



# IMPACT REPORT

## 2023-2024

# TABLE OF CONTENTS

- Word from the President.....3
- Word from the Executive Director....4
- About MCDC.....5
- Our vision.....6
- Our values.....7
- In a nutshell.....8
- Program summaries.....9
- Networking & Partnership Initiative.....10
- Health program summary.....12
- Senior Wellness Centres.....13
- Seniors & Caregivers.....14
- Youth & Families.....15
- Bright Beginnings.....16
- Youth Mental Health.....17
- Community life.....18
- Enhancing Regional Community Capacity.....20
- Satellite Office in Levis.....21
- Partners & Supporters.....22
- Our Board and Staff.....23
- Funder.....24



# MESSAGE TO OUR COMMUNITY



**ANN MARIE  
POWELL**

President

*Ann Marie Powell*

Welcome to our Annual General Meeting  
We are reflecting and remembering the highlights and achievements over the past year.  
MCDC has held activities, workshops and outings for all ages in our community of Thetford and Levis area.

MCDC continued to work diligently to improve access to services in English and to hold activities for social inclusion for all.

I wish to extend our thanks to our Funders, and Partners in the English-speaking community and in the Francophone community who help us achieve our goals in supporting our community.

Thank you to our schools in Thetford and St. Foy who partner with us to bring learning activities to the students. We welcome in September 2024 the new English school, New Liverpool, which will be opening on the South Shore.

Thank you to our excellent staff who constantly bring new ideas, ways, and means to support our community.

Thank you to the Board of Directors for their support.

Thank you to our Executive Director, Brian Gignac, who makes all our achievements seem effortless.

Sincerely,

Ann Marie Powell

President MCDC



# WORD FROM THE EXECUTIVE DIRECTOR



**BRIAN GIGNAC**

Executive Director

As we reflect on the past year, I am filled with immense pride and gratitude for the tireless efforts of our dedicated team, board members, volunteers, funders, and community members. Together we have made a significant impact in Chaudière-Appalaches. Our commitment to serve the English-speaking community of Chaudière-Appalaches and l'Érable is unwavering. Through our programming for seniors, youth, health, and community life, we have empowered our members to strengthen our community and foster positive change. I extend my heartfelt thanks to each of you who has contributed to our success. Your passion, resilience and generosity inspire us to reach even greater heights. Let us continue to work hand in hand, creating a brighter future for all.

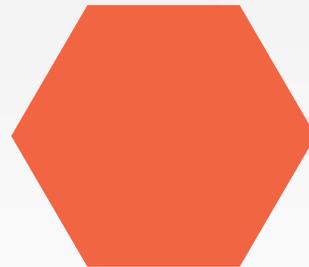
With gratitude,

A handwritten signature in blue ink, appearing to read "Brian Gignac". The signature is fluid and cursive.

# ABOUT MCDC

## OUR MISSION

The Megantic English-speaking Community Development Corporation (MCDC) plays a crucial role in supporting the English-speaking residents of the Chaudière-Appalaches and Érable regions. By providing essential services in English, MCDC ensures that language barriers do not impede access to vital information and support. Our efforts in building partnerships within the community are instrumental in creating a cohesive and inclusive environment for all residents, regardless of their first language. With a focus on health promotion, mental health, caregivers, and community engagement for all age groups, MCDC's work is a testament to the power of community-driven initiatives in enhancing the well-being of its members.





## OUR VISION

The Megantic English-speaking Community Development Corporation (MCDC) plays a crucial role in supporting the English-speaking residents of Chaudière-Appalaches and the subregion of l'Érable. With a focus on health promotion, mental health, caregivers, and community animation for all age groups, MCDC has been actively empowering this community for over two decades. We provide invaluable services such as information and referral, assistance with accessing health and social services in English, and help with employment. By building partnerships with both English and French-speaking stakeholders, MCDC ensures that the needs and priorities of the English-speaking community are considered and met.



# OUR VALUES

## **Identity**

We aim to support and promote the distinct qualities of our English-speaking community by helping our members, rallying them, and giving them the tools to make a difference in our community.

## **Social Inclusion**

Acknowledge the potential for the English-speaking community to make valuable contributions to the advancement of the larger community.

## **Equity**

Take proactive steps in representation, raising awareness, and advocating for the English-speaking community, thereby supporting stakeholders in drafting policies and programs that guarantee equitable access to resources and opportunities for all community members.

# IN A NUTSHELL

We extend our support across the entirety of the Chaudière-Appalaches region, offering services within three Municipal Regional Counties (MRCs). Additionally, we extend our support to the MRC de l'Érable within the Mauricie Centre-du-Québec region.



# 5,055

This is the total amount of English-Speaking community members of Chaudières-Appalaches that we serve.



# 4,173

Participants in our activities in both Thetford and Lévis regions.

# PROGRAM SUMMARIES

MCDC provides a comprehensive range of programs and services tailored to the English-speaking community of Chaudière-Appalaches and l'Érable, emphasizing health promotion, mental wellness, caregiver support, and community engagement activities catering to individuals of all age groups.

## **1: Networking & Partnership Initiative**

Our program is dedicated to supporting the English-speaking community in enhancing and sustaining access to Health and Social Services. We maintain a robust partnership with the Centre Intégré de Santé et de Services Sociaux de Chaudière-Appalaches (CISSS-CA) to enhance service provision. We provide information and referral services to other community organizations.

## **2: Services to Seniors & Caregivers**

MCDC offers an extensive array of activities through our Senior Wellness Centers aimed at promoting a healthy lifestyle and enhancing physical and cognitive well-being. Additionally, we provide caregiver and volunteer services to alleviate social isolation.

## **3: Youth & Families**

MCDC has established a powerful collaboration with English-speaking schools within its jurisdiction, providing students with a range of activities to cultivate life skills, encourage volunteerism, and engage with community organizations. We also assist parents and kindergarten students by creating school readiness kits designed to foster and strengthen essential skills during early childhood development.

## **4: Community Life**

Social gatherings like the Meet & Greet are vital for fostering connections within our English-speaking communities, and our community library is definitely worth exploring.

## **5: Social & Economic Development**

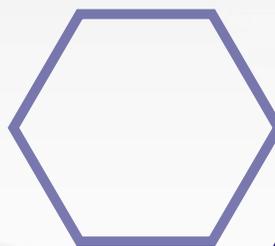
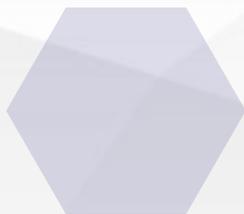
MCDC works in collaboration with partners in employment, tourism, and economic development sectors to ensure that the English-speaking community actively contributes to the overall development of the region. Equally important to MCDC is fostering partnerships with French-speaking stakeholders to ensure that the needs and priorities of our community are considered and addressed.



# NETWORKING & PARTNERSHIP INITIATIVE

## NPI PROGRAM SUMMARY

Our program is dedicated to supporting the English-speaking community in enhancing and sustaining access to Health and Social Services. We maintain a healthy partnership with the Centre Intégré de Santé et de Services Sociaux de Chaudière-Appalaches (CISSS-CA) to enhance service provision. We provide information and referral services to other community organizations. MCDC is actively involved in 12 committees/tables.



## Representation

Our team participated in **75** different meetings during the year.

- **5** community volunteers also took part in meetings on behalf of MCDC.
- **10** meetings with the CISSS-CA.

### **MCDC Steering Committee on Health and Social Services**

- **2** meetings in the year.
- **5** community volunteers took part in meetings.

### **Supporting School Community**

- **2** meetings of the school foundation.
- **8** meetings of the Governing Board.

MCDC is a valuable resource for the English-speaking population in the Chaudière-Appalaches and l'Érable regions.

Listed below are some of the organizations that MCDC supports by promoting their services to the members of the English-speaking community.

- Table de Prévention et de la lutte à la maltraitance envers les aînés.
- La Croisée
- CISSS-CA
- Cegep de Thetford (CAPS)
- Seniors Action Quebec
- Dialogue MCGILL
- APPUI
- CAAP-CA
- Éducaloi

## Partnerships

## Activities

- Arts & Crafts – 1 Session, 25 participants
- National Seniors Day – 28 participants

### **Translations for the CISSS**

62 translations were done for the CISSS-CA in 2023-2024.



# Health PROGRAM SUMMARY

MCDC's health program is tailored to promote well-being by providing activities and information in English. Our members have access to various activities aimed at supporting their overall physical and cognitive health.

This year, MCDC secured two-year funding from the Public Health Agency of Canada to facilitate mental health activities catering to different age groups. This additional funding bolsters our existing programs and aids in the creation of new initiatives.

Furthermore, we continue to receive funding from the Secrétariat aux Relations avec les Québécois d'Expression Anglaise (SRQEA), enabling us to offer health promotion activities tailored to support our senior population. This funding has facilitated the introduction of new initiatives such as yoga and mindfulness sessions led by qualified instructors, as well as in-person and Zoom-based exercises conducted by a kinesiologist.



## Regional Access Committee

Community volunteers and MCDC staff have actively engaged in four meetings this year, offering guidance to the Centre Intégré de Santé et de Services Sociaux-Chaudière Appalaches (CISSS-CA) on the delivery of services to the English-speaking community of Chaudière-Appalaches.

# Senior Wellness Centers

Our Senior Wellness program plays a crucial role in enhancing the quality of life for older adults. We are committed to offering a diverse range of activities that help seniors stay social and active. Participating in these group activities fosters an active, healthy lifestyle and enhances overall well-being. Throughout the year, we successfully implemented the following activities at our four sites (Thetford, Kinnear's Mills, Inverness, and Lévis):

- Documentaries
- Rock painting
- Dinner & show events
- Zoo therapy
- Bracelet making
- Trivia and puzzles
- Garden tours
- CPR courses
- Music therapy
- Drop-in afternoons

These activities attracted a total of 1,366 participants over the course of the year.



# SENIORS & CAREGIVERS

## PROGRAM SUMMARY



The Senior and Caregivers program aims to enhance the quality of life for seniors and their caregivers by providing comprehensive support services and promoting a sense of community.

This year, Johanna Visser hosted a highly successful workshop series on health, well-being, and empowerment. Participants included caregivers, seniors, volunteers, and other interested individuals. The six-part series, held from September to October 2023, was followed by monthly meetings to provide ongoing support and continued learning opportunities. This included a total of **84** participants.

### Information sessions included :

- SHARP Zoom Presentation: “Love is in the Details: A Guide to Assist You Complete Your Legacy Notebook”
- End of Life Expectations with Ariane Plaisance:
- SHARP Zoom Presentation: “Taking the Fear Out of Prostate Screening”
- SHARP Zoom Presentation: “Aging in Place While Light Sizing”
- Presentation on the Services of the Centre d’Assistance et d’Accompagnement aux Plaintes (CAAP) with Angela Moore
- SHARP Zoom Presentation: “Cognitive Health and Community Resources for People Living with Dementia”
- Presentation with Sûreté du Québec Officers on Fraud Prevention for Seniors
- CPR Course
- Seniors Action Quebec Zoom Presentation: “Programs and Rebates for Seniors”

We also continued to provide respite for caregivers, direct support to care recipients, and training related to caregiving, yielding remarkable results.

- Respite provided to caregivers: 887
- Direct support to care recipients: 600
- Formation and training related to caregiving: 17 hours
- Check-ins and visits to community members by volunteers: 654
- Calls by volunteers to our community members: 311
- Hours of time donated by volunteers for calls & visits: 874

Services for Healthy Aging in the Right Place (SHARP):  
4 sessions which our members could attend virtually.





# YOUTH & FAMILIES PROGRAM SUMMARY



Last year was vibrant with a range of enriching programs and activities. Here's a brief overview:

1. **Intergenerational Reading:** This initiative connected young students with older adults through shared reading sessions, promoting literacy and creating meaningful bonds across generations.
2. **School Transition Kits:** These kits were designed to support students moving to new school levels, providing them with essential tools and resources to ensure a smooth and confident transition.
3. **Student Workshops:** We hosted numerous workshops tailored for both elementary and high school students, covering areas such as academic enhancement, personal growth, and future career planning. These sessions aimed to prepare students comprehensively for their educational journey and beyond.

## Parents & Tots

Our Parents & Tots Workshop is a dynamic and interactive program designed for parents and their young children. This workshop focuses on fostering early childhood development through engaging activities and guided play.

We had 22 sessions, with 12 participants at each session.

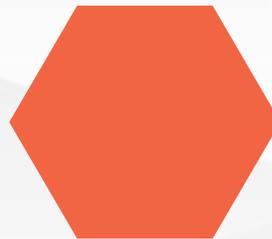
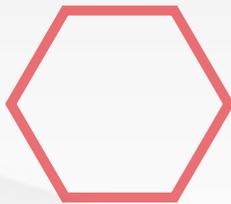
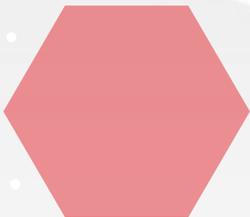


# Bright Beginnings

Bright Beginnings aims to give children a strong start in their educational journey while fostering a love for learning.

School readiness kits which include educational supplies, learning activities, guidance materials, interactive games that promote cognitive and social skills & books to encourage a love of reading and improve early literacy were given to 47 students in K4 & K5 at St Patrick's Elementary.

- 5** reading activities, **80** students
- 3** intergenerational activities, **62** students
- 6** cooking classes with grades 3, 3/4 & 4, **54** students



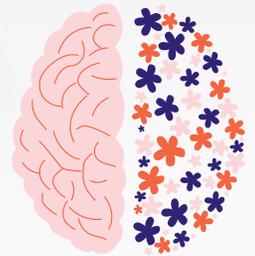
## Youth Mental Health

Our Youth Mental Health Program is dedicated to promoting the mental well-being of young people by providing them with the support, resources, and skills they need to navigate life's challenges. By fostering a supportive community and equipping youth with the necessary tools, our Youth Mental Health Program aims to empower young people to thrive mentally and emotionally, paving the way for a healthier and more resilient future.

"Our staff actively engaged in various meetings, committees, and retreats, demonstrating our commitment to encouraging a supportive and inclusive environment.

### This included participation in:

- 3 meetings with the CISSS-CA (Centre Intégré de Santé et de Services Sociaux de Chaudières-Appalaches)
- 3 meetings with the Student Wellness Committee
- A Youth Mental Health Retreat in Montreal
- Conducting a comprehensive youth consultation survey for secondary students



These engagements reflect our dedication to staying informed, involved, and responsive to the needs of our youth.

### Activities & Workshops:

- Hors piste (Learning to identify and manage emotions) – Workshops done with St Patrick's elementary students, ASJ high school students & **2** sessions at the adult center for a total of **85** participants.
- Yoga & meditation sessions for elementary and high school students.
- Career orientation – **14** workshops, **603** students
- Éducaloi – **11** workshops, **345** students
- Student Wellness Workshops – **16** workshops, **293** students.



# COMMUNITY LIFE

## PROGRAM SUMMARY

### Youth Library

We are thrilled to announce that MCDC has continued to develop the new section in its library to encourage students to read and improve their skills. The response has been phenomenal, with student engagement and book circulation numbers exceeding our expectations. This initiative is proving to be a vital resource in fostering a love for reading and enhancing literacy skills among our students.

- **208** students visited the library.
- Books were borrowed a total of **965** times.
- **13** classes came to the library during the year.
- **70** visits from school classes.
- **61** people visited the library numerous times during the year.
- A total of **771** books were borrowed.

### Social Activities

**1** Meet & Greet this year, **78** participants.

### Newcomers

MCDC assisted 6 newcomers this year.

### Communications

**11** editions of Down Home News, **225** recipients.

**11** editions of South Shore News (Lévis Office), **200** recipients.

**2** edition of Partners in Health.

**1** Caregiver Newsletter.



## Support

MCDC plays an essential role in supporting various organizations within the English-speaking community.

By offering these forms of assistance, MCDC strengthens the resources of English-speaking community organizations, enhancing their ability to serve their communities effectively.

This year, MCDC assisted the following community organizations:

- Coordination support to the Masons for the Christmas basket campaign.
- Communication support to the Kinnear's Mills Celtic festival.
- Technological support to the Masons and I.O.O.F. to hold their meetings.

Here are some activities that were held throughout the year:

- **Movie Matinees**  
19 movies, 151 participants.
- **Game afternoons**  
7 activities, 80 participants.
- **MCDC Book club**  
9 meetings, 52 participants.
- **Summer outings**  
2 outings, 54 participants.
- **Thanksgiving Lunch**  
1 lunch, 42 participants.
- **Shopping trip**  
1 trip, 11 participants.





## ENHANCING REGIONAL COMMUNITY CAPACITY

Over the past year, MCDC has proactively cultivated relationships with local stakeholders in regional development. Their efforts have been instrumental in ensuring that the English-speaking community is actively involved in various committees and decision-making processes. In December, MCDC collaborated with representatives of the Regional Development Network (RDN) in a meeting with the MRC des Appalaches and the Ministère des Affaires municipales et de l'Habitation. The focus of the meeting was to discuss the renewal of the the Occupation, Vitality of the Territory (OVT) in Chaudière-Appalaches region and to see how the needs and priorities of our community could be included. As a direct outcome from this meeting, MCDC has received multiple invitations to participate in different committees, each with the potential to impact the English-speaking community. In addition to increased representation, MCDC has actively expanded its networking efforts. By participating in relevant events, MCDC aims to enhance the visibility of our our community and foster meaningful connections with stakeholders.

## Employment Strategy

Our initiative consists of working with employment service providers so that they can adapt some of their services, offer information sessions and workshops to our youth, and participate in networking events.

# SATELLITE OFFICE IN LEVIS

The development of our Levis office has increased rapidly in the past year and the response from community members has been very meaningful and appreciated. This year we hosted our first ever Christmas Meet & Greet with more than 60 participants. It was an occasion for community members of all ages to come and celebrate the holiday season. Our presence at local tables and committees has increased and MCDC is making some progress with certain stakeholders. The team has been working incredibly hard with stakeholders to facilitate service delivery when New Liverpool Elementary School opens in September 2024.

## Regional Development Network

MCDC is one of the 9 founding members of the Regional Development Network(RDN) whose mission is to enhance the socio-economic development for English-speaking communities across the province of Quebec. Our Executive Director is active on the RDN board as treasurer and a member of the membership committee. MCDC took part in two retreats this year and took part in 4 trainings on a variety of topics.



# FUNDERS



Patrimoine  
canadien

Canadian  
Heritage



Public Health  
Agency of Canada

Agence de la santé  
publique du Canada

# PARTNERS & SUPPORTERS

- Regional Development Network (RDN)
- Voice of English-speaking Quebec (VEQ)
- Jeffery Hale Community Partners (JHCP) Neighbors
- 4Korners
- English Community of Lanaudière (ECOL)
- North Shore Community Association (NSCA) Committee for Anglophone Social Action (CASA)
- Council for Anglophone Magdalen Islands (CAMI)
- Vision Gaspé Percé Now
- Assistance and Referral Center (ARC)
- Centre for Access Services in English (CASE)
- Youth 4 Youth (Y4Y)
- Ville de Thetford
- Municipalité de Kinnear's Mills
- St. Patrick Elementary School
- Corporation de développement Communautaire de Lévis
- Corporation de développement Communautaire des Appalaches
- ASJ High School
- Community Learning Center (CLC)
- ASJ & St. Patrick Governing Board
- St. Vincent Elementary School
- Centre d'accès et d'accompagnement aux plaintes (CAAP-CA)
- Carrefour Jeunesse Emploi
- Place aux Jeunes Appalaches
- Tourisme Région Thetford
- Société de développement économique de la région de Thetford Maison de la Famille Rive Sud
- Masons
- I.O.O.F
- Orange Lodge
- Megantic Community Foundation
- Maison de la famille chutes-Chaudières
- MRC des Appalaches

# BOARD OF DIRECTOS

**Ann Marie Powell**  
President

**Aline Visser**  
Director

**Shirley Picknell (June 2023)**  
Director

**Stephen Renaud**  
Vice President

**Loch Baillie (June 2023)**  
Director

**James Allan**  
Director

**Joan McCammon**  
Secretary

**Alice Renaud**  
Director

**Ann-Marie Campbell**  
Treasurer

## CURRENT TEAM

**Brian Gignac**  
Executive Director

**Jennifer Nutbrown**  
Community Support Coordinator

**Michelle Donovan** Administrative  
Assistant

**Moumy Diop** (Hired March 2023)  
Community Engagement & Outreach Manager

**Maureen Small**  
Program Manager

**Kaylea Curotte** (Hired September 2023)  
Youth Mental Health Coordinator

**Estelle Leboeuf**  
Youth Coordinator

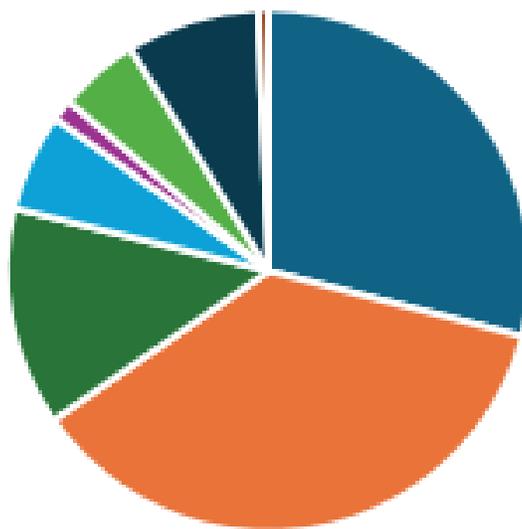
**Olena Peleshok** (Hired February 2024)  
Community Development Coordinator

**Laurie Lowry**  
Health Coordinator

**Melissa Duval Demuy** (Hired February 2024)  
Children & Family Coordinator

# FUNDERS:

## Funders



- SRQEA
- McGill
- CISSS-CA
- CHSSN
- Appui
- Others
- Canadian Heritage
- Foundation



**906 Mooney St, Thetford Mines (Qc)  
G6G 6H2  
Tel: 418 332-3851  
Community@mcadc.info  
www.mcdc.info**



**1190B, Rue De Courchevel, Local 448  
Lévis (Qc) G6W 0M6  
Tel: 581 500-3754  
Projectlevis@mcadc.info  
www.mcdc.info**