

MEPEC Monthly News



Celebrating Volunteer Week

Last month, we had the pleasure of celebrating Volunteer Week by recognizing the incredible individuals who bring our community to life. Throughout the week, we highlighted the many ways our volunteers contribute—leading activities, supporting families, and creating welcoming spaces where everyone feels they belong.

To mark the occasion, we hosted a Volunteer Luncheon as a small token of our appreciation. It was a wonderful opportunity to come together, share a meal, and celebrate the people behind so many of our programs and initiatives. The room was filled with warmth, laughter, and a strong sense of connection—something our volunteers help foster every day.

Our volunteers are at the heart of everything we do. Their dedication, generosity, and compassion make a lasting impact across our community, and their efforts do not go unnoticed.

To each and every volunteer: thank you for the time and care you give so freely. We are truly grateful.



INSIDE THIS ISSUE

INTRODUCING THE PATIENT NAVIGATOR PROGRAM!
P.2

MEPEC'S ACTIVITIES AND SERVICES
P.3

FAMILY ACTIVITIES HAPPENING THIS MAY!
P.7

JOB BOARD
P.12

BIG ANNOUNCEMENTS FOR MEPEC'S FUTURE!
P.14

PARTNER ACTIVITIES
P.15

Health and Social Services

INTRODUCING THE PATIENT NAVIGATOR PROGRAM: A NEW PATH TO ACCESSIBLE CARE

A new initiative aimed at improving access to healthcare services is on the horizon for our community. The Patient Navigator program is designed to help individuals and families better understand, access, and move through the healthcare system with greater ease and confidence.

Navigating healthcare services can often feel overwhelming, especially when facing language barriers, unfamiliar systems, or complex care needs. The Patient Navigator program responds directly to these challenges by offering personalized guidance and support. Whether it's finding the right service, understanding available resources, or connecting with professionals, a Patient Navigator will act as a bridge between community members and the care they need.

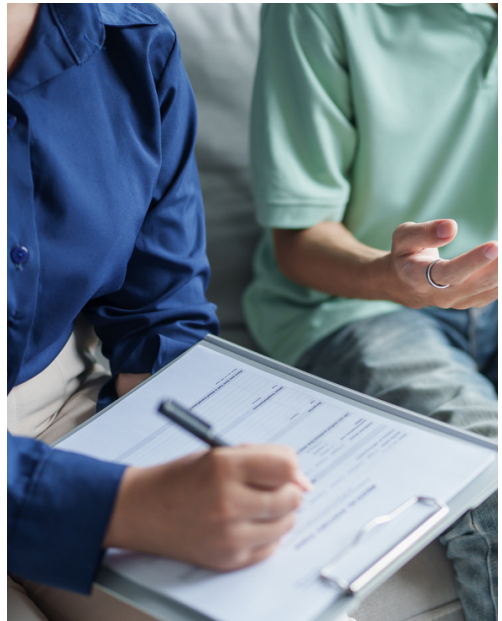
This program represents an important step toward making healthcare more accessible, inclusive, and responsive. By focusing on guidance and connection, it aims to reduce barriers and ensure that individuals do not have to navigate the system alone.

As part of this new initiative, we will soon be hiring a Patient Navigator who will work closely with community members and local services. This role will be key in building trust, offering support, and strengthening connections across the health and social service network.

More information about the hiring process and program launch will be shared soon. This is an exciting development for our community, and we look forward to the positive impact it will bring.

[TO LEARN MORE ABOUT THE PROGRAM,](#)

[CLICK HERE!](#)



UNDERSTANDING OLD AGE SECURITY IN CANADA

Old Age Security (OAS) is a monthly pension provided by the Government of Canada to people aged 65 and older. It is funded through general tax revenues and is not based on work history or past contributions.

Eligibility is mainly based on age, residency in Canada, and legal status. The amount received can vary depending on how long someone has lived in Canada after age 18.

OAS is often combined with other supports like the Guaranteed Income Supplement for low-income seniors, helping provide a basic level of financial stability in retirement. To learn more, click [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.



ART HIVE

Join MEPEC's Art Hive on **May 14th from 1 pm to 4 pm at MEPEC's Community Space**. Come unwind and get creative at our next Art Hive! Marie-Diane will lead a hands-on session exploring acrylic painting on canvas. No experience needed just bring your curiosity and enjoy a welcoming, creative space.

Register [HERE](#)



MAY BOOK CLUB

Join us for our Book Club on **May 27, 2026, from 6:30 to 8 pm at MEPEC's Community Space**.

This month's theme is non-fiction, and the choice is yours. Bring a book that explores real stories, ideas, or experiences that interest you, and come ready to share and discuss with the group.

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.



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

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.

Third Friday of every month, times vary depending on the activity.

Cost per activity.

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.



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, May 9, from 10:00 to 11:30 am.

FREE!
Register [HERE!](#)



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. Expect games, playful exercises, and a whole lot of laughs in this welcoming, no-pressure setting.

Saturday, from 9:30 to 10:30 AM at the Saint-Bruno United Church.

50\$ per session for the whole family!
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!](#)



NEW TO MEPEC AND NOT SURE WHICH ACTIVITY TO CHOOSE ?

Join in on the fun with a FREE activity trial and be sure it's the right fit for you and your little one!

Free trial doesn't include Eco-kids as the activity is free, parents are only responsible for entry fees when applicable.

Reach out [HERE!](#)

MEPEC's Information Hub

FRENCH LANGUAGE LEARNING IN QUEBEC: MOTIVATION IS HIGH, ACCESS IS NOT

A recent report from the Provincial Employment Roundtable sheds light on an important reality: many English-speaking Quebecers living outside major urban centres are highly motivated to learn French, yet face significant barriers in doing so. Titled "Need to Know, Want to Know", the study explores the lived experiences of over 650 English speakers across Quebec's regions and highlights both the desire to learn and the gaps in current support systems.

A STRONG DESIRE TO LEARN—AND BELONG

Contrary to common assumptions, the report shows that English speakers are not resistant to learning French. In fact, most are deeply motivated. Many see French as a way to connect more meaningfully with their communities.

There are also practical motivations. French proficiency is often essential for employment, career advancement, and navigating everyday life—from accessing services to participating fully in society.

BARRIERS IN REGIONAL COMMUNITIES

While motivation is high, access is uneven. The report highlights several challenges that are particularly pronounced in regional areas:

- Limited availability of French courses
- Long waitlists or inconvenient schedules
- Fewer online or flexible learning options
- Barriers related to transportation, internet access, or seasonal work

These challenges can make it difficult for learners to build confidence and consistency, especially when balancing work, family, and other responsibilities.

LEARNING THAT FITS REAL LIFE

Participants emphasized the need for more practical, real-world learning opportunities. Many want training that helps them handle everyday situations—such as speaking with a doctor, interacting at work, or participating in community activities—not just classroom-based instruction.

Workplace-focused training is also a key gap. Without opportunities to practice French in job-related contexts, many learners struggle to translate their knowledge into meaningful career advancement.

KEY RECOMMENDATIONS

The report outlines several ways to strengthen French language learning across Quebec's regions, including:



- Improving accessibility and awareness of existing programs
- Offering more flexible, regionally adapted training options
- Strengthening early learning and ongoing support
- Expanding workplace-based and practical language training
- Ensuring programs reflect the realities of regional learners

These recommendations aim to create a more inclusive and effective language-learning ecosystem, one that meets people where they are and supports long-term success.



[CLICK HERE TO READ THE REPORT](#)

WHY THIS MATTERS FOR OUR COMMUNITY

For organizations like MEPEC, these findings reinforce what many already see on the ground: English-speaking community members want to learn French and integrate more fully, but need accessible, relevant, and supportive pathways to do so.

By continuing to offer inclusive programs, sharing resources, and advocating for improved access to language training, community organizations can play a key role in bridging this gap.

Ultimately, strengthening French language learning is not just about language—it's about connection, opportunity, and building stronger, more inclusive communities across Quebec

Family & Early Childhood

MORE THAN JUST SPRING CLEANING: A FRESH START FOR FAMILIES

Spring has a way of making everything feel lighter. As the days get longer and the air gets warmer, many of us feel the urge to open the windows, clear out clutter, and start fresh. But spring cleaning doesn't have to stop at closets and cupboards, it can also be a meaningful opportunity to reset as a family.

CLEAR THE CLUTTER, TOGETHER

Instead of tackling spring cleaning alone, involve the whole family. Even young children can help sort toys, choose items to donate, or tidy their own spaces. It's not just about getting things done, it teaches responsibility, decision-making, and generosity. Try making it fun with music, a timer, or a "keep, donate, recycle" game.

REFRESH YOUR ROUTINES

Spring is the perfect time to take a look at what's working and what isn't in your daily rhythm. Are mornings rushed? Are evenings feeling disconnected? Small changes, like setting aside 10 minutes for a family check-in or planning one screen-free night a week, can make a big difference.

MAKE SPACE FOR CONNECTION

A freshly cleaned space often brings a sense of calm, and that calm can open the door for more meaningful family time. Whether it's sharing meals, playing outside, or simply talking about your day, creating space (physically and emotionally) helps everyone feel more connected.



WANT TO DONATE ITEMS, BUT DON'T KNOW WHERE TO GO?

Entraide Maternelle du Richelieu (Richelieu / Vallée-du-Richelieu)

- Accepts: children's clothing, baby items, toys (call ahead recommended)
- Why donate here: Items go directly to local families with young children

Interested in a clothes swap at the MEPEC Community Space?

We all have clothes that no longer fit, why not share them with the community?

Interested in a Clothes Swap? Manifest your interest [HERE!](#)

LET GO OF MORE THAN "STUFF"

Spring cleaning can also be a gentle reminder to release things we don't need anymore, not just objects, but habits, stress, or unrealistic expectations. Give yourself permission to simplify. Families don't need to be perfect to thrive, they just need moments of care, patience, and presence.

START SOMETHING NEW

With a fresh season comes new energy. This is a great time to try a new activity as a family, join a community program, or reconnect with others. Small steps can lead to meaningful experiences and lasting memories.

This spring, think of cleaning as more than a task, it's an invitation. An invitation to slow down, take stock of what truly matters, and make intentional space for the people and moments that bring your family joy. It's not about perfectly organized shelves or spotless rooms, but about creating an environment where everyone feels comfortable, supported, and connected.

As you open the windows and let the fresh air in, consider what you want this new season to feel like for your family. Maybe it's calmer mornings, more laughter around the table, or simply a little more time together at the end of the day. Often, it's the smallest changes that create the biggest impact over time.

Spring reminds us that growth doesn't happen all at once. It's gradual, gentle, and sometimes a little messy, just like family life. Give yourself the space to reset at your own pace, celebrate what's working, and approach the season ahead with curiosity and care.



Family & Early Childhood



You are invited to a



Wednesday, May 13

Place : Gilles Plante Park in McMasterville

Time: 10:30 to 14:00 **Free**

Family picnic
Makeup and crafts for children
Free play for children aged 0 to 5 years

IN FULL BLOOM: FAMILY FUN THIS MAY

Join us for a fun and relaxed family picnic on **May 13 from 10:30 AM to 2:00 PM at Parc Gilles Plante in McMasterville!**

Bring your lunch and a blanket, and enjoy a morning filled with crafts, face painting, and free play for children ages 0-5.

Daphnée, our Family coordinator, will be there to connect with families and answer any questions.

A fruity snack and juice will be provided. This free activity is part of Quebec Family Week—everyone is welcome!

Register [HERE !](#)



Free Online English Workshop

**Two languages, a thousand opportunities:
How to enrich your child's journey**

Led by Melissa Farkouh

Speech-language pathologist specialized in childhood multilingualism, dynamic assessment, and parent partnership. Since founding her private clinic in 2012, she has supported children and their families in healthcare settings, daycare environments, and through telepractice. A mother of two bilingual children, she speaks French, English, and Arabic, and values cultural diversity and inclusion in her practice.

TIME

18H TO 19H30



Free Online English Workshop



To register :

Call **450 281-3732** or scan this QR code



**ONLINE
May 12**



Open to all parents with
children aged 0-5 living in the
Montréal region.



Youth & Education

YES, YOU CAN HAVE A LIFE DURING FINALS

When finals season hits, it's easy to feel like every free moment should be spent studying. Plans get cancelled, sleep gets pushed aside, and "I'll rest later" becomes the mindset. But the truth is, cutting out everything else doesn't usually lead to better results, it often leads to burnout.

Finding balance isn't a distraction from success. It's part of it.

YOUR BRAIN NEEDS BREAKS TO WORK WELL

Studying for hours without stopping might feel productive, but your focus and memory start to fade over time. Taking regular breaks helps your brain recharge, making your study time more effective. Even short pauses can improve concentration and help you retain information better.

REST IS NOT A REWARD—IT'S ESSENTIAL

Sleep plays a major role in learning. It helps your brain process and store what you've studied. Skipping sleep to get in extra hours often backfires, leaving you feeling foggy and less prepared. A well-rested mind performs better, plain and simple.

SOCIAL TIME REDUCES STRESS

Spending time with friends, even briefly, can boost your mood and lower anxiety. It doesn't have to be a big outing—grabbing a coffee, going for a walk, or studying together can make a difference. Staying connected reminds you that life is bigger than exams.



BALANCE IMPROVES MOTIVATION

When your schedule includes things you enjoy, it's easier to stay motivated. Knowing you have a break, a hangout, or some downtime planned can actually help you focus during study sessions.

QUALITY OVER QUANTITY

It's not about how many hours you study—it's about how effective those hours are. A balanced routine with breaks, rest, and connection often leads to better results than nonstop studying.

A GENTLE REMINDER:

Taking care of yourself during finals isn't falling behind, it's setting yourself up to do your best. You're allowed to rest, laugh, and take a break. In fact, your brain will thank you for it.

SOMETHING EXCITING IS IN THE WORKS...



Our youth podcast is officially in the studio and recording right now, and we are so excited about what's coming your way. This project is all about giving youth a space to share their voices, stories, and perspectives in a real and meaningful way.

From honest conversations to relatable experiences, these upcoming episodes are created by youth, for youth, and you won't want to miss them.

Make sure to follow us on Spotify to be the first to know when episodes drop [HERE!](#)

Want to be part of the podcast or get involved? We are always looking for youth who want to share their voice, ideas, or experiences. Reach out [HERE](#) to join the conversation.

New episodes are coming soon... stay tuned !

Youth & Education

INVEST IN YOUR FUTURE. MAKE A DIFFERENCE IN YOUR COMMUNITY

With the support of McGill University, MEPEC is proud to offer the Health and Social Services Community Leadership Bursary Program, an initiative that empowers students who are driven to create meaningful change in Montréal-Est.

This bursary provides financial assistance to full-time students enrolled in health and social services programs at recognized institutions in Quebec. It is designed for those who are committed to building their future in the region and giving back to their community after graduation.

Interested? Complete a short interest form [HERE](#) to receive more details and stay informed about the application process. Your journey in health and social services begins here.



WHY IT MATTERS?

For many people, accessing health and social services is already a vulnerable experience. When language barriers are added, it can become overwhelming. Being able to receive care in one's native language is not simply a matter of comfort, it is a key factor in safety, dignity, and quality of care.

Research and community experience consistently show that patients who communicate in their preferred language are more likely to describe symptoms accurately, understand diagnoses, and follow treatment plans. When language barriers exist, misunderstandings can lead to delayed care, incorrect treatments, and increased stress for both patients and providers. In regions like Montréal-Est, where linguistic diversity is part of everyday life, ensuring access to services in English and French is essential to equitable care.

BUILDING A STRONGER, BILINGUAL WORKFORCE

Addressing these challenges requires more than awareness. It requires action and investment in the next generation of professionals. That is where the McGill Health and Social Services Community Leadership Bursary Program, supported by initiatives like Dialogue McGill, plays a vital role.



This program provides financial support to students pursuing careers in health and social services while encouraging them to return to and serve their home regions. Its goal is clear: to strengthen access to care in English and French by supporting students who are committed to their communities.

Bursaries can help cover tuition and living expenses, making it easier for students to focus on their studies and community involvement. In return, recipients commit to working in their region after graduation, directly contributing to local services.

Importantly, the program prioritizes students who demonstrate both bilingual abilities and a strong connection to their community. By doing so, it helps build a workforce that not only speaks the language of the population but also understands its realities and needs.

Seniors Wellness

SIMPLE WAYS TO KEEP YOUR MIND ACTIVE AND ENGAGED

Staying mentally active is just as important as taking care of your physical health. The good news is that supporting your brain doesn't require anything complicated. Small, enjoyable activities can go a long way in helping you stay sharp, focused, and connected.

KEEP YOUR BRAIN CURIOUS

Puzzles, word games, and memory challenges are great for keeping your mind engaged. Whether it's crosswords, Sudoku, or a simple card game, these activities help strengthen problem-solving skills and concentration. Even better, they can be done alone or with friends.

NEVER STOP LEARNING

Learning something new is one of the best ways to support brain health. This could be as simple as trying a new recipe, reading about a topic that interests you, or picking up a new hobby. Lifelong learning helps build new connections in the brain and keeps things interesting.

STAY SOCIALLY CONNECTED

Conversations, shared activities, and community involvement all play an important role in mental wellbeing. Joining a group, attending local events, or even having regular chats with friends can help reduce feelings of isolation and keep your mind active.

GET INVOLVED AND GIVE BACK

Volunteering is a powerful way to stay engaged while making a difference. It provides a sense of purpose, encourages social interaction, and often involves learning new skills. Whether it's helping at a local event or supporting a community initiative, every contribution matters.

DON'T FORGET MOVEMENT

Physical activity supports brain health too. A short daily walk, gentle stretching, or light exercise can improve mood, memory, and overall cognitive function.



Services for Healthy Aging in the Right Place (SHARP)

Supporting Older Adults and Caregivers in Navigating the Quebec Health System

with Steve Guimond, PNN, CHSSN

This presentation explores the history of the Patient Navigator service in Quebec City, tracing its evolution from a pilot project through to a full-time service for English-speaking Quebecers arriving in the city for specialized medical services. The new Patient Navigation Network, based largely on the methods and achievements of the Quebec City service, will be introduced, as well as how older adults and caregivers can access this service.



Wednesday May 20th, 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

ONLINE WORKSHOP 1: REFRESH YOUR CV & STAND OUT IN TODAY'S JOB MARKET

Looking to strengthen your job search and feel more confident about your next career move? We're excited to introduce a new series of employment workshops designed specifically for English-speakers who want to build practical skills and stay competitive in today's evolving labour market.

Our first session kicks off on **May 28th, from 12:00 to 1:00 PM**, in a convenient Lunch & Learn format, making it easy to join from wherever you are, even during your break.

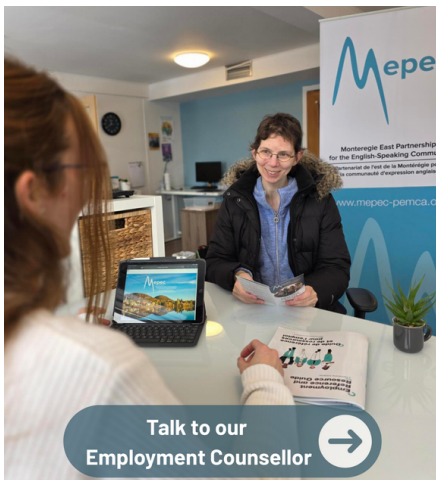
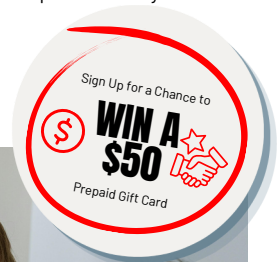
This interactive online workshop will focus on helping you rethink and refine one of your most important tools: your CV. Together, we'll explore how to present your experience clearly and effectively, avoid common pitfalls, and shape a professional profile that truly reflects your strengths. You'll also get introduced to modern tools, including AI-powered resources, that can support you in building a polished and impactful application.

Expect a practical, hands-on session where you won't just learn, you'll actively work on improving your own CV in real time. Whether you're entering the workforce, changing careers, or simply looking to improve your chances of landing interviews, this workshop is designed to give you a fresh perspective and actionable strategies.

Join us, connect with others on a similar journey, and take a meaningful step toward your next opportunity.

Spots are limited!

Be sure to register [HERE](#) to secure your place.



Talk to our
Employment Counsellor



GET SUPPORT FROM OUR EMPLOYMENT COUNSELLOR

Looking for guidance on your job search or career goals?

Our Employment Counsellor is here to help with personalized support, whether you're exploring new opportunities, updating your résumé, or preparing for interviews.

Reach out today to get started!



Colc.employ@mepec-pemca.org



mepec-pemca.org/services/employment



450-281-3732

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](#)



Place aux Jeunes en région, Multiple positions

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



Espace Carrière, Multiple positions

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



Ma Communauté, Multiple positions

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



Arts & Culture

EXPLORING IDENTITY, EXPRESSION, AND BELONGING

Living in Montérégie-Est offers a rich cultural experience shaped by language, history, and community. For English-speaking residents, being part of a predominantly French-speaking region can sometimes feel like navigating two worlds—but it can also be a unique opportunity to build connection, creativity, and a strong sense of identity.

Language is more than a way to communicate—it's how we share stories, express emotions, and connect with others. For many, speaking English at home or in the community is tied to personal history, family traditions, or cultural roots. Maintaining that connection matters, and it deserves space to grow and be celebrated.

At the same time, living alongside a vibrant French-speaking majority creates opportunities for exchange and understanding. From everyday interactions to community events, there are countless moments where cultures meet, overlap, and enrich one another. This balance can foster openness, curiosity, and a deeper appreciation for diversity.



Arts and culture play an important role in this experience. Whether it's reading, writing, music, or creative expression, these outlets allow individuals to explore who they are and share their voice with others. Community spaces—like libraries, workshops, and local events—become gathering points where people can connect, create, and feel seen.

Belonging doesn't come from language alone—it grows through relationships, shared experiences, and feeling welcomed. Small moments, like joining a group activity, attending an event, or simply having a conversation in your preferred language, can make a meaningful difference.

In Montérégie-Est, being part of the English-speaking community is not about standing apart—it's about contributing to the broader cultural landscape while holding onto what makes your voice unique. There is strength in that balance, and beauty in the connections it creates.

Your voice, your stories, and your culture matter. By sharing them, you help build a community where everyone has a place.

MEPEC COMMUNITY LIBRARY

We're excited to welcome you with our new logo and the same warm, inviting space you love. Whether you're looking for your next great read or a quiet place to unwind, our doors are open and ready for you.

Opening hours:

Mondays - 1:00 to 3:00 PM
Tuesdays - 5:00 to 7:00 PM
Thursdays - 10:00 AM to 12:00 PM

Come by, explore, and be part of your community library!



MEPEC's General Activities

OUR INTERGENERATIONAL PEN-PALS PROGRAM NAMED A FINALIST!

We're proud to share that our Intergenerational Pen-Pals program has been selected as a finalist in the 2026 Concours d'initiatives intergénérationnelles—a wonderful recognition of the connections being built across generations in our community.

We're proud to share that our Intergenerational Pen-Pals program has been selected as a **finalist in the 2026 Concours d'initiatives intergénérationnelles**, a wonderful recognition of the connections being built across generations in our community. On May 14th, Kareen and Daphnée will travel to Sherbrooke to represent MEPEC at the Gala.

This program brings seniors and elementary school students together through the simple but meaningful act of letter writing. Participants are paired and exchange letters over time, sharing stories, memories, questions, and everyday experiences. What starts as a simple exchange often grows into a genuine and rewarding connection.

BENEFITS FOR SENIORS

The program offers an opportunity to stay socially connected, reduce feelings of isolation, and reflect on life experiences by sharing them with a younger generation. Receiving letters can bring a sense of anticipation and joy, while writing back provides a meaningful way to stay engaged and valued.

BENEFITS FOR CHILDREN

Corresponding with a senior helps build communication and writing skills in a real-world, personal way. It also encourages empathy, curiosity, and respect for different life experiences. Through these exchanges, students gain new perspectives, learn about history and lived experiences, and develop a deeper sense of community.



Together, these connections help bridge generational gaps, foster mutual understanding, and remind us of the value of slowing down and connecting in thoughtful ways.

We're incredibly proud of what this program has become, and we invite you to be part of it. Whether you're a senior interested in participating or would like to involve a child in this enriching experience, we'd love to hear from you.

To learn more about the event, click [HERE!](#)

Want to be part of the experience ?

Register [HERE!](#)



Partners' Activities and Services



ST. AUGUSTINE VEGETABLE SALE

On Saturday, **May 9th from 10 a.m. to 12 p.m. at 1741 Roberval, St. Bruno (J3V 2K8)**, come browse a great selection of tomato plants, vegetables, herbs, cherry tomatoes, and flowers, all grown for the community. Cash only. Proceeds support local parish initiatives, so it is a great way to shop local and give back at the same time.

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



ANNUAL POT EN CIEL ART EXHIBITION: A DIFFERENT PERSPECTIVE

A Different Perspective takes place on **May 3rd from 11 a.m. to 3 p.m. at 250 rue Hubert, Beloeil**. Come discover a heartfelt and vibrant showcase featuring artwork created by artists from L'Arche Montérégie, adults living with an intellectual disability. Through paintings, cards, and garden boxes, they invite you to see the world in a new way and celebrate creativity in all its forms

More information [HERE](#).



FATHER FEEDBACK OPPORTUNITY

If you attended Science with Dad or Sprouts, you're invited to take part in a short survey helping improve services for families. It takes about 20 minutes and includes a chance to **win a \$50 Jean Coutu gift card !**

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



VIDEO GAME TOURNAMENT AT INTÉGRATION COMPÉTENCES

Everyone is welcome to join the game, but the big winner will take home a \$25 gift card! Open to all youth aged 16 to 35, so feel free to bring your friends along. Light snacks will be provided to make the evening even more enjoyable. **On May 7th, from 6 to 8 p.m. at Intégration Compétences.**

For more information, 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