

MEPEC Monthly News



Promoting Inclusion Through a New Provincial Resource

Last month, our Executive Director, Karoll-Ann, attended a special event highlighting a new province-wide resource created to support the inclusion of vulnerable English-speaking families in Québec.

Developed by the Community Health and Social Services Network (CHSSN) and its partners, the guide offers practical tools and important information to help organizations make their services more accessible to English-speaking parents and young children.

At MEPEC, we recognize how important inclusive and accessible services are for the well-being of families in our community. We are proud to see initiatives like this helping to strengthen support networks and improve access to essential services across Québec.

Click [HERE](#) to read more about this new guide and its impact on page 2 and link to download your copy!



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Health and Social Services

INTRODUCING MEPEC'S PATIENT NAVIGATOR!

Need support for your medical appointment?
Our patient navigator can accompany you.

REACH OUT TODAY!

Kim Labonté

PNN@Mepec-Pemca.org



CHSSN

Secrétariat aux relations
avec les Québécois
d'expression anglaise

Québec

Mepec
Partenaire du Trust de la Montérégie
Innovations de l'expression anglaise
Partenaire du Trust de la Montérégie
Innovations de l'expression anglaise
Partenaire du Trust de la Montérégie
Innovations de l'expression anglaise

NEW PATIENT NAVIGATOR SERVICES AVAILABLE AT MEPEC

Navigating the healthcare system can sometimes feel overwhelming. Thanks to Québec's new Patient Navigator program, English-speaking community members can now access personalized support to help them find the health and social services they need.

MEPEC is pleased to offer an in-house Patient Navigator who can assist individuals in understanding available services, connecting with resources, accessing care, and finding the right support for their unique situation.

Whether you need help locating a healthcare provider, understanding healthcare pathways, or accessing community services, our Patient Navigator is here to help. If you or someone you know could benefit from this free service, contact MEPEC to learn more about how our Patient Navigator can support you.

NEW RESOURCE SUPPORTS INCLUSION OF ENGLISH-SPEAKING FAMILIES



Les tout-petits des familles d'expression
anglaise ont-ils accès à vos services?

Guide de soutien à l'inclusion
des familles d'expression anglaise
en contexte de vulnérabilité

CHSSN

Communauté de services
et de soutien à l'expression anglaise
Réseau communautaire de
soutien à la diversité linguistique

Early childhood development plays an important role in a child's success when entering kindergarten in Québec. However, research shows that nearly 40% of five-year-old English-speaking children in Québec are vulnerable in at least one area of development.

To help strengthen support for vulnerable families, the Community Health and Social Services Network (CHSSN), together with partners in the early childhood and family services sector, has launched a new practical resource: Are Your Services Accessible to English-Speaking Young Children? A Guide to Supporting the Inclusion of Vulnerable English-Speaking Families.

Developed in collaboration with specialists in research, communications, and speech-language pathology, and legally validated by Éducaloi, the guide is designed to help organizations improve accessibility and better connect with English-speaking families across Québec.

[CLICK HERE TO DOWNLOAD YOUR COPY!](#)

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.



JUNE BOOK CLUB

Join us for our Book Club on **June 17, 2026, from 6:30 to 8:00 p.m. at MEPEC's Community Space!**

As we prepare for our summer break, this month's meeting will focus on discussing ideas, themes, and book selections for the fall season. It's a great opportunity to share your thoughts, connect with fellow readers, and help shape the next chapter of our Book Club.



COMMUNITY GARDEN

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

Want more information? Click [HERE](#) to access our guide.

Interested? Register [HERE!](#)

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



SCIENCE WITH DAD

Science With Dad returns on **Saturday, June 13 from 10:00 to 11:30 AM at the MEPEC Community Space**. Families will enjoy a fun, hands-on morning making ice cream in a bag and taking on a boat STEM challenge. A great way to learn, create, and connect together.

FREE!
Register [HERE!](#)



JOIN OUR SPROUTS FACEBOOK GROUP

Stay connected with everything Sprouts. Join our Facebook group to get the latest resources, activity updates, registration reminders, and details on upcoming outings. It's the easiest way to stay in the loop and make the most of what we offer—don't miss out!

Join in on the fun [HERE!](#)

MEPEC's General Activities

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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.

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.

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.

Cost: \$10

Register [HERE](#)



ECO-KIDS

MEPEC's beloved outdoor group for families with young children! This year, we're returning to what Eco-Kids is all about: nature. Every outing has been thoughtfully chosen to help little ones slow down, explore, and build a genuine connection with the natural world around them.

Once a month at 10am, locations vary.

Click [HERE](#) for more information!

Register [HERE!](#)

Family & Early Childhood

ECO KIDS IS BACK FOR ANOTHER SUMMER OF OUTDOOR FUN, EXPLORATION, AND ADVENTURE!

From nature walks and scavenger hunts to berry picking, splash pad outings, and visits to some amazing local spots, this year's lineup is full of opportunities for families to get outside and enjoy the season together.

Running from May through August, the program will once again bring families to parks, farms, nature reserves, and family friendly attractions across the region. Children will also get to enjoy MEPEC's mobile mud kitchen at select outings, encouraging creative, messy, hands on play in nature.

Whether you're a returning Eco Kids family or joining us for the first time, these outings are a great way to connect with other families, discover new places, and make summer memories together. Be sure to dress for the weather, pack your sense of adventure, and join us for another exciting Eco Kids season!



For a full list of the outings
Click [HERE!](#)



Join our facebook group
and never miss an update!
Click [HERE!](#)



Want to join in on the fun?
Register [HERE!](#)

SPROUTS GRADUATION

JOIN US IN CELEBRATING YOUR LITTLE ONE'S ACHIEVEMENTS!

Bring your bathing suit, towel and a picnic to enjoy it at the parc with us. Oh, and don't forget your water bottle!

All sprouts families are invited!

WEDNESDAY, JUNE 17 TH	STARTING AT 10AM	PARC DE LA GARE MONT SAINT-HILAIRE

Illustration of four children wearing graduation caps (green, blue, teal, pink) and backpacks, sitting on a yellow rug. A large yellow star is on the right.

Public Health Agency of Canada Agence de la santé publique du Canada

Family & Early Childhood

TRANSITION TO KINDERGARTEN (K4-K5) BAGS



In collaboration with MWCN, Riverside School Board, ARC, and Profecta, MEPEC proudly created 950 kindergarten (K4-K5) transition bags filled with fun activities to help children prepare for their first year of school.

The bags included:

- Language Development Placemat
- Naitre et Grandir : Starting Kindergarten
- Dice and Card Games Counting Activities
- Play Doh
- Kittycat Memory Game
- Triangle Grip Pencil
- Reading Finger Light

TRANSITION TO KINDERGARTEN : PARENTS' RESOURCES FOLDERS



In collaboration with La Table de petite-enfance de la Vallée-des-Patriotes, MEPEC proudly provided informative kindergarten readiness folders to 360 parents, helping families feel informed, supported, and prepared for this exciting new chapter.

The folders included:

- Info card on the Riverside Schoolboard
- My Portrait Forms Card
- Fidget Information Flyer
- Keychain Fidget Toy
- "The Night Before Kindergarten" Book
- Workshop and Websites Bookmark
- MEPEC Activity Flyer

TRANSITION TO HIGH SCHOOL BAGS



In collaboration with Heritage Regional High School, MEPEC created 250 high school transition bags filled with resources to help students feel prepared and confident as they begin this new chapter.

The bags included:

- Welcome letter
- Heritage Flyer and School Plan
- Informative EXO and RTL Card
- Youth Mental Health Resources Bookmark
- Quick Hygiene products
- Pencil Case Filled With Pens, Stickers, Fidgets, and More !

Family & Early Childhood

PREPARING CHILDREN FOR A POSITIVE AND BALANCED SUMMER BREAK

As the school year comes to a close, summer brings a welcome change of pace for children and families. The shift from structured routines to more flexible days can be exciting, but it can also take some adjustment. A little preparation in June can help make the transition smoother and set the stage for a meaningful and enjoyable summer.

One helpful step is to talk with children about what summer will look like. Discuss changes in daily routines, screen time expectations, and family plans. When children know what to expect, they often feel more secure and adaptable.

Keeping a light structure during the summer can also be beneficial. This does not mean a strict schedule, but rather a flexible rhythm to the day. Regular meal times, outdoor play, reading moments, and rest periods can help children feel grounded while still enjoying freedom.

Summer is also a great opportunity to encourage curiosity and independence. Simple activities like choosing a book, helping plan a picnic, or deciding on a craft project can give children a sense of ownership over their time. Local parks, libraries, and community events can also offer enriching experiences that keep learning active in informal ways.

It is equally important to allow space for rest. After a busy school year, children often benefit from slower mornings, quiet time, and unstructured play. Balance is key, combining activity with downtime so children can recharge.

Families connected with MEPEC may also want to explore community resources and seasonal programming that support engagement over the summer months.

With a bit of planning and flexibility, summer can become a time of growth, connection, and memorable experiences for the whole family.



Here are simple transition activities for children heading into summer:

- Create a “summer countdown” calendar together
- Talk about what a typical summer day might look like
- Set up a flexible daily routine board (morning, afternoon, evening)
- Visit the library to choose summer reading books
- Make a “summer bucket list” of fun activities
- Plan a few weekly anchor points (park day, family walk, craft day)



Youth & Education

LOOKING FOR SUPPORT, CONNECTION, AND A SPACE TO FEEL UNDERSTOOD?

Our partner Unsinkable Youth is launching a new 12-week virtual wellness program for youth ages 16-26 called The Spiral Trip, beginning June 4, 2026.

This unique online group is designed for young people who struggle with overthinking, anxiety spirals, self-doubt, or constantly replaying situations in their minds. Whether it's overanalyzing texts, assuming the worst, comparing yourself to others, or feeling stuck in your thoughts, this space offers a supportive and judgment-free environment to connect with others who truly understand.

Meeting Thursdays from 8:00-9:30 pm on Zoom, the program combines honest conversations, interactive discussions, and practical coping tools. Each week explores different "destinations" of overthinking and how it can show up in everyday life.

Participants will have the chance to share experiences, build meaningful connections, and learn healthier ways to manage the mental "noise" that can sometimes feel overwhelming. While the goal isn't to silence every thought, the program aims to help youth gain more clarity and self-awareness in navigating difficult emotions.

Registration is always open, making it easy for youth to join this empowering virtual wellness journey.

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

THE SPIRAL TRIP
Pack light • Think heavy

... WORKSHOP DETAILS ...

PROGRAM TYPE	Virtual Workshop	BOARDING
ELIGIBLE TRAVELLERS	Youth Aged 16-26	BOARDING
JOURNEY DURATION	Weekly - Zoom	BOARDING

FEELING STUCK IN YOUR THOUGHTS OR CAUGHT IN CONSTANT "WHAT IF'S"?
The Spiral Trip is a safe space to talk things out, make sense of overthinking, and move through it with more ease, clarity, and self-trust.

BOARDING PASS

Passenger Unsinkable Youth	Dates June 4 - August 20, 2026
From Stuck in my head	Departure Time Thursdays @ 8-9:30 PM EDT
To Clarity & self-trust	Cost Free!

Join the journey

289-230-9416 • MARIA@WEAREUNINKABLE.COM • @BEUNINKABLE

YOUNG VOICES OF QUEBEC
Podcast

The Human Line Project

PODCAST SPOTLIGHT: AI SAFETY AND CRITICAL THINKING

In this episode of Young Voices of Quebec, host Arielle speaks with AI safety researcher Etienne Brisson about the opportunities and challenges presented by artificial intelligence. The conversation explores the importance of ethical AI development, the risks of overly human-like chatbot interactions, and why critical thinking and digital literacy are essential as AI becomes an increasingly common part of everyday life.

A timely and engaging listen for anyone curious about the role AI is playing in our society.

[CLICK HERE TO LISTEN !](#)

Seniors Wellness

COULD YOU BE ELIGIBLE FOR THE GUARANTEED INCOME SUPPLEMENT?

Many low-income seniors in Canada may qualify for additional financial support through the Guaranteed Income Supplement (GIS), a monthly benefit provided by the Government of Canada.

The GIS is available to seniors who receive the Old Age Security (OAS) pension and whose income falls below certain thresholds. Unlike OAS, the amount you receive through GIS depends on your income and marital status. The benefit is non-taxable and is designed to help seniors cover everyday living expenses and maintain their quality of life.

If you are already receiving OAS, you may be automatically enrolled for GIS, but some individuals may need to apply. Eligibility is reviewed each year based on information from your income tax return, making it important to file your taxes annually, even if you have little or no income to report.

Many seniors are unaware that they qualify for GIS or assume they are not eligible. If your income has changed recently due to retirement, the loss of a spouse, or other life circumstances, it may be worth checking whether you can receive this additional support.

To learn more about eligibility requirements, benefit amounts, or how to apply, visit the Government of Canada's Guaranteed Income Supplement webpage or contact Service Canada for assistance.

Taking a few minutes to review your eligibility could make a meaningful difference in your monthly income.

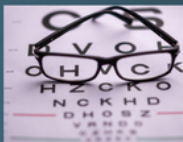
For more information, click [HERE](#).



Services for Healthy Aging in the Right Place (SHARP)

Staying Active with Vision Loss: Tips and Tools That Help
with Natalie Osborne, Vision Rehabilitation Therapist, CIUSSS Centre-Ouest

In this presentation we will learn about common visual conditions associated with aging and their functional effects; services available in Quebec to those living with vision loss and how to access them; and ways to stay safe, healthy and active despite vision loss, at home or on the go!



Wednesday June 17th, 2026
10:00am-11:30am (EDT)

A CHSSN initiative funded through Health Canada's Official Languages Health Contribution Program 2023-2028



Click on the image to access the registration form, or click [HERE](#).

Employment

HELP US SHAPE FUTURE ENTREPRENEURSHIP WORKSHOPS IN OUR COMMUNITY!

We are excited to explore the possibility of bringing new entrepreneurship workshops and networking opportunities to our community in collaboration with YES Montréal and their team of experienced experts and facilitators.

YES Montréal is a well-known organization that supports entrepreneurs, job seekers, and young professionals through practical workshops, mentoring, and business development services. Together, we would like to better understand what topics and activities would be the most valuable and interesting for our community members.

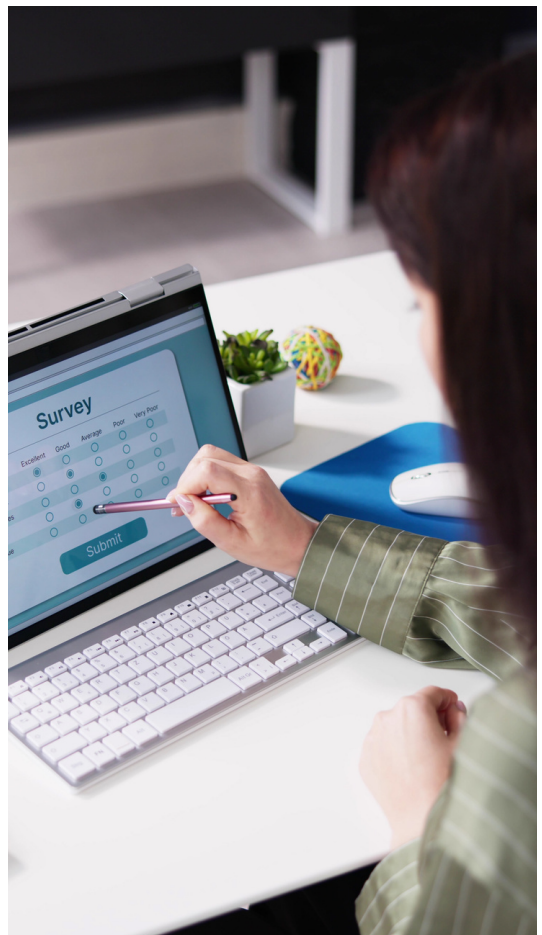
Whether you are curious about starting a business, interested in self-employment, looking to develop new professional skills, or simply hoping to connect with local and regional entrepreneurs, your input can help us shape future activities and events.

We invite you to complete our short community survey and share your interests, ideas, and preferences. The survey only takes about 2 minutes to complete, but your feedback will play an important role in helping us create meaningful and engaging opportunities for everyone.

📄 Complete the survey [HERE](#)

Thank you for helping us build stronger learning and networking opportunities within our community!

[COMPLETE THE SURVEY
HERE !](#)



Talk to our
Employment Counsellor



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.



MFRC Montreal Region, *Multiple positions*

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



Canada's Youth Summer Jobs, *Multiple positions*

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



Y4Y QUÉBEC, *Communications Assistant*

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



Intégration Compétences, *Multiple positions*

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



Arts & Culture

DISCOVER OUR COMMUNITY LIBRARY

Have you visited the MEPEC Community Library lately? If not, now is the perfect time to stop by!

Over the past months, our library has been refreshed with a more modern and inclusive look, creating a welcoming space where everyone can come explore, read, and discover new stories.

Behind the shelves is a dedicated team of longtime volunteers who lovingly care for the library. From organizing books to helping visitors find their next great read, their commitment helps make this community resource possible.

Library Hours

The Community Library is open at the MEPEC Community Space:

- Monday: 1:00 pm – 3:00 pm
- Tuesday: 5:00 pm – 7:00 pm
- Thursday: 10:00 am – 12:00 pm

Please note that the library will close for the summer beginning in July and will reopen in the fall. June is a great opportunity to browse our collection, borrow a few books, and experience the library before the summer break.

We look forward to welcoming you!

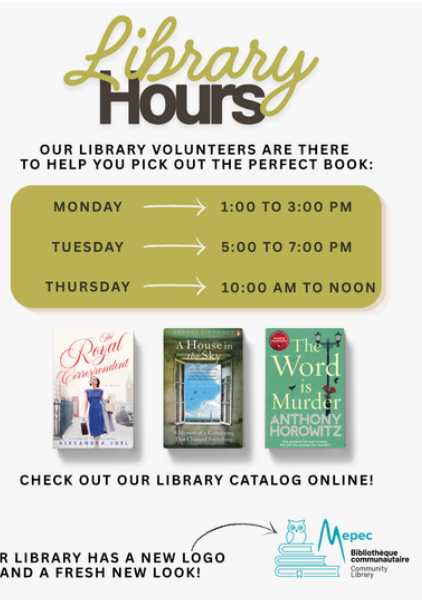
ART HIVE: LEARN THE ART OF MACRAMÉ

Join us on **Thursday, June 18, 2026**, for our next Art Hive gathering! This month, participants will have the opportunity to explore the creative world of macramé, a crafting technique that uses knotting to create decorative and practical pieces.

Whether you're trying macramé for the first time or already have some experience, this relaxed and welcoming session is a great chance to learn new skills, express your creativity, and connect with others in the community. All materials will be provided, and participants will leave with their own handmade creation.

Come enjoy an afternoon of creativity, conversation, and fun at Art Hive! No experience is necessary.

[REGISTER HERE!](#)



Library Hours

OUR LIBRARY VOLUNTEERS ARE THERE TO HELP YOU PICK OUT THE PERFECT BOOK:

MONDAY	→	1:00 TO 3:00 PM
TUESDAY	→	5:00 TO 7:00 PM
THURSDAY	→	10:00 AM TO NOON



CHECK OUT OUR LIBRARY CATALOG ONLINE!

OUR LIBRARY HAS A NEW LOGO AND A FRESH NEW LOOK!



MEPEC's General Activities

MEPEC'S SUMMER SCHEDULE IS HERE!

Starting **June 19**, we will be introducing **Summer Fridays** at the office. The office will be closed every Friday for the summer, while regular hours will continue Monday through Thursday.

Please also note that **the office will be closed from June 8 to 10** for a company retreat focused on team building and workshops.

Thank you for your understanding and support as we take time to reconnect, recharge, and grow together as a team.



CELEBRATING WORK ANNIVERSARY

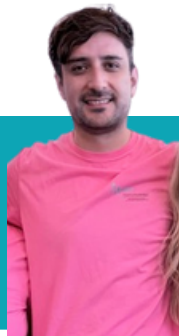


ALEXANDRA BLASETTI

4 years at MEPEC!

As our Office Manager, Alex helps keep everything running smoothly while always making sure our members and team feel welcomed, supported, and cared for!

Your kindness, dedication, and constant support make a difference to everyone who walks through our doors. Thank you for everything you do!



TOMMY CACERES

1 year at MEPEC!

As our Employment Coordinator, Tommy works directly with our community, helping them find opportunities in their language!

Thank you for all the hard work, care, and positivity you bring to the team and the community. We're lucky to have you at MEPEC!



GISELE KWIATKOWSKI

1 year at MEPEC!

Through our seniors programs and the 0-5 Sprouts program, Gisele brings thoughtful ideas that help people learn new things, stay active, and enjoy being part of the community.

Thank you for your passion, your creativity, and the care you put into every program you support. MEPEC is better because of you!

Partners' Activities and Services



JOIN ARC'S ANNUAL GENERAL MEETING 2026!

The 2026 Annual General Meeting of ARC is happening **Wednesday, June 17, 2026 from 1:30 to 3:00 p.m in Greenfield Park**. This is an opportunity to learn about the organization's achievements over the past year, hear about future plans, participate in important discussions, and help shape the direction of the organization. Register today and make your voice count!

To register, click [HERE](#).



Invitation to Participate in a Research Project Entitled "Development and Validation of a Questionnaire Measuring Muscle-Strengthening Activity Participation in Older Adults"

Objective of this research project:

- Develop a questionnaire to better understand participation in muscle-strengthening activities among adults aged 60 years and older.

To be eligible to participate, you must:

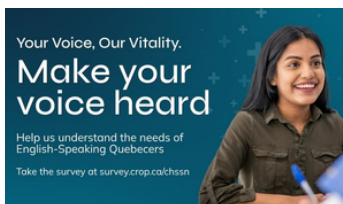
- are 60 years of age or older;
- be a native English speaker;
- reside in Canada.



RESEARCH PARTICIPANTS NEEDED!

Are you 60+ and an English speaker living in Canada? Researchers at the Université de Sherbrooke are seeking participants for a study on muscle-strengthening activities among older adults. Participation includes a 60-minute virtual interview and a short questionnaire. No specific fitness level is required.

Contact Renaud Tremblay [HERE](#) for more information.



SHARE YOUR EXPERIENCE – HEALTH & SOCIAL SERVICES SURVEY

English-speaking residents of Quebec are invited to participate in an important survey about access to health and social services in their region. Your feedback will help researchers better understand community needs and experiences. All responses are strictly confidential, and the survey is designed to be easy to complete. Your voice can help inform future improvements to services across Quebec.

To fill out the survey, click [HERE](#).



CELEBRATE FÊTE NATIONALE IN MONT-SAINT-HILAIRE!

Join the **City of Mont-Saint-Hilaire on June 23 and 24** for two days of festivities celebrating Quebec's national holiday. Enjoy a spectacular fireworks display over the Richelieu River on June 23, followed by a family-friendly celebration at Parc de la Gare on June 24 featuring inflatable games, water activities, live Quebec music, food trucks, storytelling, and more.

This year's celebrations pay tribute to hockey legend Guy Lafleur and offer a wonderful opportunity to come together and celebrate Quebec's culture and heritage.



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



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Canada 

Secrétariat aux relations
avec les Québécois
d'expression anglaise

Québec 

CHSSN