



The Youth and Parents Agape Association Inc.

2024-2025

Report of Activities

ACKNOWLEDGEMENTS

Agape projects, programs and initiatives are funded by various sources.

In 2024-2025, Agape received program, project, core and activity funding from the following entities:

- Canadian Heritage,
- Centre intégré de santé et de services sociaux de Laval (CISSS Laval),
- City of Laval,
- Community Health and Social Services Network (CHSSN),
- Employment and Social Development Canada (ESDC),
- Fondation Lucie et André Chagnon (FLAC),
- Health Canada,
- McGill University,
- Ministère de la santé et de services sociaux Québec (MSSS),
- Ministère de l'éducation Québec (MEQ),
- MNA Sona Lakhoyan Olivier - Soutien à l'action bénévole (SAB),
- Public Health Agency of Canada (PHAC),
- Regroupement lavallois pour la réussite éducative (RLPRÉ),
- Secrétariat à la jeunesse du Québec (SAJ),
- Secrétariat aux relations avec les Québécois d'expression anglaise (SRQEA).

Agape also receives much-needed financial support from private donors, fundraising activities, and auto-financing initiatives.

With financial support from:

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

Québec 

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FOREWORD FROM THE DIRECTORS

April 2024 - March 2025

This has been another productive year for Agape, with 2024-2025 marking a sustained number of English speakers served by our organization. Over the past 12 months, we have provided services, resources, presentations, referrals, emergency food relief, and other essential support to over 5,000 individuals.

This report aims to offer a comprehensive overview of our efforts to enhance the vitality of underprivileged English-speaking and multicultural communities in Laval between April 2024 and March 2025. We take great pride in our achievements and firmly believe that our initiatives have significantly contributed to the overall well-being of many English speakers.

To improve health and social services and overall well-being, it is essential to have the engagement of various stakeholders committed to making positive changes. We hope this report will help our public health partners, community collaborators, educational institutions, private donors, funders, government officials, and the community at large to understand our activities and recognize the necessity for ongoing funding, support, and partnership.

We are profoundly grateful to our dedicated staff, board of directors, partners, donors, and funders. Without their invaluable contributions, none of this would have been possible.

We especially give thanks to God, for provision, and guidance.

We hope you find this document as rewarding to review as we did in carrying out these activities and witnessing our community flourish!

Sincerely,

The Agape Directors

ABOUT US

Our Mission:

Agape is a non-profit, charitable organization. Our mission is to enhance the vitality of the underprivileged English-speaking and multicultural people of Laval by offering a wide variety of services that promote and improve mental and physical well-being.

Our Vision:

Our vision is that all people of Laval have access to the indispensable things in life such as food, shelter, and clothing, and that all people have equal opportunities with regards to education and healthcare.

2024-2025 BOARD OF DIRECTORS/ADMINISTRATORS

Lamontagne, John William	Administrator
McLeod, Elizabeth (Betty)	Secretary Treasurer
McLeod, Roderick	Administrator
Pulice, Pia	Administrator
Young, Gregory	President

2024-2025 STAFF / TEAM

Carranza, Carla	Accounting Clerk
Dabdoub, Mary	Support Services
De Oliveira, Marlene	Support Services
Fournier, Cynthia	Support Services
Klein, Barbara	Administrative Assistant and Project Coordinator
McLeod, Kevin	Executive Director
Pace, Natalina	Project Coordinator
Sarantopoulos, Nik	Support Services
Thananayagam, Andrew	Project Coordinator
Williams, Ian	Assistant Director and Social Worker

STATISTICS

According to the 2021 Census, there were **104,525 English speakers living in the Laval** region where they represented **24.0% of Laval's total population**.

There was a 14% increase in the number of Laval English speakers between 2016 and 2021.

AGE STRUCTURE OF LAVAL POPULATION

Age Group	English speakers	French speakers
0-14 years	17,890	55,425
15-24 years	13,750	37,385
25-44 years	29,045	75,785
45-64 years	31,155	90,555
65 + years	12,690	62,170
Source: JPocock Research Consulting, 2021 Census, Statistics Canada. Total population excluding institutional residents - 100% sample		

Other Statistics and Research

Language Barriers:

Significant research has been conducted on the impact of language barriers on health, quality of healthcare and safety in recent years. In this approach, the study of linguistic differences between social actors in a health-related setting, such as language discordant encounters between patient and clinician who do not speak the same language, is prevalent. Studies include a focus upon the use of language production as a cue for social categorization and impression formation which impacts the evaluation and treatment of individuals seeking health and social services.

Income:

- In 2021, there were 20,460 English speakers aged 15+ with income under \$20k in the Laval region where they represent 23.7% of the English-speaking population aged 15 and over.
- Nearly 31% of Laval English-speaking seniors aged 65+ were living with a household income below \$20k per year.

Education:

- In 2021, there were 36,750 English speakers aged 15 and over with a high school diploma or less in the Laval region where they account for 42.5% of the regional English-speaking population aged 15 and over.
- 54.3% of Laval English-speaking seniors aged 55+ had low education attainment.

Unemployment:

- In 2021, there were 6,575 unemployed English speakers in the Laval region where they experienced an unemployment rate of 10.8%.

(Source: Demographic Profiles of Quebec's English-speaking Communities of Laval – Baseline Data Report Series 2022-2023 – produced by Dr. Joanne Pocock for the CHSSN)

PROJECTS, PROGRAMS & INITIATIVES

AGAPE FOOD AND CLOTHING BANK

Funder:

Financed through public and private donations (monetary and material)

Funding also provided under PSOC and PSOC MIFI – See pages 21 and 22

Summary:

Agape's mission centers on enhancing the well-being of underprivileged English-speaking and multicultural individuals in Laval through a range of services aimed at improving mental and physical health. Since its inception, Agape has provided essential resources like emergency food and clothing relief to those in need.

Key services include:

- Emergency Food and Clothing Relief: Individuals and families can access these services by opening a confidential file at Agape. Records are maintained to prevent misuse. Food is provided on a needed basis, and new files often receive clothing as well.
- Clothing Sales: Agape sells clothing at nominal prices to walk-in clients, helping to cover operational costs and support additional community needs.
- Donations: The organization relies heavily on donations from individuals, schools, churches, and companies. Despite this support, Agape also purchases over \$10,000 worth of food annually to meet demand.

Highlights from 2024-2025:

- Agape provided 736 free food and clothing orders, benefiting 700 individuals.
- 55% of recipients were adults (388 individuals), and 45% were children (312 individuals).
- Close to 500 individuals received emergency food relief during Christmas, and more than 140 children received new gifts/toys during the holiday season.
- Aid distribution was particularly significant around Easter, beyond the December peak.

2025-2026:

- Agape faces increasing demand for its services coupled with a decline in monetary and food donations. Fundraising initiatives will be critical to sustain and expand our outreach efforts in the coming year.

Agape continues its vital role in Laval by supporting vulnerable communities through essential services, relying on community support and proactive fundraising to meet growing needs effectively.



ADAPTATION PROJECT

Funder:

Funded by The Community Health and Social Services Network (CHSSN) through the CISSS Laval

Financed by Health Canada

Summary:

In collaboration with the Ministère de la santé et des services sociaux (MSSS), the CHSSN supports the Centres intégrés de santé et de services sociaux (CISSS) and the Centres intégrés universitaires de santé et de services (CIUSSS) to implement local and regional projects.

The Adaptation initiative has four main objectives:

- Developing knowledge of the regional English-speaking communities and their needs
- Developing measures to improve access to the regional health entity's service programs.
- Creating partnerships with local community health networks.
- Producing information documents and communications tools in English.

Highlights from 2024-2025:

- Collaboration with CISSS de Laval "Répondant": Planning initiatives to enhance English language services in collaboration with CISSS de Laval.
- Survey Development: Co-creation and design of a survey aimed at English-speaking users of CISSS de Laval's special needs and disabilities services (DI-TSA-DP). The survey was completed, and another is being developed for 2025-2026.
- Service Navigator Resource: Agape aided with referrals and crucial information regarding access to health and social services and community organizations within Laval for English-speaking residents. A total of 115 referrals were facilitated (64% increase from 2023-2024).
- Media Promotion: Active promotion through Agape's social media channels and institutions and community partners. Examples include guidance on utilizing services like, The Information and Referral service phone line (Service Navigator Resource), Primary Care Access Point (811 Option 3), Public Health advisories (e.g., Heat Waves), CAAP Laval (Complaints), Info Social (811 Option 2 for Psychosocial services), Aire Ouverte (Youth Clinic 12-25), support services for Caregivers and Trouve ta ressource (an online Youth Resource Guide).

2025-2026:

- Continue the momentum from 2024-2025, focusing on the initiatives outlined above.
- The project has been extended until March 2028, ensuring continuity and sustained efforts in improving access and services for Laval's English-speaking population.

BRIGHT BEGINNINGS PROGRAM (BB)

Funder:

Funded by The Community Health and Social Services Network (CHSSN)

Financed by Fondation Lucie et André Chagnon (FLAC)

Summary:

Agape serves as the primary organization advocating for the needs and interests of English-speaking children and youth in Laval. Our project objectives include active participation in decision-making forums, dissemination of information to government bodies and community organizations, and providing support and resources to families and caregivers. (Also see HEY Program on page 14)



Highlights from 2024-2025:

- Representation and Advocacy: Agape represented Laval's English-speaking children and youth across 10 committees and decision-making tables.
- Community Engagement: We organized monthly playdates for neuro-diverse children, with consistent attendance of 5 to 7 families per event. Additionally, monthly support group meetings for parents and caregivers averaged 8 to 10 attendees per session.
- Information Dissemination: Shared the document Socio-demographic highlights of Laval English-speaking population (2025) with governmental stakeholders and partners to inform decision-making.
- Partnerships and Networking: Established 3 new key partnerships (7 total) with organizations serving children and families, supporting the expansion of services in English.
- Online Presence: Managed a Facebook page, "Laval English-speaking parenthood," with over 800 followers and more than 80 posts in 2024. This platform provides resources, tips, and information for parents and caregivers, fostering community engagement.
- Special Initiatives: Representation on a new consultative committee of the CISSS Laval, ensuring the translation of online services destined for English-speaking families currently on the waiting list to receive services.

2025-2026:

- Agape will continue its comprehensive support and advocacy for English-speaking families in Laval. The project has been extended until March 2029, ensuring sustained efforts in community engagement, resource dissemination, and partnership development.
- This ongoing commitment underscores Agape's pivotal role in enhancing the well-being and access to resources for English-speaking children, youth, and families in Laval, fostering a supportive and inclusive community environment.



ÉDUCALOI PROGRAM

Funder:

Funded by Éducaloi

Financed by le Secrétariat aux relations avec les Québécois d'expression anglaise (SRQEA)

Summary:

Éducaloi's mission is to simplify legal concepts into everyday language and empower individuals with legal knowledge and skills. In collaboration with Agape, this project aims to educate English-speaking residents in Laval about their rights and address common legal concerns through workshops. Additionally, it seeks to strengthen Agape's ability to provide legal information and referrals to relevant resources.

Project Goals:

- Conduct legal information workshops to enhance the legal literacy of Laval residents.
- Support Agape in delivering effective legal information and referral services.
- Promote Éducaloi's resources at Agape's Senior Wellness Centre and Duvernay Resource Centre.

Highlights from 2024-2025:

- Held 4 live workshops at Agape Senior Wellness Centre covering the following topics: City of Laval Services, Selling your home/Downsizing with a Real Estate Agent, Wills & Mandates and a presentation by Revenue Canada.
- Distributed many Éducaloi publications and promoted resources through flyers and social media channels.

2025-2026:

- The project will continue its initiatives from 2024-2025 into the next year, focusing on education and resource promotion.
- Funding has been extended until September 2026, ensuring ongoing support for legal education and empowerment within the community.

This ongoing collaboration between Éducaloi and Agape underscores our commitment to enhancing legal awareness and accessibility for English-speaking residents in Laval, fostering informed decision-making and empowerment in legal matters.



ELEMENTARY SCHOOL DROPOUT PREVENTION THROUGH SOCIAL EMOTIONAL LEARNING

(Sep. 2023 to June 2024*)

Funder:

Funded by Le Regroupement lavallois pour la réussite éducative (RLPRÉ)

Financed by Le Ministère de l'éducation Québec (MEQ)

Summary:

This project focuses on early intervention and targets elementary school students who are losing interest in school activities and/or programs therefore leading to future risks of dropping out of high school.

The initiative offers two weekly after-school enrichment programs at JFK Elementary School. In partnership with JFK, we offer a place where students can engage with their peers, special education technicians, and gain confidence through social emotional learning (SEL) activities. These SEL activities offer a safe space for children to express themselves, build self-confidence, develop relationship building skills, and gain a sense of belonging.

Highlights from 2023-2024*:

- Weekly activity sessions (January to June 2024) were held for children in kindergarten to Grade 2, with 23 students participating in enriching, developmentally appropriate programming.
- Children in Grades 3 to 6 also met weekly (January to June 2024), with 27 students engaged in structured, enriching activities tailored to their age group.
- In total, 50 students participated in the program, with an average weekly attendance of 41 children.
- School staff reported feeling supported, and many teachers observed notable improvements in behavior among students who attended regularly.

2025-2026:

- The project will continue from 2023-2024.
- Funding and support are secured until June 2026, ensuring continuity and sustained impact on student retention and support.

This project exemplifies student dropout prevention through early intervention. It increases support and encouragement around students who are experiencing social difficulties resulting in increased motivation and self-esteem.



ENHANCING REGIONAL COMMUNITY CAPACITY (ERCC)

Funder:

Funded by le Secrétariat aux relations avec les Québécois d'expression anglaise (SRQEA)

Financed by le Secrétariat aux relations avec les Québécois d'expression anglaise (SRQEA)

Summary:

This program aims to contribute to the vitality of English-speaking communities, to increase their capacity to participate fully in Quebec society; to strengthen community capacity in various spheres of intervention; and to allow them to work in collaboration with the government of Quebec.

More specifically, it plans to support organizations, institutions and partnership networks that offer services to English-speaking communities by granting them financial assistance to support the overall mission or for concrete projects of local, regional or national scope.

The program aims to achieve the following 3 objectives:

- Support Agape's capacity for action by allowing us to sustain our resources dedicated to the implementation of our mission.
- Increase accessibility to public services for English-speaking Quebecers.
- Contribute to the retention of young English-speaking Quebecers through employability.



Highlights from 2024-2025:

- Our satellite office/resource centre in Duvernay continues to grow having received over 120 visits in 2024-2025.
- Representation of Laval's English-speaking community on 15 committees, 2 tables, and 3 boards of directors.
- Acquired 6 diverse software licenses to strengthen organizational capacity and improve operational efficiency.
- Facilitated the translation of 5 key resources into English including a multi-page Guide for Caregivers created by Association Lavalloise des Personnes Aidantes (Over 500 copies printed).
- Established over 20 partnerships with local and provincial organizations and schools in Laval, and built 6 collaborations with employment agencies, resulting in 5 referrals.
- Full renovation and furnishing of our old daycare space (3952 Notre-Dame), now being used on select days for neurodivergent children and their families.
- Disseminated key statistical reports, including the 60-page Report on the Consultation with the English-speaking Seniors of Laval (2024) and Socio-demographic Highlights of Laval's English-speaking Population (2025).

2025-2026:

- The project will continue its initiatives from 2024-2025, focusing on sustained community engagement, employment, capacity building, and partnership development.
- Funding has been extended until March 2027, ensuring ongoing support for Agape's efforts to empower and support English-speaking communities in Laval.



FUNDRAISER – THE LOIS AND JOHN HASHIMOTO MEMORIAL WALK

September 7, 2024

Summary:

The Lois and John Hashimoto Memorial Walk commemorates the legacy of two beloved Agape supporters whose commitment and compassion helped shape the organization's community outreach over the years. Lois and John Hashimoto played a key role in organizing Agape's walk-a-thons, using their leadership and advocacy to mobilize participants, volunteers, and donors alike. This annual walk not only celebrates their memory but also reinforces Agape's ongoing mission to serve vulnerable populations in Laval.

The 2024 walk invited community members to participate in a symbolic 6-kilometer round-trip route, beginning and ending at Agape's main office on Notre-Dame Boulevard, with the turnaround point at Highway 13. Participants collected pledges and donations to support their walk, directly contributing to Agape's emergency food relief program. The event concluded with a generously donated buffet lunch, fostering a spirit of unity and shared purpose.



Highlights from September 7, 2024:

- Over 50 walkers participated in the event, with additional support from community members who contributed through donations and sponsorships.
- Approximately \$7,051 was raised, playing a crucial role in sustaining Agape's emergency food distribution services for individuals and families in need.

2025–2026:

The next Lois and John Hashimoto Memorial Walk is scheduled for September 6, 2025. The event will continue to honor the Hashimoto's memory while strengthening community bonds and raising vital funds for Agape's food security initiatives.

FUNDRAISER – THE 2ND ANNUAL CHRISTMAS FUNDRAISING COMEDY NIGHT GALA

November 8, 2024

Summary:

The Christmas Fundraising Comedy Night was a festive and impactful event organized to support the ongoing operations of Agape's English-speaking Senior Wellness Centre (SWC)—a vital hub for promoting health, social inclusion, and well-being among Laval's English-speaking seniors. Held at the elegant Embassy Plaza, the evening brought together community members, supporters, and public officials in a shared commitment to uplifting the senior population.

The event featured a buffet-style dinner, followed by an evening of laughter and entertainment. Hosted by renowned comedian and MC Franco Taddeo, and headlined by award-winning comic David Pryde, the comedy night offered a lively and engaging atmosphere. A silent auction added to the fundraising efforts, featuring donated items and experiences from generous community partners and local businesses.

The combination of entertainment, community support, and charitable giving made the evening both memorable and meaningful, highlighting the importance of sustained funding for the SWC, which provides vital services often outside the scope of regular funding streams.

Highlights from November 8, 2024:

- Over 160 attendees, including notable political representatives from the provincial and municipal levels, showed their support for the cause.
- The event raised just over \$10,000, helping to offset the SWC's high operational costs—funds critical to maintaining accessible programming, staff support, and facility upkeep.
- There was an important contribution to this event from the City of Laval through the *Programme de soutien financier ponctuel, aux activités locales et aux projets spéciaux*.

2025–2026:

Building on the momentum of the past two years, the 3rd Annual Christmas Fundraising Gala is scheduled for November 21, 2025. With continued community enthusiasm and support, the event aims to surpass previous fundraising goals and further strengthen Agape's ability to serve English-speaking seniors through expanded programs and services.



FUNDRAISER – THE ANNUAL DENISE WILLIAMS MEMORIAL LOVE WALK

February 13, 2025

Summary:

The Denise Williams Memorial Love Walk, is a cherished tradition that embodies the heart and spirit of community service. Originally initiated in the early 1990s by Denise Williams, the mother of longtime board member Elizabeth McLeod, the event has grown into a symbol of compassion, perseverance, and solidarity with Laval's most vulnerable populations.

Held each February to coincide with Valentine's Day, the Love Walk unites participants of all ages in a symbolic gesture of caring—walking to raise awareness and funds for Agape's emergency food relief program.

The 2025 walk took place indoors at Centre Laval mall, providing a comfortable and accessible space for walkers to gather, reflect, and take action during the colder winter months.

The event concluded with a warm and welcoming breakfast generously donated by board member Roderick McLeod, offering walkers the opportunity to connect, share stories, and celebrate their collective impact. The walk is not only a fundraising event, but also a celebration of the enduring legacy of Denise Williams, whose love for community continues to inspire.



Highlights from February 13, 2025:

- More than 35 participants took part in the 2025 walk, showing strong community engagement and ongoing support for Agape's mission.
- The event benefited from generous sponsorships and donations, enabling a successful fundraising total of \$4,726.
- All proceeds directly supported Agape's emergency food relief program, which continues to see increased demand due to inflation, rising living costs, and changing demographics in Laval.

2025–2026:

The Annual Denise Williams Memorial Love Walk will return on February 13, 2026, continuing its legacy of compassion and community action. As Agape faces growing needs in the community, this event remains a vital component of its annual fundraising strategy, while also reinforcing the values of inclusion, generosity, and local leadership.

HEALTHY EARLY YEARS PROGRAM (HEY)

Funder:

Funded by The Community Health and Social Services Network (CHSSN)

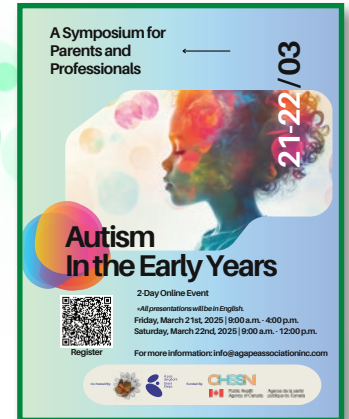
Financed by The Public Health Agency of Canada (PHAC)

Summary:

The HEY program provides promotion and prevention activities to help children get off to a better start in life, prepare them for school, and improve opportunities that allow them to grow into healthy adults who participate fully in society.

Activities in this Program include:

- Planning and outreach activities to help communities assess strengths and needs for the delivery of HEY and engage community members and potential partners.
- Community-based activities to increase knowledge of early childhood development and develop parenting skills.
- Capacity-building activities to enhance the skills of community workers to deliver and support effective early childhood development programs as well as build the capacity of the community to improve health outcomes for children 0-6 years.

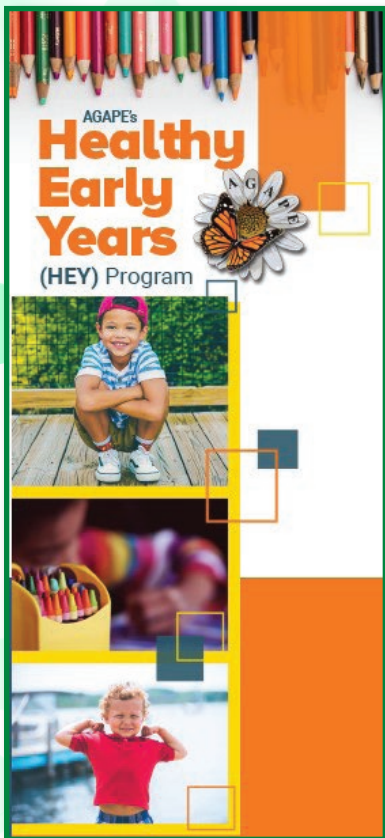


Highlights from 2024-2025:

- Workshops and Playdates: Delivered a series of targeted workshops for parents of neurodivergent children, alongside inclusive playdates (see BB, page 9) for their children and their siblings. Special events, including a holiday dinner, fostered connection and community. In total, over 20 children participated in playdates, while 12 families engaged in parent workshops. Individual coaching sessions were also provided to parents requiring additional support.
- Product Development: Designed and implemented five specialized activities/products tailored to the unique needs of neurodivergent children and their families, enhancing engagement and developmental outcomes.
- Community Partnerships: Formed and maintained 11 strategic partnerships to enhance program reach and impact.
- Lending Library: A free lending library featuring books and adapted toys to support home-based learning and play for neurodivergent children. The library serves as a valuable resource for families seeking accessible tools.
- Provincial Initiatives: Collaboration with Giant Steps to support the 2nd Provincial Symposium on Autism, which attracted over 200 participants province wide. Symposium recordings were made available to all registrants, extending the impact of the event beyond the day of participation.

2025-2026:

The HEY program will continue its initiatives from 2024-2025, maintaining a focus on local impact and community support. Funding is secured until March 2026, ensuring ongoing support and development for early childhood programs.



HIGH SCHOOL DROPOUT PREVENTION THROUGH STUDENT MENTORING PROJECT

(Sep. 2023 to June 2024*)

Funder:

Funded by Le Regroupement lavallois pour la réussite éducative (RLPRÉ)

Financed by Le Ministère de l'éducation Québec (MEQ)

Summary:

This project focuses on supporting high school students at risk of dropping out by offering an alternative to suspension through mentoring and support circles. It also includes support for parents who may need assistance.

The initiative provides weekly after-school and/or lunch period mentoring groups at Laval Senior Academy (LSA) and/or Laval Junior Academy (LJA). These groups are facilitated by a team of mentors. The aim is to create a supportive environment where students can share their experiences, receive encouragement, and understand that they are not alone in facing challenges. Virtual meeting "circles" complement these sessions, offering listening, respect, and strategies for support.



Highlights from 2023-2024*:

- From October 2023 to April 2024, 16 circles were held for boys from LJA, with 22 participants and 9 boys attending regularly.
- From October 2023 to June 2024, 20 circles were held for girls at LJA, with 29 participants and 19 girls attending regularly.
- Overall, 51 students participated in circles, with 28 attending regularly.
- 55% of students who initially participated continued attending regularly.
- Remarkably, 100% of students who attended circles regularly did not drop out of school.

2024-2025:

- The project will continue from 2024-2025, albeit with changes in partnering organizations.
- Funding and support are secured until June 2026, ensuring continuity and sustained impact on student retention and support.

This project exemplifies a proactive approach to preventing student dropout by providing crucial support and mentorship, fostering a sense of community, and ensuring academic success through consistent engagement and encouragement.



MCGILL – TRAINING AND RETENTION OF HEALTH PROFESSIONALS PROJECT

Funder:

Funded by McGill University

Financed by Health Canada

Summary:

Through a funding agreement facilitated by McGill University and Health Canada, Dialogue McGill is committed to advancing initiatives that enhance access to health and social services for English-speaking Quebecers.

The project collaborates closely with the Ministère de la Santé et des Services Sociaux (MSSS), Dialogue McGill's partners, and Quebec's English-speaking community to achieve its objectives. Specifically, the Retention Program under Dialogue McGill focuses on recruiting, employing, and retaining bilingual health and social services professionals in Quebec.

This includes providing financial support through student bursaries, internships, and capacity-building projects aimed at increasing the number of professionals proficient in English.

Project Activities by Agape:

Agape's involvement in the project includes various activities aimed at promoting careers in health and social services in among secondary and post-secondary students, maintaining a student data bank, administering a bursary program for bilingual students interested in working in Laval, and supporting internship development and employment opportunities for graduates in the Laval region.

Highlights from 2024-2025:

- Educational Initiatives:
 - Organized a full-day field trip in February 2025 to the Jewish Rehabilitation Hospital for 34 high school students interested in health and social services careers.
- Student Support and Development:
 - A student data bank to inform students about future bursary opportunities and bilingual job openings at the CISSS Laval is being maintained with 31 names now registered since its creation last year.
- Bursary Program:
 - Awarded one bursary in the amount of \$5000 to a Special Care Counselling student from Vanier College who will be graduating by end of 2025.
- Partnership Development:
 - Partnerships are maintained between a local Montreal college and the CISSS Laval to facilitate student placements and employment opportunities for roles requiring proficiency in English. Two placements were recorded during this last academy year.

2025-2026:

The project will continue its activities from 2024-2025, emphasizing ongoing efforts to recruit and support bilingual health and social services professionals in Quebec. The project's renewal until March 2028 underscores its commitment to sustaining and expanding these critical initiatives.



NETWORKING AND PARTNERSHIP INITIATIVE (NPI)

Funder:

Funded by The Community Health and Social Services Network (CHSSN)

Financed by Health Canada

Summary:

This program is for improving access to health & social services for the English-speaking population of Laval and uses a population health promotion approach. This approach encourages local and regional partners, as well as English-speaking communities, to strengthen relationships with health and social service providers and address key health determinants.

The NPI is designed around five core activities:

- Networking: Building a network table and creating opportunities to share information, identify issues, challenges, and solutions such as service improvements.
- Representation: Participating on advisory and decision-making tables and representing the needs and challenges of the English-speaking community.
- Knowledge development: Developing and disseminating evidence-based research such as statistics and priorities and sharing best practices.
- Partnerships: Creating projects in collaboration with health and social service partners, such as a demonstration or pilot project.
- Outreach: Reaching vulnerable and isolated English speakers and supporting them in accessing health and social services in English.

Highlights from 2024-2025:

- A conference at Embassy Plaza presented *The Sociodemographic Highlights of Laval's English-Speaking Population* (created by Agape) to French-speaking community and Health and Social Services partners. 122 participants attended, strengthening awareness and collaboration.
- The Agape-NPI actively participates in 16 Health and Social Services-related tables, boards, and committees, contributing to increased recognition of the needs and priorities of Laval's English-speaking population among the majority Francophone community.
- A major networking event brought together 35 partners to support English-speaking youth in Laval. This included 8 representatives from the CISSS de Laval and 11 Francophone community organizations. As a result, new collaborations and partnerships have emerged with 2 local high schools serving approximately 2,500 English-speaking students.
- Six professionals from Info-Social (811) received targeted information about Agape's mission and data on the English-speaking population, enhancing their ability to support equitable access to services for English speakers.
- A large-scale consultation with English-speaking seniors in Laval was conducted. Findings are detailed in the *2024 Report on the Consultation with the English-speaking Seniors of Laval*, which will inform health and social service planning at the CISSS de Laval.

2025-2026:

The project will continue to build on the momentum of 2024–2025 activities, with a renewed mandate extending through March 2028.



PROGRAMME SOUTIEN AUX ORGANISMES COMMUNAUTAIRES (PSOC)

Funder:

Funded by Centre intégré de santé et services sociaux de Laval (CISSS Laval)

Financed by Ministère de la santé et des services sociaux (MSSS)

Summary:

Agape's primary mission is to support socio-economically disadvantaged, English-speaking, and multicultural individuals in Laval. We receive funding to replenish non-perishable food stocks and cover operational expenses like salaries, utilities, and building maintenance.

Much of Agape's resources, including food, clothing, and household items, are sourced from generous donations from local individuals, churches, schools, and businesses. Anonymous local bakeries also contribute by providing free baked goods several times a week. Agape assesses the needs of individuals and families through documentation screening, providing them with necessary items and referrals to other community services.

Highlights from 2024-2025:

- Charitable Distribution: Provided free food and clothing to individuals and families in need, supporting basic needs and promoting dignity.
- Community Support: Maintained consistent donations of food, clothing, and household items, ensuring reliable and sustained assistance to vulnerable community members.
- Christmas Initiatives: Coordinated the annual holiday campaign, distributing food baskets, grocery gift cards, lunch for isolated seniors, and toys to registered families during the 2024 holiday season.
- Rising Demand for Services: Experienced a marked increase in service demand, opening 51 new client files in the last fiscal year. This included:
 - 23 Refugee Claimants
 - 3 individuals with temporary permits
 - 10 Permanent Residents
 - 13 Canadian Citizens
 - 2 Ukrainian temporary settlers
- Holiday Impact: Distributed nearly 500 food and toy boxes during the Christmas season, offering meaningful support and relief to families facing financial hardship.

2025-2026:

Agape anticipates continued demand growth due to economic challenges, inflation, and global events like conflicts and disasters. Funding for 2025-2026 has been secured.



PROGRAMME SOUTIEN AUX ORGANISMES COMMUNAUTAIRES PORTANT SUR L'ENTENTE MIFI-MSSS

Funder:

Funded by Centre intégré de santé et services sociaux de Laval (CISSS Laval)

Financed by Ministère de la santé et des services sociaux (MSSS)

Summary:

This project is specifically funded to provide extra support for immigrants, refugees, and asylum seekers. Agape remains committed to its mission of assisting socio-economically disadvantaged, English-speaking, and multicultural individuals in Laval, with a particular focus on this clientele.

Funding is allocated towards human resources to facilitate services such as emergency food relief, food delivery, and clothing referrals.

Our organization relies heavily on community support, receiving donations of food and clothing from individuals, churches, schools, and businesses. Referrals to Agape come from various sources including the Centre intégré de santé et services sociaux de Laval, churches, schools, community organizations and the 2-1-1 referral line.

Highlights from 2024-2025:

- Charitable Distribution: Food and clothing are distributed free of charge.
- Refugee Support: Although the largest proportion of newcomers were from Turkey (16%) again this past year, there was a more equal representation of many different countries compared to our previous report for 2023-2024 (34%). Algeria (12%), Syria (10%), Egypt (8%), and Tunisia (6%) being the five countries.
- Service Provision: All families received both food and clothing support.
- Continued Demand: The organization experiences ongoing demand for its services, reflecting the diverse needs of the community.
- Growing families: Approximately 85% of the 700 free food and clothing orders benefitted this clientele in 2024-2025.

2025-2026:

Funding for this initiative has ended on March 31, 2025. Despite this, we predict that unfortunately, we will see a greater demand from newcomers using Agape's food and clothing services.



SENIOR WELLNESS CENTRE (SWC)

Funder:

Funded by The Community Health and Social Services Network (CHSSN)

Financed by the Secrétariat aux relations avec les Québécois d'expression anglaise (SRQEA).

Summary:

The Senior Wellness Centre (SWC) operated by Agape focuses on enhancing the health and well-being of English-speaking seniors in Quebec through community-driven programs. The centre aims to increase access to health and social services information and reduce social isolation among seniors through a variety of purposeful activities.

At the Senior Wellness Centres, located in both Chomedey and Duvernay, seniors participate in adapted exercise classes, bingo, health and wellness presentations, flu, Covid-19 and shingles vaccine clinics, public health care navigation, food delivery services, and socialization opportunities. The centres also provide avenues for volunteering, further fostering community engagement.

Highlights from 2024-2025:

- Dual Locations: The Senior Wellness Centre (SWC) operated from two locations—Chomedey and Duvernay—offering a wide range of programs tailored to the needs of older adults.
- Participant Engagement: A total of 420 seniors at the Chomedey locations and 60 at the Duvernay location.
- Volunteer Contribution: 18 dedicated volunteers regularly supported operations and programming, enhancing service delivery and community involvement.
- Health Initiatives: Delivered essential preventative care, including:
 - 141 flu vaccines
 - 119 COVID-19 vaccines
 - 47 shingles vaccines
- Program Diversity: Delivered over 34 class cohorts across 7 types of exercise programs, along with more than 10 health and wellness presentations.
- Daily Participation: The centres welcomed an average of 55 to 65 seniors daily, fostering social connection, healthy habits, and consistent community engagement.

2025-2026:

Agape plans to continue and expand the SWC initiatives into 2025-2026 with renewed funding until March 2027. The focus remains on sustaining these vital services to support the health, social engagement, and overall well-being of English-speaking seniors in the community.



SERVICES FOR HEALTHY AGING IN THE RIGHT PLACE (SHARP)

Funder:

Funded by The Community Health and Social Services Network (CHSSN)

Financed by Health Canada

Summary:

Agape collaborates with local networks and the CHSSN (Community Health and Social Services Network) to support English-speaking older adults in Quebec through educational webinars. These webinars are broadcasted by the CHSSN and streamed at local senior wellness centres like Agape, allowing seniors to participate either in person or remotely from home. The program aims to empower seniors to age in place by providing valuable information on various topics relevant to aging and well-being.

The webinars cover essential themes such as legacy planning, aging in place strategies, healthcare access, caregiving, dementia support, fall prevention, and combating social isolation among seniors.

Highlights from 2024-2025:

- Participation in Webinars: Agape engaged in 8 webinars from April 2024 to March 2025.
- Educational Themes: Topics included accessing health and social services, digital libraries, ageing in place and post-caregiver grief support services.
- Audience Engagement: Webinars were attended by an average of 9 seniors per session, with attendance sometimes reaching up to 15 participants. Seniors were also given the opportunity to watch the presentations at our centre.

2025-2026:

The program continues its commitment to supporting English-speaking older adults through educational webinars. Renewed funding until March 2028 under the Networking Partnership Initiative – Outreach activities will ensure ongoing access to valuable information and resources for seniors across the community, both in-person at centres and remotely from their homes.

TRANSITION HOUSE (T-HOUSE)

Summary:

Agape continues to provide critical support to vulnerable individuals and families through its transitional housing program, which offers low-cost, fully furnished apartments for those facing housing insecurity. The transition house, located in Laval, is designed to serve low-income families, refugees, newcomers, victims of abuse, individuals with psychosocial challenges, and families at risk of or experiencing homelessness. The facility includes four self-contained apartments, available for short- to medium-term stays at affordable monthly rates.

The overarching goal of the program is to offer residents the stability and security they need while navigating life transitions, recovering from crisis, or waiting for long-term housing placements. In addition to a safe and dignified living space, residents benefit from a supportive environment where they can access Agape's broader range of social services, helping them move forward with greater confidence and independence.

Highlights from 2024-2025:

- Occupancy and Support: All four apartments have remained fully occupied throughout 2024–2025, demonstrating the sustained demand for transitional housing in Laval. Residents include individuals from diverse backgrounds who were previously facing precarious housing or unstable living conditions.
- Wraparound Services: Tenants are connected to Agape's in-house support services, including access to emergency food, clothing, hygiene products, and referrals to additional community resources. This integrated approach helps address multiple dimensions of vulnerability beyond just shelter.
- Maintenance and Safety: Regular maintenance and repairs are carried out to ensure the units remain safe, clean, and functional. Agape places a strong emphasis on providing a welcoming and dignified space for residents, many of whom are rebuilding their lives.
- Stabilization and Transition: The program serves as a launchpad for long-term housing stability. Several past residents have successfully transitioned into permanent housing elsewhere in Laval, with support from local partners and agencies.

2025-2026:

Agape anticipates continued full occupancy of all four apartments, which reflects the ongoing housing crisis and rising cost of living in the region. Agape remains committed to providing this critical service and is actively exploring opportunities to expand its transitional housing capacity through potential partnerships and funding avenues.

Agape will also focus on enhancing tenant support services, strengthening pathways to permanent housing, and collecting outcome data to better demonstrate the program's long-term impact on housing stability and social reintegration.

WORKSHOPS AND ACTIVITIES FOR LAVAL'S ENGLISH-SPEAKING SENIORS – PROGRAM FUNDING

Funder:

Funded by Canadian Heritage

Financed by The Government of Canada

Summary:

Agape's senior citizen program focuses on providing workshops and group activities tailored to the interests and needs of seniors in the community. These activities are designed to foster social engagement, learning, and enjoyment among older adults.

Key aspects of the program include:

- Weekly group activities and workshops offered throughout the year.
- Workshops typically run for 8 weeks, with up to 4 sessions per year.
- New workshops and group activities are introduced based on suggestions from seniors.
- Workshops funded by Canadian Heritage require a small fee from seniors, with non-volunteer teachers compensated through honorariums.
- A poll or survey was conducted to gauge seniors' interest in various activities.

Highlights from 2024-2025:

- 9 workshops with 17 different cohorts were offered throughout the year.
- Workshop topics included decorative painting (3 cohorts), iPad and iPhone workshops (1 cohort), stay sharp games and trivia (4 cohorts), have you got a clue (1 cohort), drawing workshop (1 cohort), acrylic painting (1 cohort), armchair travel & tasting (2 cohorts), and mahjong courses (3 cohorts).
- A total of 187 enrollments across all workshops.
- 13 ongoing weekly activities such as bridge, knitting clubs, movie club, scrabble, mahjong, billiards, as well as monthly activities like blackjack, read the book/see the movie, and mini putt were offered.
- A total of 234 enrollments in these weekly activities.
- Quarterly catalogues were printed to inform seniors about upcoming activities. We also sent out weekly emails and printed monthly calendars as reminders.
- Over 420 enrollments were received across all activities.
- There was a high satisfaction rate of over 90% among seniors attending workshops and activities.

2025-2026:

The program will continue into 2025-2026 with ongoing workshops and activities, introducing new offerings to meet seniors' interests. The program has been renewed until March 2028 ensuring continuity and expansion of services for senior citizens in the community.



YOUTH MENTAL HEALTH INITIATIVE (YMHI)

Funder:

Funded by The Community Health and Social Services Network (CHSSN)

Financed by la Fondation Lucie et André Chagnon (FLAC) and Le Secrétariat à la jeunesse (SAJ).



Summary:

Agape's initiative focuses on developing and implementing community-based mental health strategies for young English-speaking Quebecers aged 15-29 in Laval. The program aims to support positive youth development, enhance protective factors, and ensure equity, equality, and accessibility in mental health services.

Key aspects of the program include:

- Raising Awareness: Agape collaborates with health and community partners to highlight gaps in mental health services for young English-speaking residents of Laval. We use evidence-based data from CHSSN and share information via Agape's social media platforms.
- Providing Resources: Agape sets up kiosks at adult education centers and high schools to provide mental health resources. We promote a bilingual online resource website for youth and distribute promotional items like post-its, pens, magnets, and banners. Our community partner, Travailleur de rue de l'île Laval (TRÎL), supports English-speaking youth by visiting schools, offering guidance, and referring them to appropriate resources.
- Engaging Youth: Agape involves young English-speaking residents by conducting focus groups to better understand their mental health needs. We also establish and participate in committees aimed at raising awareness of mental health resources among youth and their partners.

Highlights from 2024-2025:

- Raised awareness of mental health service gaps among young English-speaking Laval residents through data dissemination and social media.
- Provided mental health resources through kiosks, a bilingual web resource, and promotional items.
- Reached over 5000 youth to date.
- Engaged youth through committees.
- Lead the Community Partners Promoting Mental Health Resources committee, a committee that aims to improve access to mental health services and support.

2025-2026:

The program will continue its efforts from 2024-2025 with a renewed focus until March 2028. Agape remains committed to enhancing mental health support for young English-speaking Quebecers by maintaining partnerships, expanding outreach activities, and empowering youth to access and utilize mental health resources effectively.



ACRONYMS

BB	Bright Beginnings
CHSSN	Community Health and Social Services Network
CISSS	Centre intégré de santé et de services sociaux
CIUSSS	Centre intégré universitaires de santé et de services sociaux
ERCC	Enhancing Regional Community Capacity
ESDC	Employment and Social Development Canada
FLAC	Fondation Lucie et André Chagnon
HEY	Healthy Early Years
JFK	John F Kennedy Elementary school
LJA	Laval Junior Academy
LSA	Laval Senior Academy
MNA	Member of National Assembly
MP	Member of Parliament
NPI	Networking and Partnership Initiative
MEQ	Ministère de l'éducation Québec
MIFI	Ministère de l'Immigration, de la francisation et de l'intégration
MSSS	Ministère de la santé et des services sociaux
OLMC	Official Language Minority Community
PHAC	Public Health Agency of Canada
PSOC	Programme soutien aux organismes communautaires
RLPRÉ	Regroupement Lavallois pour la réussite éducative
SAB	Soutien à l'action bénévole
SAJ	Secrétariat à la jeunesse
SEL	Social Emotional Learning
SHARP	Services for Healthy Aging in the Right Place
SRQEA	Secrétariat aux relations avec les Québécois d'expression anglaise
SWC	Senior Wellness Centre
T-House	Transition House
YMHI	Youth Mental Health Initiative



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