

MEPEC Monthly News



What is happening this month at MEPEC?

September is shaping up to be an exciting month for MEPEC and its members! Our calendar is filled with activities, registrations, and special events you won't want to miss:

- **MEPEC Annual General Meeting (AGM)** – Join us on Monday, September 22 at 7:30 PM. Register [HERE!](#)
- **Activities Begin** – September 22, dive into a new season of learning and fun.
- **Community Fundraising Luncheon** – Come have lunch with us at a low cost – and for a good cause! More information [HERE!](#)
- **RHSSPT Community fair** held on September 20, from 10:00 a.m. – 3:00 p.m. Come meet us at the Greenfield Park Legion, 205 Empire, J4V 1T9

Stay tuned, get involved, and make the most of what MEPEC has to offer this fall!



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Health and Social Services

PRIMARY CARE IN QUEBEC – EVEN WITHOUT A FAMILY DOCTOR

Quebec's Primary Care Access Point (GAP – Guichet d'accès à la première ligne) helps residents without a family doctor or nurse practitioner get the health support they need.

Whether it's for a non-urgent physical or mental health concern, GAP guides you to the right service—even if you're still on the waiting list for a family physician

What GAP Does:

- Evaluates your needs: After you apply online or by phone (811, option 3), a trained agent or nurse assesses your situation
- Refers or books appointments: You might be directed to a pharmacist, community clinic, or scheduled for a one-off nurse or physician visit based on urgency.
- Supports mental health: GAP can guide you toward psychosocial and mental health services—not just physical care

How to Use It:

- Online: Fill out the digital questionnaire available 24/7 at [Quebec.ca](https://quebec.ca) – no waiting on hold
- By phone: Call 811, select option 3, and get help completing your request. Hotline hours are 8 a.m.–8 p.m. weekdays and 8 a.m.–4 p.m. on weekends and holidays
- You'll receive up to three callback attempts. If your need is urgent, you'll be advised to visit an emergency department

Why It Matters for English-Speakers

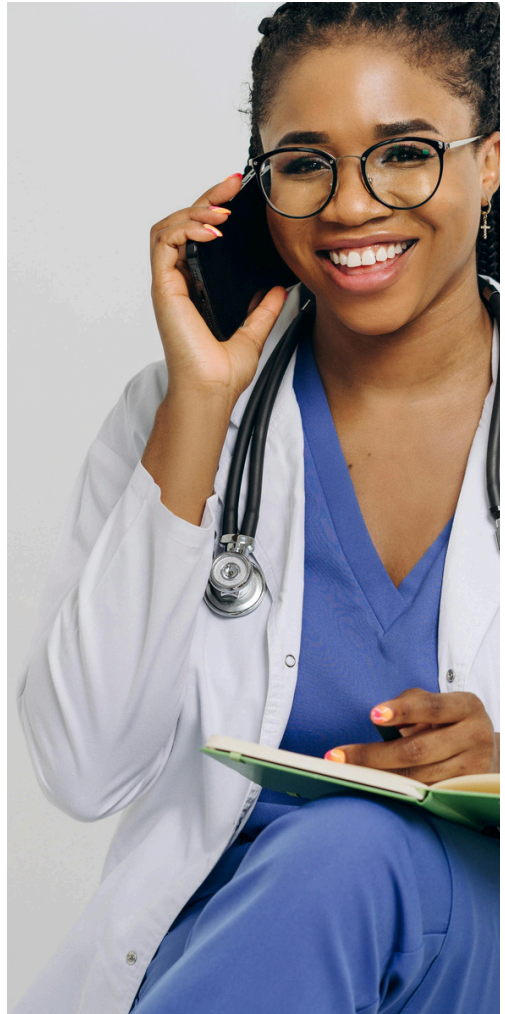
English-speaking Quebecers are guaranteed access to services in English in public health institutions, though availability may vary by region. GAP helps ensure that even if you don't yet have a family doctor, you can still access care and support— in English when available.

How to Access GAP:

- Register with the Quebec Family Doctor Finder (GAMF).
- Use the online GAP form at [Quebec.ca](https://quebec.ca) (accessible 24/7).

Need help? Start with a visit to [Quebec.ca](https://quebec.ca) or a call to 811 (option 3) today.

For more information about GAP, head over to their Official Website [HERE](https://quebec.ca).



MEPEC's General Activities

Please note that all our activities are gender inclusive and all age groups are welcome, regardless of target audience. We encourage diversity and equal access to all our programs, activities and events.



BILINGUAL CONVERSATION GROUP

The French-English Bilingual Conversation group is a great opportunity to share experiences with others and practice your language skills! Come, enjoy a coffee, and chat with us Wednesday morning at our Community Space.

Every Wednesday from 10 to 11:30 am, starting September 3rd.
Register [HERE](#).



BOOK CLUB

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

Every last Wednesday of the month, the book club meets for about 1h30 in our community space. Each month they discuss a new book. September's theme : Banned Books!

Wednesday, September 24th from 6:30 to 8:00pm
Register [HERE](#).



COMMUNITY FUNDRAISING LUNCHEON

Join us for MEPEC's Community Fundraising Luncheon with Chef Cathy! Come enjoy a delicious, home-cooked meal in great company—all while supporting MEPEC's activities.

Our first luncheon on September 23 will include a special raffle—win a gift card for a MEPEC activity!

Every Tuesday starting September 23rd from 12:00 to 1:30 PM
at MEPEC's Community Space.



SENIOR SNEAKERS

The Seniors' Sneakers Program is designed for individuals aged 55+ who want to stay active and healthy all year long.

Mont-St-Hilaire:
Mondays from 10:00 to 11:00am : Register [HERE](#)

Mont-St-Bruno-De-Montarville:
Wednesdays from 9:30 to 10:30am: Register [HERE](#)
Fridays from 9:30 to 10:30am: Register [HERE](#)

MEPEC's Family Activities

Please note that all our activities are gender inclusive and all age groups are welcome, regardless of target audience. We encourage diversity and equal access to all our programs, activities and events.



FAMILY BOOTCAMP WITH CHRYSTAL

Get ready to sweat, laugh, and connect! Our Family Bootcamp is a high-energy, family-friendly fitness class designed to get both kids and adults moving together. Whether you're a new parent, a caregiver, or just looking to stay active, this bootcamp offers a fun, supportive environment where families can build strength, increase endurance, and bond while having a blast.

Saturdays, starting September 27th from 9:30 to 10:30 am.
Register [HERE!](#)



SPROUTS MOVE

Movement is essential for kids 0-5! In this class, little ones explore gross motor skills through play, music, and guided activities designed just for their age group.

On Mondays, starting September 22nd, from 9:00 to 10:00am.
Register [HERE!](#)



LITTLE BEATS

This fun intro to music class teaches toddlers melody, rhythm, tempo, and more through playful, hands-on activities.

Music sparks movement, creativity, and supports early development.

Mondays, starting September 22nd, from 10:30 to 11:30am
Register [HERE!](#)



SPROUTS LEARN

This fun, theme-based program encourages social interaction and bonding between young children and their parents. Kids will enjoy dancing, story time, crafts, and more—while developing early literacy, motor skills, and sensory awareness in a playful setting.

On Tuesdays, starting September 23rd, from 9:00 to 11:30am.
Register [HERE!](#)

MEPEC's Information Hub

MARK YOUR CALENDAR: MEPEC'S ANNUAL GENERAL MEETING

This annual gathering is an important moment in our calendar: a chance to come together as a community, reflect on what we have achieved, and set our sights on the opportunities ahead. The AGM provides members with updates on MEPEC's programs, finances, and initiatives, while also creating space for collective decision-making.

 **Monday, September 22, 2025**

 **555 Boul. Sir-Wilfrid-Laurier, Beloeil**

 **Register [HERE!](#)**

During the evening, you will hear about the progress MEPEC has made this past year. We will also share our financial statements and report on the impact we've been able to achieve with the help of our members, volunteers, and partners.

The AGM is more than a meeting—it's an opportunity to connect with fellow community members, exchange ideas, and play an active role in shaping the future of MEPEC. Your voice and participation matter, and together we can ensure that our organization continues to grow and thrive.

Join us as we celebrate MEPEC's milestones and work together toward an even brighter future for the English-speaking community of Montréalégie East.

EVENING SCHEDULE

6:00 Welcome & Light Refreshments

6:30 Ceremonies

- Welcome Speech
- Recognition of Bursary and STAR Program Recipients
- Library Launch Presentation

7:30 Annual General Meeting



MEPEC'S COMMUNITY GARDEN WINS AT "MA VILLE EN COULEUR 2025"!



We are thrilled to announce that our community garden at the United Church has been recognized at the "Ma Ville en Couleur 2025" event! This initiative celebrates the most beautiful floral arrangements in Saint-Bruno, bringing color and life to our streets, balconies, yards, and local businesses.

Participants were unveiled for this year's competition, and our garden stood out among the many inspiring spaces. Winners were announced at the Fête des Parcs on August 16.

A huge thank you to everyone who helps make our community garden a vibrant and welcoming space—it's your dedication and love for the environment that make this recognition possible. Take a stroll by the garden and see the award-winning blooms for yourself!

MEPEC's Information Hub

2025/2026 ACTIVITY PROGRAM

We are delighted to announce that MEPEC's new activity program for 2025-2026 is now available! Whether you're looking to try something new, meet people, or develop your skills, our diverse range of activities offers something for everyone in our community.

This year, you'll find engaging workshops, fitness and wellness classes, youth programs like Just Be You!, cultural events, and much more. Our activities are designed to be inclusive and welcoming, making it easy for newcomers, families, seniors, and youth to get involved and feel at home.

We're passionate about building connections and fostering a strong, vibrant community – and our 2025-2026 program is all about helping you find your place with us.

Registration is simple and quick through our new online platform. Don't wait – spaces fill up fast!

Want to register? [CLICK HERE!](#)

Want to view the full program? [CLICK HERE!](#)

We look forward to seeing you at MEPEC!



MEPEC 2025-2026 ACTIVITY PROGRAM: KEY INFORMATION

- **Inclusive for All Ages:** Programs and activities designed to welcome children, youth, adults, and seniors alike.
- **Flexible Registration:** Easy online registration through MEPEC's Amilia platform for a smooth sign-up process.
- **Affordable Options:** Many activities are offered at low cost or free to ensure accessibility.
- **Community Focused:** Activities promote connection, well-being, and personal growth within the local community.
- **Expert Instructors:** Programs are led by qualified and experienced facilitators.
- **Support Available:** MEPEC staff are available to assist with questions or registration help.



Family & Early Childhood

EXPLORE MONTÉRÉGIE: SEASONAL EVENTS AND ACTIVITIES



FALL FUN IN YOUR BACKYARD

Colorful leaves and cozy vibes – fall is the perfect season to enjoy simple family moments right outside your door. Here are four easy activities to try:

Nature Scavenger Hunt – List items like acorns, pinecones, red leaves, and smooth rocks. Give each person a bag, set a timer, and see who finds the most.

Mini Obstacle Course – Use hay bales, cones, and rope for jumps, weaves, and crawls. Time each run or add a silly challenge like balancing a pumpkin.

Backyard Harvest Picnic – Spread a blanket, serve warm cider, pie, and soup, and decorate with pumpkins or leaves.

Outdoor Movie Night – Hang a sheet, set up a projector, bundle up in blankets, and enjoy popcorn under the stars.

Fall offers a unique blend of beauty and comfort that's hard to resist. By spending time together in your own backyard, you can create seasonal traditions without the stress of travel or big expenses. These moments – laughing during a race, sipping warm cider, or spotting constellations under a crisp night sky – become the stories your family will remember for years. All it takes is a little planning, some cozy layers, and a willingness to slow down and savor the season.



FALL OUTINGS TO ENJOY CLOSE TO HOME

Fall is a wonderful time to get out and enjoy all that our region has to offer. MEPEC has put together a few suggestions for local outings where you can soak up the season—whether you're in the mood for art, outdoor adventures, or a taste of the harvest.

In Vieux-Longueuil, [Lumifest](#) lights up the streets with digital art, interactive projections, and delicious street food, making it a must-see cultural experience. It's the perfect way to enjoy crisp evenings surrounded by creativity and community.

For a more nature-filled day, visit [Domaine du Flanc-Sud](#) in Mont-Saint-Hilaire, where apple picking, corn mazes, and family activities await. Or head to [Verger Charbonneau](#) in Mont-Saint-Grégoire, where you can pick apples, pears, and pumpkins, enjoy homemade crêpes, sample cider, and explore their mini-farm.

Whether you're looking for glowing lights, outdoor fun, or a taste of local harvest, these fall outings offer something for everyone! No matter which destination you choose, each one offers a special way to enjoy the season close to home. Take the time to explore, share the experience with family and friends, and make the most of fall in our community.

Youth & Education

EXCITING PROJECTS COMING THIS FALL!

This fall, we are thrilled to invite you to take part in our most dynamic youth-led projects: Young Voices of Quebec and Just Be You, our Peer-to-Peer Support Group. Both are designed to create safe, inspiring, and meaningful spaces where youth can connect, express themselves, and build community.



YOUNG VOICES OF QUEBEC – PODCAST SEASON 3

Our podcast is back! Launching Friday, September 5th, Young Voices of Quebec is entering its third season, and it promises to be bigger and better than ever. Over the past two seasons, our youth hosts have tackled important topics such as identity, mental health, culture, and the future of our communities, while welcoming inspiring guests from all walks of life. This new season will bring even more exciting conversations, amazing guests, and a few surprises along the way. Whether you're a listener, a guest, or part of the creative team, there's always room for new voices to join in!



JUST BE YOU! – PEER-TO-PEER SUPPORT GROUP

Starting again on Monday, September 8th, Just Be You! continues to be a safe and welcoming space where youth (ages 16–26) gather weekly to share, listen, and encourage one another. Led by youth and supported by professionals, this group has already helped many participants feel heard, connected, and empowered. This fall-winter session will be no different, with thoughtful discussions, engaging activities, and plenty of opportunities to make meaningful connections.

WHY JOIN US?

Whether you're looking for a creative outlet, a safe space to talk, or simply a chance to meet new people, these projects are the perfect place to start. Everyone is welcome, and we would love to see more youth get involved in shaping these initiatives.

This fall is going to be wonderful, filled with interesting topics, inspiring guests, and exciting surprises. Don't miss your chance to be part of it!

 colc.employ@mepec-pemca.org



Seniors Wellness

FALL PREVENTION MONTH : STAY STEADY, STAY INDEPENDENT

HERE ARE SOME HELPFUL TIPS TO STAY STEADY, SAFE, AND CONFIDENT THIS SEASON:



Clear the Way Indoors

Make your home a safer space by removing anything that could cause a trip or stumble. Keep walkways clear of clutter, move furniture if needed, and secure loose rugs with non-slip backing or remove them altogether. Tuck away electrical cords and avoid placing items on stairs.



Keep Your Home Well-Lit

Good lighting is key to preventing falls, especially at night. Add night lights in bedrooms, hallways, and bathrooms. Consider brighter bulbs or motion-sensor lights near stairs and entrances to help you see clearly at all times.



Use Support When Needed

If you use a cane or walker, make sure it's the right height and in good condition. Walking with a friend or family member can also provide extra safety and confidence. Don't be afraid to ask for help—staying safe is always the priority.



Wear Supportive Footwear

Choose shoes that fit well, provide good support, and have non-slip soles. Avoid wearing slippers that are loose or have smooth bottoms. Even indoors, wearing proper footwear can greatly reduce your risk of slipping.

SHARP



HOW TO ACCESS AND USE ASSISTIVE DEVICES TO EASE THE STRAINS OF DAILY ACTIVITIES

BY TALYA ABRAN-BROMLEY, OCCUPATIONAL THERAPIST KINATEX



WEDNESDAY 1:00 TO 3:00 PM



555 BOUL. SIR-WILFRID-LAURIER, BELOEIL

Enjoy an afternoon of informative video viewings with tea, coffee, and snacks, followed by discussion and a raffle prize!

REGISTER NOW - [CLICK HERE](#)



Health
Canada

Santé
Canada

CHSSN

Mepec
Association des personnes âgées de la région de
Montréal et de l'ouest de Québec
Mepec's Association of the Greater Montreal Area
and the West of Quebec

Employment

WORKPLACE WELLNESS : YOUR RIGHTS, YOUR MENTAL HEALTH

Work should be more than just a paycheck—it should be a place where you feel safe, respected, and supported. While physical safety in the workplace is well understood, psychological safety is just as important. It means being able to express yourself, ask questions, admit mistakes, or raise concerns without fear of embarrassment, punishment, or being ignored.

When psychological safety is present, employees are more productive, more engaged, and experience better mental health. But when it's missing, the effects can be harmful—leading to stress, anxiety, burnout, and even conflict.

That's why it's essential to know your rights as a worker in Quebec, especially if you're part of the English-speaking community. Understanding what you're entitled to—like fair treatment, a harassment-free environment, and access to mental health support—can give you the confidence to speak up when something doesn't feel right.

Self-advocacy doesn't mean facing problems alone. It means recognizing your value, using your voice, and knowing where to turn for help. Whether you're dealing with a toxic work culture, unclear boundaries, or mental health challenges, it's okay to reach out.

Through our mental health and employment workshops and peer support circles, we offer safe, welcoming spaces where you can share experiences, gain practical tools, and learn how to navigate challenges in the workplace. All services are free and offered in English.



KEY TIPS FOR MENTAL HEALTH AT WORK



- Encourage open communication – Create a safe space where employees feel comfortable speaking up.
- Support work-life balance – Promote regular breaks and healthy boundaries around work hours.
- Recognize signs of stress – Be aware of burnout and offer support early.
- Promote access to help – Share resources like mental health workshops or employee assistance programs.
- Lead with empathy – Managers and coworkers should model kindness, respect, and understanding.

Let's work together to build safer, healthier, and more supportive environments for everyone.

Job Board

NEW POSITIONS NEAR YOU

In this new section of our newsletter, we want to promote our fellow partners' job opportunities.

This helps our partners find appropriate candidates and helps our members find local partnership job opportunities in one place.



Riverside School Board, *Multiple positions*

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



YES Emploment + Entrepreneurship, *Events Coordinator*

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



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

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



Le Havre / Our Harbour, *General Director*

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

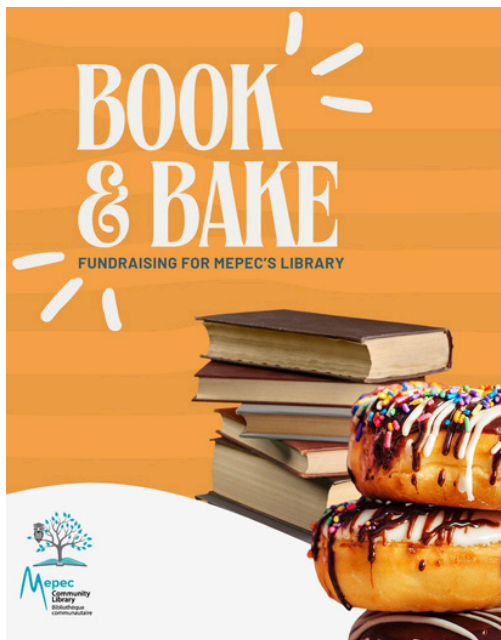


Intégration Compétences, *Multiple Positions*

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

Arts & Culture

ARTS & CULTURAL ACTIVITIES



BOOK & BAKE SALE – SEPTEMBER 12 & 13

MEPEC is excited to host its first-ever Book & Bake Sale at MEPEC's Community Space!

Friday, September 12 – 6:00 – 8:00 PM
Books-Only Night

Saturday, September 13 – 10:00 AM – 4:00 PM
Books and Bake Day

All proceeds go directly to MEPEC's Community Library, helping us build our collection and offer more resources for the community. Whether you're searching for your next favourite read, a new cookbook, or a tasty treat, you'll find it here!

MEPEC Library tote bags will also be available for purchase!



Come meet our library volunteers and find your next read!

Rendez-vous at MEPEC's Community Space :
555 Boul. Sir-Wilfrid-Laurier, Beloeil

MEPEC COMMUNITY LIBRARY HAS A NEW HOME!

Great news for all MEPEC members and book lovers: our Community Library will officially move to a new and welcoming space!

New location: **555 Boul. Sir-Wilfrid-Laurier, Beloeil.**

We are currently finalizing the library's opening hours, which will be announced soon on our Social Media [HERE!](#). Be sure to follow us so you don't miss the launch!

We want to extend a heartfelt thank you to everyone who participated in our recent survey. Your feedback is helping us choose a time that is accessible, comfortable, and perfect for connecting with fellow members.

We're excited for you to explore the new space, discover great reads, and enjoy everything the library has to offer.



MEPEC's General Activities

MEPEC LAUNCHES A WEEKLY COMMUNITY LUNCHEON FUNDRAISER

MEPEC is thrilled to announce the start of a new tradition—our Community Luncheon Fundraiser with Chef Cathy! Each week, community members are invited to come together to enjoy a homemade meal, meet new people, and support MEPEC's programs and services.

The very first luncheon will include something extra special: a raffle for a chance to win a gift card toward a MEPEC activity sign-up. It's a perfect way to enjoy lunch while giving back to the community and maybe even walk away with a prize!



www.Mepec-Pemca.org

MENU

SEPTEMBER 23, 2025
 Quiche Lorraine Spring Salad
 with vinaigrette dressing
 Dessert: Vanilla cake

SEPTEMBER 30, 2025
 MEPEC closed for Truth and reconciliation

OCTOBER 7, 2025
 Chicken Noodle Soup Egg Salad
 Sandwich
 Dessert: Maple Cookies

OCTOBER 14, 2025
 Cream of Tomato Soup Grilled Cheese
 Dessert: Carmel Tarts

OCTOBER 21, 2025
 Beef and Barley Soup Fresh Buns
 Dessert: Brownie

OCTOBER 28, 2025
 Cream of Celery Soup Homemade
 Pepperoni and Cheese Pizza
 Dessert: Lemon Cake

NOVEMBER 4TH
 Won Ton Soup and Egg Roll
 Dessert: Brownie

Mepec
 Providing a safe and healthy environment
 for all children and youth in the
 community.

Community Fundraising Luncheon
 WITH CHEF CATHY

All proceeds from the luncheons will directly support MEPEC's activities and programs, helping us continue to offer valuable services to the community.

We warmly invite you to join us, bring a friend, and enjoy a welcoming meal surrounded by neighbours. After all, good food always tastes better when it's shared!

EVENT DETAILS

Every Tuesday from 12:00 to 1:30 PM
 MEPEC Community Space

PRICING (CASH ONLY)

\$7 for ages 12 and up
 \$3 for children ages 2-11
 Free for children under 2



Partners' Activities and Services



CENTRE D'ACTION BÉNÉVOLE DE LA VALLÉE-DU-RICHELIEU - RAFFLE EVENT

The Fondation du CABVR is launching its first 50/50 raffle - Loto-Entraide! Tickets support essential services for seniors, families, and vulnerable people in the Vallée-du-Richelieu. Draw: December 5, 2025

Get your tickets [HERE](#) for a chance to win big while giving back to your community.



C.A.M.E RETRO NIGHT FUNDRAISER

CAME Maison de la famille invites you September 19th to a special benefit evening just for women, featuring retro music, dancing, and plenty of fun. Come with your friends, cousins, mothers, and grandmothers! A prize will be awarded for the best retro outfit.

Tickets are \$40, including one drink and a photobooth souvenir.

Get your tickets [HERE!](#)



LA MÈRE A BOIRE - MOMS FOR MILK

Expecting a baby? Moms for Milk offers low cost prenatal classes in English, French, and Spanish to help parents feel confident and prepared for the arrival of their little one. These classes cover essential topics such as pregnancy health, labor and delivery, newborn care, and breastfeeding support.

Check out their website [HERE](#).



SENIORS ACTION QUEBEC

Seniors Action Quebec is hosting a free webinar on Tuesday, September 16, 2025, from 10:00 AM to 12:00 PM via Zoom, focused on helping seniors recognize and protect themselves against fraud, scams, AI scams, and romance scams

Register on the Seniors Action Quebec website [HERE](#).



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

Monteregie East Partnership
for the English-Speaking Community

Administrative Office

106-551, Sir-Wilfrid-Laurier Blvd
Beloeil, Qc J3G 4J1



Tel: 450 281-3732

Community Space

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Canada 

Secrétariat aux relations
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d'expression anglaise

Québec 

CHSSN