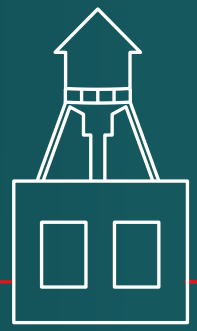
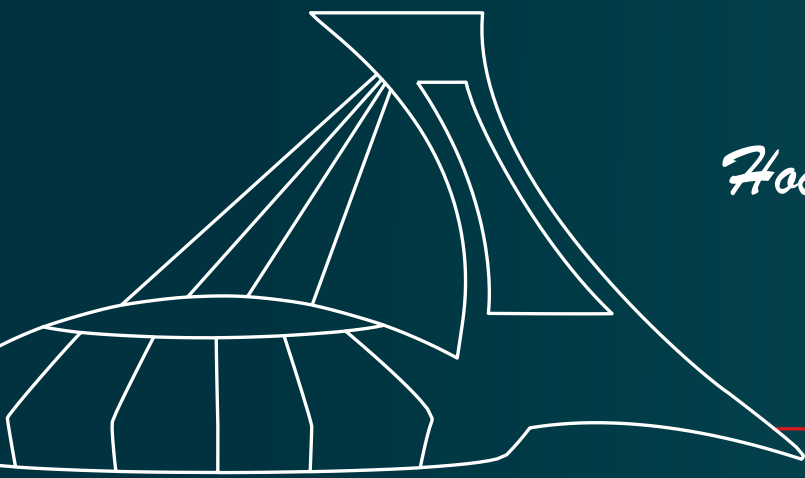


Hochelaga-Rosemont-Est



HRE on the move



Marie-Gabrielle on the mic with Carole Da Silva, host of *Femme et pouvoir* TV



Olivier Dufresne, Executive Director of the Atelier d'histoire Mercier-Hochelaga-Maisonneuve, and researcher Matthieu Mazeau, recipients of the Governor General's History Award 2025



Marie-Gabrielle on the mic with Alexia Bille, host of *L'Actuel*, Radio-Canada Manitoba



Visiting Transition Centre-Sud with Jacques Ramsay, Parliamentary Secretary, Public Safety Canada



Eviance – Canadian Centre on Disability Studies will receive \$797,557 to carry out the Spotlight on Women Entrepreneurs with Disabilities Project



Launch of *Grandir et bien partir*, a guide published by Le Collectif Ex-placé DPJ



Meeting with Carole Brière, Executive Director of the Centre Communautaire Hochelaga (CCH)



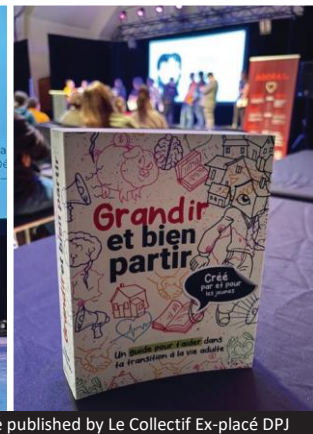
Raconte-moi HOMA – Public reading created and performed by Josiane Proteau and Laura Barbeau



Interligne and the Conseil québécois LGBT at a meeting of the Standing Committee on the Status of Women in Ottawa



Launch of *Grandir et bien partir*, a guide published by Le Collectif Ex-placé DPJ



Visiting Maison Tangente



"Choco-cho et boules de neige" family day at Répit-Providence



Meeting with Laëtitia Coustet, new Executive Director of Répit-Providence

A word from Marie-Gabrielle Ménard



Dear friends and neighbours,

How are you doing?

This winter was filled with big emotions and memorable performances. Were you one of the millions of people glued to their screens, sometimes in the wee hours of the morning, to admire the talent, perseverance and resilience of the 207 members of Team Canada? How many times did you hold your breath before applauding wildly, cursing in frustration or shedding an uncontrollable tear?

Though the flame for the Milano-Cortina Olympics was put out on February 22, we're left with collective memories we'll never forget. Beyond the numbers and the 21 medals brought home, every leap, every turn—and even every fall—reminded us of the physical and mental strength of Canadian athletes.

♥ **Bravo, Team Canada!** ♥

1976 | 2026

Stay tuned, because the magic of the Olympics will be staying alive in HRE as we celebrate the 50th anniversary of the 1976 Olympic Games! I look forward to seeing you at the many activities planned in our constituency over the coming months.

Oh, the magnificent maple!

The Olympic medals have barely been put away, and it's already time for another opportunity to get together and celebrate: Yes, it's sugar shack season at last! Nothing is more Canadian than that time at the end of winter when people of all ages gather to feast on sweet treats, from pancakes, *oreilles de crise* and baked beans to maple taffy on the snow. In HRE, community organizations and local vendors will be hosting sugar-shack-inspired activities so that everyone can get the chance to enjoy this tradition.

More inspiring encounters:

- ♥ I got to take part in the "Choco-cho et boules de neige" activity organized by Répit-Providence. It was a lovely event that brought families together for scientific experiments, outdoor games, dancing and hot chocolate.
- ♥ I talked about neighbourhood needs with Carole Brière, Executive Director of the Centre communautaire Hochelaga; Marie-Noëlle Perron, Executive Director of Maison Tangente; and Laëtitia Coustet, new Executive Director of Répit-Providence.
- ♥ I attended the launch of *Grandir et bien partir*, an important guide from Le Collectif Ex-placé DPJ (a collective of former youth in care).
- ♥ I visited Transition Centre-Sud, which works to prevent intimate partner violence and reintegrate male offenders.

♥ I was swept away by *Raconte-moi HOMA*, an evening of poetic, tender and entertaining stories created by authors and actors Laura Barbeau and Josiane Proteau of theatre collective Les Récolteuses.

Cost of living

We're continuing our work in Ottawa with a clear objective: act quickly and concretely to lessen the burden of the cost of living. This year, 22 million people will receive a tax cut, and 12 million people will receive the **Canada Groceries and Essentials Benefit** (an enhanced version of the former GST credit). This will benefit more than 39,500 people in HRE. Many programs also continue to support families across Canada, including the Canadian Dental Care Plan, the National School Food Program, the Canada Child Benefit, the Canada Disability Benefit and veterans' benefits.

The conversations I have with you all—whether about access to housing, the cost of living, employment support or human rights—continue to inform my commitment and the files I bring to Parliament. As we dive into spring, I will continue working alongside you in a spirit of openness, listening and collaboration to ensure that the decisions made in Ottawa truly reflect your realities.

I look forward to seeing you soon under some budding flowers, in one of HRE's charming cafés or at an upcoming community activity.

Take care!

 **Marie-Gabrielle Ménard**
Member of Parliament for Hochelaga—Rosemont-Est

New



Canada Groceries and Essentials Benefit

Starting in July, 12 million people (including more than 39,500 people in HRE) will receive the Canada Groceries and Essentials Benefit (an enhanced version of the GST credit).

\$1,890
for a family
of four

\$950
for a person
living alone



Amount for 2026.

Ensuring food security for Canadians



- 1 **Canada Groceries and Essentials Benefit** to help 12 million Canadians pay for their day-to-day necessities

	Base GST credit amount		25% increase		One-time top-up of 50% (June 2026)		Total benefits
Single person	\$543	+	\$136	+	\$267	=	~ \$950
Couple with 2 children	\$1,086	+	\$272	+	\$533	=	~ \$1,890

Subject to Royal Assent.
Numbers may not add due to rounding.

- 2 **\$500 million for the Strategic Response Fund** to help Canadian businesses in the food industry increase their capacity
- 3 **Immediate expensing for greenhouse buildings** to stimulate food production
- 4 **Additional funding for food banks** to relieve immediate pressure
- 5 **National Food Security Strategy** to make food more affordable
- 6 **Work to standardize unit price labelling** with the provinces and territories to help Canadians easily compare prices

Health: Better connected medical records



Data saves lives. Bill S-5, the *Connected Care for Canadians Act*, will foster timely, secure sharing of medical information between clinics, hospitals and doctors.

Objectives

- Improve care by making technology work for people
- Provide timely, secure access to personal information
- Reduce the administrative burden in health care



Canada's automotive strategy

The Government of Canada has unveiled its strategy to support and develop the automotive industry against the backdrop of our trade war with the United States and geopolitical tensions.



This action plan will:

- Support businesses and workers affected by the U.S. tariffs
- Attract foreign investment in local production
- Transform the automotive industry by boosting production of electric vehicles
- Encourage purchasing of electric vehicles (by reviving purchase subsidies)
- Add more than 8,000 new electric vehicle charging stations

Banning of single-use plastics



The Federal Court of Appeal has upheld its decision on Canada's *Single-use Plastics Prohibition Regulations*. This means that the manufacturing, import and sale of certain single-use plastic items such as bags, straws and food containers will remain prohibited.

This decision aligns with the Government of Canada's commitment to tackling plastic pollution to protect people's health and the environment.



\$115,000 for projects for seniors in Hochelaga-Rosemont-Est

Neighbourhood projects

Six organizations in Hochelaga will receive support from the New Horizons for Seniors Program (NHSP) in 2026–2027. These organizations—Sport et musique sans frontières, Résolidaire, Les Amis du Jardin botanique, Prima Danse, Service des loisirs Notre-Dame-des-Victoires and Éditions TNT—will implement projects to foster social inclusion, knowledge-sharing and intergenerational connection.

The NHSP is a federal program that funds local initiatives to encourage volunteering, get seniors involved in community life and combat isolation.



Recognition for the Atelier d'histoire Mercier-Hochelaga-Maisonneuve



Neighbourhood project

Spotlight on our neighbourhood's history: Bravo to Olivier Dufresne, Executive Director of the Atelier d'histoire Mercier-Hochelaga-Maisonneuve, and researcher Matthieu Mazeau, who received the Governor General's History Award 2025 for their remarkable project to showcase the history of Mercier-Hochelaga-Maisonneuve.

They fully deserve this recognition after working hard on this accessible and deeply community-oriented project!

Check out their project, **Géo-visualiser les patrimoines de Mercier-Hochelaga-Maisonneuve**



Events



Free tax clinic*

From March 9 to April 17, 2026
Centre communautaire Hochelaga

*Some conditions apply



Rosemont tax clinic | Registration required

March 18 – 9 a.m. to 5 p.m.
Centre communautaire Petite-Côte
5675 Lafond Street (between Rosemont and Dandurand)
March 24 – 4 to 8 p.m.
5147 Beaubien Street East (corner of 40th Avenue)



Les Jeux de Montréal

April 8 to 12, 2026 | Programming: jeuxdemontreal.com



Marché Sabana pour la neurodiversité

Saturday, April 11, 2026, 10 a.m. to 6 p.m.
Collège de Maisonneuve (2701 Nicolet Street, parking lot P2, door B4)
To learn more: projetsabana.ca



Complètement Sucre

Saturday, April 11, 2026, 12 to 4 p.m. | Morgan Park



Marie-Gabrielle Ménard

Your Member of Parliament
Hochelaga-Rosemont-Est

[marie.gabrielle.menard.pourHRE](https://www.facebook.com/marie.gabrielle.menard.pourHRE)

[marie.gabrielle.menard_hre](https://www.instagram.com/marie.gabrielle.menard_hre)

[mgmenard.bsky.social](https://www.tiktok.com/@mgmenard.bsky.social)

mariegabriellemenard.ca

Constituency office

2030 Pie-IX Boulevard, Suite 225
Montreal, Quebec H1V 2C8
Tel.: 514-201-8608
 Pie-IX

Hours

Tuesday to Thursday: 9:00 a.m. to 3:30 p.m.
By appointment

marie-gabrielle.menard@parl.gc.ca