

MEPEC Monthly News



Building Stronger Ties Through the Montérégie Way

MEPEC recently attended the Montérégie Way event at Collège Militaire de Saint-Jean, alongside our partners [ARC](#) and [MWCN](#). The day brought together community organizations from across the region to share ideas, collaborate, and strengthen connections within the English-speaking community.

Participants took part in two engaging workshops: one by [Scattered](#) that explored mental health, gratitude, and creative expression, and another by [RDN](#) focused on understanding personality types and conflict resolution strategies.

It was a day filled with learning, collaboration, and inspiration, a wonderful reminder of the power of coming together to support one another and grow as a community.



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Health and Social Services

PLACE 0-5 ANS IS CLOSING, BUT SUPPORT FOR FAMILIES CONTINUES

In the coming weeks, the new Child Care Registration Portal will replace the current La Place 0-5 portal. The Child Care Registration Portal is the government interface that will allow parents to register with recognized child care services to obtain a spot. It will facilitate the process, from searching for a spot to the admission process.

It should be noted that if the child has already been born and their birth has been registered in La Place 0-5, or if their arrival in the family has been registered in the case of adoption, the family file will be automatically transferred to the new registration portal. It should be noted that when parents log in to the portal for the first time, they will notice that the desired start date for their child's daycare service will correspond to the most recent date between their date of birth or their date of registration with La Place 0-5. They will be able to change this to a later date to reflect their actual needs.

However, if the child has not yet been born or arrived in the family by the time La Place 0-5 closes on October 16, 2025, their file will not be transferred to the new registration portal. A new file will then need to be created on the registration portal for this child after their birth or arrival in the family.

Actions to take before La Place 0-5 closes on October 16, 2025: We encourage all parents to create an account with the Government Authentication Service, if they have not already done so, in order to prepare for the launch of the portal.

For any assistance in creating an account with the Government Authentication Service, parents are invited to visit the [page](#) on how to create an account to find answers to frequently asked questions, as well as tutorials guiding them step by step through the process of creating an account: Click [HERE](#).



BUILDING STRONG BEGINNINGS WITH AGIR TÔT

The Agir tôt program helps children aged 0 to 5 reach their full potential by detecting developmental difficulties early and offering support to families.

Through monitoring, screening, and early intervention, professionals identify children who may need extra help and guide parents to free public services such as developmental activities, home or daycare support, and transition help for kindergarten.

Parents, educators, or health professionals can refer a child to the program — no medical referral is needed. Services are available through your local CLSC and offered in many regions, including Montérégie.

The goal is simple: act early so every child can start school ready to learn and thrive.

Click [HERE](#) to learn more.



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, starting September 3rd.
Register [HERE](#).



SHARP SESSIONS

Join CHSSN and Jennifer Hobbs-Robert, Senior Advisor at JH Partners for a virtual SHARP session exploring Quebec's free, confidential hotlines that support older adults living at home. Learn when to call, who to reach out to, and how these services can help.

Wednesday, November 19, 2025, from 10:00 to 11:30 a.m. (EDT)
Register [HERE](#).



COMMUNITY FUNDRAISING LUNCHEON

Join us for MEPEC's Community Fundraising Luncheon with Chef Cathy! Come enjoy a delicious, home-cooked meal in great company—all while supporting MEPEC's activities.

Every Tuesday from 12:00 to 1:30 PM at MEPEC's Community Space, no registration required, cash only!

For the upcoming menu and prices, click [HERE](#).



KNITTING WORKSHOP

In collaboration with Commun-Tricot, we are offering a one-time knitting workshop.

Bring your knitting or crochet project and your questions. Facilitator Wendy Squires will guide you through techniques and help you improve your skills. Open to all ages and levels.

Monday, November 10, starting at 1:00 to 4:00 pm in MEPEC's Community Space

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.



NOVEMBER BOOK CLUB

Join us at MEPEC's Community Space to celebrate the beauty of words and explore poetry together. Bring a poem you love and enjoy the discussion. All are welcome!

Wednesday November 26, from 6:30 to 8:00pm

Register [HERE](#).



TEA TIME STORYTIME

Slip into your PJs (if you'd like!) and join us for a cozy evening of stories and tea. Listen to wonderful stories while you enjoy a warm cup of chamomile tea—perfect for kids and adults alike.

Tuesday November 4th, from 6:00 to 7:00 pm.

Register [HERE!](#)



PAINT NIGHT AT MEPEC

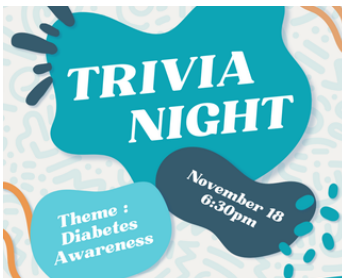
Fun, relaxed evenings open to all ages! No experience needed, just come ready to create, connect, and enjoy. All materials are provided.

Saturday December 6

Session 1 - From 3:00 to 4:30pm

Session 2 - From 5:00 to 6:30pm

Register [HERE](#).



TRIVIA NIGHT

We invite you to put your thinking caps on and join us to test your knowledge. Team up with your family, in the comfort of your home, and answer a series of questions.

November's theme will be "Diabetes Awareness".

Online on Tuesday November 18, from 7:00 to 8:30pm.

Register [HERE](#)

MEPEC's Family 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.



SCIENCE WITH DAD

Get ready for an exciting, hands-on adventure into the world of science! Join us for a fun-filled session where dads and kids team up to explore experiments, spark curiosity, and make memories together. Whether you're launching rockets or making slime, it's all about learning and laughing side by side!

Saturday, November 1, from 10:00 to 11:30am.

Register [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 September 22nd, from 9:00 to 10:00am.

Register [HERE!](#)



LITTLE BEATS

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

Music sparks movement, creativity, and supports early development.

Mondays, starting September 22nd, from 10:30 to 11:30am

Register [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 September 23rd, from 9:00 to 11:30am.

Register [HERE!](#)

MEPEC's Information Hub

LEADING BY EXAMPLE: MEPEC'S JOURNEY TOWARD A GREENER FUTURE

At MEPEC, sustainability is more than a goal—it's a commitment to making everyday choices that contribute to a healthier planet and community.

After participating in the Sustainability Workshop for Non-Profits with ForMont, Geyser Sustainability, and Lyria Consulting, our team began implementing a series of eco-responsible practices aimed at reducing our environmental footprint and inspiring others to do the same.

Over the past months, we've taken measurable steps toward greater sustainability:

RECYCLING

As of June 2nd, 204 coffee pods have been recycled in our office.

PRINTING

We've switched to black-and-white printing, reduced our overall printing volume month by month, and transitioned many processes online.

ENERGY USE

We're now tracking and comparing energy consumption, disconnecting devices when not in use, lowering the temperature when the office is empty, and exploring ways to downsize equipment to reduce waste.

COMMUNITY SPACE

We've introduced new recycling bins and reusable water cases to make it easier for staff, volunteers, and participants to recycle effectively.

These actions may seem small on their own, but together they contribute to lasting environmental impact. Each change reflects MEPEC's dedication to leading by example and supporting the broader sustainability movement across Montréal's East.

This is only the beginning. We'll continue to monitor our progress, introduce new eco-friendly practices, and share our outcomes in future updates. Together, we can make sustainability part of everyday community life.



Family & Early Childhood

HELPING CHILDREN FEEL SAFE THROUGH ROUTINES

Children thrive on predictability. Knowing what to expect helps them feel safe, confident, and ready to explore their world. Simple daily routines, like a familiar morning goodbye, snack time after school, or reading together before bed, create a sense of comfort and stability, especially during busy or changing seasons. Routines provide a framework for children to understand what comes next, which reduces anxiety and helps them navigate their day with confidence.

Routines also benefit parents and caregivers by creating moments of calm in an otherwise busy day. Taking a few minutes each morning or evening to connect with your child can strengthen bonds and provide reassurance. Family routines are not only about organization, they are about building trust, security, and a sense of belonging.

By keeping routines simple and consistent, families create a steady rhythm that supports comfort, confidence, and connection. Even small daily rituals can make a big difference in helping children and parents feel calm, grounded, and ready to face each day with a sense of safety and togetherness.



Routines do not need to be rigid. They work best when they fit your family's rhythm and include moments of connection. Consistent habits around meals, play, and rest can make a big difference in reducing stress for both children and parents. Even small rituals, such as tidying up together after meals or sharing a quiet conversation before bedtime, can help children feel that their environment is predictable and secure.

SIMPLE ROUTINES THAT BRING CALM:



Morning hugs before starting the day

Snack and chat time after school

Reading together before bed

Family cleanup after dinner

Sunday walk or game time

HONOURING OUR YOUNGEST MEMBERS THIS MONTH

On November 20, we celebrate World Children's Day, a special occasion to highlight the rights, well-being, and bright futures of all children. This year, MEPEC is proud to participate in the 10th edition of Early Childhood Week (*Grande Semaine des tout-petits*), organized by the Collectif petite enfance, taking place from November 17 to 23, 2025, under the theme:

"10 years of growth and still so much to reach! Together, let's give every young child the chance to reach their highest potential."

This week aims to raise awareness among the public and decision-makers about the importance of early childhood, offering activities throughout Quebec. It is a valuable opportunity to reflect on ways to ensure that every young child has equal opportunities to reach their full potential.

To celebrate these two special occasions, keep an eye out for something fun planned by MEPEC. Stay tuned for details!

Learn more and participate in Early Childhood Week [HERE](#).



Youth & Education

MAXIMIZE YOUR WINTER BREAK: SMART WAYS TO INVEST IN YOURSELF

Winter break is the perfect time to step back from classes, exams, and assignments and focus on your personal growth. Whether you're in CEGEP or university, you can make these few weeks both relaxing and productive. Here's how to get the most out of your winter break.

CATCH UP AND GET AHEAD

Even a short period of review can make a difference. Spend a little time going over notes from past courses or reading ahead for upcoming semesters. This keeps your brain active and can ease the stress when classes resume.

LEARN SOMETHING NEW

Winter break is a great opportunity to explore new interests or skills. Consider online courses, workshops, or tutorials related to your field or hobbies. Whether it's coding, photography, writing, or public speaking, developing new skills can boost your resume and expand your horizons.

INTERNSHIPS, VOLUNTEERING, AND NETWORKING

If you have extra time, explore internships, volunteer work, or networking events. Even short-term experiences provide valuable skills, connections, and insights into potential career paths. Look for opportunities locally or online that fit your interests.

REST AND RECHARGE

Don't forget to rest. Mental and physical health are just as important as academic progress. Get enough sleep, exercise, and spend time with friends and family. Balancing productivity with downtime ensures you return to school refreshed and motivated.

REFLECT AND SET GOALS

Take a moment to reflect on your achievements and challenges from the past semester. Setting clear, realistic goals for the new year can help you stay focused and motivated. Consider what skills you want to develop, what habits you want to maintain, and what experiences you hope to have.

Winter break offers more than a pause from classes. It is a chance to invest in yourself in small but meaningful ways. By balancing rest with personal development, you give yourself the tools to approach the new semester with energy. Every choice you make during this break, whether it's trying a new skill, building connections, or simply taking care of your mental health, contributes to your growth. Use this break intentionally, enjoy the process, and return to your studies with renewed motivation and purpose.



Seniors Wellness

INTERGENERATIONAL CONNECTIONS THAT WARM THE HEART

There is something truly special about connecting with people of different ages. Whether it's a chat with a young neighbour, learning about new technology from a teen, or sharing your life stories, these moments remind us how much we can learn from one another.

At MEPEC, we believe that intergenerational connections are at the heart of a strong community. When generations come together, friendships blossom, understanding grows, and everyone benefits. Seniors often find renewed energy and purpose through these interactions, while young people gain wisdom and perspective from those who have experienced more of life's journey.

If you would like to create meaningful connections with younger generations, here are some ways to get involved:

MEPEC'S INTERGENERATIONAL PENPAL

Exchange letters with a young person from the community and share your stories, interests, and life experiences. It's a heartwarming way to build friendship across generations—one letter at a time.

Register [HERE](#).

VOLUNTEERING WITHIN THE COMMUNITY

Lend a hand at a local event or project that welcomes people of all ages. Working side by side creates natural opportunities for connection.

Our library is a welcoming space for readers of all ages, and we're looking for volunteers to help with book organization, shelving, and assisting visitors.

Send us an e-mail at info@mepec-pemca.org to get involved!

SHARE YOUR SKILLS

Offer to lead or assist with a craft, baking, or storytelling activity. These small gatherings often spark big smiles and lasting bonds.

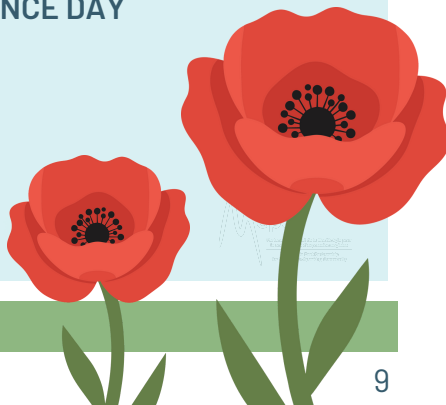


Together, we can keep our community vibrant and connected. Whether through a shared story, a helping hand, or a simple letter, every small gesture brings generations closer and makes MEPEC a place where everyone belongs.

HONOURING OUR HEROES THIS REMEMBRANCE DAY

On November 11, we pause to remember the courage, sacrifice, and service of those who have fought for our freedom. Many of MEPEC's members have lived through times of great change and resilience, and we take this moment to honour them and all veterans for their strength and dedication.

Let us reflect with gratitude and keep their stories alive in our hearts.



Employment

SOFT SKILLS THAT MAKE YOU STAND OUT

When applying for a job, your experience and qualifications matter, but employers are also looking for something less visible: *soft skills*. These personal attributes shape how you work with others, solve problems, and adapt to new situations. In a competitive job market, strong soft skills can set you apart.



The good news is these skills can be developed through everyday experiences. Community programs and workshops provide hands-on opportunities to practice these skills in a supportive environment.

Volunteering is another excellent way to grow your soft skills. By contributing to community projects, you learn to work with different personalities, manage responsibilities, and handle unexpected challenges – all skills employers value highly.

Online courses and virtual workshops are also useful tools. Many platforms offer training in communication, critical thinking, leadership, and more, allowing you to learn at your own pace. Mentorship programs and professional networking can further help by giving you real-world examples and guidance from experienced professionals.

Even daily routines and personal projects are opportunities to strengthen soft skills. Leading a group project, organizing your time efficiently, or resolving small conflicts can all improve your adaptability and problem-solving abilities.

By actively seeking out experiences that challenge and teach you, soft skills can grow naturally over time, equipping you for success in any workplace.



THE 10 MOST IN-DEMAND SOFT SKILLS

- 1** Communication – Expressing ideas clearly, listening actively, and collaborating effectively.
- 2** Teamwork – Cooperating with others, contributing to group goals, and maintaining a positive work environment.
- 3** Problem-Solving – Identifying challenges, analyzing options, and finding practical solutions.
- 4** Adaptability & Flexibility – Adjusting to new situations, learning quickly, and embracing change.
- 5** Time Management & Organization – Prioritizing tasks, meeting deadlines, and managing multiple responsibilities efficiently.
- 6** Critical Thinking – Evaluating information objectively and making reasoned decisions.
- 7** Leadership & Initiative – Inspiring and guiding others, taking responsibility, and driving projects forward.
- 8** Emotional Intelligence & Empathy – Understanding others' perspectives, managing emotions, and maintaining strong interpersonal relationships.
- 9** Creativity & Innovation – Thinking outside the box, generating new ideas, and improving processes.
- 10** Conflict Resolution – Handling disagreements constructively and finding win-win solutions.

These skills can be developed through workshops, volunteer work, community programs, online courses, and everyday practice. Highlighting them on your résumé and in interviews can make a real difference in standing out to employers.

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 board, click [HERE](#)



Arts & Culture

DISCOVER CREATIVITY AT THE MUSÉE DES BEAUX-ARTS DE MONT-SAINT-HILAIRE

The Musée des beaux-arts de Mont-Saint-Hilaire is more than a cultural gem – it's a place where art, community, and creativity meet. Dedicated to promoting local and regional artists, the museum offers a welcoming space to explore a wide range of artistic expressions, from contemporary works to pieces inspired by the natural beauty of Mont-Saint-Hilaire.

This December, MEPEC is thrilled to partner with the museum to host a free Paint Night Workshop in this inspiring setting. Surrounded by art, participants will get the chance to create their own masterpiece while enjoying a relaxed and friendly atmosphere.

Join us on **Saturday, December 6**, for one of two sessions:

Session 1: 3:00 – 4:30 p.m.

Register [HERE](#)

Session 2: 5:00 – 6:30 p.m.

Register [HERE](#)

Spaces are limited, so be sure to reserve your spot early! Whether you're an experienced artist or just looking for a fun new experience, this workshop is the perfect opportunity to let your creativity flow and enjoy a colorful afternoon in great company.



ART HIVE: CANDLE MAKING WORKSHOP

There is something special about creating with your hands, and this month's Art Hive is all about warmth, creativity, and connection. Join us on Thursday, **November 13 from 1 PM to 4 PM at MEPEC's Community Space** for a relaxing candle making workshop led by Marie-Diane.

During this session, participants will learn how to make their own candles, explore scents and designs, and discover the calming rhythm of handmade creation. Whether you are an experienced crafter or trying something new, this workshop is a wonderful opportunity to express yourself, meet others, and take home something beautiful.

Art Hive is a welcoming space open to everyone, where art becomes a way to connect with yourself and your community. All materials are provided, and no experience is required – just bring your curiosity and enthusiasm!

Register [HERE!](#)



MEPEC's General Activities

MEPEC'S WEEKLY COMMUNITY LUNCHEON FUNDRAISER CONTINUES

We're delighted to announce that the Community Fundraising Luncheon is returning this season!

From November 18 to January 13, community members are invited to come together each Tuesday from 12:00 to 1:30 p.m. to enjoy a delicious meal, warm company, and a welcoming atmosphere.

The luncheon will take a short break during the holidays and resume afterward.

This event is a wonderful way to share a meal, support community initiatives, and connect with friends and neighbours over good food.

Each week offers a simple, hearty lunch prepared with care by Chef Cathy.

Every Tuesday from 12:00 to 1:30 p.m.

Registration not required – everyone is welcome!

\$7 (ages 12+),
\$3 (ages 2–11),
free for children under 2
*Cash only

Bring your appetite and your smile—your participation helps make a difference in our community!



RECOGNIZING OUR OFFICE CLEANING VOLUNTEERS

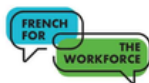
A heartfelt thank-you to Wendy and Jacinthe for their incredible help keeping our office clean and welcoming. Your time, care, and attention to detail make such a difference in creating a bright and comfortable space for everyone who visits or works here. We're so grateful for your dedication and the positive energy you bring to our team!



Partners' Activities and Services



Learn how to boost your confidence while speaking French.
Go beyond the basics of French grammar!



FRENCH FOR THE WORKFORCE BY YES EMPLOYMENT+ENTREPRENEURSHIP

Want to feel more confident using French at work? Build your speaking and writing skills through interactive, practical sessions designed to help you communicate with ease in professional settings.

Starting November 5th, Wednesdays & Fridays, 9:30 AM-12:30 PM. Online via Zoom

Register [HERE](#).

AMI QUEBEC MENTAL HEALTH WORKSHOPS

Are you a caregiver to a loved one facing mental health issues? Ami Québec is offering multiple workshops in November that could help you!

Be it online or in person in Montreal, look for their upcoming events [HERE](#).

ami québec

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



CANADA'S PREMIER VIRTUAL EVENT ON CELIAC DISEASE

Open to healthcare professionals and individuals living with celiac disease. Discover the latest research, treatment options, and nutrition strategies, connect with experts, and gain practical tools for better management.

\$25 donation fee to attend, register [HERE!](#)



Le Berceau
Centre périnatal

LE BERCEAU IS CELEBRATING THEIR 40TH ANNIVERSARY !

Join Le Berceau in celebrating their 40th anniversary on **November 15th**. Come meet the families, volunteers, and employees who contributed to the success of their mission.

Learn more and register [HERE](#).

Partners' Activities and Services



LE MUSÉE DES BEAUX-ARTS DE MONT SAINT-HILAIRE 30TH ANNIVERSARY

Get ready for a festive benefit auction on **Saturday, November 15**. Enjoy a musical cocktail with piano and saxophone, taste local wines and cheeses, and experience a lively evening hosted by Pénélope and Winston McQuade. Proceeds support the preservation and promotion of the museum's collection.

Tickets are \$100. For more information click [HERE](#).

Saint Augustine of Canterbury
Women's Guild



SAINT AUGUSTINE OF CANTERBURY WOMEN'S GUILD CHRISTMAS FAIR

Join the Christmas Fair on Saturday, **November 22 from 10 a.m. to 3 p.m. at 1741 rue Roberval, Saint-Bruno-de-Montarville.**

Enjoy baked goods, preserves, gifts, vintage treasures, Christmas items, a snack bar, and door prizes. A non-perishable food donation for the local food bank would be greatly appreciated.



MOVIE PREMIERE OF AGELESS

Be inspired by Ageless at its Montérégie-Centre premiere. This thought-provoking film explores age and belonging, leaving stories that stay with you. Stay after the screening for a panel discussion with the Cummings Centre.

Thursday, November 20, 1:30 p.m. at the Cynthia Coull Arena – Jubilee Hall in Greenfield Park

Register [HERE](#)



INTERCULTURAL GAME NIGHT BY INTÉGRATION COMPÉTENCES

On November 4, come meet people and exchange over a board game while sharing your culture. Open for adults and children over 10.

Learn more and register [HERE](#).



**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

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CHSSN