



Voice of English-speaking Québec

Connect with the English-speaking community

## VEQ's Fall Winter 2020 Newsletter

# WHO'S GOT THE UGLIEST ONE OF ALL?

### PHOTO CONTEST IN SUPPORT OF THE COMMUNITY CHRISTMAS HAMPER CAMPAIGN!

To enter, donate at: [qchampers.ca](http://qchampers.ca)  
throw on your **UGLIEST** holiday sweater,  
take a picture, and send it, along with your  
full name to: [info@veq.ca](mailto:info@veq.ca)

The voting will take place on Facebook  
1ST, 2ND & 3RD PLACE WINNERS GET A GIFT CARD  
FROM CHOCOLATS FAVORIS! (\$100, \$75 & \$50 VALUE)  
The deadline to enter is December 4th



What a year it has been! Through sudden lockdowns and growing physical distancing measures, and despite the circumstances of 2020, we were happy to connect with all of you via the means available to us. Here we are, at the eve of the holiday season, and we would like to bring some cheer into your homes!

VEQ is organising a photo contest to raise funds for the 25th annual Community Christmas Hamper Campaign (more on the campaign on page 2). We want to see your ugliest holiday sweaters, and will even reward you for taking it out of the attic for a photo. How to participate? Simply make a donation to the campaign, snap a photo of yourself in your ugly sweater, and send it over to [info@veq.ca](mailto:info@veq.ca) along with your name. [Don't forget to head to our Facebook page to vote for your favourite abomination!](#)

Stay tuned for more virtual events this coming season—we have plenty in store for you!

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## 25th Annual Community Christmas Hamper Campaign



**25<sup>th</sup> annual**

**25 ANS! COMMUNITY CHRISTMAS HAMPER CAMPAIGN 25 YEARS!**

**GIVE TO THE CAMPAIGN  
HELP DELIVER SOME  
GOODNESS**

Celebrating 25 years in 2020! The English-speaking community of the Greater Quebec City region is joining forces once again for our Christmas Hamper Campaign.

Help us meet the huge challenge of filling hampers for over 200 families in need within our community. Due to **COVID-19**, we **CANNOT** accept food donations, so we need your monetary donations more than ever! Visit [qchampers.ca](http://qchampers.ca)

*Apprenez comment vous pouvez soutenir la campagne pendant cette année difficile de COVID-19 en visitant :*

**[qchampers.ca](http://qchampers.ca)** 

For the last 25 years, the English-speaking community of the Greater Québec City region has collaborated in running a successful Community Christmas Hamper Campaign. We distribute Christmas hampers to over 200 homes in need, which is an enormous challenge with a most heart-warming outcome.

Jeffery Hale Community Partners coordinates the campaign's central registry of English-speaking community members who need help during the holiday season.

**Please note:** Due to COVID-19, we are **NOT** able to accept food donations this year, but you can still give to the campaign by making a monetary donation and by offering your volunteer time.

**Give your time:**

Contact Jessica Price by e-mail [jprice@jhpartners.net](mailto:jprice@jhpartners.net) or by phone (418) 684-5333 ext. 1550

**Give money:**

[www.canadahelps.org/en/dn/8671](http://www.canadahelps.org/en/dn/8671)

Learn more about the campaign here: [www.qchampers.ca/](http://www.qchampers.ca/)

**Here are a few fundraising initiatives you can support:**

- ◆ Chocolate Chip Cookie & Mac 'n Cheese mixes in Mason Jars

[www.wejh.ca/fun-jars-fundraiser/](http://www.wejh.ca/fun-jars-fundraiser/)

- ◆ International e-Cookbook featuring favourite recipes of EQLC students

[www.lamaisonanglaise.com/](http://www.lamaisonanglaise.com/)

- ◆ VEQ's Ugly Holiday Sweater photo contest

[www.veq.ca/event/uglysweatercontest/](http://www.veq.ca/event/uglysweatercontest/)

- ◆ Videos from the North Pole personalized for your child

[www.wejh.ca/personalized-videos-from-the-north-pole-for-your-child-this-holiday-season/](http://www.wejh.ca/personalized-videos-from-the-north-pole-for-your-child-this-holiday-season/)

## Digital and Financial Literacy Sessions For Seniors

VEQ is proud to announce an exciting new partnership with the Atwater Library and Computer Centre! There are numerous workshops continuously offered through their Digital and Financial Literacy projects, as well as a great Help Hub to get you started. To find out more, please visit:

<https://www.atwaterlibrary.ca/computer-services/digital-literacy-project/connect-project/>

We are teaming up at the beginning of December to offer two fun and free workshops on Zoom!

**Tuesday, December 1 at 1:00 p.m.:** "How to Zoom" will focus on the basic features of Zoom and is a great opportunity to practice and perfect your Zoom skills—spaces are limited!

**Wednesday, December 2 at 1:00 p.m.:** "Budgeting for the Holidays" will be all about saving money and shopping online.

To register for either session, please contact the Financial Literacy Program Coordinator, Natalie Domingue at [natalie@atwaterlibrary.ca](mailto:natalie@atwaterlibrary.ca)

Any questions or need help connecting to Zoom for the first time? Contact Maria Hoyt at [catherine.baboudjian@veq.ca](mailto:catherine.baboudjian@veq.ca) or 418-683-2366 x224 at Voice of English-speaking Québec.

## Bilingual Book Club

The Bilingual Book Club / Club de lecture bilingue has continued to be a vibrant and friendly virtual space where participants come to practice their second language and connect with other members of the community in the context of literature. The Book Club draws all language levels and is dedicated to improving bilingualism in our region. The discussions take place via Zoom twice a month. Come discover some wonderful books that you can find available in both French and English! It is the participant's choice in which language they would like to read and discuss. This project will continue through March of 2021, and is generously funded through the Promotion of Linguistic Duality—Appreciation and Rapprochement—Enhancement of Official Languages Program of the Department of Canadian Heritage.

### BILINGUAL BOOK CLUB! CLUB DE LECTURE BILINGUE!

Join us for reading and discussion of books in **English** and **French** while improving your bilingualism!

Rejoignez-nous pour lire et discuter de livres en **français** et en **anglais** tout en améliorant votre bilinguisme!

ALL LANGUAGE  
LEVELS WELCOME!

Every other week  
through  
**March 2021**



Contact:

catherine.baboudjian@veq.ca  
418-683-2366 #224

**VEQ**  
Voice of English-speaking Québec

**Canada**

#### Check out the upcoming books and dates:

***Prisoner of Tehran / Prisonnière à Téhéran*** by Marina Nemat  
Sunday, December 6 at 4:00 p.m.

***A Bag of Marbles / Un Sac de billes*** by Joseph Joffo  
Tuesday, January 5 at 6:45 p.m.  
Sunday, January 17 at 4:00 p.m.

***Brother / 33 tours*** by David Chariandy (2019 Canada Reads nominee)  
Tuesday, February 2 at 6:45 p.m.  
Sunday, February 14 at 4:00 p.m.

***Our Lady of the Nile / Notre-Dame du Nil*** by Scholastique Mukasonga  
Tuesday, March 2 at 6:45 p.m.  
Sunday, March 14 at 4:00 p.m.

Contact Maria Hoyt at [catherine.baboudjian@veq.ca](mailto:catherine.baboudjian@veq.ca) or (418) 683-2366 ext. 224 to sign up.

Please join our Facebook group *Promotion of Linguistic Duality—VEQ* for frequently updated information:  
[www.facebook.com/groups/1945182338856575](https://www.facebook.com/groups/1945182338856575)

Looking for English versions of the books? You may contact *Librairie La Maison Anglaise* at (418) 654-9523 and mention the VEQ Book Club to obtain 10% off your book purchase! Orders can also be placed online at [www.lamaisonanglaise.com](http://www.lamaisonanglaise.com)

## Transportation for Seniors

Driving or taking the bus may be difficult for older adults, and having a lower income may make taking taxis a luxury. With two working days notice (minimum), we will do our best to find you a reliable volunteer to take you to medical appointments.

#### Our volunteers can also help with grocery shopping and errands.

The services depend entirely on volunteers. Therefore, it is not possible for us to guarantee that a volunteer will be available. We will do our best to find a volunteer to help you.

For more information about the services, please visit:  
[www.wejh.ca/programs-and-activities/well-50/transportation/](http://www.wejh.ca/programs-and-activities/well-50/transportation/)

Or call (418) 684-JEFF (5333), ext. 1580



**Jeffery Hale**  
A Community of Care



## Enhancing Regional Community Capacity Updates

The VEQ satellite office in Shannon opened up its doors again in early November, and is back to business on Tuesdays, Wednesdays and Thursdays at regular office hours (8:30 a.m. to 4:00 p.m.). After a productive summer, we decided to close in October, though we continued to work remotely.

Due to the circumstances surrounding the pandemic, several initiatives and projects with schools, residents of the Northern perimeter, including seniors, and local partners have unfortunately been put on hold. However, we were still able to gather virtually, and connect with one another.

VEQ was proud to collaborate with several community partners, and help sponsor the *St. Patrick's Day in September* event which streamed live on our Facebook page on September 19! The joint effort, spearheaded by the *Quebec Anglophone Heritage Network (QAHN)*, allowed us to collaborate with partners from the *Catholic Women's League of Shannon*, and both *Historical Societies of Shannon and Valcartier*, as part of a larger project entitled *A Different Tune: Musical Heritage in English-Speaking Quebec*.



*St-Patrick's in September, September 2020*

*St-Patrick's in September* featured the talents of local musicians, dancers, and enthusiasts from Valcartier, Shannon, and beyond! Many locals viewing the event were thrilled to tune in and listen to their classics and old time favourites, which we hope helped to make up for the cancelled *Shannon Irish Show* as well as the *St-Patrick's Day Parade* back in March 2020.

Head over to the page below to watch, or re-watch the performances:

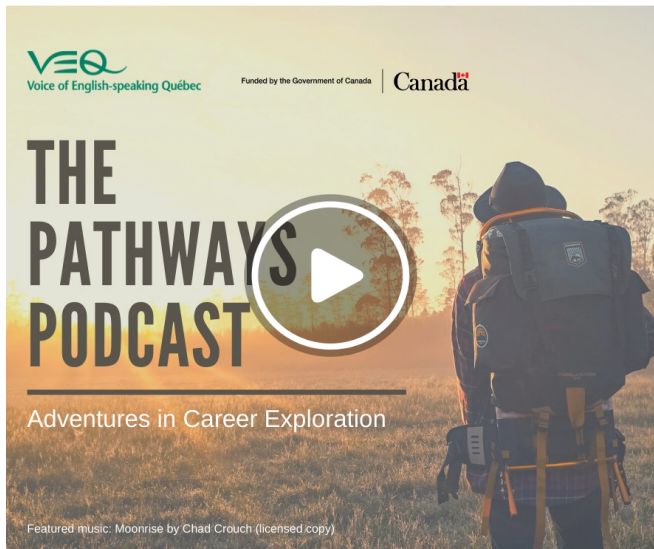
[www.facebook.com/114198115271356/videos/366606157703005](https://www.facebook.com/114198115271356/videos/366606157703005)

In addition, during the month of October, VEQ held two focus group sessions via Zoom, with key community actors (municipal members, local organizations, schools, and residents) to discuss and evaluate the interests and needs of the local English-speaking population. VEQ will continue to seek and look to develop collaborative partnerships during the coming months, and remains in close contact with its partners in order to do so.

For any questions or more information, please contact:

Dominique Paddack at (418) 683-2366 ext. 227, or by email at [dominique.paddack@veq.ca](mailto:dominique.paddack@veq.ca)

## Youth Employability Project Updates



Click on the image above to be brought to the Pathways Podcast playlist on YouTube.

### The Pathways Podcast—*Adventures in Career Exploration*

We're thrilled that our podcast, featuring interviews with local Québécois talking about their careers, has grown to 11 episodes with more on the way. Listen in as our host, Susanna Tang, chats with: a *biomedical researcher, two insurance employees, a visual effects animator, and a civil servant*. Special thanks to all of our guests for their wisdom and stories.

You can check out *The Pathways Podcast* on our YouTube channel:

<https://www.youtube.com/channel/UCWNh23QNMSckYg--JrVrzFw>

and hit the subscribe button for future episodes!

### Partnering to Help English-speaking Youth Improve Access to CJE Centres—*Carrefour jeunesse-emploi centres*

Carrefour jeunesse-emploi centres offer a variety of services and programs to support youth in meeting their education and career goals, but these may be unfamiliar to our English-speaking

community. That is why we're grateful to *CJE Capitale Nationale* and *CJE Chauveau* for creating videos in English about their services for our Community Showcase.

You can find their videos at the following links:

CJE Capitale Nationale [www.youtube.com/watch?v=RWTDzXISYvQ](http://www.youtube.com/watch?v=RWTDzXISYvQ)

CJE Chauveau [www.youtube.com/watch?v=qY7ahDjV8Ro](http://www.youtube.com/watch?v=qY7ahDjV8Ro)

We also helped to connect *CJE Option Travail* with the *Eastern Québec Learning Centre* to host a finance workshop for their students on November 11. Carl-André Poliquin delivered an informative and engaging session on using budgeting to achieve your dreams. Thanks also to Sylvie Piché for her help organizing the event on-site.

### Youth Council

In October, VEQ held our first ever Youth Council meeting. The primary purpose of Youth Council is to advise and provide feedback on issues affecting youth such as employability. Our founding members of the Youth Council are: *Benoît Mathieu, Emma Ahern, Jacob Brglez, and Maxime Renaud*. We are also planning to invite a number of high school students to join us in January. We look forward to sharing our next steps in future updates.

## Virtual Community Showcase 2020 Thank You's

We would like to extend a huge thank you to all of our community members, partner organizations, and performers who helped us bring *Fall Fest* to the digital world this past September and October.

Huge thank you to:

Chalmers-Wesley Church, CJE Capitale Nationale, CJE Chauveau, Eastern Québec Learning Centre, Filipino-Quebecer Association, FORT Program, Jeffery Hale-Saint Brigid's, Life Long Learning, Morrin Centre, Quebec City Reading Council, Quebec Chronicle-Telegraph, Quebec Art Company, Quebec City Women's Club, St. Michael's Church, Vibrant Voices, Wellness Centre and YES Montreal.

Special thanks to:

Pé Na Rua, Quebec Art Company, and Shantie Bédard-Pacif for their amazing performances!

If you would like find out more about any of these organizations, what they do and how they could help you, or even just watch one of the amazing performances again, please visit the link below:

[www.youtube.com/playlist?list=PLs2bCujZP-Gt5YhcxtgptCHEz8rzArD8u](http://www.youtube.com/playlist?list=PLs2bCujZP-Gt5YhcxtgptCHEz8rzArD8u)



## News from the Newcomers Coordinator!

We had a wonderful time getting to know some new faces while enjoying the great weather this summer! This fall and winter, the Newcomers program has a full agenda of activities and information sessions. Our goal in the Newcomers program is to support newcomers in their transition by helping them find the services, resources, and information they may need to help them settle into their new city. We strive to help newcomers feel connected with their new community and we aim to help make the transition as comfortable as possible.

For more information, please get in touch with our Newcomers Coordinator Maria Castro at (418) 683-2366 ext. 225 or [newcomers@veq.ca](mailto:newcomers@veq.ca)

Are you new to the city or still feel like a newcomer? Join us for one of our Finding Your Niche for Newcomers events! These events are a great way to connect with other newcomers while learning more about our community! Please see below for more details.

### Recently Held Finding your Niche for Newcomers Events:



Sunset Ferry Ride, August 28



Yoga at the Park, September 13 and 17

**Old Québec Walking Tour, August 15:** Following the health authorities' guidelines, we enjoyed walking around Old Québec on one of the most gorgeous and pleasant days of the year to do so, under the professional guidance of François Monet. The tours were in such high demand that we hosted two of them on the same day! Even those who thought they had already seen it all learned a lot about their new home (ahem, me), discovered many new things about this beautiful place we call home.

**Sunset Ferry Ride, August 28:** Originally scheduled for Saturday (the 29<sup>th</sup>), we decided to move it up to Friday to avoid the rainy, cold, and grey day that was forecasted for that weekend; and boy, was that a good call! More than 30 newcomers got to enjoy a lovely evening on Quai Paquet and ride the Ferris wheel while making new connections and getting to know new places.

**Yoga at the Park, September 13 and 17:** In partnership with *Canadian Parents for French*, newcomers got the chance to relax while enjoying a cool morning and afternoon practicing yoga. Our yoga instructor, Andréann Duquet, captured everyone's interest in French and English!

**Winds of Change Workshop, October 28, via Zoom:** The cooler winds of the North and the second wave of the pandemic brought changes to our *Winds of Change* workshop. We adapted to the circumstances and switched to the online world. This was a great evening for newcomers to meet new people while learning about how change can impact your life. We also had a wonderful guest speaker with a very relatable story. Thank you to our partners at *Jeffery Hale Community Services* for presenting the workshop, as well as our guest speaker and all the participants for their contributions.

**Halloween Bingham, October 31:** For the first time ever, we hosted a bingo night on Halloween night thanks to Zoom! Participants showed their enthusiasm by wearing their creative costumes and a lucky winner was awarded a gift certificate for two people to the Ghost Tour of Old Québec.

**Health 101 & Winter in Québec, November 4:** In partnership with *Jeffery Hale Community Services* and for the third year in a row, VEQ organized and hosted *Health 101 and Winter in Québec* event. The event was a great success and a *very* informative evening. Some topics covered were: Information on health services, where to go or call when you are sick and various other medical topics. Each participant received a Health 101 guide, an electronic health passport, and a pamphlet with pertinent information on what to do/where to shop for the winter. If you missed this event but would like to consult the Health 101 guide, contact us at VEQ, or visit this page:

[www.veq.ca/wp-content/uploads/2018/10/Health-101-booklet-complete-electronic-version.pdf](http://www.veq.ca/wp-content/uploads/2018/10/Health-101-booklet-complete-electronic-version.pdf)

## **Upcoming Newcomers Events**

**Canada Revenue Agency Information Session, January 20, 2021:** Keep a pencil and a notebook (or your app in your phone) handy and start jotting down all the questions you have regarding your federal tax declaration. We will be hosting once again an information session with a CRA representative. The event is FREE but reservations are required. If you have recently moved to Québec City and would like to participate, please contact the Newcomers Coordinator ASAP to reserve your spot!

**Service Canada Information Session, Date to be determined:** What is a Social Insurance Number (SIN), and why is it important for you to have one? What are your Employment Insurance (E.I.) benefits? And how do you start a Registered Education Savings Plans (RESP) account? A representative from Service Canada will be there to answer all your questions, and will also discuss the topics of Canada Child Benefits, Service Canada website and much more!

**Revenu Québec Workshop, February 10, 2021:** New in town, and unfamiliar with filing your taxes with the province of Québec? Whether you hail from another province or another country, this informative workshop will equip you with the right tools to understand and prepare your provincial taxes.

**Peat Bog in Lévis: La Grande plée Bleue:** We are looking forward to working with the Conservation Society and organizing outings there. Stay tuned for more exciting details!

Sign up to our Newcomers e-mailing list to receive more information about all upcoming events at

[www.veq.ca/become-member/](http://www.veq.ca/become-member/)

## **YES Business Coaching**



Are you an entrepreneur or have aspiring ideas to start your own business? Sign-up for the next YES Business Coaching session! Despite of the circumstances, both business coaches have continued to provide their services every month, whether it is on the phone, through Skype, Zoom, or whichever means they can! Below are the dates for the rest of the fall and all winter.

Book your appointment today!

### ***Upcoming Business Coaching dates:***

- December 8-9th
- January 19-20th
- February 16-17th
- March 16-17th

To register, please contact Maria Castro by telephone at (418) 683-2366 ext. 225, or by e-mail at [newcomers@veq.ca](mailto:newcomers@veq.ca)

# Sing-Along at Christmastime!



**SING-ALONG AT CHRISTMASTIME!**

FRIDAYS FROM 5 TO 5:45 P.M. ON ZOOM  
 FROM NOVEMBER 27TH TO DECEMBER 18TH  
 DIRECTED BY: KATHARINA URBSCHAT

POPULAR AND TRADITIONAL CAROLS IN ENGLISH FOR ALL AGES  
 ONE SONG IN FRENCH PER SING-ALONG

To RSVP, contact Maria Hoyt at [catherine.baboudjian@veq.ca](mailto:catherine.baboudjian@veq.ca)  
 or (418) 683-2366 ext. 224

\*The Zoom link will be sent the day before the Sing-Along\*



Join Katharina Urbschat in a Christmas Sing-Along via Zoom, from 5 p.m. to 5:45 p.m. every Friday as of November 27 to December 18.

Participants will receive the Zoom link the day before the Sing-Along.

Songs for the November 27<sup>th</sup> Sing-Along :

- \* Deck the Halls with Boughs of Holly
- \* Carol of the Bells
- \* Low how a Rose e'er blooming
- \* Noël nouvelet
- \* Maria walked amid the thorn
- \* Rudolph, the red-nosed reindeer
- \* Let it snow

There are 100 spots available for each session, reserve yours now by contacting Maria Hoyt at [catherine.baboudjian@veq.ca](mailto:catherine.baboudjian@veq.ca) or at (418) 683-2366 ext. 224

## EPIQ Events

EPIQ (English-speaking Parents in Quebec) events are organized by volunteer parents with support from the community Wellness Centre.

Some activities are just for parents (who doesn't love a night out without the kids!) and other events are for the whole family. EPIQ events during this pandemic period have temporarily moved to an online platform.

Please check our Family Matters online newsletter or follow the EPIQ Facebook page for all the details:

[www.facebook.com/groups/EPIQevents/](https://www.facebook.com/groups/EPIQevents/)

**2020-2021 events schedule:**

October	<b>Thur.29:</b> Spa Night! Host - Dana
November	<b>Thurs. 5:</b> Daycare During a Pandemic Host - Amanda <b>Sun. 8:</b> Breastfeeding and Going Back to Work Host - Shelley <b>Sat. 21:</b> Family Cooking Class with Sam Hosts - Sam and Elise <b>Wed. 25:</b> Step Parent Conversation Hosts - Jayanna & Michelle
December	<b>Sun. 6:</b> Xmas Baking with Kids! Host - Dana <b>Date TBD:</b> Xmas videos from Santa!
January	<b>Sat. 9:</b> Snow Fort Building Host- Dana <b>Thurs.21:</b> Paint Night! Hosts- Amanda and Shelley



For more information or to register:  
 Jessica Price, Program Coordinator  
[jprice@jhparkers.net](mailto:jprice@jhparkers.net)

[wejh.ca](http://wejh.ca)

October 20, 2020



## The Wellness Centre at Jeffery Hale



Centre  
Wellness

The community Wellness Centre at Jeffery Hale promotes the personal and shared well-being of English speakers in the Québec City region by offering a range of healthy living programs. The Wellness Centre, managed by Jeffery Hale Community Partners, embodies the spirit of the *Community of Care* slogan thanks to dynamic partnerships and strong volunteer engagements.

Visit [wejh.ca](http://wejh.ca) for more information about volunteering, and activities. Please note that a lot of the activities have been moved to video-conferencing in light of the pandemic.

Here are some upcoming events' dates:

Dec 4—TAB Virtual Drop in: [Festive Holiday Gathering](#)

Dec 7—Caregiver's Virtual Café: [Spreading Cheer](#)

Dec 8—Virtual Baby Chat: [Language Development](#)

Dec 11—Travellin' Toddler Time: [Elves](#)

More events here: [www.wejh.ca/events-calendar](http://www.wejh.ca/events-calendar)

Questions? Please call Jan Anderson at (418) 684-5333, ext. 1539

## Activities at the Morrin Centre

### Sharing-Learning-Creating

The Sharing-Learning-Creating/Partager-Apprendre-Créer project is a bilingual project that aims to promote Québec culture and build bridges between the Anglophone and Francophone communities of Québec.

Painting Workshop with Dominique Normand—December 13, at 1:30 p.m.

Storytime with Caroline Adderson—January 16, at 1:00 p.m.

Quebec and Celtic Music with Daniel Fréchette & Dominic Haerincq—January 29, at 7:30 p.m.

Podorythmie with Benoît Fortier—February 12, at 7:30 p.m.



For more information and even more events, please visit: [www.morrin.org/en/upcoming-events/](http://www.morrin.org/en/upcoming-events/)

## Lifelong Learning (LLL)

Lifelong Learning provides opportunities for growth and intellectual stimulation for mature learners (predominantly seniors), placing an emphasis on idea exchange, peer learning, and inclusive participation. Ready to sign up? Have a question? Call the Québec City Reading Council at (418) 681-1258, or email [info@lifelonglearningquebec.org](mailto:info@lifelonglearningquebec.org)

Visit their website here: [www.lifelonglearningquebec.org/](http://www.lifelonglearningquebec.org/)

LLL is a collaborative effort of several community organizations and individuals with funding support from the Citadel Foundation.

## Organising an Event? Send it to VEQ, and post it on the QCT Community Calendar!

In an effort to help minimize event scheduling conflicts in the English-speaking community, VEQ, in partnership with the Quebec Chronicle-Telegraph (QCT), is urging community partners to send us their events and to post upcoming events on the community calendar.

To send an event to VEQ, email [info@veq.ca](mailto:info@veq.ca)

For more information on how to post an event on the QCT Community Calendar visit [www.qctonline.com/event](http://www.qctonline.com/event)

## VEQ's Job Bank

Looking for employment? Our job bank is constantly updated with new opportunities.

Visit [www.veq.ca/employment/job-bank](http://www.veq.ca/employment/job-bank) and don't forget to sign up for the *Job Notifier* to receive a notice each time VEQ has a new job posting.

Recruiting new talent? The bilingual community is filled with educated and talented individuals. To advertise your employment postings on the VEQ Job Bank, visit [www.veq.ca/employment/employers/post-job](http://www.veq.ca/employment/employers/post-job), call 418-683-2366 ext. 221, or email [info@veq.ca](mailto:info@veq.ca)

## VEQ's Community Bulletin Board

Looking for a babysitter or a handyman? Cleaning your house and hosting a garage sale? Want to start a book club or other activity in English? VEQ's Community Bulletin Board is your FREE resource for posting information and classifieds within the community: [www.veq.ca/our-community/community-bulletin-board/](http://www.veq.ca/our-community/community-bulletin-board/)

To post, simply email a short description of what you're looking for or selling to [info@veq.ca](mailto:info@veq.ca), along with up to three photos. Information will be reviewed and posted within 48 hours and will expire automatically after 30 days.

## Contact VEQ

### Voice of English-speaking Québec

1270, chemin Sainte-Foy, suite 2141  
Jeffery Hale Pavillion (to the right of the Jeffery Hale-Saint  
Brigid's Hospital)  
Québec, QC G1S 2M4

### Québec Office Hours

Monday to Friday: 8:30 a.m. to 4:00 p.m.

*\*Closed during lunch hour: 12:00 p.m. to 1:00 p.m.*

Tel: (418) 683-2366 | Fax: (418) 688-3273

E-mail us at [info@veq.ca](mailto:info@veq.ca)

Visit our website at [www.veq.ca](http://www.veq.ca)

### Shannon Satellite Office

438, Boul. Jacques-Cartier, suite 206  
Shannon, QC G3S 1N5

### Shannon Office Hours

Tuesdays to Thursdays: 8:30 a.m. to 4:00 p.m.

*\*Closed during lunch hour: 12:00 p.m. to 1:00 p.m.*

### Contact:

Dominique Paddack

E-mail: [dominique.paddack@veq.ca](mailto:dominique.paddack@veq.ca)

Tel: (418) 683-2366 ext. 227

*Please call for an appointment for one-on-one referral services.*

Be sure to follow [Voice of English-speaking Québec](#) on Facebook!



## Newsletter Update

In an effort to promote a greener future, the Voice of English-speaking Québec is interested in reducing the number of print copies of our general newsletter—and we need your help!

Please take a moment to contact us by phone at (418) 683-2366 ext. 221, or by email at [info@veq.ca](mailto:info@veq.ca), if you would like to receive an electronic copy instead of a print copy of the newsletter. Thank you!