

MEPEC Monthly News



OUR 2025-2026 ACTIVITY PROGRAM IS OUT NOW !

Looking to sign up for a new activity or curious about what's coming up in the community? Our brand-new program for 2025-2026 is officially live!

From exciting events to enriching workshops, fun family activities, and senior wellness, there's something for everyone.

Head over [HERE](#) to see the full program online. Waiting for the printed copy? Keep an eye on our social media — we'll let you know as soon as it's ready!



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Health and Social Services

HOW QUEBEC'S 811 SERVICE SUPPORTS YOUR HEALTH AND WELL-BEING

Did you know that you can access professional health and social services advice in Quebec with just a phone call? Dialing 811 connects you to vital support—quickly, confidentially, and free of charge.

What Is 811?

The 811 service is a telephone-based health and social services information line available 24/7, anywhere in Quebec. It's designed to help residents get timely and trusted advice, potentially avoiding unnecessary trips to the emergency room or clinic.

Two Key Services, One Easy Number

When you dial 811, you'll be directed to one of two services:

- **Info-Santé 811:** Speak with a nurse for non-emergency health concerns. They can advise on symptoms, whether to seek medical attention, and how to care for minor ailments at home.
- **Info-Social 811:** Speak with a social worker for psychological, emotional, or social issues—such as anxiety, family conflict, or parenting support. This line is available 24/7 and offers a compassionate ear when you need it most.

Who Can Call?

Anyone living in Quebec can use the service, whether you have a family doctor or not. It's especially helpful for:

- Parents unsure about a child's fever
- Seniors managing chronic conditions
- Caregivers needing guidance
- Individuals feeling overwhelmed or isolated
- People unsure if their concern is urgent

Not for Emergencies

If you are experiencing a life-threatening emergency, call 911 or go to the nearest emergency room.

For more information, visit: [811 Services Quebec](https://811services.quebec.ca)



BE NOTIFIED OF UPCOMING HEATWAVES

Conseils Climat is a system that notifies the population before there is a heat wave. Warning messages are sent by telephone, e-mail or text, depending on the subscriber's preference. In addition to notifying subscribers of an incoming heatwave, the system offers advice on how to protect their health from the effects of heat.

Visit the Quebec.ca website for more information.

To receive warnings from Conseils Climat, you must sign up for it. It's free. Subscribers receive a message the day before a heatwave as a warning that it is coming. The messages are offered in French or English. Only those who have subscribed will receive them. You can unsubscribe at any time. [Click here to create an account!](#)

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.



AMILIA WORKSHOP

Join us for a workshop on **AUGUST 19th and 20th**, to learn how to use Amilia and get the most out of the new system.

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

This is a great opportunity to become familiar with the platform and ask any questions you may have.

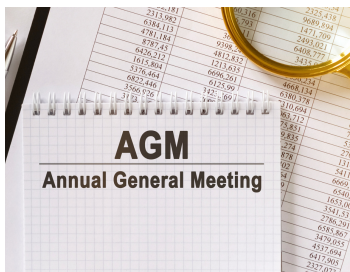


BOOK & BAKE SALE FUNDRAISER

Come join us at MEPEC's Book and Bake Sale and help support our community library! We'll have a great selection of gently used English books for all ages, perfect for finding your next good read.

September 12th : 6:00pm to 8:00pm

September 13th : 10:00am to 4:00pm



MEPEC ANNUAL GENERAL MEETING

Mark your calendars for **SEPTEMBER 22nd** and be part of MEPEC's Annual General Meeting. This is a great opportunity to learn about our achievements over the past year, hear about upcoming initiatives, and have your say in the future direction of our organization.

Your voice matters, and your participation helps strengthen our community. Keep an eye out for the invitation for the official time.



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 LEARN

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 9:00-11:30 AM. Cost: 10\$/Session.



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! Open to kids 0-5!

Every Monday from 9:00-10:00 AM. Cost: 10\$/Session.



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.

Every Friday from 9:30-11:30, until September 9th.
Cost: Per outing. 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 10:30-11:30 AM, Cost: \$10/Session.
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 \$50 for the entire family, for a duration of 10 weeks!



BLUEBERRY PICKING

Rendez-vous August 5th, 9:30AM at Petit & Fils!

It's a great opportunity to soak up the summer sun, enjoy the fresh air, and fill your basket with sweet, juicy berries. Whether you're coming for the fruit, the fresh breeze, or just to slow down and connect with nature, it's a simple way to savour the season.

Don't forget to RSVP on the [Facebook event](#) to let us know you're coming!



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 starting October 4th until May 2nd ! It's always a fun time with Dad!

The first Saturday of every month from 10:00-11:30 AM.
Cost: Free !



PRENATAL CLASSES WITH LE BERCEAU

Expecting a baby? Our English Prenatal Classes, in partnership with Le Berceau, offer the tools, knowledge, and support you need for pregnancy, birth, and beyond. Gain confidence through expert guidance in a warm, welcoming space.

Visit our website for upcoming dates & time!

MEPEC's Seniors Activities



SENIORS' SNEAKERS

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

TBD (Beloeil, St-Hilaire, Otterburn): Monday 10:00-11:00 am
Saint-Bruno-de-Montarville: Wednesday & Friday from 9:30-10:30 am.

Register [HERE!](#)



COMMUNITY GARDEN

The Community Garden is a friendly, green space where people grow fresh produce, connect with nature, and build community. Created in partnership with Mount Bruno United Church, it's a sustainable initiative open to everyone—whether you're an experienced gardener or just getting started. Come help our garden grow!

Cost : Free!



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.

Every Tuesday from 10:00-11:00 am

Register [HERE!](#)



SENIOR LUNCHEON

The monthly Senior Luncheons will be held in Beloeil and in St-Bruno (on alternate dates). They are the perfect opportunity to enjoy a delicious meal, connect with fellow community members, and learn new information in a warm, welcoming atmosphere.

Each free luncheon offers a chance to relax, socialize, and celebrate community.

Spaces are limited—be sure to check our website calendar and register in advance!

Celebrating CASA's 50th Anniversary in Gaspésie

HONOURING HALF A CENTURY OF COMMUNITY, CULTURE, AND CONNECTION

What a fantastic trip to Gaspésie to celebrate the 50th anniversary of CASA (Committee for Anglophone Social Action)! Our Executive Director, Karoll-Ann, and Community Development Manager, Kareen, had the pleasure of attending a memorable evening that brought together partners, community leaders, and organizations dedicated to regional vitality.

The gala was a heartfelt tribute to five decades of leadership, service, and innovation supporting the English-speaking community in the Gaspé region. The music at the gala was lively, filled with tradition and heartfelt energy, perfectly capturing the spirit of the region. The hospitality was exceptional, and the warmth of the Gaspésiens made us feel truly at home. We also had the chance to savour the region's rich culture and delicious seafood, adding a special local flavour to the celebration.

The founders of CASA were true trailblazers—raising awareness about the needs of English-speaking communities and advocating for essential

services long before it was common practice. Their work set the foundation for what is now reflected across Quebec, including the efforts of NPIs like MEPEC. Their vision lives on in the deep sense of purpose, connection, and resilience that drives our work in community development today.

We also had the wonderful opportunity to join the Canada Day celebrations in Gaspé, filled with music, festivities, and community pride. During the event, Karoll-Ann was interviewed by CBC to speak about MEPEC's mission in the Montérégie East, and how we support and uplift the English-speaking community in our region. We wrapped up our stay with a breathtaking fireworks show on the beach— an unforgettable end to a truly meaningful trip.

We're proud to stand alongside CHSSN and RDN in honouring CASA's incredible impact over the past 50 years. Here's to continued collaboration and a vibrant future for English-speaking communities across Quebec!



MEPEC's Information Hub

INTRODUCING OUR NEW REGISTRATION SYSTEM: AMILIA

We're excited to share an important update with our community!

MEPEC will be using Amilia for all program registrations and memberships.

This new platform will make it easier than ever to sign up for activities, manage your account, and stay connected with MEPEC.

Why Amilia?

Amilia is a secure, user-friendly online system that allows you to:

- Register for programs and events at your convenience
- Manage your family's profiles in one place
- Renew memberships quickly and easily
- Receive instant confirmations and reminders

What You Need to Do:

Visit www.mepec-pemca.org to:

1. Create your Amilia account
2. Manage your membership details

We'll be providing helpful guide and support to make the transition as smooth as possible. Our staff will be offering FREE workshops in our community space to members to assist you with the transition.

[Register Here!](#)

Workshop 2 - Tuesday August 19th - 1:00 - 2:00pm

Workshop 3 - Thursday August 21st - 1:00 - 2:00pm

An Amilia video tutorial is also available [HERE](#) on our website.

We look forward to bringing you an even better experience with Amilia!

Registration for fall activities opens on **Monday, August 18th**. You will only be able to register for MEPEC activities on or after this date.



Family & Early Childhood

The True Cost of Fast Fashion: Why Small Choices Matter

Written By [Maranatha W](#)

In a household of seven, laundry never sleeps. Each day brings more clothing to fold, sort, and store—items often quickly outgrown or worn out. With four changing seasons, growing children, and a new school year around the corner, the search for better-fitting pants or winter coats feels endless.

A decade ago I came across *The True Cost*, a documentary that exposed the devastating reality behind fast fashion—a 52-season cycle where brands like Zara, H&M, and Forever 21 release new items constantly. This relentless pace has severe consequences for the planet and for the people making our clothes.

The global apparel industry is worth \$1.84 trillion, yet millions of garment workers live in poverty. In India and Bangladesh, workers earn as little as 33-58 cents an hour, laboring up to 16 hours a day. These workers often face unsafe conditions, long hours, and exploitation. Child labor is another hidden cost. Children, viewed as compliant and cheap, are employed in factories to sew and dye clothing, forfeiting education and safety for survival.

In the West, we often try to offset consumption by donating clothes. But donation isn't always the solution we believe it to be. While Americans donate about 81 pounds of clothing per person each year, much of it ends up in countries like Ghana, where second-hand markets are overwhelmed with poor-quality discards, polluting coasts and harming local economies. What begins as charity becomes waste management for someone else.

So What Can We do?

Think Twice before you Toss - Nowadays, clothing is so cheap that fixing a button or repairing a small tear doesn't seem worth it. And perhaps in time, it isn't. But rethinking the worth of someone else's value and time, makes us consider the phenomenon twice. Somewhere...somebody is paying the price where we are not.

Try to use your clothes as long as you can. Demand drives supply, so savour the pieces you have.

Purchase second-hand - Goodwill, Salvation Army, Marketplace, Poshmark, your small-town thrift shop...there are endless options online and in-person. While all these venues might take a little more patience to search, giving another life to clothing keeps it out of an unwanted landfill and slows demand to overseas suppliers.

Donate Responsibly - Over the last decades, more companies are stepping up to reclaim or repurpose their gently used clothing. Brands like Patagonia launched a program called [Worn Wear](#), allowing you to trade in and buy used Patagonia apparel. Non-profits have also risen to the occasion, like [Dress for Success](#), accepting used professional clothing, and in their mission, helping unemployed and underemployed women develop job-skill preparedness. Buy Nothing groups have sprouted on social media, encouraging the repurposing and recycling towards families or individuals with certain needs.

When it comes down to those ripped and stained clothing, avoid the temptation to toss them in with the rest of your gently used clothing. Rather, find out which charities near you do textile repurposing and recycling - [Goodwill](#) and [Renaissance](#) being two committed non-profits to this cause.

The Small Choices Matter

As someone living in the Western world, we can often think there is so little we can do about the global poverty and suffering we see online. Yet, we each have a million small choices each day, and if one more person can say "yes" to sustainability and "no" to the endless demand for fast fashion and choking waste in developing countries, it will make a difference. From your home. From your closet. From your laundry room - you absolutely can make a difference...as you apply that stain-remover on your favourite cotton blouse. One. More. Time.



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.

Youth & Education

BE UNSINKABLE: JUST BE YOU! A JOURNEY OF CONNECTION, GROWTH, AND AUTHENTICITY

Our first Just Be You! session has officially come to an end, a 12-week journey that began in April and brought together youth from diverse cultural backgrounds every week to do something simple yet powerful: just be themselves.

Each session created a safe, welcoming space where English-speaking youth could talk openly, share experiences, build meaningful connections, and discover that they were not alone. Whether it was through heartfelt conversations, bursts of laughter during board games, or moments of conversation while knitting, every week held something unique.

Participants enjoyed a wide range of engaging and inclusive activities, poster creation, board games, knitting, pizza and video games, and even an international potluck. These weren't just fun events; they were meaningful opportunities to learn about one another, embrace different cultures, and build community.



In this moment, a young newcomer from the U.S. (the girl in red) is exchanging contact information with other participants. She was radiant with joy, because that day, she found her first friends in Québec.

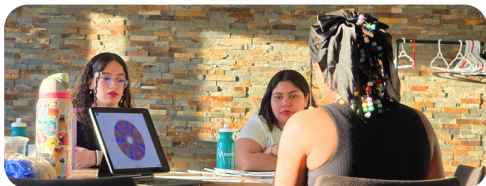
Moments like this remind us why we do what we do. And we couldn't be prouder of what this group has accomplished together.

But the journey doesn't end here!

We're excited to announce that Just Be You! will return this fall with a brand-new 12-week session! If you're looking for a space where you can feel safe, be free of judgment, meet new people, explore different cultures, have fun, take care of your mental health, and most importantly, be your authentic self, this is for you.

Stay tuned for more details about registration. And in the meantime, don't miss the newest episode of our podcast, where you'll get to know Juliana, the amazing facilitator behind Just Be You! and the heart that helped bring this project to life.

Here's to growing, connecting, and just being ourselves—together.



For the last three sessions, we had the pleasure of collaborating with Maison de la Famille des Maskoutains in the city of Saint-Hyacinthe. Thanks to this partnership, we were able to host our final sessions in a new setting and reach out to more youth in a different area. We were absolutely thrilled with the results, and even more excited to see new connections blossom.

In fact, during these sessions in Saint-Hyacinthe, something truly special happened.

We'd like to share a photo with you. It might not be the most visually stunning or dramatic image, but to us, it's the most meaningful one.

It captures the very heart of what Just Be You! was all about: breaking isolation and helping English-speaking youth feel connected, seen, and welcomed in our community.

Seniors Wellness

GIVING BACK: THE WELLNESS BENEFITS TO VOLUNTEERING

In Montérégie-East, an increasing number of seniors are discovering the many ways that giving back to their community can also give back to their health. Volunteering—whether through community centers, non-profits, or informal acts of support—has been shown to significantly enhance seniors' wellbeing across physical, emotional, cognitive, and social dimensions.

Improves Physical Health

Many volunteer roles involve light physical activity, such as setting up events, walking, or delivering meals. These movements help maintain strength, mobility, and cardiovascular health, reducing the risk of conditions like heart disease and arthritis.

Boosts Mental and Emotional Wellbeing

Volunteering brings a sense of purpose and accomplishment, especially after retirement. It also helps reduce feelings of sadness, anxiety, and depression by adding routine and meaning to daily life.

Reduces Social Isolation

Staying socially connected is vital for seniors' health. Volunteering creates opportunities to meet new people, build friendships, and feel part of the community—combating loneliness and improving mood.

Supports Cognitive Health

Many volunteer activities involve learning new skills, solving problems, or communicating across generations. This kind of mental stimulation can help keep the brain sharp and may delay memory loss or cognitive decline.

Promotes Healthy Aging and Longevity

Studies show that seniors who volunteer regularly often experience lower stress levels, improved immune function, and even slower biological aging. Just a few hours of volunteering per week can contribute to a longer, healthier life.

Volunteering truly is a win-win

Seniors gain physical and mental health benefits, and communities benefit from their time, skills, and life experience. Giving back helps seniors stay engaged, connected, and empowered as they age.



HOW TO GET STARTED WITH VOLUNTEERING

Identify Your Interests and Skills

Consider what activities you enjoy and how you'd like to contribute.

Explore Local Opportunities

Check with community centres, MEPEC, or municipal offices in Montérégie-East for volunteer programs.

Start with a Small Commitment

Begin with a few hours a week to find a role that fits your schedule and energy.

Ask Questions and Find the Right Fit

Make sure the volunteer role matches your abilities and interests, and don't hesitate to ask about support and training.



You would like to volunteer at MEPEC?

Send us an e-mail at info@mepec-pemca.org



Employment

NEW TO THE REGION? HOW TO FIND WORK AS AN ENGLISH SPEAKER IN MONTRÉGIE-EAST

Navigating the Local Job Market: Strategies for Newcomers and Bilingual Job Seekers

Starting a new chapter in a different country comes with many opportunities—and a few challenges. One of the biggest hurdles for newcomers is entering the local job market, especially in a bilingual region like Montréal, where both French and English skills are often needed. Whether you're new to the area or looking to re-enter the workforce, there are practical ways to approach your job search with confidence.

Build a Local Network

Volunteering and attending community events are two of the best ways to connect with people and ease into the local job market in Montréal-East. Giving a few hours of your time at a food bank, community center, or local festival not only helps you meet people—it also shows initiative and helps you gain local experience, which can be a real asset on your résumé.

Community events like seasonal fairs, farmers' markets, and town celebrations are also great places to meet local employers and organizations. These events often have booths or activities run by local businesses and service groups who are open to chatting—and sometimes hiring. Just being present, helpful, and visible can lead to opportunities, especially in a smaller region where involvement is valued.

Volunteering and participating in the community help you become part of the local rhythm, which often leads to work in a more natural, lasting way.



Understand the Local Job Landscape

Before diving into applications, it's important to understand what local employers are looking for. In Montréal, many sectors—from healthcare to retail to administration—require at least a basic knowledge of French. However, there are also many workplaces where bilingualism is an asset, and where English-speaking employees are welcomed.

Look for industries that tend to value bilingual or multilingual staff, such as:

- Customer service and call centres
- Technology and IT companies
- Healthcare and community services
- Education and childcare
- Hospitality and tourism

MEPEC's Newcomer Employment Orientation

To support English-speaking newcomers, MEPEC hosts regular employment orientation sessions designed to:

- Provide an overview of the Montréal job market
- Offer practical advice on job search strategies and resume building
- Connect participants with bilingual-friendly employers and community resources

These sessions are a great first step for newcomers looking to understand the local employment landscape and start their careers in the region on the right foot.

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.



Riverside School Board, *Multiple positions*

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



Intégration Compétences, *Multiple Positions*

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



YES Emploment + Entrepreneurship, *Multiple Positions*

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



Les Matinées Parents-Enfants, *Educator*

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



ARC, *Regional Community Development Coordinator*

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

Arts & Culture

DISCOVER MEPEC'S FREE KINDLE RENTAL SERVICE

MEPEC is excited to introduce a new, accessible way to enjoy reading: Kindle rentals are now available for free at our community library! Whether you're an avid reader or just starting to explore the world of eBooks, our Kindle rental service is designed to make reading easier and more convenient—especially for members of the English-speaking community in Montérégie East.

Borrowing a Kindle is simple:

- Choose up to three eBooks of your choice from [our virtual library](#).
- MEPEC staff will upload the titles to a Kindle device for you
- You'll take the Kindle home to enjoy your books at your own pace
- Once you're done, just return the device to MEPEC

To see all available books, click [HERE!](#)

The service is open to all members of the community. Whether you're looking for fiction, non-fiction, young adult novels, or self-help titles, our growing eBook collection has something for everyone.

Visit us today!

Drop by the MEPEC Library to learn more or to get started with your first Kindle rental.



BOOK & BAKE SALE

Come join us at MEPEC's Book and Bake Sale and help support our community library! We'll have a great selection of gently used English books for all ages, perfect for finding your next good read.

September 12th : Book sale from 6:00pm to 8:00pm

September 13th : Book & Bake sale from 10:00am to 4:00pm

On Friday only, treat yourself to something sweet at our bake sale, featuring delicious homemade goodies. All proceeds go toward MEPEC's library, helping us continue to serve the English-speaking community of Montérégie East.

Tote bags will also be for sale, with all proceeds supporting the library!

Everyone is welcome and we hope to see you there!



Partners' Activities and Services



MAISON DE LA FAMILLE DE LA VALLÉE DU RICHELIEU

Did you know MFVR supports both families and seniors? Based in the Vallée-du-Richelieu, MFVR offers drop-in daycare, parenting workshops, and support for families—plus day programs, respite care, and one-on-one support for seniors and caregivers. A warm, inclusive space for all generations!

Check out their services [HERE](#).



INTEGRATION COMPÉTENCES

Did you know? Integration Compétences offers intercultural activities and pairing to help immigrants feel at home. Meet locals, make friends, practice French, and discover Quebec culture in a welcoming, supportive environment!

Their "Café du monde" is a great way to connect with others, share your journey, and feel part of a community!

Check out their activity calendar [HERE!](#)



VOTRE CENTRE RESSOURCES

VÄXA CENTRE DE RESSOURCES

VÄXA is a wellness centre in Saint-Hyacinthe offering integrated services in physical, mental, and emotional health. Their team provides personalized care through therapy, rehabilitation, and family support, all in one welcoming space that also includes a boutique and community café.

Check out their website [HERE](#).



LE BERCEAU CENTRE PÉRINATAL

Fall is here, and Le Berceau's activity program is now available! Explore a variety of engaging activities including prenatal and postnatal support, parenting workshops, and community gatherings designed for families and caregivers.

Visit leberceau.org to see the full schedule and join a welcoming community focused on support and connection.



**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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Québec 

CHSSN