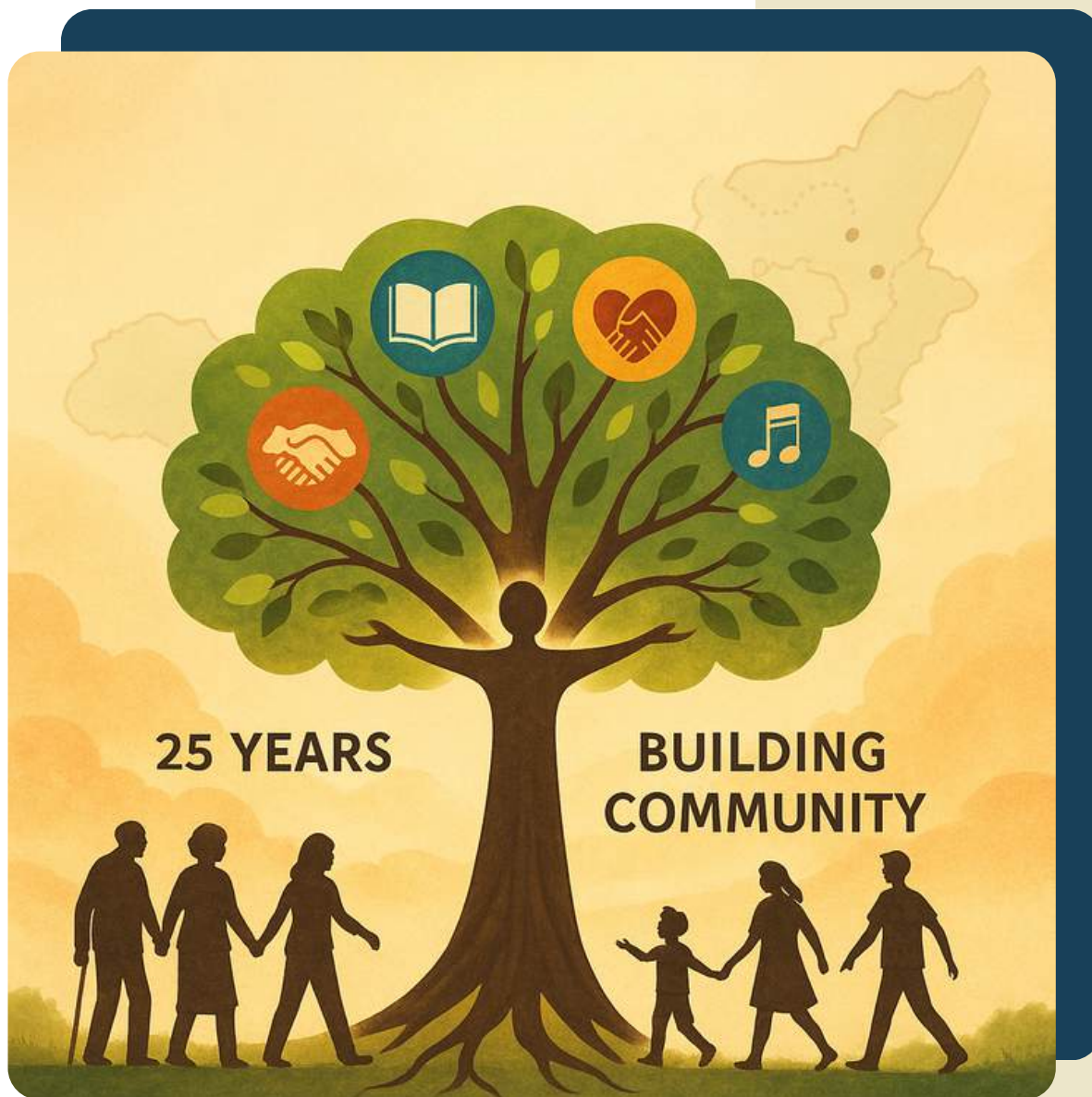




MONTÉRÉGIE WEST COMMUNITY NETWORK
Réseau Communautaire Montérégie Ouest



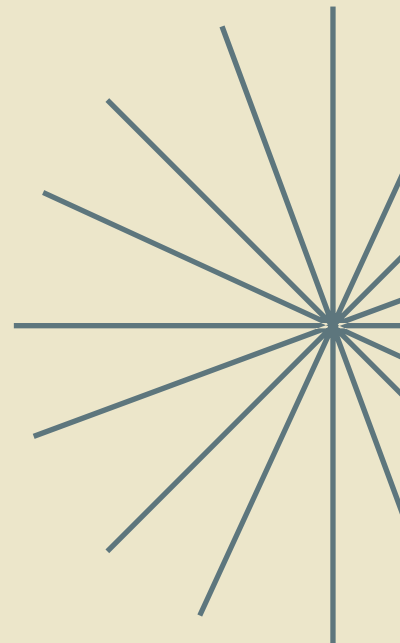
ANNUAL

REPORT

2024
2025

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A WORD FROM THE PRESIDENT

Welcome everyone to the 25th Annual General Meeting of the Montérégie West Community Network (MWCN). My name is Tracy Wilkins and I have been a member of MWCN and of its board for 6 years and was honoured to be nominated for the position of President of the Board last year, which I graciously accepted.

From a seed that was planted by our Executive Director, Pauline Wiedow, in 1999 to develop a strong and vibrant English-speaking community in the Montérégie West, our organization has flourished and blossomed into one of inclusivity regardless of language, age, education, finances, nationality, or religion. MWCN is here to help all navigate through the ever-changing constraints of our day-to-day life, and to offer support and a sense of community.

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. As a testament to these directors, the responses we received from those who wish to sit on our Board, shows the increased visibility and commitment MWCN continues to develop in our regions.

Tracy Wilkins
President Board of Directors MWCN



BOARD OF DIRECTORS 2024-25

Tracy Wilkins - President

Marlene Davies - Vice President

Carolyn Galloway - Treasurer

Chuck Halliday - Secretary/ Ex-Officio

Susan Parker - Director

Lucy Khatchadourian - Director

Laura Bustamante - Director

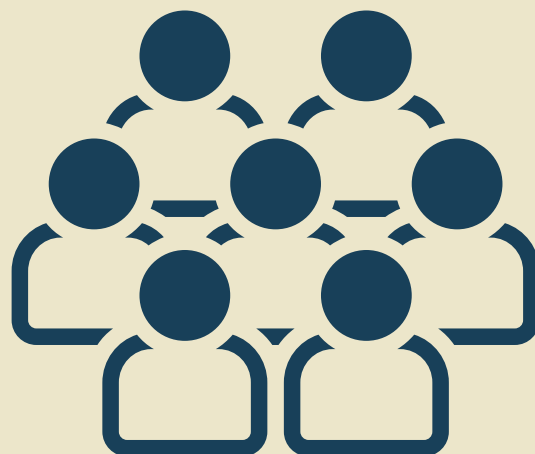
Sherry Comeau - Director

Harikrishnan Ramachandran Nair - Director

Pamela Mulderrig - Director

Gail Polney - Director

Linda Lassen -Director



REPORT FROM THE EXECUTIVE DIRECTOR



Another year has come to an end with many accomplishments that are listed in this report. 25 years is behind us with a celebration in November with funders, elected officials, staff and community members. I am forever grateful for the recognition and acknowledgement of the perseverance and hard work it took to realize not only 25 years, but the expansion of the work to support the English-speaking community in the Montérégie West.

Today brings us to yet another Annual General Meeting, the 25th. Proud moments have been shared throughout the year which you will read about in the collection of reports being deposited today.

Our staff now numbers 15, plus 3 summer students.

We have a population of over 100,000 English-speakers throughout the Montérégie West. Each of our locations are connected to partnerships with other organizations and community members.

Our over 100 partnerships continue to increase and collaborate. Our 250 activities continue to expand with our many volunteers leading them. Membership has reached 1135. We have core funding from the Secrétariat aux relations avec les Québécois d'expression anglaise, Canadian Heritage and Community Health and Social Services Network. 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.

We work with our schools on a day-to-day basis throughout the New Frontiers School Board, providing opportunities of partnerships with community organisations who help to make the community a better place for all citizens.

What I love about our organization is the fact that we can support the schools and community organizations to meet their goals and provide opportunities to help teachers, and students. 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 with funders. 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 who have worked on our governance in the past year putting together a strategic plan and preparing to complete our 5-year Action Plan in the coming year. Your support and encouragement have been very appreciated especially during difficult times.

Pauline Wiedow - Executive Director

STAFF

Châteauguay - Roussillon

Pauline Wiedow
 Matt Mardini
 Tonya Wright
 Joanne Basilières
 Patricia Hannan
 Elizabeth Tiplady
 Susel Martinez
 Francoise Goulet



Pincourt - Vaudreuil-Soulanges

Clément Bergeron
 Lorie Marcotte
 Bryanna Wilson
 Alexa Killen



Huntingdon - Haut-Saint-Laurent

Kim Wilson
 Nora Donnelly
 Nadya Kovacs



Hemmingford - Jardins-de-Napierville

Tina Calvarese



REPORT FROM THE PROGRAM MANAGER

As the Program Manager of the Montérégie West Community Network (MWCN), I am pleased to present my 2024 annual report. This year has been marked by exciting developments, strategic planning, and meaningful community outreach. Here's a detailed overview of the work accomplished across various aspects of the organization.

Marketing and Branding Initiatives

Visual Identity & Promotion: Throughout the year, I continued to refine MWCN's visual identity to better reflect our values and strengthen public awareness. Posters, flyers, and marketing campaigns were consistently aligned with our branding and community-driven mission.

Content Development: We prioritized content development to promote MWCN's presence across all platforms. I created and managed engaging materials, ranging from visuals and written posts to digital newsletters and presentations, that showcased our activities, programs, and services. These efforts strengthened our communication with members, partners, and the broader public, while increasing our reach and engagement both online and offline.

Technical and IT Development

Online Presence & Website: I updated and maintained our website to improve navigation and ensure content relevance. This included bilingual accessibility improvements and event registration integration.

Technical Procurement: I coordinated purchases from Lenovo, Amazon, Staples, and BannerBuzz and other online stores for IT equipment and marketing materials. This also involved troubleshooting technical issues and setting up devices across locations.

Maintaining Office and Technical Infrastructure

Office Setups: With MWCN's growth, I played a key role in ensuring that new spaces—especially in Châteauguay and Huntingdon—were equipped with the proper technical infrastructure. This included hardware installation, laptop configuration, and coordination with internet and phone service providers.

Hardware & Software Support: Ongoing support for staff included maintenance of laptops, training in digital tools, and proactive solutions for software-related challenges.

Newsletter and Program Management

MWCN Newsletter Expansion: The newsletter is redesigned to make it more visually appealing and interactive. The content includes staff spotlights, volunteer stories, and highlights from each MWCN hub. These efforts contributed to increased volunteer interest and event participation.

Program Coordination: I supported program leads in planning and execution. Calendar planning, promotional strategies, and IT logistics were developed to align with our annual work plan.

Orientation and Support for New Staff

Staff Integration: This year, we welcomed new team members. I provided technical onboarding: configuring emails, preparing laptops, and ensuring smooth transitions into our collaborative systems. Business cards were created and distributed for new hires when needed.

Training Sessions: Customized training sessions were delivered to team members based on their needs, particularly focused on digital communication tools and event promotion strategies.

Funding Applications and Partnerships

Strategic Application Support: I worked with Pauline on various funding proposals. Visual assets and data dashboards were provided to strengthen reporting and increase funder confidence.

Partnership Visibility: Working with organizations like ARC, CHSSN, and RDN, I designed co-branded visuals and participated in discussions to enhance MWCN's role in regional initiatives. This included social enterprise workshops and joint event promotions.

Community Engagement and Events

Conferences & Networking: I represented MWCN in many gatherings, meetings and retreats, ensuring our voice was present and recognized.

Event Logistics & Branding: My contributions ranged from poster design and AV setup to video screening and. Supporting partners help create materials, such as assisting Keith Leclaire, an Indigenous Health & Policy Consultant, with his presentations.

Social Media Strategy: New strategies for Facebook and Instagram were piloted, focusing on paid Meta ads. This resulted in a significant increase in online engagement and visibility.

Human Resources and Job Posting

Hiring Campaigns: I facilitated the hiring process for multiple positions by posting jobs online, screening applications, and coordinating interviews. Technical orientation was included in onboarding packages.

Support for Employability & Wellness Programs:

I worked closely with Joanne & Susel on logistics and promotional assets for job fairs, workshops, and mental health initiatives. This included setting up digital kiosks and running audiovisual equipment during sessions.

Integration of AI Tools

This year, I start integrating AI-powered tools into day-to-day operations to increase efficiency and innovation. These tools supported a range of tasks, from automated content drafting and email assistance to translation, data visualization, and strategic communications. By leveraging AI, we improved internal workflows, reduced turnaround time for communications, and enhanced the overall adaptability of our services.

Conclusion

2024 was a year of strategic expansion and deeper community integration for MWCN. From digital innovation to volunteer engagement, every initiative was grounded in our mission to serve the English-speaking population of Montérégie West. I am proud of the collective effort and look forward to another year of service, growth, and meaningful impact.

Thank you to our staff, volunteers, partners, and community members for making this journey possible. Together, we move forward.

Matt Mardini - Program Manager



REPORT FROM CHATEAUGUAY OFFICE IN ROUSSILLON

Report by Tonya Wright, Executive Assistant
& Patricia Hannan, NPI & Outreach Coordinator

Introduction

The Chateauguay office is the head office of MWCN. The Chateauguay office officially opened in 2017. With the continuing growth of this office to now 7 employees; the visibility and partnerships have achieved great success in reaching out to our communities.

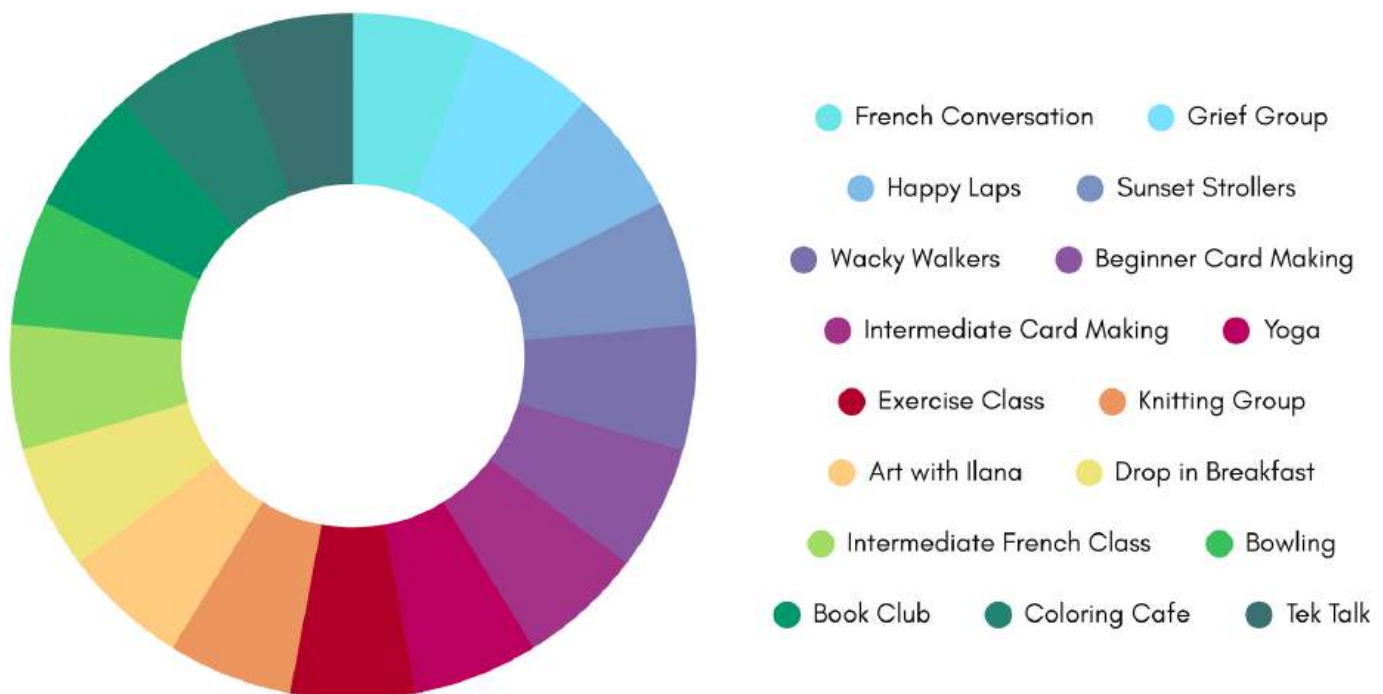
Membership

This fiscal year our membership has gone up with over 200 new members. The new programming and our social media presence has increased our visibility in the community.

Activities

The Chateauguay office offers a range of different activities and workshops to the community. Our activities are mostly volunteer run and each year 2-5 activities are added to our regular programming. This fiscal year we have added Drop in Breakfast, French conversation, Sunset Strollers & Coffee & Conversation.

We have also increased the activities that are offered for families and children in the community. These activities were provided with support from small businesses and specialized artists. We have had intergenerational activities where we funded and animated a dance for a local day camp. Fifteen seniors helped with snack and drink distribution and danced with the 100 children who were present. We hosted many rock painting sessions, art classes and special events for the community including Pat's Pet Show.



Lunch and Learns

MWCN hosted 6 Lunch & Learns this fiscal year. We had Fraud Prevention with the Mercier Police in March, Alzheimer's Conference in April, CRA in May, Living With Celiac Disease in October, Financial Workshop in February and Black History in March. Our Lunch and Learns were held at our community space or at the legion, depending on the amount of participants.

Special Events & Outings:

- Botanical Garden Outing May 24th, 10 members attended. This outing was in partnership with the Chateauguy Valley Garden Club.
- World Cafe June 19th- 46 Chateauguy members attended
- Ile.St. Bernard Picnic - In July MWCN hosted a picnic where 31 community members played summer lawn games, ate together, walked around the island, and friendly conversation was appreciated by all.
- Learning Exchange with Keith Leclaire August 20th & September 3rd & 17th- 108 members came together to learn about life from the indigenous perspective, including history, biases, women's rights and representation in film and media.
- Blairs - 71 members from MWCN's offices attended our Seniors' Appreciation Day Celebration at Blair Orchard in October. The members enjoyed apple picking, a delicious lunch and line dancing at the end of the day.
- Christmas Luncheon- On December 4th, 58 of our members came to the Chateauguy Legion and attended our annual Christmas turkey lunch hosted by MWCN with music and gifts. Fun was had by all!
- International Women's Day Celebration on March 1st - A beautiful day with inspiring guest speakers and music. We had a full house despite the snow, with 158 women in attendance.
- MWCN 25th Anniversary Gala - We hosted our Anniversary Gala at MOCO Hotel in Valleyfield. 205 in attendance ranging from staff, board of directors, partners, funders, members of parliament and members of MWCN. It was an important milestone and a successful event.

Community Outreach

Chartwell Candiac Social Butterflies Seniors Group:

We are now at 26 members for this group and have a weekly activity in English for the residents including movie day, bingo, games, health topics and coffee and conversation.

Christmas Drive:

MWCN had our annual Christmas Drive in partnership with New Frontiers School Board. We were happy to receive 12 boxes of donations of non-perishable goods which were equally distributed to the 4 elementary schools in Chateauguy.

Community Wednesdays:

MWCN participates in a bi-monthly event in local schools with other community organizations to help inform parents and residents of the services available to them. Our kiosk had an average of 60 visitors each event.

Youth Bag Project:

We prepared and distributed 730 bags of full sized hygiene products to young people in the Roussillon area.

Partners:

CDC Roussillon: We are members, and Patricia worked with CDC Roussillon for a documentary and book on 50 years of community service in Roussillon.

Chartwell: Chartwell allows us to use a space to hold an English group once per week for the residents there.

CISSSMO: We have partnered with the CISSSMO for several projects including lunch & learn and Let's Chat, the program for mentoring French healthcare workers.

Tables des aînés Kateri: We are members and have partnered with the table for the Chez moi, c'est mon choix, door to door initiative.

Table de Langage JR: We are members and are working on a screen time and safety conference, as well as a language development conference. We also ensure that tools are available in English.

Table des aînés Grand Châteauguay: We are members and on the conference committee, Salon des aînés committee and table managing committee.

Entraide Mercier: We partnered with Entraide Mercier for the youth bag project.

Legion: MWCN was proud to have the legion as a partner again this year. Their space is much appreciated for lunch and learns, special events and our yoga classes.

Mercier Firefighters: The fire station in Mercier is a partner for lunch and learn, and is a resource for safety and prevention information.

Mercier Police: The police in Mercier are regular partners on different projects including lunch and learn, and are a resource for fraud prevention.

New Frontier School Board:

Community Spirit Awards – the 15 schools of New Frontiers School Board nominated students who showed outstanding community spirit. Certificates were presented to 15 students.

Activities: MWCN used space in NOVA to hold our French conversation class & yoga for our members and students/staff of NOVA.

Governing Board of Directors: NOVA: Tonya sits on this board as community rep to give updates of MWCN and partner with projects for the community. Meetings are held bi-monthly in person.

OLPH: MWCN continues a partnership with OLPH to hold special events and activities in their space.

MEPEC/ARC: MEPEC and ARC are close partners with MWCN and we work on multiple events throughout the year. We sit on committees together, organize a special event once a year that brings all the staff from the 3 Monteregie Organizations together. We also work on a collaborative project for the transition of the Pre-K & Kindergarten students at Riverside School Board.

Riverside School Board: Annual transition bags for Pre-K & Kindergarten students.

Volunteers

MWCN Châteauguay has a total of 65 volunteers. Our volunteers have helped ensure the success of the services we are able to provide to the community. Our volunteers help with animating programs, special events, being on the board of directors, and transportation. In April we celebrated our volunteers by providing a Taco Tuesday themed luncheon at BLVD. Each volunteer was gifted with a package that included a notebook, pen and a keychain with special messages.

We also had volunteers from other organizations such as NFSB, Carrefour Jeunesse Emploi and Entraide Mercier for our Youth Bag project.

Special Project: Autism Spectrum Funding

In January, we received for the second time, funding from CHSSN for Autism to be used for ages 0–6. We were able to help 10 elementary schools in the New Frontiers School Board by supplying sensory items that were used for all of the NEST rooms. We provided funding for training for K4/K5 staff. We also helped with the beginning of a project within the school board; “Remaking recess” ; this program provides materials to create an inclusive environment.

With the funding we were able to provide art therapy classes for families in the community. This provided a space for parents to discuss their experiences and for the children to create friendships and for the space to be inclusive to their needs. In our Huntingdon office, we were able to provide art programs that were offered in a local elementary class and daycare. We would like to thank CHSSN-HEY for providing us the funds for this special project. Our partners and many families in our communities benefited from it.

Châteauguay Office



Autism Funding



Chartwell Group



Bingo



Bowling



Christmas Luncheon



Card Making Class



Coffee & Conversation



Community Wednesday



Community Outreach- Youth Bags



International Women's Day



Lunch and Learn- Financial



Drop-in Breakfast



MWCN 25th Anniversary Gala



Summer Picnic



International Seniors Day at Blairs



Transition Bag Project- Riverside



Outside Games



Lunch and Learn - CISSMO



Volunteer Luncheon



World Cafe

REPORT FROM THE BRIGHT BEGINNINGS COORDINATOR



Bright Beginnings supported our 3- to 5-year-old group five days a week from April to June 2024. By April, we had 7 children in our group, 6 boys and 1 girl, which made for an energetic and active classroom!

We enjoyed a fun class outing to Kidz R Us, where the children had a great time exploring and playing together. In May, the weather allowed us to spend lots of time outdoors. I incorporated outdoor play and learning into our routine, which was especially beneficial for our lively group.

As the school year wound down, we began preparing our yearbook. I organized all the photos from the year and shared them with Tonya. Together, we took beautiful class and graduation pictures of the children outside. They turned out wonderfully.

In June, I experienced a personal loss and had to take some time off. I was incredibly grateful to have Tonya, who kindly completed the yearbook in my absence. Before finishing the year, I focused on making the classroom a fun and creative space. The children enjoyed many of their favorite crafts and stories and spent plenty of time outdoors.

We held a joyful end-of-year party, and I created diplomas for those children heading off to school in September. I worked until the end of June, cleaning and organizing the classroom in preparation for my return in August.

I returned in August 2024 to finalize preparations for the new school year and welcome a brand new group of little learners. We started off with 5 children—4 boys and 1 girl—two of whom were with me last year.

From the beginning, the children showed a great enthusiasm for learning. We had lots of fun while celebrating special moments like Halloween and Christmas. The children especially enjoyed trick-or-treating around the building and participating in our holiday photo sessions.

Throughout the fall and winter, we kept busy with engaging activities and creative learning. In January, we welcomed a new friend into our group, bringing new energy and excitement to the classroom. We explored fun topics like arctic animals, hippopotamuses, and fire trucks through hands-on projects.

In March, another new friend joined us, bringing our group to 7 children—5 boys and 2 girls. It's been a wonderful experience watching the children grow, learn, and build friendships.

Elizabeth Tiplady – Coordinator of Bright Beginnings



REPORT FROM PINCOURT OFFICE IN VAUDREUIL-SOULANGES

Introduction

The Coordinator of Community Development works directly with the NPI Coordinator, Mr. Clement Bergeron, the Outreach & Project Coordinator, Bryanna Wilson and our Office Assistant, Alexa Killen. Together, we are supporting the 23 cities in the MRC of Vaudreuil-Soulanges.

At the direction of the Executive Director, Pauline Wiedow, I am responsible for developing community events, focus groups, the Territorial Partnerships Table, and the MWCN Health & Wellness Fair, which occurs biannually in Vaudreuil-Soulanges. Special projects also include the administration of the Dialogue McGill Retention program, i.e., Bursaries and Tracking, Senior Wellness Centres, Internships, and Stagiaires. I participate in 3 committees: the Social Development committee of Saint-Lazare, the Hudson Seniors committee and recently became a new board member with L'Aiguillage.

V-S Territorial Partnership Table

Our Pincourt office works very closely with many V-S organisations, local municipalities, and key politicians. Our Territorial Partnership Table reflects these connections with valuable round table discussions that increase our shared resources, benefiting all our communities. This was recently achieved by creating a needs assessment with our partners and sharing what each of our organisations brings to the table and how our resources can best serve each other. Desjardins V-S, being one of our most valued partners, generously funded an initiative that enabled us to create and print 100 partnership calendars.

Dialogue McGill Bursaries

The Dialogue McGill programs are very important initiatives to MWCN and the Montérégie West region. We are providing necessary support to the Health & Social Services (HSS) sector by promoting and administering opportunities for bursaries to Vocational, CEGEP, and University students in full-time HSS programs, who benefit from our assistance if their applications are approved.

(To date, MWCN has paid out \$102,500 to students in various programs, funded by Dialogue McGill)

0-5 Festival - June 2024

Thanks to the generosity of the MRC of Vaudreuil-Soulange, the Pincourt office was provided with funding to order a variety of crafts for children to experience a fun and interactive table at the 0-5 Festival at Bellevue Park. The event welcomed more than 200 young families, giving us a great opportunity to showcase MWCN's mission, and distribute a variety of flyers and pamphlets to those who stopped by our table.

Pincourt Day Camp Activity - July 2025

Using the leftover materials from the 0-5 Festival, we organized a fun sticker activity at the Pincourt Day Camp. We had the opportunity to work with three different groups of children, all between the ages of 5 and 8, making for a creative and engaging experience. All children finished the activity leaving with a sticker-filled card they made for a friend or family member.

CPR Course for Seniors with Pincourt Fire Department - August 2024

In partnership with the Pincourt Fire Department, MWCN V-S offered a free CPR training course to eight seniors. The 3-hour course focused on theory and hands-on, practical skills tailored for seniors. This included how to recognize cardiac emergencies and perform chest compressions effectively. This initiative aimed to empower seniors with life-saving knowledge while strengthening community ties and promoting health and safety awareness.

Vaudreuil-Soulanges Health Fair - October 2024

Last October, our office again coordinated and hosted the V-S Health Fair in Pincourt. The fair also included a presentation and an update of the new Vaudreuil-Soulanges Hospital with both French and English sessions. We were not only pleased to provide this event to the community, with over 300 people in attendance, but it also promoted substantial networking between the 32 organizations that participated.

Youth Entrepreneur Fair - November 2024

As part of our effort to connect with youth in Vaudreuil-Soulanges, we hosted our very first Youth Entrepreneur Fair. To encourage participation and eliminate financial barriers, we offered tables free of charge, allowing the youth to showcase their small businesses. The event was a great success, drawing 10 students between the ages of 6 and 22, each bringing their own unique talents and entrepreneurial spirit. This initiative will become an annual event.

L'Aiguillage Christmas Drive - December 2024

L'Aiguillage in Vaudreuil-Dorion is the only off-island shelter, and our partnership with them is very important.

It was an honor again this year to collect donations of warm winter clothing and hygiene items, all sorted and packed by our local Sparks group, and delivered on December 9th, 2024.

We also had the pleasure of serving their Christmas dinner this year and donating 22 shoebox gifts, all prepared and delivered by 4 of our wonderful volunteers.

Outreach

Over the last couple of years, mental health and isolation have become a concern, especially with our senior community. So not only did we provide workshops on stress management, tax benefits for seniors, and rental disputes, but the Pincourt office has an open-door policy and a willingness to provide a safe space for our members. We remain vigilant in our awareness of certain situations and host a support group of 10 members once a month, focusing on moving forward and staying positive during difficult times. This past Christmas, we enjoyed a festive Christmas lunch together as a group of friends.

In-Person and Virtual Activities

We offered a variety of physical, art, educational, and mental well-being workshops throughout the fiscal year. We introduced Bocce Ball, which quickly became a popular activity for our members, and we continued our 6-week Yoga in the Park classes. With the help of volunteer members, we ran several holiday-based art activities and card-making workshops. We also had a few other activities like our cribbage tournament, Electrical Safety presentation, Line dancing, and Trivia Tuesdays. For our virtual presentations, we sent a survey to our members early in the year about preferred health topics and times. Based on the responses, we hosted Zoom presentations on medical assistance in dying, heart health, and chronic pain, in partnership with other nonprofits.

Lorie Marcotte - Coordinator of Community Development & Special Projects

Bryanna Wilson - Outreach and Project Coordinator

Alexa Killen - Office Assistant

Pincourt Office



0-5 Festival



Bocce Ball



0-5 Festival



Christmas Drive Donations



Electrical Safety with Eric Fitzgerald



CPR Course for Seniors



Garden of Hope support group - Christmas lunch



Health Fair



Health Fair



McGill Dialogue Bursary - Kristin Timmins



McGill Dialogue Bursary - Ruixue (Snow) Wang



Stress Survival Kit Workshop



Partnership Table Calendar



Pincourt day Camp Activity



Partnership Table



Youth Entrepreneur Fair



Trivia Tuesday



Youth Fair

Zaria



Volunteers for L'aiguillage donations

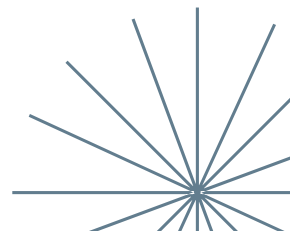


Yoga In The Park

REPORT FROM THE COORDINATOR OF THE NETWORK PARTNERSHIP INITIATIVE OF VAUDREUIL-SOULANGES

- Mise sur pied et gestion du YOUTH GALA 2025 : commanditaires, représentants politiques, partenaires (Desjardins, LBPSB), coordination de 12 écoles et de 34 familles;
- Présence et participation active du MWCN à NEUF tables de concertation de la région de Vaudreuil-Soulanges dont plusieurs sous-comités (10); ça porte de beaux fruits pour la communauté d'expression anglaise de Vaudreuil-Soulanges; (150 rencontres ZOOM ET PRÉSENTIELLES);
- Planification, coordination et réalisation de trois événements régionaux de Vaudreuil-Soulanges dont le Festival 0-5 ans (1^{er} juin), la Journée internationale aînés (26 septembre) et le Salon de la sécurité alimentaire (8 octobre);
- Coordination et gestion du service de traduction gratuite pour les organisations communautaires et institutionnelles desservant la communauté d'expression anglaise de Vaudreuil-Soulanges et la Montérégie Ouest, et ce, grâce à la contribution d'une bénévole de la ville de Hudson qui est une professionnelle retraitée en traduction.

Clément Bergeron - NPI Vaudreuil-Soulanges



REPORT FROM HUNTINGDON OFFICE IN HAUT-SAINT-LAURENT

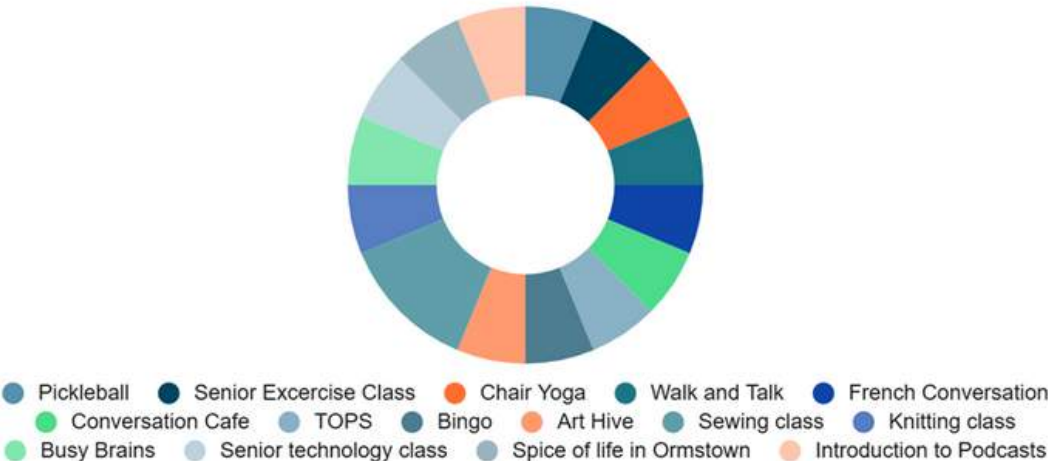
Introduction

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

Activities

The Haut-Saint-Laurent office offers a variety of activities and workshops for the community, supporting individuals of all ages – from 0 to 100 – with programs tailored to every stage of life.

Wellness center activities



Youth Activities



Lunch and Learns

Over the past fiscal year, we hosted ten Lunch & Learn sessions covering a variety of informative topics. These included a presentation on organ and tissue donation presented by SHARP and an end-of-life information session in April, a horticultural presentation in June, chronic pain and osteoporosis in September, Bone Health 101 in November, a butterfly winter sowing workshop in January, as well as estate planning and two musical sessions with Rob Lutes in March. Sessions were held either at our Wellness Center or at the Ormstown Legion.

Special events, projects & outings

- Little House on the Prairie Exhibit (May): 20 members visited the Alfred-Langevin Hall to enjoy the exhibit.
- Mother's Day Tea (May): 30 members attended a lovely afternoon tea in celebration of Mother's Day.
- 1st Annual Pickleball Tournament (May): 25 participants joined in a fun and active tournament.
- World Café Discussion (June): 27 members from Huntingdon took part in this engaging conversation event.
- Droulers-Tsionhiakwatha Archaeological Site Visit (July): 10 members explored the site and learned about Indigenous history.
- Learning Exchange with Keith Leclaire (October & November): 40 members participated in sessions focused on Indigenous perspectives, history, women's rights, and media representation.
- Canadian Railway Museum Visit (October): 15 members enjoyed this educational day trip.
- History of Remembrance Day Workshop: Held at the Huntingdon Wellness Center and led by volunteers, this event welcomed 13 seniors.
- Hands-On Workshops: Seven different creative and educational workshops were offered throughout the year.
- Christmas Tea (December): 68 members and volunteers gathered to celebrate the holiday season together.
- Upper Canada Playhouse Trip (August): 82 seniors from all MWCN offices enjoyed this cultural outing.
- Intergenerational Projects with NFSB: Five projects were organized this year, including a pen pal letter exchange, the "Greatest Memories" project, and intergenerational holiday in-class event for Christmas.
- Language Links Pen Pal Project (2024-2025): 40 Grade 4 students from Heritage Elementary and École Notre-Dame Huntingdon participated in a bilingual pen pal exchange to practice their second language.

Volunteers:

MWCN Huntingdon is supported by a dedicated team of 25 volunteers who play a vital role in the success of our programs and services. Their contributions range from facilitating activities and supporting special events to serving on the board of directors. In April, we showed our appreciation by hosting a thank-you lunch at a local restaurant. Each volunteer also received a certificate from our local MP Carole Mallette, and a gift package that included a notebook, pen, and a keychain with a meaningful message.

Community Outreach

Food Drive

With the support of our members, we organized a food drive for La Bouffe Additionnelle, collecting and donating 15 large boxes of non-perishable goods just before Christmas.

Fundraising Events

We hosted four fundraising events: one in support of Résidence Elle, two for the Ladies' Auxiliary of CHSLD Huntingdon, and one for La Bouffe Additionnelle.

Haut-Saint-Laurent CommuniT Nights

Our team participated in all four CommuniT Nights alongside local partners, offering fun and engaging evenings for the community.

NFSB Events

We took part in Valley Fest Huntingdon, Valley Fest Ormstown, and Literacy Night at Heritage Elementary, providing information and resources to community members.

Community Fairs

MWCN staff attended five community fairs across the Haut-Saint-Laurent region, connecting with residents and sharing valuable information.

Partnerships:

Community Representation

MWCN continues to represent the English-speaking community on several regional tables and committees, including the Table des Aînés du Haut-Saint-Laurent, Table des Aînés de Beauharnois/Salaberry, Table 0-5, User's Committee of the Haut-Saint-Laurent, CDC of the Haut-Saint-Laurent, Residence Committee of the CHSLD Huntingdon, Rural Youth Gala, Youth Table HSL, and the Regional ACCESS Committee.

Chateauguay Valley Literacy Center

To support our Language Links project, the Literacy Center generously donated 48 children's books, ensuring that each participating child received a book to take home.

New Frontiers School Board

MWCN serves on the Governing Board at CVCEC as a community representative, attending bi-monthly in-person meetings to provide MWCN updates and collaborate on community projects. Through this partnership, we also secured access to three locations for weekly pickleball sessions, assisted with training modules in the PAB and LPN programs, and facilitated three community pickleball sessions with Heritage Elementary students.

Municipality of Ormstown

This new partnership provides access to the local recreation center, where we now host pickleball twice a week as part of our wellness programming.

Ormstown Legion

The Legion supports our activities by offering space for our Spice of Life gatherings on a weekly or bi-weekly basis, and by making their facilities available in the evenings for special events.

CISSS de la Montérégie-Ouest (CISSMO)

In collaboration with the CISSMO, we helped organize the "Annual Visit Your Seniors Event," coordinating musical performances in 16 local senior residences. We also supported the Elder Abuse Awareness Day held at the CHSLD. In a separate initiative, the CISSMO delivered educational presentations to raise awareness about available services. Additionally, we partnered with several local schools and the CISSMO on a holiday card project for seniors in long-term care, and contributed five volunteers to the Mon village, ma communauté mural project.

McGill Dialogue Video:

CVCEC Governing Board, MWCN & McGill Dialogue partnered to create a video to showcase the healthcare programs and discuss the McGill Dialogue bursary options.

Kim Wilson, NPI

Nora Donnelly, Outreach Coordinator,

Nadya Kovacs, Outreach and Project Coordinator

Huntingdon Office



Art Therapy at Franklin



Bingo in house activity



Canning workshop



Christmas at Heritage



Christmas Tea 2024



Christmas Cards



CommuniT Night



Droulers-Tsionhiakwatha
Archaeological Site



Elder Abuse Day CHCH



Language Links



Little Adventurers



Upper Canada Playhouse



Remembrance Day
Sharing and Presentation



Rob Lutes Ormstown
Legion



Pickleball tournament



Science Experiments



Shared activity with
students from CVCEC



Tie-Dye



World Cafe



Keith Leclaire
Workshop

REPORT FROM THE HEMMINGFORD OFFICE IN JARDINS-DE-NAPIERVILLE

The Hemmingford office now opened since 2022 has continued to recruit MWCN members and make its presence known to all the residents of our wonderful community.

Partnership

Our main partnership with the Service d'Action Bénévole has continued to grow strong throughout the year as many collaborations were made on various activities and events. Reaching out to the seniors is especially important and easy through the monthly community lunch that we organize together. Approximately 100 lunches are served every month.

In December we held our 2nd annual Hemmingford Elementary School Christmas lunch, once again serving over 120 meals to the children. We were also blessed with our continued partnership with Karen Kurtz Toy Drive who generously donated a Christmas gift to each child.

Community outreach

The community closet that is opened inside the building is continuing to offer various items of clothing, household goods and toys, free of charge to those in need thanks to the generous donations from our MWCN offices and members as well as community donations. We have welcomed Joan, a precious volunteer that keeps our store neat, tidy and organized! We also keep a reserve of food in our Pantry to help with food insecurity.

Activities

Some activity highlights from 2024:

- Our afterschool fun activities: this year Hemmingford Elementary teacher Carolyn Schmidt-Kyle became a precious volunteer of MWCN and took over hosting the program. Already familiar with the community kids she is a wonderful and creative asset for our little artists.
- In the fall of 2024, we held our first winter coat drive. Thanks to many generous donations, we were able to offer close to 100 coats, boots, hats and mitts of all sizes to the members of the community.
- A tech café was created and held once a month but it became clear quickly that people like to receive the help as the problem is happening. I then changed the format to accommodate the members and so they contact me when they need help so we can schedule a meeting as soon as possible.
- What started as a watercolor class turned into an art morning where local artists bring their artwork to the office and we get artsy together with coffee and snacks. One lady loves our activity so much that she joined in from Florida by zoom all winter !

Tina Calvarese - Outreach Coordinator - Hemmingford

Hemmingford Office



Christmas craft



Christmas kid's craft



Christmas craft



Havelock Fair 2024



Mom and Tots painting café



Hemmingford Elementary Christmas lunch



Kid's crafts summer fun



Landscaping workshop



Mom and Tots painting café



Landscaping workshop



Morning art café



Christmas village



MWCN bursary



Senior craft morning



Christmas village



Senior craft morning



Christmas village



Senior Valentine's day



Summer day camp participation



Watercolor class

REPORT FROM BEAUHARNOIS- SALABERRY OFFICE

This year we have started to hold activities in Beauharnois. A partnership was made with Club des Aînés Melocheville to use their space two days a week to provide activities and support for the English speaking community and integrate the French and English speaking population together.

On Mondays and Fridays we held activities ranging from Zumba, Art therapy, Pool, and card games. We had visits throughout the year and we also answered questions regarding technology needs. 40 different participants participated in these activities. We held our first Christmas Tea and had a great successful event with 16 in attendance.

We had 5 volunteers helping with this space, and they helped with attendance, making tea and coffee and at times opening and closing the space. We are looking forward to continuing to support the English speaking community in Beauharnois-Salaberry and have many new ideas to bring forward in the fall.

We are also sitting at the Table des Aînés Beauharnois Salaberry and participating in their Senior abuse campaign as well as events provided through funding from les Eclaireurs.

The only English Church in Beauharnois has a Friday night youth group that is very active and led by 5 volunteers. We provide snacks and materials for 15 young people.

There is a luncheon also with 12-25 attending and we partner with Coin du Partage to provide our support.

We have also become members of the CDC Beauharnois/Salaberry.

Pauline Wiedow - Executive Director



EMPLOYABILITY REPORT

Addressing Employment Challenges for English-Speaking Quebecers in Montérégie West

The goal is to tackle the employment challenges faced by English-speaking Quebecers (ESQ) in Montérégie West. These challenges include lower proficiency in French, limited access to bilingual workplaces, and the necessity for meaningful career opportunities.

This expansive region of Montérégie West is home to a vibrant community of 100,150 English speakers, making up 21.5% of Quebec's total population. Despite representing a significant demographic, ESQ individuals face barriers that lead to lower income levels compared to their French-speaking counterparts and higher unemployment rates within the province. Among those aged 16 and older, the unemployment rate for ESQ individuals is 34%, slightly above the 33.6% rate for local French speakers.

Furthermore, ESQ individuals lacking French language skills (24.8%) tend to earn less than French-speaking Quebecers (18.6%) within the same age group. Young professionals beginning their careers often require support to build their confidence, refine their interview techniques, create standout resumes, improve their French language skills relevant to their fields, and understand workplace etiquette. By incorporating French language practice into their professional development and providing customized employability resources, we can better assist them in navigating their career journeys.

On March 25, 2025, we held our second annual Job Fair in Saint-Chrysostome, attracting over 160 visitors and featuring 19 exhibitors



EMPLOYABILITY REPORT

Enhancing Employability Through French Linguistic Initiatives and Local Collaboration:

- **PERT Circonflexe Mentorship Program:** As part of the job fair event, MWCN introduced a mentorship program aimed at fostering connections between job seekers and seasoned professionals, in collaboration with PERT, the Provincial Employment Round Table. This initiative sparked interest from 11 individuals, eager to volunteer as mentors and 10 individuals interested in becoming mentees, promoting networking, skill-sharing, and community support.
- **French Workplace Immersion Program:** MWCN is among only three organizations in Quebec participating in this pilot project. This initiative, organized by the Regional Development Network (RDN), aims to position English-speaking candidates in bilingual roles within Francophone workplaces. Participants will benefit from a 12-week program designed to improve their French language skills and boost their confidence in the workplace. MWCN has successfully partnered with five employers for the summer of 2025 and is currently matching these openings with 14 eligible candidates. Participants benefit from tailored support, which includes exercise books, workshops, and continuous coaching in the workplace.
- **Employer & Community Partnerships:** MWCN collaborated with several key employment organizations, including CJE, ACT, CRESO and NFSB, to identify candidates and secure successful placements. This collaborative approach combines job matching with French language support, empowering English speakers to strengthen their bilingual capacity and advance their careers at no cost to participants.
- **Springtime Regional Employability Partner Tour:** The objective is to create and maintain collaborative partnerships with regional employment services. This involves fostering mutual understanding, establishing referral protocols, and working together on employability projects to support English speakers across our five MRCs.
- **Table de concertation d'employabilité de la Montérégie ouest** – On September 27th, 2024, MWCN held its first French Employability Table, bringing together local businesses, towns, and employability partners within the region. The meeting's first half addressed training on PERT's latest statistical report within our region, while the second half focused on community collaboration to identify solutions for challenges faced by job seekers and employers.

JOANNE BASILIERES

Employability & Mental Health Coordinator (2024-25)

SUSEL MARTINEZ

Special Projects Coordinator (2025)

MENTAL HEALTH REPORT

2024-25 Youth Mental Health Initiative (YMHI):

Mandate: The YMHI funding focused on individuals aged 15-29 to offer young people essential resources and tools to improve their mental well-being and overcome any obstacles they encounter.

- **Pet Therapy Programs:** The pet therapy programs are held at New Frontiers School Board including the Special Needs Program (SIS) at NOVA, Billings High School, and the Melissa Sunshine Camp at HAECC and Chateauguy Valley Regional High School featured a behavioral specialist with specialty trained dogs, rabbits, turtle dove and a guinea pig, offering personalized assistance to students. Staff can recommend students for the program, and teachers or counselors may accompany them during activities.
- **LOVE (Leave Out Violence Everywhere) Program:** MWCN & LOVE collaborated on a Mixed Media Arts programs at Chateauguy Valley Regional High School and Howard S. Billings High School in Chateauguy for the first time, focusing on arts, photography, creative writing, leadership discussions to address difficult topics of violence, improve communication skills, and emotional intelligence.
- **Testimonial from the CVR CLC Observing a Student in the Hallway:** *One student brought up the LOVE program, prompting another to inquire about it. He replied, "The LOVE program - sometimes we go outside to take pictures, sometimes we stay in class." While his words appeared straightforward, the enthusiasm in his voice conveyed just how much he cherishes the experience.*



MENTAL HEALTH REPORT

2024-25 Youth Mental Health Initiative (YMHI):

- **Greenhouse Café (HAECC):** The Greenhouse Café offers students a safe environment to engage with staff, socialize, access free refreshments, and mindfulness tools. A bench was purchased to allow a more comfortable experience for the youth.
- **The CVR Clubhouse Games Room** provides a space for students to socialize, showcase talents, and reduce stress through peer support. A foosball table and various board games were purchased to add value to the experience.
- **Self-care and Hygiene Kits:** Providing hygiene kits in schools fosters trust with adults, helps students focus, boosts confidence, and reduces anxiety due to limited healthcare access. Partnerships include New Frontiers School Board, Billings, CVR, NOVA, HAECC, and CVECC. School staff can direct students in need.
- **Self-care Group for Young Parents:** The 2 x 8-week, weekly parenting support programs held at Options Chateauguay, helps young single parents manage mental health challenges by providing tools for stress management, self-esteem, and healthy relationships. The group fosters a supportive environment for sharing experiences and mutual learning, empowering participants to navigate the demands of single parenthood while feeling valued and supported.
- **Tea for the Soul, a Grief Support Group for Young Mothers:** The 8-week program, held at Options Chateauguay, helps parents overcome their grief who have lost their children through adoption, child protection services, abortion, or miscarriage.
- **Mindfulness Space:** The space at Billings High School provides young individuals with an opportunity to enhance relaxation and foster an awareness of the significance of being present and mindful of our surroundings. Students can offer support to others, express their personalities, and primarily, alleviate stress. MWCN contributed funding to purchase plants, earth, pots, and sensory decorations to create a calm space.
- **Headspace Hustle Fairs:** MWCN took part in the NFSB Mental Health Booth at both NOVA & HAECC, raising awareness of local mental health services and promoting well-being across the region of Roussillon and Haut-Saint-Laurent. Additionally, MWCN actively participated in several community evenings, offering families information on free services, distributing prizes, and leading educational activities focused on mental health and wellness.

JOANNE BASILIERES

Employability & Mental Health Coordinator (2024-25)

KEY COMPONENTS 2024-25



MENTAL HEALTH SUPPORT IN CHATEAUGUAY -TONYA

Through our partnerships with other community organizations and the CLSC in Chateauguy, MWCN has been able to help community members by providing activities that are helping these participants with their mental health. These members participate in our activities and are breaking isolation.

YOUTH HYGIENE BAG PROJECT - PATRICIA

We worked with our partners at Entraide Mercier, New Frontiers School Board and Centre Jeunesse Emploi, for a first edition of the Youth Hygiene Bag Project. The project is aimed at helping local youth 13-25 years old, providing full sized hygiene products.



We originally planned to prepare 250 bags, but the demand was overwhelming, and our team, along with many volunteers prepared and distributed 730 bags of full-sized hygiene products to young people in the Roussillon area. This shows how great the need is in our area. We are already in the planning stages for our next edition of this important initiative.

YOUTH EMPLOYABILITY & MENTAL HEALTH INITIATIVES - JOANNE

This year, we strengthened our support for both adults and youth through integrated initiatives focused on **job readiness** and **mental well-being**, addressing gaps in English-language services across the region.

Employability Highlights

Integrated program combining job skills and emotional resilience training to prepare job seekers for interviewing in various local organizations, like Options Chateauguy, CJE Huntingdon and CVR WOTP program.

Delivered workshops on resume writing, interview prep, and workplace skills to over 75 youth and adults.

Animated French bilingual sessions in collaboration with PS Jeunesse V-S 19-week employability program.

One-on-one guidance to navigate career transitions.



Mental Health Support

Created new partnerships and expanded our commitment to youth mental health initiatives at HAECC & NOVA.

Offered in-school mental health sessions and peer support programs like PET Therapy

Facilitated youth-led campaigns to reduce stigma and encourage help-seeking in the LOVE program.

HEMMINGFORD -TINA

The Partnership with the Service Action Bénévole, Hemmingford Elementary School and the city of Hemmingford has allowed MWCN to have a strong visibility within the Town enabling activities with the youth and seniors to be an outreach in a growing rural community.

VAUDREUIL SOULANGES – ALEXA AND LORIE

Alexa worked on a Vaudreuil-Soulanges directory making cold calls in order to find those companies that offered services in English. This booklet included the Dental Care Plan, property maintenance, and food banks.

Lorie mentioned the increased collaboration within Hudson to reach the seniors. She has also become a board member of l'Aiguillage, a homeless shelter. This position has given her insight on the intense work this involves in reaching the homeless in Vaudreuil-Soulanges and supporting both men and women and the workers.

HAUT-SAINT-LAURENT – KIM, NORA AND NADYA

Our Huntingdon office has increased its partnership, working closely with the Centre de Ressources familiales in Huntingdon and has an increase in community members participating in the workshops and lunch and learns in Ormstown.

The Montérégie West Community Network had the pleasure of hosting a second World Café in the Haut-Saint-Laurent region with over 100 participants. Members of MWCN offices/Wellness Centres as well as many community organizations and municipal dignitaries were in attendance to share ideas, issues and concerns within a focus group setting. With the results, we are now in a partnership with Concordia University to study the impact of MWCN on newcomers within our regions.

MWCN was able to partner and connect with a community member who has struggles with mental health issues. Throughout his involvement in our activities, he has become more involved within his community and his family has noted that they have seen a huge overall improvement with his mental health thanks to his connection with MWCN.

Pauline Wiedow - Executive Director

COMMUNITY PARTNERS



Patrimoine
canadien

Canadian
Heritage

Canada

CHSSN

RDN

Regional Development Network
Réseau de Développement Régional



Secrétariat aux relations
avec les Québécois
d'expression anglaise

Québec



Desjardins
Vaudreuil-Soulanges

Dialogue McGill



Santé
Canada

Health
Canada

50 JOHN ABBOTT
CEGEP/COLLEGE



Centre intégré
de santé
et de services sociaux

Québec



Commission scolaire
Riverside

L'AISVILLAGE



Lactuel
Centre d'action bénévole



VILLE DE
PINCOURT

Concertation Horizon
Se mobiliser, agir, renforcer

Coin du PARTAGE
BEAUHARNOIS



Maîtriser
la tempête
Via l'anse



Saint Patrick
of the Island



Châteauguay



SENIORS
ACTION
QUEBEC



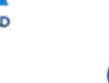
Comité Détresse Sociale
du Haut-Saint-Laurent



VILLE DE
Beauharnois



SANTÉ • HEALTH
NOVA
L'OUEST DE L'ÎLE • WEST ISLAND



CAAPA
VOS DROITS. NOTRE SOUTIEN
YOUR RIGHTS. OUR SUPPORT

COMQUAT
CENTRE DE FORMATION EN FRANÇAIS

Les
du Aidants
Haut-Saint-Laurent



Société
Alzheimer
Society
SUROIT

Châteauguay
Community
Church

educaloi



FUNDING SOURCES 2024-2025

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
Special Project	\$30,000.00
Special Surplus	\$10,000.00
NPI Retreat Hosting	\$25,000.00
Wellness Centers	\$63,900.00
McGill Retention	\$28,000.00
McGill Bursaries	\$21,000.00
McGill Linguistic	\$6,000.00
Bright Beginnings	\$45,000.00
Parental Contribution	\$17,785.00
HEY -Autism	\$25,000.00
HEY	\$15,000.00
Educaloi	\$6,600.00
CISSSMO -Les Eclaireurs	\$15,500.00
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	\$10,100.00
MNA-VS	\$2,150.00
other MNAs	\$1,000.00
Summer Students	\$15,846.94
Other Income	\$63,226.93
TOTAL	\$1,143,807.87



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