



JULY & AUGUST 2022

# MONTÉRÉGIE

WEST COMMUNITY NETWORK



## A word from Pauline



*Dear members and partners,*

*It is now the time to look back and see how much we have accomplished throughout the past year. We have made many new friends, added new members, and created more opportunities to connect with our communities. The future is promising to have some very interesting activities that many of you will surely enjoy. Depending on which office is in your community, you will have the opportunity to attend a Health Fair in Brossard in October and another in November in Pincourt. Our new office in Hemmingford will be holding an open house in September. This will be an opportunity to come out and enjoy this beautiful area by the New York border that is well known for its wine and assortment of apple produce.*

*In between you can count on many additional activities for families to enjoy, for Moms and Tots, parent workshops, senior social activities and health information to help support strong and informed community members. We also have been working diligently on employability work preparation programs to empower youth, women seeking new careers, and other important community members in transition.*

*In the meantime, our very devoted staff will be taking a break from July 23rd to August 8th.*

*Rest and self-care are so important. When you take time to replenish your spirit, it allows you to serve from the overflow. You cannot serve from an empty vessel.*

*Eleanor Brown*

**HAVE A SAFE AND HAPPY SUMMER!!**

Pauline Wiedow - Executive Director

## MWCN's AGM 2022

On Tuesday, June 21st we held our Annual General Meeting at the Cultural Centre in Chateauguy. The AGM is held every year to share with our membership and partners what was accomplished during our fiscal year.

We were 43 in attendance, which consisted of the team of MWCN, the Board of Directors, members, and partners. After a statement recognizing the traditional territory and land acknowledgement of the Indigenous people a special mention was made since it was also National Indigenous Peoples Day. The AGM began with our President, Lise Brunette giving a speech about how MWCN has thrived during the pandemic as an organization committed to helping the community. The AGM continued as each staff member gave their report of the activities, the partnerships, and the community outreach that was developed during our fiscal year from April 2021-March 2022.

There were a few special announcements made during the evening, that made this AGM remarkable. First, a special announcement was made to honour one of our team members, Shannon Keyes. Shannon works as our Bright Beginnings Coordinator, and Pauline Wiedow, Executive Director, acknowledged the exceptional work that Shannon does throughout the year, highlighting the support that she provides for the families of the children she has in her class.

Another special moment during the AGM was for Pauline Wiedow, the Executive Director of MWCN. A few months ago, Pauline was awarded the Lieutenant-Governor Silver Medal Award. She was unfortunately unable to attend the ceremony, so the team of MWCN put on their thinking caps and came up with a plan to surprise Pauline during the AGM and present her with the medal. The surprise was successful, and it was a great moment of the AGM. Congratulations, Pauline!

The AGM was concluded with the election of the new Board of Directors which we would like to present to you.

*President: Lise Brunette*

*Vice President: Merlin Halliday*

*Treasurer: Don Rosenbaum*

*Secretary: Chuck Halliday*

*Director: Frank Cholette*

*Director: Tracy Wilkins*

*Director: Susan Parker*

*Director: Jayme McClintock*

*Director: Ian MacLeod*



We would like to welcome our 2 new members of the board: Maureen Hoas and Lucy Khatchadourian, who have joined as directors.

We would also like to take this time to thank everyone who joined us at our AGM. It was a great night, and we are looking forward to our new fiscal year with lots of fun and exciting things planned, and to the next AGM in 2023!



## Hemmingford office in Jardins-de-Napierville

In 2021, the Montérégie West Community Network (MWCN) decided to expand its network of services with a new office in Hemmingford. The necessary funding was obtained and a lease for the office was signed at the end of the year. Located in the Coop Santé building (previously St-Andrew's United Church) at 476 Frontière, this is the first office supporting the English-speaking community in the MRC des Jardins-de-Napierville.

In March of 2022, an Outreach Coordinator, Tina Calvarese, was hired and the office officially opened at the beginning of April. Tina has been a Hemmingford resident for a huge part of her life and has been involved with many different committees so she will be able to use her knowledge and experience to support the community. She immediately started networking with the different organizations in Hemmingford and neighbouring region to establish partnerships and assess the needs of each of them.

Hemmingford being an up-and-coming area with lots of new families settling in, it was decided early on to focus a big part of our attention to the young parents, children and teens.

While a lot of ideas are still in the works, here are a few of the planned activities:

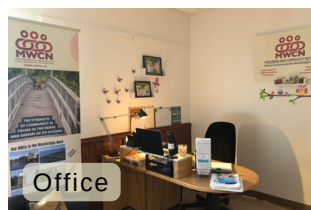
- Jigsaw Puzzle Fun for Families: once a month afternoon of puzzle making and light snacks
- Colouring and Storytelling Fun for Families: a nice way to relax and bring together moms and children
- Moms and Tots Walking Group: one hour walk through the beautiful village of Hemmingford.

The following projects are also in the process of being fully accessible to the community:

Installation of a community closet and a community pantry; access to clothes and non-perishable food for all at no cost. Indoor and outdoor free library; access to books, movies, and magazines for all ages—an outdoor box is also located outside of the building.

### OPEN HOUSE

An open house is planned in September for the MWCN staff to meet the local community and introduce themselves. This will also provide an opportunity to welcome new arrivals to the area. We are thankful for the support of the Community Health and Social Services Network CHSSN and Le Secretariat aux relations avec les Québécois d'expression anglaise who have made this possible.



## As we ease into summer

As we ease into summer, we are busy with many activities starting up and many coming to an end. At the Huntingdon MWCN Wellness Center, one such activity is the attendance of the students from the Social Integration program from Huntingdon Adult Education Community Center (HAECC). We are so fortunate to have the students attend the social games activities on a weekly basis. The regular attendance allows the students and seniors to get to know each other and develop a strong sense of community belonging, the interaction is both respectful and enjoyable.

Elliott and I were asked to speak at the “Ceremony of Success” for the students which took place at HAECC on May 31st. We were thrilled to be part of this celebration. The partnership between the NFSB’s various centers and MWCNs different locations and communities is something we can all be very proud of. As the quote goes “It takes a community”...

Elliott and I took the opportunity to surprise one of the students with the prize of a Samsung galaxy tablet. The committee choose Amilie's wonderful article about her experience as a volunteer, needless to say she was thrilled.

Nora Donnelly



# EMPLOYABILITY AT MWCN

Laura Bustamante

We are excited to announce the launch of our Employability Services at all of our MWCN offices! In-person and virtual workshops will launch in the Fall of 2022 with alternating locations at each of our offices. The goal of our employability services is to address some of the work-related challenges of English-speaking community members across the Montérégie West. Our employment services will go far beyond job searches and CV writing. The majority of the existing local employment services target youth (ages 18-35 years old), whereas our employability services hope to address the diverse employment needs of English speakers across all age groups and abilities. We also have a few specific initiatives in the works that will target:

- Young parents looking for child-friendly work options
- Retired workers looking to reenter the workforce in a new capacity
- Individuals looking to transition careers/jobs
- High School students looking for their first job
- Job seekers with physical and functional limitations

Our services are broken down into 4 categories; Getting the skills, Getting the Job, Keeping the Job/Thriving at work, and Entrepreneurship. Including specific workshops on topics such as:

- Workplace Dynamics
- Work-life Balance Burnout Prevention
- Employment Retention Strategies
- Interpersonal Communication Skills
- Entrepreneurship ... And more!

Our Drop-in Employment Service will be offered twice a week (once in person & once on Zoom.) In person drop-in times will alternate between offices (once a month at each of our offices.) It is currently offered by appointment only. To book an appointment please email [laura@mwcn.ca](mailto:laura@mwcn.ca) What to expect from our Drop-in services: An initial meeting to get to know you and your employment needs followed by referrals to community partners and a detailed action plan including potential job profiles, suggested resources and proposed next-steps. And of course job search follow-up and support!

For more information please contact Laura at 450-691-1444 or by email at [laura@mwcn.ca](mailto:laura@mwcn.ca)

## Employment Program Domains



GETTING THE SKILLS  
(PRE-EMPLOYMENT)

GETTING THE JOB  
(EMPLOYMENT  
SERVICES)

THRIVING AT WORK  
(EMPLOYMENT  
RETENTION)

MAKING IT YOURS  
(ENTREPRENEURSHIP)

RESOURCES

## Meeting with the Secretariat for relations with English-speaking Quebecers

Secrétariat aux relations  
avec les Québécois  
d'expression anglaise

Québec 

**On Thursday, June 23rd**, at our office in Pincourt, our Executive Director, Pauline Wiedow had the pleasure of meeting with Lisa Storozuk from the Secrétariat aux relations avec les Québécois d'expression anglaise.

As MWCN is growing in leaps and bounds, Pauline was proud to showcase the wonderful work that all our offices and Wellness Centres are achieving within each of our diverse communities.

Pauline proudly displayed her Lieutenant Governor's medal, awarded to her this past month.



## Together, for the Wellness of all

MWCN Health Fair is coming this fall in Vaudreuil-Soulanges!



**On Saturday, November 12, 2022**, MWCN will be hosting a Health and Wellness Fair at the Omni-Centre in Pincourt. We have invited all our regional partners to participate, share resources, and promote their organizations. Kiosks will be set up in 3 different zones for social, physical and mental well-being.

We are also pleased to announce that we will have both an English and French speaker representing the Vaudreuil-Soulange Hospital, followed by a question-and-answer period for those in attendance.

This event will be free and open to all ages. It will also be an opportunity for families to discover valuable resources that are available to them in the region, whether it be special needs, senior living, security, communication, transport, and options for many social activities.

Please save the date on your calendars and feel free to contact our Pincourt office if you would like to know more about this event or might even be interested in volunteering.

117 Cardinal Leger, Pincourt, J7W 7A8. Tel: (514) 425-0399

*“Get ready to empower yourself for a better quality of life”*



**SUPPORT LOCAL SMALL BUSINESSES!**

## COMMUNITY SMALL BUSINESS DIRECTORY COMING SOON!

The MWCN is creating a Community Directory of small businesses based in Montérégie-West and we want to include yours!

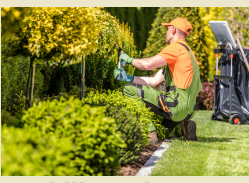
To be included in our directory fill out [this online form](#) or send us an email at: [laura@mwcn.ca](mailto:laura@mwcn.ca) with the following information!

- o Your Business' Name
- o Contact Information / Website
- o Type of Service / Brief Description
- o Photo/ Logo

Scan here!



**Baking, Cooking & Catering**



**Skill Trades & Landscaping**



**Pet Care & Child Care**



**Photography / Creative Services**



**IT & Graphic Design**



**Other Products & Services**

## MONTÉRÉGIE WEST COMMUNITY NETWORK

**Our Offices in Five Regional County Municipalities**

Roussillon - 255 Blvd. d'Anjou, Suite 203, Chateauguay QC J6J 2R4 450-691-1444

Candiac 9 Blvd. Montcalm N, Suite 512, Candiac, QC J5R 3L4 438-455-2747

Beauharnois-Salaberry - 21 7th Ave., Beauharnois, Qc, J6N 0G6 450-691-1444

Vaudreuil-Soulanges 117D Cardinal Leger, Pincourt, QC J7W 7A8 514-425-0399

Haut-Saint-Laurent/Chateauguay Valley - 72 Dalhousie, Suite 201 Huntingdon, QC JOS 1H0 450-264-3596

Jardins-de-Napierville - 476 Rue Frontière, Hemmingford, QC J0L 1H0 514-249-5539

**Our offices will be closed from Monday, July 25th, 2022 to Friday, August 5th, 2022. Offices reopening on Monday, August 8th, 2022**



Community Health and Social Services Network

Secrétariat aux relations avec les Québécois d'expression anglaise

