

MONTÉRÉGIE WEST COMMUNITY NETWORK
Réseau Communautaire Montérégie Ouest



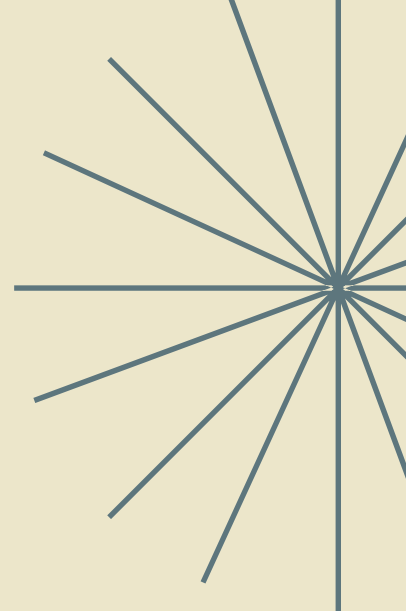
**THE STRENGTH
OF COMMUNITY IS
FOUND IN THE HOPES
AND DREAMS OF ITS CITIZENS**

ANNUAL REPORT

**2022
2023**

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A WORD FROM THE PRESIDENT

My name is Lise Brunette and I have had the pleasure of chairing the Board of Directors for the MWCN for the sixth year.

I am proud to welcome everyone to this 21st Annual General Meeting of the Montérégie West Community Network (MWCN). Our focus groups began in 1999, however our 1st AGM was held in 2002. It is our 24th year in operation and we have evolved throughout this period beginning as the Focus Group, then in 2004 we received our charter under the Chateauguay English Community Network (CECN) serving the Chateauguay district. In 2016, recognizing the need for supporting the English-speaking community in the Montérégie West we changed our name to The Montérégie West Community Network.

What a journey this has been, from an organization that was almost penniless and relying on volunteer work to get things done, to now having a staff of fourteen (14) people located in five (5) offices with three wellness centers and including our Learning Center for 4-5 year olds.

The Executive Director and the various staff members are eager to elaborate on the work being done throughout our region.

As you know, we now offer assistance and services in the five (5) Municipalités Régionales de Comté (MRC) assigned to us which are Roussillon, Haut-St-Laurent, Beauharnois-Salaberry, Jardins des Napierville, and Vaudreuil-Soulanges.

The head office is in Chateauguay, and the others are in Huntingdon, Candiac, Pincourt, and Hemmingford in addition to the satellite space in Beauharnois, thanks to St-Edward's Presbyterian church.

What fabulous accomplishments and proof of the dedication and drive demonstrated by all employees of the MWCN under the expert guidance and passion of our Executive Director.

Unfortunately, we had shocking sad news with the passing of one board member, Ian McLeod. Shocking because he had been present at the Christmas dinner for staff and board members and he passed away just 9 days later. He was a key person representing our Pincourt office and will be missed.

I also want to take this opportunity to thank all the past and present board members who have helped me reach my potential as President of the Board of Directors of the MWCN.

It is a pleasure and an honour to know and work with all of you. I would like to thank the staff members for their kindness and help.

We welcome anyone who wishes to become a member, become a volunteer, or join the Board of Directors. Thank you again for your participation in our activities, we are doing it for the well-being of all, and could not do it without your involvement.

Lise Brunette
President Board of Directors MWCN



REPORT FROM THE EXECUTIVE DIRECTOR



It has been an exciting year for me learning to balance the workload. Working in a large territory to the New York Border on one side and the Ontario Border on another. All 5 offices offer so much diversity working with families, seniors, organizations, elected officials, funders, and staff.

The question is how does one give equal attention to all areas without losing yourself in it. I think what is important for me are the people. The staff, the volunteers, the community members, the partnerships and networking.

Volunteers are the backbone of society. We have many volunteers. They all have different skills that they bring to the community, our organization always wants to appreciate them and thank them because without them MWCN would not be complete. There are some leading activities, donating crafts, gardening, taking attendance, transporting others, calling those who are more isolated and let us not forget our very important board members who meet diligently every 6 weeks.

Then there are the employees. All of them come to MWCN because they believe in our mission. They want to make a difference. They bring many different skills that compliment the wonderful work that is done. For me it is like watching a tapestry being created joining people of all ages, faiths, cultures, and backgrounds. How privileged we are to be a part of a bigger picture. Each one of you, in Pincourt, Huntingdon, Hemmingford, Candiac, Chateauguay and our very own learning center. You are all dedicated workers who care for the community, and you care for each other. For me, it is important that even though we are spread out, we still are one with the same mission to build a strong and vibrant English-speaking community.

With the new 2021 census results slowly appearing, it is quite evident that our population has increased. In 2016, we began at 82,500 English-speakers and now we are at over 100,000. Matt has prepared a report on this from the research done by CHSSN. It is available on our website.

Our partnerships have grown to more than 85, activities to over 100, membership to over 740, and volunteers to over 100. What is significant is that our funding has grown from \$0.00 to over \$900,000.00 in just 5 years. This has allowed for us to expand. However, we require much more financial assistance to serve this large area, and to have funding that would provide good salaries to a hardworking dedicated staff.



Our funding through the Community Health and Social Services Network (CHSSN) allows us support in Health and Social Services, Mental Health Initiatives, Healthy Early Youth, and Wellness Centers. The funding received from the Secretariat aux relations des Quebecois d'expression anglaise has boosted their funding to support satellite offices and employability throughout. The Lucie and André Chagnon Foundation supports our Bright Beginnings Early Learners' group for our 4-5 year-olds. Another important funder is Canadian Heritage which supports our region through cultural events. We need to increase our funding from Canadian Heritage as our territory has grown since we began receiving funding from them 3 years ago.

This is the time to thank our dedicated staff. These are people that are not working with MWCN just as a job, but rather as a vocation. They are people who love people, love to help, and love to create new initiatives to improve the quality of life for the most vulnerable and they strive at working as a team together despite the distances between our offices. MWCN is really very fortunate to have found these very special individuals who have made MWCN the success that it is.

Lastly, I would like to thank a very dedicated board of directors. Thank you for meeting regularly. You have all been there supporting me in my work. It has been very important as we have grown so quickly.

Thank you especially to our president, Lise Brunette, for always making herself available to me and remaining positive throughout our growth spurt. The future promises to be another big year. New ideas, new funding, an increase in space to welcome more people into our activities, new partnerships, and new initiatives. Thank you for allowing me to be the one to direct this growing organization. Thank you for your confidence.

Always grateful,

Pauline Wiedow

Executive Director MWCN



BOARD OF DIRECTORS 2022-23

- Lise Brunette - President (Roussillon)**
- Merlin Halliday - Vice President (Roussillon)**
- Don Rosenbaum - Treasurer (Roussillon)**
- Jayme McClintock - Secretary (Haut St-Laurent)**
- Susan Parker - Director (Roussillon)**
- Frank Cholette - Director (Roussillon)**
- Tracy Wilkins - Director (Roussillon)**
- Marlene Davies - Director (Roussillon)**
- Maureen Hoas - Director (Beauharnois / Salaberry)**
- Lucy Khatchadourian - Director (Vaudreuil-Soulanges)**
- Ian McLeod - Director (Vaudreuil-Soulanges)**
- Chuck Halliday - Non Voting Director**



STAFF

Chateauguay - Roussillon

- Pauline Wiedow
- Matt Mardini
- Tonya Wright
- Sharon Vocino
- Shannon Keyes
- Laura Bustamante
- Joanne Basilières



Pincourt - Vaudreuil-Soulanges

- Clément Bergeron
- Lorie Marcotte
- Jacqueline St. Louis



Huntingdon - Haut-St- Laurent

- Kim Wilson
- Nora Donnelly
- Debra Wright



Hemmingford - Jardins-de - Napierville

- Tina Calvarese



Candiac - Roussillon

- Sharon Vocino

REPORT FROM THE PROGRAM MANAGER



In 2022–2023, I was privileged to continue my work with the MWCN family, where I was able to grow, learn, and make a positive impact in the community. As a member of this esteemed organization, I had the opportunity to work closely with the ED on all aspects of MWCN and oversaw various supervisory responsibilities. I also played a key role in organizing programs and activities, developing communication strategies, and enhancing branding and graphic design initiatives, as well as overseeing publications and newsletters.

Tech, Website, and Social Media:

- I maintained the TechSoup account, which gives us, as a non-profit organization, many privileges, discounts, and free products from many providers including Google, WIX, Microsoft, ZOOM, and others.
- I maintained the Google Works Professional Business accounts benefiting from many privileges such as our emails, cloud storage, and Google professional tools.
- Maintaining daily and weekly improvements to our website; ensuring all our information is up to date for all the activities (online and in-person), including the online registration of our newsletters and forms to become a MWCN member or volunteer. Our new website is matching the level of any other esteemed organization, NGO, or governmental entity. It how we present ourselves to the world, our image, helping and attracting more members as well as getting more funders.
- Managing the social media accounts and posts.
- Maintaining the Microsoft 365 account, including a grant of \$2500 USD, which can be used for the cloud products and Azure online applications.

Online accounts:

Creating accounts on the online stores for MWCN (Amazon, Best Buy, Staples, BannerBuzz, and others), solving issues, and ordering materials. Create a Purolator account for MWCN to improve and facilitate courier services.

Job Openings:

Post new job openings on Indeed, LinkedIn, and Facebook Jobs, and review and manage the CVs, candidates, and interviews.

Support to new staff:

Orientation and support for new staff.

IT and technical support, creating an email account, Canva, Microsoft, preparing the laptop, etc.

Designing and ordering business cards. Providing general information about the organization and the job description and tasks.

Branding and Marketing:

Using Canva and its weekly updates, to improve our visibility and our online image; communication strategies; and monthly publishing of our newsletter and the program of activities for the organization. I also prepare and edit the posters and artwork for all the activities. I created many presentations throughout the year.

Employability:

Working on this file with Laura, I provided help and support.

Translate documents and PowerPoints:

Helping our partners in translation from French to English, like the PowerPoint document: "The Emergence of Language for Children" & Newsletter of the Community services for the families of the Greater Chateauguay area.

Tables and Committees

- ARC Health Fair Committee: Providing my experience in the exhibitions field to help improve this fair.
- Sitting on the table with the partners for the Événement Jeunesse Agora/Howard S. Billings partnering with: Liberté de Choisir, Benado, CSNF-École Howard S. Billings, NFSB, MDJ Châteauguay, Service de Police de Châteauguay, CJE Châteauguay, CISSSMO, MDJ Châteauguay L'Élan des Jeunes, and Ville de Châteauguay.
- I was at many meetings representing MWCN and working on new projects like the Star Program, RDN Video project Steering Committee, RHSSPT meetings with ARC, Educaloi Workshop, and Canadian Heritage Meetings.

MWCN mobile application:

I developed the MWCN mobile app, available on both Apple Store for IOS devices and Google Play for Android. While the app is in the beta version, it is a great opportunity for us to better connect and communicate with our community members.

Created a Privacy Policy for the website and the apps:

It is according to law that our website and app have a Privacy Policy. Whereas, having a Privacy Policy that is easy to locate has made our website and app look more professional and trustworthy.

Indigenous community: I collaborated extensively with **Keith Leclaire** MHS, CFNHM, Indigenous Health & Policy Consultant, to develop and deliver numerous presentations encompassing a wide range of topics relevant to the Indigenous community.

Supporting Ukrainian families: Developing a website in English and French, packed with essential information and links to service providers, to assist both Ukrainian newcomers and host families. To ensure inclusivity, we enlisted the help of a Ukrainian volunteer and added Ukrainian and Russian language options as well.

Funding Application Forms: Writing the applications for grants, such as:

Canadian Heritage Grant: Community Cultural Action Fund: Community Life, Development of Official Language Communities. ParticipACTION Community Challenge (Government of Canada & Saputo Fund).

Books and publications:

I worked with Tonya on publishing:

- Healthcare Booklet, introducing our latest health care booklet, created in partnership with MCDC to improve access to health care services in Montérégie West. Packed with comprehensive information on emergency care, mental health support, and more, this booklet is your go-to guide for informed decision-making about health and well-being.
- Updating the "Booklet for Young Workers" to the "Booklet for All Workers" to encourage and help all workers, covering all bases in the workforce, containing information on interview tips, workplace laws, and resources that are available.
- Updating Educaloi Directory 2023.

Working with MWCN has been an absolute privilege that affords me the opportunity to have a positive impact every day. I am thrilled to have the chance to continually acquire new knowledge, and feel deeply honoured to be a part of this remarkable team.

Matt Mardini - Program Manager



REPORT FROM CHATEAUGUAY OFFICE IN ROUSSILLON

BY TONYA WRIGHT, ADMINISTRATIVE ASSISTANT
& SHARON VOCINO, NPI CHATEAUGUAY-CANDIAC

The head office of MWCN is in Chateaugay. Six employees work from this office where all material is sent to for all of our offices' orders. Tonya Wright, Administrative Assistant started working for MWCN in January 2021. Her role as Administrative Assistant is to coordinate communication between all the offices, take care of membership of the entire MWCN, special programs, and reporting for Educaloi, Bright Beginnings, and HEY.

Sharon Vocino, NPI for Chateaugay-Candiac has been with MWCN since September 2021. Her role as NPI is to coordinate community outreach, coordinate and facilitate activities and consultations with members at both Chateaugay and Candiac offices, and represent the English-speaking community through participation in regional and provincial meetings and symposiums on relevant programs.

In our last fiscal year, our membership has gone up by 185 members. MWCN continues to be a growing organisation that has increasing visibility in the community year by year.

Activities

During this fiscal year the pandemic had finally made a shift and our members were more comfortable to be out in the community to do a variety of activities.

Similar to the last fiscal year, our members were thoroughly interested in physical activities. Our walking groups, both Happy Laps and our Wacky Walker group, met every week all year round. The members liked to converse and walk the streets of Chateaugay. We continued to have Zumba, Yoga, Belly Dancing and an exercise class, and we also added a Line Dancing class to our activities. We are also thrilled that we added our very first bowling league to MWCN's calendar of activities.

We also were able to have a variety of in-person activities using spaces in the community and our community room. We held many gardening classes, art classes, colouring groups, bingo, and game days. A Grief Group was started in the fall to support members in the community through their journey. We added a second level to the French classes that were facilitated by two volunteers and held at the NOVA Centre. We also switched our Tech-Talk class to be in person, as we had very little participation on Zoom.

Special Events & Outings

- Ile St. Bernard Picnic - At the end of June, MWCN hosted a picnic where 24 community members brought in the summer! Lawn games, walks around the island, and friendly conversation was appreciated by all.
- Old La Prairie Historical Tour and visit to the Farmers' Market - In August, 31 people (28 members and 3 employees including our summer student employee) took a chartered bus to Old La Prairie for a 2-hour walking tour of the previously walled city. Followed by a visit to the Farmers' Market where all the participants had lunch.

- Matt Mardini Sings Sinatra and Aznavour at the Rialto - In September, 40 community members either rode the chartered bus or drove themselves to the wonderful concert in Montreal.
- Blairs - Over 80 members from MWCN's different offices attended our Seniors' Appreciation Day Celebration at Blair Orchard in October.
- La Belle Gang - In mid-October MWCN hosted La Belle Gang's presentation of the theatrical piece, "Losing Control". 35 members of the community attended.
- Christmas Party at the Legion - In December, 44 members, including volunteers, celebrated the joyful season together at the Legion.
- Lunch and Learns - MWCN hosted 2 events on "Being Scam Smart" in November and "Inflation" in January.
- International Women's Day Event - In March, MWCN hosted a huge celebration where 245 community members signed up to attend. Speakers, singers, and many door prizes were appreciated by all.

Community Outreach:

Food Drive:

MWCN completed a second food drive for the community in partnership with New Frontiers School Board & the Chateaugay Legion. With the help of our members, we were able to provide 10 boxes full of non-perishable goods to families through St. Willibrord Elementary School, and we also made 6 baskets filled with contents to make a Christmas dinner for 6 families in the community.

Mary Elizabeth Noonan Seniors' Residence:

MWCN organizes activities for the English-speaking residents of Mary Elizabeth Residence. We presented a CHEP video on Taking Care of Your Mental Health in June. Our gardening group activities ran from April until October, including a salad party where participants ate the fruits of their labour!

Partnerships:

Selection Retraite:

MWCN provides the facilitators for weekly activities; zumba, belly dancing, and monthly board games at Vice Versa Selection Retrait in exchange for the use of their space.

Legion:

MWCN was proud to have the Legion as a partner again this fiscal year. Their space is much appreciated for lunch and learns as well as celebrations.

OLPH:

MWCN continued the partnership with OLPH throughout the months between September - May to hold various workshops, events, art, and physical activities, as well as special luncheons for our members.

New Frontier School Board:

Community Spirit Awards - the 15 schools of New Frontiers School Board nominated students who showed outstanding community spirit. Certificates were presented to 42 students and bursaries were given.

Tonya is on the Governing Board at NOVA as a community rep to give updates of MWCN and partner with projects for the community. Meetings are held bi-monthly in person. MWCN also uses space in NOVA to hold our French conversation classes and Line Dancing class for our members.

Chateauguay Office



Art with Cari Workshop



Art with Ilana at OLPH



Art with Kathy



Blair's Orchard Trip



Bowling League



The Book Club



Community Spirit Award



French class at NOVA



Gardening at Mary Elizabeth Noonan



Ile. St. Bernard Picnic



Knitting Luncheon



Games in the Park



Lunch and Learn at Legion



Rock Painting



LaBelle Gang at OLPH



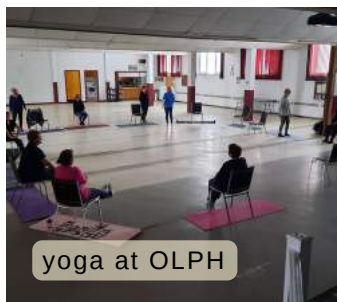
Volunteer Brunch



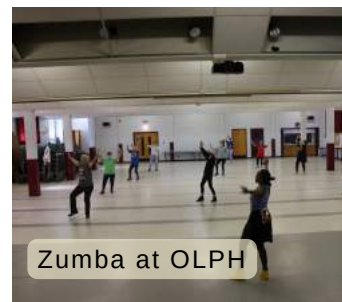
Wacky Walkers



Walk at Fernard Seguin



yoga at OLPH



Zumba at OLPH

Volunteers:

MWCN Chateauguy had a total of 70 volunteers who helped us with various events, activities, and projects. We held a luncheon for our knitting group for Christmas and we had a total of 20 volunteers attend. In April 2023, we held a special Volunteer Appreciation Brunch at Oeuf Plus and we had a total of 27 volunteers attend.

Publications:

MWCN produced three publications this year. Two of our publications were revised and republished for Educaloï. We also revised our Healthcare Booklet, which has shown to be an instrumental tool for our community.

- **Booklet for All Workers:** this booklet was revised and updated to support all ages when it comes to awareness of work laws, interview tips, and resources that are available to the working community.
- **Educaloï Directory** on real-estate agents, accountants/bookkeepers, lawyers and notaries: this directory was revised from last year's edition and included the new territories that we now service in the Montérégie West.
- **Healthcare Booklet:** this booklet was redesigned, edited and extra material was added to best suit all of the health-related information for our community.

REPORT FROM CANDIAC OFFICE IN ROUSSILLON

MWCN's office in Candiacy, in collaboration with ARC, provided the English-speaking community with services from our office situated in the town that borders the two organizations. MWCN complimented the activities organised by ARC; a social group, walking group, and knitting group, with Friday activities; outdoor skating from December to March, and exercise sessions in the park from April through November. The information for online educational conferences and information sessions was shared with the community.

Sharon and Sandra sat on the committee for La Nuit des Sans Abri; a Monteregie West homelessness awareness event which took place in Chateauguy in October, and represented MWCN during the presentation of local community organisations at the Rallye des Médecins in July - a CDC sponsored event where resident doctors rode a bus to different areas in our region to hear about services offered. They also facilitated a knitting group at John Adam Memorial Elementary School in Delson.



REPORT FROM THE BRIGHT BEGINNINGS COORDINATOR



April 2022 - March 2023

Bright Beginnings continued to support early learners with our 4- to 5-year-old group, 5 days a week. Throughout this time, students engaged in many different activities such as crafts, games, and free play. What separates this program from others is our high focus on education. It is our goal to have each student that was entering into our 4-year-old program ready for the longer and increased educational days while ensuring our graduates are ready to have an easy transition into kindergarten with many future successes.

In May, Tonya and I began working on the year-end video that was handed out on graduation day. We spent many hours putting this keepsake for parents and students together. The video consisted of photos taken throughout the year: the students singing, dancing, stating what they want to do when they grow up and including them acting out Mortimer. At the end of the video, we showed each Grad photo, which then turned into all the students waving goodbye. Needless to say, it was a huge success.

May also brought us a summer student to help support siblings that came to us from Ukraine. These 2 new students were integrated with the class during free play, circle time, snack, and lunchtime. During learning blocks, Ashley would take the 2 students into Room 207 to try teach them basic words in English, colours, and shapes.

On June 22, 2022, we once again had to say goodbye to another fantastic group. Fortunately, we did have some stay, who rejoined us the following fall.

In mid-August, we began our re-opening to welcome back old and new students. This year we started with 8 students, 5 anglophone and 3 francophone. By the end of September, we welcomed back 2 students, due to parents preferring our program to the program Kindergarten had to offer. This brought us up to 10 students, until December when we added another student, and then in March, we added our last. We are a full, happy class at 12 students - 7 girls and 5 boys.

As mentioned above we provide a safe learning environment for our students. Besides the learning-based curriculum, the students also enjoyed Friday Fun days, a Halloween party, we honoured our veterans on Remembrance Day, celebrated Christmas and enjoyed St. Patrick's Day festivities. The students also did an apple and penguin project, took fall and Christmas photos, which were printed and given to each parent at no cost. A fun new event we had this year was Winter Carnival week. Everyday I had fun activities for them to do, from science experiments to a full day at Gym Fly. Once again, this was at no cost to any of our families.

Bright Beginnings will continue to prioritize education and provide support to our families in this community. We are proud of the successes that we have had so far with this learning program and will do our best to continue our success. Each year we may need to adapt to new challenges, but I am very confident that our outcome in the end will always be a great one.

SHANNON KEYES - BRIGHT BEGINNING COORDINATOR

REPORT FROM PINCOURT OFFICE IN VAUDREUIL-SOULANGES

The Pincourt office represents the 23 cities in the MRC of Vaudreuil-Soulanges.

Working closely with both the NPI Coordinator, Clement Bergeron, and the Program Coordinator, Jacqueline St. Louis, and at the direction of our Executive Director, Pauline Wiedow, I am responsible for developing and coordinating community events, activities, focus groups, and territorial partnerships. My Special Projects encompass managing, evaluating, and statistical reporting for the Senior Wellness Centres, McGill Dialogue Bursaries & Linguistic program, Internships, and Stagiaires.

Some of the highlights during this past fiscal year were:

Health & Wellness Fair in V-S on November 12, 2022, with 36 organizations participating. This was a very successful event, which brought recognition to MWCN, not only in partnership and membership, but with substantial networking between all the organizations as well. This event also included a presentation of the new V-S Hospital, in both English and French, with a packed house for the much-needed English presentation.

McGill Dialogue Retention program is a wonderful resource for both students studying in the Health and Social Services programs, and professional healthcare workers who want to practice their English. Through an application & recommendation process, MWCN administers all the bursary documentation of applicants including the tracking of past and present bursary recipients. This past year, we came up with an idea to target High School and post-secondary students with a new pamphlet highlighting all the programs that are accepted by the Quebec Health Care sector. This initiative was timed to coincide with our V-S Youth Gala.

Seasonal Programs of Zoom Conferences & Info Sessions are ongoing in the Pincourt office and continue to provide valuable information on health and well-being to our community. Jacqueline is presently working on a more diverse portfolio such as **Addiction** with the CISSSMO-CRD, **The Stages of Grief** with the V-S Palliative Care, and the **Importance of Wills & Mandates** with Yasmine Bensalem, Notary, who is very passionate about educating seniors with end-of-life legal documentation. Our most popular presentations are by Katherine Barr, Therapist, who facilitates various self-esteem sessions.

Internships & Stagiaires are two great initiatives that the Pincourt office has been offering for the last 2 years. These are great learning opportunities for the students involved, providing valuable insight and experience for their future endeavours. This past year, our intern, Kendyl Rankine, worked closely with our stagiaire, Michel Nadeau, who lives with disability challenges. Their work together produced a pamphlet and video that showcases the difficulties of living, working, and trying to thrive in a world that is not always adaptable to their needs. MWCN will now work with this material and produce an information presentation with a goal for other organizations to become, not only aware of, but also adaptable to disability challenges.



Ukrainian Outreach & Support has been ongoing at the Pincourt office, and with the help of our community members, we were able to assist a family from Kyiv with 3 young children with financial support for basic items and to find temporary accommodations, until a permanent residence could be found. Appreciation and recognition goes to Deirdre Potash of Artwill Studio who opened her home to this family for over a month.

Jacqueline was also very successful in helping a young woman, Marishka Denisiuk, who traveled alone from Kyiv to Quebec, searching for a better life, having fled the war in Ukraine. We were happy to not only assist with her documentation, but we were pleased to help her find employment in Ile Perrot.

L'Aiguillage - Homeless Shelter in V-S received over 1000 basic hygiene products in December collected from our very generous MWCN community. These items are in constant need at the shelter due to a limited 2-week stay and transition period, in which the 'unhoused' who are struggling, can obtain support, assistance, and valuable resources.

Volunteers are so important to the success of all our MWCN offices. V-S was able to host a volunteer breakfast this year for 10 volunteers who not only helped with activities during the year, but who also assisted in the success of our Health Fair. One very special volunteer, who was recognized with a certificate of appreciation, was Chloé Alare-Grant, our youngest volunteer of 11-years old. She not only helped paint and prepare 150 gift bags of painted rocks, but prepared gardening bags for Mother's Day deliveries and cut out Christmas tree cards for our seniors to write messages to 4 elementary school students.

Chartwell - le Prescott (CHEP Viewings) occurred once a month where MWCN Pincourt facilitates health conferences by the Community Health Education Program that had been previously viewed. The English residents appreciate that we provide English presentations on subjects such as "Women's Heart Health", "Taking Care of your Mental Health", and "The Expanding Role of the Pharmacist" to name a few.

The Fun activities are always highly attended in all our offices! This past year, some of the more popular activities and events were our Boots 'n Hearts Western Dance in support of the Second Mile Seniors Club, our Saint Patrick's Day parade breakfast, and of course any Arts & Craft activities, such as our Easter Ducks, Color 'n Chill, and lots of Rock painting.

LORIE MARCOTTE - COORDINATOR OF COMMUNITY DEVELOPMENT & SPECIAL PROJECTS



Pincourt Office



Chartwell - CHEP Viewing



l'Aiguillage Hygiene Drive



Fun activities Easter Craft



Fun activities St-Pat's parade



Fun Activities Boots 'n Hearts Western Dance



Internships & Stagiaires Thrive Program



Internship Kendyl Rankine



l'Aiguillage Hygiene Drive



McGill Dialogue Retention Program



Stagiaire Michel Nadeau



Ukrainian Outreach Olga and Family



Ukrainian Outreach Marishka & Jacqueline



Volunteer Chloe



V-S Health Fair - Hospital presentation



V-S Health Fair



Volunteer Chloe



Christmas Tea party



Country Dancing - Boot 'n Hearts



St-Patrick's Church volunteers

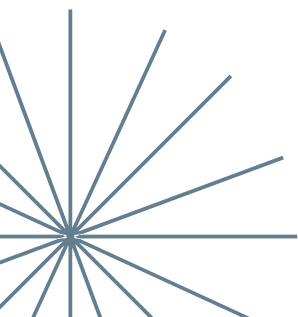


Veronika & Yuna from Ukraine

REPORT FROM THE COORDINATOR OF THE NETWORK PARTNERSHIP INITIATIVE OF VAUDREUIL-SOULANGES

1. Mise sur pied et gestion de trois programmations d'activités gratuites sur ZOOM automne 2022, hiver et printemps 2023 pour Vaudreuil-Soulanges avec le développement de partenariats avec une vingtaine d'organisations communautaires et institutionnelles de niveaux local, territorial et régional; le tout pour produire 42 sessions de formation/information;
2. Mise sur pied et gestion d'un partenariat avec le Journal hebdomadaire The Southwest Voice - coordination MENSUEL du journal et de l'équipe du MWCN pour la production d'articles et la visibilité du MWCN (12 MOIS d'affilés);
3. Mise sur pied et gestion du YOUTH GALA 2023 on line : commanditaires, représentants politiques, partenaires (Desjardins, LBPSB), coordination de 11 écoles et de 52 familles;
4. Présence et participation active du MWCN à NEUF tables de concertation de la région de Vaudreuil-Soulanges dont plusieurs sous-comités (11); ça porte de beaux fruits pour la communauté d'expression anglaise de Vaudreuil-Soulanges; (150 rencontres ZOOM);
5. Coordination et gestion du service de traduction gratuite pour les organisations communautaires et institutionnelles desservant la communauté d'expression anglaise de Vaudreuil-Soulanges et la Montérégie Ouest, et ce, grâce à la contribution d'une bénévole de la ville de Hudson qui est une professionnelle retraitée en traduction.

CLEMENT BERGERON - NPI VAUDREUIL-SOULANGES



REPORT FROM HUNTINGDON OFFICE IN HAUT-SAINT-LAURENT

The Chateauguy Valley office represents the 13 municipalities of the Haut-Saint-Laurent region. We have been creating relationships, building partnerships, and serving our community members for just over 4 years. Kim Wilson, Debra Wright, and Nora Donnelly have developed, implemented, and promoted numerous activities within our English-speaking communities. We are very fortunate to witness the tremendous growth of the municipality of Huntingdon resulting in a greater membership base for us as well.

CANADIAN HERITAGE ACTIVITIES:

We are thrilled to be able to offer Heritage activities to our members and our community. With Heritage funding this year we worked on developing partnerships and friendships with Kahnawake, the goal is to put together a book about the heritage history and recipes from the Mohawk community. We are building bridges to include everyone in the Montérégie West. At Christmas, we partnered with Anyze Goyette, our community organizer at CISSMO. MWCN collected Cards from 886 Students from 9 schools in the New Frontiers School Board. Each card was unique and held a special message, some were French, some were English, and some were bilingual; a true representation of what our kids are exposed to in their classrooms every day.

Throughout the year, we organized initiatives to bring intergenerational activities to the community. Through our Pen Pal project, we were able to link 50 grade 9 students with 50 members of the community to share and exchange thoughts, ideas, and stories, through the art of letter writing. Many of these letters were written by hand, some in cursive, and some were typed. The Rural Youth gala for 2022, was the 11th edition for youth in the Haut-Saint-Laurent region. 57 youth received various awards for recognition of Volunteer or Citizen Involvement, Resilience and Commitment in one's Life Course, School or Social Perseverance, and Cultural Action. In 2022, we had a record number of English youth recognized. Our Huntingdon Office was proud to have several of our ladies join us for MWCN's International Women's Day event in Chateauguy. All together, we had 35 people from the Chateauguy Valley in attendance and we had phenomenal feedback. The ladies were inspired and felt so good being back to a crowd and felt so amazing to just be surrounded by Women who were inspired and inspiring. We were also privileged to have 8 students join us from the IB program and Howard S. Billings to help as volunteers. The Kids were amazing and helpful, polite and respectful. One of our up-and-coming activities is our Computer Literacy for Seniors; Tech-Talk has morphed from one-on-one conversations to bigger groups. We ended our 2022 Tech-Talk with 6 people in attendance at the same time. From this session we learned that they had the same problems and were learning together - this brought them confidence in themselves. Going forward into 2023, Tech-Talk will be called Web-Wise Seniors. With the guidance of our Project Coordinator and an assistant, our class of 6 has grown to 15 registered participants with sessions every 2 weeks. The idea is to get Seniors comfortable with their devices and not to be frustrated by them, while working together, and building self-confidence.

It is through activities like these that we connect our youth and seniors, which create memories and friendships to help both older and younger people feel cared for and valued. Intergenerational friendships help make communities stronger.

ACTIVITIES IN-HOUSE:

The Huntingdon office is always buzzing with activities from weekly games of Bingo to our Book Club and Knitting. Every day something is being offered or organized for everyone to be able to do. In an average week, we offer 10- 15 activities: French Conversation classes, Pickleball twice a week, a Walk and Talk group, Tech Classes, T.O.P.S. meetings, Conversation Café, Let's Talk Tuesdays, Art Hub, and so much more.

Our most popular activity by far is Bingo on Thursdays. Bingo is run completely by volunteers. The group is often loud, and they break out into laughter. The best part of it is that it is made up of varying groups. We have francophones, anglophones, seniors, and teens who have taken part. It has become: the coming together of anyone who just wants to get out of the house and have fun. We have seen and watched friendships grow out of this activity and nothing beats the laughter we get to hear from all of them.

OUTREACH ACTIVITIES:

MWCN hosted a kiosk at 4 local fairs giving us the face-to-face opportunity to meet people and gain new members. Thanks to a kind donation of a beautiful queen size handmade quilt from our "Quiltivators", we were able to raffle it off throughout these events with all monies donated to the MWCN. MWCN was happy to partner with Kits for Kids allowing us to support and reach out to the 0-5 organizations within the Haut-Saint-Laurent and Beauharnois/Salaberry regions increasing our support and building new partnerships. Our Christmas Tea was a huge success with over 50 people in attendance. Tables were set and refreshments were served. The Christmas Spirit was high with participants singing Christmas Carol karaoke and creating Christmas tree ornaments. MWCN is always trying to find a way to support our partners. Our local Women's Shelter was looking for unused luggage donations to help young families who arrive usually with just garbage bags on their backs. Our members collected winter boots in collaboration with a local church to help provide for the homeless within our communities.

COMMUNITY ENGAGEMENT:

This past year allowed us to have much greater visibility within the communities we serve. Members enjoyed a variety of cultural outings; one such event was at the Droulers-Tsiionhiakwatha National Historic Site. Over the past year, our members had the opportunity to increase their knowledge. We offered 20 different live event sessions on topics ranging from healthy heart care to Electoral Riding education sessions. Anyone wanting to stay physically fit was able to participate in chair yoga sessions or take part in one of our senior fitness classes or learn to play pickleball or horseshoes. Our history lovers enjoyed the trip through time segments as well as the documentary we hosted "What we choose to remember" La Belle gang allowed us the opportunity to witness a live play on the topic of Alzheimer's / Dementia, performed for our members. As part of the "visit our seniors" challenges, we visited 10 different senior residences along with a representative from CISSMO and musician volunteers; this was truly a special event. We hosted two different live paint sessions with a teacher, one at the Ormstown Legion and the other at the Huntingdon Legion.

SUPPORTING YOUNG FAMILIES:

MWCN has been busy supporting our young families through different initiatives. This past year MWCN partnered with two local 0-5 organizations to develop new projects. Our Bookworm Club in collaboration with the local library saw parents and tots participate in weekly early literacy activities with books, singing, and crafts. Une Affaire de Famille partnered with MWCN and the Ormstown Village Church to host their Little Adventurer's Drop-In playgroup on Friday mornings where parents and their little ones can gather to break isolation and increase engagement between youth and adults. With the support of one of our volunteers, we hosted two 6-week sessions of Basic Electronics with Heritage Grade 5 & 6 students, after school once a week. Students were engaged and learning through practical, hands-on learning.

NPI NETWORKING/PARTNERSHIPS:

We are happy to announce that four visits have taken place with local mayors of the Haut-Saint-Laurent showcasing who MWCN is and offering support where needed. We developed partnerships with The Ormstown Village Church, Ormstown Legion, Huntingdon United Church, Une Affaire de Famille, the Little Green Library, the Centre Ressources Familiale, and CISSMO. These new partnerships offered activities to cover all ages. We have opened our Wellness Centre doors to CISSMO to help support them in hosting their workshops for vulnerable English-Speaking families as well as English Mental Health Support groups, all within a calm and relaxing environment. With this partnership, CISSMO allows participants exposure to all that MWCN has to offer. MWCN continues to represent the English-Speaking population at the Table de Concertation des Aînées du HSL, Concertation en accessibilité, promotion et coordination des services du HSL, the 2023 Salon des Aînées Committee, Distinction Bénévoles HSL, local youth gala, STAR program candidates and CVCEC Governing Board.

**KIM WILSON - NPI / DEBRA WRIGHT - PROJECT COORDINATOR / NORA
DONNELLY - COMMUNITY OUTREACH COORDINATOR - HUNTINGDON**

Huntingdon Office



Bursary Winner



0-5 Playgroup



French Class



Guy Rogers



Art Hub



Kits for Kids



Generations unite



Legion Fundraiser



Men's Club



Paint Night fun



Quilt Raffle



Sunflowers



Theatre presentation



Women's Shelter Support



Paint night group



Vlfld Craft Idea



Tech Talk



Lunch 'n Learn



Little Adventurers



Wednesday Games

REPORT FROM THE HEMMINGFORD OFFICE IN JARDINS-DE-NAPIERVILLE

The Hemmingford Office has now been open for one year! And what a year it's been! A year of discoveries, a year of connections, a year of creation, and a year of difference for the Hemmingford community.

Since the Hemmingford MWCN office is located in the same building as the Service d'Action Bénévole's Hemmingford office, it was a priority to build a partnership with the organization to avoid duplicating their existing activities and to join hands to create a lot of new ones. The first project was to join in their Seniors' community lunch, which takes place once a month and serves approximately 100 meals. It was very productive for the seniors to see an MWCN presence at this monthly event to get to know our services and activities. Anne Healey, the SAB coordinator, and I distribute a monthly calendar announcing all our activities for the next month. A very cost-effective way to publicize each other's activities!

On December 20th MWCN Hemmingford held its first Christmas lunch for the children of Hemmingford Elementary School. Over 100 turkey and tourtière lunches were served to the very happy children and, because of an incredible partnership with the Karen Kurtz Toy Drive of St-Lambert and the Quebec Literacy organizations, each child received a Christmas gift and a book from Santa. It was quite a success!

MWCN and the Service d'Action Bénévole held the joint Hemmingford Open House on April 12th and what a success it was. It was great to connect with the Hemmingford residents and celebrate our one-year anniversary. A huge thank you to the MWCN employees who took part and helped me on that day. I couldn't have done it without the team!

I am very proud to tell you all about the Pantry and Community closet now open inside our building. It has been clear from the beginning that the need to supply the community with accessible non-perishable food and clothing would be a huge help to the less fortunate families in the area. Through the help of fundraising, collecting donations from all the MWCN offices, and the generosity of many Hemmingford residents, we've been able to offer a steady flow of food, clothing, toys and household goods. The Hemmingford office has also created a partnership with McGill University's Kits for Kids, and we have distributed over 25 kits to the new moms of the community.

Our activities continue to take place; Jigsaw Puzzle exchange, Colouring Café, different workshops with the community partners and our very popular After School Fun class where we offer snacks and fun activities to the kids after a tough day at school. Many new activities are already planned for the following months: a landscaping/gardening workshop, nutrition mornings with Lucy our local nutritionist, a joint ceramic café with the Huntingdon office, and many more.

TINA CALVARESE - OUTREACH COORDINATOR - HEMMINGFORD

Hemmingford Office



After school fun class



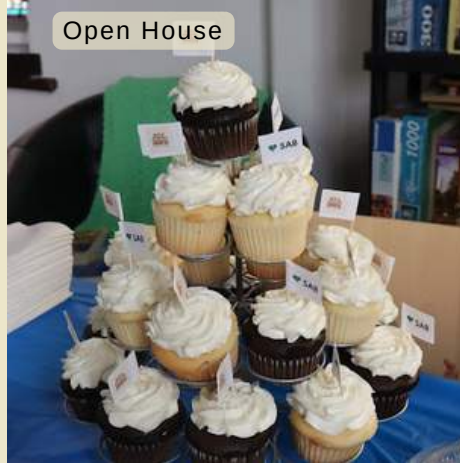
Kids at Hemmingford Elementary



Kits for kids



MWCN Craft Table



Open House



Open House

Service d'Action Bénévole "Au coeur du jardin" inc.



After school fun class



Elementary Christmas Lunch



Open House



Pantry



Volunteers for Christmas Lunch



Spoiling our seniors

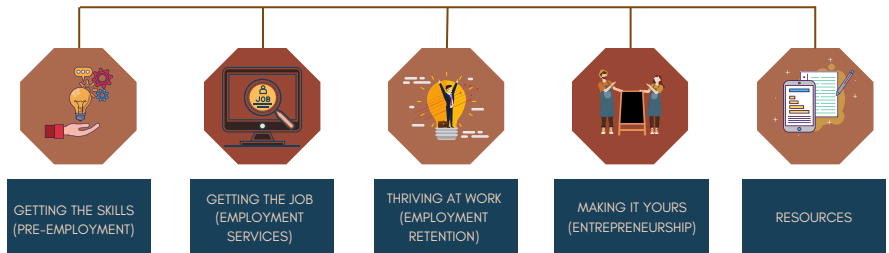
EMPLOYABILITY REPORT

Mandate:

To address the employment challenges of English-speaking community members across the Montérégie West.

Employment services this year targeted employment challenges such as:

- Language barriers
- Workplace dynamics
- Work-life balance
- Burnout prevention
- Employment retention
- Interpersonal communication skills
- Entrepreneurship... And more!



Employment Initiative Participants

- 92 youth participants were engaged through programs including goals & vision board workshops, conversation clubs, a young moms life-skill group, work-ready workshops, and Interpersonal communication Mixed Media Arts programs.
- 136 adult participants were engaged through employment initiatives such as career fairs and community booths, drop-in employment coaching & job search assistance, vision board and goals creation programs & French Classes, and conversation clubs, and 5 Lunch & Learns for adults in vocational training.

Current Employment Partnerships

YES-MTL – Saffire – NFSB – MEPEC – ARC – Educaloi – P.S Jeunesse – Vision-Travail – Espace Pivot – Options – Station 7 – Alliance Carrier Travail – Carrefour Jeunesse Emploi – LOVE

Resources & Additional Initiatives

- **Workforce Ready workbooks** and facilitator guides (5x50 pages) were created; packed with interactive activities, worksheets, info-graphics, and group activity outlines.
- Employability Services **promotional materials** and banner were designed to help spread the word of services offered!
- **3 surveys** were created and 2 focus groups were conducted to better understand the needs of job seekers in the region.
- **Employability Instagram and Facebook accounts** were created to serve as a direct line of contact to English speaking community members speaking, particularly to the younger generation. It is also a continued dialogue to share updates, tips, tricks, and resources.
- **Online Job Board:** The Monteregie-West Community Job Board, an online Facebook group that serves as a forum for community members, job seekers and employers to share work opportunities, services, and resources. It is also intended to be a way to build and strengthen relationships with local businesses and share opportunities for professional development with community members.



Employability Projects:

Workforce-Ready Workshop Series: A 25-hour work-skill training program was developed in partnership with the H.A.E.C.C Work-Ready program and CVR W.O.T.P. program. The program aimed to help students increase their skills, boost their confidence, and give them physical, emotional, and social tools to help them succeed in the workforce. 16 students successfully completed the training and the increase in the participating students' confidence and knowledge of existing resources was astounding.

NOVA Lunch & Learns: 5 Lunch & Learn workshops were developed and facilitated at NOVA Career Centre on topics including; Interpersonal Communication Skills, Work-place Style, Professional Online Presence, Self-care, Burnout Prevention, Networking, Marketing your strengths, and Interview skills. The workshops were a tremendous success, and each one was filled to capacity. Student feedback was primarily that workshops should be longer and offered more frequently!

Options Pregnancy Clinic - Mom Squad Workshops: Options pregnancy clinic is an organization that assists young moms (14-25) and their children. 3 Work-Life Balance workshops were developed and facilitated during the clinic's drop-in mom squad program. The workshops were specifically developed to target the unique needs of the group members and provided resources, suggestions, and open dialogue about flexible work options and entrepreneurship.

Accessibility in the Workplace Resources: Accessibility resources were developed with the assistance of a Concordia University Therapeutic Recreation intern and a student volunteer who uses a wheelchair. These resources were created with information collected from a focus group & the survey results from a group of students with special needs.

Espresso-Discussion: A weekly bilingual conversation club was hosted in partnership with P.S. Jeunesse at our Pincourt office. This program has been very successful in connecting members with employment counselors at P.S. Jeunesse. It is a place where anglophone and francophone individuals come together to learn from each other, improve knowledge of the needs and challenges of each community and practice their second language in a safe and welcoming space.

LOVE (Leave Out Violence Everywhere): A Partnership between MWCN & LOVE offered a weekly Mixed Media Arts program with 3 classes at the Chateaugay Valley Regional High School. The program used arts, photography, creative writing & discussions to explore difficult subjects and teach interpersonal communication & emotional intelligence.

Job Search Assistance & Referrals: Drop-in employment services offered support for English-Speaking community members looking for employment. Job seekers were able to book a session with the employability coordinator where a short needs assessment was conducted and an action plan was created. The participant then filled out an information release form, which allowed MWCN to directly refer individuals to community organizations that would follow up directly with the participant. These sessions looked at the needs of the individual as a whole and referred participants to other services that could support other challenges that may be contributing to lack of employment.

LAURA BUSTAMANTE
EMPLOYABILITY COORDINATOR (2022-2023)

Employability Services



Concordia Career Fair Booth



Workshop participants at CVR receiving Brand New Interview outfits!



Mock Interview Workshop



Professional Profile Photos Photoshoot



Employment services partner booth at MWCN Heath Fair



Self Care & Professional Image day at CVR



Bilingual Conversation Club



CVR Students in the LOVE program



LOVE Student Art Show at CVR



Dress 4 Success Interactive activity



Business Card Design Workshop Activity



Marketing Your Strength Workshop at CVR



Drama Therapist Leading Workshop



Workforce Ready Program Graduation



NOVA Workshop participants with their new smart watches!



Creating Soothing Bags for Stress Relief



Interview Prep Kits for workshop participants



Employment Services Partners - Fair Booth



Creating Self care Kits for burnout prevention



Work-Ready Power Skills Workshop

MWCN – A VISIBLE PRESENCE IN THE COMMUNITY 2022-23

MWCN continues to be very present in the community. Having 5 offices and additional projects in the English Church in Beauharnois have provided us with many opportunities to increase our visibility. The 4th annual Youth Gala in Vaudreuil-Soulanges is another initiative that has been beneficial in partnering with the Lester B Pearson School Board, bringing together the leaders in the community such as the MNA, MP, and the deputy who supported the students with bursaries. Seven mayors also got together, and another bursary was created. Thanks to the continued support of the Caisse Desjardins de Vaudreuil-Soulanges who provided us with \$10,000 to cover the bursaries for 52 students as well as future projects.

In February, we partnered with the Second Mile Club and were able to have a Western Dance Supper. Through this partnership, we had the opportunity to promote Elder Abuse Awareness through our funding from the Service Canada New Horizon for Seniors Project. In the Haut-St-Laurent, again through another Service Canada Project, we have been successful in continuing our partnership with the Village Church in Ormstown as well as forming new partnerships with Une Affaire de Famille creating our Games Café every Thursday. The small committee we created in Ormstown also included the Ormstown Legion.

A meeting with the SAB in St-Rémi in February helped us to organize our Open House together in Hemmingford. It was a great collaboration that energized the community. Tina and Ann continue to reach out and work together with new moms, the after-school project, and are now preparing for a summer project with the young preteens. The Seniors program continues with lunches and inter-generational projects.

We continue to work with the seniors' residences including Chartwell, Vice Versa, Elizabeth Noonan, and CHSLD Haut-St-Laurent providing activities and information to support healthy aging.

Participating in the Corporation de Développement Communautaire in Roussillon, Haut-St-Laurent and Vaudreuil-Soulanges contributes to enlarging our capacity to form new partners and engage in new projects.

Our program in employability has also provided us with the opportunity to work in the Work Ready Program at New Frontier School Board.

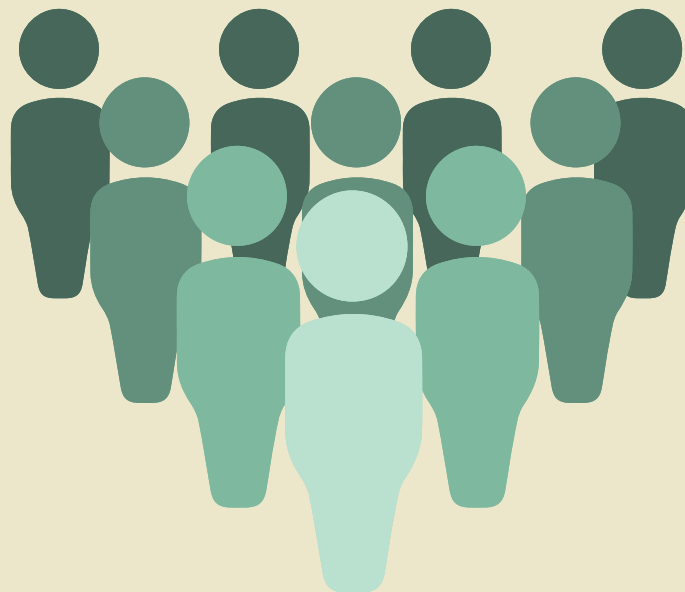
Through our Mental Health Programs, we have had a great year partnering with New Frontiers School Board and also LOVE (Leaving out Violence Everywhere) to bring together 3 high school classes and provide an excellent program to support students on their learning journey.

Through our very capable coordinator, we were able to support NFSB students and teachers through the Mésure Program and encourage them in their studies and potential job opportunities.

Our special projects coordinator has been working diligently with Kahnawake as we work together interviewing seniors sharing their stories and traditions.

Kim and I have had the opportunity to meet with the Mayors in Howick, Elgin, Ormstown and have scheduled a meeting with the Valleyfield Mayor. It is always interesting to learn from each other and gives us an opportunity to see where we can work together.

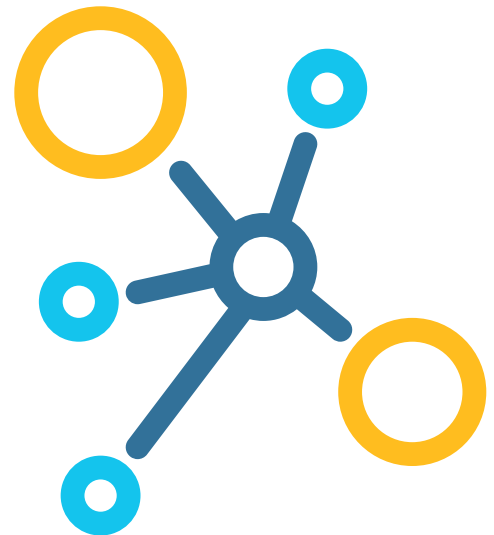
Pauline Wiedow - Executive Director



KEY COMPONENTS 2022-23

NETWORKING:

MWCN finds itself becoming more and more visible throughout the Montérégie West. Networking with the elected officials is an ongoing occurrence. Having 66 municipalities in 5 MRCs in our territory means we still have a lot more to cover. We are thankful for the NPI staff who are diligently working to meet as many leaders in the community as possible. Networking with other community organizations also permits us to form partnerships that complement each in their work. We find that the francophone organizations are very welcoming to the idea of our participating with them to attract the English-speaking community. Participating at key tables is necessary for us to be recognized as the organization that has the resources to help them reach this minority population.



REPRESENTATION:

We are increasingly being represented on many tables as we now have 14 employees in 5 offices and an early learning center. We also have representation in Beauharnois and have already connected with a small group of seniors who are isolated as well as some men with mental health challenges. Having this venue has permitted us to grow our group, reach out in the community and have the doors open to help those who are vulnerable. We are well represented in Health and Social Services within many organizations throughout the Montérégie West. Municipal officials, MRC officials, and our local government officials are increasingly hearing about us. We have a power point presentation ready in French and English. We have a report of the 2021 statistics ready to begin sharing in the community. Thanks to our Program Manager we have a very engaging website that is updated regularly. Our other promotional materials and social media are all managed by Matt who takes pride in giving MWCN a very professional look.



KNOWLEDGE DEVELOPMENT:

Our revised Health Passport Booklet continues to be updated with new information as we increase our visibility in the different MRCs. Some of the funding we receive from CHSSN and McGill helps us to keep it updated and provide more to be printed. As we deliver certificates to the Health Care workers through the STAR program, we also distribute these Health Booklets, which they find to be a useful tool for their clientele. They are also useful for healthcare workers who are from other areas and are contracted out. We discovered that the nursing students are given the booklet before they go out on their stage and are very grateful to have this helpful tool that contributes to better communication with their patients. With some minor changes, the Job Booklet has become a tool we often give out to the schools as well as at our kiosks. Because of our strong partnership with New Frontiers School Board, we were able to offer some very valuable workshops at all levels of education. Our very talented coordinator developed a program with 5 modules to help build confidence in our students and get them ready for the workforce. Our presence at the different tables also offers us the opportunity to encourage others to make available any documents prepared for the French community also be available for the English-speaking community. Our staff are increasingly bringing different ideas of how we can prepare surveys, posters and other documents for membership and volunteers. We have an organizational chart to help us see how the organization operates as one but with many offices.

SERVICES AND ACTIVITIES:

As a community organization supporting the English-speaking community in a vast territory comprised of suburban to rural and considered an essential service, we have never stopped reaching out and providing occasions to reach seniors in different ways. Although we know the pandemic is still with us, we are better prepared as a society to begin to take back our lives. Art classes, exercise classes, walking groups, yoga classes, belly dancing, Zumba, lunch and learns, board games, bingos, and activities continue throughout making sure that we break isolation and keep active. Computer classes continue throughout our offices. Our partnership with the CISSSMO allowed us to begin our Let's Chat! program with volunteers and employees joining up to improve their English thereby forming new friendships. In our early learning program, provided through our Bright Beginnings Program, eleven 4-5 year olds joined us in September and lead by their very dedicated teacher, Shannon provided learning of numbers, letters, polar bears, planets, dinosaurs, the bees and so much more. Celebrations, special events, cuddles and a welcome lap is all provided by this very caring educator. Families are important to us and through our partnership with NFSB and Riverside School Board we have been working together to provide workshops for parents and transition bags to help with transitioning to the bigger school. This is only a portion of what MWCN brings to the community and we are very proud of our team who work diligently to provide a better quality of life through the different services and activities we provide.

Pauline Wiedow - Executive Director

COMMUNITY PARTNERS



Secrétariat aux relations
avec les Québécois
d'expression anglaise



FUNDING SOURCES 2022-2023

Funders	Amounts
CHSSN - NPI	\$115,900.00
NPI - Satellite	\$34,500.00
NPI - Outreach	\$33,000.00
Wellness Centers	\$39,270.00
McGill Retention	\$14,300.00
McGill Bursaries	\$7,000.00
McGill Linguistic	\$2,000.00
Bright Beginnings	\$27,100.00
Parental Contribution	\$29,000.00
HEY	\$15,000.00
Educaloi	\$6,600.00
CISSSMO	\$1,500.00
ERCC	\$259,400.00
Employability	\$57,500.00
Canadian Heritage	\$82,000.00
New Horizons for Sen	\$25,000.00
SPMH	\$50,000.00
YMHI	\$30,000.00
IRCM	\$43,125.00
Caisse Desjardins V-S	\$10,000.00
MNA-VS	\$7,000.00
other MNAs	\$2,000.00
Emploie Quebec	\$8,925.00
TOTAL	\$900,120.00



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