



MONTÉRÉGIE WEST COMMUNITY NETWORK
Réseau Communautaire Montérégie Ouest



**THE STRENGTH OF COMMUNITY IS
FOUND IN THE HOPES AND DREAMS OF ITS CITIZENS**

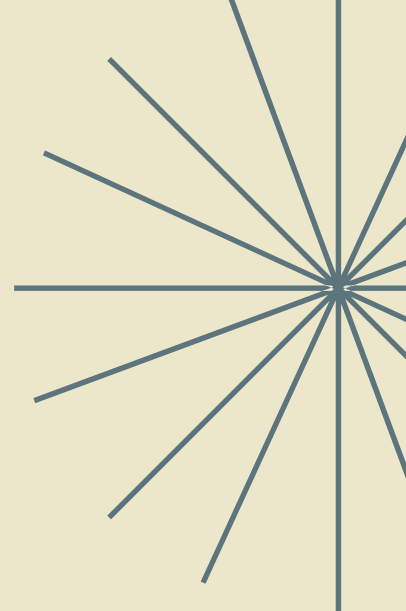
ANNUAL

REPORT

**2023
2024**

TABLE OF CONTENTS

01	A Word from the President / Board of Directors
02	Report from the Executive Director
03	Staff
04	Report from the Program Manager
06	Report from Châteauguay Office in Roussillon
10	Report from the Bright Beginnings Coordinators
11	Report from Pincourt Office in Vaudreuil-Soulanges
14	Report from the NPI Coordinator of Vaudreuil-Soulanges
15	Report from Huntingdon Office in Haut-Saint-Laurent
17	Report - NPI Coordinator - Haut-Saint-Laurent & Beauharnois/Salaberry
19	Report from the Hemmingford Office in Jardins-de-Napierville
21	Report from the Employability & Mental Health Coordinator
25	MWCN - A visible presence in the community
26	Key Components
28	Community Partners
29	Funding Sources



A WORD FROM THE PRESIDENT

I am proud to welcome everyone to this 24th Annual General Meeting of the Montérégie West Community Network (MWCN).

My name is Lise Brunette and I have had the pleasure of chairing the Board of Directors for the MWCN for six years now and this will be my last year as President. From my own personal experience, this has been an incredible journey. I became a Board member in 2012 and President in 2018. I have lived many interesting and validating experiences and I am very grateful for everything I learned and everyone I had the pleasure of knowing.

I also wanted to take this opportunity to thank all the past and present Board members who have helped me reach my potential as President of the Board of Directors of the MWCN.

It was a pleasure and an honor to know you all and to work with you. I also wanted to thank the staff members for their kindness and help.

And if you are interested in helping shape the direction of the organization this is your chance, join us and become a Board member.

I hope you will enjoy this 24th Edition of the Montérégie West Community Network Annual General Meeting.

Thank you again for your participation in our activities. We are doing it for you all, but we could not do it without you.

Have a wonderful evening.



Lise Brunette
President Board of Directors MWCN

BOARD OF DIRECTORS 2023-24

Lise Brunette - President

Tracy Wilkins - Vice President

Carolyn Galloway - Treasurer

Chuck Halliday - Secretary/ Ex-Officio

Susan Parker - Director

Marlene Davies - Director

Jayne McClintock - Director

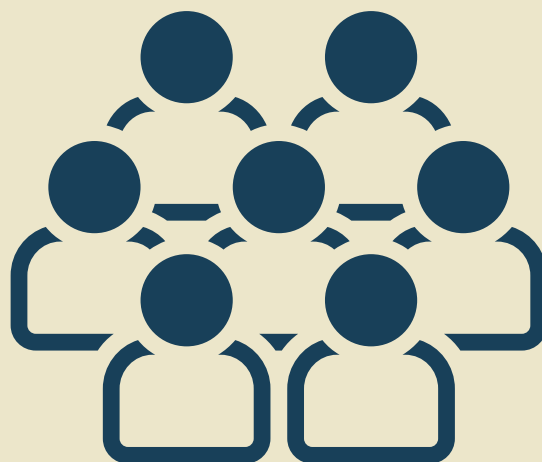
Maureen Hoas - Director

Lucy Khatchadourian - Director

Laura Bustamante - Director

Sherry Comeau - Director

Harikrishnan Ramachandran Nair - Director



REPORT FROM THE EXECUTIVE DIRECTOR



Another fiscal year is behind us. MWCN has carved our place throughout the 5 MRCs. We have become visible as representatives of the English-speaking community. As we move through the territory, we have been successful in meeting many of the mayors in the rural areas who are very happy to meet us and offer their support. We are aware that the municipalities do not all have the ability to provide information to their English-speaking citizens and welcome the fact that we can support them in that way.

We have had many opportunities to increase our membership both in person as well as on Facebook.

Our website contains valuable information as well as showcasing our many successes. You can also see the list of our board members and the pictures of our staff. We have employees in all our 4 offices and 5 wellness centers that are managed by our welcoming team.

The many activities that we have throughout our offices are facilitated by our very capable volunteers. They bring with them many different skills that make our centers the hub of the community, supporting the English-speaking community. How fortunate we are to have these welcoming spaces. Our newest space is the one located at 259 boul. d'Anjou, in Châteauguay which was renovated by our volunteers. We encourage you to visit it if you have not already.

Our staff of 13 plus 3 summer students are a very important part of MWCN. Our successes come through the passionate, devoted work of our staff. I am very grateful for them as they bring new ideas and strengths that create a learning environment for both community and their colleagues. We are a family supporting each other.

We have a population of over 100,000 English-speakers throughout the Montérégie West.

Our over 90 partnerships continue to increase and collaborate. Our 150 activities continue to expand with our many volunteers leading them. Membership has reached 910. What is significant is that our funding has grown to over \$1,000,000.00. Both Federal and Provincial governments support us in Health and Social Services, Education, Employability and Mental Health. The Lucie and André Chagnon foundation have supported our Bright Beginnings Program, our Healthy Early Youth and Autism program. This has allowed for us to expand our services. For this we are grateful.

This is the time to thank our dedicated staff. These are people that are not working with MWCN just as a job but rather a vocation. They are people who love people, love to help and love to create new initiatives to improve the quality of life for the most vulnerable and they strive at working as a team together despite the distances between our offices. MWCN is really very fortunate to have found these very special individuals who have made MWCN the success that it is. Lastly, I would like to thank a very dedicated Board of Directors. Thank you for meeting regularly. You have all been there supporting me in my work. It has been very important as we have grown so quickly. Thank you especially to our president, Lise Brunette for always making herself available to me and remaining positive throughout our growth spurt. The future promises to be another big year. New ideas, new funding, an increase in space to welcome more people into our activities, new partnerships, and new initiatives. Thank you for allowing me to be the one to direct this growing organization. Thank you for your confidence. I am truly grateful.

I would like to take this opportunity to thank Lise Brunette, our president over the past years and a board member since 2012. Thank you, Lise, for your faithfulness to the English-speaking community, your dedication to MWCN and even when we were the CECN. I personally thank you for your service and dedication. It is my hope that you will continue to be a part of our larger community and I look forward to having some long discussions together. Best wishes.

Pauline Wiedow - Executive Director MWCN

STAFF

Châteauguay - Roussillon

Pauline Wiedow
Matt Mardini
Tonya Wright
Melanie Murphy
Joanne Basilières
Elizabeth Tiplady



Pincourt - Vaudreuil-Soulanges

Clément Bergeron
Lorie Marcotte
Bryanna Wilson



Huntingdon - Haut-St- Laurent

Kim Wilson
Nora Donnelly
Nadya Kovacs



Hemmingford - Jardins-de-Napierville

Tina Calvarese

REPORT FROM THE PROGRAM MANAGER



As the Program Manager of the Monterey West Community Network (MWCN), I am happy to present my 2023 annual report, reflecting on a year filled with significant milestones and collaborative efforts. Here's a detailed overview of my work across various aspects of the organization.

Marketing and Branding Initiatives

- **Marketing Materials:** In line with MWCN's evolving branding strategy, I created marketing materials, posters, and flyers that:
 - Reinforced the organization's identity and values.
 - Supported our outreach efforts in community events and programs.
- **Image Consistency:** Our commitment to maintaining a consistent brand image played a crucial role in increasing visibility and membership engagement.

Technical and IT Development

- **MWCN Mobile App:** This year, I focused on developing our mobile app for both Android and iOS platforms. Our technical efforts included:
 - Improving the user experience and adding new features to enhance app functionality.
 - Maintaining the app's performance through regular updates and testing.
- **Procurement and Online Stores:** I engaged with online stores such as Amazon, Best Buy, Staples, BannerBuzz, and others to:
 - Order necessary equipment and materials for the office.
 - Solve technical issues to ensure seamless operations.

Maintaining Office and Technical Infrastructure

- **New Office Transition:** With our new office in Candiatic, I ensured a smooth transition by:
 - Coordinating with ARC to arrange internet and landline services.
 - Installing essential equipment, and providing technical orientation to Sandra, who played a key role in organizing the office.
- **Laptops and Hardware:** I maintained and upgraded the laptops and other hardware in all our offices, to improve team productivity and reduce costs.

Newsletter and Program Management

- **Newsletter Development:** I revamped our newsletter to reach a broader audience and attract more volunteers. Key efforts included:
 - Maintaining and developing the new branding strategy through updated design elements.
 - Highlighting MWCN programs, events, and latest news to engage the community.
- **Program Coordination:** Our team worked on managing various MWCN programs and activities, ensuring smooth execution and regular communication with stakeholders.

Orientation and Support for New Staff

- **New Staff Onboarding:** This year, we welcomed, Bryanna, Nadya, Melanie to our team. The onboarding process involved:
 - Providing IT and technical support, including setting up email accounts, Canva, and Microsoft Office.
 - Preparing laptops for the new hires to ensure they had the tools needed to succeed.
 - Designing and ordering business cards to integrate them into the MWCN community.
- **Orientation Program:** Our orientation program covered a comprehensive introduction to the organization, job descriptions, and tasks, allowing new hires to quickly adapt to their roles.

Funding Applications and Partnerships

- Funding Applications: I collaborated with Pauline to prepare updated funding applications and supporting documents. This process involved:
 - Working closely with the Executive Director (ED) on all aspects of MWCN, including programs, activities, communication strategies, branding, graphic design, publications, and newsletters.
 - Ensuring compliance with funding requirements and submitting applications on time.
- Collaborations and Partnerships: I continued to foster relationships with partners, funders, and community organizations through active participation in various meetings and events.

Community Engagement and Events

- RDN Supporting Community Builders Retreat: I attended this retreat in Québec City, connecting with other community builders and gaining valuable insights.
- Collaborative Events: I worked on a workshop on social economy and social enterprise in collaboration with RDN and SeeNet. These events allowed us to share best practices and strengthen our network.
- ARC Community Fair, Sub-Committee: I actively engaged in discussions and planning for the upcoming community fair, contributing ideas on how MWCN could be involved.

Human Resources and Job Posting

- Hiring and Recruitment: To support our expanding programs, we hired five new team members. Our recruitment process included:
 - Posting job openings on Indeed, LinkedIn, and Facebook Jobs.
 - Managing CV submissions, interviewing candidates, and onboarding new hires.

Employability and Mental Wellness programs: I provided logistical, IT, and online support to Joanne for the employability and mental wellness programs, including the MWCN job fairs.

Conclusion

Overall, 2023 was a year of growth and accomplishment for MWCN. Our efforts to onboard new staff, improve technical infrastructure, and expand community engagement have yielded positive results. As we move forward, we are excited to continue building on these achievements and serving our community with dedication and excellence. Thank you to everyone who contributed to our success this year. I look forward to another year of progress and impact at MWCN.

Matt Mardini - Program Manager



REPORT FROM CHATEAUGUAY OFFICE IN ROUSSILLON

BY TONYA WRIGHT, ADMINISTRATIVE ASSISTANT

Châteauguay is the head office of MWCN. This office is where our main point of contact is for our funders, partners, and is where MWCN first opened up an office. Tonya Wright, Administrative Assistant started working for MWCN in January 2021, where her role is spread over coordinating communication between the offices, membership, special programs, etc. Another part of Tonya's role at MWCN is reporting for Educaloï, Bright Beginnings and HEY.

Membership of MWCN has seen a drastic increase since our visibility in the community through all of the office locations has become strong. This last fiscal year, our membership has gone up by 219 members. With the number of partnerships that MWCN has built and the visibility that we have in our communities, we expect an increase of membership to increase year by year.

Activities:

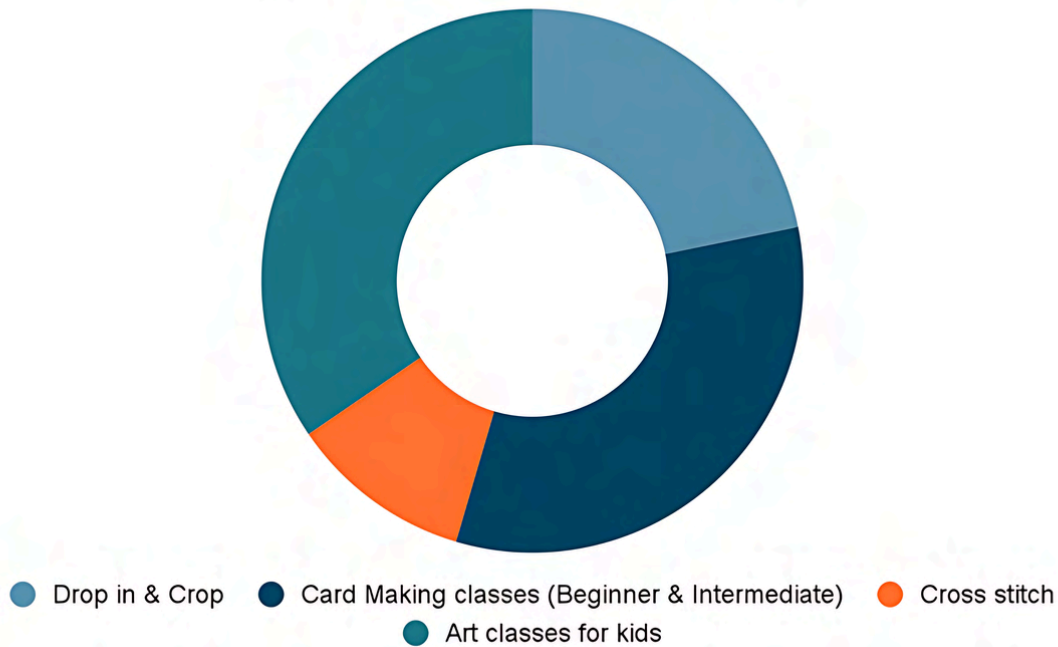
Our members in the Châteauguay office enjoy a range of activities, and this year all of our activities in Châteauguay were offered solely in person. In September, we adopted a new community space to a lower level right off of the main street in Châteauguay. In October, after a month of painting, repairs and organising from our volunteers we opened up our new community space by holding an open house that welcomed 42 people in attendance.

Activities in Chateauguay



- Coloring Cafe
- Happy Laps
- Wacky Walkers
- Nature Walks
- Grief Group
- Yoga
- Zumba
- Line Dancing
- French Class
- Exercise Class
- Knitting Group
- Bowling
- Art Class
- Bingo
- Tek Talk
- Book Club
- Bellydancing
- Calligraphy

New activities in Châteauguay



This fiscal year, with our new community space, we were able to offer new activities, and continue offering our existing activities. Our physical activities have and continue to be an integral part of the participation of our Châteauguay membership.

Every month our calendar showcases many other activities, such as our book club, knitting group, Colouring Cafe, various art classes, card making classes, our bowling league, French courses, technology classes, bingo and game days.

Lunch and Learns:

MWCN hosted 5 Lunch & Learns this fiscal year. We had Lifeline & La-Resource in October, RECAA in November, CAAP Monteregrie in January, Educaloï in February & Mercier/Châteauguay Police in March. Our Lunch and Learns were either held at our new community space or at the Châteauguay Legion, depending on the amount of participants.

Special events & outings:

- “Doc” McCoy Murder Mystery Dinner- In April, 65 members from MWCN & the Legion enjoyed a spaghetti dinner all while trying to figure out the skit that was being performed throughout the dinner. It was a well enjoyed event.
- Ile.St. Bernard Picnic - In July MWCN hosted a picnic where 23 community members brought in the summer Lawn games, walks around the island, and friendly conversation was appreciated by all.
- Kahnawake Trip - In August 38 members went for a guided tour of Kahnawake to St.Francis Xavier Mission Catholic Church and Saint Kateri Shrine. The tour was followed by lunch at a local restaurant.
- Blairs - 65 members from MWCN’s different 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.
- La Belle Gang - In October MWCN hosted La Belle Gang’s presentation of the theatrical piece, “Losing Control” in Kahnawake at the Knights of Columbus. 25 members of the community attended.
- Craft Fair- In December, we held our very first craft fair that was open to the public. It was a great event and brought in new faces to MWCN.

- Annual Christmas Party at the legion – In December, 52 members including volunteers celebrated the joyful season together at the legion. The event consisted of entertainment by local artists and a delicious turkey meal catered by MG Catering.
- International Women’s Day Event – In March, MWCN hosted the annual International Women’s Day Event at Manoir D’Youville where 180 community members signed up to attend. Speakers, singers, and many door prizes were appreciated by all.

Community outreach:

Christmas Drive:

MWCN completed a Christmas drive for the community in partnership with New Frontiers School Board, the Châteauguay Legion, and La Re-Source. We were blown away by the amount of donations made by our members. We were able to provide 4 boxes of towels, face cloths and women’s hygiene products to La Re-Source, 5 boxes of non-perishable goods to families through the New Frontier School Board, and 5 baskets filled with contents to make a Christmas dinner for 5 families in the community.

Mary Elizabeth Noonan Seniors’ Residence:

MWCN organises activities for the English-speaking residents of Mary Elizabeth Residence. Our gardening group activities ran from April until October, including a salad party where participants ate the fruits of their labour!

Partnerships:

Legion:

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

OLPH:

MWCN continued the partnership with OLPH throughout the months between April- June to hold our physical activities. The space was also used for our pre-k graduation in June.

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.

Tonya is on the Governing Board at NOVA as community rep to give updates of MWCN and partner with projects for the community. Meetings are held bi-monthly in person. MWCN also uses space in NOVA to hold our French conversation class, Line Dancing, Zumba & yoga for our members and students/staff of NOVA.

Volunteers:

MWCN Châteauguay had a total of 70 volunteers who helped us with various events, activities, and projects. We held a brunch for our knitting group for Christmas and we had a total of 15 volunteers attend. In April 2024 we held a Volunteer Appreciation Brunch at Two O Seven and we had a total of 23 volunteers attend.

Special Project: Autism Spectrum Funding

In January we received funding from CHSSN for Autism to be used for ages 0-7. We were able to help 10 elementary schools in New Frontiers School Board by supplying sensory items that can be used for the K4, K5 & Grade 1 classes. We also helped our local women’s shelter, pregnancy clinic and 4 daycares as well as our Early Learning Program. New Frontiers School Board Early Transition team & Autism Specialists put together a training for the K4 & K5 teachers, and because of this funding we were able to provide funding to support 4 sensory corners to be won for 4 classes. In support of the community, we also provided 4 classes for Art Therapy for families with children on the Autism Spectrum. We would like to thank CHSSN-HEY for providing us the funds for this special project that we were able to help so many of our families and partners in the community.

Châteauguay Office



Art with Ilana



International Seniors Day



Bingo



Card making Class



CAAP Montergie Lunch and Learn



Christmas Dinner Baskets



Christmas Drive



Bowling League Luncheon



Knitting Brunch



Lifeline Lunch and Learn



Open House for 259 D'Anjou



Lose Control Presentation at Knights of Columbus



Staff at Our Int. Women's Day



Volunteer Luncheon



Murder Mystery Dinner



Volunteer Luncheon



Wacky Walkers



Yoga Class at NOVA



Yoga Class



Christmas Party at the Legion

REPORT FROM THE BRIGHT BEGINNINGS COORDINATORS



Bright Beginnings supported our 5- to 6-year-old group, five days a week, from April to June 2023. The group included 10 students heading to Kindergarten and 2 students going into Grade 1, with 4 being Francophone. Activities continued until the end of May, then we prepared for year-end projects and the last day of school on June 21, 2023.

At the end of May, Tonya and I began creating the Yearbook using photos taken throughout the year. It included monthly activities, class photos, graduation photos with bios, a "what do I want to be" page, and a letter from me. The 60-page book was a lasting memory for 12 amazing students and families.

Grad practice started in May and continued through June. The students learned songs, a dance routine, and their grad march for their performance on June 20, 2023, in front of nearly 80 guests. They received their diplomas and ended the ceremony by releasing balloons into the sky with their parents.

On June 23, 2023, we said goodbye to another fantastic group. The Class of 2023 was magical and will remain in my heart. I worked through July and August to create a physical learning curriculum for the new educator at Bright Beginnings, organizing all materials for a smooth transition.

MWCN welcomed Miss Shannon in 2019, and together we created Bright Beginnings for the Châteauguay community. Over the past 4 years, we've supported over 50 families with a unique program. I am grateful to MWCN, especially Pauline for her support, and Tonya, my brilliant co-worker. I hope Bright Beginnings continues to be a success for many years to come.

SHANNON KEYES – COORDINATOR OF BRIGHT BEGINNINGS 2019-2023

This year was my first with Bright Beginnings, a place I've always admired for its dedication to little learners. Having seen the positive effects it had on my own 2 girls, I jumped into this adventure with excitement, eager to create a warm, supportive space for my young students.

I prepared our classroom in August, initially welcoming 3 students (1 whom came back from last year)-two boys and a girl- who later departed, and 2 new boys joined us in October. As the year progressed, our class grew to six students by January, and in March, we welcomed another student, bringing our total to seven: six boys and one girl. Six of the students are anglophone and one is francophone.

Throughout the year, our classroom has been alive with all sorts of hands-on fun in an optimal learning environment! I've made sure to continue the Friday Fun days from the previous years, celebrating holidays like Halloween, Valentine's Day and Easter with parties that were as much about learning as they are about having fun. We took the time to learn about Remembrance Day. At Christmas, we took beautiful Christmas pictures with each child and made a memorable keepsake for each family. What kid doesn't love their birthday! I've made sure the birthdays we have so far celebrated have been extra special with fun celebrations. Let's not forget about all the cool projects we have done so far, from exploring Fire trucks and volcanoes to diving into the world of Artic animals. It's been a whirlwind of learning and laughter in our classroom!

ELIZABETH TIPLADY – COORDINATOR OF BRIGHT BEGINNINGS 2023-2024

REPORT FROM PINCOURT OFFICE IN VAUDREUIL-SOULANGES

The Coordinator of Community Development works directly with the NPI Coordinator, Mr. Clement Bergeron and the Outreach & Project Coordinator, Bryanna Wilson. 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, Territorial Partnerships meetings and the MWCN Health & Wellness Fair which occurs bi-annually in Vaudreuil-Soulanges. Special projects also include the administration of the Dialogue McGill Retention program ie: Bursaries and Tutorat, Senior Wellness Centres, Internships and Stagiaires. Two committees that I participate monthly in are the Social Development committee of Saint-Lazare and the Hudson Seniors committee.

Some of the highlights during this past fiscal year were:

Exercising: Yoga in the Park w/ ParticipACTION & Eccentric Exercises – Summer 2023

We offered 2 fitness activities that were suited for our senior members. During the months of June and July, we offered an 8-week Gentle Yoga program sponsored by ParticipACTION. It was held outside at beautiful Bellevue Park with 12 – 18 participants each week. Eccentric Exercises took place in the Pincourt office during March and April. This was also an 8-week program led by Gisela Gilbert who helped our members strengthen their bodies & muscles.

In-Person & Zoom Activities

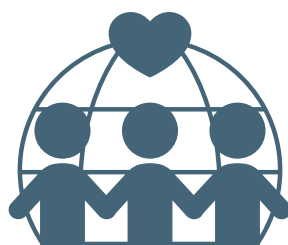
MWCN V-S hosted a wide variety of in-person activities this year at our Pincourt office. We have very popular Bridge and Cribbage clubs, and Canasta that meet weekly. We had several information sessions including, Tax benefits for Seniors, Wills & Mandates, and Celiac Disease to name a few. Our End of Summer Fiesta was a wonderful event to celebrate the end of the season with food supplied by Création Passion. We also supported various other activities such as Beauty and Glamor Days, Journaling Workshops and the popular 8-week Watercolor course with Sarah Murphy.

Cornwall Museum Outing – July 2023

One of our outings last year was to the Cornwall Community Museum where our group enjoyed a tour of the museum and presentation about the history of the St Lawrence Seaway. It was followed with a picnic at 'Weenies on Wheels' down by the water.

Meet n Greet in Rigaud – Aug 2023

Last August, we were happy to showcase MWCN V-S to a small group of residents in the town of Rigaud along with a few volunteers to assist us. We were fortunate to have both our Executive Director and our MP, Mr Peter Schiefke attend, creating an opportunity for meaningful and significant discussions.



Seniors Day Wine Tasting – Oct 2023

To celebrate Seniors Appreciation Day, the Pincourt Office hosted a wine tasting tour at Vignoble le Bourg des Cèdres. It was a beautiful day to celebrate our senior members with an endless supply of wine to taste and a picnic lunch outside by the vineyard.

Senior Wellness World Café – Oct 2023

MWCN was thrilled to host the first World Café last fall in collaboration with Concordia University. Members from Châteauguay, Huntingdon, and Vaudreuil-Soulanges were transported to Saint Patrick of Island Catholic Church in Pincourt where roundtable discussions took place regarding what 'Good Treatment' meant to each of them.

Facilitators from each table were able to capture, document, and summarize all of the opinions expressed that day. Our members not only enjoyed this experience, but left with a feeling that their voices had been heard.

(This study will be compiled and forwarded to the Fonds de recherche du Québec)

L' Aiguillage Christmas Drive – Dec 2023

MWCN is a proud partner of l'Aiguillage and we are happy to contribute and assist this very important organisation. This past year, gift bags were prepared for our Christmas Drive by our local Sparks group and 6 senior volunteers. We collected hats, gloves, scarves, socks and personal hygiene products for individuals transitioning through the shelter. They now have 22 beds, a detox wing, canine therapy, support resources, and outreach street workers.

Christmas High Tea – Dec 2023

Due to limited space, this event was by invitation only and hosted by one of our members who provided homemade scones, jams, and tea for 20 members. Fancy hats and fascinators were mandatory for this special occasion! Not only did we enjoy the food, we also enjoyed a story that was recounted about the history of the 'napkin' including proper table etiquette. Thank you to Suzanne Hall for volunteering to host this delightful tea party.

Dialogue McGill Retention Program: (Bursaries and Tutorat)

The Dialogue McGill programs are very important initiatives to MWCN. We are providing necessary support to the Health & Social Services sector by promoting and administering opportunities for student bursaries as well as English language tutorials for CLSC employees. Vocational, CEGEP, and University students in full-time HSS programs benefit from our assistance if their applications are approved.

(To date, MWCN has paid out \$81,500 to students in various programs, funded by Dialogue McGill)

St Lazare & Pincourt Easter Crafts– March 2024

St Lazare Easter Craft was a meet and greet event with the Saint-Lazare and Hudson communities. It was a very successful event with 30 children and their parents participating in making Easter sock bunnies and Easter wreaths. We also had the opportunity to promote MWCN, and distributed membership forms, newsletters and flyers.

The Pincourt Easter craft was held at our Pincourt office with our senior ladies also making Easter sock bunnies and an Easter wreath. Great appreciation goes to Heidi Whipple for volunteering her time leading both craft activities.

LORIE MARCOTTE - COORDINATOR OF COMMUNITY DEVELOPMENT &
SPECIAL PROJECTS

BRYANNA WILSON - OUTREACH AND PROJECT COORDINATOR

Pincourt Office



Cornwall Museum 1



Christmas High Tea 1



Cornwall Museum 2



Crafts - Pincourt
Easter Craft



Christmas High Tea 2



Crafts - St Lazare
Easter Craft



Cribbage



Eccentric Exercises



End of summer
fiesta



L'Aguillage
Christmas Drive 1



L'Aguillage
Christmas Drive 2



Senior Wellness World Café 1



Meet n Greet in
Rigaud 2



Senior Wellness
World Café 2



Meet n Greet in Rigaud 1



McGill Retention
Program 1



McGill Retention
Program 2



Seniors Day Wine
Tasting 1



Seniors Day Wine
Tasting 2



Yoga in the Park

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

1. Supervision de la gestion de trois programmations d'activités gratuites sur ZOOM automne 2023, hiver et printemps 2024 pour Vaudreuil-Soulanges avec le développement de partenariats avec une vingtaine d'organisations communautaires et institutionnelles de niveaux local, territorial et régional; le tout pour produire 42 sessions de formation/information.

2. Mise sur pied et gestion d'un partenariat avec le Journal hebdomadaire The Southwest Voice – coordination MENSUEL du journal et de l'équipe du MWCN pour la production d'articles et la visibilité du MWCN (12 MOIS d'affilés).

3. Mise sur pied et gestion du YOUTH GALA 2024 : commanditaires, représentants politiques, partenaires (Desjardins, LBPSB), coordination de 11 écoles et de 32 familles.

4. Présence et participation active du MWCN à NEUF tables de concertation de la région de Vaudreuil-Soulanges dont plusieurs sous-comités (11); ça porte de beaux fruits pour la communauté d'expression anglaise de Vaudreuil-Soulanges; (150 rencontres ZOOM).

5. Planification, coordination et réalisation de trois événements régionaux de Vaudreuil-Soulanges dont le Festival 0-5 ans (1er juin), la Journée internationale aînés (27 septembre) et le Salon de la sécurité alimentaire (8 octobre).

6. 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

The Châteauguay Valley office represents the 13 municipalities of the Haut-Saint-Laurent region. For just over 5 years, we have been developing relationships, building partnerships and serving our community members. The Châteauguay Valley office has 3 employees; Kim Wilson our NPI, Nora Donnelly our Outreach Coordinator and Nadya Kovacs our Outreach and Project Coordinator.

Nadya Kovacs, Outreach and Project Coordinator, has been with MWCN since November 2023. Her role is to host a variety of activities that fall under Canadian Heritage funding and reporting to Canadian Heritage.

Nora Donnelly, Outreach Coordinator has been with MWCN since September 2021. Her role is to coordinate community outreach, coordinate and facilitate activities and consultations with members of the Haut-Saint-Laurent.

Activities

People want to be engaged both physically and mentally. We had several ongoing physical activities that took place during the year. We have pickleball, 3 times a week, throughout the year. Our chair yoga runs 4 times a year and, in addition, we offer senior fitness classes. We also have a weekly walking club that meets all year long.

We have also been able to have a variety of personal activities using community spaces and our wellness center. We have had art classes, French Conversation, Conversation Cafés, coloring groups, knitting groups, bingo, book club, busy brain group, and musical activities. We also held 2 technology classes for seniors, one at our Wellness Center and one at Très-Saint-Sacrement.

In partnership with the Ormstown Village Church and Une Affaire de Famille, we host the Little Adventurers Drop-In Playgroup on Friday mornings where parents and their little ones can gather to share in conversation and play.

Special Events & Outings

Intergenerational activities: This year we hosted 7 different intergenerational activities. We had rock painting, cookie decorating, seed planting, bracelet making, a chocolate creation workshop, a bath bomb making workshop, and a visit to the fire station. We also had our holiday cards for Seniors in long term care projects in partnership with several local schools.

Pen pal project with seniors: 50 students from the Châteauguay Valley Regional High School and 50 seniors participated.

Pen pal project between elementary schools: In January 2024 we started a new project between Heritage Elementary School and École Notre-Dame Huntingdon. We had 68, sixth grade students participate. Each school was able to practice their second language.

Rural Youth Gala - Haut Saint-Laurent: The 2023 edition awarded 60 young people with various financial prizes and certificates.

Lecture on the origins of Scottish tartans with Canadian ties: 8 seniors shared in the learning of Scottish Heritage in Canada.

Laguerre Historic Site in St-Anicet: This historical and cultural event was attended by 22 seniors.

St. Raphael's Ruins Historic Site Williamstown Ontario: This cultural outing was attended by 12 seniors who enjoyed sharing this cultural experience with other like-minded seniors.

Upper Canada Playhouse: This outing was attended by 21 seniors. This was a unique experience for many.

Outing to the Covered Bridge in Powerscourt: We had 8 seniors attend this cultural outing.

History of Remembrance Day: We held this event at our Huntingdon Wellness Center, facilitated by our own volunteers, and had 12 seniors attend. Participants were invited to share similar family stories.

Retrospective Art Exhibit Dwight Baird: During our May 10th outing we had 8 seniors attend.

Christmas Tea: In December, 65 members, including volunteers, celebrated the joyful season together.

Lunch and Learns: We hosted 12 sessions ranging from financial knowledge to understanding your pharmacist with an average of 15 attendees per session.

Community Outreach:

Food Drive: With the help of our members we organized a food drive for La Bouffe Additionnelle. Contributing 15 large boxes of non-perishable goods just before Christmas.

Winter Gear Drive: With the help of our members we organized a winter gear drive for our local NFSB schools and Pact de Rue.

Paint Night Fundraisers: We have held 4 sessions throughout the Châteauguay Valley with a total of 65 participants with donations going to local charities.

Drumming with Volunteer: We hold bi-weekly sessions at the Long Term Care Center in Huntingdon with 12-15 long term care seniors attending each session. This is facilitated by our weekly volunteer.

Annual Visit Your Seniors Event: In partnership with the CISSMO we organized musical performances for 16 different local senior residences, a total 250 people participated.

Elder Abuse Day: In partnership with the CISSMO, we helped organize the Elder Abuse Awareness Day held at the local CHSLD attended by 65 people.

Savvy Safe Seniors: We hosted a full day event with presentations from 5 of our partners on topics ranging from fraud to elder abuse. This event was attended by 70 seniors.

Volunteers:

MWCN Châteauguay Valley had a total of 35 volunteers who helped us with various events, activities, and projects. In April 2024, we held a special Volunteer Appreciation Lunch and we had a total of 20 volunteers attend. Our 2023 summer student now volunteers two days a week at our Wellness Center.

NORA DONNELLY, OUTREACH COORDINATOR
& NADYA KOVACS, OUTREACH AND PROJECT COORDINATOR

REPORT FROM THE NPI COORDINATOR FOR THE HAUT-SAINT-LAURENT AND BEAUHARNOIS/SALABERRY

Kim Wilson, coordinator of the Network Partnership Initiative (NPI) for Haut-Saint-Laurent and Beauharnois/Salaberry, has been with MWCN since November 2018. Her role as NPI is to represent the English-speaking community by attending regional and provincial meetings and symposiums on relevant programs.

Partnerships:

Representing the English-speaking community on the following tables: Tables des Aînés du HSL, Table des Aînés de Beauharnois/Salaberry, Table 0-5, User's Committee of the HSL, CDC of the HSL, Residence Committee of the Huntingdon CHSLD, Rural Youth Gala, Distinction Bénévoles HSL, and the Regional ACCESS Committee.

Partnership with Mayors: Met with 4 municipality mayors, Beauharnois-Salaberry, St. Chrysostome, Havelock and Godmanchester to discuss best practices in working together.

Pickleball Partnerships: MWCN and Ville de Huntingdon have a partnership to open one of the tennis courts for pickleball. We also have a partnership with New Frontier School Board to use 2 of their facilities to host weekly pickleball practices.

LaSalle College Partnership: MWCN received an intern from the LaSalle College Special Care Counseling program.

Pay it Forward Partnership Table Meetings: We hosted 3 meetings with invited guest speakers to share important information with partners and community members. New this year, we developed a new model with the pay-it-forward concept. Care packages were created and given to the Barrie Memorial Hospital, all supplies were donated by community members.

Partnerships with Local Fairs: MWCN staff attended 5 different fairs in th Haut-Saint-Laurent.

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.

Partnership with Huntingdon Legion: In partnership with the Legion, we held 2 fundraising events for the benefit of MWCN.

Haut-Saint-Laurent CommuniT Nights: Our office participated in all 4 CommuniT Nights along with other partners to provide our community with an evening of fun and a hot meal.

Partnership in Ormstown: Partnership in Ormstown: Through the New Horizons Funding, a partnership was developed with 4 different organizations, Une Affaire de Famille, The Town of Ormstown, The Village Church and the Ormstown Legion to create our weekly Spice of Life. Spice of Life is a weekly gathering where people can play board games, WII games, do crafts and many other activities.

KIM WILSON, COORDINATOR OF THE NETWORK PARTNERSHIP INITIATIVE (NPI)

Huntingdon Office



Bingo



Christmas tea



Bracelet making



Bursary winner



Fire Station Visit



Care kits



Cookie decorating



La Guerre outing



Little adventurers



Paint class



Remembrance Day
lecture



Paint night fundraiser



Upper Canada
Playhouse



Rob Lutes



Painting with Yves



Volunteer Luncheon



Seed planting



Spice of life



Technology class



Winter gear drive

REPORT FROM THE HEMMINGFORD OFFICE IN JARDINS-DE-NAPIERVILLE

Since it's opening in 2022, the Hemmingford office has made it its mission to get to know its community to offer the best services possible. Continuing our partnership with the Service d'Action Bénévole, we joined hands and created activities and workshops that would please everyone. We've been able to change the narrative from: "We didn't even know you were here" to "We are so grateful you are here". It was a slow process, but we can finally say that MWCN Hemmingford is appreciated and making a difference!

Our popular activities continued throughout the year:

- Our Afterschool fun class, where we welcome a dozen of children between the ages of 5 and 12 and unwind with fun crafts after a big day at school. This activity takes place a few times a month and is appreciated by all!
- Our Senior craft morning, where we have coffee and a chat and get crafty! Our group gets bigger every time we meet!
- Our Puzzle exchange programs where puzzle enthusiasts will drop in to pick up some puzzles and drop some off for others. We have quite an impressive collection of puzzles to choose from!
- Our Walking club that meets once a week, weather permitting, to walk on the beautiful walking trail in the village of Hemmingford.

We have also hosted some new workshops:

- A financial workshop with Todd Côté in April
- A landscaping workshop with Kevin Bicks
- A Build-a-friend workshop with the kids of Hemmingford
- A French Storytime program with the young students wanting to improve their French
- A Lullaby workshop for new moms and their babies hosted by Carmen Porter

Again, this year we joined forces with the local church group and assembled over 100 Christmas shoeboxes to be distributed to the children of Ukraine. The boxes are filled with small toys, books and other fun items and are sure to brighten Christmas day to kids in need and are a good way for the office to get into the Christmas spirit.

We have also held the second edition of our Hemmingford Elementary Christmas lunch, this year held on December 20th and we welcomed over 100 kids from the school with a great lunch of turkey and tourtière and lots of amazing desserts. After lunch we played Santa and every child received a book and gift thanks to our continued partnership with Karen Kurtz Toy Drive and the Quebec literacy organization. We feel so blessed to be able to do this for the children of the community.

We are also grateful that our Pantry and community closet have continued to help members of the community that require extra assistance during more challenging times. We have continued to provide non-perishable items, clothing and household goods to those in need, thanks to the generous contribution of the residents, fundraising and the help from our other MWCN offices.

TINA CALVARESE - OUTREACH COORDINATOR - HEMMINGFORD

Hemmingford Office



EMPLOYABILITY REPORT

Mandate: To address the employment challenges faced by English-speaking Quebecers (ESQ) in the Montérégie West, which include lower French language proficiency, lower income levels, and higher unemployment rates.

This vast region of Montérégie West is home to a vibrant community of 100,150 English speakers, representing 21.5% of the total population of Quebec. Despite making up a significant portion of the population, ESQ individuals encounter barriers that contribute to lower income levels compared to French-speaking Quebecers and higher unemployment rates in the province. ESQ individuals (34%) are slightly more likely to be unemployed than local French speakers (33.6%) among those aged 15 and above.

Additionally, ESQ individuals without French language proficiency (24.8%) experience lower income levels compared to French-speaking Quebecers (18.6%) within the same age group. Young professionals starting their careers often need assistance to boost their confidence, polish interview skills, craft impressive resumes, enhance their French language proficiency related to their field, and grasp workplace etiquette. By integrating French language practice into their professional development and offering tailored employability resources, we can assist them in navigating their career paths more effectively.

Employability Projects & Initiatives:

- **Focus Groups:** In June 2023, two focus groups were held in Huntingdon and Hemmingford, which helped identify job seekers' needs, inspiring the creation of our inaugural job fairs.
- **Job Fairs:** In March 2024, we hosted job fairs in Haut-Saint-Laurent and Les-Jardins-de-Napierville, attracting over 100 job seekers and 27 exhibitors with an 88% satisfaction rate overall. The events facilitated networking, interviews, and job placements, benefiting both job seekers and employers in the local communities.
- **Espresso-Discussion Bilingual Conversation:** We collaborate with PsJeunesse Vaudreuil-Soulanges to facilitate a French-English activity as part of their 19-week employment program.
- **Senior's French Conversation in Pincourt :** This senior's group was established separately from the group with PsJeunesse aiming to cater to members interested in improving their French conversation skills.
- **Springtime Regional Employability Partner Tour:** The aim is to forge and/or maintain collaborative relationships with regional employment services, fostering mutual understanding and cooperation in assisting English speakers across our five MRCs.
- **Employment Reference & Resource Guide:** This guide was a joint effort between the Assistance and Referral Centre (ARC), the Montérégie Est Partnership for the English-Speaking Community (MEPEC) and MWCN.
- **Online Access:** The webpage was revamped to improve access to employability resources and reference guides. Social media platforms are updated with job postings, news, events, tips, and resources to engage with ESQ. The MWCN Community Job Board Facebook group connects job seekers and local employers by sharing job openings within the 5 MRCs.
- **Job Search Assistance & Referrals:** Appointment-based employability sessions involve conducting a needs assessment, developing an action plan, and providing referrals to regional employment community organizations for specialized assistance.

Active Employability & Mental Health Partnerships by Region

Roussillon	Haut-Saint-Laurent	Vaudreuil-Soulanges	Beauharnois-Salaberry	Jardins-de-Napierville
CJE - Carrefour Jeunesse Emploi	CJE - Carrefour Jeunesse-emploi / PsJeunesse	CJE - Carrefour Jeunesse-emploi	CJE - Carrefour Jeunesse Emploi	
Access Travail	CRESO - Centre-conseil en emploi	PsJeunesse	CRESO - Centre-conseil en emploi	Access Travail
Alliance Carrière Travail	Réseaux Emploi Entrepreneurship	Réseaux Emploi Entrepreneurship	PsJeunesse	Alliance Carrière Travail
New Frontier's School Board (NOVA Career Centre, Howard S. Billings H.S)	New Frontier's School Board (Châteauguay Valley Career Education Centre, Huntingdon Adult Ed; Community Centre, Châteauguay Valley R.H.S.)	Vision Travail	Vision Travail	
SDEM SEMO Montérégie	CDC - Corporation de Développement Communautaire	SDEM SEMO Montérégie	SDEM SEMO Montérégie	
YES Employment + Entrepreneurship	YES Employment + Entrepreneurship	YES Employment + Entrepreneurship	YES Employment + Entrepreneurship	YES Employment + Entrepreneurship
Y4Y - Québec	Place des Jeunes	CDC - Corporation de Développement Communautaire	Place des Jeunes	Place des Jeunes



MENTAL HEALTH REPORT

2023-24 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.

- **Greenhouse Cafe (HAECC) & Mindfulness Room Resources (CVCEC) :** We offered students a safe environment to engage with staff, socialize, access free refreshments, and mindfulness tools. School staff can refer students in need to the program.
- **Zootherapy Program:** The pet therapy program at the Châteauguay Valley Regional High School featured a behavioral specialist with specialty trained dogs, rabbits, turtle dove and a guinea pig, offering personalized assistance to students identified by the staff as requiring additional support. Moreover, surplus funds from two discontinued projects enabled the introduction of Zootherapy opportunities for students at CVR, HAECC, and Billings.
- **SIS Class at NOVA:** We assisted a mental health field trip to LA FERME D'ANDRE by offering transportation. Moreover, we contributed 2 cases of soup providing nutritious lunches for 25 students.
- **Self-care and Hygiene Kits** were created and given to school guidance counselors to distribute to students in need.



2022-2024 Supporting and Promoting Mental Health (SPMH) of OLMCs in Quebec:

Mandate: The SPMH funding helped to enhance knowledge, skills, and abilities that promote positive mental health in individuals of all ages.

- **LOVE (Leave Out Violence Everywhere) Program:** MWCN & LOVE collaborated on a Mixed Media Arts program at Châteauguay Valley Regional High School, focusing on arts, photography, creative writing, leadership discussions to address difficult topics, improve communication skills, and emotional intelligence.
- **Mental Health Resource Guide:** This guide was a collaboration between the Assistance and Referral Centre (ARC), the Montérégie Est Partnership for the English-Speaking Community (MEPEC), and MWCN.
- **Geordi Theater production:** An interactive play titled "No Means No" at CVR High School involved 175 Secondary 3 & 4 students. The theater production, focused on consent, respect, and creating a safer environment. It explored boundaries, communication, and respect in relationships through storytelling, promoting reflection and understanding.
- **Grief Support Group:** Participants have formed friendships and community bonds through activities, workshops, and meals, reducing isolation and providing mutual support by sharing personal challenges and uplifting each other.
- **Connect, Share & Chat Support Group:** Upon completing an 8-week bereavement course with Les Aidants in the Haut-Saint-Laurent, a six-week summer program was established at MWCN Huntingdon. This collaborative program served as a follow-up for individuals requiring extra support during the transition phase.
- **Letting Go of Stuff Workshop:** The fall workshop, inspired by the grief support group, focused on decluttering strategies for coping with loss through death or divorce, highlighting the difficulty of parting with possessions.

JOANNE BASILIERES

Employability & Mental Health Coordinator (2023-2024)

Joanne Basilières has been with MWCN since March 2023. Her role as the Employability & Mental Health Coordinator is to work with public and community partners to address the personal & professional challenges of English-Speaking Community Members. She develops and oversees support programs that foster the successful entrance and maintenance in the workforce by increasing opportunities for access, reducing barriers & providing resources to the community.

MWCN – A VISIBLE PRESENCE IN THE COMMUNITY 2023-24

We are visible in the community and connecting with many of the leaders within our 65 municipalities. We are not a social club. However, we do provide activities that break isolation and keep seniors motivated and connected. Our visibility has expanded to be present at the many community fairs; cultural events and partnering with more of the Community organizations to offer them support in reaching the English-speaking community. Our partnership with the municipalities also offers them support to connect with their English-speaking citizens. This is also an opportunity for us to learn what is available for us and how we can create events together in the future.

Our 13 employees interact with community members and partners through our MWCN offices located in strategic communities within 5 MRCs and 5 Wellness Centers.

The Huntingdon office is present at the tables. They created a partnership with the Ormstown Legion and the Huntingdon Legion. Working together has helped to increase their visibility through Lunch and Learns, Safe Savy Seniors and A spice for Life.

A partnership with 2 schools allowed Grade 6 students in the French and English Schools to participate in the Pen Pal Program with our Seniors.

The Pincourt office enjoys a great partner with the Lester B Pearson School Board as well as the Caisse Desjardins and the MNAs, MP and 6 mayors of that region to distribute bursaries to 55 students in Perseverance, Excellence and Leadership.

This office also has a great partnership table with 20 Community organizations coming together to share information to support the English-speaking community.

The Châteauguay office has a strong partnership with the New Frontiers School Board which enables us to support Mental Health Projects, Cultural Projects, Employability and Soft Skills workshops. Working with the CLC agents in the schools is helpful for us to know what the needs are and how we can best help the teachers as well as the students.

The Hemmingford office has a fantastic opportunity to work closely with the Service Action Bénévole in St-Rémi and their Seniors group. The Hemmingford school is very close, and our coordinator Tina is able to provide an after-school program as well as some summer projects.

In Beauharnois, we have been successful in creating a partnership with the seniors group their and provide joint activities that include the English speakers.

Alone we can do a lot, but together we can do a lot, so much faster.

This is just a tip of the iceberg. You will learn so much more about our amazing organization and the fabulous team as you leaf through the pages of our AGM Annual Report.

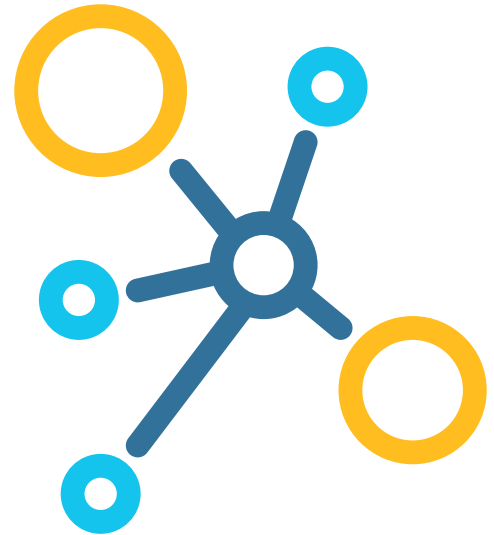
Pauline Wiedow - Executive Director

KEY COMPONENTS

2023-24

NETWORKING:

MWCN has found that Networking with the many organizations within our 65 municipalities is a very important way of having an opportunity to share who we are and what our mandate is. It can be very exciting learning about the many services that are already available and how we can collaborate. Our 5 MRCs have very different populations. We have the off Island MRC of Vaudreuil-Soulanges, the rural areas of Jardin-des-Napierville and Haut-St-Laurent (better known by the English-speaking community as The Châteauguay Valley). There is also Beauharnois/Salaberry a fast-growing MRC with increasing movement at their port through the St-Lawrence Seaway and the bedroom cities in Roussillon the south side of the famous Mercier Bridge. Our networking efforts also includes our neighbours in the Kanien`keha:ka community of Kahnawake.



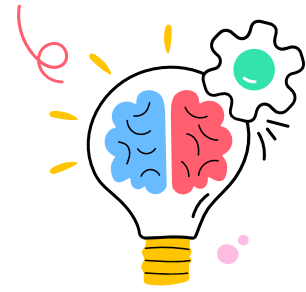
REPRESENTATION:

Representing The English-speaking community has become increasingly important as we are the only organization that has been mandated in the Montérégie West. Our supporting letters from both the CISSS Montérégie West and the CHSSN (Community Health and Social Services) have given us the responsibility to guide and support this minority community within Quebec. For this reason, we find it important to be present at many of the tables and creating them when they do not exist. Connecting with the leaders in the community has benefited us with small donations that help us to support celebrating our seniors.



KNOWLEDGE DEVELOPMENT:

As in the past we continue to reprint our Health booklets. These support community members, Health care workers and students in Health care. We also produced a video this past year to highlight our nursing program in Ormstown which has been circulating within the community. Our pamphlets to promote our bursaries through the McGill Program as well as the brochures promoting our Bright Beginnings Program, Mental Health Program and Employability Program are also in demand. Through our Canadian Heritage Funding we were able to compile a very interesting book promoting the Kahnawake culture which we are very proud of.



OUTREACH:

As a community organization supporting the English-speaking community in a vast territory comprised of suburban to rural and considered an essential service, we have never stopped reaching out and providing occasions to reach seniors in different ways. Art classes, exercise classes, walking groups, yoga classes, belly dancing, Zumba, lunch and learns, board games, bingos, activities continue throughout making sure that we break isolation and keep active. Tech classes continue throughout our offices. Our partnership with the CISSSMO allowed us to begin our Let's Chat! program with volunteers and employees joining up to improve their English thereby forming new friendships.

Families are important to us and through our partnership with NFSB and Riverside School Board we have been working together to provide transition bags to help with transitioning to the bigger school. We had the privilege of receiving funding for Autism support to families and supported teachers in the NFSB with sensory corners and many sensory bins for all of the schools. We even reached out to the CPEs and the Re-Source women's shelter. This is only a portion of what MWCN brings to the community and we are very proud of our team who work diligently to provide a better quality of life through the different services and activities we provide for all.

PARTNERSHIPS:

Partnerships are the key to reaching many together. It can be exciting when you find a partner who wants to build a project together. The Senior Conference lunch has enabled us to work together with the CISSS Montérégie and the Volunteer Center to promote Senior Abuse Awareness. Working with community partners such as the Legions has helped us reach the community and promote the Legions. These partners are many throughout our large territory. We at MWCN reach out to the leaders in the community. We also support businesses in our community for our events. Because of the many partnerships we have made, we have had great success in many of our programs. We are always open to forming new partnerships and work closely with our francophone partners also.

Pauline Wiedow - Executive Director

COMMUNITY PARTNERS



Secrétariat aux relations
avec les Québécois
d'expression anglaise



Patrimoine
canadien

Canadian
Heritage



Dialogue McGill



Santé
Canada

Health
Canada



Centre intégré
de santé
et de services sociaux



Desjardins
Vaudreuil-Soulanges



Vice Versa
Châteauguay



Saint Patrick
of the Island



Concertation Horizon
De mobiliser, agir, renforcer



Châteauguay

NEW HORIZONS
FOR SENIORS
PROGRAM



SENIORS
ACTION
QUEBEC



FUNDING SOURCES 2023-2024

Funders	Amounts
CHSSN - NPI	\$54,000.00
NPI - Representation	\$43,400.00
NPI -Knowledge	\$14,000.00
NPI -Partnership	\$40,930.00
NPI - Outreach	\$45,910.00
Wellness Centers	\$39,270.00
McGill Retention	\$26,950.00
McGill Bursaries	\$12,000.00
McGill Linguistic	\$6,000.00
Bright Beginnings	\$27,150.00
Parental Contribution	\$24,000.00
HEY -Autism	\$30,000.00
HEY	\$15,000.00
Educaloi	\$6,600.00
CISSSMO	\$500.00
ERCC	\$340,000.00
Employability	\$57,500.00
Canadian Heritage	\$92,250.00
New Horizons for Sen	\$22,000.00
SPMH	\$65,000.00
YMHI	\$30,000.00
Caisse Desjardins V-S	\$7,600.00
MNA-VS	\$2,150.00
other MNAs	\$1,000.00
Summer Students	\$13,748.00
SHARP	\$2,900.00
TOTAL	\$1,019,858.00



WWW.MWCN.CA