



English Community
Organization of Lanaudière

2023-2024

Annual Report



*In loving memory of
Sue-Ellen and Christopher*

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MESSAGE FROM THE CHAIRPERSON

Dear ECOL members and partners,

It is my pleasure once again this year to present the annual activity report which covers the period from April 1st 2023 to March 31st 2024.

Firstly, allow me to introduce ECOL'S dedicated staff members:

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

A big thank you to all of these hardworking people who carry out the day to day activities and services for our organization in our 3 points of service; Rawdon, Mascouche and Repentigny.

Before I introduce our board of directors, I would first like to acknowledge the sad loss of our beloved secretary Sue-Ellen Jones who tragically lost her life in a house fire on January 5th 2024. Sue-Ellen was a devoted member of our ECOL family and will forever be missed.

Here are our present board members:

Allan Worton, vice chairperson
Catherine Trottier, treasurer
Scott Marshall, secretary
Lynne Scott, director
Linda Heaton, director
Doreen Mcguire, director
Suzanne Bambach, director
Sandra Routledge, director

All of the directors are members of the english speaking community of Lanaudière and offer their time as volunteers for our organization. I wish to thank them for their ongoing commitment and involvement.

The board of directors held 11 meetings this year in addition to last year's annual general meeting that was held at the Rawdon Anglican Church Hall on June 10th 2023.

In closing, I would like to give a big thanks to all of ECOL'S volunteers, our funders, our partners and to you, our members. ECOL could not be the wonderful organization that it is without you!

Best regards,

Suzanne Albert
Chairperson



MESSAGE FROM THE EXECUTIVE DIRECTOR

Dear Friends and Supporters,

As we reflect on the past year, it's hard not to be overwhelmed by the sheer magnitude of accomplishments and the remarkable dedication of our staff and volunteers. The journey we've embarked on together has been nothing short of extraordinary.

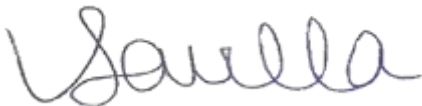
Throughout the year, our organization has navigated through challenges and opportunities with resilience and unwavering commitment. From the bustling activity within our programs to the behind-the-scenes coordination, every member of our team has played a pivotal role in driving our mission forward.

The energy and enthusiasm demonstrated by our Board of Directors, our staff and volunteers have been truly inspiring. Whether it was organizing events, advocating for change, or providing crucial support to those in need, their passion has been the driving force behind our success.

As we celebrate our achievements from the past year, we also look ahead with anticipation and excitement for what the future holds. With each passing day, we are presented with new possibilities to make a positive impact in our community and beyond. Together, we stand ready to embrace these opportunities with open arms and a renewed sense of purpose.

I am immensely proud of all that we have accomplished together, and I am confident that the coming year will be filled with even greater achievements. Thank you for your unwavering support and dedication to our cause.

Warm regards,



Vanessa Judy Savella
Executive Director for ECOL
June 2024



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.

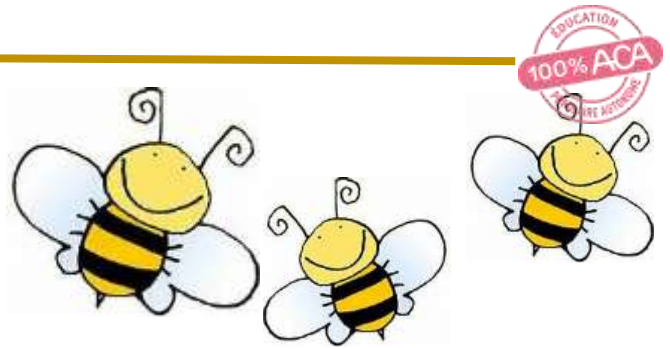
VALUES:

- **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 CREATED AND LAUNCHED BY ECOL IN 2017. THIS BILINGUAL PROGRAM IS DESIGNED FOR PRESCHOOLERS AGED 3-4 AND THEIR FAMILIES.

As advocates of early literacy and community engagement, we are committed to fostering a love for reading and learning for the youngest members of our community. The "Books for Baby" initiative was completed and provided to the community this year. We designed and displayed eye-catching posters in both English and French, attracting attention to the project's goal of providing essential information literature to families with newborns.



Our outreach efforts extended beyond the walls of the ECOL officers, and arrived at locations such as the Rawdon Library and the Maison de parents de Rawdon. Storytimes were animated - both in English and in French - at these locations for current and new ECOL member families with infants and young children. The connections developed with these hosting partners allows ECOL to continue plant seeds of curiosity and imagination in the minds of the future of the English-speaking community.

- **Communication**
- **Active listening**
- **Interrupting**
- **Patience**
- **Collaborating**
- **Accepting one another**
- **Kindness**
- **Sharing**
- **Personal boundaries**
- **Friendship and bullying**
- **Respect**
- **Emotional regulation, such as how to deal with anger**



HEALTHY EARLY YEARS (HEY)



Healthy Early Years (HEY) is an initiative supported by CHSSN and designed to offer programs to improve the health and development of children 0-6 years of age and their families. During 2023-2024, our team conducted thorough reviews of the Healthy Early Years (HEY) and Bright Beginnings work plans while analyzing demographic data for each Municipalité Régionale de Comté (MRC) in Lanaudière. These analysis informed strategic planning and resource allocation, fostering enhanced synergy and capacity to serve the community effectively. Reflecting on these efforts, we're encouraged by the collaborative spirit and dedication of all stakeholders.

In the past year, the launch of the Literacy Project at Joliette Elementary School was a significant milestone for both students and volunteers. Initially started in January as a six-week program, the Literacy Project was later renewed or extended continuously, ultimately occurring weekly until the end of the school year, with the next school year already in the plans for a Literacy Project 2.0.

By employing interactive teaching methods in smaller groups, we aimed to provide a more in-depth and directed support with English vocabulary for kindergarten students who had been previously identified as struggling with their English literacy. Witnessing measurable progress and resilience among the children was truly outstanding, and their excitement and engagement for each weekly session made the Project that much more rewarding. Lastly, the success of the Joliette Elementary School Literacy Project has been resounding, and mention of the results have been extended beyond Joliette Elementary School. We are currently in discussions with other English elementary schools in Lanaudière regarding the possibility of developing and integrating the Literacy Project there as well.

EMPLOYABILITY



EMPLOYABILITY, ENTREPRENEURSHIP, EDUCATION, AND EMPOWERMENT.

Our strategic focus has encompassed a multifaceted approach, spanning meticulous research on local employability needs, trends, news as well as creative content creation, digital presence and branding, Social Media management and digital engagement. This comprehensive strategy reflects our commitment to staying at the forefront of innovation and ensuring a dynamic presence in the digital landscape.

Our proactive research on employability trending news demonstrates a steadfast commitment to staying abreast of the latest developments and emerging trends in the employment landscape. This dedication empowers our organization to respond effectively to evolving needs, and provide pertinent resources and support to our community. Positioned at the forefront of the evolving landscape, we recognize that the Future of Work is intricately shaped by health, technology and trades. In response, we navigate the dynamic intersection of technology and work, ensuring our organization remains a proactive contributor to the unfolding narrative of the future.

In 2024, our organization dedicated itself to enriching our audience with valuable resources, establishing vital connections, and contributing to community engagement. We promoted courses from the Sir Wilfrid Laurier School Board and from Trades Schools, CEGEP and University levels, both online and in-person.

Our commitment to providing English services gained recognition, attracting more clients seeking our assistance and furthering our dedication to language accessibility and effective outreach. Responsive actions, such as disseminating surveys from various organizations, showcased our commitment to serving the English-speaking community.

We exemplified our dedication to language accessibility and community support by translating a 10-page registration form for the Passeport de la Réussite program in collaboration with Carrefour jeunesse emploi d'Autray-Joliette. Additionally, we engaged in networking efforts through Zoom meetings and event participation, crucial for establishing strong partnerships and advancing our mission of empowering communities through engagement.

Throughout the year, we consistently provided the latest job opportunities by conducting thorough research across diverse platforms every Tuesday. Our comprehensive social media presence extended beyond job postings, offering insights into entrepreneurship, event promotion, job hacks, and community connections. This programming not only equipped our audience with resources but also guided them in navigating employability trends and interview preparation. Modifications to the Facebook Youth page expanded its focus to be more employability-centered, thus catering to a wider audience. Its new name is *ECOL Lanaudière Career Hub*.

A significant milestone was the launch of the *Forklift Operator Certification* project. Five participants have been certified and are now equipped with these incredibly coveted skills for the job market. Key partnerships with organizations like the Sir Wilfrid Laurier School Board, Patrick Morin Inc, Stageline Inc, Motion Composites, and Traiteur Bae laid a strong foundation for this impactful initiative, with additional internship opportunities provided through these partnerships to enhance graduates' employability, if desired.

As we look ahead, several key areas will drive our efforts: Future Initiatives, Strategic Collaborations, and Project Advancements with regional employers and employability resources. In line with our commitment to community empowerment, we are actively planning new initiatives to address present and emerging needs. Fostering innovation in areas such as skills development, mobility, and educational support are integral components of our Workplan. By leveraging collective expertise and with like-minded organizations, businesses, and institutions, we aim to maximize impact and reach new heights in serving our community.

We will continue to advance initiatives that have demonstrated positive outcomes by building on the success of existing projects and by pursuing on the path towards the future of work by addressing issues such as Customer Service, the importance of a Driver's License to access mobility towards education and employment, and Food Handling knowledge. These initiatives aim to equip our community with basic skills for the dynamic field of employability. For Now and for Tomorrow.



SUPPORTING & PROMOTING MENTAL HEALTH OF OFFICIAL LANGUAGE MINORITY COMMUNITIES



WOODWORKING IN MASCOUCHE AND RAWDON. Brian Allen leads an inspiring woodworking journey. Across 19 meticulously crafted sessions, participants delve into the artistry of woodworking, honing their skills and unleashing their creativity. With a total of 45 eager learners, each session becomes a vibrant symphony of sawing, shaping, and sanding, as Brian guides them through the intricacies of this timeless craft.

Fueled by the triumph of a woodworking initiative at Rawdon Elementary School, a dynamic series of 12 workshops tailored for teenagers is gaining momentum, poised to extend into the next fiscal cycle. Every week, three eager teens converge at the workshop, brimming with enthusiasm to delve into the fundamentals of carpentry.

Furthermore, our weekly gatherings of the Wo(man) Shed group have led to the creation of a stunning landscaping masterpiece at our Mascouche site. This project, consisting of over 75 birdhouses and garden beds, aims to enhance the beauty of our surroundings. Over the course of 11 weeks, a total of 188 attendances were recorded, reflecting the community's enthusiastic engagement. As Birdville continues to thrive, it enriches the lives of both humans and our feathered companions alike.





In the vibrant tapestry of our organization's endeavors, the past year has been one of profound community engagement and growth. Each event and initiative has woven itself into the fabric of our mission, enriching the lives of those we serve and fostering connections that resonate far beyond their initial inception. As we reflect on the journey of the past year, we celebrate the milestones achieved and the invaluable impact made possible through our collective efforts.

At the core of our community initiatives resides the cherished tradition of the Breakfast Club, emblematic of our steadfast commitment to ensuring no individual goes without life's essentials. For many, the Breakfast Club transcends mere sustenance—it represents a sanctuary of support and solidarity. Whether exchanging stories over steaming cups of coffee or breaking bread together, participants find solace in the warmth of companionship and the reassurance of collective presence. With 33 gatherings under its belt, boasting an average turnout of 20 to 25 eager souls per session, this gathering has touched the lives of 736 people, making it a cornerstone of community connection and vitality.

In addition to our commitment to the Breakfast Club, our organization has continued to cultivate a rich tapestry of community events and initiatives, drawing individuals from diverse backgrounds to come together in celebration, learning, and shared experiences:

LES JARDINS LAVANDE: Our group visit to Les Jardins Lavande offered a serene retreat, allowing participants to reconnect with nature and rejuvenate their spirits amidst the fragrant blooms of St-Eustache. 9 participants.

HALLOWEEN NIGHT was celebrated outdoors with ghost stories and music. Thirty nine people had terrible nightmares for the rest of week!

AIKIDO demonstrations and weekly workshops led by Mitsumi Sotai offer invaluable opportunities for personal growth and self-discovery, empowering participants to cultivate strength both internally and externally. Our Aikido workshops have attracted 40 people, including 2 children under the age of 18.

MASCOUCHE FESTIVITIES: Between our two BBQs, Corn Shuck event, Wine Tasting & Art Show, Valentine's Supper, and Halloween Party, we welcomed over 150 attendees in total at our Mascouche facility.

WEEKLY JOB LISTING: Every Wednesday of the past year, Facebook's ECOL Lanaudiere Career Hub page showcased job opportunities tailored for English-proficient individuals. A total of 452 job vacancies across the Lanaudière region were presented.

ST-PATRICK'S PARADE: ECOL, alongside its dedicated team of volunteers, constructed a vibrant float for the Rawdon's St. Patrick's Parade. Music filled the air as candies were joyfully distributed, spreading smiles throughout the community. Following the parade, an Open House was hosted at our office, ensuring the festivities continued in full swing.

SAAQ AND CAA QUEBEC: Several members of our staff underwent a certification program to aid in and confirm the proper installation of car seats.

LA TABLE RÉGIONALE DES ORGANISMES COMMUNAUTAIRES FAMILLE DE LANAUDIÈRE (TROCFL) CONFERENCE: A training was attended by the whole staff to represent ECOL to the Lanaudière Family Community Organizations.

DIGITAL ENGAGEMENT: ECOL is highly engaged across various social media platforms. One of our agents recently completed training on Open ChatGPT to stay updated on digital marketing trends, leading to a more consistent communication approach.

Our primary objective is to equip individuals with awareness towards Mental Health with practical tools and resources while nurturing a culture of support and understanding within our community. ECOL has launched a multifaceted initiative aimed at disseminating valuable self-care ideas, tips, and activities from diverse sources. From mindfulness exercises to creative outlets, our efforts cater to the unique needs of individuals from all walks of life.

Rock Fest For Mental Health

In August, our organization took part in ROCK FEST in St-Lin-laurentides, merging music with mental health awareness. We aimed to celebrate music, community outreach, and to promote mental wellness. We provided interactive activities, distributed 18 mental health kits, and engaged 46 young individuals. With 61 attendees, we fostered connections and partnered with two organizations to expand mental health advocacy. We distributed brochures, reflecting attendees' keen interest in mental health resources.

Tools to empower the community



"Mental Health Mondays" empowers resilience, self-awareness, and balance, weekly on Facebook and Instagram. Topics include self-care, debunking myths, hobbies, anxiety, and more. Adapting to digital platforms, we create engaging content to broaden access to mental health resources and foster dialogue for all ages.

In response to the pressing need for support and intervention regarding eating disorders, our organization has embarked on a comprehensive initiative providing essential resources for individuals in need. It included an updated list of treatment options and support. We also provide a printable pamphlet with essential information

Anxiety Relief Workshops

Preparations for an Online Anxiety Relief Workshop are currently underway, reflecting our ongoing commitment to providing valuable resources and support to our community. With a focus on ensuring a seamless experience for both our team and participants, meticulous attention is being given to simplifying the registration and facilitation processes. Our aim is to create a user-friendly environment that fosters accessibility and engagement, ultimately empowering individuals to effectively manage and alleviate their anxiety.

In the spirit of community engagement and social responsibility, our organization has embarked on collaborative endeavors with three prominent community organizations: La lueur du phare de Lanaudière, Partenaire Jeunesse, and Le Réseau communautaire d'aide aux alcooliques et autres toxicomanes. These partnerships exemplify our commitment to community engagement, social responsibility, and wellness, as we strive to make a meaningful difference in the lives of individuals grappling with adversity and promote a brighter, healthier future for all members of our community.

McGILL'S COMMUNITY NETWORK BURSARY PROGRAM



Throughout 2023-2024, the Dialogue McGill program continued its history of fostering and supporting academic achievement, promotion of the pursuit of an education and career in the health and social service sectors, and the advocacy for continued service accessibility in English within the healthcare sector.

First, we proudly welcomed four deserving recipients of the 2023-2024 Dialogue McGill Community Network Bursary Program for the recruitment and retention of healthcare students and professionals in Quebec.

Another noteworthy accomplishment within the Bursary Program was the creation and distribution of testimonial videos featuring previous bursary recipients who provided commentary on the bursary program and its impact on their education paths. These videos are available on the Dialogue McGill Bursary Program Website to provide first-hand testimonials from Lanaudière recipients.

In addition to our digital outreach efforts, we pursued opportunities to expand the program's visibility through traditional media channels. Both English and French press releases highlighting the remarkable accomplishments of our bursary recipients were disseminated to Lanaudière Media Resources. This initiative aimed to not only celebrate the achievements of our students but also to inspire and uplift our local community.

Looking ahead, we are excited to announce the launch of the 2024-2025 Health & Social Services Bursary Applications, which commenced on March 27th, 2024. As we enter the new fiscal year, our recruitment efforts will resume, furthering our mission to empower students and foster meaningful connections through the Dialogue McGill Program.

Promotion of Health and Social Services Careers

One significant initiative undertaken during this period is the restructuring of the McGill Career Booklet, ensuring that it contained updated and relevant information pertinent to students at Joliette High School. By providing updated career resources, collaborating with local partners, and researching salary information, we aim to empower students with the knowledge and guidance needed to pursue rewarding careers in health and social services. These initiatives reflect our commitment to supporting the aspirations and success of students in our community.





The LUNCH, LAUGH & LEARN (LLL) CONVERSATIONS IN ENGLISH WORKSHOPS have proven to be an integral initiative focused on continued access to healthcare and social services in English in the region.

These workshops were strategically designed for the health and social service employees seeking to improve their English proficiency for more effective communication with patients. These participants- who have registered and generously volunteered their time to participate- are enthusiastically thanked for their empathy, and their choosing to go above and beyond what is required of them for patient care.

The workshop has been ongoing since mid-March, and a 10-week session has been planned up until the beginning of Summer. These classes are held virtually on Zoom on Wednesdays during lunch hour. This has allowed for more flexibility and less obstacles for successful outcomes, and that has been apparent with over 30 health and social service employees registering for Lunch, Laugh & Learn.

The workshops could not be possible without the generous ongoing work of the seven dedicated volunteer facilitators involved in the program. These volunteers come with various backgrounds, including an English teacher, social workers, auxiliary nurses, beneficiary attendants, an outreach worker, and a retired hospital staff member. Their combined expertise and commitment contribute significantly to the success of the workshops. To support learning, visual aids such as English anatomy cards were created, along with an animation guide to facilitate engaging and interactive sessions.

A total of 31 people were divided into groups ranging from *Beginner* to *Advanced*. This program is facilitated by 5 volunteers. Several meetings were held with the Executive Director and representatives from the Integrated Health and Social Services Centre (CISSSL) to strategize and plan the workshops effectively. This collaborative effort ensured alignment with organizational goals and the incorporation of relevant content to meet the needs of participants. Extensive research was conducted to gather resources, including images, information, games, vocabulary tools, and pictograms, to enrich the content of the online workshops. These efforts ensured that participants had access to comprehensive and engaging learning materials to support their language development journey.

CULTURAL PROJECTS—PATRIMOINE CANADA HERITAGE



One highlight of ECOL's cultural calendar was the Mascouche BBQ music show, which drew the participation of 35 enthusiastic attendees. This vibrant event not only entertained but also fostered a sense of community engagement and camaraderie as neighbors came together to revel in the joy of music and fellowship.



In collaboration with the Senior Wellness Center Initiative, the History of Rawdon project continued. Launching of ECOL's new video production on the "Murder of James Tyhurst": Local historian Beverly Prudhomme did a PowerPoint presentation on the life and working conditions of the many men who left home to work in the logging camps which coincided perfectly with the showing of the video series on the true story of the murder of logging executive James Tyhurst. Carol G. & Eric Mailhot introduced the film. 24 participants – 18 women, 6 men.

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 were from Joliette Elementary School, Joliette High School, Rawdon Elementary School and from École des rives from Terrebonne. All cards were 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:

48 Participants 30 Students, 16 Volunteers, and 2 employees from the Municipalité de Rawdon.



In June, ECOL and Joliette Elementary School students did some gardening at the Dorwin Falls 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 4th 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.

We were able to procure musical instruments for a diverse range of activities, including weekly music workshops and practice sessions for live events and internal gatherings. Among the notable developments, the establishment of a Ukulele Club named "The Muggers" has experienced steady growth, boasting nine dedicated members who convene weekly to hone their musical talents.



ECOL MUSICAL ACTIVITIES

8 weekly Music Activity - Jazz Trio Rehearsals, May to June
The Mascouche BBQ music show attracted 35 participants

OUTDOOR MUSIC SHOWS IN THE PARK

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

- July 13th — JAZZ DUO SHOW AT THE CIM
23 spectators.
- July 21st - MATT GIBB & SABB RYNA AT THE CIM.
25 spectators.
- August 2nd – CAROLE GRAVEL, ROBERT BOUTILLIER
& FRIEND AT UNDER THE PINES AT THE RECTORY
78 participants
- August 9th – DUO JOHANNE & EDWARD
12 participants



LANAU (HOUSE BAND): LANAU delighted audiences at the Aide-Homme 20th anniversary event, the Valentine's Supper , the Rawdon St-Patrick's Day Parade, and ultimately orchestrated the Gordon Lightfoot Tribute Show, which attracted 51 participants to the cozy confines of the Grace Church Hall.



SENIOR WELLNESS CENTERS



At Senior Wellness Centers, ECOL's mission is to cultivate awareness and unity among our community members through a comprehensive approach to well-being. We prioritize addressing physical, cognitive, emotional, and spiritual needs to promote the overall health of all our participants. Situated in the heart of Rawdon and Mascouche, our Wellness Centers are community hubs, nurturing wellness and connectivity among residents. In the past year, we've hosted various activities, showcasing our commitment to enriching lives and fostering a stronger, healthier community.



SENIOR WELLNESS CENTERS: RAWDON AND MASCOCHE AT A GLANCE

There was a total of 90 Wellness Center sessions held, 68 in Rawdon & 20 in Mascouche, as well as 2 sessions with both sites participating. 1062 people participated / 190 unique/ 631 total in Rawdon and 294 total in Mascouche / Total Volunteering: we had 48 (unique) people who volunteered a total of 201 occasions

Focus Groups: Feedback focus group for ideas for future SWCI in Rawdon and Mascouche: 46 people participants; 33 women, 13 men

Outreach: A team of 8 Volunteers delivered 42 meals to 30 homes, as well as Christmas cards. The cards were made by students from Rawdon & Joliette Elementary Schools as well as a surprise visit from 4 High School students from École des Rives in Terrebonne.

Virtual Presentations through the Community Health Education Program (CHEP): total 4 presentations - 42 participants / 34 women, 8 men. .

PHYSICAL ACTIVITIES: Total Participants - 302 participants / 209 women, 93 men.

- Nordic Poling with Gail Lukian: 28 sessions: Total participants: 189 - 108 women, 81 men
- Invest in Yourself” Workshop with fitness instructor Tania Cheney. 7 participants. –6 women, 1 man
- Preventing falls with Tania with fitness instructor Tania Cheney. 7 participants, 5 women, 2 men
- Benefits of Movement for cognitive decline with fitness instructor Tania Cheney. 9 participants– 8 women. 1 man.
- Endurance, Flexibility, Strength and Balance Workshop with fitness instructor Tania Cheney. 14 participants – 12 women, 2 men.
- Line Dancing – Led by Linda H. Tessier. 15 participants, 14 women, 1 man
- Exercises to Prevent Falls: 12 participants, 8 women, 4 men
- Move to the Groove Part 1 with fitness instructor Tania Cheney. 13 participants, 12 women, 1 man.
- Line Dancing – Led by Linda H. Tessier. 12 participants, 12 women.
- Qigong: Facilitated by Susan Greenspan 14 participants, 11 women, 3 men.
- Move to the Groove Part 2 with fitness instructor Tania Cheney. 15 participants, 13 women, 2 men

COGNITIVE STIMULATION: Total Participants: 643 / 448 women, 196 men.

- Rawdon Beginners Bridge facilitated by Clare Dowie: 51 sessions: 504 total participants, 341 women, 163 men
- Virtual Book Club: Lead by retired teacher James Stiller. 6 sessions – 49 participants, 46 women, 3 men.
- Ukulele Club “The Muggers” facilitated by Karen Alexander– 4 sessions: Total participants: 90 , 61 women, 29 men

PSYCHOLOGICAL/EMOTIONAL/SPIRITUAL: Total Participants:– 87 / 67 women, 20 men.

SWC Rawdon & Mascouche: Total Participants – 87 / 67 women, 20 men.

- Film Presentation: We Shall Stand Up For the National Day for Truth and Reconciliation: 8 participants: 7 women, 1 man.
- Movie Presentation: The Swimmers: 12 participants: 9 women, 3 men.
- Film Showing for Remembrance Week: 22 participants: 15 women, 7 men
- Film Showing for Black History Month: 15 participants: 13 women, 2 men.
- Movie Presentation: *What We Choose to Remember* : 19 participants: 14 women, 5 men.
- Virtual Zoom: Rawdon Center – Documentary Film Showing for Earth Day: 11 participants: 9 women, 2 men.

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



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

- Painting on Canvas: 14 participants: 14 women.
- DIY Spa Gifts for Mother's Day: 11 participants: 10 women, 1 man
- Painting on Canvas with Carol Lyng: Virtual Workshop: 16 participants: 15 women, 2 men
- Painting on Canvas with Carol Lyng Virtual workshop: 15 participants: 14 women, 1 man
- Xmas Wood Slice Ornaments: Carol Lyng Virtual Workshop: 14 participants, 11w, 3m
- Painting on Canvas with Carol Lyng Virtual workshop: 16 participants: 16 women
- Easter Cookie decorating: 13 participants: 11 women, 2 men.

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

- DIY Spa Gifts for Mother's Day: 7 participants: 6 women, 1 man
- Container Gardening 101: Video presentation from sister organization CASE. 9 participants: 7 women, 2 men.
- Painting on Canvas with Carol Lyng Virtual workshop: 9 participants: 9 women
- Luminary Jar Xmas Craft facilitated by Diane; wood slices cut by Brian Allen. 15 participants: all women.
- Painting on Canvas with Carol Lyng Virtual workshop: 6 participants– 6 women
- Easter cookie decorating with Eva Stohl. 7 participants– 7 women

COMMUNITY HEALTH EDUCATION PROGRAM (CHEP) VIDEO PRESENTATIONS: 42 participants: 34 women, 8 men.

Mascouche SWC

- Decluttering For Your Health: Strategies for Coping with Chronic Disorganization, Downsizing and Hoarding. 11 participants: 8 women, 3 men
- Eating Well for Preventing and Living with Diabetes: 2 participants: 2 women

Rawdon SWC

- Eating Well for Preventing & Living with Diabetes : 13 participants: 11 women, 2 men.
- World Alzheimer's Day. Update on the Fascinating Subject of Memory: Ensuing discussion on the difference between normal forgetfulness and cognitive disorders as well as prevention strategies to preserve memory as we age. 16 participants: 13 women, 3 men.

HEALTH LITERACY/EDUCATION: Total participants: 164 / 125 women, 39 men.

Total Participants: 140 / 107 women, 33 men.

SWC Rawdon:

- 5 W's of ECOL: Power Point Presentation by Michelle-Eaton Lusignan: 19 participants: 13 women, 6 men.
- Volunteer Appreciation High Tea: Discussion and short video about the impact of volunteerism across Canada and in our own community. 18 participants: 15 women, 3 men
- World Arthritis Day: Arthritis Society Webinar with rheumatologist Dr. David Robinson on how best to manage inflammatory arthritis: types, risk factors, medications and treatment options, lifestyle guidelines and new treatments. 14 participants: 10 women, 4 men.
- CHEP Video Presentation: Stay or Move? With Marie-Claude Giguere, author of "Helping Seniors Stay or Move?" Presentation on the choice whether to age in place in your own home while navigating your changing needs along the way or preparing for an eventual move. 10 participants: 8 women, 2 men.
- Mindfulness Meditation – guided meditation with holistic practitioner, Susan Greenspan. 15 participants: 10 women, 5 men
- Neurobics: A discussion and practice on novel ways to engage and challenge areas of your brain to help prevent memory loss and improve recall. 14 participants: 11 women, 3 men.
- Lifeline medical alert service presentation about fall risks, prevention tools, and Lifeline products. 15 participants: 14 women, 1 man.
- National Heart Health Awareness Month presentation. 17 participants: 12 women, 5 men.
- New Canada Dental Plan: Virtual presentation. 18 participants: 14 women, 4 men.



SWC Mascouche: Total Participants: 24 / 18 women, 6 men.

- CAAP Presentation (Centre assistance and accompagnement aux plaintes) In-person presentation on the right to file a complaint in the health and social services system. A brochure was created and made available on our website. 2 participants: 2 men.
- Presentation by notary Alexandra Deschamps: Advance care directives, mandates for incapacity, succession planning; question and answer. 15 participants: 13 women, 2 men.
- Let's Talk About Memory: presentation and discussion on strategies to improve memory capacity. 7 participants: 5 women, 2 men.

SOCIAL CONNECTION: Social Awareness, Reminiscence Total Participants: over 300 participants.



ST. PATRICK'S DAY ACTIVITY: "Irish Song Bingo" with Irish traditional soup lunch. 15 participants: 12 women, 3 men

ST. PATRICK'S DAY PARADE: Decorating ECOL parade float with ECOL members: estimated participation: 40 people: 22 women, 18 men + 7 kids

SUMMERTIME BY THE RIVER" Musical Event (August 17th) was a successful outdoor musical event held at Kyte Farm, featuring Rob Lutes, resulting in a relaxed atmosphere enjoyed by all attendees.

CRIBBAGE CLUB: Recently launched, the timeless game of cribbage has brought together 63 enthusiasts.



The collaborative initiative "**UNDER THE PINES**", in partnership with *Friday Friends* and *Christ Church Anglican Parish*, epitomized our dedication to fostering community connections. Through seven vibrant weekly gatherings featuring lawn games, socialization, musical performances, BBQs, and refreshments, we cultivated an atmosphere of inclusivity and camaraderie. Spearheaded by the remarkable efforts of Mary-Jo, this initiative attracted 260 individuals over the summer, leaving an indelible impact on the Rawdon community. The overwhelming success of this endeavor has sparked anticipation for an encore in the summer of 2024.

COMMUNITY RESOURCES:

Currently, we are collaborating with *Société de développement et d'animation de Mascouche (SODAM)* and the Rawdon Historical Society to create a Balado-découverte Capsules highlighting our rich English-speaking heritage through a specific local circuit. This endeavor involves determining the circuit's itinerary, identifying sites to visit, establishing parking areas, and refining descriptions and images to enhance the visitor experience.

TRAININGS & COMMITTEE MEETINGS: Total - 20

- Senior Wellness Center Retreat.
- Discussions about integrating Cummings Centre’s Virtual Programming into Wellness Center activities.
- MADA Committee Meeting: Action plan (Voisins Solidaire).
- Senior’s Action Quebec promised insightful discussions on pressing issues like the impact of COVID-19 on senior mental health
- CMHA Resource Zoom Presentation Friday Friends AGM – presentation of financial & activity report.
- ECOL Annual General Meeting
- SHARP Zoom Session on cognitive health resources for individuals living with dementia
- MADA Committee meeting in Rawdon. Updates on budget, expenses incurred, prioritizing action plan, translation of Voisins Solidaire guide for municipalities.
- SHARP Zoom Session about Seniors and their sexuality.
- SWOT Community Analysis Meeting.
- Educaloi Zoom on Bill 96
- SHARP Zoom Session on Fall Prevention.
- Network Partnership Initiative Steering Committee Meeting.
- Senior Wellness Centre Community of Practice Zoom Meeting
- Éducaloi Virtual Presentation on Mental Health Issues & Caregiver
- Coordination with Community Partners: collaboration with Guy Rodgers for film presentations and planning future events with partners like SODAM and Société histoire Rawdon.
- Leisure and Recreation Workshop organized in collaboration with the Community Health and Social Services Network (CHSSN).
- Health Promotion Zoom Meeting was held on February 21st, focusing on the supports and services offered by the CLSC/CIUSSS to help individuals maintain their independence as they age.
- SWCI Workplan Meeting.
- "What Matters" Needs Assessment meeting with CHSSN aimed to understand needs of English-speaking seniors in Quebec.

OUTREACH TO SENIORS



Guided by the unwavering dedication of our Outreach Worker, we've confronted challenges head-on, demonstrating resilience and unwavering determination in our mission to embody the bridge for our members to the service they need.

At the heart of our endeavors lies a commitment to assisting seniors across various facets of their lives. Over the past year, we've fielded an array of inquiries from concerned family members, healthcare facilities, and social service agencies. From coordinating medical appointments to facilitating access to essential goods and navigating the complexities of healthcare technology, we've remained steadfast in our support.

But our outreach doesn't stop at immediate needs; we've extended a helping hand across a spectrum of areas. Whether it's offering guidance on legal matters, coordinating transportation, or aiding with paperwork, our efforts have been comprehensive and responsive to the diverse needs of our senior population.

Beyond individual aid, we've actively engaged seniors through community events and networking opportunities. Collaborating with organizations such as CHSSN, CISSSL, MRC of Lanaudière, FADOQ, Salon des Aînés, Centraide, and IFA Global Café, we've fostered connections and facilitated resource-sharing.

Our commitment is further exemplified by the continuation of essential services like our frozen food program, in partnership with the Centre d'action bénévole Communautaire Matawinie. Ensuring accessibility through in-office pickup and a robust social media presence has been paramount.

Moreover, our intergenerational initiatives have nurtured a sense of belonging among seniors and youth alike. Whether it's distributing handmade Christmas cards from local students or engaging in collaborative gardening projects with schools and municipalities, these activities have garnered heartfelt appreciation from seniors and the wider community.

In summary, our outreach endeavors have been characterized by adaptability, collaboration, and an unwavering commitment to addressing the evolving needs of seniors. Looking ahead, we remain resolute in our dedication to serving our senior clients with compassion, resilience, and a shared spirit of community solidarity.





The partnership with Educaloi has enabled us to ensure the dissemination of crucial legal information to individuals throughout our community. Through in-person gatherings, virtual workshops, seminars, and conferences, we've successfully connected with different age groups including children, teenagers, and adults.

These initiatives have encompassed a wide spectrum of important legal subjects, including: provincial health rights, cyber behavior, legal aid, fire safety, workers' rights, and road safety.

By tackling these important issues (and more), our goal is to equip individuals with the necessary knowledge and resources to navigate legal intricacies with confidence and responsibility.

At Rawdon Elementary School, we hosted impactful events to enhance student and family safety. Two presentations on assault and conflict resolution, led by a retired police officer, educated 27 students aged 10 to 12 on legal ramifications and garnered Educaloi's endorsement.

Additionally, the Missing Children's Network conducted two workshops on intimidation for 60 students in Grades 3 to 6. We also organized a Fire Safety Day for over 100 students, teaching essential practices guided by firefighters. A parent Conference was also hosted on the topic of the Youth Criminal Justice Act, providing insights aimed to equip parents with necessary knowledge and resources.

The Missing Children's Network also conducted a session on Cyberbullying at Ecole Champagneur, engaging 18 Grade 10 students. The students appreciated the Educaloi's resources are available in both English and French.



Additionally, an informative session on the Highway Safety Code took place at a Senior Wellness Center in Mascouche, drawing in 10 attendees. The engaged discussion and resulting requests for another session about the Highway Safety Code underscored the interest among the attending adults in comprehending and abiding by traffic laws.

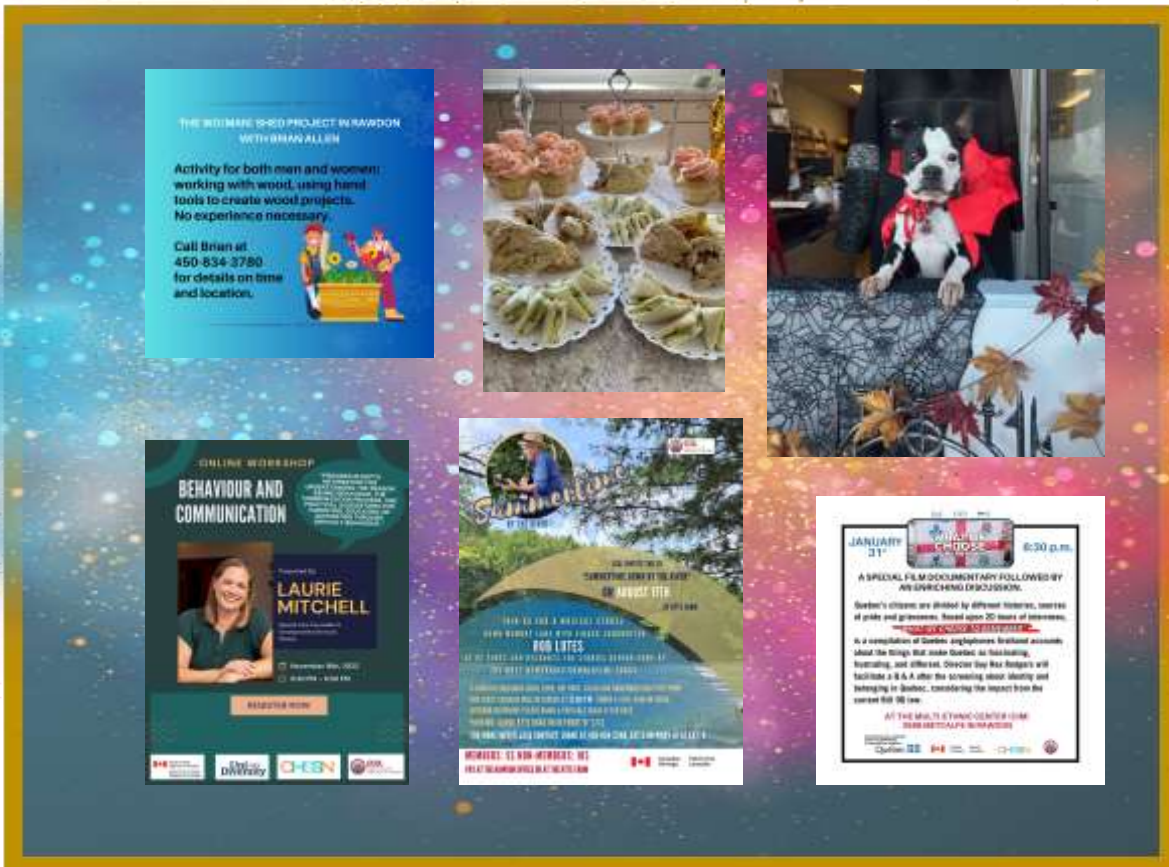
Throughout the fiscal year, ECOL has significantly broadened its network and resources by establishing two pivotal contacts, each contributing to our mission of empowering individuals with essential information and support within the Youth and Senior communities.

Additionally, ECOL demonstrated our commitment to staying informed and engaged in legal education and advocacy discussions by actively participating in Educaloi's Challenges and Best Practices virtual meeting and attending a webinar focused on Bill 96, customized to meet the requirements of non-profit organizations.

Through our various awareness activities, 26 printed documents were distributed within our community facilitating access to valuable legal resources. Educaloi also received extensive promotion through our social media platforms. On our main ECOL page, ECOL Career Hub page, Instagram platform, and four monthly newsletters, we maintained an active presence with an average of four postings per month. This approach ensured consistent visibility and engagement, effectively spreading awareness about Educaloi's resources and services to our audience.

ECOL is pleased to confirm that we have fully complied with the visibility requirement outlined in our contract with Educaloi, as stipulated by the Secretariat aux relations avec les québécois d'expression anglaise. This commitment underscores our dedication to meeting contractual obligations and ensuring that the valuable services provided by Educaloi receive the visibility they deserve within the English-speaking community. With Educaloi's financial support, we've been able to enhance our impact, reaching even more individuals and communities with accurate and accessible legal information.

ROOTING IN AND FOR THE COMMUNITY





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 reach a diverse population and address their issues. However, we collectively attended well over 100 meetings this year!

In addition to attendance at the Annual General Meetings of TROCFL (Vanessa is on their Board of Directors), PERT, RDN, the Réseau Québécois du Développement Social, the English Language Arts Network, Y4Y, Aide-Homme, 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 Matawinie
- Municipalité Amie des Aînés planning committee (Rawdon)
- Terrebonne Cité Génération 55+ Kiosk event

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 Korners Resource Centre
- Grand chantier pour la persévérance scolaire
- Pinewood Elementary School, Franklin Hill, Rawdon Elementary, Joliette 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
- Table-ronde Changements Climatiques et Inégalités Sociales
- CAAP de Lanaudière
- Univers des Mots
- Inter-Femmes
- La lueur du phare de Lanaudière
- 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

- CISSSL
- 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)
- CDC MRC L'Assomption (Comité de développement social, communautaire et immigration)
- Service d'aide à la famille immigrante de la MRC de l'Assomption (SAFIMA)

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
- Donations of books from our vast collection where the community is free to take or leave English books as they please

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:

- Five referrals given to CJE L'Assomption
- Twenty referrals given to Employability Resources
- Many references for spiritual guidance to the Anglican Church
- Action RH Lanaudière, Emploi Québec and Services Canada referred clients for help with making a CV and job search assistance.



TRANSLATIONS

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

COMPLAINTS

We have actively advocated for Les centres d'assistance et d'accompagnement aux plaintes (CAAP) and the Regroupement provincial des comités des usagers (RPCU). As of present, we have not been notified of any grievances related to this matter.

ECOL IS 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!

ENSURING OUR COMMUNITY STAYS CONNECTED AND INFORMED ACROSS VARIOUS ONLINE PLATFORMS, ECOL RELIES ON A NUMBER OF METHODS:

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

ECOL IS AN ACTIVE PRESENCE IN THE DIGITAL REALM WITH

ECOL's Website : [Home](#) | [ECOL - Lanaudière \(ecol-lanaudiere.org\)](#)



Two Facebook pages

[\[\(3\) Facebook \]](#)

[ECOL Lanaudière Career Hub- Facebook](#)



Two Instagram accounts

[\[ECOL LANAUDIÈRE \(@ecolanaudiere\) • Photos et vidéos Instagram](#)

[ECOL/OCAL \(@youth_mental_health_lanaudiere\) •](#)

[Photos et vidéos Instagram \]](#).



Additionally, we share engaging content on our YouTube channel [English Community Organization of Lanaudiere - YouTube](#)

ACCESSIBILITY

ECOL's services are available to the community
each weekday from 9:00-4:00.

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 396 drop-in visitors who mostly came for specific information request, purchase frozen meals
or to know more about our services.

During the summer season, the Rawdon office was open Tuesday to Thursday from July 4th
until September 8th.

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.

**We express our sincere
appreciation
to the volunteers whose
invaluable
contributions are instrumental in the
execution of our activities.**

**A total of 48 dedicated individuals
volunteered consistently to ensure the
success and enjoyment of all
participants in our
endeavors.**

**We hold them in the highest esteem
and extend our heartfelt gratitude.**

ECOL is continuing to invest in the professional development of its human resources. While many organizations are now normally running their activities in person, many trainings continue to be taken online; out of convenience for all. 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
- Améliorer votre marketing numérique avec ChatPGT (SWLSB)
- 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
- 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
- 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
- QUESCEN: 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.

Québec 

Canada 

PARTNERSHIPS



CONCLUSION

We wish to thank you for reading our Annual Activity Report for the 2023-2024 year. It is very fulfilling to see all the programs, projects, initiatives, and results outlined in this report that we believe are serving and uplifting the English-speaking community in the Lanaudière region.

At ECOL, we always place the utmost importance on providing our employees with as many opportunities for professional training and development as possible. This commitment has assisted us in expanding and growing in ways we never imagined.

The results we've presented here would not be possible without the unwavering support of our remarkable community, our generous funders, invaluable partners, and dedicated volunteers. We wish to extend a heartfelt thank you to each and every one of these groups, as it is your collective collaborations that allow ECOL to thrive.

As we eagerly look towards 2024-2025 and beyond, we remain focused on continuing, improving, and growing our reach and impact on the English-speaking community. Let us embrace the journey ahead with enthusiasm and determination. Together, we will all continue to make a meaningful difference.



ECOL
English Community
Organization of Lanaudière

OCAL
Organisation de la communauté
anglophone de Lanaudière



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