-8:00 pm.

Click [HERE](#), to register now!



## MONTEREGIE WEST COMMUNITY NETWORK

Do you know anyone who lives in the Montérégie West? Perhaps seeking recreation and community? If you don't already know, MWCN is a non-profit who provide information and recourses to enhance access to health and social services. They hold workshops, events, education, recreation, employability, inter-generational support and more.

To visit their website for more information, click [HERE](#).



## 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**.





**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)

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