

2024-2025

Impact report



mc
dc

**MAKING
CONNECTIONS**
DEVELOPING COMMUNITY

Lévis • Thetford Mines

Funders

With Gratitude to our Funders

Our work would not be possible without the generous support of our funders and partners. Their investment in our mission empowers us to deliver accessible, bilingual services to the English-speaking community across Chaudière-Appalaches and l'Érable.

We are proud to acknowledge the financial contributions of the following organizations in 2024–2025:



Santé
Canada

Health
Canada



Secrétariat aux relations
avec les Québécois
d'expression anglaise

Québec



Canadian
Heritage

Patrimoine
canadien

Secrétariat
à la jeunesse

Québec



Centre intégré
de santé et de services
sociaux de Chaudière-
Appalaches

Québec

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Message from the President

Dear community members, partners, and friends,

It is with deep appreciation and pride that I share this message on behalf of our Board of Directors.

Each year, as we review our progress, we are reminded of the strength, resilience, and vitality of the English-speaking community across Chaudière-Appalaches and L'Érable. This year was no exception. We have not only sustained essential services — we've grown in ways that reflect the needs, ideas, and voices of the people we serve.

Our Board remains committed to listening, guiding, and supporting the vision of a more connected and inclusive region. Whether through strategic planning, policy development, or active participation in community dialogues, we work to ensure that our organization remains responsive and forward-looking.

I want to extend my sincere thanks to our Executive Director, the dedicated staff, and our network of volunteers and collaborators. Your passion and perseverance continues to inspire us.

To our funders and partners — thank you for your belief in our mission. Your support allows us to pursue ambitious goals and reach the most vulnerable members of our community.

And finally, to our fellow community members: your stories, your presence, and your engagement are the reason we do what we do. As we look to the future, we will continue to advocate for equitable access, celebrate cultural heritage, and support the well-being of English-speaking residents across our region.

Thank you for trusting us with this responsibility. Together, we are building something lasting.

Sincerely,

A handwritten signature in blue ink that reads "Ann Marie Powell".

Ann Marie Powell

President

Executive Director's Message



Dear friends, partners, and community members,

As I reflect on this past year, I am filled with pride and gratitude for the collective efforts that continue to strengthen our English-speaking communities in Chaudière-Appalaches and L'Érable. It has been a year of meaningful connection, growth, and resilience — one where collaboration and care guided every step we took.

Together, we reached more people than ever before. We launched new initiatives for seniors, expanded bilingual services in rural areas, and deepened our partnerships with local municipalities, schools, and health institutions. Most importantly, we continued to create spaces — physical and virtual — where English-speaking residents feel seen, supported, and valued.

This work is not possible without a dedicated team of staff, Board members, volunteers, and community allies. To each of you: thank you for your commitment and your compassion. I also want to express sincere appreciation to our funders and partners, whose support fuels our programs and helps us meet real needs on the ground.

While the challenges of isolation, access, and language barriers remain real for many in our region, we are also witnessing the power of a connected, responsive community. One that celebrates its heritage, nurtures its youth, and cares deeply for its elders.

As we look ahead, we do so with renewed energy and a clear vision: to build on what we've started, to listen with intention, and to ensure every English-speaking resident feels a strong sense of belonging — right here, in the place they call home.

With warm regards and sincere thanks,

A handwritten signature in blue ink, reading "Brian Gignac". The signature is fluid and cursive, with a long horizontal stroke extending to the right.

Brian Gignac
Executive Director

Our Mission & Values

Mission

MCDC serves and promotes the interests and well-being of the English-speaking community of the administrative region of Chaudière-Appalaches and the sub-region of the MRC de l'Érable by facilitating access to services in English and fostering partnerships with the community at large.

Core values

Identity: Strengthening and promoting the unique characteristics of our English-speaking population by supporting our members' needs, mobilizing and empowering them to bring change to our community.

Social inclusion: Recognize that the English-speaking community can contribute positively to the development of the broader community.

Equity: A proactive role in representation, awareness, and advocacy to support stakeholders to develop policies and programs that ensure the community's equitable access to resources and opportunities.

Board of directors

Ann Marie Powell

President, St-Agathe de Lotbinière

Shirley Picknell

Vice-President, Lévis

Joan McCammon

Secretary, Thetford Mines

Ann Marie Campbell

Treasurer, St-Agathe de Lotbinière

Aline Visser

Director, Thetford Mines

Alice Renaud

Director, Thetford Mines

Emily Hsiung

Director, Lévis

Cora-Lyne Ethier

Director, Lévis

Loch Baillie

Director, Lévis

James Allan

Director, Kinnear's Mills

Meetings held in 2024-2025: 5

Staff

Brian Gignac

Executive Director

Michelle Donovan

Resource Manager & Administration

Maureen Small

Operations & Communications Manager

Laurie Lowry

Health & Social Services Coordinator

Estelle Leboeuf

Youth & Family Services Coordinator

Jennifer Nutbrown

Senior Wellness Coordinator

Kaylea Curotte

Mental Health & Families Coordinator

Moumy Diop

Families & Community Coordinator

Melissa Duval-Demuy

Community Outreach & Liaison Coordinator

Marcus Sager

Senior Wellness Coordinator

Léa Marcotte Richardson

Executive Assistant & Special Projects Coordinator

Olena Peleshok

Community Development Coordinator

(Last day was January 15th 2025)

Molka Balhoul

Communications Coordinator

MCDC provides support across the entirety of the Chaudière-Appalaches region, offering services within **three Municipal Regional Counties (MRCs)**.

As well as the MRC de l'Érable within the Mauricie Centre-du-Québec region.



Geographic Representation of the English-speaking population of Chaudière-Appalaches

- MRC des Appalaches **14%**
- MRC de Lotbinière **6.82%**
- MRC de l'Érable **0.4%**
- Lévis **45%**
- Beauce **24.4%**

MCDC in a nutshell

5 055

English-speaking community members were served in all of Chaudière-Appalaches.

155 hrs

of individual support given to caregivers and care receivers by visits and activities.

5 233

Total participants in our activities, both in Thetford Mines and in Lévis.

446 hrs

Total volunteer hours donated to MCDC by 45 active volunteers across all programs.

312

Activities took place during the fiscal year both in Thetford Mines and in Lévis.

The team sat on 15 committees, tables or democratic instances and engaged with 50 organizations.

Impact Snapshot

- **5,000+** individuals reached across all programs
- **300+** events and activities organized
- **92%** participant satisfaction rate
- **8** community partners engaged

Increase in social media

- Thetford newsletter: **3000 people reached**
- Lévis newsletter: **3020 people reached**
- Facebook pages: **2000 followers on Facebook**
- Outreach from MCDC activities: **2877 total participants**
- Communications outreach: **8020 individuals reached**

Networking & Partnership Initiatives

Our program is dedicated to supporting the English-speaking community in enhancing and sustaining access to Health and Social Services.

Representation

Our team participated in 15 different tables/committees during the year.

- A community volunteer took part in **26** meetings on behalf of MCDC.

MCDC Steering committee on Health and Social Services

- **1** meeting in the year.
- **5** community volunteers took part in the meeting.

Supporting School Community

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

Partnerships

Some of the organizations the 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
- Seniors Action Quebec
- APPUI
- CAAP-CA
- Éducaloi
- Le conseil des Aînés

Activities

- Arts and crafts: **23** seniors took part in the workshop on creating wreaths.
- Learning activities: **6** activities, **111** participants.



Translations

- **19** translations were done for the CISSS-CA in 2024-2025.

Women's menopause center project survey

On March 6th, 2025, MCDC launched a survey on 'Women's health and wellness' to get a better understanding of Québec women's experiences with not only their own menopause journey, but also with the existing resources they may have access to. As of March 31st, we had received **108** responses.





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.

Seniors

MCDC offered various community animation and services in English to reduce isolation amongst our seniors.

Movie matinees: We presented a total of **22** movies during this fiscal year, and we had a total of **158** participants.

Arts & Craft sessions: **23** seniors took part in the workshop on creating wreaths.

Social afternoons for seniors: **32** sessions: **12** participants/session. Total of **384**.

We had a total of **1,098** participants at the senior wellness activities over the past year.



Caregivers

This year we highlighted the theme of Aging in Place by providing information sessions on what resources are available in the community to help people remain healthy and secure in the place of their choosing.

We continue to provide visits, phone calls, direct support to care recipients, and respite.

- Respite hours provided to caregivers – **217** hours
- Direct support to caregivers and care receivers – **155** hours
- Workshops and training related to caregiving – **18** hours
- Visits to community members by volunteers – **679**
- Calls by volunteers to our community members – **424**
- Hours of time donated by volunteers to community members through calls and visits – **446** hours



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 their development in early childhood.

Parents and Tots

Our Parents and 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.



22
sessions



12
participants

Bright beginnings: Thetford Mines

A total of **24** parents and k-4 teachers assisted the virtual presentation on the 'cognitive development of 4-year-old children.'

The one-hour conference on positive educational interventions, emotions, and development in children aged 4 years and up. **13** Parents, K4 teacher & youth coordinator participated in this workshop.

Super Dad events – **22** participants.

Bright beginnings: Lévis

Reading activities: Five were offered to Cycle 1 students.

Super Dad events- **3** activities where dads could bond with their kids.

We also developed a newsletter focused on men's/dads' mental health.

.....

We participated in two back-to-school welcome activities—one in Thetford and one in Lévis. We met with **40** families in Lévis and **60** in Thetford

A total of **140** school transition kits (100 in Lévis and 40 in Thetford) were delivered to K4 and K5 students to support parents and children during the transition from home or daycare to the school system.

One survey was created and sent to parents in Lévis to gather feedback on the kits; while in Thetford, parents were met in person to collect their input. The feedback from parents was very positive.



HEY

With these programs, we ensure that children and families, regardless of their backgrounds and social status, feel welcomed and included. We promoted socialization and well-being for both children and their parents and worked to break isolation.

Blooming bunnies: Early introduction to reading program aimed at English-speaking children aged 2-6 years old. Focusing on enhancing literacy skills, fostering early language development, and improving fine motor skills.

We developed two new programs, **Outdoor Explorers** and the **Cooking workshops**. These programs are designed not only to bring fun and excitement to the kids but also to provide valuable knowledge and resources.

52 individuals participated in our HEY project activities, of these 28 of them were children between the ages of 0-6 years old.

Éducaloi Community Mobilization Project

We offered legal information workshops for elementary and high school students:

- Mission Technology (cyberbullying, internet): **23** secondary II students.
- Laws: Alcohol & Drugs before graduation: **14** secondary V students.
- Workers' Rights: **20** secondary IV students.
- Social media: **21** grade 5 students.

Youth Mental Health

Our Youth Mental Health Program supports young people with resources, skills, and a caring community to help them navigate life's challenges and build a resilient, healthy future.

- **104** students took part in a survey.
- Translated 3 resources for the CISSS-CA.
- 79 new materials disseminated.



49

participants

Activities:

- Mental Health Awareness Week: Kahoot, basketball, yoga in the park, young ladies club.
- 91% of youth satisfaction rate.
- **49** youth participants.

Highlights:

- Youth mental health fair helped us create new partnerships with other organizations in Chaudière-Appalaches.
- Organizations that participated in the mental health fair were appreciative of the opportunity to interact with the English-speaking youth and vice-versa.





Community life

Social gatherings like the Meet & Greet are vital to fostering connections within our English-speaking communities, and our community library has received phenomenal responses. The library provides a vital resource in fostering a love for reading and enhancing literacy skills among our students.

Thetford Mines office

- Hosted **14 community gatherings** including cultural events, seasonal celebrations, and workshops.
- Our Thetford office organized a Christmas Meet & Greet where all members of the community are invited to attend. This activity reached a total of **72** participants.
- Facilitated weekly social groups for seniors.
- Partnered with local organizations to promote English–French exchange activities.
- MCDC has also developed a kid's section to our library and have partnered with elementary school teachers to come over with their students. We had a total of **67** class visits (elementary) who used our library, with a total of **198** students.
- Indigenous drop-ins provide a safe space for Indigenous peoples to gather and socialize with other indigenous people in the area. We had **5** drop-ins, with a total of **17** participants.



"These events make me feel part of something bigger—I've made real friends here."

– Community Life participant

Lévis office

- Hosted **26 community gatherings** including cultural events, seasonal Wcelebrations, workshops, game nights and book clubs.
 - **3** game nights: **26** participants.
 - **10** book club meetings: **63** participants.
- Our Levis office also hosted a Christmas Meet & Greet with **79** participants.
- Facilitated weekly social groups for seniors.
- Partnered with local organizations to promote English–French exchange activities.



Newcomer services:

This year we have supported 4 English-speakers to the Thetford Mines and Lévis communities. We have provided information on services available, have referred them to different services and are making sure to keep in contact with them.

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.

Women's menopause health center

In partnership with MCDC, Jo Visser is launching a project to create a women's center that supports women through perimenopause, menopause, and beyond. Rooted in lived experience and needs of the community, the center will provide trusted information, compassionate support, and eventually, access to holistic healthcare. By empowering women during this critical life stage, the project aims to improve health, wellbeing, and quality of life—while creating a lasting, positive impact on families and communities.

Survey statistics: As of March 31st, we received **108** responses.

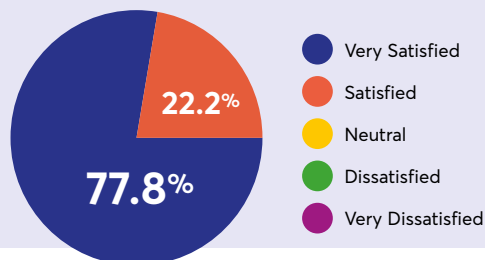
Workshop: On March 27th, Jo Visser, Menopause Support Coach & Human Design Practitioner, led the first virtual workshop, called Demystifying Menopause, attended by **15** women.

As the title of the activity suggests, this workshop focused on demystifying menopause and addressing common misconceptions. We began by exploring 'Demystifying Terminology: Stages & Definitions of the Menopause Transition', followed by an in-depth look at the role of hormones. We also discussed some of the 'symptoms' the women may be going through and emphasized the importance of advocating on our own behalf. While the workshop provided valuable in-depth, research-based information, its primary goal was to foster an open and supportive environment, free of taboos, where everyone felt comfortable sharing their experiences and asking as many questions as they needed. Our aim was to create a truly safe space for all participants.

Here are some of the results of the satisfaction survey we conducted afterwards:

How satisfied were you with the workshop?

9 responses



Were the workshop materials (slides, resources, etc) helpful?

9 responses



Would you recommend this workshop to others?

9 responses



Dialogue McGill

Dialogue McGill is a program based at McGill University that works to improve access to health and social services in English for Quebec's English-speaking communities. It provides training, support, and resources for professionals and students in health and social services to enhance communication across language barriers.

Promotion of Careers in Health and Social Services to Secondary and Post-Secondary School Students



20

students

October 2, 2024: **20** students from secondary V participated in an information session to learn about the career as an optometrist and optician.



30

students

November 7, 2024: **30** students from secondary IV & V visited our local cegep to learn about studies in the following health & social services fields: nursing assistant, nursing, pre-hospital emergency care, technical support in pharmacy, pharmacist, dental hygiene, optics and eyewear, biomedical analysis, inhalation technician, radiology, physiotherapy and medical electrophysiology.



30

students

November 14, 2024: **30** students from secondary IV & V visited the eastern Quebec learning center and St-Lawrence college in Quebec City. Students visited the nursing department and the pharmacy department.



4

students

Bursary Program

Through McGill, bursaries are available to support students financially in studies related to health and social services. MCDC helped **4** students receive bursaries to continue their studies.





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