

MEPEC Monthly News



May: A Month of Renewal and Celebration for all Mothers:

As we step into the beautiful month of May, we welcome warmer days, blooming flowers, and a renewed sense of energy. May is a time for fresh beginnings, outdoor adventures, and cherished moments with loved ones.

This month, we also take the opportunity to celebrate Mother's Day, a special occasion to honor the love, strength, and dedication of mothers and mother figures in our lives. Whether through a heartfelt message, a small gesture of appreciation, or simply spending quality time together, Mother's Day is the perfect moment to express gratitude for all they do.

To the MEPEC community, we wish you a joyful and heartwarming Mother's Day. May this month bring you happiness, sunshine, and meaningful connections with those you hold dear. Happy May and Happy Mother's Day!



INSIDE THIS ISSUE

AN ORGANIZED HOME, AN ORGANIZED MIND!
P.2 & 3

MEPEC'S ACTIVITIES AND SERVICES
P.4

MEPEC'S INFORMATION HUB
P.8

PARTNERS' ACTIVITIES AND SERVICES
P.15

Health and Social Services

AN ORGANIZED HOME, AN ORGANIZED MIND: HOW DECLUTTERING IMPROVES MENTAL HEALTH

Written By [Maranatha W](#)

In the past decade, the popularity of clear plastic bins and their rainbow-coloured contents has been widespread on the internet. Thanks to the [Home Edit](#), decluttering and organization reached new levels of popularity, as it was hard not to be inspired by the meticulously clean and colourful transformations taking place in homes.

However, sometimes it feels like parenting is more about managing stuff, and less about managing our little people. The stuff gets in the way of our interactions, and stress overflows into our tone, communication, and, more importantly, the quality time spent connecting with our children and their needs.

A 2014 LA Times reported that American households have an average of [300,000 articles](#), and I don't imagine Canadians are that far off.



The Price of Clutter

Many of us have unresolved guilt when considering decluttering certain items. Either it's a gift and we wouldn't want to offend the individual, the article holds a memory, or we paid for it, and think we will lose money by letting it go. (News flash: that money is already gone.)

Realistically, the cost of clutter and a messy environment comes at a higher cost. The Professional Organizers of Canada claim that [83% of Canadians](#) indicate extreme disorganization, and 91% feel clutter negatively affects their lives. Some effects studied are increased stress, lower mood, and decreased focus and working memory.

Increased Stress

A [2021 study](#) involving young women caring for an infant in a chaotic versus normal environment confirmed that household chaos is related to physiological stress in a caregiving context. Decluttering and organizing our homes, especially with the unpredictable twists of parenting, lowers the stress we sense and project around our partners and children.

Decreased Mood

[Another research project](#) found that the home environment correlated with daily patterns of mood and cortisol levels. Women with higher stressful home scores had an increased depressed mood over the day, whereas women with higher restorative home scores had decreased depressed mood throughout the day.

Health and Social Services

AN ORGANIZED HOME, AN ORGANIZED MIND: HOW DECLUTTERING IMPROVES MENTAL HEALTH

Written By [Maranatha W](#)

Decreased Focus and Working Memory

More studies have demonstrated that visual clutter drains our cognitive resources, by reducing our ability to focus and decreasing our working memory. In using MRI (functional magnetic resonance imaging), [2011 neuro-scientific researchers](#) found that clearing up the mess allowed for better focus, improved information processing and productivity.

If you are having a hard time concentrating on a project, decluttering your space will improve your focus, as it lessens the visual load absorbed by your brain.

Reduce the Load. Increase the Capacity.

Understanding the negative effects of clutter in our spaces and homes makes it evident that having a clean and organized space will reverse the adverse effects of the prior - less stress, an improved mood, better focus and a working memory.

A space that can breathe is a brain that can breathe, allowing you to enjoy the life you are building for you and your family.

Where To Start

1. Start Small - Rather than overwhelm yourself with cleaning the entire house at once, divide the house into zones, rooms, or storage spaces.

Remove everything

Declutter the items you no longer use or need.

Clean or wipe out the drawer or cabinet.

Organize & replace the items you're keeping.

The satisfaction of a clean and organized space will motivate you to go further.

2. The One-Minute Rule - Dawn, [the Minimal Mom](#), talks about the One-Minute Rule on her YouTube channel. If you can clean it in under a minute, just do it. It's amazing how many little things are waiting to be cleaned or ordered that will take less than 60 seconds.

We all have days when we need to let things go, but as a regular part of our routine, our family thrives when we have an environment that is free of clutter, leaving more room for play and enjoyment. The cost of clutter is too high. The kid's great-aunt will never ask about the stuffy she gave on our one-year-old's birthday, and throwing away the wooden giraffe does not mean I've trashed my memories of Africa. They are alive and well, just like our collective sanity.



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.

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 **May 28th, 6:30 PM TO 8:00 PM** in our Community Space.

The book of the month is a choice of any **classic book**. The definition of classic is up to each person, but it was agreed that the book should have been written before the reader was born.

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



ONLINE TRIVIA NIGHT

Test your knowledge at MEPEC's Trivia Night on Tuesday, **May 13th, 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](#).



HISTORICAL ARTISTS: FINAL CHAPTER

This event is open to all and offers a unique opportunity to connect with Quebec's cultural heritage in a meaningful and engaging way.

Reserve your place today:
[HERE!](#)

Join us in celebrating creativity, history, and the enduring impact of artistic innovation.



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.

Tuesday 9:30 -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!

Monday 9:00 -10:00 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. Children will learn about melody, rhythm, tempo, dynamics, movement, and more using fun, unique, educational musical materials. Incorporating music into routines and play in the early years has a positive influence on your child's early development.

Monday 10:30-11:30 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](#) for May 3rd!



ALPACA FARM

Join MEPEC on May 3rd for a visit to an Alpaca Farm.

MEPEC families are invited to come and see the alpacas by enjoying the relaxation/observation/picnic area or by taking the path that runs along the outer perimeter of the pastures (accessible to walkers in summer and fall, depending on the condition of the ground).

Voluntary contributions as an entrance fee.

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 **May 24th 10:00-11:30 AM**. 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 years old.

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

MEPEC's Seniors Activities

Register
Now!



SHARP HIGH TEA

Join us for a delightful Seniors High Tea on **May 15th**. Enjoy an afternoon of tea, treats, and engaging conversation. We are thrilled to have Cathy Prosser as our guest speaker, sharing her insights and experiences.

Don't miss this wonderful opportunity to connect and celebrate together while discovering English Resources in our community for Seniors.

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](#).



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 1:30-2:30 PM. **Stay tuned for the start date and registration period.**



ART HIVE: WATERCOLOR

Join MEPEC on May 8th for an Art Hive Watercolor class!

A friendly drop-in space for all ages and skill levels. Explore the calming world of watercolor with all supplies provided. No experience needed. Come relax, create, and connect with others over art, tea, and good company. Bring a friend or come solo—everyone's welcome.

Register [HERE](#)

MEPEC's Information Hub

MEPEC VOLUNTEER LUNCHEON: A GARDEN PARTY TO REMEMBER

On [insert date], MEPEC hosted a special luncheon to celebrate and thank our dedicated volunteers. The theme, Garden Party, provided a fresh and elegant backdrop for an afternoon filled with good food, meaningful conversation, and heartfelt appreciation.

The room was transformed with floral arrangements, soft spring colors, and thoughtful touches that created a welcoming atmosphere. Guests were greeted with refreshing mocktails and enjoyed a delicious lunch, followed by an assortment of desserts.

Throughout the event, we took time to recognize the vital role our volunteers play in supporting MEPEC's mission. Whether assisting with programs, helping behind the scenes, or offering their time in countless ways, their contributions make a lasting difference in our community.

We extend our sincere thanks to each volunteer who attended—and to all those who support MEPEC year-round. Your commitment and generosity are deeply appreciated.



STAR PROGRAM ★

The STAR Program is looking for shining volunteers who deserve to be recognized and celebrated!

Do you know an employee or a volunteer at a community or public organisation who stands out for having made a special effort to improve the health and well-being of Montréal's English-speaking community members?

We invite you to nominate them for the Special Thanks and Recognition Program (Star Program)!

The Star Program, an initiative of the Regional Health and Social Services Partnership Table (RHSSPT)*, is a program that highlights individuals who demonstrate support for the Montréal English-speaking community.

Selected candidates will receive a certificate of congratulations, will be eligible for a \$50 gift card draw, and will be featured in the newsletter publications and Facebook pages of diverse health organizations across the Montréal.

To nominate a candidate, please complete the following form before May 12th! [HERE!](#)

Family & Early Childhood

CHOOSING THE BEST SUMMER CAMP IN THE MONTÉRÉGIE EAST!

Choosing the ideal summer camp for your child in Montérégie East, Quebec, requires thoughtful consideration to ensure a rewarding and enjoyable experience. Here are the key factors to guide your decision:

1. Identify Your Child's Interests and Needs

Begin by understanding your child's preferences, whether they lean towards sports, arts, academics, or outdoor adventures. Selecting a camp that aligns with their interests can enhance their engagement.

2. Verify Accreditation and Safety Standards

Ensure the camp is accredited by reputable organizations, such as the Association des Camps du Québec, indicating adherence to high standards of safety and program quality. Always ensure the staff have received training and first aid training.

3. Consider Camp Type and Duration

Decide between day and overnight camps based on your child's comfort level and maturity. Starting with shorter sessions can be beneficial for first-time campers.

SUMMER CAMPS NEAR YOU

1. Langmobile Summer Camp in Mont-Saint-Hilaire

Location: Collège Saint-Hilaire, Mont-Saint-Hilaire
Age Group: 5 to 12 years old

Overview: Langmobile offers an English immersion summer camp that combines language learning with engaging activities.

Click [HERE](#) for their website!

2. Little Musicians' Corner - Groupe Izanto

Location: Collaborates with day camps in Beloeil, Boucherville, Saint-Hilaire, and surrounding areas
Age Group: 5 to 13 years old

Overview: Groupe Izanto provides introductory music and instrument programs within various day camps. Children can explore instruments like guitar, violin, piano, ukulele, and more, fostering musical skills and artistic expression.

Click [HERE](#) for their website!

3. DirtCamp Day Camps

Location: Bromont, Mont Blanc, Mont Rigaud, Montcalm

Overview: DirtCamp specializes in mountain biking day camps, offering progressive learning experiences in various locations. Each camp focuses on skill development, safety, and fostering a love for outdoor adventure.

Click [HERE](#) for their website!



Youth & Education

DIALOGUE MCGILL COMMUNITY BURSARY: EMPOWERING THE NEXT GENERATION OF HEALTH AND SOCIAL SERVICES PROFESSIONALS



MEPEC is proud to continue its collaboration with Dialogue McGill to promote the Health and Social Services Community Bursary Program, an initiative designed to provide financial support to full-time students from the Montérégie East region who are pursuing post-secondary studies in the fields of health and social services.

This bursary program represents an opportunity to lighten the financial burden of post-secondary education and contribute meaningfully to the well-being of Quebec's English-speaking population. By encouraging and supporting bilingual students who are committed to serving their communities, Dialogue McGill and MEPEC aim to enhance access to care for vulnerable and underserved populations across the province.

A Purpose-Driven Program

The Health and Social Services Bursary Program addresses a critical need in Quebec: the shortage of professionals who are proficient in both English and French. This initiative is particularly vital in regions like Montérégie East, where access to services in English can be limited.

What the Bursary Offers

Recipients of the bursary will receive a significant financial contribution to support their academic journey. In exchange, students commit to returning to the Montérégie East region upon graduation to work for at least one year per bursary awarded in a public health or social services institution.

Who Is Eligible?

To qualify for the bursary, applicants must:

- Be a Canadian citizen or permanent resident;
- Have resided in their home region (Montérégie East) for at least two consecutive years;
- Be accepted into or currently enrolled in a government-recognized educational institution, either inside or outside their home region;
- Be pursuing a full-time program in health or social services that qualifies them to work professionally in Quebec;
- Be enrolled in a field of study that prepares them to offer direct care or services;
- Demonstrate proficiency in both English and French, enabling them to provide services in both languages;
- Be registered as a full-time student during the applicable academic year;
- Agree to participate in any required follow-up, monitoring, or program evaluations conducted by Dialogue McGill or its partners.

Apply Today! [HERE!](#)

Invest in Your Future, and Your Community!



Seniors Wellness

SWIMMING AND ITS BENEFITS ON THE BODY AND MIND

Swimming is one of the most effective full-body exercises, offering numerous physical and mental benefits. For seniors, it provides a safe, low-impact workout that promotes overall well-being.

PHYSICAL BENEFITS OF SWIMMING FOR SENIORS

1. Low-Impact Exercise for Joint Health

Unlike high-impact activities like running, swimming reduces stress on joints, making it ideal for individuals with arthritis, osteoporosis, or mobility issues. The buoyancy of water supports the body, allowing for pain-free movement and improved flexibility.

2. Enhances Cardiovascular Health

Swimming strengthens the heart and lungs, improving circulation and reducing the risk of heart disease. It also helps regulate blood pressure and maintains healthy cholesterol levels.

3. Builds Strength and Endurance

Water resistance provides a natural form of strength training. Regular swimming helps build muscle, increase endurance, and enhance balance, reducing the risk of falls.

4. Supports Weight Management

Swimming burns calories effectively while being easier on the body compared to land-based exercises. It helps seniors maintain a healthy weight without putting excessive strain on their joints.

MENTAL AND EMOTIONAL BENEFITS

1. Reduces Stress and Anxiety

Being in water has a calming effect, lowering stress levels and promoting relaxation. The rhythmic movement of swimming encourages deep breathing, which can alleviate anxiety and enhance overall mood.

2. Boosts Cognitive Function

Studies suggest that aerobic exercises like swimming can improve memory, attention, and cognitive function. It promotes blood flow to the brain, which may help reduce the risk of dementia and cognitive decline.

3. Encourages Social Interaction

Participating in swimming classes or water aerobics provides opportunities for socialization, reducing feelings of loneliness and fostering a sense of community among seniors.

4. Improves Sleep Quality

Regular physical activity, including swimming, helps regulate sleep patterns, leading to deeper and more restful sleep—something many seniors struggle with.



PISCINE INTÉRIEURE LAURIER-R.-MÉNARD

Sorel-Tracy, QC

Free bathing for adults, including seniors. See the timetable for times reserved for adults. Click [HERE](#) for their website.

COMPLEXE AQUATIQUE DE CHAMBLY

Chambly, QC

Offers a variety of aquatic activities, including aquafitness classes for seniors. Click [HERE](#) for their website.

PISCINE INTÉRIEURE ÉMILIE-HEYMANS

Saint-Lambert, QC

Offers \$5 admission for seniors (60+), with prepaid cards available for additional savings. Click [HERE](#) for their website.

VILLE DE LONGUEUIL

Longueuil, QC

Offers a range of aquatic courses and activities, including free swimming in the indoor pools. Timetables and prices are available on their website. Click [HERE](#) for their website.

Employment

INVITATION TO OUR FREE UPCOMING CAREER WORKSHOP: BOOST YOUR CAREER CONFIDENCE

MEPEC is pleased to invite you to an engaging and informative online workshop, presented in collaboration with YES Employment + Entrepreneurship (YES Montreal), as part of our ongoing commitment to support the professional development of the English-speaking community in the Montérégie-Est region.

This virtual Lunch & Learn session is designed to provide concrete tools, expert advice, and practical strategies for anyone looking to strengthen their career prospects in today's competitive job market.

Whether you are entering the workforce for the first time, re-entering after a break, considering a career change, or actively searching for a new opportunity, this session will help you take the next step with clarity and confidence.



"Whether you are entering the workforce for the first time, re-entering after a break or considering a career change, this session will help you take the next step with clarity and confidence."

Workshop Objectives:

During this interactive 90-minute session, participants will:

- Learn how to write or update a professional CV that effectively communicates their skills & accomplishments.
- How to create and maintain a strong LinkedIn profile.
- Explore proven techniques to prepare for job interviews.
- Understand the fundamentals of salary negotiation and how to advocate for fair compensation.

Participants will also have the opportunity to ask questions in real time, making this a valuable occasion to seek personalized advice directly from experienced career advisors at **YES Montreal**.

Who Should Attend:

- Job seekers of all experience levels
- Recent graduates
- Newcomers to Quebec or Canada
- Individuals considering a career transition
- Anyone looking to improve their job search strategy or negotiation skills

We encourage all members of our community to take advantage of this opportunity to invest in their career growth.



Registration:

To attend the workshop, register in advance using the following link: [HERE!](https://coloc.employ@mepec-pemca.org)

A Zoom link will be provided upon registration.

For more information, please contact:

coloc.employ@mepec-pemca.org

Date: Tuesday, May 21, 2025

Time: 12:00 PM to 1:30 PM

Format: Online workshop

Cost: Free

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.



Centre d'action bénévole de Boucherville, *Communications and Marketing Advisor*

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



Centre de Bénévolat de la Rive-Sud , *Community Organization Worker*

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



YES Emploment + Entrepreneurship, *Business Coach*

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



AMI Quebec, *Social Media Content Creator and Writer*

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



JA QUEBEC, *Internship Opportunity*

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



Arts & Culture

THE FINAL CHAPTER OF OUR HISTORICAL WORKSHOP SERIES

We invite you to join us for the third and final session of our free workshop series celebrating the intersection of history and artistic expression. This culminating event will take place at the Maison Paul-Émile-Borduas, offering a guided visit that delves into the life and influence of one of Quebec's most important figures in modern art.

Following the visit, participants will take part in a creative workshop inspired by automatism – the groundbreaking artistic movement that Borduas helped pioneer. This hands-on experience will provide insight into the spontaneous and expressive techniques that marked a turning point in Canadian art.

This event is open to all and offers a unique opportunity to connect with Quebec's cultural heritage in a meaningful and engaging way.

Reserve your place today:

[HERE!](#)

Join us in celebrating creativity, history, and the enduring impact of artistic innovation.



MEPEC BOOK CLUB

The book THEME for May is: Classic Books
Choose a book that was written before you were born!

The book club is an enjoyable social activity and an opportunity to expand your literary horizons!

Every last Wednesday of the month, the book club meets in the MEPEC community space to discuss a new book that the group has chosen, or suggest a theme, and members get to select novels that respect the chosen theme.

The next meetup will be on **May 28th from 6:30-8:00 PM.**



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! 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 2:30 PM** 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](#).



QUEBEC SUPPORT GROUP FOR CELIAC CANADA

Join the CHAT HOUR on Zoom on Wednesday evening, April 16th, at 8 PM. Our guest will be the dietitian Kristina Bischoff, and our topic will be managing a balanced diet with more than one dietary restriction besides gluten-free.

Email: quebecsupportgroup@celiac.ca for the Zoom link.



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 ssfuw@gmail.com.



ARTHRITIS RIVE-SUD: EXERCISE ADAPTED

Arthritis Rive-Sud offers four choices of adapted physical exercise sessions, in Brossard, St-Hubert, Longueuil and Greenfield Park. The exercises are aimed at people with arthritis, those with moderate mobility problems or pain, or those who want to maintain or regain their mobility and flexibility, while building muscle strength and resilience.

Register [HERE!](#)



MONTREAL SCHOOL OF PERFORMING ARTS (MSOPA)

has been nurturing Montreal's arts community for over 30 years, offering acting training for children, teens, and adults. Through programs like "Acting Out!", MSOPA fosters self-confidence, cultural expression, and community engagement with hands-on, accessible workshops.

For details about the upcoming Open House and workshops, contact [Josa Maule at 514-483-5526 or info@msopa.com](mailto:josa.maule@msopa.com).



SHARP DRIVING SAFELY: ASSESSMENTS, ACCOMMODATIONS, AND KNOWING WHEN IT'S TIME TO STOP

Occupational Therapist Shamese Barakat from Kinatex will discuss how to assess driving abilities, explore possible accommodations, and recognize when it may be time to stop driving. This important session will provide practical guidance for maintaining safety and independence.

May 21st at 10:00 AM - Online

Register: [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

@MepecMonteregieEast
@mepecyouth

@mepec_monteregie_east
@mepecyouth

@Mepec-Pemca

@mepecyouth



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



Tel: 450 281-3732



info@mepec-pemca.org

This initiative is made possible with financial contributions from:

Canada 

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

Québec 

CHSSN