

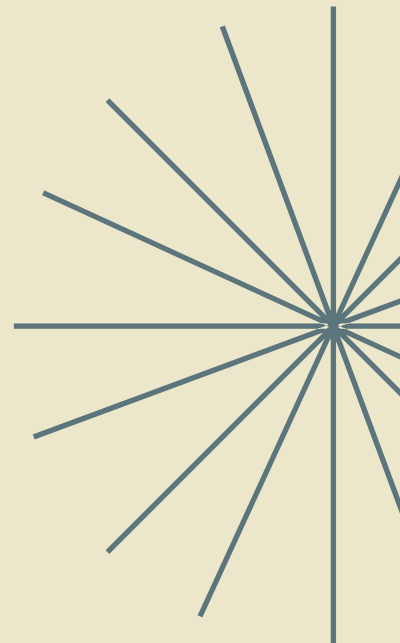


**ANNUAL
REPORT**

**2025
2026**

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A WORD FROM THE PRESIDENT

Welcome everyone to our 26th Annual General Meeting of the Montérégie West Community Network (MWCN), and the first one in the beautiful town of Ormstown. My name is Tracy Wilkins and I have sat on the board of directors for 6 years and am completing my second term as President of the Board.

Every year starts with new challenges and which culminates with conquering and surpassing them. It is only with the work of our creative and dedicated staff and volunteers, and the continued support of the communities in the Montérégie Ouest that this can be realized.

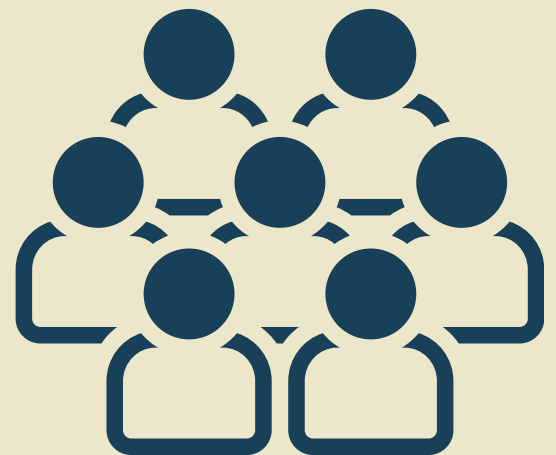
I would like to thank the past and present directors for their belief in our organization by having volunteered their time to assist in building a strong and inclusive community.



Tracy Wilkins
President Board of Directors MWCN

BOARD OF DIRECTORS 2025-26

Tracy Wilkins - President
Marlene Davies - Vice President
Carolyn Gallaway - Treasurer
Chuck Halliday - Secretary - non voting
Linda Lassen - Director/ Spare Secretary
Susan Parker - Director
Lucy Khatchadourian - Director
Pamela Mulderrig - Director
Gail Polney - Director
Sherry Comeau - Director
Jacquelynne Epp - Director
Ryce Kreissl - Director



REPORT FROM THE EXECUTIVE DIRECTOR



We are here together to reflect on our many accomplishments throughout the year. Today marks our 26th Annual General Meeting. As I look back on this year and the opportunities that have presented themselves, I am very grateful for the many staff members who bring their skills to share in a very special way. Together we can enjoy this year of successful partnerships; New ones and old ones. We are also very conscious of the huge responsibility, we have, to the funders, who have entrusted us with public funds to deliver direct support to the English-speaking community.

Our staff now numbers 16 plus 3 summer students.

We have a population of over 101,500 English-speakers throughout the Montérégie West. Each of our locations are connected to partnerships with other organizations and community members.

Reaching partners and networking and collaborating. Our Senior Wellness activities are well over 275 and the children's activities nearing 40. Many of these are led by volunteers. Membership has reached 1345. We have core funding from the Secrétariat des Québécois d'expression anglaise, Canadian Heritage and Community Health and Social Services Network. We also have funding from the Fondation Lucie and André Chagnon for our early learners' program. You will see from our funding page that we have many projects throughout the year that are supported through additional funding.

MWCN provides many activities, leisure through crafts, book club, art, etc. Keep fit programs from walking groups, yoga, pickleball, exercise programs and much more. We provide special events such as International Women's Day and Conferences to support a healthy brain and body. These are only to mention a few. Our programs for the children in our Bright Beginnings Program for 3-5-year-olds is an alternative program in a smaller environment for children to learn social skills as well as academics at their own pace. Girls with Purpose is a wonderful program created and funded by a community member.

The work we can do with our close, longstanding Partnership with New Frontiers Schools is the mental health support of our students and their teachers. The pen pal program between an elementary English school and French school is to be commended for building healthy relationships despite linguistic differences. We need more of that. MWCN has had 2 book launches this year. We have The Untold Stories which we have here for sale. Very interesting read of "How we got here" as told by community members. The other book is a book that has been put together by our Partner and Provincial funder Regional Development Network (RDN), On the Map, A History of the Montérégie West which tells the story of who we are and how the journey has unfolded. Another interesting read which will be available to you soon.

What I love about our organization is the fact that we can support the schools and community organizations to help them meet their goals and provide opportunities to help teachers, and students. What I am excited about is that working closely with the funders and meeting regularly with similar organizations across Quebec gives us an opportunity to share our frustrations but most of all our accomplishments. This helps us to build a strong network..

I am very thankful for the team that we have put together. This is a team of hard-working individuals who have a heart for community building. Each one, you will see through the following reporting, goes above and beyond. Each one has a different position with different objectives and even varied populations. I have the privilege of seeing them organize their work, expand their initiatives and come up with different ideas for reaching the community members. It is amazing to watch them weave their projects and work within the community. There are also many occasions for the team to learn new strategies through training, the tried and true or professional support.

I would like to thank our Board of Directors and especially our President, Tracy Wilkins. There are a few of our board members who have completed their mandate, and I want to take this time to thank you for the time you have given to us and the expertise you have shared. Lucy Katchadourian, Linda Lassen, Jacquelynne Epp, Susan Parker, Gail Polney, Pamela Mulderrig and Chuck Halliday. THANK YOU

Pauline Wiedow - Executive Director

STAFF - APRIL 2025 TO MARCH 2026

MANAGEMENT



Pauline Wiedow
Executive Director



Matt Mardini
Program Manager



Tonya Wright
Executive Assistant

MAIN OFFICE - CHÂTEAUGUAY- ROUSSILLON



Angelique Koukopoulos
Communication Assistant



Elizabeth Tiplady
Bright Beginnings Coordinator



Françoise Goulet
Office Assistant



Patricia Hannan
Network Partnership
Initiator (NPI)

EMPLOYABILITY & MENTAL HEALTH PROGRAMS



Joanne Basilières
Employability & Mental Health Coordinator



Susel Martinez
Special Projects Coordinator

HUNTINGDON OFFICE - HAUT-SAINT-LAURENT



Kim Wilson
Network Partnership
Initiator (NPI)



Nadya Kovacs
Outreach & Program
Coordinator



Nora Donnelly
Community Outreach
Coordinator

PINCOURT OFFICE - VAUDREUIL-SOULANGES



Lorie Marcotte
Coordinator of
Community Programs



Clément Bergeron
Network Partnership
Initiator (NPI)



Bryanna Wilson
Outreach and Project
Coordinator



Gina Lopez
Network Partnership
Initiator (NPI)



Kitiara Arsenault
Office Assistant

HEMMINGFORD - JARDINS-DE- NAPIERVILLE



Tina Calvarese
Outreach & Program
Coordinator

BEAUHARNOIS- SALABERRY



May Comtois
Wellness Center
Coordinator

REPORT FROM THE PROGRAM MANAGER

As Program Manager of the Montérégie West Community Network (MWCN), I am pleased to present my annual report for the period of April 2025 to March 2026. This year was marked by continued organizational growth, strengthened partnerships, expanded community engagement, successful funding initiatives, and ongoing investments in digital innovation. Throughout the year, I worked closely with staff, partners, funders, and community organizations to support MWCN's mission of serving and strengthening the English-speaking community across Montérégie West.

Strategic Planning and Community Development

A major focus of the year was supporting MWCN's Needs Assessment and Strategic Planning process. Working closely with Frances Ravensbergen, PhD (Consultant in organizational change), and Pauline, I contributed to the development, promotion, and implementation of the community survey, partner consultations, and focus group activities.

These initiatives provided valuable insight into the evolving needs of the English-speaking community and helped lay the groundwork for future planning, service development, and organizational priorities.

I also continued to participate in numerous regional committees, consultations, networking opportunities, and collaborative initiatives, ensuring that MWCN remained actively involved in discussions affecting our communities.

Communications, Marketing and Branding

Communications remained a key priority throughout the year. I continued to oversee and enhance MWCN's branding, ensuring consistency and professionalism across all publications, promotional materials, presentations, newsletters, websites, and social media platforms.

Significant efforts were made to strengthen MWCN's public visibility through strategic communication campaigns, community outreach initiatives, and the ongoing development of marketing materials for programs, events, and services. Our growing online presence resulted in increased engagement across Facebook, Instagram, LinkedIn, and our website, helping us reach new audiences, recruit volunteers, and increase awareness of MWCN's services throughout the region.

The monthly programs of activities and the bi-monthly newsletters continued to serve as important communication tools, keeping community members informed and engaged while highlighting the work of our staff, volunteers, and partners.

Funding Development and Partnerships

This year included significant work in the area of funding development and partnership building.

I collaborated on the preparation and submission of several funding applications, including projects with Canadian Heritage and YES Montreal in partnership with 4Korners. These initiatives focused on employability, workforce development, Indigenous cultural awareness, and community engagement. Following the successful approval of the "English as an Asset: Boosting Employability" project, I played an active role in project implementation, including branding development, procurement of equipment, planning activities, and reporting requirements.

Partnership development remained a cornerstone of my work. I continued to strengthen relationships with organizations such as ARC, MEPEC, CHSSN, RSN, NFSB, YES Montreal, 4Korners, PERT, Indigenous partners, and numerous local community organizations. Through these collaborations, MWCN expanded its reach, increased its impact, and developed new opportunities for community members.

Events, Community Outreach and Representation

Throughout the year, I represented MWCN at a wide range of conferences, forums, networking events, regional meetings, and community activities.

Notable contributions included support for the Youth Gala, attending the CELI 2026 Forum, Indigenous Learning Exchange activities with Keith Leclaire, employability events, community networking initiatives, and fundraising activities.

I also provided logistical, promotional, and technical support for major organizational events, including the Annual General Meeting, job fairs, networking events, mentorship initiatives, workshops, and community presentations. These activities strengthened MWCN's visibility while fostering meaningful connections with community members, stakeholders, and partner organizations.

In addition, I coordinated two successful fundraising concerts for MWCN, held in Châteauguay and Pinpoint. These events brought together community members, supporters and partners while raising funds to support MWCN's programs and services.

Technical Infrastructure and Organizational Support

Supporting the organization's technological infrastructure remained an important responsibility throughout the year.

I provided ongoing IT and technical support to staff across multiple MWCN locations, ensuring reliable access to equipment, software, communication platforms, and digital tools. Responsibilities included hardware procurement, device configuration, software maintenance, account administration, troubleshooting, telecommunications management, and ongoing technical assistance.

As MWCN continued to evolve, I also coordinated the purchase of equipment and promotional materials, managed vendor relationships, and worked to improve operational efficiency through cost-effective technology solutions.

Website maintenance and digital platform management continued to be priorities, with regular updates implemented to improve user experience, accessibility, content delivery, and event registration processes.

Staff Development, Recruitment and Training

Throughout the year, I supported the recruitment, onboarding, and integration of new staff members across various programs and departments.

This included preparing technical equipment, creating user accounts, delivering orientation sessions, providing training on communication and digital tools, and ensuring that new team members had the resources necessary for successful integration into the organization.

I also supervised and mentored staff involved in communications and marketing activities, helping strengthen organizational capacity while supporting professional development opportunities.

Innovation and Digital Transformation

Building on previous efforts, MWCN continued to embrace innovation and digital transformation throughout the year. Emerging technologies and AI-powered tools were further integrated into daily operations, supporting content creation, communication strategies, reporting, workflow optimization, and administrative efficiency. These tools helped improve productivity, streamline processes, and enhance the organization's ability to respond quickly and effectively to evolving community needs.

Conclusion

The 2025-2026 year was one of continued growth, collaboration, and innovation for MWCN. Through strategic planning initiatives, successful funding applications, expanded partnerships, community engagement activities, and ongoing investments in technology and communications, we strengthened our ability to serve the English-speaking population of Montérégie West.

I am proud of what our team has accomplished together and grateful for the support of our staff, volunteers, Board members, partners, funders, and community members. Their dedication and collaboration continue to drive MWCN forward and help create stronger, more connected communities across our region.

Thank you for your continued trust and support as we work together to build an even stronger future for the communities we serve.

Matt Mardini - Program Manager



REPORT FROM THE COMMUNICATION ASSISTANT

Since starting the position in January as Communications Assistant at MWCN, I have been responsible for managing and enhancing the organization's communications and public presence across multiple platforms, including Facebook, Instagram, and LinkedIn. I have developed and implemented social media content strategies to promote MWCN programs, services, events, and community initiatives, helping to increase awareness and engagement throughout the Montérégie West region. I also created a new official MWCN Employability Services Facebook page and designed the logo, branding package, and promotional materials for the YES-funded project, English as an Asset: Boosting Employability.

Using Canva, I design a wide range of communication materials, including posters, brochures, event signage, social media graphics, presentations, and promotional campaigns. In addition, I have created sponsorship proposals and marketing materials to support partnerships, fundraising efforts, and community outreach, including for MWCN's Gala event, which raised funds to provide scholarships to participating schools in the Vaudreuil-Soulanges community. Through strategic communications, creative design, and digital engagement, I strive to strengthen MWCN's visibility and ensure that our programs and services effectively reach the communities we serve.

Angelique Koukopoulos - Communication Assistant

REPORT FROM THE EXECUTIVE ASSISTANT

As Executive Assistant at MWCN, I have continued to provide administrative and operational support to the organization. My role is diverse and involves working closely with the Executive Director, staff team, Board of Directors, and community members to ensure the efficient operation of the organization and support the achievement of MWCN's mission and goals.

Human Resources, Recruitment, Administrative and Team Support

Throughout the year, I supported various human resources functions, including onboarding new staff members. Responsibilities included scheduling interviews, communicating with applicants, and assisting with hiring processes. I also supported the recruitment of new Board members by gathering applicant information, coordinating communications, and assisting with the review process.

A key aspect of my role is providing ongoing administrative support to the MWCN team. I assist staff with day-to-day administrative needs, maintain regular communication, and help ensure that organizational processes operate smoothly and efficiently.

I coordinate staff meetings by preparing agendas, organizing meeting materials, managing logistics, and ensuring that relevant information is available to support productive discussions and decision-making. These meetings provide important opportunities for collaboration, planning, and information sharing across the organization.

Throughout the year, I provide administrative support to the Board of Directors by preparing and distributing information required for governance activities. This includes collecting and submitting staff workplans.

Payroll and Financial Administration

I am responsible for managing staff timesheets and supporting expense tracking and reimbursement processes. This includes reviewing submissions for accuracy, maintaining organized records, and ensuring documentation is completed in a timely manner.

Working closely with the Executive Director, Pauline, and the bookkeeper, I assist with financial administration tasks, including Visa reconciliation and the preparation of bank deposits. These responsibilities help support accurate financial record-keeping and contribute to the organization's overall financial accountability and reporting requirements.

Program Reporting and Support

An important component of my role involves supporting program reporting requirements and ensuring that accurate information is collected and submitted to our funders. Throughout the year, I was responsible for compiling and submitting statistical and reporting information for several dossiers, including Bright Beginnings, HEY, Educalo!, and Senior Wellness programs.

As part of my support for the Bright Beginnings program, I work closely with Elizabeth, our Bright Beginnings Coordinator to assist in our Early Learning Program . Throughout the year, I assist with special events, take photographs and the creation of the annual yearbook. The yearbook serves as a meaningful record of the children's experiences and achievements throughout the year and provides families with lasting memories of their participation in the program.

Student Supervision and Mentorship

During the reporting period, I had the opportunity to supervise and support two student placements at MWCN, contributing to their professional development and learning experience within a community organization setting.

During the summer months, I supervised a summer student who worked with MWCN for a nine-week placement. I also supervised a third-year Social Service student who completed a placement with MWCN from January to May. Throughout the placement, I provided ongoing mentorship, support, and administrative guidance, helping the student develop practical skills, gain exposure to community-based services, and understand the day-to-day operations of a non-profit organization.

Special Events

I assisted with the planning, coordination, and execution of several key community events. These included the Volunteer Appreciation Party in Châteauguay, the Matt Mardini Concert, and the International Women's Day Event. My involvement included event planning, logistics, vendor and partner coordination, participant communications, and on-site support to ensure the success of each event.



REPORT FROM THE CHATEAUGUAY OFFICE IN ROUSSILLON

Tonya Wright, Executive Assistant

The Châteauguay office serves as the head office of MWCN and officially opened in 2017. Since that time, the office has experienced steady growth and now employs 9 staff members. Through enhanced visibility, strategic partnerships, and ongoing community engagement, the Châteauguay office has played a key role in expanding MWCN's reach and strengthening its connections with the communities it serves. These collaborative efforts have contributed significantly to the organization's success in delivering programs, services, and support throughout the region.

Membership at MWCN continues to grow steadily, reflecting the organization's increasing visibility, strong community relationships, and commitment to meeting the needs of its members.

Community Outreach & Partnerships



Community Outreach Highlights:

This year, increased financial pressures led to a greater need for food support within our community. During the Christmas season, MWCN assisted 10 families with turkey meal baskets and gift cards. We also donated 15 bags of non-perishable food items to the Châteauguay Food Bank, helping support local families experiencing food insecurity.

In partnership with the Table de concertation des Aînés du Grand Châteauguay, a Seniors Fair was on October 1st and held at Manoir D'Youville. The event featured 53 exhibitors and welcomed approximately 800 visitors, providing valuable information, resources, and connections for seniors in the community.

Senior Wellness

Our Senior Wellness Program aims to reduce social isolation and connect seniors with health and social service resources and referrals. This fiscal year, we recorded 5,128 units of participation through our activities, special events, and health promotion workshops, demonstrating strong engagement within the senior community.



Senior Wellness Highlights:

In July, MWCN held its Annual Summer Picnic at Île Saint-Bernard, with 29 members from Huntingdon and Châteauguay in attendance. Participants enjoyed a day of games, refreshments, conversation, and the beautiful surroundings, providing an opportunity for social connection and community engagement.

MWCN hosted four mental health workshops in partnership with AMI-Québec and L'Accolade, with a total of 53 participants. These workshops provided valuable tools, information, and a safe space for participants to share experiences and support one another.

Volunteers at MWCN

Volunteers are an essential part of MWCN's continued growth and success. They contribute in many ways, including leading activities, supporting community events, and helping to share information and resources throughout the community. Their dedication and commitment play a vital role in strengthening our programs and services.



Youth Programming

Through funding provided by Bright Beginnings and HEY, MWCN offers a variety of services, activities, and programs that support English-speaking families and youth aged 0-18. These initiatives help strengthen family well-being, foster community connections, and provide access to valuable resources and opportunities.

7
PROGRAMS AND
ACTIVITIES
SUPPORTING 45
UNIQUE YOUTH
AND FAMILY UNITS



EARLY LEARNING PROGRAM

SUPPORTING 18
UNIQUE YOUTH
AND FAMILY UNITS



SPECIAL EVENTS/ PROJECTS

SUPPORTING OVER
2000 UNIQUE
YOUTH AND FAMILY
UNITS



Youth Programming Highlights:

Language stimulation workshops were offered to English-speaking families through a partnership with and funding from Tables Langage JR. These sessions supported children's early language development while providing families with tools and resources to encourage learning and communication at home.

A total of 950 transition bags were distributed to K4 and K5 students across the Riverside School Board. This initiative was made possible through the collaboration of the Riverside School Board, MEPEC, and ARC, supporting early childhood learning and school readiness for young students and their families.

Educaloi

Through funding from Educaloi, MWCN offers legal information workshops that address the needs and interests of the community. During this fiscal year, more than 10 workshops were delivered, reaching over 150 participants and increasing access to valuable legal information and resources.

Special Events

This year, MWCN hosted two big scale community events that were open to the public. Through sponsorships and fundraising efforts, these events generated valuable support for the organization, helping to expand programs and services for the communities we serve.



MATT MARDINI CONCERT

350 IN ATTENDANCE
7 SPONSORS



INTERNATIONAL WOMENS DAY EVENT

205 IN ATTENDANCE
6 SPONSORS



St. Patrick's Day Parade



Yoga



Card Class



Blairs Orchard



Christmas Luncheon



NOVA Health Fair



Girls with Purpose



Farkle



Youth Bags



Murder Mystery Luncheon



Fall Prevention Conference



Transition Bags- Riverside School Board



Matt Mardini Concert



Summer Picnic



Lunch and Learn- Chateauguay Fire Station



Senior Fair



Exporail Trip



International Womens Day Event



Volunteer Luncheon



Untold Stories of Chateauguay

REPORT FROM THE BRIGHT BEGINNINGS COORDINATOR



Bright Beginnings supported our 3- to 5-year-old group five days a week from April to June 2025. We began the spring with 7 children in our group (5 boys and 2 girls). In April, one of our girls moved to Ontario with her family, bringing our group back to 6 children.

In May, we began working on the yearbook. I gathered and organized photos from the school year and shared them with Tonya. She took beautiful outdoor photographs of the children for the yearbook which turned out wonderfully.

In June, we enjoyed our annual class outing to Kids R Us! This is always a favourite activity and the children had a fantastic time exploring, playing and spending time together outside the class.

As the school year came to a close, we took full advantage of the warm weather by spending lots of time outdoors. The children enjoyed picnics, story time outside and many summer-themed crafts and activities. We also worked hard on our Father's Day projects, which the children were excited to bring home.

On the final day of the program, we celebrated with a fun end of year party. Each child received a special gift that had been prepared for them, as well as a diploma to recognize their accomplishments. I was also happy to send a copy of the yearbook to the girl who moved away so she could continue to feel connected to our group. After the children finished for the summer, I spent time cleaning, organizing and preparing the classroom for the up coming school year.

I returned at the end of August 2025 to continue preparing the class. Several families stopped to finalize registration and to drop off supplies.

In September, I welcomed 8 children (6 girls and 2 boys) including one boy who returned from the previous year. The children settled into the classroom routine quickly and adjusted well to the curriculum.

Throughout the fall, we celebrated birthdays, (they especially enjoyed Ms. Pauline's birthday celebration where they ate delicious cake), Thanksgiving and Halloween. During the week of Halloween, a new boy joined our group and adapted very well to the classroom environment and routines.

December was filled with holiday excitement as we enjoyed Christmas themed crafts, stories and celebrations. Tonya took very adorable Christmas pictures of the children and we gave each family a copy with the Christmas gifts we gave them on our last day before break.

In January, our group grew once again with the addition of 2 new students, a girl and a boy. Bringing the total to 11 children, 7 girls and 4 boys. One of our new students was diagnosed with Autism Spectrum Disorder, level 2. To support his success in the classroom, he received assistance from his aide twice a week for two-hour sessions. With this support, he made positive progress adjusting to classroom routines and building relationships with his peers. It has been rewarding to watch his confidence and comfort level grow throughout the months he has been here.

We had a movie and pyjama day to celebrate the start of March break. I am especially proud of how caring and inclusive the children have been towards our new friend who is on the autism spectrum. They welcomed him with open arms and have shown, kindness, patience and understanding. The children do not see his diagnoses, they simply see a friend! It has been wonderful to watch their friendships grow.

Elizabeth Tiplady – Coordinator of Bright Beginnings



REPORT FROM THE HUNTINGDON OFFICE IN THE HAUT-SAINT-LAURENT

The Huntingdon office, representing the 13 municipalities of the Haut-Saint-Laurent region, has been serving the community for just over seven years. With a small dedicated team of three staff members, we have built strong relationships and partnerships to better serve our population and region.

PARTNERSHIPS & COMMUNITY INVOLVEMENT



VOLUNTEER CONTRIBUTIONS

Once again this year, many volunteers generously gave their time and energy each week to support the success of our programs and activities. A total of 30 volunteer opportunities were filled by dedicated community members who helped animate activities that took place both inside and outside of the center, supported intergenerational programs and special events, participated on committees, as well as contributed in many other meaningful ways.



**TOTAL OF 63 UNIQUE
VOLUNTEERS**



**MORE THAN 700 HOURS OF
VOLUNTEERING**

SENIOR WELLNESS PROGRAMMING

The Senior Wellness program aims to reduce social isolation among seniors (55+), increase seniors access to information in English and to increase their autonomy by offering health education and promotion activities. A total of **1261** unique English-speakers seniors participated in the program.



14

new and/or maintained
PROGRAMS AND ACTIVITIES

with

275

unique participants



15

**SPECIAL EVENTS AND
OUTINGS**

with

491

unique participants



30

**LIFE LONG LEARNING AND
HEALTH PROMOTION
WORKSHOPS**

with

560

unique participants

YOUTH PROGRAMMING (AGES 0-18)

Our Youth Programming (Ages 0-18) aims to improve access to health and social services for English-speaking children, youth, and families. Through early childhood and youth initiatives, as well as family-centered activities, the program helps reduce barriers and support healthy development and well-being. A total of **569** English-speaking children and youth took part in our programming this year.



28

ACTIVITIES

with

172

unique child and youth
participants



6

SPECIAL EVENTS

with

213

unique child and youth
participants



10

**INTERGENERATIONAL
ACTIVITIES**

with

259 students

and **86** seniors

STRENGTHENING COMMUNITY THROUGH PARTNERSHIP AND ACTION



JOHN ABBOTT COLLEGE HEALTH CARAVAN

The John Abbott College Health Caravan partnered with MWCN to host a Health Prevention Day, with 29 attendees. Nursing, dentistry, and ambulance students, along with their instructors, provided free health assessments including blood pressure, glucose testing, EKGs, dental checks, and more. The event was mutually beneficial, offering community members accessible health screenings while supporting students in gaining hands-on experience.

PARTNERSHIP WITH LA BOUFFE ADDITIONNELLE

La Bouffe Additionnelle partnered with MWCN to strengthen outreach within the English-speaking community. Together, we delivered an 8-week Coffee & Conversation series covering topics such as budgeting, healthy recipes, and cooking for one, followed by a 4-week English cooking class series held at the community kitchen featuring simple, budget-friendly recipes. A total of 16 participants took part across both series.



RESILIENCE AND SELF-CARE: A COMMUNITY WELLNESS EVENT

In spring 2025, a full-day mental health event was organized for the English-speaking community in Huntingdon, in partnership with the CISSSMO and local community partners. The event brought together 70 participants from across the Haut-Saint-Laurent region and focused on building resilience and promoting self-care and mental wellness through guest speakers, interactive activities, and partner kiosks.

CHILDCARE NEEDS AND SOCIAL ECONOMY SOLUTIONS

We hosted a 5 à 7 in partnership with SEEnet to address the urgent need for increased childcare services in the Haut-Saint-Laurent region. The event highlighted key concerns around child development and vulnerability locally, with valuable insights shared by participants. It concluded with an open discussion on collaborative solutions and social economy opportunities to better respond to community needs.



Kim Wilson, NPI

Nora Donnelly, Outreach Coordinator

Nadya Kovacs, Outreach and Project Coordinator

Huntingdon Office



Art Session March



5a7 HSL Daycare spots



Collective Creations



Beauharnois
Salaberry CISSMO
event



Ageless Movie Launch



Growing up in rural
Quebec



Chair yoga 2025



Cooking Classes



CVR Career Fair



Huntingdon Youth
Fair



JAC Health Caravan



Linguistic links - Howick



Notary Session 2025



Read play and swap



Partnership Table Meeting



Rob Lutes Ormstown
Legion Christmas 2025



Stroll and Roll Potluck



Rec Centre Pickleball
2026



Summer Fun 2025



Wellness Day
Huntingdon 2025 Julie

REPORT FROM THE HEMMINGFORD OFFICE IN JARDINS-DE-NAPIERVILLE

Since opening the Hemmingford office in 2022, we have continued to see a steady and encouraging increase in new members and community participation. From daily visits to our community closet to growing attendance at our activities and events, our office has become an important and trusted presence within the Hemmingford community.

Partnerships

Our valued partnership with the Service d'Action Bénévole continued to strengthen throughout the year through many successful collaborations on activities and community events. Reaching out to seniors remains especially important to us, and the monthly community lunches we organize together have become a meaningful way to connect with them. Approximately 100 lunches are served each month, providing not only meals but also companionship and support.

In December, we proudly held our 3rd annual Hemmingford Elementary School Christmas lunch, once again serving over 120 meals to local children. We were also grateful for the continued generosity of the Karen Kurtz Toy Drive, which donated a Christmas gift for every child attending. Their commitment to supporting our community year after year is truly appreciated, and we feel incredibly blessed by this ongoing partnership.

Community Outreach

The community closet located within our building continues to provide free clothing, household goods, and toys to individuals and families in need. This service is made possible through the generous donations from our MWCN offices, members, and the wider community. We are very fortunate for Joan, our dedicated volunteer who helps keep the store neat, organized, and welcoming for everyone who visits.

In addition, we continue to maintain a food pantry to help support those experiencing food insecurity within our community.

Activities

Some highlights from our 2025 activities include:

- **Afterschool Fun Activities:** Hemmingford Elementary teacher Carolyn Schmidt-Kyle, our art instructor, continues to do a wonderful job leading the program. Her creativity and enthusiasm inspire children to use their imagination and create amazing artwork each week.
- **Back-to-School Clothing Drive:** In the fall of 2025, thanks to many generous donations, we were able to provide clothing and school supplies to tweens and teens in the Hemmingford area, helping families prepare for the new school year.
- **Themed Community Teas:** Following the success of our Easter Tea, members expressed interest in more gatherings of this kind. As a result, we now host themed teas every two months, which continue to be well attended and enjoyed by the community.
- **Ongoing Programs:** Our regular activities continue to grow in popularity, including Art Morning, Tech Support, Senior Crafts, and many others that encourage learning, creativity, and social connection.

Tina Calvarese - Outreach Coordinator - Hemmingford

Hemmingford Office



Christmas Lunch
Volunteers



Art Morning



Volunteer Christmas
boxes



Partnership Karen
Kurtz



Greeting card fundraiser



Christmas lunch



Afterschool fun with
Carolyn Kule



Mom and tots art
morning



Christmas toys from
Community closet



Christmas volunteers



Senior craft morning



Christmas Tea



Senior craft morning



Fall Tea



Christmas gift distribution



Senior Craft Morning
Ceramic Cafe



Christmas Craft



Spirit Award
Hemmingford



Kid's Summer Craft



Christmas Lunch

REPORT FROM THE PINCOURT OFFICE IN VAUDREUIL-SOULANGES

The Pincourt office consists of four employees, and together, this team provides support to the 23 municipalities within the MRC of Vaudreuil-Soulanges, working collaboratively to strengthen community partnerships, deliver programs and services, and respond to the needs of the region's English-speaking community.

Gina Lopez, Network Partnership Initiator (NPI)

Onboarding

I developed a deep understanding of the communities we serve, the structure of the MRC, MWCN, CHSSN, RDN, and regional issue tables. Attending the CHSSN Conference in Quebec City expanded my knowledge of current statistics, accessibility challenges, and the realities faced by the English-speaking communities in Quebec. This has helped me raise awareness among partners and community leaders.

Networking and Partnerships

I strengthened relationships with key stakeholders, which resulted in securing financial support for the 2026 Youth Gala. I also collaborated with Lester B. Pearson School Board to promote English-speaking community services during school transition meetings for young families, increasing their visibility. Additionally, I applied for official recognition of MWCN with the City of Vaudreuil-Dorion, to create opportunities for future community initiatives.

Representation and Outreach

I presented MWCN's mission, objectives and mandate at issue tables, to promote awareness, collaboration and inclusion. During the Seniors Round Table Reflection Day, I contributed to the development of the 2026-2029 strategic plan by advocating for improved access to health and social services to help seniors better navigate the healthcare system. This issue was recognized as the second priority in the action plan. I also created a Facebook group to connect isolated residents, identify community needs for future initiative opportunities and share awareness campaigns, translated information, and community events

Coordinator of Programs for Vaudreuil-Soulanges, Lorie Marcotte:

McGill Dialogue Bursary and Retention Program,

The Dialogue McGill Bursary Program is an important initiative that supports full-time students pursuing studies in the Health and Social Services sector. MWCN recognizes firsthand the significant role these bursaries play in helping students manage their living expenses while completing their education. To date, MWCN has administered and awarded a total of \$140,500 through this program, contributing to the success and retention of future professionals in the field.

Senior Wellness Initiative

Mental health challenges, ageism, and language barriers continue to contribute to isolation among seniors. Ensuring access to resources and safe spaces remains essential, making accurate reporting to the appropriate entities an important responsibility. Each year, statistics from MWCN's six Wellness Centres are compiled and reported to help identify needs and support informed decision-making.

Vaudreuil-Soulanges Territorial Partnership Table

The V-S Territorial Partnership Table, held in Pincourt four times annually, brings together local organizations for roundtable discussions that encourage collaboration and the sharing of information and resources. These meetings help facilitate access to services throughout the region while ensuring organizations remain connected and informed about community needs and opportunities.

MWCN Contingency Plans

Risk management became an important organizational priority last year, and I was pleased to contribute to the development of MWCN's contingency plans for each of our regional offices. These contingency manuals are accessible to all employees and provide essential information in situations such as power outages or when new staff members find themselves working independently. The plans help ensure continuity of operations and access to critical resources when needed.

Outreach & Program Coordinator, Bryanna Wilson

Office Assistant, Kitiara Arsenault:

Seasonal events / Christmas Tea & Cookies

For the 2025 holiday season, all of our members were invited to join us for a wonderful afternoon of tea and cookies, where an abundance of treats was supplied by 32 members. Great conversation, as well as festive music played in the background, with each table given a questionnaire related to holiday memories, with wonderful discussions, sharing their answers and connecting over stories and memories.

Annual Youth Entrepreneur Fair

In an effort to continue supporting the youth of Vaudreuil-Soulanges, we once again hosted the Youth Entrepreneur fair. Ranging from grades 2 to 11, we had 12 tables that showcased jewelry, masks, candles, and other homemade items all created by our young students. Additionally, our members pitched in with a fundraiser bake sale. All together, this event was a success, and we look forward to providing this opportunity annually.

Information Health Sessions:

The Pincourt office regularly hosts information sessions in English on topics such as health, wellness, and fraud prevention, ensuring community members have access to valuable information and resources. One notable session featured local pharmacist Dina Basta, who provided insight into the many services pharmacists can offer and answered participants' questions. Her generous donation of \$20 gift cards further demonstrated her commitment to supporting our community.

Arts and Crafts

Our Pincourt members love their crafts! From art activities, in-person or virtual, to handmade cards with Kathy Burke, learning the intricacies of how they are constructed. One of our members and volunteer, Heidi Whipple, hosted a holiday-themed advent calendar craft where participants would use cardboard and wrapping paper to make a DIY advent calendar that they then could put their own little gifts into and give to a loved one.

Pincourt Office



Youth Entrepreneur Fair



Under the Sea Dinner and Dance with the Second Mile Club



Gentle Yoga



Advent Calendar Craft



Bridge Club's St. Patrick's Day Potluck



Christmas Tea & Cookies



Advent Calendar Craft



Trivia



Christmas Tea & Cookies



Christmas Drive for l'Aiguillage - Sorted by our local Sparks



Team Meeting at Pincourt's new office



McGill Dialogue Bursaries - John Abbott Health Caravan in Ormstown



McGill Dialogue Bursaries - Medical Student



Contingency Plans for all Offices



Garden of Hope - Support Group V-S



Collaboration with LBPSB



Networking with Mme Marie-Claude Nichols



2026-2029 Strategic Plan - Seniors Table Reflection Day



Supporting Councillor Jasmine Sharma's Community Initiatives



Building Together 2026 - CHSSN NPI Conference

REPORT FROM THE BEAUHARNOIS-SALABERRY OFFICE

In collaboration with CLUB DES AÎNÉS MELOCHEVILLE, we have been able to offer a space for the second year in a row to have services for the anglophone population. The space is open on Monday mornings and all day on Fridays. While it has not been easy to attract English-speaking participants, our continued presence in the community has helped increase our visibility. Our partnership with CAM has been excellent in bridging the anglophone and francophone community members.

This being our second year in this sector, we have been able to introduce several activities, while maintaining our regular activities. We now offer a variety of activities such as Zumba, Art therapy, and pool. New activities this year include piano lessons, country line dancing, card making and scrabble. In addition, we held special events such as tea parties, and information workshops. This year, we had a total of 51 members. We also partnered with Melissa's Sunshine Camp to provide a painting activity for the individuals who attend the day services along with their caregivers.

In collaboration with our partners, we organized a seniors party for 90 participants from the Beauharnois-Salaberry & Salaberry-de-Valleyfield areas. Our partners included the CISSMO, the Société Alzheimer Valleyfield, the Popote Roulante de Salaberry-Valleyfield, and the CAB Valleyfield & Beauharnois.

We also participated in the CDC's 40th Magazine Launch, *Courant humain*, on February 24.

We continue to actively represent the English-speaking population on the Table Des Aînés Beauharnois-Salaberry.

May Comtois - Wellness Center Coordinator



EMPLOYABILITY & COMMUNITY ACTIVITIES

In January 2026, MWCN strengthened its employability programming through the Youth Employment and Skills Strategy (YES) Community Opportunity Fund (COF), alongside complementary initiatives funded through PERT and key linguistic and employment partnerships. These combined efforts supported job seekers, youth, and English-speaking participants in developing soft skills, expanding networking, and accessing bilingual employment opportunities across the region.

Employability Programming and Workshops

A series of workshops was delivered focusing on job readiness, resume writing, interview preparation, workplace communication, and digital literacy. Delivered in collaboration with community partners, these sessions supported participants in building practical skills and confidence for successful labour market integration.

Mentorship and French Language Employment Initiatives

MWCN introduced the PERT Circonflexe Mentorship Program at a job fair in spring 2025, generating strong interest from both mentors and mentees. In parallel, MWCN continued participation in a provincial French Immersion Program led by the Regional Development Network (RDN), supporting English-speaking participants in bilingual placements. During summer 2025, with the support of Susel Ferrer, Special Projects Coordinator, five employer partnerships were secured, resulting in 14 candidates being matched with employment opportunities and supported through workshops, learning tools, and workplace coaching.

Employer & Community Partnerships

MWCN collaborated with key partners including NFSB, PsJeunesse, CJE, ACT, and CRESO to support outreach, referrals, and successful job placements. These partnerships strengthened coordination between employment services and enhanced access to bilingual and employment-ready opportunities.

Regional Labour Market Context (Montréal - 2025/2026)

Recent labour market data indicates that the Montréal region continues to play a significant role in Québec's economy, accounting for approximately 18.6% of provincial employment. In 2025, the regional unemployment rate remained relatively low at 4.6%, slightly below the provincial average. However, early 2026 indicators show a softening labour market, with a decline in employment levels and increased unemployment pressures compared to the previous year. Despite this shift, Montréal continues to benefit from a diversified economy—particularly in manufacturing, construction, and services—supporting ongoing demand for both entry-level and skilled labour across key sectors.

Outcomes and Impact

These combined initiatives strengthened employability outcomes across the region by increasing participant confidence, improving job readiness skills, and expanding access to employment opportunities. Employers benefited from stronger candidate engagement, while community partnerships were reinforced through coordinated service delivery and shared programming goals.

Future Programming

Going into the new fiscal year, MWCN is now managing four employability programs, including the YES COF EAS (Employment Assistance Services) Program, the PERT Circonflexe Mentorship and Circonflexe at Work Programs, and the RDN French Workplace Immersion Program, strengthening its coordinated approach to employment support, skills development, and bilingual workforce integration across the region.

EMPLOYABILITY REPORT

Job Fairs & Cocktail Networking Events

MWCN organized and supported two major job fairs under YES COF funding. Both events drew strong participation, with over 160 job seekers attending in Salaberry-de-Valleyfield alone, some arriving before setup was completed. Exhibitors reported high engagement, with peak demand resulting in up to a 1.5-hour lineup to enter the venue. Despite a snowstorm, the St-Rémi job fair attracted over 60 participants, marking MWCN's fifth job fair in the Montérégie West region since 2024. The events also attracted attendees from Montreal interested in relocating to rural areas, highlighting strong regional appeal and mobility interest.

Two structured networking events funded by PERT supported employer engagement and participation in the Circonflexe Mentorship Program. Held in a "5 à 7" format, both events provided relaxed environments for meaningful networking between job seekers, employers, and community partners. Participants gained insights into mentorship opportunities, workplace expectations, and local labour market trends, strengthening confidence and professional connections.



On January 22nd in Salaberry-de-Valleyfield and January 26th in Saint-Rémi, we hosted our 4th and 5th Job Fairs since 2024. The events collectively welcomed over 160 visitors and featured a total of 25 exhibitors.

YOUTH MENTAL HEALTH INITIATIVE (YMHI)

Over the past year, the Youth Mental Health Initiative (YMHI) supported youth aged 12-29 by delivering accessible mental health programming focused on well-being, healthy relationships, and creative expression through mixed media arts, photography, and journaling, while fostering safe spaces for youth to connect, learn, and thrive.

Through strong partnerships with the New Frontiers School Board, CVRHS, Billings High School, HAECC, CVCEC, NOVA, LOVE Organization, Options Châteauguay, Ancre et Ailes, Résidence Elle, and pet therapy sessions with Chantal Pilon, we strengthened local access to supports across the Châteauguay Valley and Haut-Saint-Laurent regions.

Program Impact & Highlights

- 108 youth and young adults engaged
- 96% participant satisfaction rate
- Weekly Pet Therapy delivered in 6 schools
- LOVE program at CVR focused on healthy relationships and leadership
- Bloom Girls program launched at Options Châteauguay
- Anchor Your Anxiety workshops provided practical coping tools
- Mom Squad supported young parents at Options Châteauguay
- Hygiene kits and emergency clothing closets expanded support for basic needs
- Headspace Hustle events delivered in partnership with HAECC

What We Learned

Youth feedback highlighted ongoing needs related to mental health access, anxiety, social isolation, and safe spaces for discussion. A youth survey was implemented with partners to better guide future programming.

Looking Ahead

YMHI remains committed to expanding partnerships and strengthening accessible, youth-focused mental health supports across the region.



YMHI PROGRAM HIGHLIGHTS 2025-2026

Program	Purpose	Key Impact	Partners
Pet Therapy (Zootherapy)	Supports youth mental wellness through interaction with animals.	Reduced stress and anxiety, improved emotional regulation, and created positive school experiences for students.	NFSB, NOVA SIS, Billings High School, HAECC, CVRHS
LOVE (Leave Out Violence Everywhere)	Uses arts, leadership, and discussion to promote self-esteem and healthy relationships.	Helped youth build communication skills, emotional intelligence, leadership, and resilience.	Billings High School, CVRHS
Hygiene & Clothing Closets	Provides essential hygiene products and emergency clothing to students in need.	Increased student confidence, dignity, and sense of belonging while addressing basic needs.	Billings, CVRHS, NOVA, HAECC, CVCEC
Mom Squad	Weekly support group for young parents.	Reduced isolation, strengthened peer support networks, and connected young mothers to resources and services.	Options Centre Châteauguay
Anchor Your Anxiety	Workshops providing practical anxiety management tools for young adults.	Improved coping skills, resilience, and mental wellness while reducing feelings of isolation.	Ancre et Ailes
Healthy Emotional & Sexual Relationships	Teaches youth about healthy relationships, boundaries, consent, and self-worth.	Empowered youth to build safe, respectful relationships and recognize unhealthy behaviours.	Résidence Elle
Headspace Hustle	Mental health awareness fairs for adult learners.	Connected participants to community resources and promoted wellness through interactive workshops and activities.	NOVA, HAECC, CVCEC
Braille Learning Supports	Specialized resources independent resource for a visually impaired adult learner.	Improved accessibility, independence, learning opportunities, and overall well-being.	HAECC

JOANNE BASILIERES

Employability & Mental Health Coordinator (2025–26)

COMMUNITY PARTNERS



FUNDING SOURCES 2025-2026

Funders	Amounts
CHSSN - NPI	\$56,900.00
NPI - Representation	\$43,400.00
NPI -Knowledge	\$14,000.00
NPI -Partnership	\$40,930.00
NPI - Outreach	\$45,910.00
Youth Employment Services (YES)	\$89,516.00
CHSSN Special Surplus	\$7,000.00
New Horizon for Seniors	\$16,600.00
Wellness Centers	\$63,900.00
McGill Retention	\$28,000.00
McGill Bursaries	\$38,525.00
McGill Linguistic	\$6,000.00
Bright Beginnings	\$35,000.00
Parental Contribution	\$21,018.00
Special Project Huntingdon	\$2,000.00
HEY	\$15,000.00
Educaloi	\$6,600.00
CISSSMO -Les Eclaireurs	\$10,000.00
ERCC	\$300,000.00
Employability	\$57,500.00
Canadian Heritage	\$102,250.00
French Immersion	\$35,000.00
Mentorship - PERT	\$6,809.00
YMHI	\$40,000.00
Caisse Desjardins V-S	\$2,000.00
MNA-VS	\$3,000.00
other MNAs	\$1,000.00
Summer Students	\$15,846.94
Communic'action	\$2,000.00
Other Revenue	\$106,261.00
TOTAL	\$1,211,965.94



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