

THE MEPECER



MEPEC Membership Renewal

KEEP THE LOVE STRONG THIS VALENTINE'S DAY, RENEW YOUR MEMBERSHIP & SHARE WITH FRIENDS!



At MEPEC, we're dedicated to serving the interests of the English-speaking community in the Montérégie-East region, ensuring it remains active, vibrant, engaged, and thriving.

As we continue to grow and make a meaningful impact, your membership is key to our success. By renewing your membership, you'll help strengthen our community, support essential programs, and contribute to a brighter future for all.

This year, we're excited to launch many new projects while continuing to offer your favorite programs and services.

It's time to renew and reaffirm your commitment to MEPEC!

We love what we do so much that we'd love for you to share our activities with others. After all, the more the merrier! Already a member? Show your love and renew [HERE!](#) Do you know someone who isn't a member but would fall head over heels for MEPEC? Share the love and guide them [HERE](#).

Let's keep building a thriving and connected community together!



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HOW TO BOOST YOUR IMMUNE SYSTEM THIS FEBRUARY

The holiday season often brings colder weather, family gatherings, and rich holiday meals. While festive, these can also lead to an increased exposure to germs, stress, and potential nutritional imbalances, all of which can impact your immune system. Here are some effective ways to keep your immune defenses strong during the holidays.

1. Eat Nutrient-Rich Foods

Focus on balanced meals that include fruits, vegetables, lean proteins, and healthy fats. Foods rich in vitamins C and D, like oranges, berries, spinach, and fatty fish, are known for their immune-boosting properties. Zinc, found in nuts and seeds, also supports immune function.

3. Prioritize Quality Sleep

Sleep is crucial for immune health. Try to get 7-8 hours of sleep per night, as this is when your body repairs itself and produces infection-fighting molecules. If you have trouble winding down, practice calming activities like reading or meditating before bed.

2. Stay Active

Physical activity is a natural immunity booster. Regular exercise—whether it's a walk outside, a workout class, or some stretching—can improve circulation, which helps immune cells travel more efficiently throughout your body.

4. Practice Good Hygiene

Handwashing remains one of the most effective ways to avoid getting sick. Carry hand sanitizer when you're out and about, and avoid touching your face, especially in crowded places.



5. Manage Stress

High stress levels can weaken immune function. Engage in activities that help reduce stress, like yoga, meditation, or simply spending quality time with friends and family. Practicing gratitude can also help lower stress and improve mental well-being.

7. Consider Probiotics

Gut health is directly connected to immune health. Probiotics, found in yogurt, kefir, and fermented foods, help maintain a balanced gut microbiome, which supports immune responses.

6. Stay Hydrated

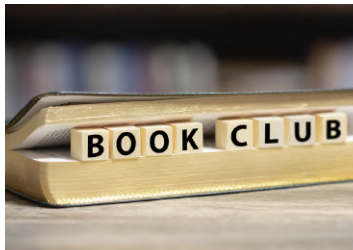
Drinking enough water supports every cell in your body, including immune cells. Staying hydrated helps your body flush

8. Limit Alcohol and Sugar Intake

Overindulging in sugary treats and alcohol can suppress your immune system. Try to enjoy these in moderation, and balance them with immune-friendly foods and beverages. Implementing these habits now can help keep you healthier and more resilient, so you can fully enjoy the season!

MEPEC's General Activities

Please note that all our activities are gender inclusive and all age groups are welcome, regardless of target audience. We encourage diversity and equal access to all our programs, activities and events.



BOOK CLUB

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

The next gathering will be **Wednesday, February 26th** in our Community Space. The theme is a book from the Canada reads list.

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



ONLINE TRIVIA NIGHT

Test your knowledge at MEPEC's Trivia Night on **February 11th from 7:00 to 8:30 PM!**

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

To register, click [HERE](#).



HISTORICAL ARTISTS WORKSHOP

NEW

Thanks to Canadian Heritage funding, MEPEC and **MBAMSH** are hosting a 3-part series of activities offering **FREE** guided tours and art workshops for families with children aged 9 and older. The 2nd workshop will take place on **Saturday, February 8th, 2:00-3:30 pm**. Location: Musée des beaux-arts de Mont-Saint-Hilaire, 150 Rue Du Centre-Civique, Mont-Saint-Hilaire.

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 to 11:30 pm 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 Tuesdays from 8:30 - 10:00 and 10:30-12:00. 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. Cost: \$10. Waitlist.



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 9:30am - 10:30am, 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!](#)



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.

Fridays from 9:30am -12:00pm. Cost: \$5. Register [HERE!](#)



ACTIVITIES 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 Cook with Dad activity will be taking place this Winter! It's always a fun time with Dad!

Weekends; Register [HERE!](#)



HOMESCHOOL GROUP

Join MEPEC's Homeschool Group which will be held in our community space **every Friday from 9:30-11:00 am**.

Let's learn together and develop our reading, mathematics and social skills through playful and hands-on activities! All activities will be geared towards children aged 5 to 8 year old.

Places are limited and younger siblings are welcomed. For more information please contact Afiya Roberts at afiya.roberts1@gmail.com

MEPEC's Seniors Activities



COOKING CLASSES FOR SENIORS



Our Cooking Classes at MEPEC have begun! Do you want to make healthy meals? Snacks? Breakfasts? This is a pilot project and we are excited for it to take off. The classes will be structured around the wants and need of the seniors in attendance. Don't miss this chance to sign up!

For more information and registration, click [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.

We apologize for the ones who couldn't participate in Spring 2024 session! **We encourage you to join our waiting list, [HERE](#).**



AQUA FITNESS

Back by popular demand! Grab your swim cap and bathing suit and get ready for adapted water aerobics. Classes will be held at Centre Aquatique Beloeil.

Wednesdays 10:30am-11:30am. Cost: \$40

Although we are full, we encourage you to sign up on our waiting list, [HERE](#).



KNITTING AND CROCHET GROUP

Knitting uses fine motor skills that are responsible for reducing stress and improving dexterity, social connections, self-esteem, and brain activity.

Convinced to join The Knitting group yet?! Join this weekly free meet-up every Tuesday from 1:30-2:30pm. **Register [HERE](#)!**

MEPEC's Information Hub

MEPEC WANTS TO TO HEAR FROM YOU!

The Montérégie Est Partnership for the English speaking Community (MEPEC) is a community organization serving the interests of the English-speaking population of Montérégie-Est.

In order to better represent the needs and priorities of English-speaking first official language speakers living in the Montérégie-Est territory, we must work with them through several funding agreements, including the Networking and Partnership Initiative (NPI) program with the Community Health and Social Services Network and Health Canada, the Enhancing Regional Community Capacity program of the Secrétariat aux relations avec les Québécois d'expression anglaise and Canadian Heritage's Cooperation with the Community Sector program.



We Want
Your Feedback

Your answers will enable us to better identify and analyze issues and opportunities in different segments, and help us adapt or create programs and services that are better aligned with your needs and priorities. Rest assured that your answers will be used for statistical purposes only and will remain anonymous. The data collected will be destroyed at the end of the project.

The time allotted to complete the questionnaire varies from 15 to 20 minutes.

The questionnaire will be open until February 26, 2025 at 4:30pm.

If you have any questions, please contact us at info@mepec-pemca.org, or if you would like assistance in filling out the questionnaire, we can schedule an appointment with you.

We greatly appreciate your participation in advance!

[COMPLETE SURVEY](#)



MEPEC's Information Hub

MEPEC WANTS TO INTRODUCE OUR NEW STAFF MEMBERS!

At MEPEC, we take pride in all our employees! We especially want to take the time to introduce our newest members to the team. Visit our website [HERE](#) to learn more about us!

Jamie Malysh - PROGRAM MANAGER

This month, we'd like to highlight the works and effort of Jamie Malysh, who has recently been hired into a new position, Program Manager. We could not be happier for this move and opportunity to work with Jamie in a new way.

Jamie Malysh combines creativity, leadership, and community-focused passion in her role. With 15+ years in teaching and a background as a professional dancer, she transitioned smoothly to project management, bringing strong skills in solution-oriented and empathetic leadership. Her career has focused on fostering inclusive environments, especially for youth. As Founder and Artistic Director of a dance company, Jamie guided many dancers toward prestigious institutions like The Royal Winnipeg Ballet and The National Ballet School of Canada. Now, at MEPEC, she's eager to leverage her experience and connect with the community!



Daphnée Lamarre - FAMILY & SENIOR COORDINATOR

Daphnée Lamarre is dedicated to fostering strong connections within her community. A graduate of McGill University, she earned her Bachelor's degree in Kindergarten and Elementary Education in 2019. For five years, Daphnée worked as an English homeroom teacher in both private and public schools, where she developed a passion for nurturing young minds.

After several rewarding years in the classroom, Daphnée sought to broaden her impact beyond her students. Transitioning to her new role as Community Outreach and Liaison Coordinator, she aims to support families and seniors more comprehensively. With a genuine enthusiasm for new projects, she is committed to creating positive change and uplifting those around her.



Tommy Caceres- EMPLOYMENT & EDUCATION COORDINATOR

We would like to introduce Tommy Caceres as the new Employment and Education Coordinator. Tommy Caceres is passionate about education, community building, and empowering newcomers to thrive. Originally from Bogotá, Colombia, he earned his Bachelor's degree in ESL from Universidad Distrital before embarking on a nine-year teaching journey across both Colombia and Quebec.

Beyond the classroom, Tommy has spent two years as a dedicated community worker, helping immigrants and newcomers navigate Quebec's social, educational, and professional landscapes. Driven by creativity and innovation, Tommy is dedicated to fostering meaningful change and empowering the community through every connection he makes.



Family & Early Childhood

MEPEC'S FAMILY BOOTCAMP

Did you hear about our family bootcamp activity this coming season?

Our family bootcamp helps strengthen bonds through teamwork, fitness, and fun challenges. It promotes healthy habits, improves communication, and fosters resilience—all while creating lasting memories. Perfect for families looking to grow stronger together, both physically and emotionally!

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

Please note that there is a cost of \$40 for the entire family, for a duration of 10 weeks!

What to expect:

- ✓ Warm-Up Fun: Start with a dynamic warm-up to get everyone moving.
- ✓ Workout Challenges: Exciting games and challenges for all ages!
- ✓ Bodyweight Training: Strengthen your muscles with simple, no-equipment exercises.

What to Bring:

- ◆ A water bottle to stay hydrated
- ◆ A yoga mat or towel for added comfort

Interested? Register today and click [HERE](#).



Registration Period February 3 - March 28, 2025

The registration process for students new to Riverside School Board for the 2025-2026 school year is fully online www.rsb.qc.ca/registration



The Riverside school board will begin their registrations for the 2025-2026 school year. For more information please click [HERE](#).

The registration period for students that are NEW to Riverside starts on February 3. The process is fully online. Please visit the registration page to follow the step by step. Please note that no appointment will be taken before that date. Thank you!

Family & Early Childhood

MEPEC'S PARENTING SKILLS WORKSHOP (AGES 0-5)

Join us for an in-person parenting workshop where you can bring your children and connect with other parents!

Support your child's growth and development in a fun and interactive environment.

Don't miss this opportunity to learn and share experiences with a community of parents!

Workshop Themes

- Learning through play
- Language
- Emotions
- Emotional regulation
- Self esteem
- Balanced childhood

Saturdays
1:30PM - 3:30PM
January 25th
-
March 1st

[Register Today!](#)



MEPEC Community Space
551 Boul Sir-Wilfrid-Laurier



Family Fun Day

Sunday, March 30th
9:00am - 12:00pm



SAVE THE DATE!

Sunday, March 30 | 9 AM - 12 PM
Centre Aquatique de Beloeil

Join us for a FREE Family Health Fair with community organizations, healthy snacks, a Paw Patrol meet & greet, guest speakers, and free swimming!

Mark your calendars! Registration opens beginning of March!

Youth & Education

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 collaboration with Scattered Automatic Expressions, 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 Montréal-Ést community.

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.

WHEN?

Monday February 3rd - 6:30-8:00pm

MEPEC Community Space -
555 boul. Sir-Wilfrid-Laurier,
Beloil

Let's create something amazing together—don't miss out!

YOUTH-LED PODCAST: EMPOWERED VOICES

Click [HERE](#) to sign up now!

You can also contact
j.malysh@mepec-pemca.ca






BE UNSINKABLE: JUST BE YOU!

PEER-TO-PEER SUPPORT GROUP

We are looking for Youth facilitators to help lead this 12-week program. Join our peer-to-peer support program for youth ages 16-26 to connect, share experiences, and empower each other in a safe supportive space.

CHSSN

mepec

Unsinkable
Youth

JUST
BE
YOU



Location:
MEPEC Community Space, Beloil



For more information and to register visit:
WWW.MEPEC-PEMCA.ORG



Follow us @MEPEC_Youth



Seniors Wellness

FEBRUARY IS SENIOR INDEPENDENCE MONTH

February is Senior Independence Month: Empowering Older Adults to Thrive

February is recognized as Senior Independence Month, a time dedicated to raising awareness about the importance of independence for older adults and providing resources to help them maintain a fulfilling and self-sufficient lifestyle. As individuals age, maintaining autonomy can become increasingly challenging, but with the right support and strategies, seniors can continue to lead active, purposeful lives.

The Importance of Senior Independence

Independence is more than just the ability to perform daily tasks; it encompasses emotional well-being, social engagement, and a sense of purpose. Studies show that seniors who maintain a level of independence experience improved mental health, greater self-esteem, and a higher overall quality of life. Encouraging self-sufficiency helps older adults retain their dignity and confidence while reducing feelings of isolation and dependency.

Strategies to Promote Independence Among Seniors

- **Home Modifications:** Simple changes such as installing grab bars in bathrooms, improving lighting, and using assistive devices can enhance mobility and reduce the risk of falls.
- **Health and Wellness Programs:** Encouraging seniors to engage in regular physical activity, balanced nutrition, and routine medical check-ups can help them maintain their strength and energy levels.
- **Technology Integration:** Modern technology, such as medical alert systems, smart home devices, and online communication tools, can empower seniors to manage their health and stay connected with loved ones.
- **Transportation Solutions:** Access to reliable transportation options, whether through community services or ride-sharing programs, enables seniors to attend appointments, run errands, and participate in social activities.
- **Social Engagement Opportunities:** Encouraging participation in local senior centers, hobby groups, and volunteer opportunities can provide meaningful interactions and foster a sense of belonging.



Employment

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

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

HOW TO TELL IF YOU'RE ON THE RIGHT PATH:

- **Energized by Your Work:** You feel motivated and excited about your job, even on tough days.
- **Aligned Values:** Your work reflects what matters most to you, like creativity, helping others, or innovation.
- **Opportunities for Growth:** You can see potential to learn, advance, and thrive in your career.



SIGNS YOU MIGHT NEED A CHANGE:

- **Feeling Stuck:** Your job feels unfulfilling or like a dead end.
- **Burnout:** Persistent stress or exhaustion signals a problem.
- **No Growth:** A lack of learning opportunities could mean it's time to pivot.

STEPS TO FIND THE RIGHT PATH:

- **Reflect on Your Goals:** What kind of work excites and fulfills you?
- **Explore Options:** Research roles or industries that match your interests and skills.
- **Gain Skills:** Consider certifications or workshops to support a transition.



HOW MEPEC CAN HELP

If you're ready to explore new opportunities, MEPEC is here to support English speakers in their career journey. Our workshops, resources, and guidance are designed to help you find fulfilling employment and achieve your goals.

[REACH OUT TODAY TO TAKE THE NEXT STEP!](#)



Job Board

NEW POSITIONS NEAR YOU

In this new section of our newsletter, we want to promote our fellow partner's job opportunities. This helps our partners find appropriate candidates as well as helps our members find local partnership job opportunities all in our place.



Nature Action Quebec, Marketing Role,
Full Time & Hybrid, **Beloeil**

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



Decor Saint-Hilaire, Customer Service
Part-Time, **Saint-Hilaire**

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



Tandem Employment, Recruiter
Full-Time & Hybrid, **Chambly**

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



Equiparc, Logistics Manager
Full Time, **Saint-Jean-sur-Richelieu**

To apply, click [HERE](#).

Arts & Culture

CARNIVAL QUEBEC TRADITIONS

Carnival Quebec is one of the world's largest and most famous winter festivals, celebrated annually in Quebec City. Rooted in French-Canadian traditions, this lively event features a variety of activities and customs that showcase the region's vibrant culture and heritage. From Bonhomme Carnival, Ice Palace, night parades and winter sports, locals and tourists have an array of activities to choose from. Join Carnival 2025 this year by exploring their program, [HERE](#).



DISCOVER THE JOYS OF WINTER IN MONTÉRÉGIE WITH THESE MUST-TRY ACTIVITIES:

Mont-Saint-Bruno National Park:

Parc national du Mont-Saint-Bruno is just a few kilometers from the Montréal metropolitan area. Five lakes, an orchard, a historic mill and dozens of kilometers of trails make this park a true island of nature in an urban environment.

Enjoy snowshoeing, cross-country skiing, winter hiking, and fat biking in a beautiful natural setting.

Click [HERE](#) for more information!

Îles-de-Boucherville National Park:

Explore trails on skis, snowshoes, or fat bikes, and observe local wildlife in this peaceful haven.

Click [HERE](#) for more information!



Domaine Poissant in Mont-Saint-Hilaire:

Experience a unique winter adventure by walking an alpaca on a 45-minute nature trail.

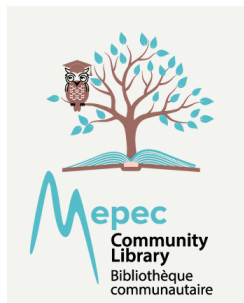
Click [HERE](#) for more information!

Showfrette in Beloeil:

Showfrette is much more than just a festival. It is an encounter between music, art and technology, a place where creativity is fully expressed. Immerse yourself in a unique winter atmosphere, under the stars, in front of the magnificent Richelieu River in Old Beloeil.

Dates: February 21 and 22, 2025

Click [HERE](#) for information!



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.



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



QUEBEC SUPPORT GROUP FOR CELIAC CANADA

A gluten-free meal is planned at restaurant Ottavio's on **Friday, February 21st at 6:00 pm**. For more information and for reservations, please contact Gemma before February 20 at: quebecsupportgroup@celiac.ca



SSRE PRESENTS: ANNA CAPOBIANCO-SKIPWORTH

Ambassador & Speaker Quebec Breast Cancer Foundation for 20+ years, Anna is a three time Cancer Survivor.

The South Shore Retired Educators will be hosting her for a special presentation in February.

For more information contact: southshoreretirededucators@gmail.com



SUICIDE PREVENTION WEBINAR

Attend the English Webinar on Suicide prevention : Preventing Suicide: Listen, Act, and Be Prepared. **Wednesday, February 5, 2025, 12:00 PM to 1:00 PM**

Free and open to all - [Register Here](#).

FOR THE LOVE OF LITERACY TEA

Date: **Sat. 08 Feb 2025**

Time: **2 pm – 4 pm**

SSLC FUNDRAISER

SSLC is inviting local communities to their "For the Love of Literacy Tea" event on February 8th at 2 – 4 pm.

Tickets are 25\$ each, with no charge for children.

For more information and ticket purchases please contact:
info@southshoreliteracy.org



SENIOR WINTER CREATIVE WRITING WORKSHOP

Expressing our thoughts in writing can bring clarity and help to focus on what we find important. In fact, writing often reveals to us what we are actually thinking. Join SSCP on **February 18th** for their first workshop of many from 2:00-4:00 pm. The program is 8 weeks and costs 40\$.

For more information call **450-651-7044** or email jeanettepaul@yahoo.ca

mindful moments

STRENGTHENING SOCIAL-EMOTIONAL WELL-BEING FOR KIDS AND FAMILIES

ADVANCE TICKETS: FREE

RSVP by signing up using this QR Code:



WHEN: February 6, 2025
5:30 PM - 8:15 PM

WHERE:
Mountainview School
444 Mountainview, Otterburn Park QC

PARENT CONFERENCE - SOCIAL-EMOTIONAL WELL-BEING

Mountainview School, in collaboration with the RVCLC (Michael Sitruk), William Latter School and Cedar Street School is hosting a Parent Conference on **February 6th at 5:30 – 8:15 pm**. Featured workshops will be by Riverside School Board, CommeUnique, Telus, Arc'en ciel, Karen Delage and Police RSL. To register, click [HERE](#).

SENIOR ACTION QUEBEC WEBINAR

Settling your affairs is a term that often makes people shudder however, this webinar will aim to take another spin on this often-taboo topic by first looking at the legal aspects of preparing and organizing a will.

Join the Legal information Clinic of McGill on **February 11th from 10am – 12pm**.

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





**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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@mepecyouth

@mepec_monteregie_east

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@mepecyouth



551, boul. Sir-Wilfrid-Laurier, #105 and 106
Beloeil, Qc J3G 4J1



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Canada 

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d'expression anglaise**

Québec 

CHSSN