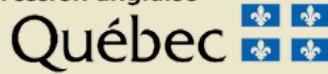




PROGRAM OF ACTIVITIES JANUARY 2026 HEMMINGFORD

With financial support of
Secrétariat aux relations
avec les Québécois
d'expression anglaise



FOR THE ENGLISH-SPEAKING COMMUNITY OF HEMMINGFORD

Location: 476 Frontière, Hemmingford J0L1H0

REGISTRATION IS REQUIRED

call: 514-249-5539 or email: 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 14th 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@mwcn.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@mwcn.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@mwcn.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 19th 2026

From 10:00 to 11:30 am.

For registration:

Call (514) 425-0399 or email bryanna@mwcn.ca



SHARP

Tips for active listening and reducing social isolation

Wednesday, January 21st 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@mwcn.ca or call: 450-691-1444



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 14th 2026

From 10:00 to 11:00 am.

For registration:

nadya@mwcn.ca or call 450-264-3596