

MEPEC Monthly News



CHSSN CELEBRATES 25 YEARS OF IMPACT

On September 16, our Executive Director, Karoll-Ann, attended a special celebration at the Morrin Cultural Center in Quebec City to mark the 25th anniversary of the CHSSN. The evening brought together NPI organizations, community leaders, and partners from across the province to reflect on the progress achieved over the years and the importance of collaboration in building stronger, healthier English-speaking communities.

We are proud to be part of this network and look forward to the next 25 years of working together to make a difference.



Source: CHSSN Facebook page, view post [HERE](#).
Photo credit : Dylan Page.

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Health and Social Services

STAR PROGRAM WINNERS 2025

Each year, the RHSSPT Committee and MEPEC take time to celebrate the incredible volunteers who give so much of themselves to strengthen our community. Through the Star Program, we shine a spotlight on those who go above and beyond—people whose dedication, compassion, and generosity make a lasting impact on the lives of others. Volunteers are the heart of MEPEC, and this program is our way of saying thank you for their invaluable contributions.

Congratulations to our winners! Your kindness, energy, and commitment inspire us all and help our community continue to grow and shine.



Christine Deeks
Library Volunteer



Anne-Marie Bagshaw
Sprouts Activity Animator

Christine Deeks – Over 20 years of devotion to MEPEC's library and helping seniors with technology, still unstoppable at 92.

Anne-Marie Bagshaw – A devoted mom and community pillar, organizing activities that bring children and families together each week.

Valerie Robillard – A reliable, kind-hearted volunteer whose work in the library, Seniors Luncheons, and events brightens lives.



Valerie Robillard
Library Volunteer



Catherine Prosser
Community Fundraising Luncheon

Cathy Prosser – A long-time supporter of veterans, seniors, and community events, always ready to give her time with enthusiasm.



OCTOBER IS BREAST CANCER AWARENESS MONTH

Breast cancer is the second most commonly diagnosed cancer among women and people with breasts in Canada. Early detection through regular screening can save lives—leading to less invasive treatments and better chances of recovery.

This October, take time to learn, share, and encourage screening. Awareness makes a difference.

[CLICK HERE](#) to learn more about early detection.



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](#).



BOOK CLUB

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

Every last Wednesday of the month, the book club meets for about 1h30 in our community space. Each month they discuss a new book. October's book is *The Berry Pickers* by Amanda Peters.

Wednesday, October 29th from 6:30 to 8:00pm
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.

Cost : 12+ years old :\$7 Children under 2: **Free**
2 - 11 years old: \$3 ***Cash Only

Every Tuesday from 12:00 to 1:30 PM, MEPEC's Community Space.



SENIOR LUNCHEON

MEPEC's Senior Luncheons take place every third Thursday of the month at the Royal Canadian Legion in Saint-Bruno. Come enjoy a tasty meal, good company, and a warm community atmosphere!

Thursday October 16th from 12:00 to 3:00PM
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.



FAMILY BOOTCAMP WITH CHRYSTAL

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. Whether you're a new parent, a caregiver, or just looking to stay active, this bootcamp offers a fun, supportive environment where families can build strength, increase endurance, and bond while having a blast.

Saturdays, from 9:30 to 10:30 am.

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.

Mondays, 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, from 10:30 to 11:30am

Register [HERE!](#)



ECO-KIDS - MONT SAINT-HILAIRE

Families will gather at Mont Saint-Hilaire for a creative activity —painting rocks and leaving them along the way for others to discover. A fun way to connect with nature and share a little art with the community!

Friday, October 10 2025. All day event!

Register [HERE!](#)

MEPEC's Information Hub

MEPEC'S ANNUAL GENERAL MEETING: A NIGHT OF CELEBRATION AND ACHIEVEMENTS

MEPEC's Annual General Meeting, held on September 22, was a wonderful success and a true celebration of our community's accomplishments.

Library Recognition

A commemorative plaque was unveiled at the library, marking an important milestone in MEPEC's history. A special history booklet was also launched and is now available to view on our website [HERE](#).

STAR Program Awards

We proudly celebrated the dedication and contributions of this year's STAR Program recipients: Catherine Prosser, Christine Deeks, Valerie Robillard, and Anne-Marie Bagshaw. In addition, a draw was held for a \$50 Winners gift card, with Christine Deeks as the lucky winner.

Bursary Recipients

This year's bursary recipients were recognized and presented with their cheques. Each student shared their thoughts and gratitude, reminding us of the importance of supporting youth in our community.

Reports and Achievements

The evening also included the presentation of MEPEC's Annual Report, which is now available for viewing [HERE](#), highlighting a year full of progress. MEPEC saw significant growth in both the number of activities offered and in participant engagement.

Looking Ahead

We are proud of the year we have had and look forward to continuing to grow, support, and connect with our community.



LOOKING FOR A BRIGHT AND FUNCTIONAL OFFICE SPACE?

Features:

- Includes a separate private office within the space
- Conveniently located on the first floor of the building

Location: 551 boul. Sir-Wilfrid-Laurier, Beloeil

Perfect for professionals, small organizations, or anyone looking for a welcoming and accessible workspace.

For more information or to schedule a visit, please contact us at info@mepec-pemca.org.



Family & Early Childhood

HOW TO SPEND A STRESS-FREE HALLOWEEN

Halloween is one of the most exciting times of the year—costumes, decorations, spooky fun, and, of course, candy! For children, it's a magical night full of imagination and adventure. For parents and caregivers, however, the hustle and bustle of planning costumes, supervising trick-or-treating, and managing sugar highs can sometimes feel overwhelming.

It doesn't have to be that way. With a little preparation and the right mindset, Halloween can be a fun and relaxed celebration for the whole family. By focusing on safety, balance, and realistic expectations, you can enjoy the holiday without stress and make wonderful memories together.

Here are a few simple ways to keep Halloween safe, enjoyable, and stress-free this year:



Plan Ahead

- Pick costumes early so there's no last-minute scramble.
- Map out a trick-or-treat route to avoid rushing or getting lost.
- Set clear expectations with children—how long you'll be out, how much candy they can eat, and what the evening will look like.

Keep Safety Simple

- Stick to familiar, well-lit areas.
- Remind children of basic road safety rules.
- Make sure costumes are comfortable to move in.

Balance Treats and Fun

- Let kids enjoy their candy, but decide together how much to keep for later.
- Offer a hearty dinner before heading out—it helps balance the sugar rush.
- Consider mixing in games, crafts, or a cozy Halloween movie so the night isn't all about candy.

Take Care of Yourself Too

- Dress warmly and comfortably.
- Give yourself time to slow down, enjoy the decorations, and share laughs along the way.
- Remember: Halloween is about making memories, not perfection.

TRICK OR TREAT PARTY

Come dressed in your favorite costume and join us for some fun!
Trick-or-Treating
Games
Share a meal
& More

October 31st
10:00 AM - 12:00 PM

Mepec's
Community Space

Youth & Education

CELEBRATING THE 2025 DIALOGUE MCGILL COMMUNITY NETWORK BURSARY RECIPIENTS

MEPEC is proud to announce the results of the 2025 Dialogue McGill Community Network Bursary, which provides financial support to students pursuing careers in health and social services. Designed to address regional and local priorities for access to services in English, this bursary helps ensure that our communities have skilled, bilingual professionals ready to make a difference.

After a thorough and rigorous evaluation, two deserving students were awarded the bursary:



• Diane Caidor will undertake vocational training in Nursing Assistance at Access Cleghorn and received \$1,000.



• Élisabeth Doyon-Marchad will pursue a Bachelor of Nursing at the University of Sherbrooke in Longueuil and received \$10,000.

Thanks to the collaborative efforts of our MEPEC team, we reached students across the Montérégie-Est region and received several strong applications. Our Bursary Selection Committee, composed of key community actors—including a representative from the Health Professional Department, a representative advocating for the employment interests of the English-speaking community, and a youth representative—carefully reviewed each application.

Both Élisabeth and Diane embody the spirit of this bursary—they are bilingual, committed, and deeply motivated to serve our community. In Montérégie-Est, the ability to provide care in both French and English is essential. Patients and families feel seen, heard, and respected when they can communicate in their preferred language. Having future health professionals like Élisabeth and Diane helps bridge that gap and strengthens the quality of care in our region.

At MEPEC, we are proud to play a role in supporting students on this journey. Our work goes beyond administering the bursary; it is about building bridges between institutions, private partners, and the community so that more students can learn about this opportunity and benefit from it. Every step we take ensures that the next generation of health care professionals is well-prepared, connected, and ready to meet the diverse needs of our population.

This support truly makes a difference. It allows me to pursue my nursing studies without the constant worry of simply making ends meet. Instead, I can focus fully on learning, developing my skills, and becoming the best nurse I can be for my patients.

To me, caring for people means listening, adapting to their perspectives and priorities, and respecting the ways they express themselves. I am proud to serve as a resource on my unit; whether it's offering translation, providing clarification, or simply sharing a warm exchange in a patient's mother tongue.

I am deeply grateful to MEPEC for this bursary, which makes it possible for me to grow both as a student and as a future nurse.

-Élisabeth Doyon-Marchad

Seniors Wellness

ENGLISH-SPEAKING AND AGING IN QUEBEC: KNOW YOUR RIGHTS

As we grow older, navigating the healthcare system can sometimes feel overwhelming—especially for English-speaking seniors in Quebec. The good news is, you have rights that protect your access to services in a language you understand. Knowing these rights can help reduce stress and make every step of care feel more comfortable.

HERE ARE SOME KEY RIGHTS TO REMEMBER

- **Access in English:** Many hospitals, CLSCs, and long-term care facilities (CHSLDs) are designated to provide services in English.
- **Clear communication:** You have the right to receive explanations about treatments, care options, and risks in a language you understand.
- **Written information:** If something isn't clear, you can ask for it to be repeated, simplified, or provided in writing.
- **Support and advocacy:** You are always allowed to bring a family member, caregiver, or advocate with you to appointments.



By understanding your linguistic and healthcare rights, you can make more informed decisions, feel confident in your care, and ensure your dignity is respected as you age.

At MEPEC, we are committed to supporting English-speaking seniors and their families in Montérégie East. Whether you need help finding the right resources, understanding your options, or connecting with services, we are here for you.

To learn more about your rights, explore available resources, and discover how MEPEC can support you, visit our website at www.mepec-pemca.org.



HAPPY SENIORS DAY!

OCTOBER 1ST - CELEBRATING OUR SENIORS

October 1st is International Day of Older Persons, a special occasion to recognize the wisdom, strength, and contributions of seniors in our community. At MEPEC, we are proud to celebrate our senior members, who inspire us with their resilience, generosity, and the countless ways they enrich our lives.

From sharing stories and traditions to volunteering and supporting others, seniors play an essential role in building a stronger, more connected Montérégie East. Today and every day, we thank and honor them for all they do.

Thank you to our seniors for being such an important part of MEPEC and our community.

Employment

FALL IS THE PERFECT TIME TO RESTART YOUR JOB SEARCH

The change of season isn't just about cooler weather and colourful leaves—it also brings fresh opportunities in the job market. While many employers slow down or pause hiring during the summer, September and October are known to be some of the busiest hiring months of the year. That makes fall the perfect time to restart your job search or give it a well-deserved boost.

WHY FALL IS A STRONG HIRING SEASON

Employers often return from summer breaks with renewed focus, updated budgets, and clear staffing needs. They want to fill positions before the year ends and before the holiday slowdown begins in November and December. If you've been waiting for the right moment, this is it—fall offers a window where companies are motivated to hire quickly.



DON'T WAIT UNTIL THE HOLIDAYS

The hiring pace typically slows down once the holiday season approaches, so fall is the time to make meaningful progress. Taking action now can position you for interviews and offers before the year wraps up.

At MEPEC, we're here to support you every step of the way. Whether you need information on employment services, help connecting with local partners, or simply encouragement as you navigate your search, our team is ready to help you move forward with confidence.

Fall is one of the busiest hiring seasons—don't miss your chance to take advantage of it!

Contact us at colc.employ@mepec-pemca.org



HOW TO REBOOT YOUR JOB SEARCH THIS FALL

If you're ready to get back on track, here are a few practical steps to set yourself up for success:

- Polish your résumé and LinkedIn profile to make sure your skills and experience reflect your most recent accomplishments.
- Reconnect with community resources such as MEPEC and YES Employment + Entrepreneurship, where you can access tools, workshops, and guidance to strengthen your search.
- Set a weekly application goal—whether that's submitting five applications, reaching out to two contacts, or attending one networking event. Small, consistent actions add up.
- Take advantage of local opportunities like job fairs, training sessions, or career-related events. Not only do they help you learn, but they also expand your professional network.

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](#)



REISA, Early Childhood Story Teller

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



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

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



CISSME, Multiple positions

To view offers, click [HERE](#)



Intégration Compétences, Multiple Positions

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

Arts & Culture

REMEMBERING THE OTTERBURN PARK LIBRARY

The rich history of the Otterburn Park Library, from its humble beginnings in Barbara Green's living room to its current home at MEPEC, is now beautifully captured in our commemorative booklet: *A Community Built on Books: The Journey of the Otterburn Park Library*.

This booklet celebrates the vision of our founders, the dedication of volunteers across decades, and the enduring power of books to bring our community together. It features historical milestones, photos, a timeline, and heartfelt thanks to everyone who made the library possible.

The booklet is now available online! Visit our website to read and download your copy, and take a journey through over fifty years of community, resilience, and passion for literacy.

[CLICK HERE](#) to view the booklet and learn more about our library's history!



WANT TO GET INVOLVED ?

MEPEC's English Community Library is looking for three enthusiastic volunteers to join our dedicated team!

If you love books, enjoy helping others, and want to give back to the community, we'd love to hear from you.

SEND US AN EMAIL AT
INFO@MEPEC-PEMCA.ORG
TELLING US A LITTLE ABOUT WHY
YOU'D LIKE TO GET INVOLVED,
AND WE'LL BE IN TOUCH!



NEW E-BOOKS AVAILABLE IN MEPEC'S KINDLE LIBRARY!

MEPEC is excited to announce four new e-books now available in our Kindle Library!

- **The Secret of Secrets** by Dan Brown
- **Every Summer After, One Golden Summer, and This Summer Will Be Different** by Carley Fortune

These titles are ready to be borrowed and enjoyed by our community members.

Not sure how to use a Kindle? Don't worry—we're here to help! Seniors are especially welcome, and our team offers support and guidance to make borrowing and reading on a Kindle easy and enjoyable.

Come discover your next great read with MEPEC's Kindle Library!



Four books have been added
to MEPEC's Kindle Library



Every Summer After
One Golden Summer
This Summer Will Be Different
by Carley Fortune



The Secret of
Secrets
by Dan Brown

MEPEC's General Activities

MEPEC ANNOUNCES ITS 2025-2026 BOARD OF DIRECTORS

MEPEC is pleased to present the members of its 2025-2026 Board of Directors. This dedicated team will help guide the organization in its mission to support and serve the English-speaking community of the Montérégie East region.

We thank each of our board members for their leadership, commitment, and support as they work to strengthen our community in the year ahead.

EXECUTIVE OFFICERS

STEPHEN THOMPSON
President

ANNE-MARIE ROBIDOUX
Vice-President

JEAN-CHARLES MARIN
Treasurer

LORRAINE OSTIGUY
Secretary

DIRECTORS

JO-ANN GARRETT

LINDA BERNIER

NORM HASLAM

VIRGINIA WALLACE



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

Montérégie East Partnership
for the English-Speaking Community

GRADES 5+6 PARENT WORKSHOPS

Straightforward answers to complicated questions on communication, gives real life strategies, it is hands on!

- Dana M.
Parent, RSB



"This is an eye opener on how instinctively we as parents sometimes react the wrong way."

- Anonymous,
Parent, RSB



"It was very reassuring to know that I am not the only one having communication problems with my child."

- Jane L.
Parent, RSB



WORKSHOP OBJECTIVES

PROGRAM A "WHAT? ALREADY? PREPARING FOR THE TRANSITION INTO ADOLESCENCE"

Workshop # 1 - Intro to Child Development

Participants will:

- Explore the rapid shifts and changes of child development (ages 8-10)
- Identify what is 'normal' and expected regarding this developmental stage
- Better understand the small changes & how to adapt alongside their child

Workshop # 2 - Intro to Tween Development

Participants will:

- Explore the rapid shifts and changes of tween development (ages 10-12)
- Translate challenging behaviors into changing developmental needs
- Identify what tweens need from their parents & how to concretely help

Workshop # 3 - The 4 Parenting Styles & Their Impacts

Participants will:

- Discover their predominant parenting style
- Explore the associated pros, cons and impacts of each style
- Strengthen 'balanced' parenting adaptations & competencies

Workshop # 4 - Emotional Safety, Open Communication & Teen Buy-In

Participants will:

- Discover approaches to help keep communication effective and meaningful
- Explore how educating our values supports healthy identity construction
- Learn how to reduce conflict and strengthen collaboration in family rules

For more information visit:
ParentTeenFocus.com
Or contact us directly at:
ParentTeenFocus@gmail.com



NEW PARENT WORKSHOPS COMING SOON!

Parenting a tween comes with big changes – for them and for you. This year, we're offering a series of parent workshops to give you practical tools, strategies, and know-how to navigate your child's rapidly changing developmental stages, hormones and all!

Workshops are open to parents from:

- Cedar Street Elementary
- Mountainview Elementary
- St. Mary's Elementary
- Harold Sheppard Elementary

Don't miss this chance to feel more equipped and supported on your parenting journey!

Introduction video of the program [HERE](#).
Register [HERE](#).



Partenariat de l'est de la Montérégie
la communauté d'expression
anglaise
Montérégie East Partner
for the English-Speaking Community

Partners' Activities and Services



CELIAC CANADA OCTOBER FUNDRAISER

October 1st to 31st Fundraiser to walk, run, cycle, paddle etc 5 kms for Celiac Quebec to support their programs to FIND-TREAT-CURE celiac disease.

See this link to donate to our local Team Support Group of Celiac Canada for Quebec.

To donate, click [HERE](#).



CAB FOR THE NIGHT OF THE HOMELESS

On October 17, the CAB Les p'tits bonheurs and the Saint-Basile/Saint-Bruno pastoral unit invite you to an evening of chili, music, and awareness activities. Donations of cereal, hygiene products, shoes, and wool socks will be collected to support those in need.

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



FRENCH IN THE WORKFORCE

Speaking French can open doors to new opportunities and set you apart in today's job market. This training is designed to help you confidently navigate meetings, negotiations, and professional communications in French.

Thanks to financial assistance from the gouvernement du Québec, the program is offered at just \$5/hour

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



BREAST CANCER AWARENESS MONTH

Breast cancer impacts thousands of Canadians every year, but early detection can save lives. Screening makes treatment more effective and recovery more likely.

To know more about early detection and access resources, visit Canada's website [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

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



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Canada 

Secrétariat aux relations
avec les Québécois
d'expression anglaise

Québec 

CHSSN