



JUNE & JULY 2023

# MONTÉRÉGIE

WEST COMMUNITY NETWORK



A word from Pauline



# Annual General Meeting

Dear Community Members,

Another fiscal year is coming to an end and we, at MWCN, will be celebrating our successes on June 13th from 4:00-7:00 pm at the Chateauguay Legion. The Annual General Meeting will go from 4:00-5:30 pm followed by a Meet and Greet and light refreshments.

MWCN would like to encourage you to join us and learn what we are doing in the community. We have 5 offices that are very active, Chateauguay, Candiac, Hemmingford, Huntingdon, and Pincourt. We are also active in Beauharnois working with St-Edward's Presbyterian Church. Our territory covers 68 municipalities within 5 MRCs and we boast 101,000 English-speakers. In our region, we have 3 school boards; Riverside School Board, Lester B Pearson School Board, and we are very connected to our New Frontiers School Board.

With all of this said we would invite you to join our Board of Directors. We have a board of 11 members representing all our region and our members range in age. Becoming a board member will enable you to understand the reality of the English-speaking community and the work that is being done by MWCN. It will help you to understand the involvement of the Federal and Provincial Government and their support of the English-speaking minority community. It allows you to be present at local events representing the English-speaking community. It encourages you to get involved in the development of partnerships serving both the English, French, and other communities that build community capacity. There are opportunities for board training as well as fun days with the staff.

If this is something that you would be interested in and would like more information, please call the office at 450-691-1444; otherwise, please send us your CV and the reason you would like to join our invested board of directors. We encourage you regardless to come to our Annual General Meeting to learn more about MWCN.

Pauline Wiedow - Executive Director

A large, bold, black 'AGM' text cut out of a hole in a piece of brown cardboard. The cardboard is a light brown color and the hole is roughly rectangular with jagged edges. The background behind the hole is white.

## MWCN - PROVIDING VALUABLE EXPERIENCE THROUGH INTERNSHIPS

Lorie Marcotte Coordinator of Community Development - Pincourt

MWCN had the pleasure of offering another opportunity of an internship to Kendyl Rankine, a Concordia student in Therapeutic Recreation, from January 9th to April 20th. This was the second year we were able to accommodate a TR student, allowing her to complete the requirements for graduation.

This initiative not only provides valuable experience and skills to the student, but also allows MWCN to recognize and identify the results of student assessments regarding our community's needs. During Kendyl's 16-week stage with us, she assisted in numerous activities and was able to lead a few on her own including a Vision Board group. Her creativity and artistry were undeniably valuable in assisting us with the preparation for our Boots 'n Hearts Western Dance and International Women's Day events.

One of the criteria necessary to complete an internship is a final project, that each student must submit to Concordia, which is beneficial to the organization they are working with. With a little nudge from our office, it was decided that Kendyl would work with our intern, Michel, a student at Cartier Adult Ed – Thrive Program, who experiences disability challenges. Kendyl was able to work with Michel in preparation for a video interview, along with 3 other students in the Thrive program who also experience various disability challenges. Along with the video, an informative pamphlet was created with adaptability resources to which both will become important tools for MWCN, bringing attention to these challenges in our community. The need for other organizations to be more adaptable is imperative for these students to succeed in completing their internship in a workplace that is accommodating to their disability.



*I recently had the pleasure of completing a 16-week internship at MWCN. This was such a fulfilling and valuable experience. I was immediately welcomed with open arms. Lorie was a tremendous help throughout the entire experience, which allowed me to gain confidence in my role. This opportunity has given me insight into what it is like to work for a community network and given me valuable skills relating to my field of practice.*

*I am forever grateful to have had the opportunity to complete my studies with such an amazing group of people whether it be the members or within the office. I truly learned so much following such a wonderful team. Thank you for a terrific 4 months.*

*Sincerely,  
Kendyl Rankine*

## Highlights from the 'Savvy Safe Senior' Event in Chateauguay Valley

On May 3rd, the Chateauguay Valley MWCN office held its first “Savvy Safe Senior” event at the Huntingdon Legion. Sixty-five seniors were educated by our partners, consisting of a team of professionals on many sensitive topics geared towards keeping seniors informed.

Debbie Neumann from Les Aidants spoke of “*Unconscious Self Neglect*” in order to make people aware of the fact that: *“if you are not there for yourself, then who will be!”* Two local officers from Sûreté du Québec shared a video presentation and spoke about the different types of fraud and scams targeting seniors. Chantal Durocher from Lifeline was present as well, answering questions and providing information. Lifeline is Canada’s #1 medical alert service; their goal is helping you remain independent as long as possible.

We are very fortunate to have such wonderful organizations to turn to when looking for advice or help. Judith Picard from CAAPA (Centre d’aide et d’accompagnement en défense de droits aux personnes âgées et leurs proches), an organization based in Valleyfield, was also present. She shared her expertise on mandates of protection, financial exploitation, and signing a lease in private seniors' residences. Special presentations were also done by G.R.A.V.E.S (Le Grand Rassemblement des Aînés de Vaudreuil et Soulanges) on commonly recognized types of elder abuse. The topics included financial fraud, physical, and psychological abuse. They explained that often, more than one abuse occurs at the same time, and abuse can be a single incident or a repeated pattern. However, financial abuse is the most reported type of abuse.

We have many organizations offering services to assist with guidance, if ever you have concerns, questions, or need an ear, please reach out to any of the mentioned professionals, or visit the following site [www.seniors.qc.ca](http://www.seniors.qc.ca).

Here is what one attendee had to say:

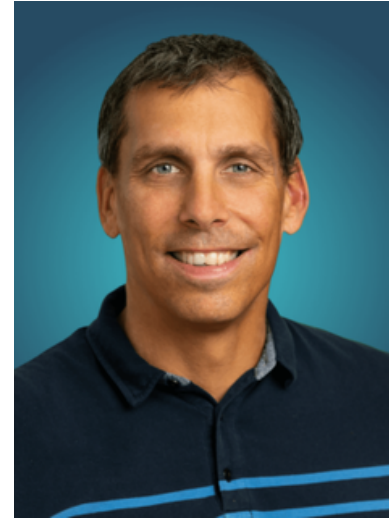
*“Nora, thank you so much for a beautiful and informative day. There is so much information - almost an overload! I truly enjoyed the presentations.”* Dolores



Nora Donnelly - Outreach Coordinator, Huntingdon

## What's new at the Community Health and Social Services Network (CHSSN)

As a provincial organization supporting the health and social services needs and priorities of English-speaking communities, our team of 10 staff are quite busy. We are excited to announce that MWCN, along with 22 other English-language organizations across the province, will receive funding for the next 5 years to continue their very successful Networking and Partnership Initiative (NPI). The NPI aims to support partners improve their health and social services to better serve the English-speaking community. A few months ago, the honourable Carolyn Bennett, federal Minister of Mental Health, announced a 4.2-million-dollar project to support the mental health of English-speaking Quebecers. This allows CHSSN to fund 47 community organizations to offer mental health promotion programs.



The Secrétariat aux relations avec les Québécois d'expression anglaise (SRQEA) also confirmed a continuation of the senior wellness centre initiative. Through this initiative, the CHSSN supports 30 organizations to offer health promotion activities to English-speaking seniors in more than 70 sites across the province. In particular, MWCN is able to offer weekly activities to seniors in the Montérégie Ouest region in order to break down social isolation that many face. Finally, CHSSN would like to recognize MWCN for their wonderful collaboration with their CISSS de la Montérégie Ouest and their continued joint efforts in offering information and referral support services that help English-speakers in the region with questions they may have in accessing services.

Russell Kueber

*Director of Programs*

*Community Health and Social Services Network (CHSSN)*



## The English-Speaking Community in Quebec: Insights from 2021 Statistics

The English-speaking community in Quebec comprises 15% of the population. English and French speakers have similar numbers of children aged 0-14, but among seniors aged 65 and above, there are slightly fewer English speakers (14.9%) compared to French speakers (19.8%).

English speakers have more lone-parent families but are less likely to live alone, with 14.0% living alone compared to 16.3% of French speakers.

English speakers are more mobile than French speakers, with a higher likelihood of having recently moved from another province or country. In terms of education, 33.7% of English speakers have a higher level of education compared to 21.9% of French speakers. However, the proportion of English speakers with a lower level of education is similar to that of French speakers (38.1% and 39.5% respectively).

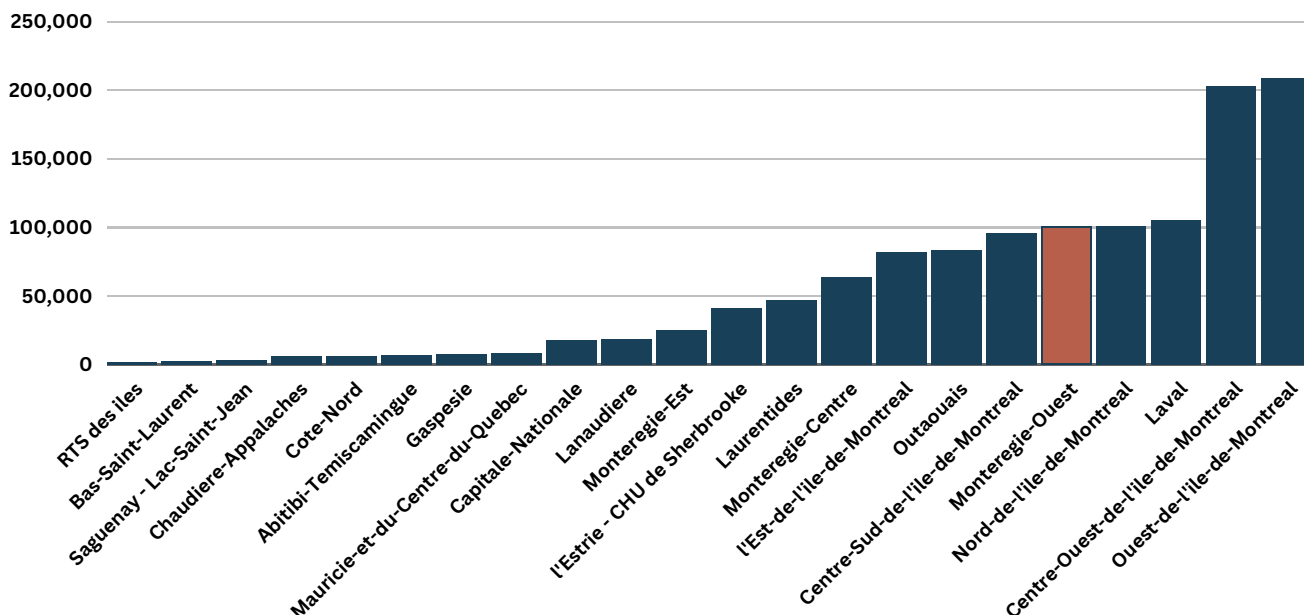
Income disparities exist between English and French speakers. More English speakers fall below the Low-Income Cut-Off (11.9%) compared to French speakers (7.0%). Additionally, 25.7% of English speakers have incomes below \$20,000, while 19.9% of French speakers do. Conversely, French speakers have a higher proportion of individuals with incomes over \$50,000 (38.5%) compared to English speakers (34.1%).

In terms of employment, more English speakers are part of the labor force (66.6%) but also experience higher unemployment rates (10.9%) compared to French speakers (64.0% and 6.9% respectively).

Understanding the English-speaking community in Quebec is crucial for creating a fair and inclusive society. By addressing income disparities, employment barriers, and improving access to education and healthcare, we can ensure equal opportunities for everyone. Let's work together to build a community where everyone feels valued and supported.

The English-speaking community in Monteregie Ouest has surpassed 100,000 people, making it the second largest region in terms of English speakers, following parts of Montreal and Laval, as per the 2021 statistics. MWCN is fully committed to enhancing support for English speakers by exploring and implementing viable solutions. They focus on identifying ways to better cater to the needs of this demographic, actively working towards achieving this goal.

Matt Mardini - Program Manager



## LOVE Program Vernissage

Over the past year, the MWCN partnered with a Montreal-based organization called LOVE (Leave Out Violence Everywhere), which offered a weekly Mixed Media Arts program within 3 classes at Chateauguy Valley Regional High School (CVRHS), in Ormstown. Laura & Tina, our MWCN representatives, were on-site facilitators to assist the LOVE program manager, Cedric, who led the program through Zoom.

The students participated in self-expression activities using various mediums like creative writing and photography arts, but they also shared in discussions tackling difficult subjects. The goal is to support the youth to thrive in healthy relationships by building emotional intelligence and interpersonal communication skills to help overcome the challenges they face.

On May 2nd, we hosted a celebration of the completion of the LOVE Program at CVRHS with an exhibit of the students' photography in the style of a vernissage exhibition.

The LOVE program was a great success - hailed by both students and teachers as well! We applaud your amazing work! Congratulations!



# Employability Community Job Board Facebook Group

Joanne Basilières - Employability & Mental Health Coordinator



Did you know that we have an Employability Community Job Board Facebook group and an Employability Instagram Profile?

This Facebook group serves as a forum for community members, employers and job seekers in the Montérégie West to share work opportunities. We have been regularly posting work opportunities in our region that are accessible to English speaking Quebecers. When you join, you will be asked some membership questions so we can allow the right people to join in. You do not have to be a MWCN member to join.

The purpose of this Job Board Facebook group is twofold:

- The Facebook group is intended to be a place where job seekers can post if they are looking for employment (and in what field), but also as a place for local employers in the Montérégie West to share opportunities.
- Sharing existing job postings for the region is encouraged for all members. If you, or anyone you know, has news about any jobs that are available and accessible to English speakers, you are welcome to add them to the Facebook group too.

We also post job search tips & tricks, resources, as well as professional development events, workshops, or other related activities. Here are the pages to LIKE to get connected with us:

Facebook Group: [Montérégie West Community Job Board](#)

Instagram Profile: [MWCN Employment](#)



## Download Our App

Download our App and stay up to date with everything we've got going on



We are delighted to invite you to download our brand-new Mobile Application, 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.

## MONTÉRÉGIE WEST COMMUNITY NETWORK Our Offices in Five Regional County Municipalities

Roussillon - 255 Blvd. d'Anjou, Suite 203, Chateauguay QC J6J 2R4 / 450-691-1444  
Candiac 9 Blvd. Montcalm N, Suite 512, Candiac, QC J5R 3L4 / 438-455-2747  
Beauharnois-Salaberry - 72 Rue des Écossais, Beauharnois, QC J6N 1Z1 / 450-691-1444  
Vaudreuil-Soulanges 117 Cardinal Leger, Pincourt, QC J7W 7A8 / 514-425-0399  
Haut-Saint-Laurent/Chateauguay Valley - 72 Dalhousie, Suite 201 Huntingdon, QC J0S 1H0 / 450-264-3596  
Jardins-de-Napierville - 476 Rue Frontière, Hemmingford, QC J0L 1H0 / 514-249-5539