

MEPEC Monthly News

Celebrating MEPEC's Amazing Dads this Father's Day!

This Father's Day, we're giving a big shout-out to all the incredible dads in our community. Whether they're breaking a sweat at our MEPEC Family Bootcamp or exploring experiments with their little ones during our Science with Dads, these fathers show us the power of being present, playful, and involved.

Thank you for being awesome role models and making family time so special.

Happy Father's Day from all of us at MEPEC!



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SWIM SAFETY FOR KIDS

Written By [Maranatha W](#)

Summer is approaching fast, and the rainy, cold days seem to greet us less and less with each passing week. While packing the freezer with popsicles and inspecting the old grill's function, our family has also been checking if we've the right sizes of life vests for the kids, dreaming of days beside the lake or at the pool.

Quebec, with its abundance of beautiful lakes, rivers, and residential pools, offers endless opportunities for families to enjoy the water. Yet along with these privileges comes the critical responsibility of ensuring that our little ones are safe. Drowning is quiet and fast, and can happen within 30 seconds, though entirely preventable. According to the [World Health Organization](#), drowning is a top cause of injury-related death in children worldwide, and in Canada, children aged 1 to 4 are especially vulnerable, especially around unsupervised backyard pools, lakes, and even bathtubs.

Here are a few tips to keep in mind while grabbing the pool balls and floaties this summer:



Active Supervision: The Unsung Hero of Water Safety

The single most crucial element of child swim safety is active, uninterrupted supervision. This means a designated water-watcher who is undistracted by books, conversation, and most importantly...[cellphones](#). Growing research shows that parents distracted by texting or social media present a growing problem when it comes to keeping kids safe while swimming. Rotating adults is a good way to ensure the watcher doesn't tire and each adult can take undistracted turns watching the puddle jumpers.



Swimming Skills and Lessons

Swimming lessons are a great way to build increased confidence and competence around the water. While supervision is always paramount, early introduction to water and formal swimming lessons can teach both parents and kids about water safety and survival skills for unexpected mishaps, such as falling into deep water. According to the American Academy of Pediatrics, formal swimming lessons can reduce the risk of drowning by up to 88% in children aged 1-4. Check out your local pool's website for lessons they may offer!

Health and Social Services

SWIM SAFETY FOR KIDS - CONTINUED

Written By [Maranatha W](#)

Secure Your Home Pool: A Vital Barrier

Quebec has regulations in place regarding residential pool safety, with all pools built before November 1, 2010, required to comply with new standards by September 30, 2025. These regulations aim to control access by young children to residential swimming pools. Regulations such as a four-sided fence (1.2m high) around the pool, self-closing and self-latching gates (high enough to keep a young child from reaching), and hot tubs which have latching covers lower the risks of our little ones accidentally entering an area of water without supervision.

We love our little inflatable watermelon pool, but also need to remember to empty it between uses, as it only takes 1.5 inches of water to be hazardous to a child. For backyard pools, removing all sources of temptation and floating toys will make it less likely to attract a child in that direction at the wrong moment.



Splash Away!

In a society increasingly dominated by screens, finding engaging and beneficial activities for children is more important than ever, especially during our warmest, longest days of the year. While many sports offer a plethora of advantages, swimming stands out as a uniquely holistic activity, offering a cascade of physical, mental, and even social benefits that extend far beyond the pool deck. When children swim, they're engaging every muscle group in the body and fostering skills which will last for a lifetime! So with those safety tips at the forefront, pack your pool bag and splash away!



Maranatha Weeks is a Mom, Nurse and Writer living in Mont-Saint-Hilaire, Quebec. Graduating from John Abbott College in 2013, Liverpool School of Tropical Medicine in 2014, and Aspen University in 2016, she obtained her Bachelor of Science in Nursing with a Diploma in Tropical Nursing. Maranatha has spent her career pursuing overseas missions, aiding the aftermath of disasters in Ecuador, Haiti, and Bangladesh, and during the 2017 war for Mosul, Iraq. In 2018, she wrote her first novel, "On the Plains of Nineveh: A Nurse on the Front Lines of Mosul," following her experience nursing in Iraq. Married and with five children, she currently resides closer to home as a full-time Mama and part-time Nurse Writer.

Health and Social Services

HELP US BUILD A BETTER RESOURCE DIRECTORY FOR ENGLISH SPEAKERS IN MONTÉRÉGIE-EST!



Do you know a pharmacy where the staff speaks English? A local business that welcomes English speakers? A community group, clinic, or service that makes life easier for Anglophones in Montérégie-Est?

MEPEC is building a community-driven directory of English-accessible services and resources — and we need your help!

We're collecting everything from:

- Mental and physical health services
- Support for youth, families, and seniors
- Pharmacies and clinics with bilingual staff
- English-friendly businesses and inclusive spaces
- Informal support networks, volunteer opportunities, and more!

If it's useful to English speakers living in our region — even if it's not a formal organization — we want to include it.

Submit a resource or place here:

[HEALTH & SOCIAL SERVICES RESOURCES](#)

By sharing what you know, you help:

- Improve access to services for English speakers
- Celebrate inclusive businesses and spaces
- Build a stronger, more connected community

It only takes a few minutes to fill out our form. Whether you're a service provider, a client, or just someone who knows a great local resource — your input matters!



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

The next gathering will be on **June 18th, 6:30 PM TO 8:00 PM** in our Community Space.

The for this month is a **"Beach read"**. Choose any kind of light reading – a book you would take to read at the beach , on vacation.

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



ONLINE TRIVIA NIGHT

Test your knowledge at MEPEC's Online Trivia Night on **JUNE 10th, 7:00-8:30 PM**.

Bring your friends, have fun, and compete for bragging rights. Don't miss out—register now!

To register, click [HERE](#).



ART HIVE: JEWELRY WORKSHOP

Join us for a fun and hands-on session **June 12th, 1:00-3:00pm**

You'll learn to create your own unique jewelry pieces! Whether you're a beginner or a DIY pro, this workshop is the perfect place to express your style, connect with others, and leave with something beautiful and handmade.

To register, 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 AM-11:30 AM 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 Tuesday from 8:30-10:00 AM and 10:30 AM-12:00 PM.
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 AM. Cost: \$10. Waitlist.



ECO KIDS

In summer, join our Eco-Kids planned outings! Take a break from your routine and build connections with other families while exploring local parks.

Beginning April 25th.
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 9:30-10:30 AM, Cost: \$10.
Register [HERE](#).

MEPEC's Family Activities



FAMILY BOOTCAMP

The Family Bootcamp with Chrystal, our beloved yoga and fitness instructor, is perfect for families looking to grow stronger together, both physically and emotionally!

Join us on **Saturday mornings from 9:30-10:30 AM** at Mount Bruno United Church.

Please note that there is a cost of \$40 for the entire family, for a duration of 10 weeks! Register [HERE](#).



INSECTARIUM

Join MEPEC on **June 13th** for a visit to the insectarium.

Get ready for a wild adventure as we explore the fascinating world of insects at the Montreal Insectarium! From colorful butterflies to giant beetles, this trip is a chance to get up close and personal with nature's tiniest wonders.

Click [HERE](#) to register.



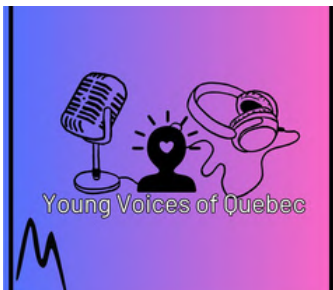
SCIENCE WITH DADS

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 Science with Dad activity will be taking place this Spring! It's always a fun time with Dad!

Join us **June 14th, 10:00-11:30 AM**.

Register [HERE](#).



YOUNG VOICES OF QUEBEC PODCAST

Brought to you by MEPEC & sponsored by CHSSN, the Young Voices of Quebec Podcast is a space for English-speaking youth across the province to speak up, share their stories, and explore the issues that matter most to them.

From mental health to identity, education to employment, we're amplifying real voices and real experiences—one episode at a time.

Listen [HERE](#)

MEPEC's Seniors Activities



SHARP ONLINE

How Your Pharmacist Can Help You Age in Place

Discover how your local pharmacist can support your health and independence as you age!

Join us for this free SHARP online session on June 18 at 10:00 AM to learn practical tips and resources.

Register [HERE](#).



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.

There are still a few spots in our Monday classes. Register [HERE](#).



GARDEN

The MEPEC Community Garden is a friendly green space where people grow fresh produce, connect with nature, and build friendships. Whether you're a seasoned gardener or a beginner, volunteers are always welcome to help our garden grow.

To Volunteer, Register [HERE!](#)



SENIOR WALKING GROUP!

Every week the Senior's Walking Group walk in different locations throughout the Vallée-du-Richelieu area. The group meets at a set meeting point and walk for about an hour. This activity is free and open to every one.

Begins every Tuesday, July 1st, 10:00-11:00am

Register [HERE!](#)

MEPEC's Information Hub

INTRODUCING MEPEC'S NEW COMMUNITY GARDEN PROJECT!

We're excited to launch a brand-new initiative this summer: the **MEPEC Community Garden Project** in Saint-Bruno-de-Montarville! Running from May through September 2025, this shared garden space will bring people together to grow fresh produce, connect with nature, and cultivate community spirit.

As this is our first season, we're looking for passionate volunteers—no gardening experience needed! Whether you're a green-thumbed pro or just curious to try something new, this is a great opportunity to learn, give back, and be part of something meaningful.



We're forming a Garden Committee to help shape the project and support its success. Committee members will:

- Plan and divide garden tasks
- Take turns caring for the garden
- Prepare the soil (tilling, composting, adding fertilizer)
- Plant seeds or seedlings
- And more!

The project will conclude with a special Seniors' Luncheon in September, where we'll serve dishes made with the harvest from our very first season.

Ready to grow with us?

[Click here to join the Garden Committee](#)



Family & Early Childhood

CELEBRATING FATHERHOOD: SEMAINE QUÉBÉCOISE DE LA PATERNITÉ 2025

From June 9 to 15, 2025, the [Semaine Québécoise de la Paternité](#) (Quebec Fatherhood Week) will shine a spotlight on the dedication and resilience of immigrant fathers. This year's theme, "For my kids and my family – building a hopeful future here," was inspired directly by the voices of immigrant dads and those who work closely with them. It captures the deep commitment these fathers have to improving the well-being of their children, partners, and extended families, often while navigating the challenges of settling in a new country.

This year, the Regroupement pour la Valorisation de la Paternité (RVP) aims to go even further—by creating a public space where immigrant fathers can be heard, their realities better understood, and their integration into Quebec society more effectively supported.

To bring this vision to life, RVP is launching a dynamic week-long campaign featuring:

- Online Launch Event – Monday, June 9 at 10:00 a.m.
- Media Campaign – Including the release of two impactful open letters
- Social Media Outreach – Featuring compelling video clips
- Community Engagement – Sharing and promoting partner activities across the province
- Father's Day Contest – A fun and meaningful way for parents to celebrate fatherhood



MEPEC Is Getting Involved!

As part of this important initiative, MEPEC is proud to host a **"Science with Dads"** workshop on **Saturday, June 14** in our community space. This fun, hands-on activity is free and open to all, and offers a great opportunity for dads and their children to explore science together while spending quality time.

Learn more and register here: mepec-pemca.org/youth-and-family-activities-spring-2025

This year's Fatherhood Week is not only a celebration—it's a step toward building a more inclusive and understanding Quebec, where every father can feel seen, valued, and hopeful for the future.

Let's lift up fatherhood, together.



Youth & Education

BE UNSINKABLE: JUST BE YOU! A SAFE SPACE TO CONNECT, REFLECT, AND GROW

We're three sessions in, and what a start to our new peer-to-peer support group for youth!

Our group has quickly become a space where young people can open up, create, and simply be themselves. Every week, we've welcomed participants from diverse backgrounds who've shared their stories, ideas, and reflections, building a community based on respect, trust, and encouragement.

Highlights So Far

Here's a look at some of the inspiring activities we've enjoyed:

- **Hope & Dream Posters**

Participants crafted visual boards filled with goals, aspirations, and motivating words, each one as unique as the person who made it.

- **Power Packs**

These personalized kits are filled with affirmations to remind us that we are strong, worthy, and full of potential.

- **Creative Discussions & Connection**

Every session brings meaningful conversation, new perspectives, and plenty of laughter.



Join Us!

Whether you're someone who enjoys quiet reflection or thrives in group discussions, there's a place for you in this group. There are still 9 weeks left in this session, and we'd love for you to be part of it.

When? Every Monday, from 7:00 PM to 8:30 PM

Where? Join in person or online [HERE](#)

- **Note:** No sessions on long weekends

Come check it out! No pressure, no expectations.
Just a space to recharge and be real.

So you can Be unsinkable. Just be you.



Youth & Education

SIPPING POSITIVI-TEA AT HERITAGE HIGH!

Tuesday, May 20th was no ordinary school day at Heritage Regional High School. As the noon chill lingered in the air, something warm was brewing in the hallways, literally.

MEPEC was on site to offer students a comforting break from their routines with a choice of tea, hot chocolate, or French Vanilla. It was more than just a beverage, it was an invitation to pause, breathe, and connect.

Students and school staff gathered around our table to share a warm drink and a few good laughs. The atmosphere was relaxed, friendly, and full of positive energy.

This special moment also gave students the chance to meet Tommy, MEPEC's Community Outreach & Liaison Coordinator for Education, Employment, and Mental Health. Tommy introduced two of our exciting youth-focused initiatives:

The Young Voices of Quebec Podcast

A platform where young people lead the conversation, exploring themes that matter most to them.

Be Unsinkable: Just Be You!

A peer-to-peer support group designed to promote connection, resilience, and authenticity among youth.

The event quickly became more than a simple break, it was a true opportunity to engage, share, and feel the warmth of community. Whether students stopped by for the drinks or stayed for the conversation, one thing was clear: these moments matter.

Connection, comfort, and community, served by the cupful.



Young Voices of Quebec Podcast

Episodes are dropping twice a month!

You can listen to all episodes here:

[LISTEN NOW!](#)

Seniors Wellness

ALL YOU NEED TO KNOW ABOUT A REVERSED MORTGAGE

UNDERSTANDING REVERSE MORTGAGES IN QUEBEC: A GUIDE FOR SENIORS

As retirement evolves and the cost of living continues to rise, many seniors in Quebec are looking for ways to stay financially secure while remaining in their homes. One option that is gaining attention is the reverse mortgage—but what exactly is it, and is it right for you?

WHAT IS A REVERSE MORTGAGE?

A reverse mortgage allows homeowners aged 55 and older to access the equity built up in their home—without having to sell it or make monthly mortgage payments. Instead of paying the bank, the bank pays you in the form of a loan secured against your home's value. You can receive this money as a lump sum, monthly payments, or a combination of both.

In Quebec, the most well-known reverse mortgage provider is HomeEquity Bank through its [CHIP](#) Reverse Mortgage program, though other financial institutions are starting to offer similar products.

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

How It Works:

- You must be 55 years or older and own your home.
- You can borrow up to 55% of your home's appraised value.
- You remain the owner of your home, and you do not have to repay the loan until:
 - You sell the home,
 - Move out permanently, or
 - Pass away.
- Interest accrues on the loan, and it is typically repaid from the proceeds when the home is sold.



Pros:

- Stay in your home: No need to downsize or relocate.
- Access tax-free cash: Use it for home improvements, healthcare, daily expenses, or to support family.
- No monthly payments required: The loan is only repaid later.

Cons:

- Interest adds up: The loan balance grows over time, which can reduce your estate's value.
- Fees apply: Appraisal, legal, and administrative fees can reduce the amount you receive.
- May not suit everyone: If you plan to move in the near future, this might not be the right option.

IS THIS RIGHT FOR YOU?

A reverse mortgage can be a valuable tool for seniors seeking to supplement their retirement income, manage unexpected expenses, or assist family members financially. However, it's essential to consider the long-term implications, including the impact on your estate and the accumulation of interest. Consulting with a financial advisor can help determine if this option aligns with your financial goals.



Seniors Wellness

EVENT RECAP: HIGH TEA & COMMUNITY CONNECTIONS

On May 15, MEPEC, in partnership with SHARP, welcomed over 50 seniors to our community space for an elegant High Tea event. Designed to foster connection and share valuable English-language resources in Montérégie-Est, the afternoon was filled with warm conversations, delicious food, and plenty of smiles.

Guests enjoyed a beautifully curated menu by Chef Cathy, featuring classic tea accompaniments like clotted cream and strawberry jam, a mini sandwich assortment, and an irresistible variety of mini desserts—including brownies, lemon tarts, and lavender petit fours. Tea, coffee, and lemonade were served in fine china, setting the perfect atmosphere for a relaxing and refined gathering.

The highlight of the afternoon was a presentation by Nordia, a local nurse who spoke about the **Benefits of Healthy Aging With Essential Oils**. Her insights were informative and deeply appreciated by attendees looking for health alternatives.

This special event provided seniors not only with the opportunity to connect socially, but also to access essential information and feel supported in their community.

A heartfelt thank you to everyone who attended—and a special shout-out to Chef Cathy and her volunteer Louis, for the incredible catering and to Nordia for her valuable presentation.

Stay tuned for more MEPEC events that keep our seniors informed, supported, and connected.



SHARP Online:

How your pharmacist can help you to age in place!

Join the SHARP Session online,
June 18th, 10:00am

Register [Here](#)



Employment

ACHIEVING WORK-LIFE BALANCE: TIPS FOR A HEALTHIER SUMMER

Summer's longer days and warmer weather offer the perfect backdrop to recalibrate the balance between professional ambitions and personal well-being. Yet, without intentional habits, workloads can spill over into evenings, and leisure hours slip away. Below are five targeted strategies to help you safeguard your downtime, recharge your energy, and cultivate a genuinely refreshing summer

1. Define Firm Work Boundaries

- Set a Precise End-of-Day Ritual

Choose a consistent "closing ceremony"—for example, shutting your laptop at 6:00 p.m. and jotting down tomorrow's top three priorities. This tangible transition signals your mind to switch out of work mode.



3. Embrace Al Fresco Activities

- Picnic-Style Working

On lighter days, relocate your laptop to a shaded patio or community garden. The change of scenery can spark creativity while still honoring work commitments.



5. Cultivate Restful Routines

- Consistent Sleep Schedule

Aim for bed and wake times within a 30-minute window, even on weekends. A stable sleep-wake cycle enhances energy levels and mental resilience.



2. Schedule Micro-Escapes

- Midday Nature Boost

Take a brisk 10-minute stroll around the block or sit beneath a tree in your nearest park. Sunlight exposure helps regulate your circadian rhythm and uplifts mood.



4. Institute a Digital-Detox Ritual

- Weekend Screen-Free Zones

Designate one afternoon per weekend as "phone-free." Instead, engage in board games, water sports, or a hands-on hobby like painting.



Looking for Employment Support?

MEPEC offers resources, programs, and guidance to help English speakers navigate these challenges.

Visit our website for more information:

www.mepec-pemca.org

Job Board

NEW POSITIONS NEAR YOU

In this new section of our newsletter, we want to promote our fellow partners' job opportunities.

This helps our partners find appropriate candidates and helps our members find local partnership job opportunities in one place.



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

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



Educaloï, Multiple Positions

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



YES Employment + Entrepreneurship, Multiple Positions

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



AMI Québec, Care Champion in Schools

To view the job position, click [HERE](#).



Our Harbor, Director General

To view the job position, click [HERE](#).

Arts & Culture

JUNE IN THE PROVINCE OF QUEBEC:

As June rolls into Quebec, the Montérégie East region bursts into life with vibrant events, outdoor adventures, and charming local traditions. Just a short drive from Montreal, this picturesque corner of the province is the perfect early-summer getaway. Whether you're craving nature, culture, or a taste of the local harvest, Montérégie East in June offers a refreshing and authentic slice of Quebec life.

1. Strawberry Season Begins

Montérégie East is known for its fertile farmlands, and June marks the start of strawberry season. Local farms in towns like Saint-Hyacinthe and Acton Vale open their fields for U-pick adventures, offering juicy, sun-ripened berries straight from the plant. It's a sweet way to kick off the season—and a great family activity.

2. Saint-Hyacinthe's Summer Market

Every Saturday, the Marché public de Saint-Hyacinthe is a bustling hub of local produce, gourmet goods, and artisan products. June is when the market truly blossoms, with live music, tastings, and a festival atmosphere. Foodies, don't miss this one.

3. Festival des Harmonies et Orchestres Symphoniques du Québec

Held annually in Saint-Hyacinthe in early June, this major musical event draws youth orchestras and symphonic ensembles from across the province. With public concerts, parades, and outdoor performances, it's a cultural highlight that fills the air with energy and melody.

4. Outdoor Fun at Parc Régional des Grèves

Nature lovers can head to Parc Régional des Grèves for hiking, birdwatching, and picnic-perfect afternoons along the Saint Lawrence River. Trails are accessible and well-maintained, with great views and family-friendly facilities.

SAINT-JEAN BAPTISTE DAY JUNE 24TH, 2025

Quebec's national holiday and powerful expression of Francophone pride and culture is soon approaching. Originally a religious feast honoring Saint John the Baptist, it has evolved into a vibrant celebration of Quebec identity, language, and heritage. Expect fireworks, music, parades, and a festive sea of blue and white flags. From small towns to big cities, it's a day when Quebecers come together to celebrate who they are—with joy, passion, and plenty of joie de vivre.

CELEBRATIONS

•Montreal's official Saint-Jean-Baptiste celebrations will take place at Parc Maisonneuve. Click [HERE](#) for details.

•Saint-Jean-Baptiste celebrations on June 23 and 24 in Beloeil! These festivities often include community gatherings, live entertainment, and fireworks displays. Click [HERE](#) for details



BOOK CLUB

The next gathering will be on June 18th, 6:30 PM TO 8:00 PM in our Community Space.

The for this month is a "Beach read". Choose any kind of light reading - a book you would take to read at the beach , on vacation.

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

Partners' Activities and Services



AMIQUEBEC SUPPORT GROUPS

AMI-Québec warmly welcomes everyone! April 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 6:30 PM virtually.



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](#).



THE SOUTH SHORE UNIVERSITY WOMEN'S CLUB

The CFUW Montreal-South Shore (South Shore University Women's Club) has supported women's education and community since 1957. This primarily Anglophone group raises funds for bursaries and offers monthly events, guest speakers, and interest groups like book discussions, cooking, and walking. They welcome women seeking friendship, personal growth, and a shared belief in education.

For more information, contact sscfuw@gmail.com.



**Partenariat de l'est de la Montérégie pour
la communauté d'expression anglaise**

**Monteregie East Partnership
for the English-Speaking Community**

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