

MEPEC Monthly News



Getting Ready for Spring Registrations Coming Up!

It may still feel like winter, but we're already looking ahead to spring! We're excited to let you know that registration for our **Spring Session** will officially open on **March 23 at 12:00 pm (noon)**.

Our spring programming is always a wonderful time to reconnect, try something new, and be part of our vibrant community. Whether you're returning to a favorite activity or signing up for the first time, we can't wait to welcome you.

Be sure to mark your calendar and set a reminder — spots can fill up quickly! Please remember to register to continue participating in the Spring session!

For more details about the schedule and activities, click [HERE!](#)

We're looking forward to a fresh, fun season together!



INSIDE THIS ISSUE

MEPEC'S ACTIVITIES AND SERVICES

P.3

CELEBRATING OUR EXECUTIVE DIRECTOR'S WORK ANNIVERSARY P.7

NEW YOUTH MENTAL HEALTH RESOURCE BOOKLET P.9

EMPLOYMENT COACHING FOR THE 55+ P.10

JOB BOARD P.12

PARTNER ACTIVITIES P.15

Health and Social Services

NEW RESOURCE AVAILABLE: RISK OF WANDERING – EARLY DETECTION, PREVENTION AND SAFEGUARDING

The Ministère de la Santé et des Services sociaux (MSSS) has published a helpful guide titled *Risk of Wandering: Early Detection, Prevention and Safeguarding*. This practical resource is designed to support families, caregivers, and professionals working with individuals who may be at risk of wandering, particularly older adults.

Wandering can place someone in vulnerable or dangerous situations, especially if they become disoriented or lost. The guide explains what wandering behaviour can look like, outlines common risk factors, and identifies early warning signs to watch for. It also shares clear, practical prevention strategies to help reduce risks at home and in the community.

In addition to prevention tips, the document includes safeguarding measures and suggestions for creating safer environments. It encourages proactive planning and early conversations to better protect individuals who may be at risk.

To access the full resource, [CLICK HERE](#)



SPRING INTO HEALTH: TIPS FOR A HEALTHY SEASON



Spring is a season of renewal, making it the perfect time to refresh your health habits. Warmer weather and longer days encourage more outdoor activity, which benefits both your body and mind. Even a daily walk or bike ride can boost energy, improve mood, and support a strong immune system.

Eating seasonally is another way to embrace spring wellness. Fresh fruits and vegetables—like strawberries, asparagus, and leafy greens—provide essential nutrients, support digestion, and keep meals light and colorful. Staying hydrated as temperatures rise is equally important.

Mental wellbeing is just as vital. Spending time in nature, practicing mindfulness, or connecting with friends and family can reduce stress and lift your spirits. Community activities, like family outings or local programs, are a great way to socialize while staying active.

Spring is also a good time to review daily routines—check sleep patterns, schedule health appointments, and organize your space for a calm, clean environment. Small changes now can have a lasting impact, helping you and your family feel energized, healthy, and connected throughout the season.

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.

Register [HERE](#) on March 23!



MARCH BOOK CLUB

Join us for our January Book Club on **March 25, 2026, from 6:30 to 8 pm at MEPEC's Community Space.**

Celebrate Quebec's rich literary voice with this month's Book Club pick. Choose a book by a Quebec author or a story set in Quebec and join us for a relaxed evening of conversation, connection, and community. All readers welcome, whether you've finished your book or just started.

Register [HERE](#)



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](#) on March 23.



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!



MARCH ART HIVE

Join us for Art Hive! This month, Marie-Diane will guide us through different techniques for acrylic painting on canvas. Whether you're a beginner or already love to paint, this is a wonderful opportunity to explore, learn, and connect with your artistic self.

Thursday, March 12 from 1 to 3 pm.

Register [HERE](#)



SENIOR LUNCHEON IN SAINT-BRUNO

Join us for MEPEC's monthly Senior Luncheons, held every third Thursday of the month! It's the perfect opportunity to enjoy a delicious meal, connect with fellow community members, and share stories in a warm, welcoming atmosphere. Each luncheon offers a chance to relax, socialize, and celebrate community.

Thursday, March 19 from 12 to 3 pm.

Register [HERE!](#)



COMMUNITY GARDEN

Are you a senior or retiree looking to stay active, meet new people, and spend time outdoors? Our Community Garden is looking for volunteers — and there's a place for everyone.

Flexible Options

Help occasionally during planting and harvest days, or join our regular garden crew.

Light & Meaningful Tasks

Watering, planting, harvesting, seed starting, or simply keeping the space welcoming. Tasks can be adapted to your comfort level.

Share Your Knowledge

Have gardening experience or tips to pass on? We'd love to learn from you.

No experience is required — just an interest in community and fresh air. Seating is available, and schedules are flexible. Interested in joining us?

Interested? Register [HERE!](#)

Come grow with us — in the garden and in friendship. 🌱

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](#) on March 23!



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](#) on March 23!



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](#) on March 23!



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](#) on March 23!

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](#) on March 23!



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, March 14, 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.

In March, we'll be visiting:

- March 13 – Children's Museum in Granby
- March 27 – Exporail

Register [HERE!](#)



TEATIME 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, March 24, from 6:00 to 7:00 PM

Register [HERE!](#) or drop by!

MEPEC's Information Hub

CELEBRATING 7 YEARS OF LEADERSHIP AT MEPEC

We are proud to celebrate a major milestone: our Executive Director, Karoll-Ann, has completed seven incredible years leading MEPEC. Since stepping into this role, she has guided our organization with dedication, vision, and a deep commitment to our community.

Over the past seven years, MEPEC has grown and evolved thanks to Karoll-Ann's leadership. From expanding programs and services to strengthening partnerships and advocating for the needs of our community, her work has touched countless lives. She has been a driving force behind initiatives that support families, youth, seniors, and residents across the region, always keeping community needs at the heart of every decision.

This milestone is not just about the years—it's about the positive impact, the connections built, and the countless ways Karoll-Ann has helped make MEPEC a welcoming and thriving place for everyone we serve.

Please join us in celebrating this achievement and thanking Karoll-Ann for seven years of exceptional leadership, dedication, and vision. Here's to many more years of making a difference together!



WELCOME BACK JAMIE!

We are thrilled to welcome back Jamie, our Program Manager, from her maternity leave! Her dedication, creativity, and leadership have been deeply missed over the past months. Jamie has been an integral part of our team, shaping programs that make a real difference in our community.

We're excited to have her back, bringing her energy, ideas, and guidance to continue supporting our staff, volunteers, and the families we serve. It's great to have you back, Jamie!



WELCOME TO THE TEAM ELISE!

We're excited to welcome Elise as our new in-house Animator for the Sprouts programs and children's activities! Elise brings creativity, energy, and a love for engaging kids in fun and meaningful ways.

We can't wait for her to bring fresh ideas, laughter, and inspiration to our programs and to help make every activity a memorable experience for the children in our community.

Family & Early Childhood

DISCOVER, PLAY, AND CONNECT: SPRING OUTINGS FOR FAMILIES

Spring is a wonderful time to get out with your family, enjoy new experiences, and make lasting memories. In Montérégie East, there are plenty of activities designed to engage children, spark curiosity, and encourage family time. Beyond just fun, these activities offer an important opportunity for parents and caregivers to meet other English-speaking families in the region, building friendships and a sense of community.

MEET OTHER FAMILIES WITH MEPEC

Our Eco-Kids program is a perfect example of this. It offers monthly outings where families can explore local attractions, learn together, and connect with other English-speaking families in a welcoming environment. These trips give children the chance to discover new places and experiences while parents enjoy meeting and sharing with others in the community.

This March, Eco-Kids has two exciting outings planned:

- March 13 – Children's Museum in Granby: An interactive space for hands-on learning and exploration.
- March 27 – Exporail in Saint-Constant: A fun-filled visit for train enthusiasts of all ages, with exhibits and activities to inspire curiosity.

Participating in these outings helps children develop social skills, confidence, and a love of learning, while parents and caregivers gain the benefit of connecting with other local families who share similar interests and experiences. Spaces are limited, so families are encouraged to sign up in advance [HERE](#).

Make this spring an opportunity for exploration, learning, and community connection with your family.

MEPEC'S DROP-IN IS BACK!

Exciting news for parents! We're bringing back our Sunday morning Drop-in at the community space—a relaxed time for parents to connect while their little ones play.

We're still finalizing the start date and hours, so join the Sprouts Facebook group for all the latest updates. Come for the play, stay for the conversation!

Join the Facebook group [HERE!](#)



HOW TO CONNECT WITH FAMILIES

Community and Family Activities:

- Visit local parks and playgrounds for picnics and playdates
- Attend library storytimes or reading circles like our monthly [Tea Time Storytime](#).
- Join community festivals or fairs with free entry
- Take part in outdoor family scavenger hunts or nature walks

Cultural and Educational:

- Explore museum free days or community exhibitions
- Participate in local arts and crafts workshops offered by community centers
- Attend school or community concerts open to the public

Social and Networking:

- Meet other families during our [Eco-Kids Outings!](#)
- Join neighborhood walking or biking groups
- Participate in volunteer activities as a family to connect while giving back

These activities are great ways to meet other English-speaking families, share experiences, and build connections in the region without any cost.



Youth & Education

NEW YOUTH MENTAL HEALTH RESOURCE PACKAGE NOW AVAILABLE

Life can be tough for young people today. Between school pressures, friendships, social media, and just figuring out who they are, it's easy for stress, anxiety, or confusion to build up. Supporting youth mental health is something that matters to all of us—parents, educators, and community members alike. But it's not always clear where to start or what resources are out there.

That's why we created a Youth Mental Health Resources Package, now available on our website. It's packed with practical tips, tools, and information to help adults and young people navigate these challenges together.

This resource package is designed to provide practical guidance, tools, and information across key areas:

Mental Health Wellness – Tips and strategies to promote emotional well-being and resilience.

Bullying and Violence – Guidance on recognizing, preventing, and responding to bullying or violent situations.

Peer Support and Mindfulness – Resources to foster positive relationships and self-awareness practices for stress management.

Cyber Safety – Advice on navigating online spaces safely, including social media, messaging, and gaming platforms.

Whether you're a parent, educator, or youth looking to understand and support mental health, this package offers clear, practical information to help you take proactive steps.

Explore the full Youth Mental Health Resources Package on our website and start supporting youth well-being today.



Click here to view ! →

MEET YOUR NEW YOUTH COORDINATOR: ARIELLE!

Meet Arielle, our new Youth Mental Health coordinator!

With a background in sociology, and experience starting her own non-profit Scattered Automatic Expression Association, dedicated to providing accessible mental wellness and art tools for all, she is extremely passionate about helping her community thrive.

She is our host and facilitator for the Young Voices of Quebec Podcast, and our Just be You facilitator. Arielle is more than happy to officially start her journey here at MEPEC, and continue to support empower and engage English-speaking youth in the discussions where their voices matter most, and promote a sense of inclusion and belonging in the Monteregie Est.

Outside of work, she is a musician, loves to learn and draw!

Have questions about navigating youth mental health? Our Coordinator, Arielle, is here to help.



youth.mh@mepec-pemca.org



Seniors Wellness

A NEW CHAPTER, ON YOUR TERMS

At MEPEC, we know that experience is not something you leave behind at 55, it is something you carry with pride. Many in our community are asking thoughtful questions about what comes next. Should I keep working? Try something new? Slow down? Redefine retirement? Take time to reflect before deciding?

We are pleased to share that we will soon be launching employment support services specially designed for senior citizens who wish to continue working, re-enter the labour market, or simply explore their options at their own rhythm.

This upcoming initiative is built with you in mind.

Whether you are considering a gradual transition toward retirement, hoping to find a role that better matches your current lifestyle, or looking for renewed confidence in today's job market, we want to create a welcoming space where you can reflect, plan, and move forward with clarity.

Today's employment landscape is changing rapidly, from digital applications to virtual interviews and new workplace expectations. We understand that navigating these changes can sometimes feel overwhelming. That is why our future services will focus on guidance, practical tools, and personalized accompaniment so you can approach this stage with confidence and optimism.

More than anything, this program will recognize the value of your experience. Your skills, knowledge, and life lessons are strengths. Our goal is to help you identify how they can continue to open doors, whether that means part-time work, a new field, consulting, community involvement, or simply gaining peace of mind about your next step.

If you are 55+ and curious about what opportunities may still lie ahead, we invite you to stay connected.

👉 [CLICK HERE](#) to learn more and express your interest.

A new chapter can begin at any age — and we look forward to supporting you as you write yours.



**Talk to our
Employment Counsellor**



Employment

END THE WINTER STRONG: PREPARE FOR YOUR NEXT INTERVIEW

March still feels very much like winter. While we wait for warmer days, this is actually the perfect time to refresh your job search skills and prepare for new opportunities ahead.

If you have an interview coming up, or hope to have one soon, a little preparation can go a long way. Navigating the job market can sometimes feel challenging, especially when French is involved. The good news is that with the right tools and support, you can feel confident and ready.

HERE ARE A FEW SIMPLE WAYS TO STRENGTHEN YOUR NEXT INTERVIEW:

Do your research

Take time to learn about the company. What do they do? What are they looking for in a candidate? Showing that you understand their needs makes a strong impression.

Practice your answers out loud

Common questions like "Tell me about yourself" or "What are your strengths?" are easier to answer when you've practiced. Try using the STAR method (Situation, Task, Action, Result) to clearly explain your experiences. Practicing with someone else can really boost your confidence.

Build your French confidence

Many jobs in Montréal-Est require some level of French. If that feels intimidating, you're not alone, and there are supportive spaces to practice.

You can join MEPEC's bilingual conversation group, participate in the conversation group offered by Intégration Compétences, or explore other language support services available throughout the region. Practicing in a welcoming environment can make interviews much less stressful.

Pay attention to the details

Arrive early (or log in early for virtual interviews), dress appropriately, and bring copies of your résumé. Small things help create a strong first impression.

Follow up

Sending a short thank-you email within 24 hours shows professionalism and genuine interest.

As winter winds down, use this time to prepare, practice, and build your confidence. Spring hiring often brings new opportunities and being ready can make all the difference.

You're not alone in this process. We are here to support you every step of the way.

Let's end the winter strong and step into the next season prepared!



GOT QUESTIONS ABOUT YOUR NEXT INTERVIEW?

Reach out to our Employment Coordinator, Tommy, for expert tips and a personalized follow-up!



colc.employment@mepec-pemca.org



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.



Statistics Canada, Multiple positions

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



YES Emploment + Entrepreneurship, Evaluation and Learning Specialist

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



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

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



Intégration Compétences, General Director

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



Arts & Culture

TEA TIME STORYTIME: A COZY EVENING FOR KIDS AND PARENTS

Looking for a relaxing, family-friendly way to wind down the day? Our Tea Time Storytime is the perfect opportunity for children and their parents to come together, enjoy a warm cup of tea, and listen to a delightful story in a calm and welcoming environment. Designed to create cozy, meaningful moments, this monthly event encourages a love of reading while giving families a chance to connect before bedtime.

This March, Tea Time Storytime will be held on **March 24th at 6:00 pm in MEPEC's Community Space**. Each session is thoughtfully planned to engage children of all ages, spark their imagination, and create a soothing end-of-day ritual for both kids and parents. It's a wonderful way to introduce young ones to the joy of storytelling while providing parents a few quiet moments to relax and enjoy the experience together with their child.

In addition to the stories, families are invited to explore MEPEC's community library during the event. Parents can browse and borrow books for themselves or their children, making it easy to continue the storytime experience at home. This adds an extra layer of learning and connection, allowing families to cultivate reading habits and share stories beyond the event.

Tea Time Storytime is more than just a story—it's a chance to slow down, spend quality time together, and connect with other local families in a warm, friendly environment. Whether you're looking for a fun evening activity or a calm way to wind down the day, this monthly gathering promises laughter, imagination, and connection. Don't miss this special opportunity to share stories, sip tea, and create memories with your little ones.



Chamomile Tea: A Soothing Classic

Chamomile tea is a naturally caffeine-free herbal tea known for its calming and relaxing properties. Perfect for winding down in the evening, it can help ease stress and promote restful sleep. Gentle and mild in flavor, chamomile is also a comforting choice for both kids and adults looking to enjoy a warm, soothing drink.

To register for our March session, click [HERE!](#)



MEPEC's General Activities

SPRING IS JUST AROUND THE CORNER, AND SO IS OUR NEW SESSION!

We're happy to announce that registrations for the **Spring Session will open on March 23 at 12:00 pm** (noon). Our upcoming session will include a wide variety of programs for children, youth, adults, and seniors – from fitness and wellness classes to workshops, social groups, and community activities. There is truly something for everyone.

Each season, many of our programs fill up quickly, so we strongly encourage you to mark your calendar and register as soon as enrollment opens to secure your spot. Detailed program descriptions, schedules, and registration information will be available on our website.

We look forward to another vibrant season of learning, moving, and connecting together. See you this spring!

[CLICK HERE TO REGISTER !](#)

Don't have an Amilia account yet?

Create and account [HERE!](#)

Not sure how to create an account?

View our community tutorials [HERE.](#)

Need assistance?

Reach out to us [HERE](#), or visit us and we will be happy to assist you!

To view our **Activity Calendar**, click [HERE!](#)

SUPPORT OUR COMMUNITY AT MEPEC'S FUNDRAISING LUNCHEON!



Looking for a tasty midweek meal that makes a real difference? MEPEC's Community Fundraising Luncheon with Chef Cathy is happening every Tuesday from 12:00 to 1:30 PM! Enjoy a home-cooked meal in great company while supporting programs that directly help our members.

This March, all revenue from the luncheon will go toward helping our members. In the past, funds have helped pay for a member's bus fares so they could join activities and even sent another member's children to summer camp—your meal makes a real impact!

Cost:

- \$7 for ages 12+
- \$3 for kids 2-11
- **Free for little ones under 2**
- **Cash only. No registration needed.**

Check out the menu, come hungry, leave happy, and help our community thrive.

THANK YOU!

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](#).



KNOW YOUR RIGHTS AS A TENANT OR LANDLORD!

Sign up for an informative session with Arnold Bennett, founder of the Arnold Bennett Housing Hotline. Arnold will be here to answer your questions and cover topics surrounding landlord and tenant rights. Whether you're renting or managing a property, this webinar will provide valuable knowledge to navigate rental agreements effectively.

Register [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](#).



LOOKING TO BOOST YOUR CAREER OR BUSINESS IN QUEBEC?

Yes employment + entrepreneurship expert-led workshops and events are designed for job seekers, entrepreneurs, and artists ready to build skills and grow. Access in-person and online sessions across Quebec with coaches and industry leaders who help you succeed.

View upcoming workshops [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-Wilfird-Laurier Blvd
Beloeil, Qc J3G 4J1



Tel: 450 281-3732

Community Space

555, Sir-Wilfird-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