

FOR THE ENGLISH-SPEAKING COMMUNITY OF HEMMINGFORD

*Location: 476 Frontière, Hemmingford J0L1H0*

**REGISTRATION IS REQUIRED**

call: 514-249-5539 or email: [tina@mwcn.ca](mailto:tina@mwcn.ca)



### Puzzles and Exchange

If you like puzzles, why not drop by our office to either work on one that is on-going in the office, or just exchange one.

**(Take a puzzle, leave a puzzle)**

**Monday to Wednesday**

**From 9:00 am to 3:00 pm**

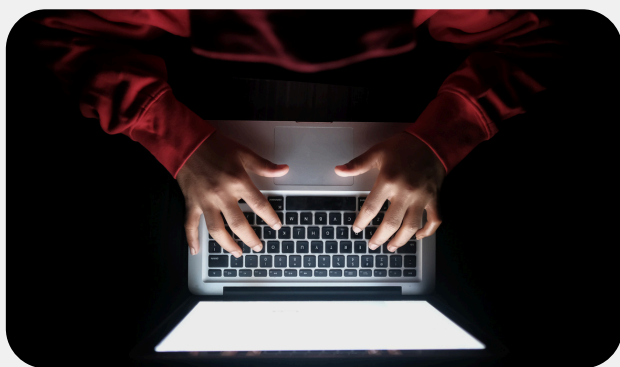


### Walking club with Johanne

Start the day with a nice walk and enjoy nature on our walking trail!

**Every Wednesday at 9h30 am**

**The walkers will meet in the parking lot of the Hemmingford Recreation Centre**



### Cyber Safety Workshop:

#### Understanding the Digital Landscape

**Connected Canada** will guide participants in exploring the digital landscape, recognizing common online risks, and learning practical strategies to protect their personal information.

**Wednesday, January 14<sup>th</sup> From 10:00 to 11:00 am.**



### Senior craft morning

Craft morning for adults, coffee and material is included

**Monday the 19th From 10:00 am till noon**



## Employability Support

Looking for help with your job search or starting a business? By appointment only, we offer free translation of job documents, interpreter services for employment appointments, and support with Services Québec forms. We also provide entrepreneurship support in collaboration with YES Montreal.

**By appointment**

**For registration**

***joanne@mwcnc.ca or call: 450-691-1444***

## MWCN Special Events



### MWCN Job Fairs

**Know someone looking for a job? Send them our way!**  
MWCN is hosting two big Job Fair & Networking Events this January, don't let your friends or family miss out on new opportunities!

**January 21 – Hotel MOCO, Salaberry-de-Valleyfield**

**January 26 – St-Rémi Community Centre**

**Job Fair: 2:30 PM – 4:30 PM**

**Meet employers • Explore new career paths •**

**Build your network**

**RSVP & Info: *joanne@mwcnc.ca***



### MWCN Mentorship Networking Event

We're looking for bilingual retired employers and industry leaders to mentor local employees and job seekers, helping them strengthen their industry-specific French and English skills. Your guidance will support their integration into the workforce and boost their confidence in real workplace situations.

**January 21 – Hotel MOCO, Salaberry-de-Valleyfield**

**January 26 – St-Rémi Community Centre**

**Cocktail + Mentorship Presentation:**

**5:00 PM – 7:00 PM**

**RSVP & Info: *joanne@mwcnc.ca***



## ON ZOOM



### Watercolours with Sarah Murphy

Join us every Monday from January 19th to February 23rd for a fun watercolours workshop with artist Sarah Murphy. No experience needed, all skill levels are welcome!

List of supplies needed will be sent to all participants

**Monday, January 19<sup>th</sup> 2026**

**From 10:00 to 11:30 am.**

**For registration:**

**Call (514) 425-0399 or email [bryanna@mwcnc.ca](mailto:bryanna@mwcnc.ca)**



### SHARP

Tips for active listening and reducing social isolation

**Wednesday, January 21<sup>st</sup> 2026**

**From 10:00 to 11:30 am.**

**For registration: [Click HERE](#)**



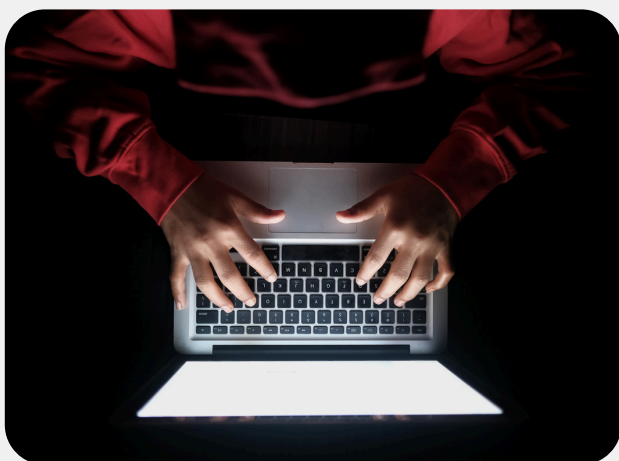
### Intermediate French

Join Line for our Intermediate French class online. Books can be sent in pdf form or picked up at the office in Chateauguay. **Cost is 25\$**

**Tuesday January 20th, 2026**

**from 7:00 to 8:30 pm - For registration:**

**[patricia@mwcnc.ca](mailto:patricia@mwcnc.ca) or call: 450-691-1444**



### Cyber Safety Workshop:

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**Wednesday, January 14<sup>th</sup> 2026**

**From 10:00 to 11:00 am.**

**For registration:**

**[nadya@mwcnc.ca](mailto:nadya@mwcnc.ca) or call 450-264-3596**