

VOICE OF ENGLISH- SPEAKING QUÉBEC

● ANNUAL REPORT ●



2025

—
2026

VEQ

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ABOUT VOICE OF ENGLISH-SPEAKING QUÉBEC

As an active, non-profit organization that currently has over 4000 members, VEQ has played a vital part in the preservation and development of community life for the English-speaking community for over four decades. Currently, VEQ has active partnerships with over 60 community organizations, institutions, and groups in the area.

Furthermore, VEQ helps individuals participate in community life in the Québec City region in both French and English. We welcome newcomers, sponsor community celebrations, research needs, inform citizens, and provide a framework for effective action on behalf of English-speaking people and institutions.

OUR MISSION

Voice of English-speaking Québec is an autonomous, non-profit organization dedicated to the preservation of a dynamic English-speaking community in the Greater Québec and Chaudière-Appalaches regions and to the promotion of its interests.

OUR GOALS

- Act as a hub of information for the English-speaking Community
- Foster community cohesiveness
- Support the development of the community
- Promote the interests of the community – Advocacy

A WORD FROM THE PRESIDENT

As President of Voice of English-speaking Québec, I am proud to reflect on another year of growth, collaboration, and community engagement.

What continues to impress me most about VEQ is not simply the breadth of programs and services we offer, but the remarkable ability of our organization to bring people together. In a region where our community is constantly evolving and welcoming new residents, creating opportunities for connection, participation, and belonging remains more important than ever.

This past year, VEQ continued to strengthen the social fabric of the English-speaking community across the Greater Québec City region. Through dozens of events, workshops, outings, information sessions, podcasts, and community initiatives, individuals found opportunities to connect with one another, access support, develop new skills, and become more engaged in community life.

Our seniors' programming remained a cornerstone of these efforts. From Chair Yoga and Community Kitchen to In-Stitches, Brain Power, Origami, Crust Collective, and Out & About, more than 1,700 participations were recorded through 134 activities in the Northern Perimeter alone.

At the same time, VEQ continued to welcome and support newcomers to our region. More than 1,100 newcomers received direct assistance throughout the year, while many of them participated in community events, activities, outings and information sessions, all designed to help them build meaningful connections and establish roots in their new community.

The organization also continued to promote economic participation and employability. Through workshops, webinars, mentorship activities, and referrals, VEQ helped job seekers better understand the labour market and connect with valuable resources. Employment-related initiatives reached hundreds of participants, while our online employability content reached more than 10,000 individuals.

Community spirit was equally evident through special events and joint initiatives. Whether through Spring Fest, Fall Fest, the Community Christmas Hamper Campaign, the Volunteer Income Tax Program, or countless projects with schools, municipalities, and community organizations, VEQ demonstrated once again that strong communities are built through partnership and collective action.

On behalf of the Board of Directors, I would like to express my sincere appreciation to our staff, volunteers, partners, funders, and community members. Your dedication, generosity, and commitment are what make these accomplishments possible. I would also like to acknowledge our Executive Director Brigitte Wellens for her leadership and unwavering dedication to the continued vitality and development of our community.

As we look ahead, I am confident that VEQ will continue to serve as a welcoming, inclusive, and dynamic hub for English speakers throughout the region. Together, we are strengthening the connections that unite us and helping ensure a vibrant future for our community.

Thank you for your continued support and engagement.

RAZVAN PETRE
PRESIDENT

MESSAGE FROM THE EXECUTIVE DIRECTOR

As I look back on another year, I want to celebrate and highlight some of our accomplishments with you. What follows outlines just a portion of what you will discover as you flip through the pages of this report.

Throughout the year, VEQ's dedicated team delivered programs and services that strengthened connections, fostered inclusion, and improved quality of life for English speakers across the Greater Quebec City region. We continued to fulfill our role as a hub for the community by maintaining and strengthening partnerships with local organizations, institutions, businesses, and government agencies, ensuring that community members had access to a broad network of services and support. Our communications efforts reached thousands of residents through newsletters, e-bulletins, local media, and social media platforms that generated more than 155,000 views and a total reach of nearly 88,000.

VEQ's Newcomers Program continued to play a vital role in supporting the growth and vitality of our community, concretely helping individuals and families successfully establish lasting roots in their new community. During the year, 1,124 newcomers received support and personalized assistance from VEQ, translating into 6,052 direct services, 46 events and activities were carried out, benefiting from 723 participations, with 1/3 of participations coming from long-time community members.

Supporting seniors remained a key priority. Through our Northern Perimeter programming, Out & About activities, Local Vocals choir, Community Kitchen, Chair Yoga, In-Stitches, Brain Power, Origami, and Crust Collective, hundreds of seniors remained socially engaged, active, and connected. In addition to 59 city outings that generated 627 participations, our Northern Perimeter activities welcomed more than 1,200 participations across programs. These activities continue to reduce social isolation while strengthening community connections and friendships.

VEQ also remained deeply committed to supporting employment and economic participation. Through employment workshops, webinars, networking opportunities, mentorship activities, and one-on-one referrals, we helped dozens of job seekers access resources and better understand our region's labour market. Our #JobTipTuesday posts alone reached more than 10,600 people, while our employment events attracted hundreds of participants throughout the year.

One of the accomplishments we rarely highlight, but that we should be particularly proud of is the breadth of collaboration that continues to define VEQ's work. It is in fact, part of VEQ's DNA. To that effect, we supported more than 25 community initiatives led by schools, community organizations, cultural groups, youth organizations, and local partners. Whether through financial contributions, volunteer support, equipment loans, promotion, or administrative assistance, these collaborations helped strengthen the vitality of our entire community and reinforced VEQ's role as a trusted and valued partner throughout the region.

These achievements are only possible because of the dedication of our team, Board of Directors, volunteers, partners, funders, stakeholders, and community members. Every event organized, every newcomer welcomed, every senior supported, and every partnership strengthened contributes to a more vibrant, connected, and resilient English-speaking community.

Thank you for being part of our success!

BRIGITTE WELLENS
EXECUTIVE DIRECTOR

2025-26 ACTIVITY REPORT

COMMUNITY EVENTS

45 members attended the 44th Annual General Meeting held on June 5, 2025.

Fall Fest was held on September 20, 2025 and welcomed **13** businesses, **30** community organizations and **over 1000** attendees.

CBC Quebec and the Morrin Centre co-hosted Holiday Happy Hour on December 3, 2025, where over 145 people were in attendance.

Spring Fest gathered **83** people on March 19, 2026.

COMMUNITY OUTREACH

ACTIVITIES AND INITIATIVES

27 activities and initiatives facilitated

VEQ supported the implementation & organization of community activities by our partners, via financial, material, human resource, administrative and promotional support

QUÉBEC CITY COMMUNITY CHRISTMAS HAMPER CAMPAIGN

VEQ contributed to the campaign's 30th edition through planning, promotion, fundraising, and sorting support.

297 households received help from the campaign

COMMUNITY VOLUNTEER INCOME TAX PROGRAM

VEQ coordinated volunteer-supported tax filing services for low-income English-speaking individuals and families in Québec City.

43 tax files were completed

30 hours clocked by our dedicated volunteers

BUSINESS COACHING

VEQ's partnership with YES Employment + Entrepreneurship is going strong with one-on-one business coaching in Québec City and online.

105 business coaching sessions offered

26 entrepreneurs, including **11** new clients, served

TRANSPORTATION

VEQ provides free transportation to its own activities and other community gatherings, helping make participation accessible for all.

78 rentals

\$31K spent

LOCAL VOCALS

The choir group was able to meet every week virtually and in person to indulge in one of their favourite pastimes.

40 choir practices offered

480 happy singers

SMOOTHIE BIKE

VEQ's smoothie bikes added some mileage to their counters. A fun gadget we are always happy to lend out.

> 450 delicious smoothies made using VEQ's smoothie bikes

2025-26 ACTIVITY REPORT

WEBSITE AND SOCIAL MEDIA

WEBSITE

www.veq.ca

- > **43 K** Website views from 11.8K unique visitors
- 1.5 K** Users visited our Québécois Expressions page **2.2K** times to discover the meanings of local expressions.
- > **5.1 K** Job Bank pageviews
- 124** Jobs posted

INSTAGRAM

@voiceofenglishspeakingquebec

- 331** Total followers
- 12K** Views
- 37** New followers

FACEBOOK

www.facebook.com/VoiceofEnglishspeakingQuebec

- 5640** Total page likes
- 348** New page likes and follows
- > **395 K** Accounts reached via **386** posts
- 614** Times our posts were shared

YOUTUBE

@_veq

- 95** hours of watch time
- 70** New subscribers
- 2,889** Views

EMAIL CAMPAIGNS

- 36** Total communications created, including **6** newsletters
- 86,555** Total emails sent to over **2,900** recipients
- 12** e-bulletins keeping newcomers informed created
- 16,481** Total e-bulletins sent out
- 48** *Dave's Grocery List* bulletins to seniors created
- 5520** Total *Dave's Grocery List* bulletins sent

PODCAST PROJECT

28 podcasts published

33 podcasts recorded

EPISODES BREAKDOWN

- **22** My Québec City Episodes
- **6** Mini Pep Talk Episodes
- **4** Finding My French Episodes
- **1** 50+ Episode

NEWCOMERS

1,124
Newcomers served



This marks the **4th** consecutive year where we served over 1000 newcomers!

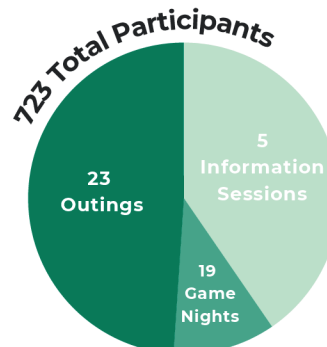
6,052

services were provided ranging from in-office one-on-one meetings, virtual meetings, phone and email inquiries

> **270**

Newcomer packages distributed with help from our partners

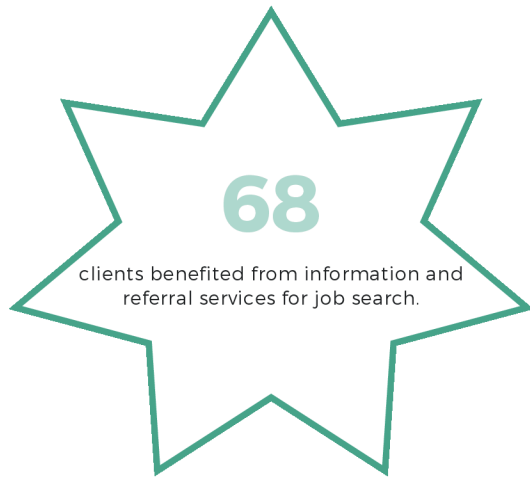
NEWCOMERS EVENTS



Some of the events organized: Old Québec Walking Tour, Guided Tour of Québec's Parliamentary Library, RTC Bus Information Session, Aquarium visits, and much more!
Activities are open to all! Any of these look interesting? Join us on an upcoming outing!

2025-26 ACTIVITY REPORT

EMPLOYABILITY



28

#JOBTIPTUESDAY

and employment-related posts

FACEBOOK POSTS HIGHLIGHTING JOB SEARCH RESOURCES, WORKSHOPS AND EVENTS

10,612

people reached

EMPLOYMENT-RELATED EVENTS CO-HOSTED BY VEQ



6

EMPLOYMENT RELATED AND PROFESSIONAL DEVELOPMENT RELATED EVENTS HELD

- 63 participants attended 2 Government of Canada careers info sessions hosted by VEQ
- 66 participants attended the Circonflexe Mentorship event in partnership with PERT and RDN
- 21 participants attended a webinar on *Adapting to the World of Work in Québec* co-hosted by Option-travail
- 32 participants attended a CQSB info session co-hosted by VEQ
- 8 participants attended an Educaloï webinar on *Working in Québec: Know Your Rights*

12

employment sector organisations VEQ has strong links with

- YES Employment + Entrepreneurship
- FORT Program (Valcartier Military Family Resource Centre)
- Option-travail
- Libre Emploi
- CJE (Carrefour jeunesse-emploi) Chauveau
- SOIT (Service d'orientation et d'intégration des immigrants au travail)
- GIT services conseils en emploi
- Centre R.I.R.E. 2000
- Étape Emploi
- Service du développement professionnel - Université Laval
- Vélo Vert
- Renaissance

2025-26 ACTIVITY REPORT

50+ ACTIVITIES

OUT & ABOUT

Participants explored the region while fostering meaningful connections and friendships within the community.

70 outings offered **852** participations

IN STITCHES

VEQ's community space was buzzing with the sound of knitting needles and other needlework projects.

31 gatherings **137** participations

COMMUNITY KITCHEN

Community Kitchen workshops combined cooking, creativity, and cultural discovery.

8 gatherings **118** participations

COMMUNITY KITCHENETTE

A relaxing kitchen-adjacent activity engaging participants in hands-on food-related activities

5 gatherings **50** participations

CRUST COLLECTIVE

The Northern Perimeter's baking club welcomed participants of all experience levels to connect over a shared love of homemade treats.

6 workshops **66** participations

CHAIR YOGA

Chair yoga sessions promoted wellness and mindfulness and were complemented by a guided meditation during the classes.

63 yoga sessions **555** participations

BRAIN POWER

Brain Power offered participants the opportunity to engage their minds through enjoyable and stimulating board games.

12 sessions **49** participations

ORIGAMI

Participants discovered the relaxing art of paper folding while encouraging creativity and focus.

9 gatherings **73** participations

ENHANCING REGIONAL COMMUNITY CAPACITY

26

meetings with stakeholders and Northern Perimeter residents

8

occasions where the Community Space was borrowed by community partners and organizations.

2

focus groups held with community members and stakeholders

13

Storytime activities, totaling **177** participations

21

acts of volunteering



activities, initiatives and workshops carried out, benefiting from **267** participations in our Community Space, and at partners' locations

NEW & RENEWED PARTNERSHIPS

- Shannon municipality
- Saint-Gabriel-de-Valcartier municipality
- Valcartier Military Family Resource Centre
- Dollard-des-Ormeaux School
- Valcartier Elementary School
- Historical Societies of Shannon and Saint-Gabriel-de-Valcartier
- Catholic Women's League of Shannon
- Shannon Senior Citizens
- Carrefour jeunesse-emploi Chauveau
- CIUSSS-CLSC Jacques-Cartier
- Caisse Desjardins Piémont Laurentien

PICTURES



In Stitches members knitted warm garments for DDO School students



Spring Fest 2026



Holiday Happy Hour 2025



Québec City Community Christmas Hamper Campaign 2025



CEGEP St. Lawrence's Do Good Feel Good event



Fall Fest 2025



TESTIMONIALS



I am a perpetual expat. I have lived in several different cities over the past 20 years, but by far the one that made me feel the most well-connected the fastest has been Quebec City, and that is absolutely because of VEQ. I have met so many friends this way and have learned a great deal about the local culture. I'm truly very thankful.

— *Newcomer*



As always, we are being pampered by you and other VEQ staff & volunteers. You are like my extended family.

— *Out & About Participant*

I would like to express my sincere gratitude to you. Thank you for your help.

— *Community Volunteer Income Tax Program Client*

I rarely baked before coming here, but with all the easy recipes we've been trying, I've really started to enjoy experimenting at home!

— *Crust Collective Participant*

The highlight of my month!

— *Community Kitchen Participant*

Singing with Local Vocals is inspiring and gives us a lot of pleasure. It is an activity that brings us together and allows us to make wonderful musical discoveries. Katharina is creative and a great teacher. Together we learn new things, we talk, we laugh a lot, and we sing in harmony and with heart!

— *Sylvie, Local Vocals Participant*



I wanted to share this message with you because you helped me along in my journey to secure a job offer. I finally got an offer to work as a Research Scientist. Thank you for everything.

— *Job seeker*

I am super appreciative of VEQ as an organization and for the incredible individuals running it. I feel so thankful that this organization exists and is able to provide community support for the Anglophones in Quebec City. As a transplant from California who has worked with immigrant and refugee families and communities, I've seen how important it was in California for folks to find community support. I think it's super cool to be able to be part of this community in Quebec.

— *Newcomer*



TESTIMONIALS

When I came to Quebec I started to participate in the choir Local Vocals. Being an alien in a new environment for me, I would lie if I said that I love all the songs to an equal degree. Nevertheless, I will always be grateful to our director, Katharina Urbschat, for motivating my musical erudition and, what's more important, for creating a special spirit of community among the individuals with similar interests. I will always be grateful to all participants in general and each participant in particular for helping me discover a new friendly environment that makes my life in Quebec more bright and meaningful.

— Galina Albina, Local Vocals Participant



We've had some lovely Out and About outings this year and I'm sure there will be other enjoyable activities in the new year! Thank you for all the planning and work you do!

— Out and About Participant

Thank you, again, for the many helpful resources you sent me these past few days, especially re: the job search. VEQ offers such great services to Quebec City!

— Job seeker



Local Vocals is an oasis of joy and happiness for me! Katharina creates a fun and supportive atmosphere that allows us to sing with pleasure, while being serious about singing in harmony with each other. We learn to listen to each other, and at the same time, be present to ourselves and the message that the song communicates. It's also great that we sing in different languages. I always look forward to Wednesday afternoons with my « singing buddies ». Thank you VEQ and Brigitte for making this possible!

— Hélène Binette, Local Vocals Participant

We're lucky to have such great support from VEQ, and I look forward to going to chair yoga every week.

— Chair Yoga Participant



Thank you very much for all the VEQ activities that are offered to the English-speaking community. Many thanks to the VEQ staff who are so pleasant, kind and helpful.

— Newcomer

I've been a member of VEQ since last June when I learned we were moving here and it's been a helpful resource as I get settled.

— Northern Perimeter Newcomer

OUR FUNDERS



Canadian
Heritage

Patrimoine
canadien



Secrétariat aux relations
avec les Québécois
d'expression anglaise



Partenaires JH
Une communauté de soins,
inspirée par Jeffery Hale

JH Partners
A community of care,
inspired by Jeffery Hale



BOARD OF DIRECTORS

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Amanda Heath — *Vice-President*
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Edward Sweeney — *Director*
Laura Mott — *Director*
Marilyn Marshall — *Director*
Philip Goyer — *Director*
Rebecca Gowins Boucher — *Director*
Stéphanie Tassé — *Director*

OUR DEDICATED TEAM

Brigitte Wellens — *Executive Director*
Ariel Blouin — *Project Coordinator*
David Zhu — *Project Coordinator*
Dominique Paddack — *Project Coordinator*
Kevin Bottaro — *Project Coordinator*
Léa Bureau — *Project Coordinator*
Maria Hoyt — *Administrative Assistant*
Melissa Wan — *Communications Agent*
Susanna Tang — *Project Coordinator*
Viktoriia Poulin Gareau — *Newcomers Coordinator*