



ECOL

English Community
Organization of Lanaudière




Annual Report

2022-2023



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MESSAGE FROM THE CHAIRPERSON

Dear Members and Partners,

As Chairperson of the Board of Directors of the English Community Organization of Lanaudière (ECOL), it is my pleasure to present the annual activity report, covering the period from April 1st, 2022 to March 31st, 2023.

But first, allow me to introduce the other directors on our board :

Allan Worton, Vice chairperson

Sue-Ellen Jones : Secretary and Treasurer

Margaret Cuillerier, Lynne Scott, Wayne Wilson, Linda Heaton and Doreen Mcguire : Directors

All of the directors are members of the English speaking community and serve on a volunteer basis. Their involvement is greatly appreciated.

Please join me in thanking them for their time and commitment to the well being of ECOL over the past year.

This year, the board held 20 meetings in addition to the annual general meeting that was held at the Rawdon Golf Course June 22nd, 2022. The board usually meets once a month but because we found ourselves without an Executive director for several months, we met more frequently in order to make sure that everything continued to run smoothly, and nothing was forgotten.

The board members would like to thank our dedicated staff members for their continued hard work :

- Vanessa Savella : Executive Director
- Rosa Palacios : Executive Assistant
- Eric Prusila : Program Manager
- Diane Kyte : Project Officer
- Carole Gravel : Project Officer
- Chantal Laurin : Project Officer
- Jocelyne McGinty : Outreach Worker
- Conrad Popko : Project Officer, Mascouche Office
- Emilie Boutilier : Project Officer
- Mary-Jo Rosenquist : Administrative Assistant
- Veronica Racz : Project Officer

Thank you to all of these wonderful employees who carry out the day to day activities and services for our organization.

I also wish to thank all of our funders, partners, members and volunteers.

You are invited to consult this activity report to discover all of the wonderful things that ECOL has done between April 1st 2022 and March 31st 2023. We think that you will be as pleased as we are with the results.

Best regards,

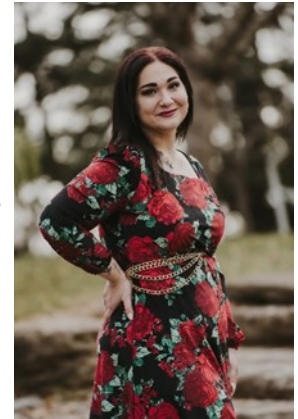
Suzanne Albert
Chairperson



MESSAGE FROM THE EXECUTIVE DIRECTOR

Hello readers and members of ECOL,

I would like to first, introduce myself as the new Executive Director of ECOL since December 2022. I started off at ECOL as the early childhood project officer, then got promoted to program manager, and when we unfortunately lost our then ED Mathieu Desbiens to another opportunity, I knew that I wanted to take the position, and take ECOL to new heights. I applied for the position, and after months of hard work, they accepted my candidature. So – here I am folks! A challenging transition-but oh so rewarding!



Now, because of the (yes – once again) turnover of ED's, things were a bit rough this year.

The good news is ECOL celebrated our 10th year anniversary! Something that although I was not able to see start off from the ground, I am so proud of ECOL, the team, and the work that we do to help the community.

This year was a great year in terms of hiring. We have hired three new employees, Emily Boutilier, who is our youth mental health project officer. We have Eric Prusila who is our project officer who runs the satellite office and activities in Repentigny, and we hired our new receptionist/administrative assistant, Mary-Jo Rosenquist. I can already share the great news that this new year, we have promoted Eric Prusila as our Program Manager, and have hired our new Early Childhood & Family Project Officer, Veronica Racz.

Winter and Spring was a very busy time for all of us of, including the directors on the board, as we were in a huge transition period. I want to take this moment to thank the board of directors for all their hard work and dedication to ECOL.

I am proud to say that we are now 11 employees working at ECOL. Some projects we work on are of subjects such as health and social services, childhood and family, mental health, culture and heritage, employability, education, and capacity building. I really look forward to starting off a new year with ECOL, continuing to serve our English-speaking population, and finding ways to truly meet their needs.

A quote I would love to leave you off with that we truly value at ECOL,
“Be the change you wish to see in this world”

All the best,

Vanessa Judy Savella
Executive Director for ECOL
June 2023

MISSION, VISION, VALUES AND MANDATE

MISSION:

To serve and promote the health and well-being of members of the English-speaking community (ESC) of the Lanaudière region.

VISION:

As a result of the partnership initiatives facilitated by ECOL, our vision is :

- That the English-speaking Lanaudière citizens share a sense of solidarity towards the preservation and enhancement of their traditions, culture, language and institutions, and that they benefit from an equitable access to health and social services.
- That the ESC of Lanaudière has a strong sense of belonging, security and respect. They seek to preserve their identity and their institutions. They are also committed to promoting recognition of their contribution to overall community vitality.

VALUES:

- **RESPECT:** Mutual respect of culture, spiritual beliefs, language, ethnicity, gender, economical status, education level, sexual orientation, etc.
- **COLLABORATION:** Partnership with the community and public sector service providers.
- **COMMUNITY VITALITY:** Developing and preserving a strong and vibrant ESC that enriches Quebec society.

MANDATE:

To offer a wide variety of services, initiatives and programs for all age groups, such as community animation, community health prevention and promotion activities, to facilitate access to health and social services and documentation in English, to offer volunteer service programs, to identify resources available in the region and to distribute pertinent information.

BRIGHT BEGINNINGS



BUSY BEES PLAYGROUP WAS DEVELOPED AND IMPLEMENTED BY ECOL IN 2017. THE BUSY BEES IS A BILINGUAL ACTIVITY FOR 3-4-YEAR-OLD PRESCHOOLERS AND THEIR FAMILIES.

This educational playgroup offers parents and children a space to interact and socialize in English, and an environment in which to learn and grow. Busy Bees is conducted at ECOL in Rawdon. Our first post-pandemic cohort started in March 2023.

Activities include:

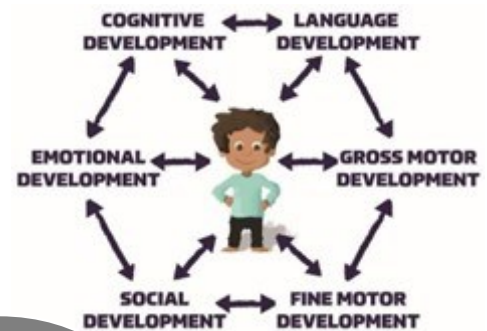
- STORY TIME
- GLOBAL MOTRICITY GAMES
- FUN WITH NUMBERS, SYMBOLS, AND COLORS
- ARTS & CRAFTS
- DANCE & RHYTHM MOVEMENTS
- MUSIC



Storytime and Activities are planned according to specific themes:

- The Weather
- Farm Animals
- Jungle Animals
- Body Parts
- Emotions
- Valentine's Day
- Easter
- Halloween (if during the fall season)
- Springtime - Planting flower seeds
- The Earth, our planet, the sun, and the stars
- Healthy Sleep Routines

3 mothers
+ 2 boys and 3 girls



Busy Bees & Bright
Beginnings Facebook
group: 22 posts

Social Skills program

The social skills program was build by our previous early childhood project officer in 2022. She build this program with the intention of going into the regions elementary schools and teaching children aged 4-6 social skills. The topics that we will cover are the following:

- Communication
- Active listening
- Interrupting
- Patience
- Collaborating
- Accepting one another
- Sharing
- Personal boundaries
- Friendship and bullying
- Respect
- Emotions and emotional regulation, such as how to deal with anger
- Etc.

This program will take off in the new school year with our new project officer.

HEALTHY EARLY YEARS (HEY)

Healthy early years (HEY) is an initiative supported by CHSSN and is designed to enable ECOL to offer programs to improve the health and development of children 0-6 years of age and their families. HEY funds prevention and early intervention activities to help children get off to a better start in life, prepare them for school, and improve opportunities for growing into healthy adults. The HEY initiative also allows ECOL to work with community partners to promote activities for families.

HEY Activities for 2022-2023

Before the early childhood project officer got promoted to the program manager at ECOL, she attended many workshops, conferences, meetings and round-tables. All the activities ECOL did put an emphasis on activities for children. For example, we hired a pirate to do a show on our 10th year anniversary BBQ. We held a Halloween Party for the community, had treats for the kids and had a Halloween costume contest. We gave out plenty of chocolates, bracelets, stickers and tattoos to all the children at the St-Patrick's Day parade.

For the new fiscal year, we would like you to join us in welcoming our new project officer, Veronica Racz, to the ECOL team, as she will be taking on all new projects from here onwards. We are certain that with her experience and passion, she will take on HEY and bring it to new heights. Delivering community-based parent and child activities to English-Speaking families in the Lanaudière region is a priority, and we look forward to expanding in this area.

EMPLOYABILITY



ECOL'S YOUTH FACEBOOK PAGE OFFERS EMPLOYABILITY & ENTREPRENEURIAL INFORMATION, JOB OFFERS, EDUCATION OPPORTUNITIES, AND DAILY MOTIVATIONAL QUOTES AIMING AT CREATING AWARENESS, RESPONSIBILITY, AND EMPOWERMENT.

2022-2023 continued to be a positive year for Lanaudière's employment situation. We continued noticing a significant increase in the number of companies requiring English proficiency on trusted jobs websites. Companies are still establishing themselves in Lanaudière and many have International clients. The need for bilingualism is very much a reality. We still have to get the news out there. It has been a generational belief that speaking English is not an empowering skill and it is very hard to get the point across. This starts as early as the High School years.

We posted 573 job offers on our Facebook's Youth Employment page. We received 10 CV translations and revision requests, referrals, and interview assistance from our regional CJE and employability resources such as Action RH Lanaudière. Our network in the employability field grew with new contacts made, and we consolidated the relationships we already have.

Access to the schools was made possible this year and we took the opportunity to join the Joliette High School Governing Board. Many ideas were brought to the table but logistics and time did not allow the realization of them. One of the projects consisted of offering a Forklift Operator Certification to the graduating and Work-Oriented-Training-Program students. Although many students were interested, the school that offered this training was in Montreal and the classes started too early for the easy transportation of the students outside school time. We held a Transition to CEGEP project that offered 5 graduates from the 2022 Class who had been accepted to a CEGEP in Montreal a chance to have a glimpse of the life outside the family home. We had 4 girls and 1 boy who attended the workshop. We had rented 2 apartments for the weekend. That gave them the opportunity to experiment life in a Roommate-style of living. Each participated in the daily chores of cooking and cleaning and basic home organization. We added a visit to Vanier and Dawson Colleges so that they became familiar with their new surroundings. They became experts in using the Montreal Transit System. Over all, they conquered their fears of the Big City and it made them ready to begin this new chapter in their lives. This workshop got the attention of CHSSN who expressed the interest of CASE Drummondville and MCDC Mégantic in such an initiative. Y4Y Québec has contacted us to find out how we did that and is now offering a fully developed integration program to all students from the province who wish to come to Montreal to pursue their education. Of course, they have developed the idea into a long-term student accompaniment throughout the school year with various activities, workshops and mentoring.

In order to demystify the available jobs in which English is an added bonus and how to access them, we created 3 video showcases describing which types of careers are available and the education levels they require. It covered the usual path from High School, to a DEP, DEC and University degrees. Basically these open the doors to Customer Service all the way to Sales, Computer and Health-related careers. The information is as much relevant to Youth as to Adults in a reorientation process. We created a knowledge product depicting the Most In-Demand skills for 2023 in relationship to the top 5 jobs available in Lanaudière

Throughout the year we offered coverage of Sir Wilfrid Laurier School Board education programs, the CEGEPS's Open Houses and Application dates and other related topic. We promoted the School Board's Francisation program to companies who regularly have job offers on the various website with the hope that they prevail themselves of the opportunity to reach more people to fill their available positions. With a similar intention, we shared YES Montréal and Y4Y Quebec's programs and workshop to make the ESY aware of these services.

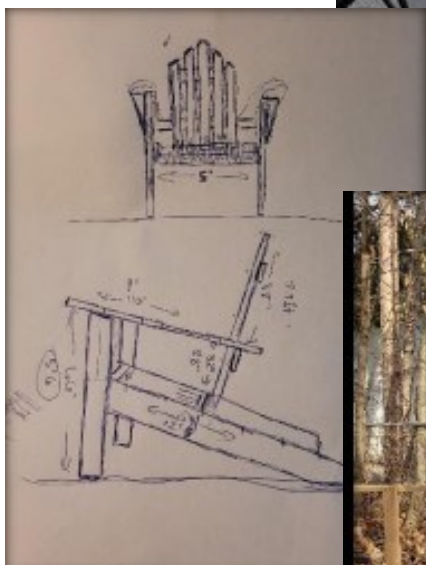
Entrepreneurship is a lifestyle choice valued by young people: In 2018, a quarter of them wanted to become entrepreneurs. The fifth area of intervention of the 2030 Québec Youth Policy is entirely devoted to entrepreneurship and the support that the government intends to provide to young people wishing to create a business, ensure the succession of a business leader or access decision-making bodies. We, at ECOL, make sure the entrepreneurship is sparked in the young mind. Actually, we believe entrepreneurship is important for everyone. It can become a second or third source of revenue or a full-blown career of its own. Weekly examples of people who launched their own ventures are posted on Facebook. Entrepreneurship ideas are put into image and sounds for everyone because everyone has abilities to create something that can be sold. *Summer is for Entrepreneurs* is an 8-part series showcasing different types of entrepreneurial ventures.

SUPPORTING & PROMOTING MENTAL HEALTH OF OFFICIAL LANGUAGE MINORITY COMMUNITIES

The Wo-man Shed Club is a community project that allows participants to learn woodworking- no prior experience necessary! There were 6 regular participants: 4 men and 2 women. The project included building raised flower boxes, an oversized Adirondack chair, and a platform for live performances.

On July 20th, there was the inauguration of the Big Chair at the Coopérative Le Chez-Nous du Communautaire. Every organization located within this complex was invited and positive new acquaintances were created. A week after, we started working on creating flower boxes. The project went on well into the month of November with the creation of an outdoor forest stage to accomodate future live musical events.

Projects for the 2023-2024 year are already in progress. Additional raised flower boxes, birdhouses, and much more are on the way!



ERCC –ENHANCING REGIONAL COMMUNITY CAPACITY

In October, ECOL its new satellite office at the Centre-à-Nous , with the goal of being close and accessible to the English-speaking community of Repentigny and its surroundings. We share the office space with a long-time partner, Aide-Hommes; a community organization that offer men the help and activities. The two organizations are a natural fit since ECOL is present not only at the Men's Health roundtable, but on two of its committees.

Thanks to the generous increase in funding from the Secretariat aux relations avec les Québécois d'expression anglaise, ECOL was able to hire a full-time new employee and consolidate the projects of others. Our network of contacts in the L'Assomption RCM has expanded greatly following the opening of the new office. For the first time in its history, ECOL was able to offer direct activities to the English-speakers of Repentigny, such as:

URBAN POLING AROUND ILE LABEL PARK. We met every Monday from May to early December. It was an opportunity for members to socialize, connect and break isolation around nature, exercise and have a good cup of coffee.

COMMUNITY GARDENS. Gardens were created in Repentigny and at the Mascouche offices. We reaped enough produce for everyone to go home with fresh vegetables. We organized an end-of-season activity in which we cooked salsa and pasta sauce. 15 people participated in the process.

MASON JAR DRY SOUPS. Three different types of soups were made with dry ingredients. The activity consisted of combining dry ingredients in a glass Mason jar to be later cooked by adding a liquid ingredient. The jars were brought home by the participants and were distributed amongst ECOL members.

CANADIAN AND QUÉBÉCOIS CULTURE OUTINGS: Centre d'art Diane Dufresne. We visited The art of sculpters/ artists Normand Moffat & Thibault Gobeil and the Francine Vandelac exhibit.

CHRISTMAS CARDS Students from Joliette Elementary School, Joliette High School, Rawdon Elementary School and from home-schooled families prepared 245 hand-made cards with material supplied by ECOL. These were distributed to seniors in their homes and in 4 residences in the Lanaudière region.

CHRISTMAS VOLUNTEER APPRECIATION PARTY: 28 people joined us for a brunch at le buffet des continents in Mascouche.

CHRISTMAS COMMUNITY PARTY AND MUSIC SHOW :44 participants joined us for a Christmas celebration.

SUGAR SHACK was held at Constantin Gregoire (Saint-Esprit) was intended to members and families. It was a great opportunity to attract new members who enrolled and attended this outing. It was a great way for people to meet each other. In all, 40 people participated.

HALLOWEEN night was celebrated with ghost stories and music at the Coopérative De Solidarité Le Chez Nous Du Communautaire (old office). 38 people had terrible nightmares for the rest of week !

A Ukulele club was setup in Mascouche attracting 11 people who faithfully attended the monthly meetings. We have received requests to organize Ukulele workshops. This idea will be put into action in the coming year.

2022 was the year that launched what was to become a very popular activity to unite the community. We started a breakfast Club in Mascouche every Tuesday. The activity allows people to get together for breakfast, share daily life issues and help one another. Every second week, the Breakfast Club acts as the host for the Mascouche Senior Wellness Center activities. Members of the community volunteer their time to cook up a hearty and nutritious meal. A total of 685 breakfasts were cooked, served and enjoyed.

THE BBQ PROJECT we had three BBQ activities in 2022. People enjoyed getting together outside without having to worry about any Covid-related issues. The activities attracted 125 people including musicians and an entertainer.

YOUTH MENTAL HEALTH INITIATIVE (YMHI)



The Youth Mental Health Initiative, funded by CHSSN, aims to improve the mental health of adolescents and young adults aged 15-29. As part of the initiative, a series of seven workshops have been developed for high school students who are pursuing CEGEP studies outside the region.

These workshops are community-based and focus on improving mental health, preparing for higher education, and developing independent living skills. They have been designed to equip students with the necessary knowledge and skills to succeed in higher education and beyond, while emphasizing the importance of maintaining good mental health.

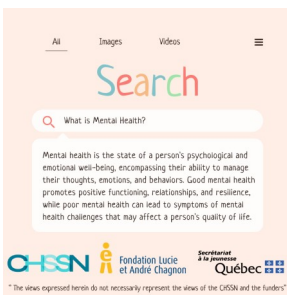
Recognizing the unique challenges faced by young adults, the initiative is committed to helping them navigate these challenges successfully. By offering practical and relevant workshops, the initiative aims to empower young adults to take charge of their lives and achieve their full potential.

Rock Fest For Mental Health

ECOL recently attended the Rock Fest for Mental Health, where we had the opportunity to connect with members of the community and raise awareness about our services. Our presence at the festival allowed us to engage with a wider audience and share information about the various programs and initiatives we offer. We are proud to have participated in this event and look forward to continuing to serve the community.

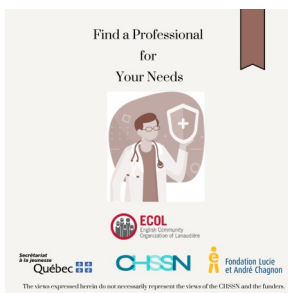


Instagram



An Instagram account was created for young adults who are looking for practical tips on how to improve your mental health, prepare for higher education, and develop independent living skills. Our page is dedicated to sharing informative and engaging content that empowers young adults to take charge of their lives and achieve their full potential.

Mental Health Monday's series, where we share tips and tricks and educational pieces for mental health. We also post resources, information about open houses for schools, workshop opportunities, and have an anonymous question box for any questions you may have. From helpful study tips to self-care practices and more, our page is your go-to source for all things related to personal and academic growth.



“Find a Professional for Your Needs” Pamphlet

Our "Find a Professional for Your Needs" pamphlet is a comprehensive guide that teaches you how to find a family doctor, schedule appointments online, utilize phone services, and take advantage of online resources for mental health and bibliotherapy.

Our pamphlet is designed to make the process of finding resources easy and stress-free. Copies are available at our office or view it on our Instagram page.

McGILL'S COMMUNITY NETWORK BURSARY PROGRAM

Dialogue McGill's Community Network Bursary Program aims to improve access to safe and equitable health care and social services for English-speaking clients. The Program is administrated regionally by Quebec English-speaking community networks. ECOL has participated in the program since 2015.

This initiative is part of the Training and Retention Program of bilingual Health and Social Services professionals.

ECOL has awarded bursaries to 17 students since 2015.

Students from Lanaudière who are awarded bursaries must commit to working in the region following the completion of their studies for a minimum of one year in a public health and social services institution or related organization.

In 2022-23

ECOL launched a publicity campaign for the call for applications.
We recruited and supported students during their application process.
ECOL's Selection Committee reviewed and recommended 4 students to McGill.
Four (4) candidates were accepted by McGill and were awarded bursaries.

Promotion of Health and Social Services Careers

The four (4) career videos ECOL produced in 2021 were presented to secondary 4 and 5 students at Joliette High School this year. Students were informed about different careers in Health and Social Services. The videos were posted on our Facebook page before the CEGEP and university application period.

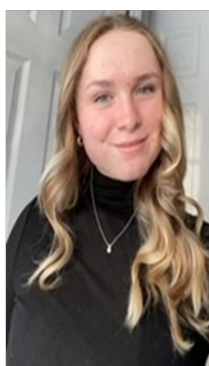
The Career Videos
can be found and viewed on ECOL's YouTube channel at this link:
<https://cutt.ly/bJHBiW8>



Nadia Brault
Auxiliary Nursing
Centre de l'excellence
de la santé in Joliette



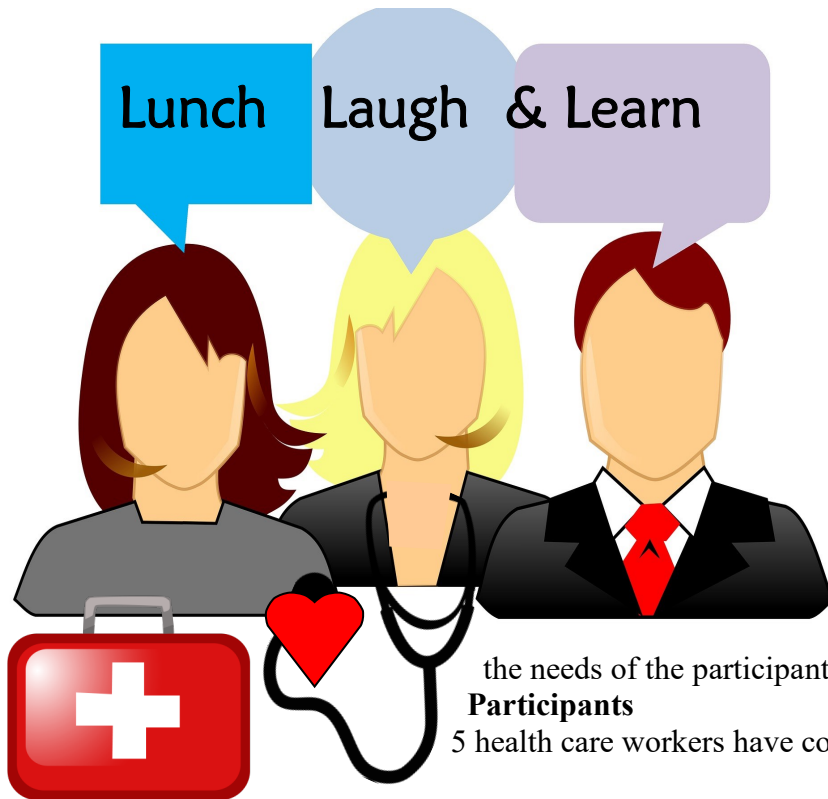
Emily Boutillier
Social Work
McGill University



Elizabeth Neveu
Medical Ultrasound
Technology



**Mélodie
Doyon-St-Hilaire**
Nursing
Cégep Régional de
Lanaudière à



Dialogue McGill's objective is to provide language training for public health and social service professionals, and retention initiatives for students Bursary Program.

ECOL's English discussion groups are once again offered in Lanaudière. Our first post-pandemic group was launched in March at the CHSLD The Heather in Rawdon. Health and Social Services care workers drop in during their lunchtime and chat with our volunteer facilitator. This activity gives them the opportunity to improve their ability to provide services in English. The topics and themes are tailored to answer

the needs of the participants.

Participants

5 health care workers have committed to the activity

Dialogue McGill



Santé
Canada

Health
Canada

CULTURAL PROJECTS

TRUE CRIME VIDEO - THE MURDER OF JAMES ROBERT TYHURST

ECOL produced a new episode of their "True Crime" web videos. Set in the region of Lanaudière in Quebec, the historical series is narrated by storyteller David Hickey as he looks back on infamous historical events that often delve into murder and mystery. This latest instalment, called *The Murder of James Robert Tyhurst*, examines events surrounding a shocking death which occurred in the small town of Saint-Michel-des-Saints back in 1925. David Hickey wrote the narration for the video, which is based on the true story written by Richard Belleville. The original story can be found in his book "Histoires tristes à mourir dans Lanaudière", published by "Les Éditions Mots en Toile" in 2018. ECOL dedicated the production to Richard Belleville's memory.



Our videographer Éric Mailhot from *EricZone* was able to bring the story to life with only several old photos to start with. After much research he found images from newspaper coverage of the story back in 1925, old logging film clips, and other visual sources. He created artwork to simulate the sketches and portraits that are often made during courtroom proceedings. His creative use of special effects adds the impression of reality and movement to the still photos. Producers Rosa Palacios and Carole Gravel supported Eric during the production. The *Murder of Robert Tyhurst* was created in 3 parts and will be presented in weekly episodes during spring of 2023, as was done in the old days of radio, and posted on ECOL's YouTube Chain.

If you would like to know more about the making of *The Murder of James Tyhurst* you can read about it at this link - <https://ericzone.wordpress.com/>

THEATRE ACTIVITY - THE INSECT PLAY



This new activity was offered during fall of 2022 and winter of 2023. Many members of the English community in Lanaudière were interested in participating in a theatre activity. Director, Jim Stiller, former theatre teacher, proposed we produce a modern version of the *Insect Play* in 3 acts, written by Joseph and Karel Capek in 1921. During this fiscal year Actors, volunteer Costume Designers, Set Designers, Makeup Artists, Lighting Technician and Sound Technician were recruited. ECOL acted as Producer and took care of logistics, reservations of material needed, advertising and communications with volunteers. We will write about the outcome of *The Insect Play* in next year's Annual Activity Report.

Rehearsals took place 3 times a week.

Fall rehearsals 28 - Winter rehearsals 22

Participants Actors 33

Production Team and volunteers 16



Canadian
Heritage

Patrimoine
canadien



Canadian Heritage

Patrimoine canadien

Secrétariat aux relations avec les Québécois d'expression anglaise



ECOL MUSICAL ACTIVITIES

8 weekly Music Activity - Jazz Trio Rehearsals, May to June
Jazz Trio Music show at ECOL's Annual BBQ in Mascouche, June 30th

OUTDOOR MUSIC SHOWS IN THE PARK

The Municipality of Rawdon collaborated with ECOL for the use of their outdoor stages and canopies for the spectators.



July 27th - Blues with Rob Lutes - 25 people.
August 3rd - Crooners in the Park - 75 people
August 24th - Havana Mambo - 41 people

Music Show at Résidence St-Anne
February 15th - 30 people



CHRISTMAS CARD CAMPAIGN: 245 hand-made Christmas cards were distributed.

Every year ECOL brings some Christmas cheer to seniors in our region with our Christmas Card Campaign. Students from Joliette Elementary School, Joliette High School, Rawdon Elementary School and from home-schooled families prepared hand-made cards with material supplied by ECOL. These were distributed to seniors in their homes and in 4 residences in the Lanaudière region.



Intergenerational Gardening Activity: Participants 12 Students, 2 teachers

In June, ECOL and Joliette Elementary School students did some gardening at the Résidence Villa des Chutes in Rawdon. They filled huge flower boxes, pots and flowerbeds, giving their garden a new life. Seniors and students accompanied by their teachers chatted and had snacks together. It is the 3rd time ECOL has organized this activity with Joliette Elementary School. We thank the Municipality of Rawdon and their horticulturalist for providing flowers and vegetables for our activity. Photos were exchanged

between ECOL and the teachers and posted on Facebook.

LANAU (HOUSE BAND): Participants 66 people enjoyed the monthly musical get-together making this an average of 5 people a month coming together to express their musical passion. The band performed during our events and also represented ECOL at les Nuits sans abris in Terrebonne. In October.

TERREBONNE HISTORICAL MUSEUM: Participants 12 people attended the visit to the Moody exhibit

SENIOR WELLNESS CENTERS



Entering the 2022-23 fiscal year, there was an easing of pandemic restrictions, but masking & physical distancing was still required. Activities resumed in-person, but many seniors were still not comfortable coming out. Participation remained low until outdoor summer activities were held and attendance started picking up in the fall of 2022. The Senior Wellness Center in Rawdon changed to Thursday and started offering a light lunch of a healthy soup, encouraging a



better opportunity for people to connect & socialize. The Mascouche Wellness Center changed to Tuesday, every two weeks taking place after the popular Breakfast Club. More members in the south became aware of the Wellness Center initiative and participation increased as a result. More emphasis was put on social connection, trying to get people out after the long period of social isolation due to the pandemic.

SENIOR WELLNESS CENTERS: RAWDON AND MASCOCHE AT A GLANCE

THERE WAS A TOTAL OF **78 WELLNESS CENTER SESSIONS** HELD, 46 IN RAWDON & 23 IN MASCOCHE, AS WELL AS 9 SESSIONS WITH BOTH SITES PARTICIPATING. 713 PEOPLE PARTICIPATED / 138 UNIQUE.

TOTAL VOLUNTEERING: WE HAD 24 (UNIQUE) PEOPLE WHO VOLUNTEERED A TOTAL OF 94 OCCASIONS AT THE SWC ACTIVITIES.

OVERALL ACTIVITY TOTALS: 130 ACTIVITIES WERE OFFERED WITH 1207 PEOPLE PARTICIPANTS; 851 WOMEN, 357 MEN & 17 KIDS + 37 OUTREACH MEALS WERE DELIVERED.

VIRTUAL PRESENTATIONS THROUGH THE COMMUNITY HEALTH EDUCATION PROGRAM (CHEP): TOTAL 8 WITH 26 PARTICIPANTS IN ADDITION TO 3 IN-PERSON VIDEO PRESENTATIONS WITH 47 PARTICIPANTS AT THE SENIOR WELLNESS CENTERS.

PHYSICAL ACTIVITIES: Total Participants - 239 participants / 165 women, 74 men.

- SWC Info Session on technique, equipment, and benefits of Nordic Poling: 7p., 5w, 2m.
- Nordic Poling with Gail Lukian: 31 sessions / 197 participants: 132 women / 65 men

EXERCISE SESSIONS

- Pain Reduction Through Movement with fitness instructor Tania Cheney. 8p.-7w, 1m
- Keep Your Balance with fitness instructor Gail Lukian (pre-recorded) 5 p.- 5 w.
- Balance Workshop with fitness instructor Tania Cheney. 10 p.- 7w. 3 m.
- Good Posture Workshop with fitness instructor Tania Cheney. 12 p. – 9 w, 3 m.

COGNITIVE STIMULATION: Total Participants: 289 / 203 women, 86 men.

- Lead by Clare Dowie: Beginner's Bridge: 7 sessions – 35 participants: 31 women, 4 men.
Regular Bridge: 26 sessions - 216 participants: 134 women, 82 men
- Virtual Book Club: Lead by retired teacher James Stiller. 5 sessions – 38 participants: All women
- Let's Talk About Memory – 4 sessions: Interactive Power Point series created by ECOL & adapted from the "Jog Your Mind" Workshop Rawdon/Mascouche: Total participants: 30 / 22 women, 8 men

SWC Rawdon: Total Participants: 30 / 21 women, 9 men.

- The Power of Music: 7p – 5w, 2m
- Best Foods to Boost Brain & Memory: 3p- 2m, 1w.
- Xmas Carol Bingo: 16p. – 11w, 5m.
- Virtual Zoom – Jogging Your Noggin Brain Games: 4p.-4w.

SWC Mascouche: Total Participants: 31 / 17 women, 14 men.

- Best Foods to Boost Brain & Memory: 17p- 9w, 8m.
- Film Showing for Alzheimer's Awareness Month: McGill & CHSSN Dementia Guide given out. 14p - 8w, 6m

PSYCHOLOGICAL/EMOTIONAL/SPIRITUAL: Total Participants:– 39 / 28 women, 11 men + 11 w. = 39 women.

SWC Rawdon: Total Participants – 39 / 28 women, 11 men.

- Reconciliation, the Path Forward: 7p.- 6w, 1m.
- National Indigenous Day Celebration: showcasing our Indigenous Peoples rich culture, languages, music & knowledge. 6p.- 5w, 1m.
- Film Showing for Remembrance Week: 8p. - 5w,3m
- Film Showing for Black History Month: 18p. - 12w,6m.

Virtual Zoom: Both Centers – Documentary Film Showing for Earth Day -11p.- 11w.

CREATIVE EXPRESSION: Total Participants: 137 / 117 women, 20 men.



SWC Rawdon: Total Participants: 78 / 67 women, 11 men.

- Painting on Rocks: 3p- 3w.
- Painting on Canvas: 8p. -8w.
- Fall Craft-Pumpkin Centerpiece: 12 p. -11 w,1m.
- Xmas Doorhanger Craft facilitated by Kristine Megan: 12p. -10w,2m.
- Gingerbread Cookie Making/Decorating with Eva Stohl: 15p. -12w, 3m.
- Painting on Canvas facilitated virtually by Carol Lyng: 12p.- 10w,2m.
- Flag Making for St. Patrick’s Day Float in Parade: 16p. – 13w,3m.

SWC Mascouche: Total Participants: 59 / 50 women, 9 men.

- Easter Cookie Decorating with Eva Stohl: 8p -7w, 1m.
- Painting on Rocks: 3p- 2w, 1m.
- Fall Craft-Pumpkin Centerpiece: 5 p. -5 w.
- Xmas Doorhanger Craft facilitated by Kristine Megan: 13p. -10w,3m.
- Gingerbread Cookie Making/Decorating with Eva Stohl: 13p. -11w, 2m.
- Homemade Sweets & Treats for Valentine’s: 12p. -10w,2m.
- Flag Making for St. Patrick’s Day Float in Parade: 5p. – 5w.

COMMUNITY HEALTH EDUCATION PROGRAM (CHEP) VIRTUAL PRESENTATIONS:

Participants: 26/ 23 women, 3 men.

- Music for the Body, Mind & Soul -2w
- Age-Related Hearing Loss: Causes, Complications & Care -3w
- “It’s Okay to Forget” - An Update on Memory Loss & Treatments -3w.
- Incontinence & Pelvic Floor Rehabilitation -4w
- Chronic Pain - 1m,1w
- Financial Health & Stigma: The Hidden Cost of Debt -2w
- Keeping Your Back & Spine Healthy as You Age – 5 **in-person**: 3w,2m
- Eating Well for Preventing & Living with Diabetes -5w

CHEP VIDEO PRESENTATIONS: Total Participants: 47/ 34 women, 13 men. In-person: Rawdon SWC.

- Medical Emergencies in Seniors: 14p- 9w, 5m.
- Chronic Disorganization: Decluttering, Organizing & Hoarding – 22p.- 17w, 5m.
- “Why Can’t I Sleep?” 11p.- 8w, 3m.

HEALTH LITERACY/EDUCATION: Total participants: 127 / 87 women, 40 men.

Total Participants: 62 / 48 women, 14 men.

SWC Rawdon:

- Vegetable Seed Planting: 10p -8w, 2m.
- Making Your own Organic Fertilizer & Pesticides: 4p.- 3w, 1m.
- Skin Cancer Awareness: Power Point by ECOL -5p-4w, 1m.
- Starting the Conversation – How to Prepare for the Unexpected: 6p.-5w, 1m.
- Fire Prevention & Safety: Power Point by ECOL: 6p- 5w. 1m.
- Fibromyalgia & Arthritis- Arthritis Society Webinar: 20p -16w, 4m.
- Seniors & Driving: Presentation by Eric Diamond, retired police officer & driver’s ed. teacher: 11p. – 7w, 4m.

SWC Mascouche: Total Participants: 65 / 39 women, 26 men.

- Making Your own Organic Fertilizer & Pesticides: 2p.- 1w, 1m
- Vegetable Seed Planting: 3p -2w, 1m.
- Preserving the Harvest: 8p.- 5w, 3m.
- Fraud, Scams & Financial Abuse: Power Point by ECOL -10p. -5w, 5m.
- Medical Cannabis – Arthritis Talks Webinar: 10p. -7w, 3m.
- Canada Revenue Agency: Presentation on Tax benefits & Credits for Seniors: 12 p. – 6w, 6m.
- 5 W’s of ECOL: Power Point Presentation by Michelle-Eaton Lusignan: 20 p. – 13w, 7m.



DIGITAL LITERACY: Rawdon - In-person Computer Training Courses: 5sessions of 3hr. offered through the AQDR Ouareau. Translated from French by ECOL.

Total Participants – 29 / 28 women, 1 man.

SOCIAL CONNECTION: Social Awareness, Reminiscence Total Participants: 145 / 91 women, 54 men, 7 kids.

THEATRE PLAY PRESENTATION: “Losing Control” for International Senior’s Day: - raising awareness of caregiver challenges in the face of Alzheimer’s & terminal illness. 38p. – 25w, 13m.



ST. PATRICK’S DAY PARADE: Building, decorating ECOL parade float with ECOL members: **estimated participation: 40 /22 women, 18 men + 7 kids**



SWC RAWDON: Total Participants – 28 / 20 women, 8 men.

Rob Lutes- Musical Storytelling Presentation: 9p 7-w, 2m.
Armchair Travel to Scotland: Virtual tour of scenery, history, traditions + traditional food tasting. 19p.

SWC MASCOUCHE: Total Participants – 39 / 24 women, 15 men.

Rob Lutes- Musical Storytelling Presentation: 13p -8w, 5m.

Armchair Travel to Scotland: Virtual tour of scenery, history, traditions + traditional food tasting. 26p-16w,10m.



OUTINGS: Total Participants from Rawdon & Mascouche: 172 / 110 women, 52 men + 10 kids.

- Outdoor BBQ – Grace Anglican Church: Drumming & Live Music. Estimated 60 participants- 36 w, 17 m, 7 kids + musicians, volunteers & staff.
- Outing to Vignoble St. Gabriel: tour, wine tasting & museum - 19 p.- 14 w, 5 m.
- Outing to Sugar Shack Constantin Gregoire: 40 p. – 18w, 15m. 6 kids.

COMMUNITY RESOURCES:

Senior’s Fair Rawdon in collaboration with the Municipalité Amie des Aînées:

ECOL was present along with 40 other booths to showcase its services for the English-speaking population and presenting the opportunity to learn about other resources & programs for seniors offered by other community organizations.

Outreach: Coordination with ECOL’s outreach worker Jocelyne McGinty. **Total Reached: 37 seniors.** Delivery of 37 Xmas meals to 28 homes of isolated seniors, Xmas chocolates & hand-made Xmas cards made by local school children, 4 volunteers and staff.

TRAININGS & COMMITTEE MEETINGS: Total - 15

- Gardening/Seed Planting Conference with M. Jardin and municipality of Rawdon.
- SWC Community of Practice: Presentations by: Susan Hutchison-Steps to Connect, Get Set Up Pilot Trainings, Community Palliative Care, Recharge Initiative from ARC.
- “Get Set Up” Training CHSSN SWC Collab: to bring live, interactive, English virtual classes to older adults for free.
- MADA Committee Meeting: Action plan follow up for summer (Voisins Solidaire).
- Zoom with Colin Standish (Task Force on Linguistic Policy) on Bill 96
- SWC Community of Practice Zoom Meeting: Nun’s Study, SWC resources-1 yr. impact report, shared resources, Elan, Health promotion programming-seniors, 4Korners Needs Assessment presentation.
- Friday Friends AGM – presentation of financial & activity report.
- ECOL Annual General Meeting/Michelle-celebration & thank-you.
- MADA Committee Meeting in Rawdon. Citizen’s Quarter, New Horizons, return of Salon des Aînés, Budget 2023, actions to put in place.
- MADA Committee meeting in Rawdon. Updates on budget, expenses incurred, prioritizing action plan, translation of Voisins Solidaire guide for municipalities.
- Healthcare Decisions: Virtual workshop given by Éducaloi, (part of workplan requirements). Shown in Rawdon office.
- MADA Committee meeting: Action Plan 2022-24. “Vivre en Ville” info presentation, Fêtes des Voisins in June- format, support for outdoor work for seniors- Chaumière Jeunesse, CIEC, St. Patrick’s Day parade.
- NPI Funding Requirements. Zoom meeting with staff & Russ & Sarah (CHSSN).
- CHSSN Trauma Informed Community Work. Presentation by Prof. Delphine Collin-Vezina to encourage a trauma informed lens when working or providing services.
- SWC Community of Practice: evaluation plan, knowledge sharing, year end reporting & retreat.

OUTREACH TO SENIORS

Funding through the Programme de soutien aux organismes communautaires has allowed us to continue offering outreach services to seniors, mainly in the north of the Lanaudière region.

Outreach Worker Jocelyne McGinty reports, “As we are heading out of the pandemic, we are proud of the way our community and ourselves as an organization kept the link though the many structural, human and technological changes among other things we have gone through. Many of these changes are here to stay and, in a way, facilitate the communication links within the community.

An important part of the Outreach role is to make sure that seniors receive help if they find themselves in need of such. This year we have received calls from family members, often residing outside the province and even outside of the country, wanting news from their relatives. We were also contacted by the CLSC, Hospitals and Social Workers for support to our members. We facilitate our members to reach out to the medical help needed such as:

- Providing the Covid tests,
- Assisting to schedule their medical appointments
- Advising them on the newest products and technologies available to them.
- Taking blood tests
- Becoming a Lifeline Medical Alert Representative and setting up 3 clients’ accounts.
- Visits to Palliative Care Units and local residences when there were no health restrictions involved.
- Researching information for a client who had trouble at work related to a medical issue
- Recalibrating a C-Pap Machine
- Assisting CLSC with evaluation
- Groceries for client that had an ankle surgery
- Motorized Mobility Aid presentation at Wellness Center

We also noticed a rise in our requests for law-related situations.

- Distribution of pamphlets from Éducaloi
- Preparation to have a client’s car shipped to British Columbia
- Assisted a client to settle son’s estate in the USA
- Assisted client for a Drivers license medical extension request
- Filling out paperwork
- Sensibilisation aux droits des aînés, Centre d’accompagnement des plaintes.

As more events were happening in person, ECOL went out to network in Outreach workshops and social gatherings offered by the CHSSN, CISSSL, MRC of Lanaudière, FADOQ, Salon des Aînés, IFA Global Café, Centraide and many others.

Throughout the year, ECOL attended over 35 meetings and conferences either on Zoom or in-person. These workshops facilitate the different kinds of interventions made with or on behalf of these senior clients.

- Table Soutien à Domicile (SAD) Joliette /Les Moulins/L’Assomption
- Solidarité Sociale Rawdon
- Table de concertation en soutien à domicile MRC Matawinie
- Violence towards the elderly sensitivity day
- Initiatives de travail de milieu auprès des aînés en situation de vulnérabilité
- At least 35 contacts with health care professionals.
- And so much more !

We maintained our frozen food service, in collaboration with the Centre d’action bénévole Communautaire Matawinie this year. Most of time, people dropped by the office to get their orders. Delivery was upheld for people who had no transportation to our office.

Intergenerational activities through the Outreach Program resulted in an outstanding distribution of over 200 hand-made Christmas cards created by students from the Rawdon Elementary , Joliette Elementary, Joliette High School as well as a home-schooling family. A gardening activity was done in collaboration with Joliette High School. La Municipalité de Rawdon donated flowers to be planted in flower beds in a local residence for elderly people. These were greatly appreciated, and we had many thank-you calls, text messages and emails resulting from these actions.

While helping our Seniors with the smooth sailing of their everyday lives, it is also important to stop and smell the roses. We celebrated the 99th Birthday Anniversary of one of our beloved members. We made a point of duty to honor this special lady who was, among many roles, one of the first teachers to teach at the Rawdon Elementary School 40 years ago.

We even succeeded at rehoming a cat in its new furever home !



ÉDUCALOI

LEGAL INFORMATION AND REFERRALS: COLLABORATION WITH ÉDUCALOI

ECOL is pleased to collaborate with Éducaloi in offering legal information and referrals to English speakers in Lanaudière.

« Éducaloi is a charitable organisation that has played a leading role in improving access to justice since it was founded in 2000. Its core mission is to explain to Quebecers the law, their rights, and their responsibilities. To do this, Éducaloi has three main areas of focus: legal information, legal education, and the development of expertise in clear legal communication. »

Through our partnership with Éducaloi, we were able to undertake the following actions during the last year:

Our contractual coordinator met with the schools in the region and did several legal workshops in the schools.

Listed below are discussed topics:

- Intimidation and bullying was offered in collaboration with a SQ officer in an elementary school. Cycle 3 students participated in a workshop that explained the Youth Criminal Justice Act and the Criminal Code
- Social media and sexual exploitation, this workshop was done in partnership with the Missing Children's Network.
 - * Five classes were met and 54 students participated.
 - * High school students from a French school took part in a workshop on the same topic and the discussions were done in English during their English class, 48 students were present and the Educaloï's website was publicised.
 - * Violence and the legal repercussions, material was handed out and 30 students were informed about Educaloï's website.

The Mascouche Wellness group was met by a police officer to discuss their mandate and answer the member's questions regarding the highway safety code. Approximately 24 members were present.

The Rawdon Wellness Center, along with Friday Friends, had a workshop on health restrictions and driving with a valid licence.

Our general public workshops received very good comments. Children and teachers were very pleased with the workshops and the community members appreciated the information sessions as well.

New contacts were created who could offer professional services in English.

ECOL referred clients to a family law lawyer, 911 and to a notary.

Approximate number of Éducaloi materials posted during this period: 10

Staff and volunteers who took part in training webinars: 12

Approximate number of Éducaloi print publications distributed: 34



éducaloï

2012-2022: ECOL'S 10TH ANNIVERSARY



ECOL started its 10th Anniversary celebrations on May 27th with the Legacy



Project. The first activity was to commemorate the English-speaking presence on the Lanaudière territory by planting an apple tree on the grounds of Rawdon Elementary School. This tree symbolizes not

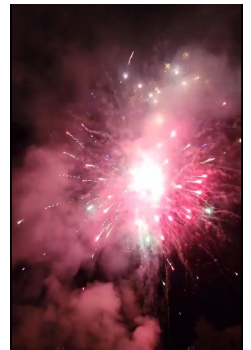
only passed generations but also the present and future generations that will elect to live here. The weather was horrible but did not stop Mrs. Kimberly St Denis



(Conseillère, Municipalité de Rawdon), Robert Di Marco (School Principal) and M. Wayne Wilson (ECOL's Board Member) to assist be present. The apple tree was purchased from the Hardy Fruit Tree Nursery in Rawdon. A message was painted on the rocks saying "Who plants a tree plants a hope" They were arranged by the tree trunk.



On September 17th, we organized an outdoor event on the site of Collège Champagneur. The event started around 5pm and ended around 8pm. It attracted over 100 people from the community. The Municipality of Rawdon contributed by



providing tents, garbage bins, picnic tables and a generous financial support.

IGA donated what was needed to cook up a BBQ and a Corn Boil activity. Entertainment was delightfully rendered by Loran Multi-Productions and DJ Seretteo Entertainment. Maire Rougeau came to say hello and speak with the community.

The highlight of the evening was a fabulous firework display by Michel Beaupied Inc. The weather was kind of lazy but cooperated until the last pop. We had the most beautiful firework show the Municipality had seen in years. As the last shot was released and coming down, the sky opened and the rain made a great job of extinguishing everything. People ran to their cars laughing and happy. It surely will remain in the memories.



For the first time since the beginning of ECOL, we celebrated the people who donate their time to volunteer to our activities. Without them, it would be difficult to make things happen as successfully as they do. We took our beloved volunteers to a Brunch at Le Buffet des Continents in Mascouche on December 12th.



On March 22 , with the arrival of Spring, we proceeded to invite the stars of the Legacy Project videos, Mrs. Lilian Parkinson, Mrs. Muriel Alexander, Mrs. Janet Rourke and Mrs. Doreen Maguire to an Afternoon Tea Experience at the Ritz Carlton Hotel. Everyone but Mrs Maguire accepted the invitation. It was also a wonderful coincidence that March 22nd corresponded with Mrs. Parkinson 99th birthday. It was a first experience of the kind for everyone and excitement was palpable. We also invited Jessica Jeglinsky from the

Secrétariat aux relations avec les québécois d'expression anglaise which she accepted with delight. A great time was had by everyone.



We still have a few more months of celebrations ahead of us and we are looking forward to unite the community across Lanaudière again and again.

THE YEAR AT A GLANCE

NETWORKING MEETINGS

ECOL participates in a great number of roundtables and committees that allow us to network with our partners, and to develop and support initiatives that serve the community. This allows us to address multiple clienteles and issues. However, we collectively attended well over 100 meetings this year!

In addition to attendance at the Annual General Meetings of the Réseau Québécois du Développement Social, the English Language Arts Network, Youth4Youth, the Table régionale des organismes communautaires de Lanaudière, we also participated (or at least maintained our membership) in the following:

EARLY CHILDHOOD AND FAMILY

- Table de concertation petite enfance Matawinie
- Grandir ensemble Matawinie
- Childhood & Family Fair Kiosk Event at CEGEP Lanaudiere in l'Assomption

SENIORS / HOME SUPPORT SERVICES (INCLUDING THE HANDICAPPED):

- Table régionale de concertation des aînés de Lanaudière
- Comité Prévention des abus et de la maltraitance Matawinie
- Table soutien à domicile Les Moulins
- Table soutien à domicile Matawinie
- Table soutien à domicile Joliette
- Table soutien à domicile l'Assomption
- Municipalité Amie des Aînés planning committee (Rawdon)

POVERTY

- TISSUS (Table pour favoriser l'inclusion sociale et contrer les inégalités sociales et de santé Les Moulins)
- Table Solidarité Pauvreté MRC L'Assomption

YOUTH

- Comité régional pour la valorisation de l'éducation (CRÉVALE)
- Sir Wilfrid Laurier School Board and 4 Korner's Resource Centre
- Grand chantier pour la persévérance scolaire
- Franklin Hill, Rawdon Elementary and Joliette High School Governing Boards– monthly meetings

SOCIAL AND ECONOMIC DEVELOPMENT

- Provincial Employment Roundtable
- Regional Development Network (founding member)
- Table des partenaires du développement social de Lanaudière
- Comité local de développement social Matawinie
- Table des préfets : Démarches territoriales (Matawinie, Les Moulins, Lanaudière region)
- Table régionale des organismes communautaires de Lanaudière

- PACTE: Plan d'Action Collectif Territorial Engagé; 5 Conference Meetings
- Table-ronde Changements Climatiques et Inégalités Sociales; 2 virtual meetings, 1 conference on « Climate change and raising children »
- CAAP de Lanaudière
- Univers des Mots
- Inter-Femmes
- Tournesol de la Rive-Nord
- Regard en Elle
- Service Québec
- Service Canada

MEN'S HEALTH

- Regroupement pour la Valorisation de la Paternité
- Comité paternité Matawinie
- Comité régional pour la promotion de la paternité
- Table lanaudoise en santé et bien-être des hommes
- Table régionale de concertation santé et bien-être des hommes

HEALTH AND SOCIAL SERVICES

- English Language Arts Network
- Health Canada Priorities-Setting Committee
- Community Health and Social Services Network
- Quebec Anglophone Heritage Network
- Center for Community Organizations
- Réseau Québécois de développement social
- Suicide Prevention Centre of Lanaudiere

IMMIGRATION

- Table Immigration-Intégration MRC L'Assomption
- Table Immigration Intégration (Comité francisation de TII)
- CDSCI MRC Les Moulins (Comité de développement social, communautaire et immigration)
- Service d'aide à la famille immigrante de la MRC de l'Assomption (SAFIMA)

OTHER

- St Donat Community Organization Promotional Event
- Terrebonne Cité Génération 55+ Kiosk event
- Virtual Networking & Discussion Event with the Community-Based Research Centre of Canada

CONSULTATIONS

ECOL attended 104 meetings and 33 different committees, roundtables or events.

Two presentation given on the situation of the ESC



SHARING IS CARING

ECOL BOTH GIVES AND RECEIVES!

- Clothing
- Furniture and bedding items
- Hearing –Impaired telephone
- Books
- Knitting materials
- Wheelchair
- Walker
- Flowers, stones and mulch for gardening activities
- Donation of cooking supplies

REFERRALS

ECOL often receives referrals from health care professionals and other community organizations. The Centre intégré de la santé et des services sociaux de Lanaudière (CISSSL) is the most common source of these referrals.

This year, we also referred community members to:

- One referral given to the Montérégie East Partnership for the ESC
- One referral given to CJE L'Assomption
- Five referrals given to Employability Resources
- Many references for spiritual guidance to the Anglican Church
- One referral to a landlord
- Coolbus Matawinie referred a client
- Action RH Lanaudière referred a client for help with making a CV and job search assistance.



TRANSLATIONS

Translations were carried out for Carrefour jeunesse emploi L'Assomption and Coolbus, thus increasing the amount of English-language documentation in the region and bolstering the capacity of these organizations to serve English-speakers.

COMPLAINTS

Like last year, the number of members that ECOL supported in the health and social services complaint is low. ECOL needs to promote more this service.

VISIBILITY

We were able to hold more events open to the greater public. We organized social activities such as Walk & Talk, Game nights, Halloween Night, BBQ, Corn Boil, Sugar Shack and many other events held in Rawdon, Mascouche and Repentigny.

Facebook is used on a daily basis, and certain posts are “boosted” through paid ads to reach more people. We remain stable with 1035 followers . 70% of our audience is female and 30% identify as male. We also have a youth Facebook page, which is being used for employment purposes. That page has 190 followers with 73% women and 27% men.

ECOL IS NOW PROMOTED THROUGH THE WEBSITES FROM SEVERAL PARTNERS:

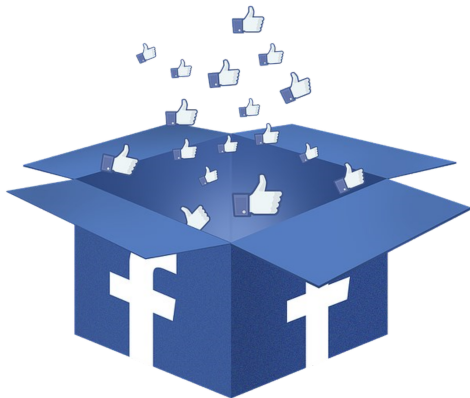
- Community Health and Social Services Network
- 211
- Regroupement pour le santé et bien-être des hommes
- Municipalité de Rawdon
- Municipalité de Chertsey
- Municipalité de Sainte-Béatrix
- The Center for Community Organizations
- The Table régionale des organismes communautaires de Lanaudière
- Quebec Anglophone Heritage Network
- The Centre communautaire bénévole Matawinie
- Agir tôt
- Services d'aide à domicile Rousseau
- Centre intégré de la santé et des services sociaux de Lanaudière
- Table des partenaires du développement social Lanaudière
- Table régionale de concertation des aînés de Lanaudière
- McGill University
- Place aux jeunes en région
- Sir Wilfrid Laurier School Board

And probably others as well!

TO KEEP OUR MEMBERS INFORMED, ECOL RELIES ON A NUMBER OF METHODS:

- Facebook & Instagram
- Website under construction
- Bi-monthly newsletters (paper and electronic versions)
 - Targeted emails
- Flyers (French and English)
 - Press releases
 - YouTube
- And the good old phone !

 YouTube



ACCESSIBILITY

ECOL's services are available to the community each weekday from 9:00-4:00 daily. Outreach services to seniors are available outside of these hours, including occasional weekends, according to the needs of those being assisted. Our Head Office in Rawdon saw an important increase in number of visitors. We had 160 drop in visitors who mostly came for specific information request or to know more about our services.

ECOL closed for the period between Christmas and New Year's, but some staff volunteered during this time to make friendly outreach calls. Phone messages were taken as well during this time and emergency situations were treated promptly.

To maintain the accessibility of our Wellness Centre activities and the Busy Bees parent-child playgroup, we have maintained Zoom videoconferencing sessions.

TRAINING AND PROFESSIONAL DEVELOPMENT

ECOL IS CONTINUING TO INVEST IN THE PROFESSIONAL DEVELOPMENT OF ITS HUMAN RESOURCES. MOST TRAININGS WERE STILL BEING TAKEN PLACE ONLINE EVEN THOUGH THE OPPORTUNITIES ARE GRADUALLY COMING BACK TO IN-PERSON. ALL STAFF MEMBERS RECEIVED TRAINING DURING THIS YEAR. HERE IS THE IMPRESSIVE LIST OF OUR LEARNING ACTIVITIES:

- Academy Crisis Line Training: »So you want to talk about risk! «
- Accounting for Non-Profits: Understanding Financial Statements CPA Canada& Enterprise Toronto
- Action communautaire autonome : 3 roundtables
- APDEQ: Association des Professionnels en Développement Économique du Québec - Introduction to Local Development for Practitioners
- Canadian Association for Mental Health
- Chartered Professional Accountants - Montreal Branch: “Exploring the Talent Landscape in Today’s Working Climate”
- Community Development of Canada: Financial Responsibilities Webinar Training
- Charity Village Webinar– Émotions and conflict in the workplace
- Corporation de développement Communautaire MRC de l’Assomption—2 conferences
- Coursera Online-Bookkeeping
- CISSS : Consultation provinciale des organismes ethnoculturels et de langue anglaise concernant la proche aidance
- CISSS: Portes d’entrée aux programmes psychosociaux
- CISSSLAN : Comité Régional Langue Anglaise—2 committee meetings
- CJ TII: Comité jeunesse de la Table Immigration-Intégration— 4committee meetings
- CLC School and Organizations collaborations
- Comité Sectoriel de Main-d’œuvre de l’économie sociale et de l’action
- CRÉDIL: Le Comité Régional d’Éducation pour le Développement International de Lanaudière; 1 Committee Meeting
- CRÉVALE: Comité Régional pour la Valorisation de l’éducation; 2 Roundtable Meetings
- CSMO-ESAC: Comité Sectoriel de Main-d’Oeuvre de l’Économie Sociale et de l’Action Communautaire; 1 Committee Meeting
- Desjardins Formation FDT et gestion des demandes
- John Abbott University– Nonprofit leadership training
- Laboratoire d’innovation en santé des aînés: Determining Hearing Loss
- LinkedIn: Customer Service workshops & WIX editing
- McGill Forum
- Outreach strategies
- QUESCREN: Quebec English Speaking Communities Research Network-affiliated with Concordia University
- QuickBooks (SWLSB)

- Rawdon Public Consultation on Bill 96 with Christopher Skeete
- Red Cross Standard First Aid and CPR-C + AED
- RVP paternité
- Secretariat for Relations with English-speaking Quebecers: Heritage and Sexual Diversity
- Services et Ressources Pour Personnes Immigrantes
- Social Economy Techsoup: Using Social Media to Grow Your Mission
- Tel-Jeunes
- UQTR: Les personnalités toxiques
- YES MTL– French class for the work force
- Vieillir dans son logement – Association québécoise de défense des droits des retraités (AQDR);
- WIX– online training for website editing
- World Elder Abuse Awareness Day presentation – Research Chair on Mistreatment of Older Adults.

OUR FUNDERS

FEDERAL

COMMUNITY HEALTH AND SOCIAL SERVICES NETWORK



Networking and Partnership Initiative

The Networking and Partnership Initiative (NPI) is a program designed to support Quebec's minority English-speaking communities in improving and maintaining access to the full range of Health and Social Services. Funding for this program is provided by Health Canada and the project is managed by CHSSN. The program supports the capacity of Quebec's English-speaking communities to ensure their vitality through cooperation and

partnership with the health and social services system. Networking and outreach activities, such as our Wellness Centers, are funded through this envelope.

Community Health Education Program (CHEP)

This funding helps us increase the availability of health promotion and disease prevention information for our community and increased collaboration between community and public health professionals. This dynamic program facilitates distance community learning of health and social services information in English. Video-conferences on DVD and Power Point Presentations are made available to ECOL for the health education of our community.

CANADIAN HERITAGE



Canadian
Heritage

Patrimoine
canadien

Through this funding, we are able to bring cultural activities to young people, particularly through the English schools as well as other organizations working

with children. We are also able to provide assistance to young people who will be transitioning from high school to post-secondary studies, and to develop intergenerational activities.

MCGILL UNIVERSITY



McGill

Training and Retention of Bilingual Health-Care Professionals: Through this fund, we encourage bilingual high school students to explore careers in the health and social services field.

Linguistic and Cultural Adaptation Activities: This fund allows us to organize our "Lunch, Laugh and Learn" English language conversation groups for health and social service professionals who lack confidence and practice in using our language.

Bursary Program: Each year, ECOL promotes and manages this bursary program designed to assist bilingual students who are studying in a health or social services field and who agree to return to Lanaudière to work in their field following their studies.



BRIGHT BEGINNINGS

Bright Beginnings is an adapted approach to supporting English-speaking children 0-5 and their families. Through community-oriented actions it responds to specific risk factors often faced by English-speaking children and their families.



HEALTHY EARLY YEARS (HEY)

HEY funds prevention and early intervention activities to help children get off to a better start in life, prepare them for school, and improve opportunities for growing into healthy adults.



HEALTH CANADA MICRO-GRANT

A small grant was received to help us carry out activities related to end-of-life and bereavement.

PROVINCIAL

SECRÉTARIAT AUX RELATIONS AVEC LES QUÉBÉCOIS D'EXPRESSION ANGLAISE

**Secrétariat aux relations
avec les Québécois
d'expression anglaise**



Enriching Regional Community Capacity (ERCC): This fund allows us to step beyond our health and social services mandate, to address other issues of interest to the English-speaking community and to establish and maintain satellite offices. This funding allows us to explore the employment situation for English-speaking youth, and to support them in finding work as well as to support employment agencies wishing to better serve English-speaking population.

CENTRE INTÉGRÉ DE LA SANTÉ ET DES SERVICES SOCIAUX DE LANAUDIÈRE

**Centre intégré
de santé
et de services sociaux
de Lanaudière**



Programme de soutien aux organismes communautaires : We are pleased to have been granted recurring funds to be used as core funding for our work in health and social services. We use the majority of this grant to maintain the outreach worker position and continue our outreach activities to isolated, English-speaking seniors.

MUNICIPAL

MUNICIPALITY OF RAWDON

We were granted funds to support our Rawdon Wellness Center expenses.



OTHER

ÉDUCALOI



We received a contribution in our efforts to provide English-language legal information and referrals to the community by hiring a facilitator.

CONCLUSION

We want to thank you for having taken the time to have read our Annual Activity Report. We are pleased to share with you the numerous actions and activities that we have taken to help and support our English-Speaking community in the Lanaudière region.

Because training and development is such an important factor at ECOL, we were able to once again focus on the growth of our employees and get involved in as many opportunities as possible.

None of what we do would be possible without our amazing community, our generous funders and partners, and our devoted volunteers. So thank you, thank you, thank you, from the bottom of our hearts. It is because of you all, that we are able to do what we do.

We are looking forward to moving onward with a new Executive Director, new employees, and new members of ECOL and the community. Let's see what 2023-2024 has in store for us!

thank you



ECOL

English Community
Organization of Lanaudière

WE ARE GENEROUSLY SUPPORTED AND FUNDED BY:
SECRÉTARIAT AUX RELATIONS AVEC LES QUÉBÉCOIS D'EXPRESSION ANGLAISE
COMMUNITY HEALTH AND SOCIAL SERVICES NETWORK
RÉSEAU DE DÉVELOPPEMENT RÉGIONAL
SANTÉ CANADA

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Québec



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