



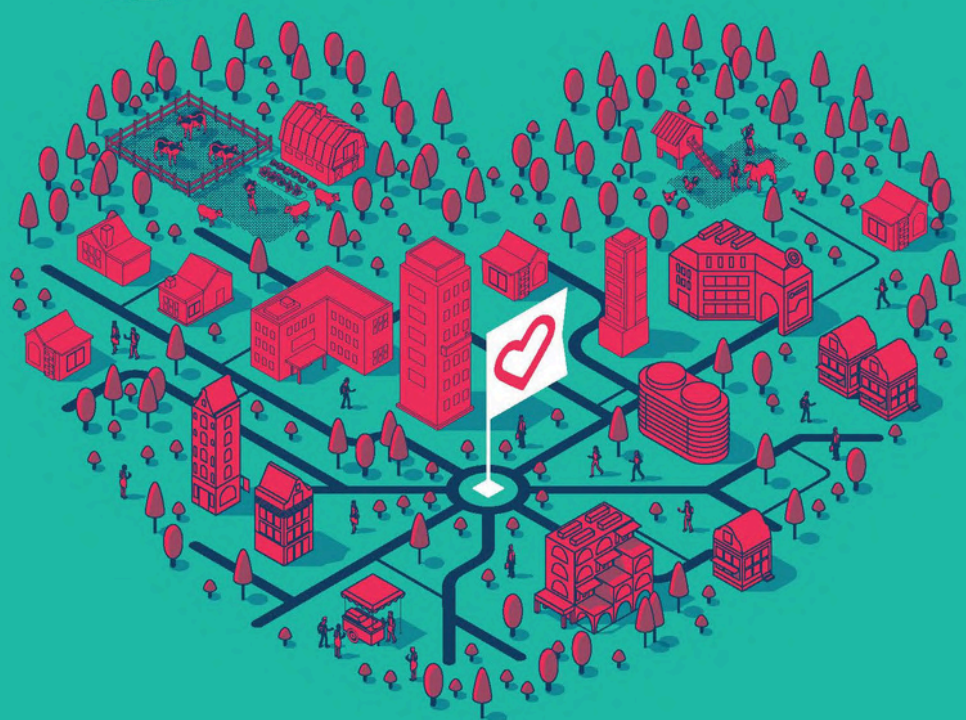
# CARREFOUR BIENVEILLANCE 50+

Pour un vieillissement actif et heureux  
dans Vaudreuil-Soulanges

Newsletter  
avril 2025



*Let's get on the road to*  
**VOLUNTEERING!**



51<sup>th</sup> EDITION

**National Volunteer Week**  
April 27 to May 3, 2025

**fca**❤**q**  
Fédération des  
Centres d'action bénévole  
du Québec

[fcabq.org](http://fcabq.org)

Je **bénévo**❤le

# **Campaign 2025**

## **From April 27 to May 3,**

### **we're on the road to volunteering!**

In Quebec, volunteering is a path that connects us all, weaving a society of solidarity and commitment. Wherever we are, we're all invited to join us on the road to volunteering. The greater the number of us walking together, the more we contribute to making the journey richer in our experiences, solidified by the strength of the community. Volunteering is about enriching your journey by taking to the road to meet others.

It's about putting your strengths to the fore and getting off the beaten track. You'll come out stronger, more united, and you'll never look back. As in every adventure, you gain as much as you give. "On the road to volunteering" also means making sure that the road is safe, inclusive and respectful of everyone.

That's why *National Volunteer Week* is also a time for organizations to ensure a smooth transition between volunteers and users. To this end, the FCABQ coordinates a free and rapid VAJ program, accessible on **jebenevole.ca**, for volunteers from community organizations across Quebec.

Far from being a hindrance, criminal record checks are a useful tool for building trusting relationships and encouraging responsible volunteerism. They guarantee a healthy and safe environment, where every gesture of solidarity can reach its full potential.

Volunteers, organizations and all those who want to contribute to a great and committed journey :

**let's get started!**



## Activité des repas partagés

An activity to create links and break isolation

Thank you 

**Comité de l'Île Perrot:** *Mme Jeannine DeBellefeuille and the volunteers ;*

**Comité de Pincourt:** *Mme Nicole Richard and the volunteers;*

**Comité de Notre-Dame-de-l'Île-Perrot:** *Mme Sylvie Gauthier and the volunteers;*

**Comité de Rigaud:** *Mme Manon Martin and the volunteers*

**Comité de St-Lazare:** *Mme Nicole Lauzon and the volunteers*

**Average number of meals served per month** 568

**Average number of volunteers per month** 83

**Total total volunteer hours** 4002

**Total number of participants per year** 4469

**Total meals served per year** 5115



## ABOUT **JEBENEVOLE.CA**

**Jebenevole.ca** is the provincial matching platform for volunteer centers and non-profit organizations (NPOs).

Administered by the *Fédération des centres d'action bénévole*, **Jebenevole.ca** presents volunteer opportunities with search tools and filters to match organizations and individuals with volunteer human resources.

Jebenevole.ca was launched on April 28, 2008, with the aim of promoting and supporting volunteerism. Members of the Regroupement des Centres d'action bénévole de l'Outaouais (RCAB) worked together to set up the project. The Laurentians region joined the project in 2011.

With the regional success of Jebenevole.ca, several organizations have expressed interest in the FCABQ establishing a platform to meet the needs of the whole of Quebec.

We invite you to visit our site to discover the richness of volunteer action and find volunteer opportunities that match your aspirations!



**[jebenevole.ca](http://jebenevole.ca)**

## *Happy Easter*

This holiday, celebrated by millions of people around the world, is often synonymous with renewal and joy. It's a time for family gatherings, delicious meals and, of course, chocolate egg hunts.

For some, Easter is also a time for spiritual reflection and celebration of the resurrection. Whether you celebrate it religiously or simply as a family tradition, we wish you a day filled with happiness and sweetness!

