

Montérégie West Community Network

The MWCN is a non-profit community-based organization whose mission is to serve the English-speaking community of the Montérégie West region.

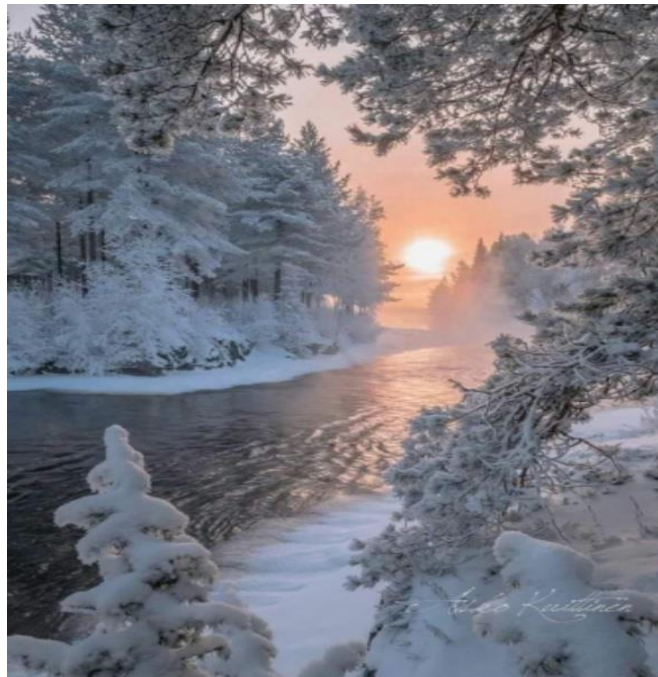
We provide a variety of social and cultural activities, assist members in gaining access to health and social services in English and provide volunteer services to those in need.

Want to become a member?

Please contact the MWCN with any questions or concerns using any of the contact information at the bottom of the page, we'll be happy to help you.

If you're already a member then please enjoy this month's Newsletter. 😊

JANUARY



Welcome to January, the first days of 2020!

MWCN Board Elected officers:

President:	Lise Brunette
Vice President:	Maria Friozi
Treasurer:	Tracy Wilkins
Secretary:	Chuck Halliday
Executive Director:	Pauline Wiedow
Administrators:	Georges Bujold
Volunteer Coordinator:	Maria Friozi
Member Coordinator:	Gloria Lynch
	Merlin Halliday
	Jayne McClintock
	Joanne Murray
	Don Rosenbaum
	Chantal Sauvé

With Christmas festivities behind us and colder weather settling in, we should all look forward to having the opportunity of new beginnings. Whether it be in volunteering, doing something creative or just getting out to be with people in **our community**.

MWCN has great things happening in January; from watercolour classes and free seminars of Promoting Financial Literacy, to Embracing Life's Losses, all to alleviate and address this month's subject of Mental Health and Depression.

So please come and join us for one of our many activities!



MWCN unveiled its new banner on December 11, 2019 during their Open House in Pincourt.

It represents the 5 Regional County Municipalities of Montérégie West;

- Roussillon,
- Beauharnois/Salaberry,
- Haut-Saint-Laurent,
- Les Jardins de Napierville and
- Vaudreuil-Soulanges.

(Head office is located in Châteauguay)

MWCN
 Montérégie West Community Network
 Réseau Communautaire Montérégie Ouest

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

OUR VISION
 To develop a strong and vibrant English-speaking community throughout the Montérégie West through networking and community capacity building.

NOTRE VISION
 Développer une communauté anglophone forte et dynamique dans la Montérégie Ouest par le réseautage et le développement des compétences.

Building Community Together
 Working with Montérégie West communities, we provide:

- Information and resources
- Promote access to English health and social services
- Volunteer support, recruitment and retention
- Intercultural events and activities
- Exchange programs
- Life-long learning
- Workshops

Bâtir une Communauté Ensemble
 Travaillant avec les collectivités de la Montérégie Ouest, nous offrons :

- Informations et ressources
- Promouvoir l'accès aux services de santé et aux services sociaux en anglais
- Soutien, recrutement et rétention des bénévoles
- Activités interculturelles et réseautage des bénévoles
- Programmes d'échanges
- Apprentissage continu
- Ateliers de travail

OUR FIVE REGIONAL COUNTY MUNICIPALITIES / NOS CINQ MUNICIPALITÉS RÉGIONALES DE COTE

- MRC de Roussillon
- MRC Beauharnois / Salaberry
- MRC de Haut-Saint-Laurent
- MRC des Jardins-de-Napierville
- MRC Vaudreuil-Soulanges

E-mail: mwcn2016@gmail.com
 Tel: 450-691-1444 (Châteauguay) & 514-425-0399 (Pincourt)
 Website: www.mwcn.ca
 Facebook: [MWCN - Montérégie West](https://www.facebook.com/mwcn.montregie-west)

MWCN Vaudreuil-Soulanges hosted an OPEN HOUSE on December 11th to celebrate their new office in Pincourt! Pictured above is Clement Bergeron, NPI Coordinator MWCN, Pauline Wiedow, Executive Director, MWCN and Lorie Marcotte, Coordinator of Community Development, MWCN.

“The Beautiful Way to Paint in Watercolour”



Come and join our Watercolour classes by Sarah Murphy. Scheduled bi-monthly, every 2nd Thursday for a 4-week session starting Thursday January 16th from 1:00 – 4:00pm. Located at our Pincourt office. Price is \$25 per person, per class, with all materials included. Coffee and Cookies will be served.

“EMBRACING LIFE’S LOSSES”



This programme is designed to help us cope with loss - of any kind.

Whether it be the death of a loved one, a loss of a job, relationship, a pet, your home, serious illness.... regardless, loss affects us profoundly. By coming together to talk about loss, and to grieve that loss in healthy ways can help move us forward in positive ways. We encourage creative expression by sharing and listening. We are here to support, and to help you through these difficult times.

It's normal to feel that after-holiday let down when all the festivities of the season end, the credit card bills roll in, and the coldest weather, snow, and ice make us housebound. The feelings of melancholy accompanying this period are commonly known as the January Blahs. When should we take notice that the January Blahs are more serious or have turned into depression? Depression is a mood disorder accompanied by feelings of sadness, anger, and loss that can affect a person's everyday activities. Sadness doesn't always mean depression. Join us with return presenter, Yvonne Clark, Clinical Social Worker and Grief Counselor, to learn more about the difference between feeling down or blue and full-blown depression.



CLSC de Vaudreuil-Dorion,
3031 boul de la Gare,
Vaudreuil-Dorion, J7V 9R2
January 15, 2020
9:30-12pm

FREE CHEP VIDEOTELECONFERENCE
**The January Blahs...
Or is it Depression?**

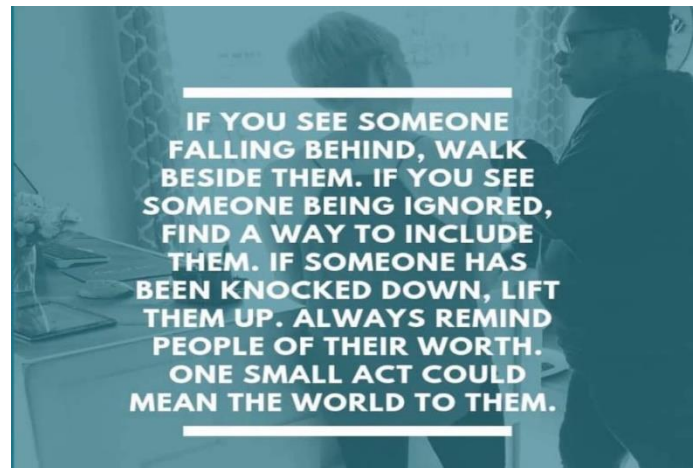
Presenter: Yvonne Clark, Clinical Social Worker and Grief Counselor

10 ways to look after your mental health

- Talk about your feelings
- Keep active
- Eat well
- Drink sensibly
- Keep in touch
- Ask for help
- Take a break
- Care for others
- Do something you're good at
- Accept who you are



Reservations:
(514) 425-0399
lmarcotte@mwcn@gmail.com



Save The Dates

January 14th – An 8-week Workshop on “Embracing Life’s Losses”, Tuesdays from 1:30 – 3:30 located at the Pincourt Office, 91-5th Avenue, suite 204.

January 15th – FREE CHEP Videoconference on “The January Blahs, or is it Depression”. Located at the CLSC Vaudreuil-Dorion, 3031 boul de la Gare, Vaudreuil-Dorion. From 10 :00 -12 :00

January 16th – Watercolour classes every second Thursday at the Pincourt Office from 1:00 – 4:00 for 4 weeks. (Jan 16, Jan 30, Feb 13, Feb 27)

January 22nd- Wealthy Wednesday “Promoting Financial Literacy” from 1:30 – 3:30 (Jan 22, 29 & Feb 5th)
Located at the Pincourt Office, 91-5th ave, Suite 204.

February 19^h – FREE CHEP Videoconference on “Women’s Heart Health – What’s New”. Located at the CLSC Vaudreuil Dorion, 3031 boul de la Gare, Vaudreuil-Dorion.

Words can be Windows, or Words can be Walls.



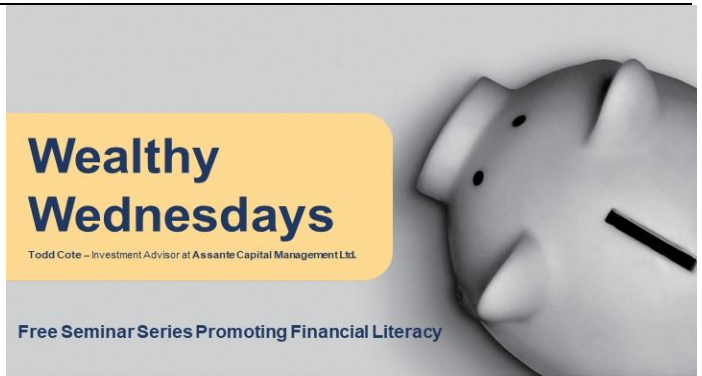
Breakthrough Conversation: by Rachele Lamb

Harmony

Acceptance, Balance, Beauty, Communion, Consciousness, Equality, Fulfilled, Hopeful, Inspiration, Peace, Serenity, Security, Stability.

Connected

Affectionate, Compassionate, Friendly, Loving, Open, Sympathetic, Tender, Vulnerable, Warm.



Saving for
the Future
Retirement
Strategies
Preparing a
Budget

JAN. 22, 29 & FEB. 5
1:30pm to 3:30pm



Montérégie West
Community Network
91 5eme Ave. suite 204
Pincourt, QC J7V 5K8

For more info, or to reserve your spot, contact lmarcottemwcn@gmail.com or 514-425-0399

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WOULD YOU LIKE TO BECOME A MEMBER?

If you like what you’ve seen and read about in this newsletter, please feel free to visit our office or give us a call for more information. If you become a member, you’ll be sent all the upcoming activities and decide which ones are right for you. You will make great friends and even better memories. Come Join us.



91 5th ave, Pincourt, J7V 4A8

TEL: 514-425-0399

E-mail: lmarcottemwcn@gmail.com