



MONTÉRÉGIE WEST
COMMUNITY NETWORK

APRIL & MAY 2024

A word from Pauline



Greetings dear members of MWCN throughout the Montérégie West.

This edition of our Newsletter for April and May and here is a message I received this first day of spring from our Huntingdon office:

We received a large donation of clothing from Options Chateauguay once again this week. As of today, I have 1 small bag left which is already spoken for, as well as a bag of pumps to go to Centre de Ressources Familiales du Haut-Saint-Laurent.

The clothing and toys were spread between Kaleidoscope Day Care and families, the after-school daycare program and families within the French school system, and a couple of additional families. The bingo game has been set up and the group is thrilled with it (see photo). Additionally, the bags of clothing given to Nadya have already been donated to a family in need. We have helped many with the donations, thanks so much.

It has been a great week of sharing the many donations that are brought to our attention. We thank all of you givers as we have been able to bless so many. Alone we can do much but together we can do so much more.

I am well known for having a truckful of donations that I pass on from office to office and individual to individual. You may be sure that any donations that we are given is passed on directly to the people who most need it.

Spring cleaning days are ahead and look out for upcoming news about our yard and craft sale in May! For further information please contact Tonya at our Chateauguay office at 450-691-1444.



Pauline Wiedow - Executive Director



JOB FAIRS - A GREAT SUCCESS !



The recent job fairs in the Huntingdon and Hemmingford communities were a great success, attracting over 100 job seekers and 27 exhibitors to our first event, with an overall 88% satisfaction rate.

The job fair created a platform for job seekers to interact with potential employers and explore various local career opportunities.

Participants networked, submitted resumes, and engaged in immediate interviews, leading to a rewarding experience for many.

Employers and employment organizations benefitted significantly by showcasing their companies, connecting with suitable candidates, and filling open positions on the spot.

A job seeker, whom I had met previously, shared that he secured a new job within 2 weeks thanks to the job fair.

Exhibitors were grateful for the opportunity to meet potential collaborators and partners, expanding their business reach.

The job fair created a positive and dynamic environment, serving as a valuable resource for job seekers and facilitating connections for employers. It streamlined the recruitment and hiring processes locally, while also fostering important relationships within our community.



Joanne Basilières -
Employability Coordinator

MWCN Easter Craft in Saint-Lazare

On Saturday, March 9th, MWCN Vaudreuil-Soulanges partnered with the Town of Saint-Lazare at their local community centre to create an Easter Craft with families from the communities of Hudson, Saint-Lazare and Rigaud. The goal of this activity was to have families work together in creating crafts while showcasing the presence of MWCN in the Montérégie West.



It was a morning of high-energy and enjoyment as we had over 30 children participate ranging in age from 2 to 12 years old, accompanied by their parents. The two crafts that we worked on were Easter sock bunnies and Easter Wreaths. The children's creativity shined through their crafts as they used colourful materials to create and decorate their wreaths and bunnies. They were all so proud of their finished craft and were able to go home with a festive craft for each of their homes.

We would like to give a huge thank you to Heidi Whipple who did an amazing job leading the Easter Craft working with all the children, giving them guidance and step-by-step instructions. We would also like to give a huge thank you to Nancy Farewell who volunteered her time to help make this activity successful. It was a busy morning and we would not have been able to do it without our volunteers.



Bryanna Wilson - Outreach and Project Coordinator - Vaudreuil-Soulanges

The Choose Kindness Movement

MWCN Huntingdon launches its intergenerational "Choose Kindness" board. All great ideas come from a need in our community. While brainstorming March break activities, Nadya Kovacs, our Outreach & Program Coordinator, and our intern Jessica Bouthillier felt there was a need in our community, a need to build compassion in the community through acts of kindness.

One of the activities we planned was friendship bracelet making, with the Kindness Board in mind, we decided to utilize the opportunity for our participants, both young and old, to create bracelets for our board. The goal was to create beaded bracelets featuring inspirational words with the addition of a tag with a positive message aimed at bringing joy to others.

The goal of our Choose Kindness board is to unite our community while focusing on building empathy and compassion across generations. MWCN hosts intergenerational activities to address vital social and community issues. The success of these activities is due to the strengths that participants from different generations bring forth.

In the future, our goal is to integrate our Choose Kindness movement into our various activities throughout our communities and our 13 municipalities. We look forward to growing this movement in many ways alongside our partners.

***Testimonial from a kindness bracelet recipient "It felt really good. Being alone I don't really get any compliments or kind words so it made me feel really good. I wear the bracelets to remind me that I deserve to be happy"*



Written by Nadya Kovacs, Outreach & Program Coordinator Huntingdon & Jessica Bouthillier, Huntingdon Intern.

The Garden of Hope

For the past year, the Pincourt office has held monthly meetings with a very special group of ladies.

This group was formed to support members who are experiencing grief (of any kind) or just needing a safe space with other members who are dealing with life experiences, that at times has been difficult to navigate.

This started as a very private group, in a roundtable setting, with no agenda except to have a few exercises that would help to deal with feelings and emotions, either verbally or written.

Some of the discussion subjects we covered were “How I’m Feeling Today”, “How I feel when asked to attend a social event”, and “If you could tell your loved one about your day”.

The next few months involved homework. Writing exercises about “What does gratitude mean to me”, “Who is my support system”, and “Write a funny memory about your loved one”. Well... the originality and creativity that emerged from our ladies was extraordinary! Such honesty and depth, either as a story or a poem. (Which has triggered an initiative to create the MWCN book of Inspiration).

Our recent meeting in March was all about, “What I remember most about my wedding” with everyone bringing in their wedding albums or a few framed pictures. Oh, how styles have changed! Little by little, as each monthly meeting went by, the confidence and self assurance that had once been buried, has returned to the group, and a friendship of camaraderie had developed.



And so, with the approval of our group, I now feel it’s time to write about how proud I am to have shared this experience alongside my ladies and to share not only this article but a wonderful photo of our group (less 3 who were unfortunately missing) sharing their wedding photos.

Lorie Marcotte - Coordinator of Community Development - Vaudreuil-Soulanges

Spring: A Time of Happiness and Growth

As winter fades away, spring steps in with a big hello. It's a season full of sunshine, flowers blooming, and longer days. Spring brings lots of good things that make us feel happy and alive.

One of the best parts about spring is seeing all the colors popping up everywhere. Flowers start to bloom, and trees get their green leaves back. It's like a big, colorful party in nature that makes everything look beautiful again.

When spring comes, it's not just the world outside that changes – we feel different too. The sun shines brighter, and that makes us feel happier. Scientists say it's because the sun helps our bodies make a special chemical called serotonin, which boosts our mood and makes us feel good inside.

With the warmer weather, we get to spend more time outside. Spring is perfect for playing in the park, riding bikes, or having picnics with friends and family. Being outside and moving around makes our bodies feel strong and healthy.

Spring is also a time for new beginnings. Just like plants grow and bloom, we can start fresh too. It's a chance to set goals and try new things. Maybe you want to learn how to ride a bike or start a garden – spring is the perfect time to get started.

But spring isn't just about us. It's about being together with others too. Communities come alive with events like clean-up days or fun festivals. It's a time to connect with neighbors and friends, sharing laughter and good times.

In the end, spring is a special time of happiness and growth. It's a time to enjoy the simple pleasures of nature, feel the warmth of the sun on our faces, and look forward to all the good things yet to come. So let's embrace spring with open arms and let its positivity fill our hearts with joy.



Matt Mardini - Program Manager

MWCN in Beauharnois

Exciting news for English speakers in Beauharnois!

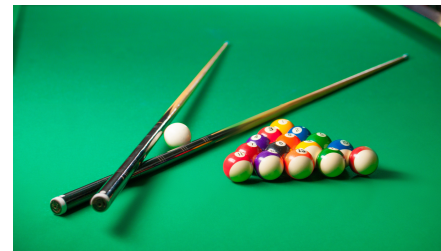
MWCN has partnered with Club des Aînés Melocheville to establish a vibrant new hub for community activities catered for the English-speaking community.

Starting now, residents can look forward to a range of engaging activities designed to foster connection, fun, and wellness. Every Friday morning from 9:00 am to 12:00 pm, the community space will host Scrabble and pool sessions, providing opportunities for friendly competition and socializing.

For those keen on staying active, there's a walking group meeting every Friday from 10:00 to 11:30 am, offering exercise and camaraderie against the backdrop of beautiful Beauharnois scenery.

And for those who love to dance, MWCN invites you to join their 6-week Zumba sessions starting May 3rd, from 9:00 to 10:00 am. Priced at just \$30 for the entire program, it's a fantastic way to get fit and have fun in a supportive environment.

This collaboration between MWCN and Club des Aînés Melocheville promises to be a boon for the English-speaking community, providing a welcoming space where residents can connect, stay active, and enjoy each other's company. Don't miss out on the opportunity to be a part of this exciting initiative!



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

Beauharnois - 380 Boul de Melocheville, Melocheville, QC J0S 1J0 / 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



Community Health and
Social Services Network

www.mwcn.ca

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