

MEPEC Monthly News



Happy New Year !

Wishing our community a happy New Year from all of us at MEPEC. May the year ahead be filled with health, connection, and new opportunities.

Thank you for being part of our community. We look forward to sharing another year of activities, support, and moments together.

To start the year on the right foot, we want to hear from you. Your opinions help us improve our programs and better meet the needs of our community.

If you participated in one of our activities, please take a few minutes to complete our short survey. Your feedback is greatly appreciated and makes a real difference.

[CLICK HERE TO SHARE
YOUR FEEDBACK!](#)



INSIDE THIS ISSUE

**ONE STITCH AT A TIME:
KNITTING GROUP SPREADS
WARMTH**
P.2

**MEPEC'S ACTIVITIES AND
SERVICES**
P.3

**JOIN US FOR OUR
FAMILY DAY EVENT!**
P.7

**NEW : EMPLOYMENT
WORKSHOPS**
P.10

JOB BOARD
P.12

PARTNER ACTIVITIES
P.14

Health and Social Services

"I QUIT FOR ME" – A YOUTH GUIDE TO QUITTING SMOKING AND VAPING

"I Quit for Me" is a free, 48-page guide developed by Health Canada to help young people think about, prepare for, and succeed at quitting tobacco and vaping products, including cigarettes and nicotine vapes. It's written specifically for youth – practical, non-judgmental and focused on what actually matters to teens and young adults who want to stop nicotine use

WHAT IT IS AND WHO IT'S FOR

This guide is intended for teens and young adults who:

- occasionally smoke or vape,
- use nicotine regularly,
- have already quit but want to stay quit,
- want to stop using tobacco or vaping products altogether.

It's not a lecture – it doesn't just tell you why quitting is good for you. It gives you useful tools, strategies, plans and tips that can help if you choose to quit.

CORE TOPICS COVERED

• Addiction and Nicotine

The guide explains how nicotine affects the developing teen brain, physical dependence, withdrawal symptoms, and why quitting can be challenging – but possible.

• Health and Lung Impact

Smoking is harmful to lung health, and while vaping may be less harmful than smoking, it still carries risks, especially for youth whose brains and bodies are still developing.

A SUPPORTIVE, YOUTH-FOCUSED RESOURCE

"I Quit for Me" doesn't shame or lecture. It meets youth where they're at, offering guidance, encouragement, and choices rather than pressure – and it includes space for you to think about your reasons for quitting and your path forward.



Health Canada Santé Canada

Canada

ONE STITCH AT A TIME: KNITTING GROUP SPREADS WARMTH

A heartfelt thank you to our MEPEC Knitting Group for their wonderful show of community care. The group recently delivered handmade hats and scarves to St. Stephen's with St. James in Chambly, where they were warmly received by Pat McGregor.

These lovingly crafted items helped fill Christmas baskets and stockings for those in need. Any pieces not used will be shared with the Women's Shelter in Chambly, extending this gesture of kindness even further.

This beautiful initiative is a perfect example of community spirit in action. With every stitch, our Knitting Group is helping bring warmth, comfort, and compassion to others.

Want to join them? Register [HERE!](#)



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.



BILINGUAL CONVERSATION GROUP

The French-English Bilingual Conversation group is a great opportunity to share experiences with others and practice your language skills! Come, enjoy a coffee, and chat with us Wednesday morning at our Community Space.

Every Wednesday from 10 to 11:30 am.

Register [HERE](#).



JANUARY BOOK CLUB

Join us for our January Book Club on **January 28, 2026, from 6:30 to 8 pm at MEPEC's Community Space**. This month's theme is self help and personal growth, so bring a book that inspired you or sparked reflection.

Register [HERE](#)



ART HIVE : DECOUPAGE PLATE

Get into the holiday spirit on **Thursday, January 15th, from 1:00 PM to 4:00 PM** at MEPEC's Community Space! Join Marie-Diane during Art Hive as she teaches us how to create decoupage plates. All materials are provided—just bring your creativity and festive cheer!

Register [HERE](#).



KNITTING GROUP

Looking to connect, create, and unwind? Join The Knitting Wits—MEPEC's friendly knitting group that meets in our Community Space. Whether you're a seasoned pro or just learning to cast on, everyone is welcome. It's a great way to share skills, enjoy meaningful conversation, and be part of a warm and welcoming community. Bring your yarn and your wit—we'll supply the rest!

Every Tuesdays starting at 1:30 to 3:30 pm

Register [HERE](#)

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.



JANUARY SENIOR LUNCHEON

Join us for MEPEC's monthly Senior Luncheons! It's the perfect opportunity to enjoy a delicious meal, connect with fellow community members, and share stories in a warm, welcoming atmosphere.

Thursday, January 22nd, from 12:00 to 3:00 PM.

Location: 1622 Rue Roberval, Saint-Bruno-de-Montarville, QC J3V 3P9

There are still spots available, register [HERE!](#)



INTERGENERATIONAL PEN PALS

MEPEC's ongoing program connects seniors with school-aged children through handwritten letters, promoting literacy and meaningful intergenerational bonds. Seniors can join anytime and choose how many students they'd like to write to. Each exchange takes about 30-60 minutes. In partnership with Riverside School Board teachers, students are eager to connect.

Register [HERE!](#)



SENIOR SNEAKERS

The Seniors' Sneakers Program is designed for individuals aged 55+ who want to stay active and healthy all year long.

Saint-Bruno :

Wednesdays, 9:30 AM - 10:30 AM

Fridays, 9:30 AM - 10:30 AM

Saint-Hilaire :

Mondays, 10:00 AM - 11:00 AM

Thursdays, 10:00 AM - 11:00 AM

Register [HERE!](#)



TRIVIA NIGHT : ONLINE!

Join us via Zoom for a fun and friendly online Trivia Night on **Tuesday, January 13 at 7:00 pm**

Come test your knowledge, laugh a little, and connect with others from the comfort of home.

Register [HERE!](#)

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.



FAMILY BOOTCAMP

Get ready to sweat, laugh, and connect! Our Family Bootcamp is a high-energy, family-friendly fitness class designed to get both kids and adults moving together. Expect games, playful exercises, and a whole lot of laughs in this welcoming, no-pressure setting.

Saturdays, starting January 17, 9:30 AM - 10:30 AM

Registrations open December 3rd [HERE!](#)



SPROUTS MOVE

Movement is essential for kids 0-5! In this class, little ones explore gross motor skills through play, music, and guided activities designed just for their age group.

On Mondays, starting January 12, from 9:15 to 10:15am.

Registrations open December 3rd [HERE!](#)



LITTLE BEATS

This fun intro to music class teaches children 0-5 melody, rhythm, tempo, and more through playful, hands-on activities.

Music sparks movement, creativity, and supports early development.

Mondays, starting January 12, from 10:30 to 11:30am

Registrations open December 3rd [HERE!](#)



SPROUTS LEARN

This fun, theme-based program encourages social interaction and bonding between young children and their parents. Kids will enjoy dancing, story time, crafts, and more—while developing early literacy, motor skills, and sensory awareness in a playful setting.

On Tuesdays, starting January 13, from 9:00 to 11:30am.

Registrations open December 3rd [HERE!](#)

MEPEC's Information Hub

EN ROUTE : SHARE YOUR HERITAGE

In collaboration with the Regional Development Network (RDN), we are pleased to share a new opportunity to celebrate and share the stories of English-speaking regions of Quebec. EnRoute is a free bilingual mobile app that brings the rich culture and heritage of Québec's English-speaking communities to your fingertips. EnRoute invites travelers and locals alike to explore unique stories, places and traditions through engaging multimedia content.

You are invited to consider submitting a story(ies) for this new Province-wide initiative.

[CLICK HERE](#) for the information package that will guide you in preparing your submission and details on the criteria, the technology and format.

If you have questions on helping you prepare your submission, reach out to Walter Willett, RDN's Culture and Heritage Agent

walter@regdev.net.ca

613-716-9373

Thank you for participating in this important project to highlight the rich heritage and contributions of English-speaking communities to the building of Quebec.



THE MEPEC WEBSITE : A HUB FOR RESOURCES

At MEPEC, supporting the community goes beyond activities and events. Our website includes a dedicated Resources section designed to help individuals and families easily find services, information, and support they may need at different moments in their lives.

These resources cover a wide range of topics, including health and wellness, family support, youth and senior services, legal information, and community organizations. We take care to share reliable links and practical tools that can truly make a difference.

Because needs change, our Resources page is updated frequently. New services are added, outdated links are removed, and information is adjusted to reflect what is currently available in our region and beyond. This ensures that community members always have access to relevant and up-to-date support.

If you are looking for guidance, assistance, or simply a place to start, MEPEC is here to help connect you with the services you need. We invite you to visit our website regularly and explore the resources available to you.

HEALTH AND SOCIAL SERVICES

[CLICK HERE](#)

EDUCATION

[CLICK HERE](#)

YOUTH MENTAL HEALTH

[CLICK HERE](#)

EMPLOYMENT

[CLICK HERE](#)

Family & Early Childhood

COMING UP : FAMILY DAY WITH MEPEC

Join us for our Family Day event, a fun and welcoming activity for all ages. It's a great opportunity to spend quality time together, meet other families, and enjoy a shared experience in the community.

Spaces are limited, so we invite families to register in advance. We look forward to celebrating Family Day with you.

Reserve your pool time slot [HERE!](#)

-  **Pool access**
-  **Workshops**
-  **Activities**
-  **Mascotts**
-  **Snacks**



Coming up... **FAMILY DAY** With MEPEC

FREE
Pool access
Workshops
Activities
Mascotts
Coffee & Croissants

Join us at Belpoil's community pool

OPEN TO EVERYONE
REGISTRATIONS WILL OPEN SOON!

January 24

Logos: Canada, Health Canada, Santé Canada, CHSSN, Secrétariat à la jeunesse Québec, Fondation Lucie et André Chagnon, Mepec

FAMILY EXPERIENCE SURVEY: ENGLISH-SPEAKING FAMILIES IN FRENCH SCHOOLS

Are you an English-speaking parent with a child in a French school in Québec?

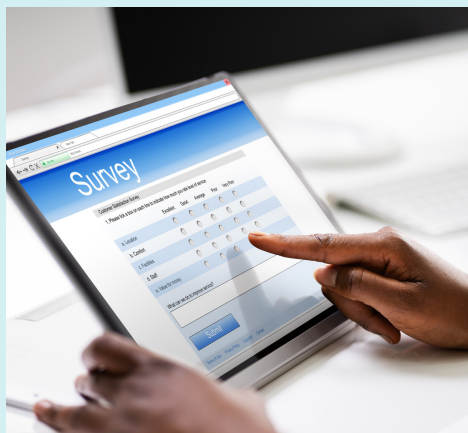
Your experience matters — and it can help improve services across the province.

Many families who are not eligible for English-language schooling face unique challenges:

- **navigating a new language**
- **supporting their child's learning**
- **accessing school or community services**
- **adapting to life in a new region or country**

We're launching a short, anonymous survey (5-7 minutes) to better understand these experiences and identify supports that actually help.

Your voice can help shape future programs, services, and policies.



Youth & Education

BACK TO CEGEP OR UNIVERSITY: STARTING THE WINTER TERM ON THE RIGHT FOOT

After the winter break, getting back into academic life can feel both refreshing and overwhelming. The routine pauses, the days are shorter, and motivation may take a little time to catch up. Whether you are returning to CEGEP or university, the start of the winter term is a great opportunity to reset, refocus, and set yourself up for success.



HERE ARE SOME SIMPLE, REALISTIC WAYS TO BEGIN THE SEMESTER ON THE RIGHT FOOT.

Ease back into routine

The transition from holiday mode to class schedules does not have to happen overnight. A few days before classes start, try going to bed and waking up closer to your school-day schedule. Organize your notes, clean your study space, and review your course outlines once they are available. Small steps help your brain shift back into learning mode without added stress.

Get organized early

At the start of the term, deadlines may seem far away, but they add up quickly. Use a planner or digital calendar to note important dates such as exams, assignment deadlines, and group projects. Seeing the full picture early helps reduce last-minute panic and makes it easier to balance school, work, and personal time.

Set realistic goals

New semester, new goals, but keep them achievable. Instead of aiming for perfection, focus on consistency. Goals like attending all classes, reviewing notes weekly, or asking for help when needed are powerful habits that support long-term success.

Reconnect with campus resources

Many students forget how many supports are available. Academic advisors, tutoring services, libraries, counseling, and student associations are there to help. If something feels challenging early on, reaching out sooner rather than later can make a big difference.

Take care of your well-being

Winter can be demanding on both physical and mental health. Make time for movement, fresh air, and social connection, even if it is just a short walk or a coffee with a friend. Eating regularly, staying hydrated, and allowing yourself breaks are not luxuries, they are essential to staying focused and motivated.

The winter term is a fresh chapter. With a bit of preparation, self-compassion, and support, you can build momentum and confidence as the weeks go on. One step at a time is more than enough.

Your Voice Matters Mental Health Survey

We'd love to hear about your experience accessing mental health and wellness support in English.

Mepec
Secrétariat à la jeunesse
Québec
Fondation Lucie et André Chagnon

[CLICK HERE TO COMPLETE THE SURVEY!](#)

Seniors Wellness

VACCINATIONS AND HEALTHY AGING FOR SENIORS

Respiratory infections remain among the leading causes of emergency department visits, hospitalizations, and death in later life. In 2023 alone, more than 13,000 older Canadians lost their lives to COVID-19, influenza, and pneumonia. Many of these serious outcomes are preventable through timely vaccination.

Vaccines play a key role in supporting healthy, active, and independent ageing, especially during the Fall and Winter months when respiratory viruses circulate more widely. Staying up to date on recommended vaccines helps protect not only individuals, but also families, caregivers, and the broader community.

To support older adults and those who care for them, the National Institute on Ageing (NIA) has released new provincial and territorial vaccine one-pagers for adults aged 65 and older. These easy-to-use guides are designed to be downloaded, printed, and shared.

The one-page resources include:

- National vaccine recommendations for older adults
- Information on which vaccines are publicly covered in Quebec
- Guidance on where to go for reliable answers to vaccine-related questions

To ensure accessibility, the resources are available in both English and French, with additional languages to be released over the coming weeks.

You can view and download the Quebec vaccine one-pager here:

[English](#) | [French](#)

Additional resources you may find helpful:

- Fall 2025 webinar recording: Vaccines for Older Canadians – What You Need to Know to Stay Healthy and Independent
- 2025 COVID-19 Vaccines: What Older Canadians Need to Know
- 2025 General Guide to Vaccines for Older Canadians

Staying informed is an important step toward protecting your health and wellbeing.

If you or someone you support is aged 65 or older, consider reviewing these resources and speaking with a healthcare provider about recommended vaccinations.



SHARP WORKSHOP: ACTIVE LISTENING & REDUCING SOCIAL ISOLATION

Join this welcoming, easy-to-follow online workshop with Marissa Norton from Vent Over Tea.

Participants will learn simple, practical active listening tools to help build meaningful conversations, strengthen relationships, and reduce social isolation among seniors. This session is designed to support empathy, connection, and understanding in everyday interactions.



Health
Canada

Santé
Canada

Wednesday, January 21, 2026
10:00-11:30 am (EDT)

CHSSN

REGISTER HERE!

Mepec
MEPEP CANADIAN SOCIETY OF
PACIFIC EMBROIDERY

Employment

RING IN THE NEW YEAR WITH MEPEC'S EMPLOYMENT WORKSHOPS!

As we wrap up 2025 and celebrate the holiday season, MEPEC is excited to announce a special opportunity to start 2026 on a strong note: a series of three hands-on employment workshops, hosted in collaboration with our local partner [Intégration Compétences](#).

Whether you're looking to polish your CV, master your interview skills, or better navigate the employment landscape of the Montérégie-Est, these workshops are designed to give you practical tools and insights to succeed.

About Our Partner:

Intégration Compétences is a community-based organization dedicated to supporting job seekers and newcomers in Montérégie. They specialize in helping individuals navigate the local labour market, develop professional skills, and connect with employment opportunities, making them the perfect partner for these workshops.

WORKSHOP DATES

(Wednesdays, 12–1 pm)

January 14: CV Tips

January 21: Interview Skills

January 28: Navigating the Job Market in Montérégie-Est

Dates are subject to change, but registered participants will be informed of any updates.

[REGISTER HERE!](#)

From all of us at MEPEC, we wish you a joyful holiday season and a successful start to 2026. Let's make it a year of growth, opportunity, and new possibilities!



MEPEC EMPLOYMENT SUPPORT SERVICE

MEPEC is also an employment service, here to support individuals in their job search and career development. We offer guidance, tools, and resources to help with resumes, job applications, and employment goals.

Whether you are entering the workforce, changing careers, or looking for new opportunities, our team is here to help you take the next step.

Fill out the form [HERE](#) to receive our help in finding your new career!



Job Board

NEW POSITIONS NEAR YOU

In this new section of our newsletter, we want to promote our fellow partners' job opportunities.

This helps our partners find appropriate candidates and helps our members find local partnership job opportunities in one place.



Riverside School Board, Multiple positions

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



YES Emploment + Entrepreneurship, Multiple positions.

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



Corporation de Développement Communautaire, Job Board and Offers (multiple)

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



Intégration Compétences, Multiple positions

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



Arts & Culture

A FRESH CREATIVE START FOR THE NEW YEAR

January often arrives with pressure to set big goals and make major changes. But when it comes to creativity, the new year does not have to begin with ambitious resolutions or perfect outcomes. Instead, it can be a gentle invitation to reconnect with curiosity, expression, and joy.

After the busyness of the holiday season, creative activities offer a grounding way to slow down and reset. Creativity helps us process emotions, reduce stress, and find moments of calm during the darker winter months.

Starting fresh creatively does not mean starting from scratch. You do not need special skills, expensive materials, or large blocks of time. Small, intentional moments are enough. A few minutes of journaling in the morning, or doodling while on the phone can quietly reintroduce creativity into everyday life.



For those looking to explore something new, January can be a great moment to try a creative activity you have been curious about. Attend a workshop, join a community activity, visit a local exhibition, or take part in a drop-in art session. Creative spaces are also social spaces, offering connection and belonging alongside expression.

As the new year unfolds, consider creativity not as a resolution, but as a companion. A small, steady practice can bring warmth, inspiration, and balance to the winter season, and help set a positive tone for the months ahead.

WANT TO GET CREATIVE ? CHECK OUT MEPEC'S ART ACTIVITIES!

MEPEC offers creative activities and cultural programs all year round for people of all ages in the English-speaking community of Montérégie East – from arts and crafts and workshops to social creative events that bring people together and spark imagination.

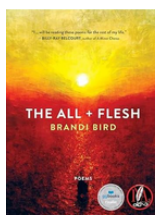
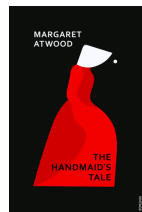
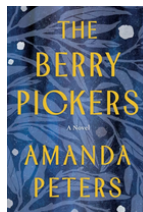
You can see what's coming up and register online anytime through our activity portal [HERE!](#)

NEW BOOKS AVAILABLE AT THE COMMUNITY LIBRARY!

Our Community Library is open and ready to welcome you. Stop by to discover new reads, borrow a book, or enjoy a quiet moment.

We look forward to seeing you and sharing our love of books with the community.

Come see us at :
555 Boul. Sir Wilfrid-Laurier, Beloeil.



OPENING HOURS:

- Monday - 1 to 3 pm
- Tuesday - 5 to 7 pm
- Thursday - 10 am to 12 pm

MEPEC's General Activities

BUILDING BETTER PROGRAMS TOGETHER: SHARE YOUR MEPEC EXPERIENCE WITH US!

At MEPEC, our activities are created to support connection, wellbeing, and creativity at every stage of life. Programs like Sprouts, Senior Sneakers, Art Hive, and more are shaped by the community they serve. To continue offering meaningful and relevant activities, we are inviting participants to share their feedback through a short, anonymous survey.

If you took part in any MEPEC activity over the past year, your experience matters. Whether you joined once or attend regularly, your honest input helps us improve, adapt, and plan ahead.

If you and your little one joined us for **SPROUTS**, we would love to hear about your experience.

If you moved with us during **SENIOR SNEAKERS**, your feedback can help us keep the program active, safe, and enjoyable.

If you created with us at **ART HIVE**, tell us what inspired you and what you would like to see next.

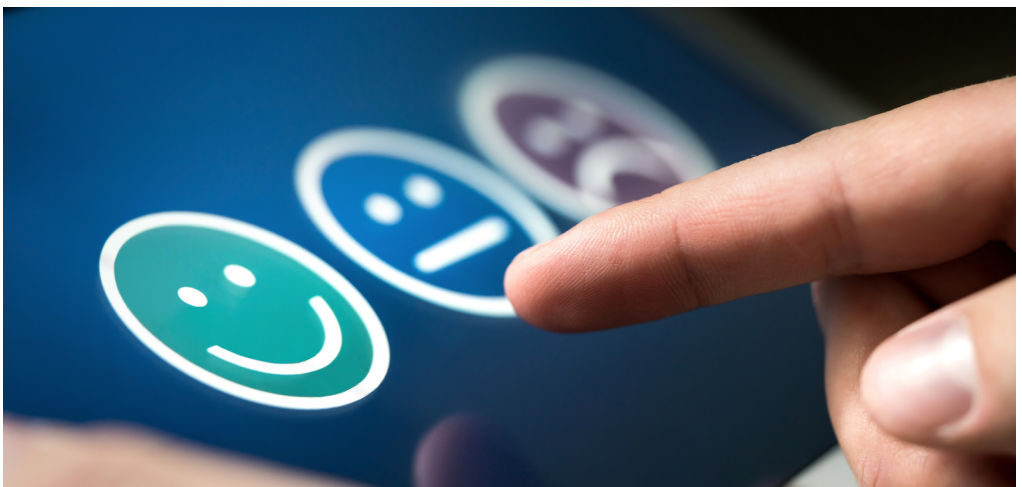
If you participated in any other **MEPEC ACTIVITY**, your thoughts are just as important to us.



**CLICK HERE TO SHARE
YOUR FEEDBACK!**

The survey is completely anonymous and takes only a few minutes to complete. There are no right or wrong answers, just honest reflections that will help shape future programming.

Thank you for being part of the MEPEC community and for helping us grow together.



Partners' Activities and Services



YES EMPLOYMENT ENTREPRENEURSHIP WORKSHOPS.

Have a business idea or thinking about becoming your own boss? YES Montréal is offering practical entrepreneurship workshops to help you turn ideas into action, build skills, and grow with confidence. Open to aspiring and current entrepreneurs looking for guidance, tools, and community support.

Register [HERE](#).



CALL FOR COMMUNITY REPRESENTATIVES

The Animal Protection Committee at Cégep de Saint-Hyacinthe is seeking community members to join its committee. This role helps ensure ethical and humane treatment of animals used in education and research. The commitment is minimal, about 10 hours per year.

If interested, send an e-mail [HERE!](#)



COMMUNITY THRIFT SHOP AT MAISON DE LA FAMILLE DU MONT-BRUNO

Give a second life to children's and maternity items (0-6 years) and support local families. Clothing, shoes, coats, diapers, books, toys, and accessories are welcome.

Now open to everyone. Very low prices, with proceeds funding free services for vulnerable families.

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

ONLINE MENTAL HEALTH SUPPORT GROUP

AMI-Québec's Support page highlights free, welcoming support groups for people living with mental illness, their caregivers, and loved ones, offering a safe space to connect, share, and cope together. These groups are run by people with lived experience and aim to help participants feel understood and supported.

View upcoming support groups [HERE](#).

amiquébec

Allié.e.s en santé mentale
Allies in mental health



**Partenariat de l'est de la Montérégie pour
la communauté d'expression anglaise**

**Monteregie East Partnership
for the English-Speaking Community**

Administrative Office

106-551, Sir-Wilfrid-Laurier Blvd
Beloeil, Qc J3G 4J1



Tel: 450 281-3732

Community Space

555, Sir-Wilfrid-Laurier Blvd
Beloeil, Qc J3G 4J1



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