



# 2024-2025 ANNUAL REPORT



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

Monteregie East Partnership  
for the English-Speaking Community

551 & 555 Boul. Sir-Wilfrid-Laurier,  
Suites 104b & 106  
Beloeil, QC J3G 4J1

450 281-3732  
[info@mepec-pemca.org](mailto:info@mepec-pemca.org)  
[www.mepec-pemca.org](http://www.mepec-pemca.org)



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Secrétariat aux relations avec les  
Québécois d'expression anglaise

Secrétariat à la jeunesse

Direction de la santé publique de la  
Montérégie



Health Canada

Public Health Agency of Canada

Canadian Heritage



Regional Development Network  
Réseau de Développement Régional



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# Introduction

## Vision

A diverse English-speaking community (ESC) contributing to the Montérégie-Est region with active, vibrant, engaged and thriving members.

## Mission

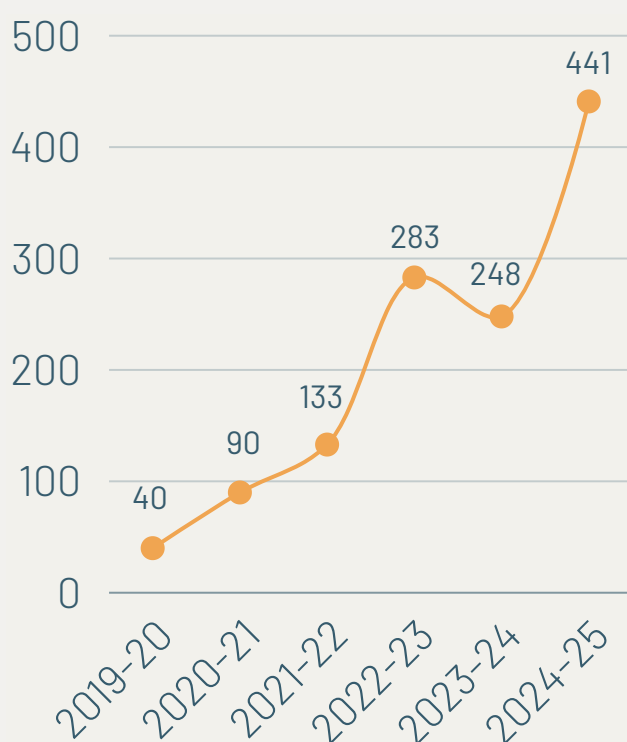
The Montérégie East Partnership for the English-Speaking Community (MEPEC) is a non-profit organization dedicated to serving the interests of the ESC in the Montérégie-Est region. MEPEC works collaboratively with public, community and private organizations as well as citizens in relation to the needs of the English-speaking population.

## Values

We believe in building an inclusive, supportive, collaborative, educational and friendly environment.

- Connect with and represent the ESC of the Montérégie-Est.
- Improve communication between English-speaking citizens and local service providers.
- Create or adapt opportunities for the English-speaking citizens of the Montérégie-Est of all ages to learn, socialize and remain active.
- Facilitate access to English documentation and services.

## Membership



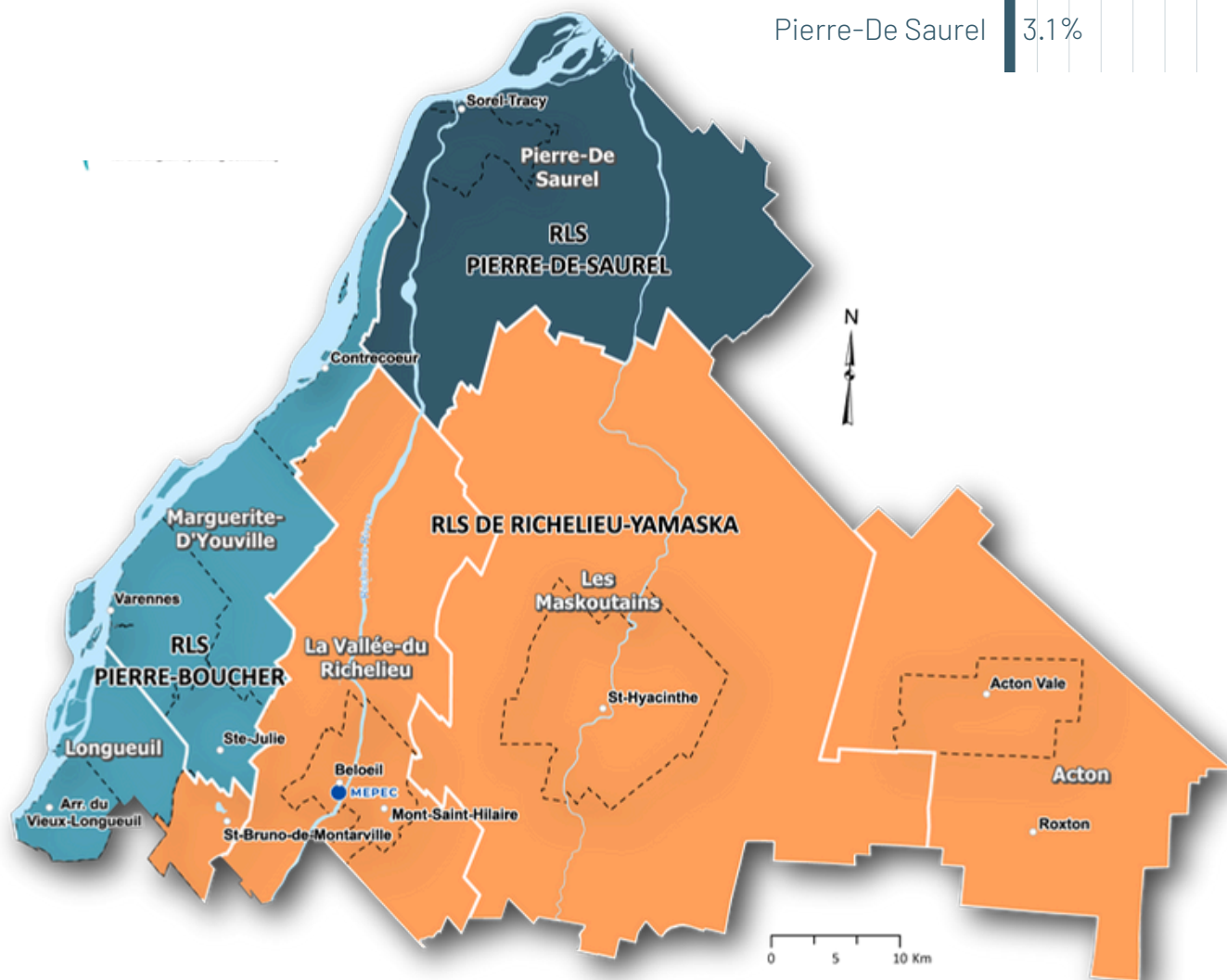
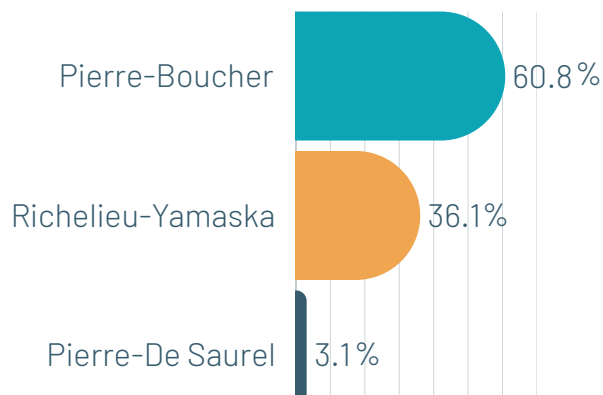
As of March 2025, the number of adult members had increased from 218 to 441. More than half of MEPEC members lived in the MRC de la Vallée-du-Richelieu and the city of Saint-Bruno-de-Montarville in March 2025, while the rest were scattered throughout the region, either on the South Shore of Montreal or in more remote areas such as Sorel-Tracy and Saint-Hyacinthe.



# Montréal-Est

MEPEC serves the Montréal-Est region, which has a population of approximately 24,640 English-speaking residents (Census 2021) in 57 municipalities covering 3,484 km.

The English-speaking population lives mainly in the two RLS (réseau local de services) Pierre-Boucher and Richelieu-Yamaska.



## Sources:

Pocock, J., 2023, Demographic Profiles of English-speaking communities, RTS de la Montréal-Est (1620), based on the 2021 census of Canada, produced for the Community Health and Social Services Network.

# President's Message



**Stephen Thompson, CD, LLM**  
**President**

On behalf of MEPEC's Board of Directors, I'm pleased to share this year's annual report, which reflects the many ways we've continued to grow and serve the English-speaking community in our region.

Over the past year, MEPEC has expanded its programs and services, reaching more people and strengthening its role in the community. We've added new activities, built stronger partnerships, and maintained our focus on what matters most: supporting, informing, and connecting with the people we serve.

We've worked hard to improve access to services and information in English—especially in key areas like health, social services, and employability. Much of this progress has been made possible through close collaboration with community groups, public institutions, and private partners.

I want to acknowledge the outstanding work of the Executive Director and her team. Their professionalism, care, and drive to keep improving help us stay responsive to our community's changing needs. Their commitment to learning and innovation is something we're proud to support as an organization.

Providing direct, one-on-one support has remained at the heart of what we do. Whether it's helping someone find the right resource, answering questions, or guiding them through a complex system, MEPEC continues to be a trusted and compassionate source of help.

Finally, I want to thank our volunteers and partners. Your dedication and teamwork are what make MEPEC such a vital part of this community. We couldn't do it without you.

# Executive Director's Message

Dear members, partners and funders,

As I look back on the past year, I am filled with a deep sense of gratitude and pride. Thanks to the dedication of our team, the support of our volunteers, and the trust you continue to place in us, MEPEC has experienced a year filled with momentum and meaningful growth.

We significantly increased the number of initiatives and services offered to the English-speaking community in our region. Whether through ongoing activities, one-time events, or special projects, our desire to respond to the evolving needs of our community took shape in a wide range of programming, both in our Community Space and in partnership with other organizations.

Community engagement was strong and heartening. We witnessed a noticeable increase in participation and in the number of people who joined our initiatives. This response shows just how important our services are and how essential it is to offer welcoming spaces for connection, learning, and support. Also, our Community Space has grown into a true gathering place. Activities such as the Art Hive, Bilingual Conversation Groups, Senior Wellness Centre, Sprouts, Community Library and health and social services sessions have helped foster meaningful relationships and a sense of belonging.

None of this would have been possible without the strong network of community, public, and private partners and funders we've continued to build. These partnerships allow us to design and adapt initiatives that improve access to information and services in English.

I also want to highlight the ongoing commitment of our team, who constantly seek to improve their skills through training, peer learning, and team retreats. Their motivation and professionalism are at the heart of our collective success.

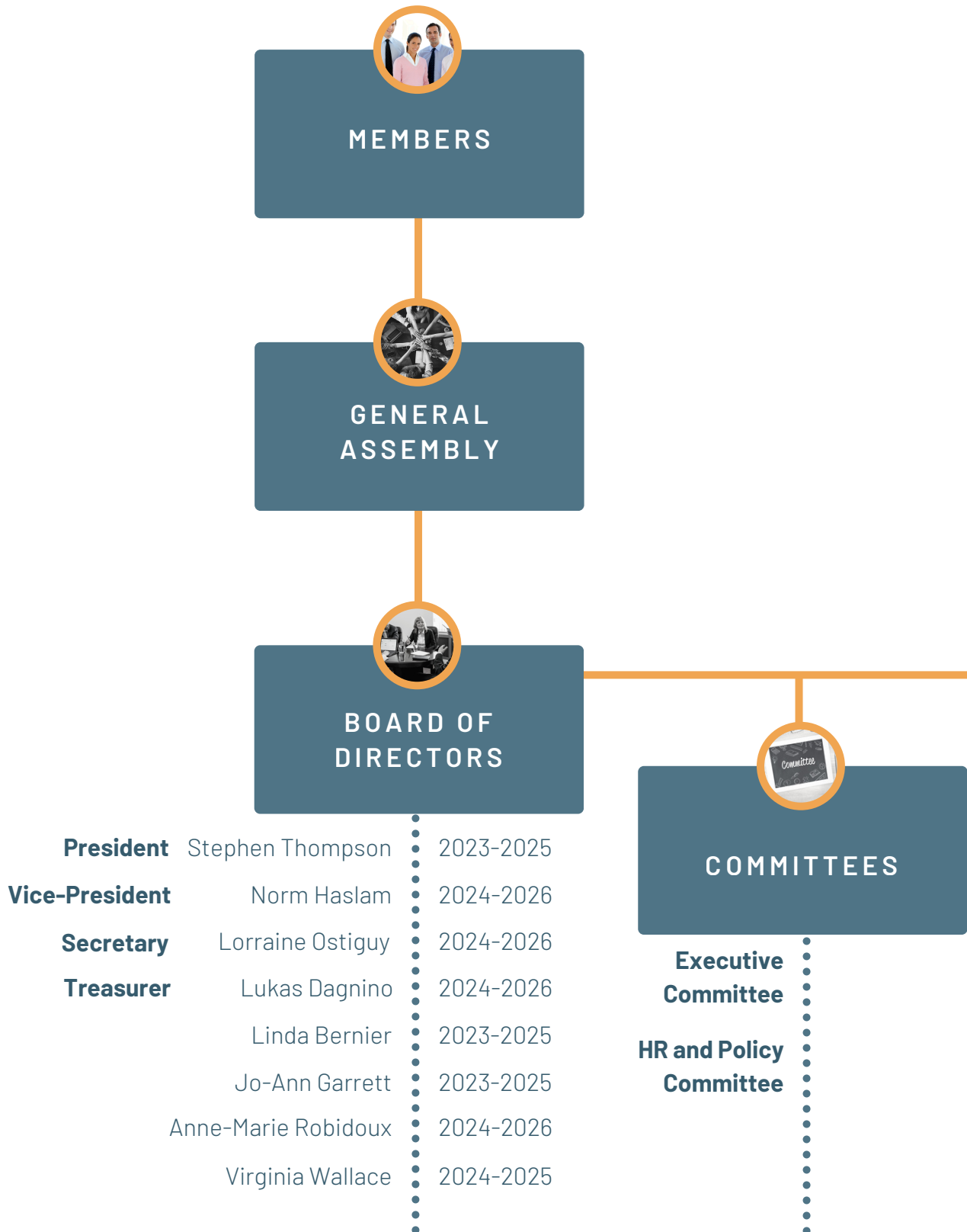
Providing direct support to individuals in our community remains a priority for MEPEC. Whether it's guiding someone toward mental health resources, helping navigate public services, or simply listening when it matters most—we are here. We also continue to create and share accessible and useful information tools to better equip our community—through brochures, handouts, newsletters, and more—ensuring everyone has the information they need, in the language they understand.

Beyond the programs and services, it is the human connections that give our work its true meaning. Thank you to each and every one of you for being part of this journey. Together, we are building a stronger, more supportive, and more inclusive community.



**Karoll-Ann Carrier**  
Executive Director

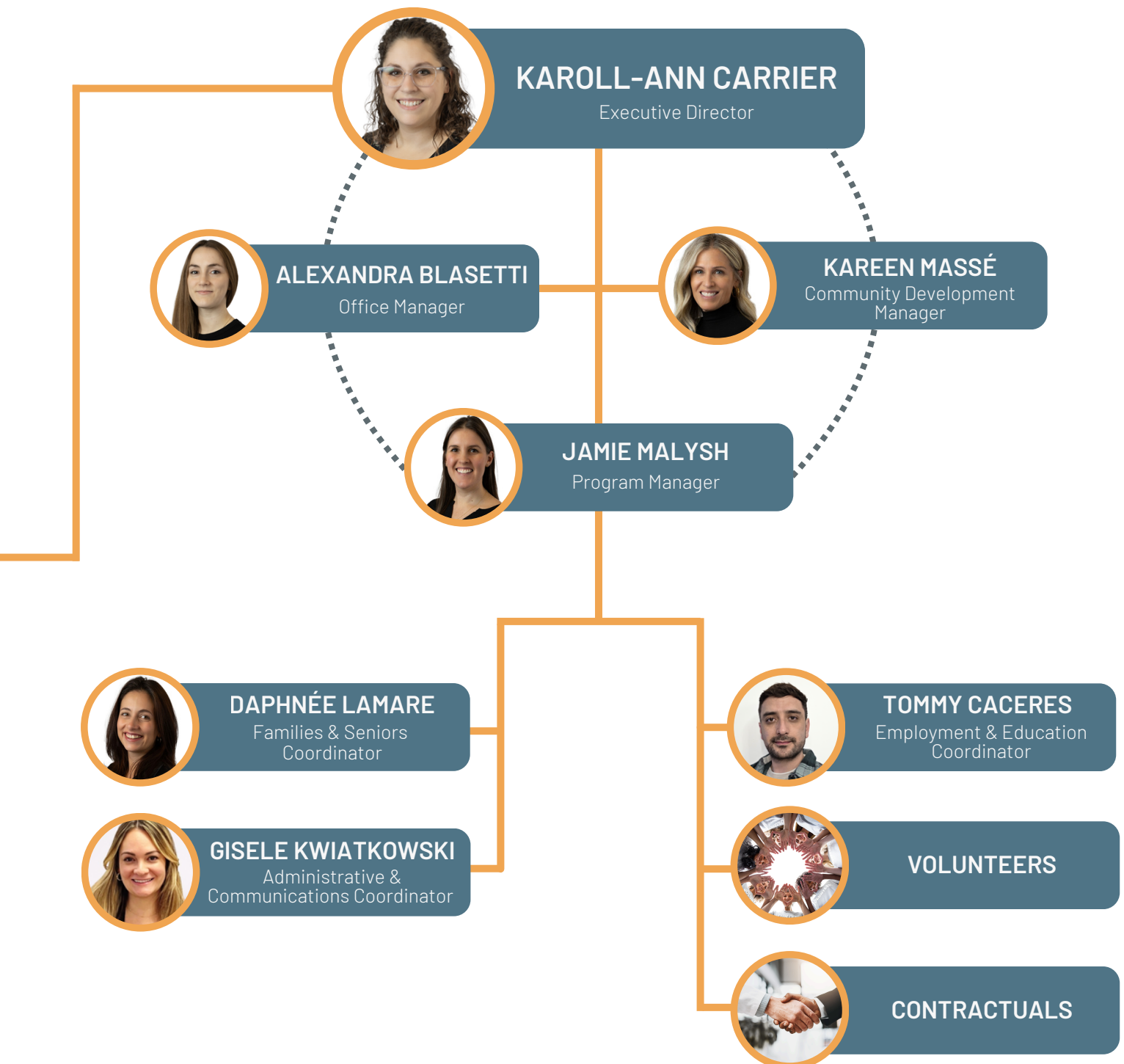
# Organizational Structure



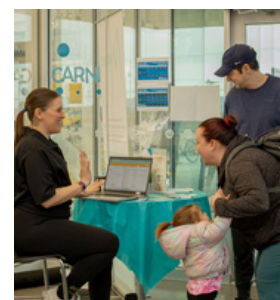


# Organizational Chart

— Reporting Line  
..... Management Team

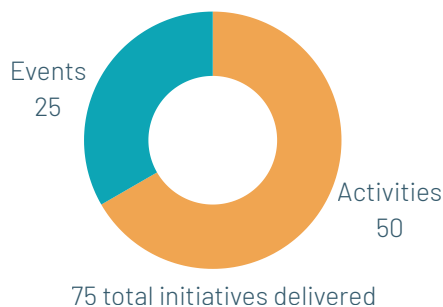


# Activity Report



## INITIATIVES

During the 2024–2025 year, MEPEC successfully increased the number of initiatives and services offered to the English-speaking community in its region.



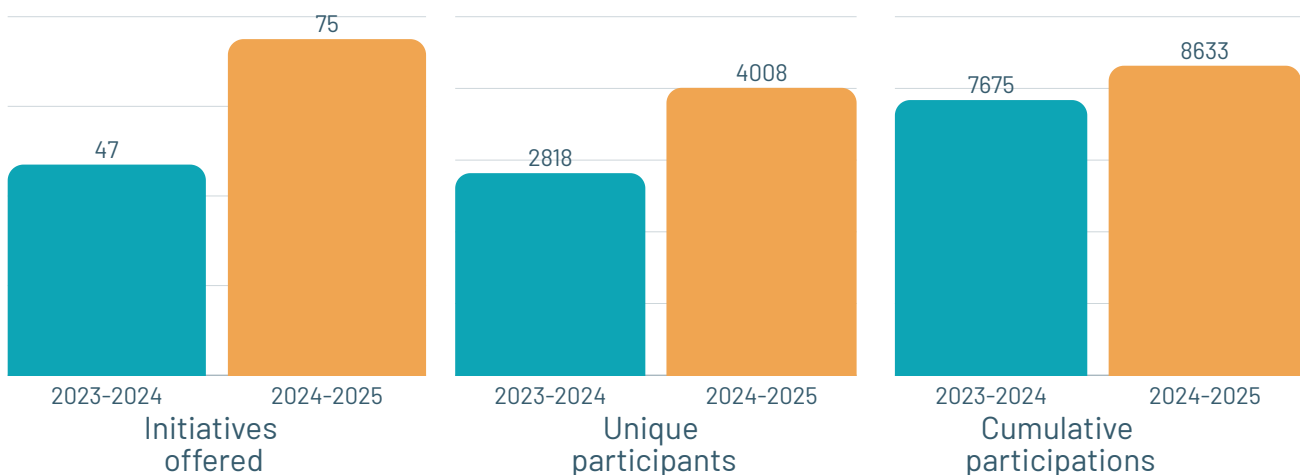
**In total, 473 (2023–2024: 456) events and activities were supported and offered to the community.** Of the 473 events and activities, a total of 8476 (2023–2024: 7675) participations were recorded. Participation is interpreted here as the number of activities an individual attended. The number of unique individuals reached an approximate total of 3916 people (adults and children combined).

Numerous initiatives took place at MEPEC's Community Space:

- Art Hive
- Little Beats & Sprouts
- Family Drop-In
- Book Club
- Art Hive & Knitting Group
- Bilingual Conversation Group
- and many workshops on different topics or services available.

**In total, 889 unique visitors came to the Community Space, resulting in over 2951 participations in our in-house activities.**

MEPEC works daily to develop a strong network of key community, public, and private organizations in order to improve, adapt, or create initiatives. These initiatives promote better access to services and information in English. During the 2024–2025 year, MEPEC participated in 221 meetings with 47 community, public, and private organizations, as well as in 11 committees and roundtables.



From 2023–2024 to 2024–2025, there was a 53.19% increase in the number of initiatives offered, a 38.9% increase in the number of unique individuals who participated in our initiatives, which resulted in a 10.4% increase in total participation.

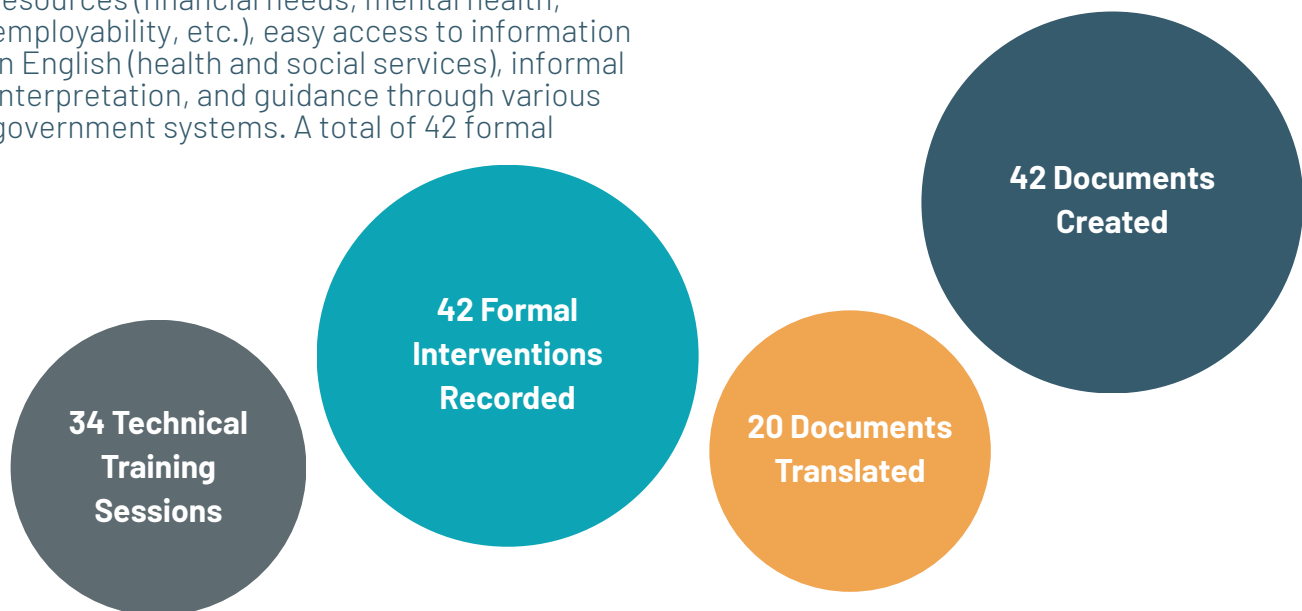


MEPEC places high importance on professional development and the enhancement of staff knowledge and skills. As such, MEPEC encourages its team to participate in technical training sessions, communities of practice with other network members to facilitate the exchange of best practices, and retreats to deepen their general knowledge. In total, 34 sessions were attended by team members.

Among the many services offered by MEPEC, support to community members lies at the very heart of its mission. This support can take several forms, such as referrals to community resources (financial needs, mental health, employability, etc.), easy access to information in English (health and social services), informal interpretation, and guidance through various government systems. A total of 42 formal

interventions were recorded. Note that in-person interventions during outreach events were not included in this count, but it is estimated that over a hundred such interventions took place.

MEPEC also creates and/or distributes materials to its community to raise awareness about available services and important information. This year, MEPEC created, updated, and shared more than 42 different types of documents, such as brochures, flyers, information sheets, the monthly newsletter, website content, and more. Additionally, MEPEC collaborated with partner organizations to translate 20 documents.



## VOLUNTEERING AT MEPEC

Once again, this year, a significant number of volunteers gave their time and energy each week to ensure the success of MEPEC's initiatives. A total of 47 volunteer opportunities were filled by volunteers from the community library, our active and enthusiastic parents, our Art Hive expert, our cleaning staff, our highly engaged seniors, and the Board of Directors.



Total of 26 unique  
volunteers



More than 2200 hours of volunteering

## FUNDING PROGRAMS

### Networking and Partnership Initiative (NPI)

The NPI program aims to enhance the vitality of English-speaking communities in Quebec by improving access to health and social services. To do so, MEPEC offered learning opportunities through webinars, training, workshops and outreach events, attended

health and social service tables and advisory committees, produced knowledge products, developed partnerships with other health and social services programs and partners that led to an increase in access to services for 880 English-speakers (ES).



23 workshops and outreach events held and attended



10 tables and committees participated



29 partnerships created and/or maintained



23 types of tools and publications created and distributed

### Healthy Early Years (HEY)

The HEY program aims to improve the health and development of children (0-6 years) and their families by improving access to early childhood health promotion programming and to reduce early childhood health inequities. A total of 403 ES participated in the program.



6 workshops and outreach events held and attended



3 initiatives offered



22 partnerships created and/or maintained



2 products with 14 tools and publications created and distributed

## Bright Beginnings (BB)

The BB program aims to improve access to health and social services for English-speaking children, youth and families. The program follows the same principles of the NPI program, but its focus is on the children and their families. A total of 531 ES participated in the program.



10 workshops and outreach events held and attended



3 initiatives offered



29 partnerships created and/or maintained



8 types of tools and publications created and distributed



6 tables and committees participated

## Youth Mental Health Initiative (YMHI)

The YMHI program aims to increase awareness and access to mental health services and resources for English-speaking youth aged 15-29. To do so, MEPEC offered mental health activities that involve youth in order to raise awareness and provide mental health resources to them and the community at large. A total of 555 ES participated in the program.



6 workshops and outreach events held and attended



3 initiatives offered



7 partnerships created and/or maintained



7 tools and publications created and distributed

## Senior Wellness Initiative (SWI)

The SWI program aims to break-down social isolation in seniors (55+), increase seniors' access to information in English and to increase their autonomy by offering health education and promotion activities. A total of 1500 ES participated in the program.



4 initiatives offered



9 workshops and outreach events held and attended

8 partnerships created and/or maintained



## New Horizons for Seniors (NH)

The NH program aims to empower seniors in their community and improve their health and well-being. To do so, MEPEC promoted volunteerism among seniors, informed them on topics of importance and supported their social participation and inclusion. A total of 600 ES participated in the program.



1 workshops and outreach events held and attended



5 initiatives offered

9 partnerships created and/or maintained

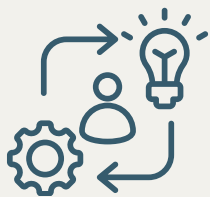


## Renforcer la vitalité des communautés d'expression anglaise du Québec (ERCC)

The ERCC program aims to contribute to the vitality of English-speaking communities, increase their ability to participate fully in Quebec society and strengthen community capacity in various areas of intervention. A total of 2267 ES participated in the program.



3 workshops held



10 initiatives offered



22 partnerships created and/or maintained



13 types of tools and publications created and distributed



7 tables and committees participated

## Vers l'accès et l'utilisation des services d'emploi en région des Québécois d'expression anglaise (Employment Strategy)

The Employment Strategy program aims to increase access to regional employment services and employability resources for English-speaking Quebecers aged 16 to 64. To do so, MEPEC worked with partners to inform its community about available services and resources, facilitated access to appropriate services and supported them through complimentary accompaniment services. A total of 325 ES participated in the program.



6 workshops and outreach events held and attended



1 initiative offered



6 partnerships created and/or maintained



31 tools and publications created and distributed



## Cooperation with Community Sector (PCH Program and Project)

The PCH program and project aim to increase activities and services to the official-language minority community and improve community vitality. To do so, MEPEC offered opportunities in the arts, culture and heritage sector to improve the sense of belonging and well-being of its community, increase cultural opportunities in the region and strengthen community vitality through skill-building. A total of 601 ES participated in the program and projects.



6 workshops  
and/or outreach  
events held



4 initiatives  
offered and 3  
created



24 partnerships  
created and/or  
maintained



5 tools and  
publications  
created and  
distributed

## Dialogue McGill Recruitment and Retention of Health and Social Service Professionals (McGill)

The McGill program aims to create and support strategies designed to recruit, employ and retain bilingual health and social services professionals in the Montérégie-Est. To do so, MEPEC provided financial support via student bursaries to health and social service students, promoted careers in the health sector and offered language learning opportunities to professionals to increase their language capacity. A total of 478 people participated in the program.



6 outreach  
events attended



2 initiatives  
offered

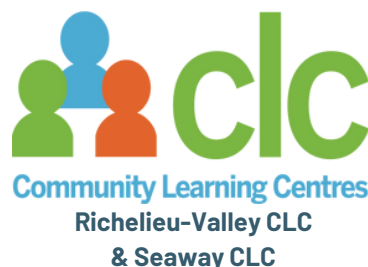


2 partnerships  
created and/or  
maintained



8 tools and  
publications  
created and  
distributed

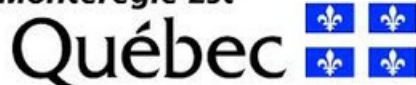
# Our Partners



Mount Bruno Elementary School  
 Cedar Street Elementary School  
 Courtland Park Elementary School  
 Mountainview Elementary School  
 Harrold Shepperd Elementary School  
 St. Mary's Elementary School  
 Boucherville Elementary School



Centre intégré  
 de santé  
 et de services sociaux  
 de la Montérégie-Est



# Our Partners



Table de concertation  
**Jeunesse**  
de la Vallée des Patriotes

dōTERRA

**Richelieu-Valley & Mount Bruno United Church**

Service  
Canada



**SCATTERED**

**Yes** Employment  
+ Entrepreneurship



**McGill**  
Ingram School of Nursing École des sciences  
infirmières Ingram

**Champlain**  
COLLEGES SAINT-LAMBERT



Membre de  
JA Canada



**CDAH** COMMUNITY  
DIGITAL  
ARTS HUB

**KIDS**  
KITS FOR KIDS

**SOUTH SHORE  
LITERACY  
COUNCIL**



**minibiblioPLUS**  
PROPOSÉE PAR FRASER HICKSON  
POWERED BY



**Le Berceau**  
Centre périnatal



