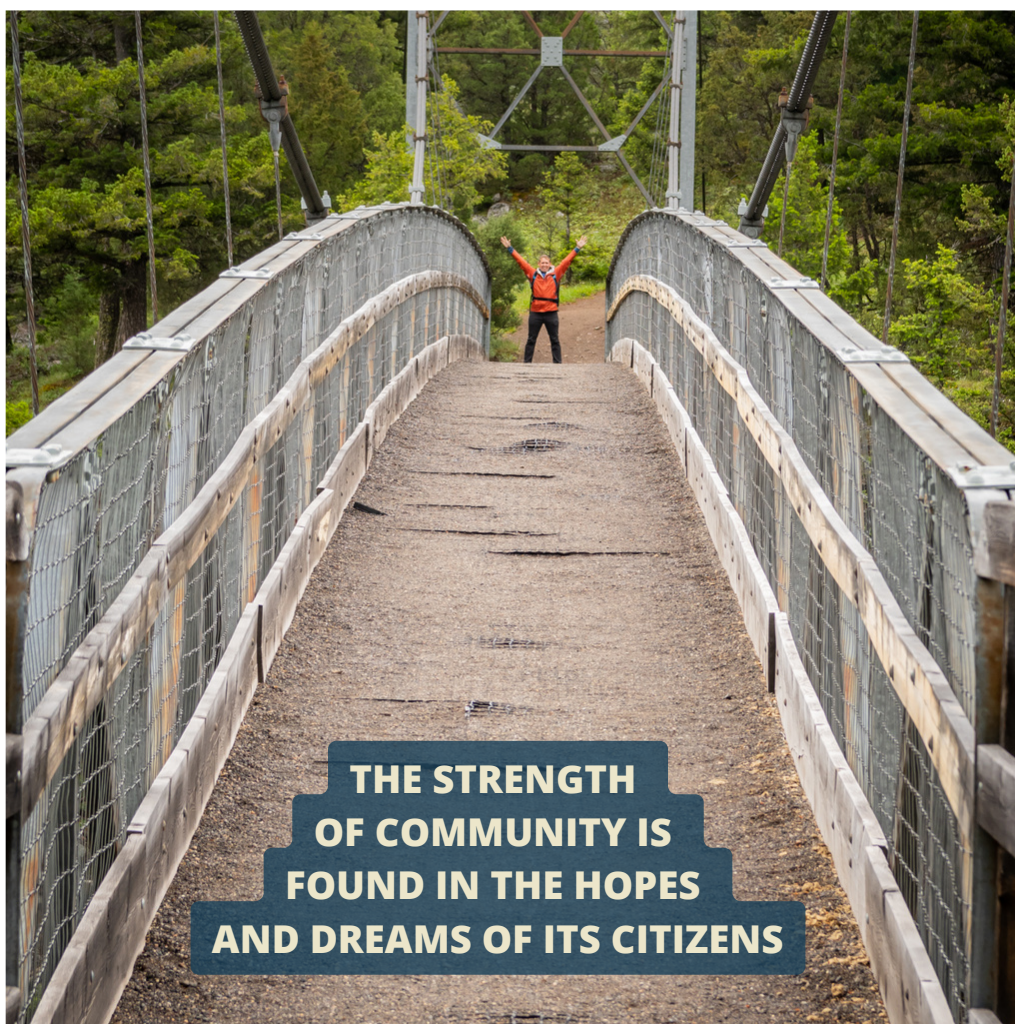




MONTÉRÉGIE WEST COMMUNITY NETWORK
Réseau Communautaire Montérégie Ouest



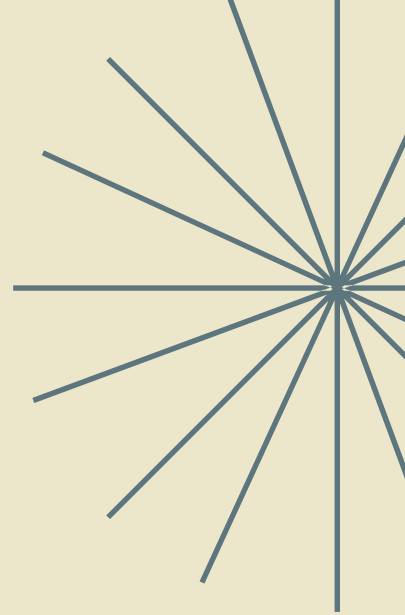
ANNUAL

REPORT

**2021
2022**

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A WORD FROM THE PRESIDENT

I firmly believe that it is in times of crisis that we see the true mettle of people. The Covid situation with its challenges has proven that fact quite dramatically. The Montérégie West Community Network, whose mandate has always been to provide access to Health Care and Social Services for the English-speaking population, rose to the situation in 2020 and showed it's true colours.

While other organizations either slowed their activities or closed down altogether, the MWCN rose to the occasion. Finding new ways to keep in touch with our population, creating new opportunities, new partnerships, developing methods to allow the vulnerable people amongst us to stay connected. It also expanded on its repertoire of activities in order to help more people. MWCN is an essential service.

It is the only organization within the Montérégie West that serves the English-speaking community in this capacity. All of this resulted in an expansion of the services, of an increase in the number of staff and offices around our various MRCs, bringing us closer to the people who need us more. Our membership increased to over 550 and our volunteer base also increased to more than 100.

I wish to take this opportunity to thank everyone of you who are members, it is because of you that we are where we are now. I cannot keep silent about the extraordinary work performed by our Executive Director and her incredible team.

Thank you all! Well done! I do believe you embody the following words from Audrey Hepburn: The word is not "Impossible" it is I, M, Possible"

Lise Brunette

President

Board of Director



REPORT FROM THE EXECUTIVE DIRECTOR



Another year has quickly passed. The months go swiftly by as MWCN continues to serve the English-speaking community through our offices, strategically placed throughout the Montérégie West. During the first year of the pandemic, we were eagerly participating in training for our staff on how to zoom, improving with practice. We then proceeded to train our seniors on how to zoom through our Tek Talk program. This has proved to be very valuable as we saw how effective it was to help our seniors connect with each other daily and with their families. It was also valuable for me to be able to connect with our partners and our funders. Workplans for funding were done on google documents and shared documents. Our staff began to work with shared documents so whether you liked it or not you were being stretched and learning new technology daily.

Considering all of the adjustments MWCN has had to make this past year, we have succeeded in opening a Candiac satellite office, a joint initiative with ARC in Brossard. This office will serve the community within the Roussillon MRC along with the Chateauguay office. We were also very happy to open a satellite office in Hemmingford this winter. These offices join with our Pincourt office and Huntingdon office. Along with the increased offices we have succeeded in including new staff members now totalling 13, plus 3 summer students and even including 1 stagiaire.

We serve an English-speaking population of over 85,000 in which we will find in the next 2021 census a considerable increase as the population moved out of the city to find more affordable lodging with more space for family life. Where organizations in the East are seeing a decline in population, we in the west are having a significant increase.

New partnerships have been magnified this year as MWCN has become more visible and seen as a very valuable partner to many francophone organizations and leaders in the community. Our partnerships have grown to more than 75, activities to over 100, membership to 555, and volunteers to over 100.

What is significant is that our funding has grown from \$600,000.00 to over \$900,000.00.

This has allowed us to open up new offices, increase our staff, and provide access to consultant support to help us keep up to the government requirements and pay equity.

Our funding through the Community Health and Social Services Network (CHSSN) allows us support in Health and Social Services, Mental Health Initiatives, Healthy Early Youth, and Wellness Centers. The funding received from the Secrétariat aux relations des Québécois d'expression anglaise has boosted their funding to support satellite offices and employability throughout.

Lucie and André Chagnon support our Bright Beginnings Early Learners' group for our 3, 4, 5 year-olds.

Another important funder is Canadian Heritage who support our region through cultural events.

This is the time to thank our dedicated staff. These are people that are not working with MWCN just as a job but rather a vocation. They are people who love people, love to help and love to create new initiatives to improve the quality of life for the most vulnerable and they strive at working as a team together despite the distances between our offices. MWCN is really very fortunate to have found these very special individuals who have made MWCN the success that it is.

Lastly, I would like to thank a very dedicated Board of Directors. Thank you for meeting regularly. Although not required to meet every month, you have all been there supporting me in my work. It has been very important as we have grown so quickly. Thank you especially to our president, Lise Brunette for always making herself available to me and remaining positive throughout our growth spurt.

The future promises to be another big year. New ideas, new funding, an increase in space to welcome more people into our activities, new partnerships, and new initiatives.

Thank you for allowing me to be the one to direct this growing organization. Thank you for your confidence.

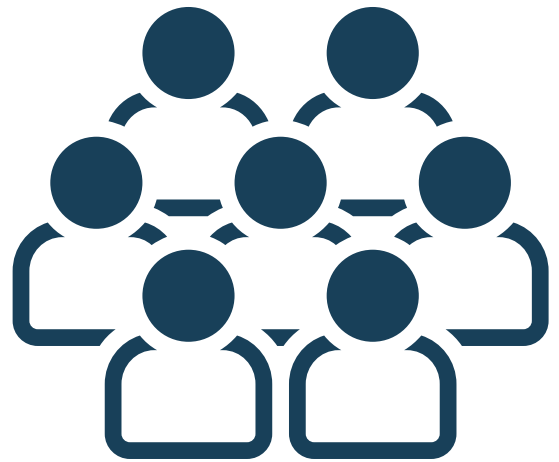
Always grateful,

Pauline Wiedow - Executive Director



BOARD OF DIRECTORS 2021-22

Lise Brunette – President (Roussillon)
Merlin Halliday – Vice President (Roussillon)
Tracy Wilkins – Treasurer (Roussillon)
Chuck Halliday – Secretary (ex officio) (Roussillon)
Susan Parker – Director (Roussillon)
Frank Cholette – Director (Roussillon)
Don Rosenbaum – Director (Roussillon)
Judith Picard – Director (Beauharnois / Salaberry)
Jayme McClintock – Director (Haut St-Laurent)
Marlene Davies – Director (Roussillon)
Ian McLeod – Director (Vaudreuil Soulanges)



STAFF

Chateauguay - Roussillon

Pauline Wiedow
Matt Mardini
Tonya Wright
Sharon Vocino
Shannon Keyes
Laura Bustamante

Pincourt - Vaudreuil-Soulanges

Clément Bergeron
Lorie Marcotte
Annum Siddiqui

Huntingdon - Haut-St- Laurent

Kim Wilson
Nora Donnelly
Elliott Arthur

Hemmingford - Jardins-de - Napierville

Tina Calvarese

Candiac - Roussillon

Sharon Vocino



REPORT FROM THE PROGRAM MANAGER

I joined MWCN in August 2021, which was my great pleasure, realizing that I would be part of an amazing organization, serving the community, applying my skills and experience for a good cause, and learning from the best, our ED and the dynamic team of colleagues, volunteers, and members.

I began this journey by upgrading the existing IT network, by adding monitor screens and other tools to help improve the productivity of the team. Then I put together a plan to change and improve our online presence, starting with the website, the email addresses, branding, and marketing materials... Just to name a few:

- Creating and validating the TechSoup account, which gives us as a non-profit organization many privileges, discounts, and free products from many providers; Google, WIX, Microsoft, ZOOM and others.
- Creating Google Works Professional Business accounts (for FREE): enabling our team to have a name@mwc.ca professional email (we don not use the personal Gmail email anymore avoiding any related conflicts) benefiting from many privileges such as cloud storage and Google professional tools.
- Creating and building a brand-new website, maintaining daily and weekly improvements, ensuring all our information is up to date, and all the activities (online and in-person), as well as adding the new online forms which enable the online registration of our newsletters as well as to become a member or a volunteer. These new improvements allowed us to gain more than 70 new members and subscribers in a few months. Our new website now is matching the level of any other esteemed organization, NGO, or governmental entity; it is our image and how we present ourselves to the world, attracting and helping more members as well as getting more funders.
- Securing a FREE Microsoft 365 account for 10 users (50 devices) directly with Microsoft, including a grant of 2500 USD which can be used for the cloud products and Azure online applications

Branding and Marketing:

I introduced Canva to our team and created a branding kit based on specific colours and fonts to improve our visibility and our online image; established the communication strategies; unified the brand, and monthly publishing of ONE newsletter and ONE program of activities for the organization. I also prepare and edit the posters and artwork for all the activities.

I created many presentations, for example a new one for MWCN in English & French, as well as a presentation on Outreach to Indigenous Communities, with Pauline and Keith Leclaire.

Employability:

- I worked on this file and introduced the ESEC program (empowering skills for employment in the community) to help improve the skills and knowledge of any community member who wishes to apply for a job or gain useful information.
- Also partnering with Y4Y – Yes Montreal to create a series of three 1.5 to 2-hour workshops on employment-related skills for youth, with a target audience of CEGEP-aged students, although open to all youth participants (Job Search Bootcamp: Life After Graduation).

Tables and Committees

- Health Fair Committee: helping with the survey to determine the participants and their categories, requirements, and providing my experience in the exhibitions field to help improve this fair.
- Sitting on the table with the partners for the Événement Jeunesse Agora/Howard S. Billings partnering with: Liberté de Choisir, Benado, CSNF-École Howard S. Billings, NFSB, MDJ Châteauguay, Service de Police de Châteauguay, CJE Châteauguay, CISSMO, MDJ Châteauguay L'Élan des Jeunes, and Ville de Châteauguay.
- I was at many meetings representing MWCN and working on new projects, just to name a few: Presenting MWCN to the Kiwanis Organization, Meetings for Employability Strategy evaluation, Meeting to discuss a violence prevention program for English-speaking men, Meetings with Brooke Wilson for the Work Ready Program by NFSB.

Collaborated with CBC to provide a Storytelling workshop to our team, with an emphasis on how to craft a story to pitch to the media.

Books and publications:

I worked with Tonya on publishing:

- Booklet for young workers, which was made to encourage and help the youth, covering all bases in the workforce, containing information on interview tips, workplace laws, and resources that are available.
- Educaloï Directory 2022, which was made for English-speaking community members to be advised of local lawyers, accountants, notaries, and real estate services that are offered.
- Many new books and booklets are coming soon...

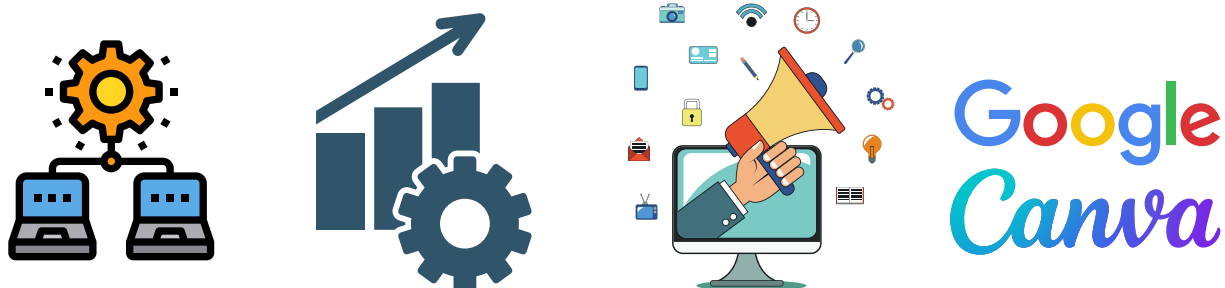
Welcoming Ukrainian families

MWCN is partnering with other organizations in the region to help welcome the Ukrainian families, I am on the communication committee.

Preparing a guide-the idea was to make a pdf guide with all the information that any Ukrainian newcomer or host families need to know with all the links to the service providers, I ended up creating a website covering all the required information in English & French with all the important information to help the newcomers find the needed services and help. With the help of a Ukrainian volunteer, we added Ukrainian and Russian languages as well.

Working with MWCN is a privilege that gives me the chance to make a difference everyday, I am delighted to be able to learn so many new things and honoured to be a member of an amazing team.

Matt Mardini - Program Manager



REPORT FROM CHATEAUGUAY OFFICE IN ROUSSILLON

BY TONYA WRIGHT, ADMINISTRATIVE ASSISTANT
& SHARON VOCINO, NPI CHATEAUGUAY-CANDIAC

The Chateauguy Office is the main office of MWCN. I started working at MWCN in January 2021, and filled many tasks from office work to activities and am responsible for the organisation in the office, membership of the entire MWCN, and special programs and reporting for Educatoi and Bright Beginnings. In terms of membership, we ended last fiscal year with 357 members, and this fiscal year we ended with 514 members. MWCN is a growing organization that is getting more visibility in the community.

In September 2021, Sharon Vocino joined our team, and is the NPI for the Chateauguy and Candiatic offices. Together, Sharon and Tonya worked on a variety of activities that focused on the interest of our members.

Activities

From April to September 2021, in person activities were prioritized. We already had many zoom workshops in our other offices going on, and our members needed to get out and be active. We took advantage of the weather and the park that is located behind the MWCN building. We were able to have Zumba, Yoga, Belly Dancing and an exercise class in the park. During that time we also had our "Happy Laps" walking group meet every week at the local track.

We wanted to keep our members physically active during winter so we started another walking group. The ladies enjoyed different routes around Chateauguy every week. We also started a skating class held every week at a local outdoor rink. Technology classes were also important as everything is now on the internet. We continued having our Tek-Talk & Zoom training courses on zoom, and also helped many of our members with a number of technology needs.

In August of 2021, we opened up a community room to hold in-person activities and this provided a communal space to add new activities to those already existing. Every week our Colouring Cafe group met, and each month we had a variety of art activities. Our French class, book club and knitting group were also held in our community room. Having the community room space we were also able to provide some of our activities as "Hybrid". Our bingo and some of our art activities were able to work with the comfort level of our members. Some of our activities remained on zoom, to allow all of our members a chance to participate. Each month we had workshops with partners such as Educatoi and CHSSN CHEP sessions. We held a nutrition conference with Dr. Joe Schwarcz, and an Elder Abuse workshop with RECAA.

In October 2021, MWCN went on the first outing since the pandemic started; 50 of our members joined us as we went to the Hudson Village Theatre by bus to enjoy a theatrical performance. Our members were given an MWCN bag filled with a drink and snacks to have once they arrived at the theatre.

Care Packages:

Sporadically throughout the fiscal year, care packages were made and delivered to our members who are isolated and who are going through hard times.

- December 2021: 6 baskets were delivered to various community members who were going through a hard time. Baskets consisted of ingredients to make a ham dinner for Christmas.
- January 2022: 40 deliveries were made of "Snowman Soup".
- February 2022: 42 deliveries were made of a "Valentine's Day" package that consisted of a rock, bookmark, poem, candy, and chocolate.

Community Outreach:

Food and Toy Drive:

MWCN completed our first food and toy drive in partnership with New Frontiers School Board and Connections. We were able to give toys to 17 children aged 1-17 years old, and we were able to help over 30 families with food. We had 30 of our members donate items to help these families in need.

Mary Elizabeth Seniors' Residence:

MWCN organised activities approximately once a month, starting in December 2021 and when regulations permitted, for the English-speaking residents of Mary Elizabeth Residence. We did a winter door decoration craft, Saint Patrick's brooch craft, and the Sowing the Seeds gardening group started in April. CHEP video presentations to start as of May 2022.

Partnerships:

Legion: (October 2021-ongoing)

MWCN was proud to have the legion as a partner that accommodated our members for lunch and learns. We held musical lunch and learns for approximately 40 members in October, November, and December 2021, and January 2022. We hosted a Christmas Concert in December held at the legion, with 59 members in attendance. The legion made a traditional turkey dinner, desserts were made by volunteers, and we had Matt Mardini and Frank Cholette provide entertainment. We also celebrated Saint-Patrick's at the legion in March.

OLPH: (November 2021-ongoing)

MWCN partnered with OLPH to rent the hall once a week for various activities. We were able to hold workshops, art activities, physical activities, and special luncheons.

NOVA: (September 2021-ongoing)

Tonya is on the Governing Board at NOVA as a community rep to give updates of MWCN and partner with projects for the community. Meetings are held bi-monthly in person. Starting in February, we were able to hold our French conversation class weekly. In March, MWCN partnered with NOVA to collect hygienic items for Ukrainian families coming to Canada.

CISSMO: (September 2021-ongoing)

Let's Chat! Program - 38 teams of volunteers and CISSMO employees were paired together to have conversation sessions to encourage the improvement the workers' English skills.

NFSB: (March-April 2022)

MWCN awarded 43 Community Spirit Awards to students from the 15 NFSB elementary, high school, and adult career centers.

Volunteers:

MWCN Chateauguay had a total of 65 volunteers who helped us with various events, activities, and projects. In April 2022 we held our Volunteer Appreciation Luncheon at BLVD Bar & Grill and we had a total of 32 volunteers attend.

Publications:

MWCN produced two publications, related to topics with legal implications, this past fiscal year for Educaloï:

- Booklet for young workers: this booklet was made to increase awareness of work laws, interview tips, and resources that are available when starting your employment journey.
- Educaloï directory on real-estate agents, accountants/bookkeepers, lawyers and notaries. This directory was revised from last year's edition and included contact information for these services in the Montérégie West territory who serve the English-speaking population.

REPORT FROM CANDIAC OFFICE IN ROUSSILLON

MWCN's office in Candiac is the first of its kind. Since fall 2021, in collaboration with ARC we provide the English-speaking community with services from our joint office situated in the town that borders the two organizations' territories. Sharon is present at the Candiac office on Fridays.

MWCN complimented the activities organised by ARC, with Friday; outdoor skating in February and March, and exercise sessions in the park were to start in April and continue through the summer. The information for online educational conferences and information sessions was shared with the community. MWCN has been in contact with Chartwell Le Montcalm, a Candiac Seniors' residence, to help support their English-Speaking community.

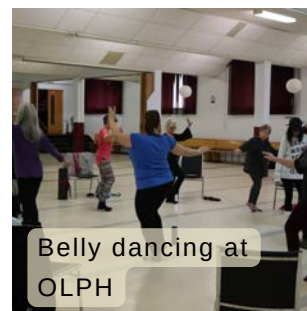
Our Candiac office has 5 volunteers who helped with care package assembly and deliveries, the Educaloï directory update research, and article reviews for our monthly writing contest. Care packages for individuals residing in Candiac, Delson, Saint-Constant, or Sainte-Catherine were made and delivered to these members of the community who are isolated and who are going through hard times. In January, we delivered 19 cups of "Snowman Soup", and in February, 22 deliveries were made of a "Valentine's Day" package that consisted of a rock, bookmark, poem, candy, and chocolate.



Art with Cari



Art with Heather



Belly dancing at
OLPH



Christmas Baskets



Christmas Party at the Legion



Colouring Cafe



Community Spirit
Award- CVR



Cribbage



Exercise in the Park



Painting Class



Volunteer for
Valentine's Day
Care Packages



Hudson Village Theatre Trip



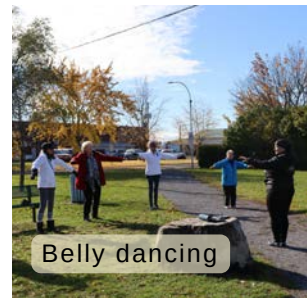
Community Spirit
Award-NOVA



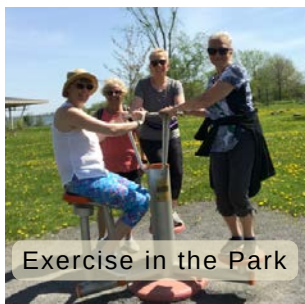
Knitting Group
at OLPH



Volunteer Party



Belly dancing



Exercise in the Park



Community Spirit Award
Centennial Park



Volunteer for
activities



Volunteers for
Christmas Party

REPORT FROM THE BRIGHT BEGINNINGS COORDINATOR



Bright beginnings continued to support our early learners with our two groupings 5 days a week, which was broken down into two separate groups; 3-year-olds, twice a week and 4-year old's, three times a week. Throughout this time students engaged in many different age-appropriate activities and education. It is our goal to have each student that was moving up into our 4-year-old program ready for the longer and increased educational days, while ensuring our graduates are ready to have an easy transition into kindergarten with many future successes.

In May, Tonya and myself began working on the yearbook that was handed out on graduation day. We spent many hours taking photos during class time, outdoor action photos, individual grad photos, student artwork and projects, and collected memories captured during the school year. Together after many hours of changes, decisions, restarts and collaboration we created a beautiful memory of a wonderful school year.

June 18, 2021, I was able to create a mini one-on-one graduation for each child and their parents. Each parent was given a time to see their child receive their graduation certificate and take photos. As always, I made the best out of a bad situation.

In mid August, I began our reopening plan strategies. A lot of time and planning went into a safe reopening. I decided to open only our 4-5-year-old program, with the option of doing, 3 or 5 full days a week, which meant we put our 3-year-old group on hold for this school year. We were still living with Covid, which meant having 2 separate groups sharing the same space made it exhausting to sanitize daily, while still taking on all the work of planning activities, lessons and correspondence.

September 9, 2021, to March 31, 2022, 4-year-old group

- 11 Students and families
- Monday, Wednesday, and Fridays - 9:30 - 3:00 - 11 students
- Tuesday and Thursdays - 8 students

We are incredibly lucky to be able to open our doors to all families in our community which this year not only includes 2 students with some special educational needs, but we have also welcomed 2 francophone families and 2 Asian families. It is my absolute hope that this trend continues. There is nothing more rewarding than witnessing a child grasp a second language.

As mentioned above we provide a safe learning environment for our students. Besides the learning-based curriculum, the students also enjoyed Friday Fun days, a Halloween party, learned about and honoured our veterans on Remembrance Day, a Christmas party, as well as their very own St. Patrick's Day parade. The students also enjoyed a project-based learning activity on penguins, Commotion in the Ocean and Rumble in the jungle. They also received a fun day with a special guest that provided magic followed by a pizza party.

Bright Beginnings will continue to prioritize education and provide support to our families in this community. I'm proud of the successes we have had so far with this learning program and will do our best to continue our success. Every year we may need to adapt to new challenges, but I am very confident that our outcome in the end will always be a great one.

SHANNON KEYES - BRIGHT BEGINNING COORDINATOR

REPORT FROM PINCOURT OFFICE IN VAUDREUIL SOULANGES

The Pincourt office, representing the 23 cities in the MRC of Vaudreuil Soulanges opened its doors in 2019. Working closely with both the NPI Coordinator, Clement Bergeron, and Annum Siddiqui, our Office Assistant, it is our responsibility to develop, implement and promote activities within the English-speaking community of V-S.

At the direction of our Executive Director, Pauline Wiedow, I am also responsible for many special programs, statistical reporting, leading various committees as well as ensuring our Senior Wellness Centres are being reported accurately.

The Pincourt office having recognized many of the needs of the community, has greatly increased its membership.

Wellness Centers: Responsible for overseeing all reporting and correspondence with CHSSN

With minimum funding, our 3 sites of Chateauguy, Pincourt, and Huntingdon enhanced the lives of many seniors - achieving a total of 751 activities with 6794 participants in year one.

MWCN / CISSMO Linguistic Program: Held Fall and Winter sessions with 12 CLSC employees who participated in English conversation. Using their job descriptions, we were able to assist them in gaining a much better knowledge of vocabulary required for their positions and to assist their clientele.

McGill Retention & Dialogue Program: Responsible for reviewing and maintaining all student bursary application files and participating in the selection committee. This also includes the tracking of past and present bursary recipients. MWCN was able to grant \$17,500 to 3 students studying in Nursing and Social work programs in 2021.

Regional Partnerships

Shared media funding with 2 partners to help promote their services.

Held successful partnership meetings on Zoom as well as in-person.

Was able to acquire new partnerships with:

- Y4Y Québec

- Vaudreuil Soulanges Palliative Care

- Centre Prénatal et Jeunes Familles

- CRD - CISSMO (Addiction)

- 4 Lester B Pearson Elementary Schools

- Ville de Pincourt - Loisirs

Programs of Zoom activities

Hosted and moderated approx. 36 Zoom sessions from our fall, winter and spring programs.

Subjects included health and well-being, mental health, nutrition, and general information sessions. All the presentations were done by community professionals who volunteered their time.

Annum is responsible for maintaining all activity registrations, mid-month correspondence, and initiating and coordinating all art classes, and walking groups. One important project that Annum is responsible for is maintaining a shared document for all offices and posting all activities to our social media platform.

In-Person Outings

With restrictions loosened up, in-person activities were re-initiated with Lunch & Learns, Senior lunches and Drop-In game days.

Outreach

Among numerous one-on-one cases of assistance, our office was proud to assist and witness the 'swearing-in' of one of our members who became a Canadian citizen, virtually, in our office.

Chartwell - Prescott Residence

We get together once a month with about 12 - 15 residents for various activities. This includes a viewing of CHEP DVDs on health matters. On Oct 7th, we presented 'Organ & Tissue Donation' and were honored to have 2 Kidney transplant patients share their experience with the residents.

Open House in Pincourt

We celebrated our move to the new office in Pincourt on Cardinal Leger November 10th. We were pleased to have a representative from Desjardins, 5 Mayors, and our MP, Mr. Peter Scheifke attend our event.

CHSSN sponsored Internship

V-S enjoyed having a student recently graduated from Concordia in Therapeutic Recreation join our office for a 16-week internship. Not only were we able to showcase the values of a community organisation, MWCN gained some insight on assessing community needs.

Was responsible for Mid-Term and Year-end evaluation reports including participating in the student's final Self-Esteem project.

Volunteers

Volunteers are recognized each year in appreciation of their 'behind-the-scenes' assistance.

In V-S this included students and teachers from 4 elementary schools donating to our sock-drive and creating handmade cards for our seniors.

We now also have our youngest volunteer on board who is 10 years old.

Professional Development

Participated in numerous Senior Wellness Centre workshops

CHSSN resiliency & Mental Health workshops

CBC Writing workshop

Retreat with ARC & MEPEC

LORIE MARCOTTE - COORDINATOR OF COMMUNITY DEVELOPMENT &
SPECIAL PROJECT

ANNUM SIDDIQUI - OFFICE ASSISTANT

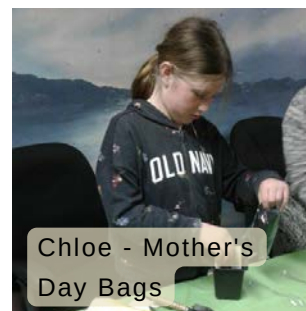
Pincourt Office



Chartwell DVD Viewing



Open House Nov 10th



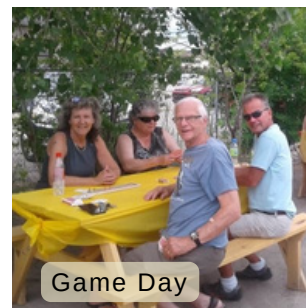
Chloe - Mother's Day Bags



Sock Drive



Lunch n Learn with Dr. Joe Schwarz



Game Day



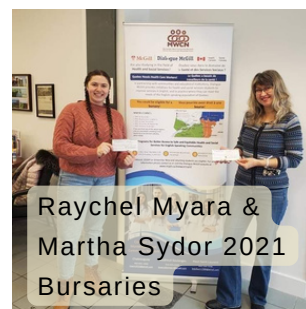
Video Production for Ps Jeunesse



Open House Nov 10th



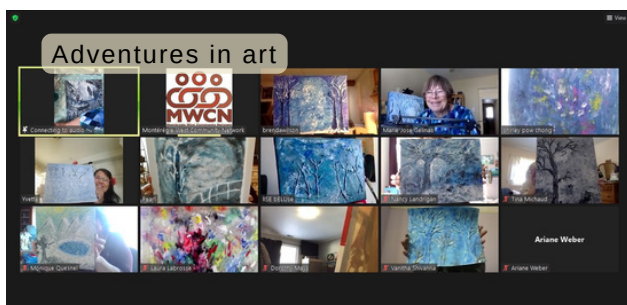
Chartwell Visit Sept 2, 2021



Raychel Myara & Martha Sydor 2021 Bursaries



Sylvia Muller - New Canadian Citizen



Adventures in art



Seniors Day Sept 29, 2021



Open House Nov 10th



Walking Group



V-S Volunteer Certificates of Recognition



Chartwell- Dried Flowers



Crafty Corner



Gentle Yoga

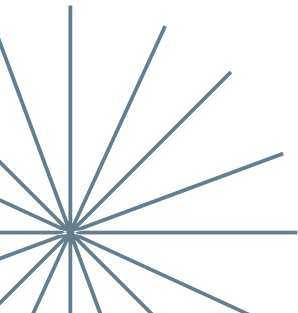


Tea Party

REPORT FROM THE COORDINATOR OF THE NETWORK PARTNERSHIP INITIATIVE OF VAUDREUIL-SOULANGES

1. Establishing and managing three free activity programs on ZOOM fall 2021, winter and spring 2022 for Vaudreuil-Soulanges with the development of partnerships with some twenty community and institutional organizations at the local, territorial, and regional levels; all to produce 42 training/information sessions.
2. Established and managed a partnership with the weekly newspaper The Southwest Voice – weekly coordination of the newspaper and the MWCN team to produce articles and MWCN visibility (52 weeks in a row).
3. Developed and managed YOUTH GALA 2022 online: sponsors, political representatives, partners (Desjardins, LBPSB), coordination of 10 schools and 50 families.
4. Active presence and participation of MWCN in seven consultation tables in the Vaudreuil-Soulanges region, including several subcommittees; this is bearing fruit for the English-speaking community of Vaudreuil-Soulanges; 150 ZOOM meetings.
5. Coordination and management of the free translation service for community and institutional organizations serving the English-speaking community of Vaudreuil-Soulanges and the Montérégie West region, thanks to the contribution of a volunteer from the town of Hudson who is a retired translation professional.

CLEMENT BERGERON - NPI VAUDREUIL-SOULANGES



REPORT FROM HUNTINGDON OFFICE IN HAUT-SAINT-LAURENT

MWCN continued to strive and to do their best to connect and engage their communities throughout the continuation of Covid government restrictions. We continued with Happy Tuesday notices, many online CHEP workshops as well as moving as many individual workshops and activities to online such as Lunch n' Learns, Tech Talk assistance, on-line Scattergories, Valley Partnership Table Meetings, International Women's Day, Student/Senior Mentoring Program, Trip Through Time. Other activities held in person were MWCN Art Hub, French Conversation classes, Conversation Café and BINGO.

Throughout the pandemic, MWCN was here to support seniors with vaccination appointments and laminations of passports.

Celebrating Volunteers

Spring brought us many fun celebrations such as volunteer week, offering a time to highlight our wonderful volunteers as well as the STAR Program presentation honouring a local Howick resident, Grace Brown celebrating all she has done and continues to do for her community.

June gave us the opportunity to celebrate our seniors with the Let's Visit Our Seniors Challenge that promotes visits to seniors in different, fun ways. Another aspect that was special was having local talent visit CHSLDs and HLMs within our communities, entertaining them with their musical talents.

Throughout the year, we participated in many workshop sessions with the CHSSN offering support and sharing best practices such as the 1st ever CHSSN Montérégie West Retreat and CHSSN Resiliency Retreat.

Open House in the Valley Office

In the fall our new MWCN office/wellness center hosted an open house with music, refreshments and lots of visitors. We were also excited to welcome our new coordinator, Nora Donnelly to the team and have her assist with this exciting event. We are proud to announce that Nora has recently become DROM certified. MWCN unveiled a beautiful painting produced by local artist, John Ryan.

We have partnered with two local long term care centers, the CHSLD in Huntingdon and the CHO in Ormstown with the goal of creating activities for the residents to keep them engaged and in contact with the community.

The students of the New Frontiers Horticulture program shared their expertise at the MWCN Center by cleaning up flower beds and doing some transplanting to help beautify our location. We are looking forward to their next spring visit. HAECC also reached out to share free gardening books to all in our communities. The Dewittville Women's Institute took some for their first spring gardening meeting and were so excited to receive them.

Activities at the Wellness Center

We were happy to welcome for the first time PAB students from the Chateaugay Valley Career & Education Center. The students helped our seniors with activities taking place within the center. They also created our online Conversation Café for a period of 5 weeks. MWCN also held a Hero in 30 session which is a 30-minute CPR workshop offered to seniors. This took place at the Chateaugay Valley Career and Education Center followed by refreshments with the students.

For International Seniors Day we took a group of seniors to Ivanhoe Failles Orchards. We shared a meal together, enjoyed a wagon ride and the beautiful fall colours.

Our center was happy to partake in this year's **Remembrance Day celebrations** by partnering in the Poppy Campaign and being invited to lay a wreath on behalf of MWCN at the Huntingdon ceremony. Christmas saw our center open up to the local Beavers to have a place to host their Christmas meeting. In the Christmas theme, we tried to host a **Christmas Tea** but had to cancel at the last minute, instead goodies were sent home to our guests. Once again, we collected non-perishable food items and monetary donations to help support our local food bank. Last but not least, we were happy to give away our annual Christmas gift basket to one happy winner.

Outreach Activities

Some more winter celebrations were our Snowman Soup giveaways to help warm our members' hearts. We hosted a St. Patrick's Day celebration with live music, dance and great food followed by an End of Winter Celebration where members could warm their toes by a toasty fire and enjoy smores.

Monthly Challenges were given to our members as an opportunity to share memories and create stories on various topics, such as What Good Things Happened During Covid, Recycling, etc. in preparation for a year end book. MWCN was excited to surprise thirty of its members with a Valentine's Day package delivered by local volunteers.

Community Engagement

Spring saw a wonderful collaboration between the generations which made an impact on the entire community. Wondermoms/Quiltvators: New moms given birth during the pandemic were invited to join MWCN and the Family Resource Center for a fun activity in the park. New or gently used teddy bears were donated. Local quilting group offered to sew on small red hearts and teddy bears were offered to local first responders, ambulance, firemen and police.

Throughout the year our members and some volunteers have provided us with fundraising activities donating many baby quilts and different handmade items. This became so big that we now have a store in our center where people can purchase items.

We have developed a partnership with the students of the Melissa Sunshine Camp with a project called: Community Door Project. This initiative helps offer inclusion for mentally challenged adult students by painting a MWCN door with some of our volunteers and the students.

We have developed a partnership with our native American community in Kahnawake. Our goal is to create a book about the heritage, history and recipes from the Mohawk community.

Supporting young families

We are happy to announce that we have grown in supporting families with young children. Throughout the year, we have hosted many fun activities for our youth such as our weekly Basic Electronics class, our Bookworm Club and our Little Adventure's playgroup.

Networking and Partnerships

In order to continue to be the best we can be, connecting with partners is essential. Some partners we work with are the CDC du Haut-Saint-Laurent, Tables Concertation des Aines du HSL, Committee Maltraitance des Aines, CVCEC Governing Board, User's Committee of the HSL to name a few.

We were happy to meet with Marie-Claude Picard, political attaché for the office of Mme Claire Isabelle, deputy of Huntingdon giving us an opportunity to showcase MWCN's mission and vision and discuss future funding for MWCN. The CISSMO Mental Health team visited our Wellness Center for potential future partnerships. At the present moment, we are continuing to develop new partnerships within our communities that will offer us the opportunity to reach more seniors, families and youth moving forward.

KIM WILSON (NPI) / ELLIOTT ARTHUR - PROJECT COORDINATOR /

NORA DONNELLY - COMMUNITY OUTREACH COORDINATOR "HUNTINGDON"

Huntingdon Office



Art Hub



Conversation Café



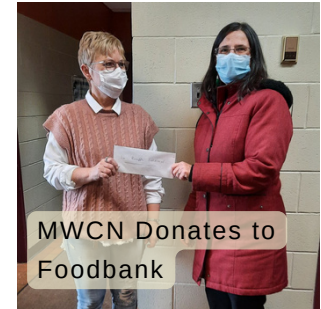
International Women's Day



Basic Electronics



Faillies Visit



MWCN Donates to Foodbank



Bingo



Nursing Stage Students



Outdoor Winter Fest



Vaccination Passports



Teddy Bear Hearts



Star Program (Grace Brown)



Snowman Soup



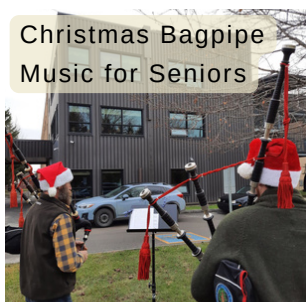
2 of the Quilt Winners Dec.2021



Social Games



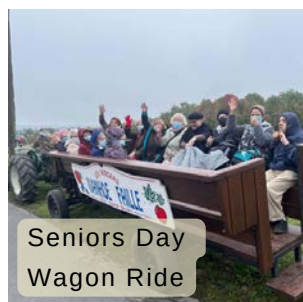
Summer Student



Christmas Bagpipe Music for Seniors



St. Patrick's Day Kathy and Diane



Seniors Day Wagon Ride



CHO Tablet Training

REPORT FROM THE 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

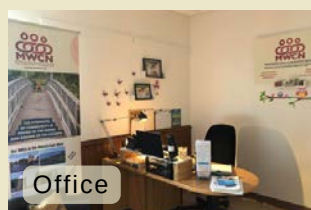
Indoor and outdoor free library

Access to books, movies, 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 Secrétariat aux relations avec les Québécois d'expression anglaise who have made this possible.

TINA CALVARESE - OUTREACH COORDINATOR - HEMMINGFORD



EMPLOYABILITY REPORT

Mandate:

To address the employment challenges of English-speaking community members across the Montérégie West.

Based on an initial overview of the community needs and an analysis of current demographic statistics, identified employment challenges include:

- English speakers not using existing services (primary French organizations)
- Lack of reliable transportation
- Lack of related skills and work experience
- Language barriers
- Confidence and motivation

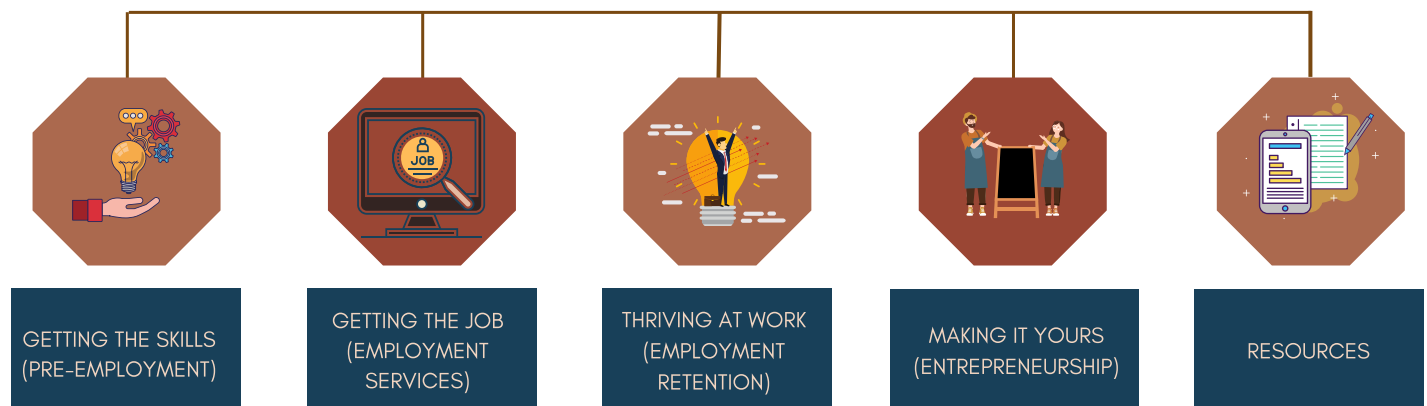
Completed Employment Projects:

- My First Job Resource Booklet
- Legal Services Directory
- YES-MTL Virtual Employment Bootcamp (approximately 25 participants)

Our employability services hope to address the diverse employment needs of English speakers across all age groups. Most of the local employment services target youth (ages 18–35 years old,) whereas our employment services will primarily target underserved populations such as:

- Minority language speakers
- Job seekers with physical and functional limitations
- Job seekers 35 years and older
- Retired workers looking to reenter the workforce in a new capacity
- Individuals looking to transition careers/jobs

EMPLOYMENT PROGRAM DOMAINS



Our services also hope to target other employment challenges such as:

- Workplace dynamics
- Work-life balance
- Burnout prevention
- Employment retention
- Interpersonal communication skills
- Entrepreneurship... And more!

In-person and virtual workshops will launch in the fall of 2022 with alternating locations in each of our 4 regions.

Drop-in Employment Service: To 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.) Drop-in service includes: initial meeting & employment needs assessment, referral to existing services, jobs & suggested resource list and proposed next-steps with follow-up.

Analysis of Employment Needs:

- A virtual survey on Employment Challenges will be developed and circulated across the Montérégie (partnership with ARC & MEPEC.)
- Hard copy surveys will be available at all offices and promotional booths.
- The data collection process will take place from June 2022 - September 2022.

Current Employment Partnerships

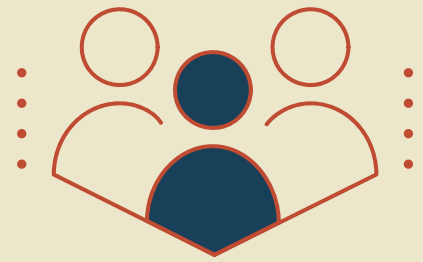
YES-MTL - Saffire/ACT - NFSB - MEPEC - ARC - Educaloi



LAURA BUSTAMANTE

EMPLOYABILITY COORDINATOR / COMMUNITY SUSTAINABILITY & DEVELOPMENT

MWCN – A VISIBLE PRESENCE IN THE COMMUNITY 2021-22



As a non-profit organization with a mandate to build a strong and vibrant English-speaking community throughout the Montérégie West, the pandemic has been just what we needed to bring us closer to the people, the municipalities, and other leaders in the community.

- Offering workshops on zoom in the spring, fall, and winter has been a great help for us to reach out to the community and provide support in health and social services. It was equally important to the organizations to have the opportunity to present to the English-speakers, and this formed many new partnerships.

- The 3rd annual Youth Gala in Vaudreuil-Soulanges is another initiative that has been beneficial in partnering with the Lester B Pearson School Board and bringing together the leaders in the community such as the MNA, MP, and the deputy who supported the students with bursaries. Seven mayors also got together, and another bursary was created. Thanks to the continued support of the Caisse Desjardins de Vaudreuil-Soulanges who provided us with \$10,000 to cover the bursaries for 60 students as well as future projects.

The fact that Clément is on the table for the seniors has enabled him to remind the table of the needs of the English-speaking community. There was an occasion when they were printing magnets on elder abuse with the contact information of supporting resources, and he took the opportunity to request an additional 500 for the English-speaking community.

- Partnering up with the Lester B Pearson School Board and 3 of its adult centers allowed us the opportunity of supporting the students and teachers in a Youth Mental Health Initiative (YMHI) with funding provided through Community Health and Social Service Network (CHSSN). They were able to create an exercise fitness space, enjoy interactive ping-pong and foosball games between students and teachers as well as decorate the walls with positive sayings to encourage healthy mindsets.

- In the Haut-St-Laurent we were able to meet with the Legion in Huntingdon and Ormstown to form new opportunities to collaborate. The Meals on Wheels in Huntingdon agreed to put our contact information on their container once a month to provide community members who receive this service the information to reach out to us if needed.

- The Little Green Library in Huntingdon has partnered up with us and we have given them support with a summer student present as they offer their storytelling program.

-In Ormstown at the village Church MWCN was asked to help with setting up a once-a-week playgroup with moms and their children. Giving them a space to gather. Thanks to our Healthy Learning Program we were happy to collaborate with a small donation to encourage families in the community. It also gave us an opportunity to network with another community organization namely Une Affaire de Famille.

- A new partner has its offices right next door to our Chateauguay office, Alliance, Carriere Travail who work in employability, and SAFIR an offshoot who are working with immigration, and translations.

- Residences in Huntingdon and Ormstown have been part of our Huntingdon's office outreach program. The Chateauguay residences have also begun to reach out, Vice Versa as well as Mary Elizabeth Noonan. More and more activities have been possible of late thanks to our outreach coordinators. Chartwell in Vaudreuil-Dorion and in Candiac have been areas whereby small groups have begun to learn more about computers and have had the opportunity to have some discussion periods.

- Opening a new office in Hemmingford has ruffled some feathers but we have worked through it and joined the Service d'action bénévole de St-Remi in sharing and developing new programs. Our outreach coordinator has been successful in also reaching the Maison des Jeunes and creating activities to support the young people.

- Our program in employability has also provided us with the opportunity to join the Table de Jeunesse de Chateauguay. It has also helped us to work with the police, NFSB, the CJE and Bénado to bring together 30 youth in a Basketball game.

- Our special projects coordinator has been working diligently with Kahnawake as we work together interviewing seniors sharing their stories, traditions and recipes that will be made into a book to present to the young people in the community.

We have been approached by other organizations in the last few months and look forward to adding them to our partnership tables.

You can see from what is shared here how much MWCN has now become very visible in the community with the members, the leaders, other organizations, and throughout our large region in the Montérégie West that serves in 5 MRCs.

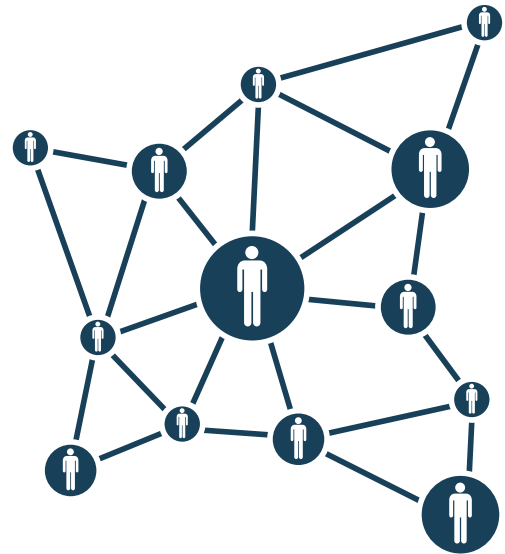
KEY COMPONENTS

2021-22

NETWORKING:

Booklets are printed materials with four or more pages, containing details about a business, event, product, promotion, etc. They are also known as catalogs or pamphlets, and are usually created to communicate a message to a wide variety of audiences.

Aside from keeping people informed, beautifully designed booklets can also be brought home as a keepsake. These visually appealing platforms are easy to distribute as well, and can be handed out during expos and other events, making your brand truly memorable.



REPRESENTATION:

We are increasingly being represented on many tables as we now have 13 employees in 5 offices and an early learning center. We are well represented in Health and Social Services within many organizations throughout the Montérégie West. Municipal officials, MRC officials, and our local government officials are increasingly hearing about us. We have a power point presentation ready in French and English to share. Our website has improved since we hired a program manager, and we are proud to share it in our e-mails and newsletters. He has also been rebranding us so that our visibility is very professional and that all 5 offices are unified in presenting ourselves as 1 organization working with the English-speaking community.

KNOWLEDGE DEVELOPMENT:

Because of the increased funding and collective sharing through the CHSSN we have been able to improve the Health Passport to include the information from all our services throughout all the Wellness Centers and other locations.

Because of our partnership with Educatoi we were able to create a “My first Job” document to hand out to the graduating students at NFSB.

A directory was also updated with professionals who can give services in English.

Our presence at the different tables also offers us the opportunity to encourage any documents prepared for the French community are also prepared for the English-speaking community.

Our staff are increasingly bringing different ideas of how we can prepare surveys, posters and other documents for membership and volunteers.

We have revised the employee handbook, created a handbook for board members, created a volunteer handbook and gotten on board with the pay equity plan so that all our governance materials are improved and according to regulations.

SERVICES AND ACTIVITIES:

As a community organization supporting the English-speaking community in a vast territory comprised of sub-urban to rural and considered an essential service, we have never stopped reaching out and providing occasions to reach seniors in different ways. During this pandemic year we rode the wave of lockdowns and continued providing services just changing how they would be presented depending on the lockdown and the different government guidelines.

Art classes, exercise classes, walking groups, yoga classes, lunch and learns, board games, bingos, travelling through time were all activities that continued throughout all of our offices.

We provided computer literacy through our Tek Talk program and iPad lending. Programs of 16 sessions in spring, fall, and winter were also provided on zoom reaching over 400 participants.

Our partnership with the CISSSMO allowed us to begin our Let's Chat! program with volunteers and employees joining up to improve their English thereby forming new friendships.

In our early learning program, provided through our Bright Beginnings Program, eleven 3-4-5 year old's joined us in September and lead by their very dedicated teacher provided learning of numbers, letters, polar bears, planets and so much more.

Families are important to us and through our partnership with NFSB and Riverside School Board we have been working together to provide workshops for parents and transition bags to help with transitioning to the bigger school.

This is only a portion of what MWCN brings to the community and we are very proud of our team who work diligently to provide a better quality of life through the different services and activities we provide.

COMMUNITY PARTNERS



Secrétariat aux relations
avec les Québécois
d'expression anglaise



Patrimoine
canadien Canadian
Heritage



Dialogue McGill



Santé
Canada Health
Canada



Centre intégré
de santé
et de services sociaux



Desjardins
Vaudreuil-Soulanges



Vice Versa
Châteauguay



Saint Patrick
of the Island



VILLE DE
PINCOURT



Châteauguay

NEW HORIZONS
FOR SENIORS
PROGRAM



SENIORS
ACTION
QUEBEC

VILLE DE
Beauharnois



LES
Aidants Naturels
du Haut-Saint-Laurent



CAAPA
VOS DROITS. NOTRE SOUTIEN
YOUR RIGHTS. OUR SUPPORT

Société
Alzheimer
Society
SUROIT



Châteauguay
Community
Church



FUNDING SOURCES

2021-2022

Funders	Amounts
CHSSN - NPI	\$110,900.00
NPI - Satellite	\$34,500.00
NPI - Outreach	\$33,000.00
Wellness Centers	\$39,270.00
McGill Retention	\$14,300.00
McGill Bursaries	\$17,500.00
McGill Linguistic	\$2,000.00
Bright Beginnings	\$27,100.00
HEY	\$15,000.00
Educaloi	\$6,600.00
CISSSMO	\$1,500.00
ERCC	\$329,525.00
Employability	\$57,500.00
Canadian Heritage	\$82,000.00
New Horizons for Sen	\$25,000.00
YMHI	\$30,000.00
IRCM	\$43,125.00
Caisse Desjardins V-S	\$14,600.00
Caisse Desjardins Chtgy	\$4,400.00
MNA-VS	\$7,000.00
other MNAs	\$2,000.00
Emploie Quebec	\$8,925.00
TOTAL	\$905,745.00



www.mwcn.ca

C  MMUNITY