

MEPEC Monthly News



Spring Session Starts April 13 — There's Still Time to Register!

Spring is almost here, and so are MEPEC's new activities for all ages. **Our Spring Session officially begins on April 13**, and we're excited to offer a variety of programs designed to bring our community together, support well-being, and spark creativity.

WE HAVE SOMETHING FOR EVERYONE:

- Activities for seniors that encourage connection, movement, and lifelong learning
- Programs for children ages 0-5, supporting early development through play, music, and exploration
- Art-based workshops to inspire creativity and self-expression
- Physical activity sessions to help you stay active and energized

If you haven't signed up yet, there's still time to register. Whether you're returning to a favourite activity or trying something new, we'd love to welcome you this spring.



INSIDE THIS ISSUE

TAX CLINICS
P.2

MEPEC'S ACTIVITIES AND SERVICES
P.3

**STAR PROGRAM :
NOMINATE OUR
VOLUNTEERS!**
P.7

THIS YEAR WITH SPROUTS
P.8

JOB BOARD
P.12

**BIG ANNOUNCEMENTS FOR
MEPEC'S FUTURE!**
P.14

PARTNER ACTIVITIES
P.15

Health and Social Services

TAX SEASON IS HERE: RESOURCES & SUPPORT IS AVAILABLE

Tax season can feel overwhelming, but you don't have to navigate it alone. Whether you're filing for the first time, need help understanding your documents, or want to make sure you're maximizing your return, there are many free and low-cost resources available in our community to support you.

This month, we're sharing organizations and services that can help you file your taxes with confidence.

FREE TAX CLINICS & SUPPORT SERVICES

Tax Clinic in Beloeil

Have your tax return completed by trained volunteers. Appointments are available Monday to Friday from 9 a.m. to 12 p.m. and 1 p.m. to 4 p.m., as well as Tuesdays and Wednesdays from 4:30 p.m. to 6:30 p.m. at Intégration Compétences in Beloeil.

This service is for individuals with eligible income, with a suggested voluntary contribution of \$10.

Click [HERE](#) to book your appointment by email.

Centre d'action bénévole Les p'tits bonheurs Tax Clinic

The tax clinic will run from March 2 to April 30, 2026 (inclusive). This service supports low-income residents of Saint-Bruno in completing their income tax returns. Appointments are required, and each visit takes approximately 15 minutes to complete the forms with a volunteer. The service is offered free of charge.



WHY FILING MATTERS (EVEN IF YOU HAVE NO INCOME)

Filing your taxes isn't just about paying taxes—it's also how you access benefits such as:

- GST/QST credits
- Canada Child Benefit (CCB)
- Solidarity tax credit (Quebec)

Even with little or no income, filing ensures you receive the support you're entitled to.

TAX FILING CHECKLIST

Before you start, make sure you have everything you need:

Personal Information

- Social Insurance Number (SIN)
- Date of birth
- Direct deposit information (for faster refunds)

Income Documents

- T4 (employment income)
- T4A (self-employment or other income)
- T5 (investment income)
- Any additional income slips

Deductions & Credits

- Rent receipts or property tax statements
- Childcare expenses
- Tuition slips (T2202)
- Medical expenses
- Donations and charitable receipts

Other Important Documents

- Last year's tax return or Notice of Assessment
- RRSP contribution receipts
- Any benefit-related documents

Most tax slips are issued by the end of February—if you're missing something, contact the issuer before filing.

WORLD AUTISM ACCEPTANCE DAY



April 2 is World Autism Awareness Day, a time to celebrate neurodiversity and promote understanding, acceptance, and inclusion for people on the autism spectrum.

To learn more, click [HERE](#) to access resources, and support the community through Autism Canada

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.

➡ **Please remember to register to continue participating in the Spring session!**

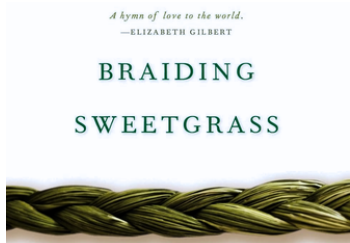


SENIORS PICKLEBALL

Looking for a fun way to get moving? Join us for Pickleball!! No instructor—just a casual space to play, meet others, and enjoy the game.

Mondays from 1 to 3 pm at Mount-Bruno's United Church.

Join the waitlist [HERE!](#)



APRIL BOOK CLUB

Join us for our April Book Club on **April 29, from 6:30 to 8 pm at MEPEC's Community Space.**

This month's pick is Braiding Sweetgrass, but feel free to bring another plant- or nature-related book that speaks to you.

Let's reflect, learn, and grow together



SENIOR SNEAKERS

Our Senior Sneakers activity is a fun and energizing way for older adults to get moving in a welcoming, supportive environment. Designed with seniors in mind, this low-impact fitness class focuses on improving balance, flexibility, strength, and overall wellbeing.

Mondays 10 to 11 AM, in Mont Saint-Hilaire.

Wednesdays 9:30 to 10:30 AM, in Saint-Bruno.

NEW

Thursdays 10 to 11 AM, in Mont Saint-Hilaire.

Fridays 9:30 to 10:30 AM, in Saint-Bruno.

Register [HERE](#)



INTERGENERATIONAL PEN PALS

MEPEC's ongoing program connects seniors with school-aged children through handwritten letters, promoting literacy and meaningful intergenerational bonds. Each exchange takes about 30-60 minutes. In partnership with Riverside School Board teachers, students are eager to connect.

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.

 **Please remember to register to continue participating in the Spring session!**



SPROUTS LEARN

Sprouts focuses on social interactions among young children and their parents through creative expression and play. Sprouts is an excellent way to familiarize children with the concept of time, early literacy, language, gross motor, and fine motor development.

Every Tuesday from 9:00 - 11:30. Starting April 14!

Cost: 10\$.
Register [HERE](#) !



SPROUTS MOVE

MOVE-ing is important for young children for a variety of reasons, it helps to develop large muscle groups, improve coordination and balance, and promote cardiovascular health. Gross motor activities are also a great way to release energy and reduce stress. And of course, they're just plain fun!

Every Monday from 9:15-10:15. Starting April 13!

Cost: \$10.
Register [HERE](#) !



LITTLE BEATS

Calling all little Beethoven's and Mozart's for this introduction to music class. Toddlers will learn about melody, rhythm, tempo, dynamics, movement and much more using educational musical materials.

Every Monday from 10:30am - 11:30am. Starting April 13!

Cost: \$10
Register [HERE](#)!



HOMESCHOOL GROUP

Let's learn together and develop our reading, mathematics and social skills through playful and hands-on activities! All activities will be geared towards children aged 5 to 8 year old.

Every Friday, from 10:00am to 12:00pm. Starting April 17!

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.

➡ **Please remember to register to continue participating in the Spring session!**



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. This bootcamp offers a fun, supportive environment where families can build strength, increase endurance, and bond while having a blast.

Saturdays, from 9:30 AM - 10:30 AM. Starting April 18.

Register [HERE](#) !



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, April 11, from 10:00 to 11:30 am.

Register [HERE!](#)



ECO KIDS OUTTING

Join us for our Eco Kids Outings, family meet-ups designed to explore, learn, and connect together in the community. These outings are a wonderful opportunity to discover local attractions while spending quality time with other families.

Join our Sprouts Facebook group for all the outings [HERE](#).

Register [HERE!](#)



HOMESCHOOL GROUP

A welcoming homeschool group where families come together to learn, share, and grow. Through group activities, social time, and collaborative learning, children can build friendships while exploring new interests in a supportive community.

Fridays, from 10:00 AM to 12:00 PM

Register [HERE!](#)

MEPEC's Information Hub

CELEBRATING OUR VOLUNTEERS THIS APRIL

We're taking a moment to recognize the incredible people who help bring our community to life. From April 19 to 25, we'll be celebrating Volunteer Appreciation Week and shining a light on the individuals who make MEPEC so special.

Our volunteers are at the heart of everything we do. Whether you're welcoming families at activities, helping behind the scenes, or supporting events, your time and care make a meaningful difference. You help create a space where people feel connected, supported, and at home.

Throughout the week, we'll be sharing information about the impact of volunteering and highlighting the amazing work of our volunteers. It's our way of saying thank you and showing just how much you mean to our community.

Click [HERE](#) to follow us on social media, and make sure you don't miss our publications.

Because of you, our programs run smoothly, our events feel welcoming, and our community continues to grow stronger every day.

Your dedication does not go unnoticed.

To all our volunteers: thank you for being such an important part of our community. We truly couldn't do it without you!



NOMINATE A VOLUNTEER WHO MAKES A DIFFERENCE!



MEPEC is proud to support the Special Thanks and Recognition (Star) Program, an initiative that shines a light on the remarkable employees and volunteers who go above and beyond to improve the health and well-being of English-speaking community members across the Monérégie.

Do you know someone whose dedication deserves to be celebrated? We invite you to nominate them for the Spring 2026 Star Program! Selected individuals will receive a certificate of congratulations, be entered into a draw for a \$50 gift card, and may be featured in newsletters and on social media across the region.

Submitting a nomination is quick and easy—simply complete the form [HERE!](#)

Let's come together to recognize the people who make our community stronger. Your nomination helps highlight their impact and inspires others to get involved.

TO NOMINATE A VOLUNTEER

CLICK HERE!

Family & Early Childhood

SAME GREAT ACTIVITIES, NOW WITH A FRESH NEW LOOK

We're excited to share a refreshed look for our Sprouts activities, with a new branding that brings each part of the program to life in a fun and engaging way. While the look may be new, our goal remains the same: creating meaningful, English-language spaces where young children can learn, grow, and connect through play.

Our activities are designed to support different areas of early childhood development, while giving families the chance to build community and enjoy shared experiences together.



Learn



MOVE



Little Beats



Eco-Kids



Registrations are open:

Learn – Supporting early development through engaging, age-appropriate learning activities



Move – Active play that helps build coordination, confidence, and motor skills



Little Beats – A playful introduction to music, rhythm, and self-expression

Eco-Kids – Monthly outings that encourage children to explore nature and connect with their environment

GROWING BEYOND OUR COMMUNITY: SPROUTS BECOMES A SHARED MODEL

Our Sprouts program has recently been packaged as a model that can be shared with other organizations. This means that the approach, structure, and impact of Sprouts are being recognized as something meaningful and effective, something that can inspire and guide similar programs beyond our community.

This is a big moment for us. Sprouts was created with care, intention, and a deep understanding of the needs of the families we serve. Seeing it grow into something that can support other organizations is a reflection of the strength of our community and the trust you've placed in us.

By sharing this model, we're helping expand access to quality programming for young children and families in other communities, while also highlighting the importance of English-language services that support connection, confidence, and development. It's a positive step not only for MEPEC, but for the wider network of organizations working toward the same goals.

Most importantly, this milestone wouldn't be possible without you, our members. Your participation, feedback, and enthusiasm have shaped Sprouts into what it is today.

Thank you for being part of this journey with us.

Sprouts

Youth & Education

INTRODUCING THOUGHT THURSDAY

At MEPEC Youth, we believe that reflection is one of the most powerful tools young people can develop. In a world that moves quickly and demands constant attention, taking a moment to pause and check in with yourself can make all the difference. That's why we're launching Thought Thursday – a weekly space dedicated to curiosity, self-awareness, and meaningful journaling.

Every Thursday, we'll share a new prompt designed to spark reflection, encourage deeper thinking, and help you explore the many layers of who you are becoming. Whether you journal regularly or you're just starting out, these prompts are here to guide you, inspire you, and remind you that your voice and your inner world matter.

We also want to celebrate your creativity. Each week, you'll have the chance to submit your response through the form in our bio for an opportunity to win a MEPEC Youth journaling kit. It's our way of cheering you on as you build habits that support your growth.

Thought Thursday is more than a prompt – it's a moment to breathe, to write, and to reconnect with yourself. We can't wait to see where your reflections take you.

Follow us on Instagram so you never miss a prompt !



[CLICK HERE TO FOLLOW OUR INSTAGRAM](#)

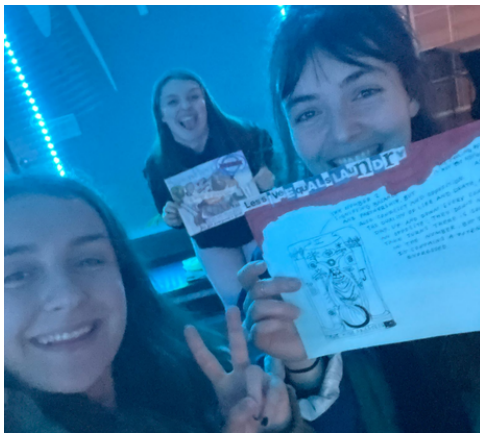
UNSINKABLE: JUST BE YOU! – A WELLNESS GROUP FOR YOUTH, LED BY YOUTH

If you're looking for a space where you can show up authentically and feel supported, Unsinkable: Just Be You! is here for you. This 12-week wellness group is designed for youth and led by youth, creating a space where real conversations and real connection can happen.

Open to anyone ages 16-26, the group meets **every Wednesday from 4:30-6:00 PM**, at our community space. Each session offers peer-led, judgment-free discussions, with professionals present to ensure the environment stays safe, grounded, and supportive.

Whether you're navigating stress, looking to build resilience, or simply wanting to connect with others who understand, Unsinkable: Just Be You! gives you room to breathe, share, and grow at your own pace.

You don't need to have everything figured out – just come as you are.



Seniors Wellness

FINDING PURPOSE IN RETIREMENT

Retirement is often seen as a time to slow down—but it can also be a time to rediscover what brings meaning, joy, and fulfillment to your everyday life. After years of structured schedules and responsibilities, this new chapter offers the opportunity to focus on what truly matters to you.

For many, the transition into retirement can feel both exciting and uncertain. Without the routine of work, it's common to wonder how to stay engaged, connected, and motivated. The good news is that purpose doesn't disappear in retirement—it simply evolves.

Purpose can be found in big and small ways. It might come from contributing to your community, nurturing relationships, learning something new, or simply creating a routine that brings you a sense of satisfaction each day. What matters most is finding what feels meaningful to you.



WAYS TO REDISCOVER PURPOSE:

- **Stay connected:** Spend time with family, friends, or community groups to maintain a sense of belonging
- **Give back:** Volunteering your time or skills can be deeply rewarding and impactful
- **Keep learning:** Explore new interests, take a class, or revisit hobbies you didn't have time for before
- **Create a routine:** Having a loose daily or weekly structure can provide balance and motivation
- **Set small goals:** Whether it's walking a little more each day or starting a creative project, goals help create a sense of progress
- **Take care of your wellbeing:** Physical activity, rest, and self-care all contribute to a more fulfilling lifestyle
- **Try something new:** Retirement is the perfect time to step outside your comfort zone and discover new passions



It's important to remember that purpose looks different for everyone—and it can change over time. There is no "right" way to do retirement. Some days may feel more productive than others, and that's okay. What matters is giving yourself the space to explore, reflect, and grow.

If you're feeling unsure about what comes next, you're not alone. Many people go through a period of adjustment, and support can make a big difference. Connecting with others, accessing community resources, or simply having a conversation can help you find direction and inspiration.

We're here to support you. Whether you're looking to get involved in your community, explore new opportunities, or simply connect with others, we're happy to help you take that next step.

Click [HERE](#) to learn more about our programs and how we can support your wellbeing.

Retirement isn't the end of something—it's the beginning of a new chapter filled with possibility



Employment

MASTERING YOUR RESUME: STAND OUT THIS SPRING

When applying for jobs, your resume is often your first impression—and it only takes a few seconds for employers to decide whether to keep reading. With hiring picking up in the spring, April is the perfect time to refresh your resume and make sure it truly reflects your skills, experience, and potential.

A strong resume does more than list past jobs. It tells a clear story about what you can bring to a workplace. Employers are not just looking for what you've done—they want to see how well you've done it and how it connects to their needs. Taking the time to update and tailor your resume can significantly improve your chances of landing an interview.

QUICK RESUME TIPS TO GET YOU STARTED:

- **Keep it concise:** Aim for 1-2 pages and focus on the most relevant experience
- **Use strong action verbs:** Start bullet points with words like "managed," "organized," "developed," or "supported"
- **Highlight achievements:** Whenever possible, include results (e.g., "increased participation," "improved efficiency," "supported a team of 5")
- **Tailor it for each job:** Adjust your skills and experience to match the job posting keywords
- **Keep formatting clean:** Use consistent fonts, spacing, and clear headings to make it easy to read
- **Include relevant skills:** Add both technical skills and soft skills like communication, teamwork, and adaptability
- **Proofread carefully:** Small errors can make a big difference—review your resume or ask someone to look it over
- **Keep it up to date:** Add recent experiences like volunteering, training, or certifications



If updating your resume feels overwhelming or you're not sure how to make it stand out, you don't have to figure it out on your own. Our team offers personalized employment support to help you build a strong resume, prepare for interviews, and navigate your job search with confidence.

Click [HERE](#) to connect with us and learn more about how we can support your employment goals.

This spring could be the start of something new—take the first step today



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.



MWCN, Multiple positions

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



Riverside School Board, Special Education Technician

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



ELAN Québec, Accounting Clerk

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



Intégration Compétences, Multiple positions

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



Arts & Culture

DISCOVERING OUR STORIES: THE ENROUTE DIGITAL EXPERIENCE

English-speaking communities across Québec have many stories to share, and the EnRoute project is helping bring them to life in a simple and engaging way.

Created by the Regional Development Network, EnRoute is a bilingual mobile app that lets you explore the people, places, and history that shape English-speaking communities across the province. Using photos, videos, and audio, the app offers an interactive way to connect with local heritage.

The project also highlights communities beyond major centres like Montreal and Laval, helping ensure a wider range of voices and experiences are shared.



How to Get Involved Contribute a story:
Submit a story [HERE](#).

Apply for a micro-grant:
Revenue generating nonprofits such as museums can apply for support to submit a story through SEENet's Storytelling Support Micro-grant [HERE](#).

For more information:
Walter Willett
613-716-9373
walter@regdevnet.ca
www.regdevnet.ca

WHY EXPLORE ENROUTE?

- Discover stories from English-speaking communities across Québec
- Learn about local history, culture, and traditions
- Explore regions you may not know much about
- Connect with real experiences through multimedia content
- Share your own story and be part of the project

EnRoute is a simple way to stay connected to our communities and celebrate the stories that bring us together.

LEARN MORE OR GET INVOLVED:

Visit the EnRoute page to explore the app and find out how to submit your own story [HERE](#).

LIBRARY VOLUNTEERS SPRING RECOMMENDATIONS

Come see us:

Monday 1:00 to 3:00 PM
Tuesday 5:00 to 7:00 PM
Thursday 10:00 AM to 12:00 PM

At the MEPEC Community Space



All books available at our Community Library !

MEPEC's General Activities

MEPEC IS MOVING – AND GROWING!

We're excited to share that MEPEC will be moving next year to a new space in the same building as [Intégration Compétence](#). This move marks an important step forward for us and for the community we serve.

Only 5 minutes away from our current MEPEC offices and community space, we'll have more room to host activities, workshops, and programs, giving us the flexibility to expand what we offer and create an even more welcoming environment for everyone who walks through our doors. More space means more possibilities – from group sessions and events to creative projects and community gatherings.

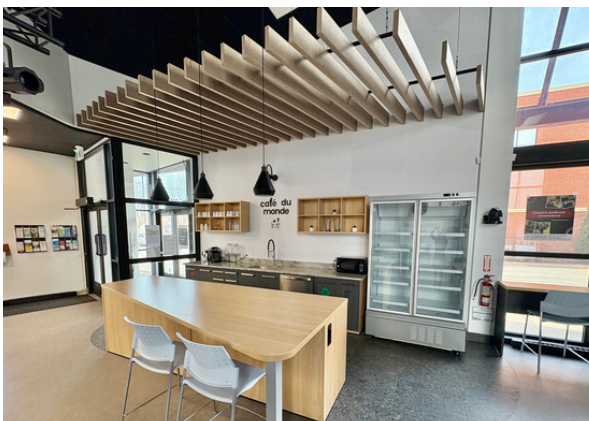
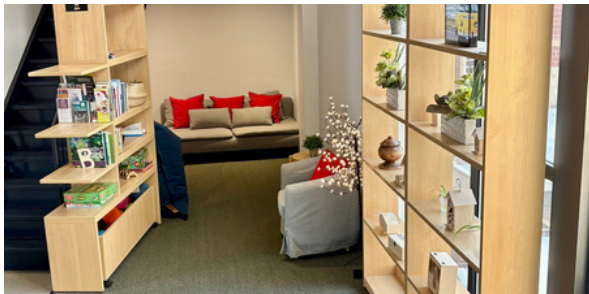
Being in the same building as Intégration Compétence also opens the door to stronger collaboration and easier access to complementary services, helping us better support individuals and families in our region.

We're looking forward to this next chapter and can't wait to share updates as the move gets closer.

Big things are ahead for MEPEC, and we're grateful to have you with us on the journey.



287, boulevard Cartier
Belœil (Québec) J3G 3R2



LAUNCHING THE MEPEC TIKTOK!

MEPEC is officially joining TikTok, and we're excited to bring our community even closer to the heart of what we do. Our new account will feature behind-the-scenes moments, fun snapshots of our activities, and quick, engaging updates about our programs and events.

Whether it's a look at our workshops, glimpses of our team in action, or highlights from the initiatives happening across our community, TikTok will be the place to see it all unfold in real time.

Come follow along as we share the energy, creativity, and connection that make MEPEC what it is. We can't wait to show you more.

To follow us, click [HERE!](#)



Partners' Activities and Services



FREE TAX CLINIC FOR LOW-INCOME RESIDENTS

Residents of Saint-Bruno-de-Montarville can access free income tax assistance. The clinic runs from **March 2 to April 30, 2026**, and supports low-income individuals and families with preparing their 2025 income tax returns.

The service is free and available by appointment only. Book by calling 450-441-0807.

View their services [HERE](#).



SPRING BAZAAR HOSTED BY LA MAISON DE LA FAMILLE DE SAINT-BRUNO.

Shop gently used items for babies and children (0-14 years), maternity clothing, and more at affordable prices. A great opportunity to get ready for the spring and summer seasons while supporting your community.

Saturday, April 25 from 8 to 12 at Centre Marcel-Dulude.

More information [HERE](#).



SENIORS RESPITE MONTÉRÉGIE'S ANNUAL SPRING TEA

On Saturday, **May 2 at the Royal Canadian Legion Branch 94 in Greenfield Park** will be held a gracious celebration filled with conversation, music, and a touch of springtime finery.

Guests will be treated to savoury tea sandwiches, delicate nibbles, fragrant tea, and delightful sweets

To buy your tickets, click [HERE](#).



THÉÂTRE SAINT-BRUNO PRESENTS : A COUPLA WHITE CHICKS SITTING AROUND TALKING!

TSBP is bringing A Coupla Chicks Sitting Around Talking to the stage this April! Sharp, chaotic, and hilarious, it's way more fun than eavesdropping on the neighbors. Catch the wit, the laughs, and maybe a reminder that your own life isn't that dramatic.

Shows are Fri, April 17 at 7:30PM, and Sat, April 18 at 2:00PM (matinee) and 7:30PM at Centre Marcel Dulude.

To buy your tickets, click [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



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