



The Youth and Parents Agape Association Inc.

2025-2026

Report of Activities

ACKNOWLEDGEMENTS

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

In 2025-2026, Agape received program, project, core and activity funding from:

- Canadian Heritage,
- Centre intégré de santé et de services sociaux de Laval (CISSS Laval),
- Community Health and Social Services Network (CHSSN),
- Employment and Social Development Canada (ESDC),
- Fondation Lucie et André Chagnon (FLAC),
- Gouvernement du Québec,
- Health Canada,
- McGill University,
- Ministère de la santé et de services sociaux du Québec (MSSS),
- Ministère de l'éducation du Québec (MEQ),
- 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),
- Ville de Laval

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

Québec 

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FOREWORD FROM THE DIRECTORS

April 2025 - March 2026

This has been another productive year for Agape, with 2025-2026 marking an important 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 2025 and March 2026. 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 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 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.

2025-2026 BOARD OF DIRECTORS/ADMINISTRATORS

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

2025-2026 FULL-TIME STAFF / TEAM

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

STATISTICS (ABOUT OUR CLIENTS)

According to the 2021 Census, there were **104,530 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% (17,890)	17% (55,425)
15-24 years	13% (13,750)	12% (37,385)
25-44 years	28% (29,045)	23.6% (75,785)
45-64 years	30% (31,155)	28.2% (90,555)
65 + years	12% (12,690)	19% (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 25% of Laval English-speaking seniors aged 55+ 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 2022-202 – 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 19 and 20

Details:

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 2025–2026:

- Agape provided 693 free food and clothing orders, benefiting 842 people.
- 64% of recipients were adults (537 individuals), and 36% were children (305 individuals).
- Close to 500 individuals received emergency food relief during Christmas, and 112 children received new gifts/toys during the holiday season.
- Distribution was particularly significant around Easter, beyond the December peak.
- \$2,500 was given to Agape by the Comité de développement locale de Chomedey (CDLC) via the "Fonds de Laval" funding envelope. This donation allowed the purchase of toilet paper that was provided to over 450 families throughout the year.

2026–2027:

Agape continues to face growing demand for its services while experiencing a decline in both monetary and food donations. Ongoing economic uncertainty and rising living costs are increasing the need for support within the community, while potentially reducing funding opportunities and charitable giving.

As a result, fundraising initiatives will be essential to sustain and expand Agape's services. Through continued community support, strong partnerships, and proactive fundraising efforts, Agape remains committed to assisting vulnerable individuals and families across Laval.



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 2025–2026:

- Service Navigator Resource: Agape helped with referrals and crucial information regarding access to health and social services and community organizations within Laval for English-speaking residents. A total of 113 referrals were facilitated, maintaining 2024-2025's pace.
- Monitoring Q&A style social media groups such as "Laval Neighborhood Watch" where some questions related to access to health and social services were asked. Agape has been actively responding to these types of posts.
- This project was presented at a conference in Quebec City in January 2026 where other community groups and representatives from Santé Québec were present.
- Media Promotion: Active promotion through Agape's social media channels and institutions and community partners.



FREE Help accessing Community, Health or Social Services in English

- Navigating Laval's regional community, health or social services.
- Help with where to call, where to go and making appointments for services.
- Facilitate communication between service users and healthcare employees.
- Help with understanding and filling out medical documents.
- Information about health or social services that are available in English in Laval.
- Help in filing a formal complaint.

CALL or TEXT:
438-340-2211

This initiative is made possible through the Centre intégré de santé et services sociaux de Laval with funding from The Community Health and Social Services Network and Health Canada.

8-1-1 Open 24/7 - 365 days a year - available in french and in english

Option 1 : Info-Santé

Info-santé is a free and confidential telephone consultation service. A nurse assesses your condition and provides recommendations for self-care at home or finds the service that best meets your needs. You can call for you or for a loved one.

Option 2 : Info-Social

Info-social is a free and confidential telephone consultation service. A psychosocial worker offers advice for a psychosocial or mental health issue. Referrals to other services are possible through Info Social. You can call for you or for a loved one.

Option 3 : Primary Care Access Point

This line is reserved for people who do not have a family doctor, but are on a waiting list to get one. A nurse offers recommendations for self-care at home and, if necessary, refers you to the most appropriate health professional (pharmacist, nurse, doctor, etc.).

Centre intégré de santé et de services sociaux de Laval

Health Access Initiatives Underway

CHSSN's health partners are improving access to health and social services in the English language. Here are three examples of effective local programs.

Improving Health Access in Laval

A regional speaking community is being getting the often complex health and social services system. For this reason, a team with specific health risk factors. The local English speaking community organization Agape, along with its partners, has set up a dedicated phone line to support the Agape HPI (Healthcare and Psychosocial) initiative. This initiative is getting potential service users to the appropriate health and social services. This new service includes assisting people with limited knowledge of the health system, including those who are on a waiting list to get a family doctor. The team is also providing advice on how to access the health system in a more effective way, including with health professionals that are only available in French, and helping English speakers identify services available in English in Laval through the regional health system.

Program for Health and Social Services

Employees can identify who coordinates the program for Agape. Initiatives such as having French as a second language and the meeting potential service users, ensuring that Agape's communication resources with local residents who prefer speaking English or French are accessible to the health system.

The adaptation that is currently being a success for us is ensuring that they can receive services in English even in "small" areas of Laval. This can mitigate the challenge of a great deal through collaboration between the Agape network and CHSSN in Laval.

This initiative, funded by CHSSN, is a regional project, aimed at meeting the needs of Laval's English-speaking minority by facilitating access to medical services in their homes, while also helping the CHSSN to meet its health and social needs by reaching those who are vulnerable to care.

Centre intégré de santé et de services sociaux de Laval

Québec

2026–2027:

Continue the momentum from 2025-2026, 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.

In 2026–2027, Agape will introduce a pilot project to complement this initiative: **Patient Accompaniment**. Through this program, a project coordinator will accompany clients to medical appointments in Laval, providing translation services, assistance with documentation, and support in navigating the healthcare system.

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.



Highlights from 2025–2026:

- 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” with governmental stakeholders and partners to inform decision-making. Also, the distribution of approx. 150-200 Caregiver Support Guides, which was realized in partnership with one of Agape’s community partners, ALPA. (Guide translated with ERCC funding.)
- Partnerships and Networking: Agape established 3 new partnerships with organizations serving children and families, supporting the expansion of services in English.
- Online Presence: Agape managed a Facebook page, “Laval English-speaking Parenthood,” with over 830 followers and more than 60 posts in 2025. This platform provides resources, tips, and information for parents and caregivers, fostering community engagement.
- Special Initiatives: Through representation on a new consultative committee of the CISSS of Laval, ensuring the translation of online services destined for English-speaking families currently on the waiting list to receive services. The online portal is now being reviewed with a slated distribution to families for the Fall 2026.

2026–2027:

Agape will continue its 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 and the distribution of printed and on-line material. 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 2025–2026:

- 5 workshops were held at The Agape Senior Wellness Centre about the following topics: Revenue Quebec, Road Safety with the Société de l'assurance automobile du Québec, Service de Police de Laval about scams, Financial Planning as well as Discussions with a Notary about Settling an Estate.
- Distributed many Éducaloi publications and promoted resources through flyers and social media channels.

2026–2027:

- The project will continue its initiatives from 2025-2026 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 their 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

September 2024 to June 2025 *

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 2024–2025*:

- Weekly activity sessions were held for children in kindergarten to Grade 2, with 19 students participating in enriching, developmentally appropriate programming.
- Children in Grades 3 to 6 also met weekly with 20 students engaged in structured, enriching activities tailored to their age group.
- In total, 39 students participated in the program.
- 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 2024-2025.
- 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.

2026–2027:

Agape is actively seeking funding to offer social emotional learning across many Laval schools.



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 2025–2026:

- Our satellite office/resource centre in Duvernay continues to grow having received over 140 unique visits in 2025-2026.
- Representation of Laval's English-speaking community on 14 committees, 2 tables, and 4 boards of directors.
- Acquired 6 diverse software (10 licenses) to strengthen organizational capacity and improve operational efficiency.
- Facilitated the translation of 2 key resources into English including the Beluga app developed by Trouve ta ressource. The application aims to support the psychological well-being of young people and facilitate their access to support services.
- Established and maintained over 30 partnerships with local and provincial organizations and schools in Laval, and we continued to build collaborations with employment agencies, resulting in 6 referrals.
- Agape has established a strategic plan to guide the achievement of its short- and long-term objectives.
- Secured a large funding project with the City of Laval benefiting youth, 12 to 17 years of age. (See page 21 –SBEC Program).

2026–2027:

The project will continue its initiatives from 2025-2026, focusing on sustained community engagement, 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.



FUNDRAISERS

There were 3 major fundraisers in the 2025-2026 fiscal year.

Lois and John Hashimoto Memorial Walk - September 6, 2025

Summary:

The Lois and John Hashimoto Memorial Walk honors the dedication and contributions of Lois and John Hashimoto, long-time supporters of Agape. They were instrumental in organizing and rallying support for Agape's annual walk-a-thons. This event aims to raise funds through participant donations and pledges for walking a designated course, approximately 6 kilometers round-trip from Agape's main office on Notre-Dame Boulevard to Highway 13 and back. The event concluded with a donated buffet lunch.

Highlights:

- Approximately 50 walkers participated, supported by numerous community members who generously collected donations.
- The event raised a little over \$8,500, crucial for replenishing Agape's food shelves and supporting our mission.



2026-2027:

The Lois and John Hashimoto Memorial Walk is scheduled for September 5th, 2026, continuing its tradition of fundraising and community support.

Annual Denise Williams Memorial Love Walk - February 13, 2026



Summary:

Initiated in the 1990's by board member Elizabeth McLeod's mother, Denise Williams, the Annual Love Walk is a tradition that celebrates community support and fundraising.

Participants walked indoors at Centre Laval mall, followed by a generously donated breakfast by board member Roderick McLeod.

Highlights:

- Approximately 40 participants joined the walk, supported by vital sponsorships.
- The event raised close to \$5,000, contributing significantly to Agape's food shelf resources.

2026-2027:

The Annual Denise Williams Memorial Love Walk is scheduled for February 12, 2027, continuing its tradition of community engagement and fundraising. These fundraising events not only raise crucial funds for Agape but also foster community engagement and support for their mission to serve the English-speaking community in Laval. Each event showcases the dedication and generosity of supporters, ensuring Agape can continue providing essential services and support to those in need.

3rd Annual Christmas Fundraising Comedy Night - November 21st, 2025

Summary:

The 2025 Christmas Fundraising Comedy Night aimed to raise funds for Agape's toy and food basket campaign. Held at the Embassy Plaza, the event featured a buffet-style dinner and comedic performances by MC Franco Taddeo and headliner Pino Pirillo. Music was provided by Gio Zappala. A successful silent auction further contributed to the funds raised.

Highlights:

- Over 175 supporters attended, including financial support from federal, provincial, and municipal representatives.
- The event raised approximately \$10,000, essential for helping Agape complete its distribution to over 500 people a Christmas time.



2026-2027:

On Friday, November 13, 2026, Agape will proudly celebrate its 50th Anniversary—a remarkable milestone that marks five decades of serving and supporting our community.

This promises to be an unforgettable evening that our supporters will not want to miss. Hosted by our Master of Ceremonies, comedian Franco Taddeo, the celebration will feature live music, dancing, and entertainment by The One Love Project, along with special moments reflecting on Agape's rich history and impact.

Join us as we celebrate 50 years of compassion, community, and service, while looking ahead to an exciting future. We look forward to sharing this memorable occasion with you!



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 health promotion and prevention activities that help children get the best possible start in life, prepare them for school, and support their development into healthy, engaged adults. Agape's HEY Program is unique in its focus on supporting parents and caregivers of neurodivergent children through education, resources, and opportunities for connection.

Highlights from 2025–2026:

Workshops and Playdates

- The HEY Program continued to offer parent workshops and inclusive playdates for neurodivergent children and their siblings.
- Since its inception five years ago, 15 cohorts of the HEY Parent Workshops have been completed, serving approximately 100 families.
- Between 20 and 25 children participated in HEY Play Dates throughout the year.
 - Family lunches and the annual HEY Holiday Dinner continued to strengthen connections among participating families.
 - In October 2025, a HEY Play Date was filmed by the City of Laval, showcasing the successful partnership between Agape and The Learning Exchange.

Community Partnerships and Support

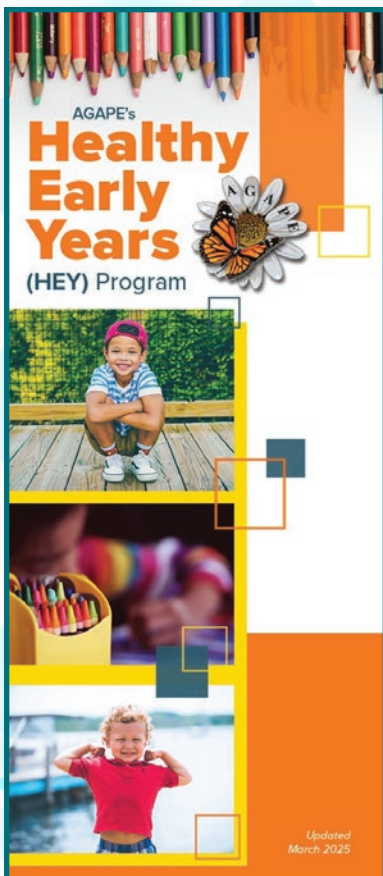
- Maintained and expanded community partnerships while providing ongoing one-on-one coaching for parents.
- Continued representation at major family-focused community events and on three CISSS de Laval committees.
- Families continued to access the HEY Lending Library, which offers books, sensory resources, and adapted toys.

Provincial Leadership

- The Bright Coaching Program, a pan-Canadian virtual coaching initiative for parents of preschool-aged children, completed its research phase and was published in the Pediatrics Journal.
- For the past five years, the HEY Coordinator has served as Quebec's Parent Advisor for the project and continues to support its implementation in collaboration with partners such as CEDEC.

2026–2027:

The HEY Program will continue to support neurodivergent children and their families through workshops, playdates, coaching, community partnerships, and advocacy. Funding has been secured through March 2027, ensuring the continued delivery and growth of these important services in Laval.



HIGH SCHOOL DROPOUT PREVENTION THROUGH STUDENT MENTORING PROJECT

(Sep. 2024 to June 2025) *

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 Laval Junior Academy (LJA). These groups are facilitated by trained 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 2024–2025*:

- From September 2024 to June 2025, 98 girls from Laval Junior Academy and Laval Senior Academy participated in the program, with an average attendance of 15 students per session. 48 sessions were held in 2024-2025.
- 100% of participating students remained enrolled in school and did not drop out during the 2024–2025 school year.
- Sessions promoted meaningful dialogue, peer support, and personal growth while creating a strong sense of community among participants.
- Circles provided opportunities for students to openly share their experiences, perspectives, and challenges in a safe and judgment-free environment.
 - Sessions focused on encouraging self-expression, belonging, confidence, resilience, and positive peer connections through guided conversations and creative activities.
 - As part of this project, four elementary schools participated in visits to the LJA Leadership Club, where students were transported by bus to engage in activities promoting academic perseverance, leadership, community belonging, and social cohesion. Approximately 375 students participated, including 180 Grade 5 and 6 students and 195 students from Grades 7 to 10, making this initiative a meaningful investment in youth engagement and future leadership development.



2025-2026:

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

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 2025–2026:

- Educational Initiatives:
 - ↳ Organized a full-day field trip in February 2026 to the Jewish Rehabilitation Hospital for 35 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 CISSS Laval is being maintained with 68 names now registered since its creation in 2024-2025.
- Bursary Program:
 - ↳ One bursary in the amount of \$5000 was awarded to an Occupational Therapy student from McGill, who will be graduating by December 2026.
- Partnership Development:
 - ↳ Partnerships are maintained between a local Montreal college and CISSS Laval to facilitate student placements and employment opportunities for roles requiring proficiency in English. 5 placements were recorded during this last academic year, 1 at the Jewish Rehabilitation hospital (Physiotherapy tech) and 4 at Laval English schools (Special Education).

2026–2027:

The project will continue its activities from 2025-2026, 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 2025–2026:

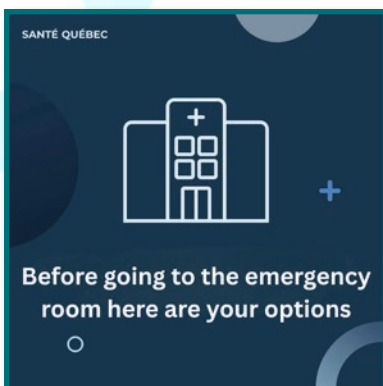
- In May 2025, the Agape-NPI held a committee meeting with educational partners, the CISSS Laval and a Municipal funding representative. A \$160,800 grant under the Sécurité et bien-être collectif program was approved to support school climate and delinquency prevention. Agape manages the funds and has hired a student-life coordinator to help access and provide services for students from Laval Junior and Senior High Schools. (See page 21 – SBEC Program).
- The Agape-NPI has partnered with ALPABEM/le Caf Graf, CISSS de Laval, CDLC, and CHSSN to revive the recently opened Mental Health Wellness Hub Resource (Service point) for Laval's English-speaking community. Agape secured new funding to cover some operational costs after the fiduciary structure of this project could no longer sustain this project.

The City of Laval, with the CISSS de Laval, has through Centraide agreed to provide funding for the Mental Health resource centre until 2027.

- The Agape-NPI partnered with ALPA Laval (Caregiver organization) to translate its Caregiver Support Guide into English and printed 500 copies. These were distributed at community events attended by Laval English-speakers, including Chomedey en fête (~100), Community Night at Centre du Sablon (100+), and Opération Sac à dos (40+)

2026–2027:

The project will continue its activities from 2025-2026, with a renewed focus until 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, providing them with necessary items and referrals to other community services.

Highlights from 2025–2026:

- Charitable Distribution: Food and clothing are provided free of charge to families in need.
- Community Support: Regular donations of food, clothing, and household items ensure ongoing assistance.
- Christmas Initiatives: Annual distribution of Christmas food baskets, grocery gift cards, and toys for registered families.
- Sustained Need: Sustained growth with 41 new client files opened in the last fiscal year. There are less refugee claimants but more study, work and visitor's visas. There were also 12 more single parent families.
- Holiday Support: Nearly 500 food and toy boxes distributed during the Christmas season in December 2025. We served over 200 adults and 130 children.

2026–2027:

Agape anticipates continued demand growth due to economic challenges, inflation, and global events like conflicts and disasters. Funding for 2026-2027 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.

Often, 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 2025–2026:

- In 2025-2026, Agape allocated much of this funding towards the acquisition of its first organizational vehicle, a 2025 Toyota Sienna. The vehicle is used to purchase, collect, and deliver food and other essential household items to community members in need. To increase awareness of AGAPE and its services, ERCC funding was used to design, print, and install vehicle decals displaying the organization's logo and contact information, transforming the vehicle into a mobile tool for both service delivery and community outreach.
- In 2025-2026, over 200 food deliveries were completed to isolated senior citizens, with another 150+ food deliveries being delivered to newcomers and immigrant families at Christmas time.
- Charitable Distribution: Food and clothing are distributed free of charge.
- Refugee Support: Although the largest proportion of newcomers were from Turkey in the past few years, there was a more equal representation of many different countries compared to our previous reports. The foreign countries most represented by those we assisted were Lebanon (12%) and Syria (10%).
- Service Provision: Most of these families receive both food and clothing support.
- Continued Demand: The organization experiences ongoing demand for its services, reflecting the diverse needs of the community.
- Growing families: Again, 85% of the free food and clothing orders benefitted this clientele this last fiscal year.

2026–2027:

Funding for this initiative has ended as of March 2026, but we remain hopeful that funding will become available later. Despite this, we predict that we will see a sustained or greater demand from newcomers using Agape's food and clothing services.



SÉCURITÉ ET BIEN-ÊTRE COLLECTIF (SBEC) PROGRAM

Funder:

Funded by The City of Laval

Financed by Le Gouvernement du Québec

Summary:

The SBEC project was implemented in September 2025 to enhance student engagement, promote school perseverance, and create a positive, inclusive school climate at Laval Junior Academy (LJA) and Laval Senior Academy (LSA). The role of a Student Life Coordinator was implemented to plan, coordinate, and facilitate extracurricular and enrichment activities that support students' social, emotional, physical, and academic well-being while encouraging active participation in school life.

Highlights from 2025–2026:

- Since the beginning of the project, over 25 extracurricular and enrichment activities have been offered to students based on their interests and needs in both schools.
- Approximately 850 students at LJA and 1,250 students at LSA have access to these opportunities.
- Programming has included assisted therapy workshops, art therapy workshops, cooking classes, self-defence classes, fitness and wellness programs, creative writing program, STEM/science programming, cultural activities, school-wide celebrations and more.
- Programming continues to evolve throughout the year in response to student interests and emerging school needs.
- Each activity is designed with specific objectives and target groups in mind. Some programs are tailored to students with special needs, particular academic pathways, or identified support needs.
- Activities consistently reach or exceed capacity, demonstrating a high level of student engagement and enthusiasm.

2026–2027:

This project is scheduled to run until December 2026. Agape is currently speaking with the City of Laval to see if this project can be expanded into 2027-2028.



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 Chomedey and Duvernay, seniors participate in adapted exercise classes, bingo, health and wellness presentations, vaccine clinics (flu, covid, and shingles), public health care navigation, food delivery services, and socialization opportunities. The centres also provides avenues for volunteering, further fostering community engagement.

Highlights from 2025–2026:

- Multiple Service Locations: The Seniors Wellness Centre (SWC) operated from two locations in Chomedey, one location in Duvernay, and through online programming, ensuring broad accessibility for Laval seniors.
- Strong Participant Engagement: A total of 406 seniors participated in activities and services offered through the Chomedey and Duvernay centres.
- Volunteer Contributions: The ongoing support of 18 dedicated volunteers played a vital role in the daily operation and success of the centres.
- Health and Wellness Initiatives: In partnership with Pharmaprix, the SWC hosted a vaccination clinic in October 2025, administering 291 vaccines to seniors (153 flu vaccines, 127 COVID-19 vaccines, and 11 shingles vaccines).
- Community Capacity Building: Through a partnership with Social Geriatrics/ Co-op de Soutien, 33 members were trained as Social Geriatrics Sentinels, strengthening peer support and community outreach.
- Diverse Programming: The centres offered five different exercise programs, a bereavement support group, and eight health and wellness presentations, attended by 359 participants.
- Daily Community Connection: The SWC welcomed an average of 50 to 60 seniors each weekday, providing opportunities for social interaction, physical activity, learning, and mutual support.

2026–2027:

Agape plans to continue and expand the SWC initiatives into 2026-2027 with renewed funding until March 2027. The focus remains on sustaining these vital services to support health, social engagement, and an 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 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 2025–2026:

- Participation in Webinars: Agape engaged in 8 webinars from April 2025 to March 2026.
- Educational Themes: Topics included driving safety, active listening, use of assisted devices, and a variety of other topics to help seniors.
- 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.

2026–2027:

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)

Funder:

Funded by Agape

Summary:

Agape provides low-cost housing at a transition house designed to support refugees, immigrants, individuals with psychosocial needs, and families at-risk of homelessness. The facility offers four furnished apartments with very affordable monthly rent, catering to short to medium-term stays. The goal is to assist residents in stabilizing their lives before they transition to more permanent housing solutions elsewhere in Laval.

Highlights:

- Occupancy and Support: All four apartments have been occupied throughout 2025-2026, providing essential housing stability to those in need.
- Comprehensive Support Services: Residents have access to Agape's food and clothing services as necessary, ensuring their basic needs are met during their stay.
- Maintenance and Upkeep: The transition house undergoes continuous maintenance and upkeep to provide a safe and comfortable living environment for residents.

2026–2027:

Continued Full Occupancy: Agape anticipates maintaining full occupancy at the transition house, underscoring the ongoing demand for affordable housing options in Laval.



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

Funder:

Funded by Canadian Heritage

Financed by The Government of Canada

Summary:

Agape's workshops and activities for senior's program focuses on providing workshops and group activities tailored to the interests and needs of seniors in the community. These non-health related 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 interest from seniors.
- Workshops funded by Canadian Heritage require a small fee from seniors, with non-volunteer teachers compensated through contracts and/or honorariums.
- A poll or survey conducted to gauge seniors' interest in various activities

Highlights from 2025–2026:

- 17 workshops, 11 weekly activities, and 3 monthly activities throughout the year.
- Workshop included decorative painting, iPad and iPhone courses, armchair travel & tasting workshop, mahjong courses, introduction to AI course, and computer courses.
- Over 100 enrollments across all workshops.
- Ongoing weekly activities include arts & crafts, bridge, knitting, movie club, scrabble, mahjong, stay sharp, and billiards.
- Nearly 200 enrollments in weekly activities and clubs.
- Monthly activities include Histories and Mysteries (formally armchair travel), Blackjack tournaments, and Texas Holdem games.
- Over 275 members attended monthly activities.
- Quarterly catalogues are printed to inform seniors about upcoming activities. Weekly emails are sent to seniors, as well as printed monthly calendars as reminders.
- There were nearly 600 enrollments across all activities in 2025-2026
- There was a high satisfaction rate of over 90% among seniors attending workshops and activities.

2026–2027:

The program will continue into 2026–2027 with ongoing workshops and activities, and the introduction of new activities 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

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 12-29 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. They 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. They promote a bilingual web resource website and distribute promotional items like post-its, pens, magnets, and banners. Their community partner, Travail de rue l'Île de 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. They also establish and participate in committees aimed at raising awareness of mental health resources among youth and their partners.

Highlights from 2025–2026:

- Raised awareness of mental health service gaps among young English-speaking Laval residents through data dissemination and social media.
- Promotional fidget toys were developed and created with youth mental health resources printed on them. Nearly 800 fidgets were distributed at Laval Junior Academy.
- Provided mental health resources through kiosks, a bilingual web resource, and promotional items.
- Reached over 2500 youth to date.
- Agape engaged youth through committees, namely the Community Partners Promoting Mental Health Resources committee.
- Agape also sits as an active board member of the new community organization - Trouve ta ressource.

2026-2027:

The program will continue its efforts from 2025-2026 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
SAJ	Secrétariat à la jeunesse
SBEC	Sécurité et bien-être collectif
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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