



MONTÉRÉGIE WEST
COMMUNITY NETWORK
OCTOBER & NOVEMBER 2026

A word from Pauline



Meet the MWCN TEAM

Three or four times a year our team gets together to meet and share experiences. As a growing community organization, there are many different changes throughout the year. Some of our staff change and move on for different reasons.

As leader of this organization, I find that communication is a very important part of what makes MWCN a success. It is not about meeting the tasks that present themselves regularly, it is about the team that we have the privilege of working with to meet the needs of the community.

However, this team is made up of people. People who have families. Men and women who have responsibilities outside of the job.

I have made it my mission to make sure that these people, our Team, are offered an opportunity to take care of themselves and enjoy their work. Family first and the MWCN responsibilities second. We strive to make for a safe workplace, a workplace that you want to get up in the morning and be eager to go to. We try as much as possible to relieve the stress by working effectively together on different deadlines that present themselves during the year.

Besides the activities at each of our 5 offices, we also have grant applications, budgets, bookkeeping, payroll and audits.

Thankfully we have built a team that we are proud of and today at our team building with our facilitator, loaned to us by our funder RDN (Regional Development Network), Russ Kueber was able to help us explore our Strengths and how we can share them with our team.

I am grateful for the time spent together today without the distraction of all our responsibilities.

Today was our day to build a strong team working within our communities. I am truly grateful for the privilege I have been given in leading this group of strong, compassionate, knowledgeable people who strive to give us their best, in order to improve the quality of life to the English-speaking Community of the Montérégie Ouest.

Pauline Wiedow - Executive Director



MAKING A DIFFERENCE, ONE CONNECTION AT A TIME: MY JOURNEY AS A PATIENT NAVIGATOR

When I first stepped into the role of Patient Navigator with the Montérégie West Community Network (MWCN), I knew I wanted to help people. What I didn't fully realize was just how meaningful the connections I would make along the way would become.

As a Patient Navigator, my role is to help English-speaking individuals and families navigate health and social services in Montérégie-Ouest. Whether it's helping someone understand where to turn for a service, supporting them in accessing healthcare, helping them understand medical information, connecting them with community resources, or simply being someone who listens when they feel overwhelmed, every situation is different.

And that is one of the things I love most about this work.

I have always been someone who genuinely cares about people. Community, compassion and helping others have always meant a great deal to me. I'm naturally someone who listens, wants to understand what another person is going through, and looks for ways to help. I'm also persistent, resourceful, patient and someone who enjoys connecting people with the right resources. These parts of my personality fit so naturally with the work I do as a Patient Navigator.

One of the most rewarding parts of my experience so far has been seeing how a single connection can make a difference. Sometimes, people reach out because they don't know where to start. They may be frustrated, confused, overwhelmed or simply unsure of what services are available to them. Being able to help bring some clarity to an otherwise complicated situation is incredibly fulfilling.

But perhaps one of the greatest compliments I can receive is when someone I have previously worked with refers a friend, family member, neighbour or someone else in their community to me.

Those referrals mean more to me than people may realize.

Knowing that someone felt supported enough to say, "*You should reach out to Dania; she may be able to help,*" is incredibly humbling. It tells me that the work I am doing is reaching beyond one conversation or one individual. It is creating connections within the community, and that is something I am truly grateful for.

I feel very blessed to know that I am making a positive impact in the community I serve. Every person I meet reminds me why this work is important. Even when I cannot solve a problem myself, I can often help someone find the next step — and sometimes, that is exactly what a person needs.

Your Feedback Matters: As I continue growing in my role, I also want to make sure that I am providing the best possible support to the people who reach out to me.

Over the coming weeks, I will be sending out a short survey to individuals who have used my Patient Navigation services. The purpose is simple: I want your genuine feedback.

What was helpful?, Was there anything I could have done differently?, Did you feel heard and supported?, Were the resources or information I provided useful?, Is there something you wish I had offered or explained?

Your feedback is extremely important to me. It will help me better understand what is working, where there may be gaps, and how I can continue improving the way I support our community.

I want Patient Navigation to be a service that people feel comfortable reaching out to, a place where they feel heard, respected and supported, especially when navigating the healthcare and social service system feels overwhelming.

Thank you to everyone who has trusted me, shared their experiences with me, referred someone to my service, or simply taken the time to have a conversation. Every interaction is an opportunity to learn, to connect and to make a difference.

I am truly grateful for the opportunity to serve this community, and I look forward to continuing this journey — one person, one connection and one helping hand at a time.

Dania James - Patient Navigator

SHAKESPEARE IN THE PARK RETURNS TO HEMMINGFORD!

There was something special about gathering in our beautiful Recreation Centre park on July 25th. After several years away, Shakespeare in the Park returned to Hemmingford, and judging by the wonderful turnout, it was certainly missed!

MWCN Hemmingford was delighted to host Repercussion Theatre for an evening of live theatre under the open sky. Approximately 100 people came out to enjoy the performance, with visitors travelling from communities near Montreal's South Shore and even from Vermont.

Shakespeare-in-the-Park is a non-profit arts organization dedicated to bringing live, classically based theatre to communities throughout Montreal and Quebec, free of charge. Their productions are made possible through the support of arts councils, foundations, donors and the communities where they perform.

The opportunity to bring the production back to Hemmingford came when Fleur Gontard, Conseillère en tourisme et culture for the MRC Les Jardins-de-Napierville, approached MWCN Hemmingford about hosting the event.

For many residents, this was more than a theatre performance. Shakespeare in the Park had been a cherished summer tradition in Hemmingford before the COVID-19 pandemic, and its return offered an opportunity to reconnect with a much-loved community tradition while welcoming new faces.

It was wonderful to see neighbours, families and visitors gathering in the park, enjoying the performance and one another's company. Events like this remind us of what makes our community special: coming together, supporting the arts and creating shared memories close to home.

The response has us looking ahead. Meetings will be held throughout the winter to explore the possibility of making Shakespeare in the Park an annual summer tradition in Hemmingford once again.

A big thank-you to Repercussion Theatre, Fleur Gontard, the MRC Les Jardins-de-Napierville and everyone who helped make the evening possible. Most importantly, thank you to the approximately 100 people who came out and made the return of Shakespeare in the Park such a memorable community evening.

We hope this is only the beginning of many more summer evenings filled with theatre, laughter, friendship and Shakespeare in our park!

Tina Calvarese - Outreach Coordinator - Hemmingford



KIDS' CRAFT & LUNCH

This summer, I had the opportunity to organize the Pincourt office's first weekly activity specifically for children: our Kids' Craft & Lunch program! Over the course of five weeks, kids ages 5 to 10 joined us for a morning of arts and crafts, themed activities, lunch, and lots of fun.

As many of the activities offered at our office are geared towards seniors, we were excited to introduce an activity that would help us connect with more local families and encourage them to discover the amazing programs and services available through the MWCN.

Each week kicked off with a new theme, from camping to under the sea! It was so rewarding to watch the children get excited about the crafts and activities, proudly show off what they had created, and make new friends. Getting to create a welcoming environment where they could laugh, share ideas, help one another, and simply have fun really showed how impactful community programs like these can be.

Throughout my summer working for the MWCN, I didn't just gain professional experience, I now have a greater appreciation for all the work that goes into supporting a strong community. I had the opportunity to participate in events and activities that make a real difference in the lives of our members. It has taught me the importance of having spaces where people feel welcomed, included, and connected.

This experience has given me the chance to step out of my comfort zone, develop new skills, and contribute to something meaningful. As my time as a summer student comes to an end, I'm grateful for the memories and lessons I learned from being part of such a welcoming and vibrant community. I am proud to have had a role in creating such an uplifting and valuable community space this summer!

Norah Marquis - Summer Student, Pincourt



CELEBRATING THE IMPACT OF THE SENIOR WELLNESS INITIATIVE

On Tuesday, August 24th, our Huntingdon office had the pleasure of welcoming **Griffin Payne, Community Development Specialist with CHSSN**.

CHSSN is one of our core funders through our Senior Wellness Initiative program and is dedicated to supporting English-speaking communities across Quebec. CHSSN is funded by Health Canada, the Public Health Agency of Canada, and the Secrétariat aux relations avec les Québécois d'expression anglaise.

The goal of the afternoon was to come together and share positive stories about the impact the Senior Wellness Initiative has had in our communities and the important role MWCN plays in supporting seniors. We were thrilled to have more than 20 MWCN members join us for a wonderful conversation about the importance of what we do and, most importantly, how our programs and services have touched the lives of many people.

We talked about the many ways we work to reduce isolation, remove barriers to participation, and ensure seniors feel connected, valued, and heard. Some of the activities and initiatives discussed included: *Health education presentations, Fitness classes for balance and mobility, Chair yoga, Computer Technology education, Creative workshops, Lifelong learning opportunities, Social activities and intergenerational programs, Outreach and wellness check-ins*. Providing information, referrals, and support to those who may need additional assistance.

While these activities may seem simple on the surface, their impact can be profound. They provide opportunities for seniors to get out of the house, meet others, learn something new, stay active, and develop meaningful friendships.

Over the past eight years, we have had the privilege of watching these friendships grow. It was heartwarming to hear participants share their experiences and to understand just how much these connections mean to them.

Sometimes, seniors simply want to know that someone is listening.

Our activities are not only about exercise, crafts, games, or presentations. They are about creating a welcoming space where people can connect, share their stories, feel included, and know that they matter. For some, attending an activity may be the first step toward breaking through isolation. For others, it may

be the place where they find a new friendship, regain confidence, or simply have someone to talk to.

That is the heart of Senior Wellness, building connections, reducing isolation, and making sure seniors feel heard, valued, and part of their community. We are grateful to Griffin from CHSSN for taking the time to listen to our stories, celebrate our successes, and recognize the difference that community-based programs can make in the lives of seniors.



Nora Donnelly - Outreach Coordinator - Huntingdon

INTRODUCING THE MWCN EMPLOYABILITY EDGE NEWSLETTER

A new resource for our community: the MWCN Employability Edge Newsletter!

We are pleased to introduce the **MWCN Employability Edge**, a new newsletter designed to keep job seekers, workers, and community members informed about employment opportunities, helpful resources, and what is happening in the labour market across the Montréal West region.

Whether you are looking for work, considering a career change, returning to the workforce, exploring part-time opportunities, or simply interested in staying informed, the Employability Edge offers practical information to help you navigate today's changing world of work.

Each edition will bring useful information and resources directly to you, including upcoming workshops and events, local employment supports, Québec labour market updates, job-search tips, French-language learning opportunities, and other resources available in our community.

Employment at Every Stage of Life:

For older adults and seniors, the Employability Edge can be especially useful. There are many reasons someone may choose to continue working or return to work later in life, whether to stay active and connected, earn additional income, explore a new interest, or simply try something different.

Your years of experience have helped you develop valuable skills, knowledge, reliability, and perspective. These strengths can transfer to many different workplaces and opportunities, even if you are considering a role or industry that is new to you.

Future editions of the Employability Edge will explore topics such as returning to work after retirement, finding flexible or part-time employment, updating your résumé, preparing for interviews, building confidence with technology, understanding artificial intelligence in the workplace, and recognizing the value of the skills and experience you already have.

The Employability Edge is part of MWCN's commitment to making employment information accessible, practical, and relevant to our community. Whether you are actively searching for a job or simply curious about what opportunities are available, our Employability team is here to help you explore your options and connect with resources close to home.

Stay informed. Stay connected. Keep building your Employability Edge.

Look for upcoming editions, and feel free to share the Employability Edge with a friend, family member, or anyone in your community who could benefit from employment information, resources, and support.

Joanne Basilières - Employability Program Manager



HEALTH FAIR & VAUDREUIL - SOULANGES HOSPITAL PRESENTATION



Saturday, October 17, 2026

10:00 - 2:00 PM

Omni - Centre
375 Cardinal Leger, Pincourt



MONTÉRÉGIE WEST COMMUNITY NETWORK

Our Offices in Five Regional County Municipalities

Roussillon - 253 Blvd. d'Anjou, Chateauguay QC J6J 2R4 / 450-691-1444

Beauharnois - 380 Boul de Melocheville, Melocheville, QC J0S 1J0 / 450-691-1444

Vaudreuil-Soulanges 95 5e Avenue, Suite 100, Pincourt, QC J7V 5K8 / 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

