

MEPEC Monthly News



Making a Splash Together at MEPEC's Family Day

Last month, we had the pleasure of welcoming families to MEPEC's Family Day, and we are still grateful for everyone who helped make it such a meaningful and joyful event.

From the informative and engaging workshops led by our wonderful animators, to our partners who took the time to come out and share their services with our guests, every contribution helped create a welcoming and enriching experience for families. A special thank you as well to all the children who joined us for a swim and filled the pool with laughter and excitement.

Events like this remind us of the strength of our community and the importance of coming together to connect, learn, and have fun. Thank you for being part of it and for helping make Family Day such a success.



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Health and Social Services

PARTNER ABUSE: UNDERSTANDING, RECOGNIZING, AND FINDING SUPPORT IN MONTRÉGIE EST

Partner abuse, also called intimate or conjugal violence, can take many forms. It is not limited to physical harm. Emotional manipulation, controlling behaviours, threats, isolation, financial control, and verbal abuse are all forms of violence. These behaviours often develop gradually and can make a person feel unsafe, trapped, or unsure of their own perceptions.

Abusive relationships often follow a cycle, with moments of tension, harm, and reconciliation. This cycle can create confusion and hope that things will improve, making it harder to seek help. Abuse is never the fault of the person experiencing it, and everyone deserves to feel safe and respected in their relationship.

In Montérégie Est, confidential support is available. [SOS violence conjugale](#) offers 24/7 help in English and French by phone, text, or chat. They provide emotional support, help assess safety, and can connect individuals with local services such as shelters, counseling, and legal resources. You can also contact [The Mistreatment Helpline](#) for help and referrals. In situations of immediate danger, emergency services should be contacted.

Local organizations in and around Montérégie Est also offer safe housing, psychosocial support, and accompaniment for people affected by partner abuse. CLSCs, crisis centres, and victim support services such as [CAVAC](#) can help individuals navigate next steps, whether they need emotional support, legal information, or help rebuilding stability.

Reaching out can feel overwhelming, but support is available. No one has to go through partner abuse alone, and help can be the first step toward safety and healing.

RECOGNIZING ABUSE & TAKING STEPS

Abuse is not only physical. Warning signs include:

- Constant criticism or control of your actions
- Isolation from friends or family
- Threats to your well-being or that of your loved ones
- Threats to children, finances, or legal status
- Emotional manipulation

If these sound familiar for you or someone close, reaching out for confidential support can help you clarify next steps and access safety options.



IMMEDIATE SAFETY AND CRISIS HELP

If you are in immediate danger, call:
9-1-1 – police/emergency services.

SOS violence conjugale

Free, confidential, anonymous support in English and French (phone, chat, text). They can listen, help you understand your situation, and connect you with shelters or services in Montérégie Est.

- Phone: 1-800-363-9010
- Text: 438-601-1211
- Email: sos@sosviolenceconjugale.ca
- Services available 24/7.



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.

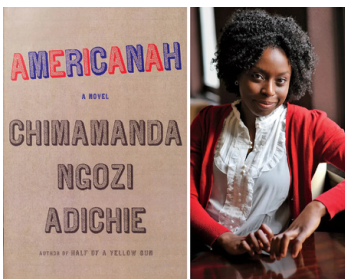


BILINGUAL CONVERSATION GROUP

The French-English Bilingual Conversation group is a great opportunity to share experiences with others and practice your language skills! Come, enjoy a coffee, and chat with us Wednesday morning at our Community Space.

Every Wednesday from 10 to 11:30 am.

Register [HERE](#).



FEBRUARY BOOK CLUB

Join us for our January Book Club on **February 25, 2026, from 6:30 to 8 pm** at MEPEC's Community Space.

This month's book is *Americanah* by Chimamanda Ngozi Adichie. A powerful story about identity, love, race, and belonging, perfect for thoughtful conversation and shared perspectives.

Register [HERE](#)



ART HIVE : DECOUPAGE PLATE

Get into the holiday spirit on **Thursday, February 12, from 1:00 PM to 4:00 PM** at MEPEC's Community Space!

Join Marie-Diane during Art Hive as she teaches us how to create decoupage plates. All materials are provided—just bring your creativity and festive cheer!

Register [HERE](#)



WINTER PAINT NIGHT

Paint night is back ! Unleash your creativity during MEPEC's Paint Night at Musée des Beaux-Arts de Mont-Saint-Hilaire. A fun, relaxed evening open to all ages!

No experience needed—just come ready to create, connect, and enjoy. All materials are provided.

Saturday February 21:

From 3:00 to 4:30 PM - Register [HERE](#)

From 5:00 to 6:30 PM - Register [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.



FEBRUARY SENIOR LUNCHEON

Join us for MEPEC's monthly Senior Luncheons! It's the perfect opportunity to enjoy a delicious meal, connect with fellow community members, and share stories in a warm, welcoming atmosphere.

We will be delighted to welcome our guest speaker, Lucrezia Cavalli, Registered Nutritionist, who will present on nutrition to stay independent, strong, and healthy after age 55+. Can't come but want to see it? Join on zoom [HERE](#) at 1:00 PM.

Thursday, January 19, from 12:00 to 2:00 PM.

Location: 555 Boul. Sir Wilfrid-Laurier, Beloeil

This activity is full, but you can join the waitlist [HERE!](#)



INTERGENERATIONAL PEN PALS

MEPEC's ongoing program connects seniors with school-aged children through handwritten letters, promoting literacy and meaningful intergenerational bonds. Each exchange takes about 30-60 minutes. In partnership with Riverside School Board teachers, students are eager to connect.

Register [HERE!](#)



ONLINE EMPLOYMENT WORKSHOP

Join us on **Wednesday, February 11 at 6:00 PM** for a dynamic evening with Intégration Compétences and Employment Counselor Joëlle Séguin. Get insider tips, discover the latest CV trends, and upgrade your own résumé on the spot.

A hands-on session designed to help you stand out and get noticed. Perfect for anyone looking to strengthen their job search and make a strong first impression.

Register [HERE!](#)



TRIVIA NIGHT : ONLINE!

Join us via Zoom for a fun and friendly online Trivia Night on **Tuesday, January 13 at 7:00 pm**

Come test your knowledge, laugh a little, and connect with others from the comfort of home.

Register [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.



ECO KIDS - SUGAR SHACK OUTING

MEPEC offers year-round family outings that spark learning, exploration, and community connection. Join other families at Erablière Meunier for a day of discovery.

Friday, February 27, 10:00 AM - 1:00 PM

Register [HERE!](#)



SCIENCE WITH DAD

Get ready for an exciting, hands-on adventure into the world of science! Join us for a fun-filled session where dads and kids team up to explore experiments, spark curiosity, and make memories together. Whether you're launching rockets or making slime, it's all about learning and laughing side by side!

On Saturday, February 14, from 10:00 to 11:30 am.

Register [HERE!](#)



LANGUAGE STIMULATION WORKSHOP FOR PARENTS

Join us online for an informative session designed for parents who want to better understand language stimulation and how to support their child's communication development at home. We will share practical strategies, answer questions, and provide helpful tools in a supportive, accessible format.

Tuesday, February 24, 6:00 to 7:00 pm

Register [HERE!](#)



TEATIME STORYTIME

Slip into your PJs (if you'd like!) and join us for a cozy evening of stories and tea. Listen to wonderful stories while you enjoy a warm cup of chamomile tea—perfect for kids and adults alike.

Tuesday, February 10, from 6:00 to 7:00 PM

Register [HERE!](#) or drop by!

MEPEC's Information Hub

OUR LEADERS SPEAK OUT AT THE QUÉBEC NATIONAL ASSEMBLY ON BILL 1

This week, our Board Director Stephen Thompson and Executive Director Karoll-Ann Carrier represented our organization at the Québec National Assembly, presenting to the parliamentary Commission on Institutions on the subject of Bill 1, the Québec Constitution Act, 2025.

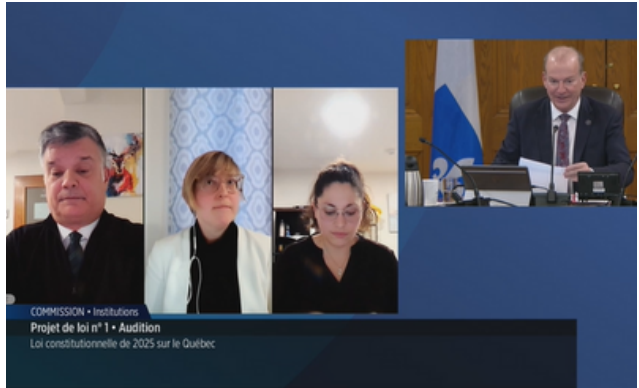
Bill 1 is proposed legislation that would create a provincial constitution for Québec and introduce significant changes to how the province defines its values, rights, and governance. The bill has drawn attention and concern from many community groups, especially regarding minority rights, public consultation, and protections for official languages and education rights.

Critics have raised issues around how the bill could affect democratic participation and longstanding legal protections for communities, including the English-speaking minority in Québec.

At the public hearings of the Commission des institutions, Stephen and Karoll-Ann shared our perspective on how Bill 1 might impact the people and communities we serve. They emphasized the importance of inclusive engagement, respect for rights protected under existing charters and constitutions, and thoughtful consultation with stakeholders before enacting sweeping changes to provincial law. Their testimony was grounded in our commitment to community cohesion and equal access to services and education – values that many organizations and advocates have highlighted as essential in discussions about Bill 1's scope and consequences.

You can watch the archived commission session from the Québec National Assembly [HERE](#). To read the brief that was shared at the assembly, click [HERE](#).

We will continue to keep you updated as this legislative process evolves and as further consultations or decisions are made. If you have questions or want to share your thoughts about Bill 1, please get in touch with us.



SUICIDE PREVENTION WEEK FEBRUARY 1 TO 7, 2026

This week, we observe Suicide Prevention Week to raise awareness and remind everyone that hope can return. Small acts like listening, checking in, or offering support can make a real difference.

If you or someone you care about is struggling, help is available:

1-866-APPELLE (1-866-277-3553),

text 535353, or visit suicide.ca.

Family & Early Childhood

VALENTINES DAY : CELEBRATING LOVE AS A FAMILY

Valentine's Day is often seen as a celebration of romantic love, but it is also a great opportunity for families to slow down and reconnect. For children and teens, this day can be a simple reminder that love comes in many forms: care, kindness, support, and time spent together.

Families can mark Valentine's Day in small, meaningful ways. Sharing a meal, writing kind notes to one another, baking together, or doing a favorite family activity can create moments that feel special without pressure or expense. These gestures help children feel valued and reinforce a sense of belonging at home.

Valentine's Day can also open the door to conversations about emotions and relationships. Talking about what love looks like in everyday life—listening, respecting boundaries, helping one another—gives young people healthy examples they can carry with them beyond the holiday.

At its heart, Valentine's Day is about connection. However families choose to celebrate, focusing on warmth, gratitude, and togetherness can make this day a positive and inclusive moment for everyone.



Registration Opens February 2, 2026!

Parents are invited to visit the **Eligibility and Registration** page on our website to book an appointment for registering their child. www.rsb.qc.ca

BELŒIL BOUCHERVILLE BROSSARD

Cedar Street School | K4, K5, G1-6
Boucherville Elementary School | K5, G1-6
Good Shepherd School | K4, K5 G1-6
Harold Napper School | K4, K5, G1-6
St. Lawrence School | K4, K5, G1-6
William Latter School | K5, G1-6
John Adam Memorial School | K5, G1-6
Greenfield Park Primary International School | G1-6
St. Jude School | K4, K5, G1-6
Centennial Regional High School
St. Mary's School | K4, K5, G1-6
Mountainview School | K5, G1-6
Courtland Park International School | K4, K5, G1-6
Mount Bruno School | K4, K5, G1-6
Royal Charles School | K5, G1-6
Terry Fox School | K4, K5, G1-6
Heritage Regional High School
St. Johns School | K4, K5, G1-11
St. Lambert Elementary School | K4, K5, G1-6
REACH School - Special Education
Saint-Lambert International High School
Harold Sheppard School | K4, K5, G1-6

CANDIAC CHAMBLY DELSON GREENFIELD PARK

LONGUEUIL OTTERBURN PARK SAINT-BRUNO

SAINT-HUBERT

SAINT-JEAN-SUR-RICHELIEU SAINT-LAMBERT

SOREL-TRACY

Visit www.rsb.qc.ca for more info - Map of our territory, programs, and school zones, policy on enrolment criteria for registration, eligibility, transportation services, daycare services, etc.



Youth & Education

A MEANINGFUL VISIT AND AN INSPIRING EXCHANGE

On Monday, January 12th, we had the great pleasure of welcoming Diane and Elisabeth to MEPEC, two inspiring members of our community and recipients of the Dialogue McGill Community Bursary. Their visit was a wonderful opportunity to connect, exchange experiences, and highlight the real impact this bursary program has on students pursuing careers in health and social services.

The Community Network Bursary Program provides financial support to students enrolled in health and social services programs and is designed to respond to regional and local priorities by improving access to services in English. By easing financial barriers, the program helps ensure that future professionals can continue their education while remaining connected to the communities they will one day serve.

We are incredibly grateful to Diane and Élisabeth for taking the time to visit MEPEC and share their

experiences. Their journeys reflect the importance of investing in local talent and supporting future professionals who will strengthen access to health and social services in English across our region.

We invite our community members and partners to spread the word and share information about the Dialogue McGill Community Bursary with students and individuals who may benefit from it. Opportunities like this can have a meaningful impact, not only on students, but on the well-being of our entire community.

As always, MEPEC remains committed to supporting the English-speaking community of Montérégie-Est, advocating for access, inclusion, and opportunities that help our community thrive, today and for years to come.

To stay up to date about upcoming bursaries application dates, follow us on our social media, or contact us at colc.employ@mepec-pemca.org.

MEET THE RECIPIENTS



Élisabeth, a second-time bursary recipient, is currently completing a Bachelor's degree in Nursing Sciences at Université de Sherbrooke. During her visit, she shared how meaningful this funding has been for her academic journey. Receiving the bursary has allowed her to focus more fully on her studies and academic responsibilities, knowing that part of the financial burden associated with her education has been reduced. Her story is a powerful reminder of how targeted financial support can make a lasting difference in student success.



Diane, a first-time recipient, is enrolled in the Health, Assistance and Nursing program at the Centre de formation professionnelle in Sorel-Tracy. She expressed her deep gratitude for the bursary, noting that it helped cover several essential expenses related to her program. For Diane, this support has been both practical and encouraging as she takes important steps toward a career in health care.

Seniors Wellness

HEALTHY EATING FOR SENIORS: TIPS & UPCOMING WORKSHOP

Eating well is key to staying active, strong, and healthy as we age. Seniors have unique nutritional needs — getting enough protein, calcium, vitamin D, and fibre can help maintain muscle and bone health, support digestion, and boost immunity. Staying hydrated is equally important, even if you don't feel very thirsty. Small changes, like adding nutrient-rich snacks or planning balanced meals, can make a big difference in energy and overall well-being.

To support seniors in making healthy choices, MEPEC is hosting a nutrition workshop led by a professional nutritionist. This interactive session will cover practical tips for preparing simple, nutritious meals, organizing snacks, and planning meals for busy or low-energy days. You'll also learn strategies like batch cooking and safe food storage to make healthy eating easier.

This is a great opportunity to learn, ask questions, and connect with others interested in healthy aging.



Thursday, February 26, 2026



1:00PM – 2:30PM



MEPEC Community Space,

555 Boul. Sir-Wilfrid-Laurier, Beloeil, QC

[TO SIGN UP, CLICK HERE !](#)

AGING AT HOME WITH CONFIDENCE: UPCOMING SHARP SESSION

CHSSN is hosting an online information session focused on Services for Healthy Aging in the Right Place (SHARP), designed to help older adults remain safely and comfortably in their homes for as long as possible. Taking place on **Wednesday, February 18, 2026, from 10:00 to 11:30 am (EDT)**, this session will explore financial supports available to seniors in Quebec.

Participants will learn about provincial tax credits and deductions that can help offset the costs of home adaptations, medical needs, and caregiving services. The presentation will also explain eligibility requirements, application considerations, and where to find reliable information and guidance.

The session will be led by Julie Lemieux, Director of Finance at CHSSN, who brings extensive experience in accounting and a passion for making financial information clear and accessible. This session is ideal for seniors, caregivers, and anyone supporting aging at home.



**SERVICES FOR HEALTHY AGING
IN THE RIGHT PLACE
(SHARP)**

**Wednesday, Feb 18th, 2026
10:00 am – 11:30 am (EDT)**

**To learn more about financial
subsidies to help you live
comfortably at home**

[SIGN UP HERE!](#)

Employment

UPDATING YOUR CV FOR WINTER HIRING PERIODS

Winter is often underestimated when it comes to job searching, but February can be a strategic time to refresh your CV and position yourself for new opportunities. Many employers review budgets, launch new projects, and fill vacant roles early in the year, making this a key moment to stand out with a strong, up to date resume.

KEY UPDATES TO FOCUS ON

Start by reviewing your most recent experience. Make sure your latest roles, responsibilities, and achievements are clearly listed and written in simple, results focused language. Remove outdated information and keep your CV concise, ideally one to two pages.

Tailoring your CV is especially important in winter hiring periods. Employers often receive fewer applications than in the spring, but they still expect candidates to match the role closely. Adjust your skills section to reflect the job posting and highlight transferable skills such as communication, organization, teamwork, and adaptability.



DON'T FORGET THE LOCAL CONTEXT

In regions like Montérégie, employers value practical experience and community involvement. If you have volunteered, taken short trainings, or participated in workshops, include them. These details show initiative and engagement, especially during quieter hiring seasons.

Secrétariat aux relations
avec les Québécois
d'expression anglaise
Québec

RDN
Région de Développement Nord
du Québec

INTÉGRATION
COMPÉTENCES
Carrefour
jeunesse-emploi
Centre des services

GET SUPPORT AND EXPERT GUIDANCE

Updating your CV can feel overwhelming, but you don't have to do it alone. MEPEC offers online employment workshops designed to support job seekers at every stage of their career journey.

A workshop titled "CV Tips and Latest Trends" will be held Wednesday, February 11, 2026, from 6:00 PM to 7:00 PM, online via Zoom. This hands-on session will cover current CV trends and practical tips to help you make a strong first impression and stand out to employers.

If you're looking to strengthen your job search this winter, this is a great opportunity to gain tools, confidence, and guidance from employment professionals.

To learn more and register, click [HERE](#)

Winter can be a powerful time to reset, refocus, and take charge of your career. Updating your CV now can open doors sooner than you think.

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.



Statistics Canada, Multiple positions

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



YES Emploment + Entrepreneurship, Multiple positions.

To view the positions, click [HERE](#)



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

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



Intégration Compétences, Multiple positions

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



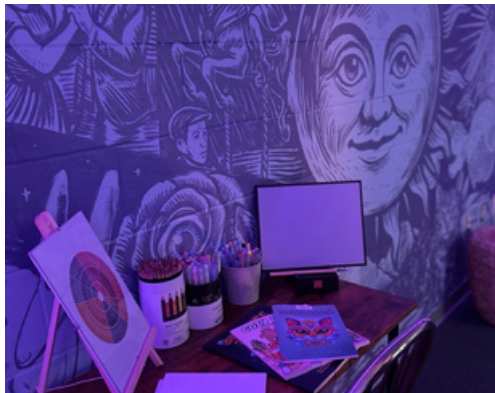
Arts & Culture

CREATING SPACE, EXPRESSION, AND BELONGING: MEPEC'S ART-DRIVEN SAFE SPACE AT HERITAGE REGIONAL HIGH SCHOOL

At Heritage Regional High School in Montérégie East, a new initiative has taken shape that blends creative expression with emotional support. In response to student-identified needs, the Montérégie East Partnership for the English-Speaking Community (MEPEC) partnered with the school to create a Safe Space Room in the school's Learning Commons area. This space was designed as a dedicated haven for students to relax, decompress, and explore creativity with access to art materials and supportive staff. The project emerged from ideas gathered through a student survey and reflects a growing focus on youth well-being in schools.

The Safe Space Room was stocked with a variety of art supplies – paints, markers, papers, and more – inviting students to draw, paint, sculpt, and experiment in a calm environment. Beyond simply providing materials, the room became a place where young people could express themselves visually, take breaks from academic stress, and feel seen in a supportive setting. This initiative aligns with broader efforts by MEPEC to foster mental health awareness and resilience among teens in the region.

A highlight of this creative push was the collaborative mural project led by local artist Justin Houle. Houle, a visual artist known in the community, worked alongside Heritage students to co-design and paint a mural that now graces a prominent wall in the school. While detailed public records of the mural's specific theme are limited, Houle's role as an artistic mentor helped students translate their ideas and voices into a large-scale piece of art. His involvement offered participants hands-on experience with professional artistic techniques and deepened their engagement with the project.



Students contributed to all phases of the mural – from concept sketches and discussions about meaning to selecting colours and painting techniques. The collective process not only resulted in a vibrant work of art but also fostered teamwork, pride, and ownership among the young artists. For many, seeing their artwork displayed prominently in school boosted confidence and reinforced the idea that their perspectives matter.

Both the Safe Space Room and the mural project reflect a broader vision of schools as places that nurture emotional health and personal expression alongside academic growth. By merging creativity with community support, MEPEC and Heritage High School have helped create environments where students can explore identity, build connections, and feel welcomed in a space that celebrates their creativity.

COMING UP : MEPEC WINTER PAINT NIGHT

Paint night is back ! Unleash your creativity during MEPEC's Paint Night at Musée des Beaux-Arts de Mont-Saint-Hilaire. A fun, relaxed evening open to all ages!

No experience needed—just come ready to create, connect, and enjoy. All materials are provided.

Saturday February 21:

From 3:00 to 4:30 PM - Register [HERE](#)

From 5:00 to 6:30 PM - Register [HERE](#)



MEPEC's General Activities

SUPPORT OUR COMMUNITY AT MEPEC'S FUNDRAISING LUNCHEON!



Looking for a tasty midweek meal that makes a real difference? MEPEC's Community Fundraising Luncheon with Chef Cathy is happening every Tuesday from 12:00 to 1:30 PM! Enjoy a home-cooked meal in great company while supporting programs that directly help our members.

This February, all revenue from the luncheon will go toward helping our members. In the past, funds have helped pay for a member's bus fares so they could join activities and even sent another member's children to summer camp—your meal makes a real impact!

Cost:

- \$7 for ages 12+
- \$3 for kids 2-11
- Free for little ones under 2
- Cash only. No registration needed.

Check out the menu, come hungry, leave happy, and help our community thrive.



STAY CONNECTED WITH US!

Stay connected with us on social media and be part of our growing community!

By following our pages, you'll never miss an activity, workshop, or special event we have planned. We share timely updates, useful tips, and behind-the-scenes glimpses of our team in action, so you always know what's happening and how you can get involved.

Whether it's reminders about upcoming events, helpful resources, or fun moments from our programs, our social media is your go-to place for staying informed and engaged. Following us also gives you the chance to interact directly with our team, ask questions, and share your experiences.

Don't miss out on any of the exciting things we have in store—connect with us online and make sure you're always part of the conversation!



Partners' Activities and Services



YES EMPLOYMENT ENTREPRENEURSHIP WORKSHOPS.

Have a business idea or thinking about becoming your own boss? YES Montréal is offering practical entrepreneurship workshops to help you turn ideas into action, build skills, and grow with confidence. Open to aspiring and current entrepreneurs looking for guidance, tools, and community support.

Register [HERE](#).



ENGLISH PRENATAL CLASSES IN MARCH

Prenatal classes in English, offered in collaboration with Le Berceau, providing a supportive space to learn, ask questions, and feel more confident as you prepare for birth and early parenthood. Open to expecting parents, with priority given to those living in the CLSC des Patriotes area.

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



MAISON DE LA FAMILLE EASTER EGG HUNT

Save the date for Saturday, March 28. The Maison de la Famille Rive-Sud's annual Easter egg hunt is back for a fun-filled day for the whole family. Bunny Jeannot is already preparing something special...

To become a member and be informed, click [HERE](#).

amiquébec

Allié.e.s en santé mentale
Allies in mental health

ONLINE MENTAL HEALTH SUPPORT GROUP

AMI-Québec's Support page highlights free, welcoming support groups for people living with mental illness, their caregivers, and loved ones, offering a safe space to connect, share, and cope together. These groups are run by people with lived experience and aim to help participants feel understood and supported.

View upcoming support groups [HERE](#).



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

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

Administrative Office

106-551, Sir-Wilfrid-Laurier Blvd
Beloeil, Qc J3G 4J1



Tel: 450 281-3732

Community Space

555, Sir-Wilfrid-Laurier Blvd
Beloeil, Qc J3G 4J1



info@mepec-pemca.org



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Canada 

*Secrétariat aux relations
avec les Québécois
d'expression anglaise*

Québec 

CHSSN