

Politique familiale municipale Municipalité amie des aînés (MADA)

Municipal Age-friendly Community & Family Policy



Ville de Métis-sur-Mer 2015-2018

Une municipalité bilingue,
un patrimoine unique,
un irrésistible coin de pays

A bilingual municipality,
a unique heritage,
an irresistible part of the country



Introduction

The Town of Métis-sur-Mer is proud to launch its first municipal Age-friendly Community & Family Policy. Our policy will support the "think-act-family" approach and the creation of initiatives so that each citizen may find his place within the community, with the assurance that municipal actions are taken in this regard.

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What is an Age-friendly Community & Family Policy?

An Age-friendly Community & Family Policy guides the municipal council in its decisions on subjects that are likely to have an impact on the lives of families and senior citizens. It is a reference tool for elected officials and municipal employees so that they can, in the context of their functions, work actively in the best interests of families. The municipal administration will draw on this policy to orient its decisions and actions affecting families or seniors.

Policy Intent

The intent of the Age-friendly Community & Family Policy is to make every effort to ensure that our beautiful part of the country retains its social and economic vitality, and so that the appeal of living here remains irresistible. Métis-sur-Mer will evolve, while at the same time continuing to be the unique and beloved place that it has always been.

As a backdrop is a genuine preoccupation: that families and seniors live here in peace and good health; that they settle here, grow here, play here, work here, access culture here and become educated here, while taking advantage of most magnificent surroundings.

Word from the Mayor



We are very pleased to present to all the citizens of Métis-sur-Mer a family and age-friendly community policy focused on the needs of our population and on healthy living. This policy and its action plan will support our revitalization efforts, thus giving each person the opportunity to flourish in a context that is conducive to the fulfillment of his or her needs.

It is vital for the municipal council to commit to contributing to the well-being of our fellow citizens by offering them a quality life environment, both diverse and appealing, and in doing so, enable new families to settle here. Our intent is that all families in Métis-sur-Mer will live peacefully in our beautiful part of the country, but more importantly, will remain here for a long time to come.

Families, of all shapes and sizes, are a major priority for us. The family is the foundation of a stable and healthy society, and is vital to small towns such as ours. Your well-being is important to us; your values are our values. It is with great pleasure that my team and I have committed to this action plan, allowing us to build a harmonious and durable fabric binding each and every community member socially, economically and demographically.

Jean-Pierre Pelletier
Mayor



Words from our Councillors on the Questions of Families, Senior Citizens and Healthy Lifestyles



Having been a municipal councillor for 19 years, I have come to realize that, thanks to the help of many volunteers, we have very much improved our environment: parks, an inter-generational garden, a municipal rest stop, a bilingual CPE (Early Childhood Centre), monthly community information bulletins, a bilingual fitness center and a bilingual public library, to name but a few examples.

Being the elected official responsible for seniors in the framework of this policy, I committed myself to listening to our citizens who have given so much through generations. Our committee has given much thought to ways of improving the safety and well-being of seniors while at the same time respecting their culture and ensuring an enriching quality of life for everyone. Also, this policy's perspective has been enriched by the different stakeholders that worked together.

Most of the villages in our region have an aging population. Métis-sur-Mer is no exception, yet I consider it to be both vibrant and progressive. Our municipality possesses a great wealth: one of collaborative culture, involvement and mutual support. We need to put in place concrete actions to ensure the strength of this culture and the best possible future for our seniors as well as for our population as a whole.

Rita Turriff
Municipal Councillor,
Senior Citizens Portfolio



Working on the development of a policy for families and seniors in Métis-sur-Mer has been a wonderful experience for me. This long collaborative effort has enabled me to better visualize improvements that can enhance the quality of life of our citizens.

This policy will be for us, members of the Council, an indispensable tool that will enable us to ensure that our residents, as well as those from elsewhere, have the desire to live in our beautiful municipality.

I thank the team of people who have participated in the development of this document and of its action plan.

Johanne Bernier
Municipal Councillor, Family Portfolio





Words from our Councillors on the Questions of Families, Senior Citizens and Healthy Lifestyles

This policy's development has attracted considerable interest from representatives of voluntary organizations, such as the Local Development Committee of Métis-sur-Mer (CLD), but also from newcomers and long time residents.

In a common goal to ensure the well-being of the people of our community, we have emphasized the importance of the development and consolidation of actions to attract families and to improve our living environment. It goes without saying that the development process had a mobilizing effect and that the annual evaluation of our action plan will facilitate its implementation. The work of the follow-up committee will also fine tune the process, as needed.

Actions prioritized by the CLD, such as welcoming newcomers and the strengthening of a social fabric representative of different age groups, are part of this policy. Also, all interested parties have attached great importance to developing realistic strategies that meet the needs of all citizens: summer and permanent residents, English and French-speaking alike. Our living environment has bilingual origins that we wish to preserve.

We wish to emphasize here the significant contributions made by the representative of the MRC de La Mitis, as well as that of the Executive Director of Heritage Lower Saint Lawrence and of its community health coordinator.

Martine Bouchard

Municipal Councillor, President of the Local Development Committee (CLD)

Family and Senior Citizens' Committee: Composition

Co-President – Senior Citizens Portfolio: Rita D. Turriff

Co-President – Family Portfolio: Johanne Bernier

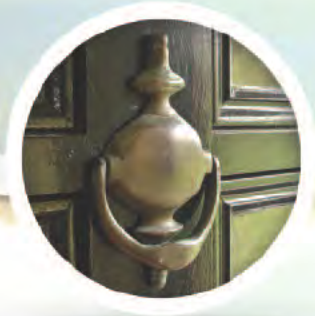
Team - Senior Citizens:

Martine Bouchard, CLD Métis-sur-Mer
Françoise Rousseau, 50 + Club
Diane Dubé Guilbault, AFEAS
Robert Lalonde

Team – Family:

Marcel Blanchet
Philippe Cavanagh
Sonia Castillo
Geneviève Vezeau
Stéphane Dion

A Bilingual Municipality, A Unique Heritage



The municipality of Métis-sur-Mer is located inside a bay, on a coastal platform where the forest and the ocean coexist magnificently. Moving further southwards from the village, the landscape is shaped by agriculture.

The incredible potential of its well preserved architectural heritage and its panoramic views of the ocean and on the Notre-Dame Mountains make this municipality one of the most beautiful in the province.

Our town is renowned for being tidy and proud. It does, in fact, belong to the Association of Quebec's most beautiful villages and participates in the Fleurons du Québec embellishment program. The bonjours, the hellos and the smiles exchanged on the street also reflect the good atmosphere that is omnipresent. The community has always been known for its mutual support and solidarity, and volunteers of all ages greatly contribute to the quality of life of those living here.

Métis-sur-Mer, officially recognized by the provincial government as a bilingual town, has both a francophone school offering preschool and elementary education, and an English school offering preschool, elementary and secondary education.

There are in Métis-sur-Mer many infrastructures and committees, as well as associations and community organizations, both Francophone and Anglophone, for which volunteers work tirelessly, to create a unique living environment in which it feels good to live.





Development Process

The development of an age-friendly community & family policy is a long process which begins with a vision of change and a request for funding. After the acceptance of the project, it may take up to 24 months before the adoption and submission of the final policy, with its action plan, by the municipal council. One can draft a policy aimed at families or seniors, or both. One can also look at everything through the filter of healthy lifestyles, which is the case for Métis-sur-Mer. Our working committee wanted a policy that strives to make our environment even more conducive to the health and well-being of each and everyone.

To achieve this kind of undertaking and to implement its action plan takes a certain kind of people: people who care, people

who are committed to a common goal, people from all spheres of the community. Seniors, families, newcomers and long-term residents have collaborated to develop a common vision of our community. Your Family and Senior Citizens' Policy Development Committee met more than 10 times to work together throughout the space of 24 months, to present a concerted vision and a policy that will stay the course well after the end of its initial 4-year action plan.

The group was accompanied by Heritage Lower Saint Lawrence (Melanie Leblanc, Marie-Claude Giroux), who coordinated the entire project. Several collaborators have contributed to the process, notably Ms. Kathy Laplante of the MRC de La Mitis.



Portrait of our Town

The Population

Métis-sur-Mer's population is relatively stable and has slightly increased since 2006, to 644 individuals of all ages. It is largely bilingual: about 30% of Métis-sur-Mer residents declare being fluent in both official languages. Métis is also home to the only densely concentrated English-speaking minority language community in the region. The population nearly doubles in the summer months, when our town welcomes back families from all over Canada and all over the world, many of which have been coming here for generations.



Seniors make up about 50% of the permanent population, most of them living autonomously in single family homes. The number of seniors over the age of 75 has more than doubled since 2006, jumping to 155 individuals. Municipal infrastructures have been upgraded to be more accessible for the aging population.



Métis-sur-Mer attracts many young families, who enjoy a complete range of services rarely found in a town this size. But, there are few adults 25-40 years of age, so the community will have to tackle the challenges of youth retention and migration if it wants to balance its population's age groups.

In 2011...

- Métis was home for 80 families, 20 of which were headed by a single parent
- 53% of all metissian families had children 19 years of age or younger, for a total of 120 youth
- 85 youth were 14 years old or less;
- 25 youth were 0-4 years old, a steadily increasing number.

Housing

85% of all Métis-sur-Mer dwellings are single family homes. There are few apartment dwellings. 260 of all homes in Métis-sur-Mer are permanent residences, and over 180 are summer, non-winterized homes.



Quality of Life

The Town of Métis-sur-Mer offers an enviable quality of life compared to other municipalities. Belonging to the *Most Beautiful Villages of Quebec* association and participating in the *Fleurons du Québec*, the municipality is proud of its assets. Services offered in the municipality, are diverse and often bilingual. Ours is a dynamic and collaborative community with an uncommon number of engaged volunteers of all ages. It boasts an array of activities as well as sports and recreation facilities, and many educational institutions. A new extension to Metis

Beach School is also expected to make various infrastructures available to the community, and help attract more families. The Ville has developed a Home Ownership Program for families, and there is a wide variety of land available to build homes.



Infrastructures and Services

- Public transport to Mont-Joli & Rimouski
- Metis Beach School (regional English school, PreK- to Sec. 5)
- École des Cheminot- L'Envol (Brundtland green elementary school)
- Bilingual Centre for Early Learning CPE Les Pinsons
- Afterschool supervision services
- Centre des loisirs (community leisure centre, wheelchair accessible)
- Town Hall (community hall, wheelchair accessible)
- Municipal and school parks
- Heritage Resource Center (Bilingual library, health projects, historic documents, photocopies)
- CISSS doctor's clinic (1 day/month)
- Free bilingual doctor's clinic (summer)
- Firefighters / first response team
- Gaz and convenience store
- Caisse Desjardins de Mont-Joli
- Post office
- Office municipal d'habitation (11 apartments for adults aged 40+)
- Intergenerational community garden
- Bilingual training room and gym
- Ice rink
- Public beach accesses
- Municipal picnic area
- 2 private golf clubs (1 w/tennis)
- Private campground with pool
- Various inns
- A seasonal café / boutique
- Three seasonal restaurants



Portrait of our Town



Recreation and Sports

Métis-sur-Mer has several recreational facilities at its disposal whether as owner or through partner organizations. The municipality also supports the coordination of community & recreation services through Heritage Lower Saint Lawrence. The range of recreational activities in our town is exceptional, starting with the only bilingual public library East of Québec City, flexible recreational offers, an access partnership for the gymnasium at L'Envol school, a municipal rest stop with picnic areas & public beach access, etc. Certain facilities have been renovated, and others are in need of an upgrade. Some activities are seasonal. Besides book clubs, there are few leisure clubs in Métis-sur-Mer, but residents are always willing to chip in to organize activities. Even though it is already one of its strengths, with an aging population and new families settling in, our town needs to build volunteerism in order to maintain the activity level it offers, but also to innovate and meet growing needs. Métis-sur-Mer's environment is favorable to healthy active living, and opportunities are there to be seized to improve the diversity and quality of activities helping citizens of all ages stay fit and healthy.

Activities, Services & Events

- Free community information stations and bilingual publications
- Summer Play Days (6-11 year olds)
- Annual Terry Fox Walk (more than 30 years running!)
- Winter Activities (hockey, sliding & games)
- Santa Clause visit & sleigh ride
- Step Together spring walk
- Les Boules Open golf tournament
- Saint-Jean-Baptiste & Canada Day festivities
- Annual Garden Party: all churches fundraiser
- Métis-sur-Mer Celebrates!
- Children's Day with our firefighters
- 50 + Club weekly games & activities, lunches, etc.
- Viactive (50+ Club activity)
- Training room and gym activities
- Dart leagues
- Community Health education Program (CHEP) videoconferences
- Pancake Breakfast, Soup & Sandwich Lunch, Thanksgiving Supper, etc.
- Friday community breakfasts (October to April)
- Seniors' monthly Hot Lunches
- Craft and bakesales
- Children's storytime activities
- Cultural workshops and exhibits
- Historical walking trails
- Adult storytelling evenings
- Book clubs (adults and children), themed book collections, etc.
- Author meets (English and French)
- Jazz concerts
- Remembrance Week programming



Commitment and Civic Mobilization

Community life is dynamic in Métis-sur-Mer. There are a significant number of committees and organizations that contribute to the vitality of our town. A culture of community engagement and a high level of collaboration between organizations foster mobilization. Opportunities to get involved are many, varied and flexible. Many give their time on a regular or occasional basis. By contrast though, few people actually participate in municipal affairs, and core volunteers that are very involved in many organizations are also aging, making them at risk of overextending themselves. Participation in activities is very high, and a large number of free community communication tools are used to reach people. Yet, communication still needs improvement. There is a great sense of pride and belonging among residents, and the long term vision of an age-friendly community & family oriented municipality will help build on these.

Local Organizations and Committees

- Comité local de développement de Métis-sur-Mer (CLD)
- Le Club «Les 50 ans et plus de Les Boules»
- Comité des loisirs de Métis-sur-Mer
- Heritage Lower St.Lawrence
- Library Committee
- Association Socio-culturelle de Métis-sur-Mer
- Comité d'embellissement
- Comité de déplacement «On the Move in the Community»
- Office Municipal d'Habitation de Métis-sur-Mer (public housing)
- Metis Beach Community Association
- Cascade Golf & Tennis Club
- Age-friendly Community & Family Policy Committee
- Organisme de participation des parents (OPP-école L'Envol)
- Métis Beach School Governing Board
- La Fabrique Notre-Dame-de-la-Compassion
- Garde paroissiale de Métis-sur-Mer
- Metis Beach Ladies Aid
- Little Metis Presbyterian Church Committee
- St. George's Anglican Church Committee
- Leggatt's Point Women's Society
- Association des Résidents de la Pointe du Phare de Métis-sur-Mer (ARPP)
- Jeunesse Maritime du Saint-Laurent



Portrait of our Town

Employment & Economy

Several businesses have established themselves in the municipality of Métis-sur-Mer. There is a strong entrepreneurial culture, the Town Development Plan (2012) promoting the establishment of SMEs (Small & Medium-Sized Enterprises) is still in effect, and several buildings, equipment and land are available. Nevertheless, the economy is largely seasonal. Summer residents provide seasonal work and create a demand for local businesses. Tourism is a major part of the local economy. Agriculture, the primary economic activity, is governed by rules which do not always allow for new ventures to be pursued. Despite everything, our community sees the next phase of its development as a wonderful opportunity for the revival and diversification of local economic activities. Being centrally located between Rimouski and Matane, only 20km from Mont-Joli, makes it easy for Metissers to work in a variety of locations. Gas prices remain an important factor in a decision to move to a new area. Government investments in electrical transportation could make our municipality more accessible to families. Unemployment remains high, mainly because so many local jobs are seasonal. With over 30 local employers, many self-employed entrepreneurs, and a high bilingualism rate, Métis-sur-Mer offers a variety of employment opportunities and an interesting work force. The job market evolves with technology. High speed Internet is widely available in Métis and many residents work from home. Still, most of the 210 employed Metissers work outside the city's boundaries...

Where exactly do Metissers work?

- About 35% in Métis-sur-Mer
- About 40% in the MRC de La Mitis (Mont-Joli, etc.)
- About 25% in other MRC's (Matanie, Rimouski-Neigette, etc.)



Transportation & the Environment

Located between two regional hubs, our municipality enjoys an enviable location with regards to transportation. The environment in Métis-sur-Mer is generally considered to be of very high quality. The water supply was problematic until 2012, and has been upgraded. The municipality's territory comprises a Route verte and a Route bleue (green and blue corridors), and public & adapted transportation services cover La Mitis and Rimouski. Carpooling for work is not systematically organized and there are no delimited bike paths, but there is a committee for active transport, «On the Move in the Community», that has developed a plan to improve access to alternative transportation for all ages (biking, walking, etc.). Environmental awareness is a growing factor as families tend to look first and foremost for quality of life, which is an opportunity for Métis-sur-Mer to tap into.



Policy Framework

Vision

For a long time now, the Town of Métis-sur-Mer has developed strategies to meet the needs of families and seniors living in its territory. Many actions have already been implemented by the Town and its partners, to provide the best quality of life possible to Metissers. By adopting this policy, the Town confirms its willingness, as well as that of its elected officials and all municipal employees, to keep families and seniors at the heart of its concerns by engaging in concrete actions that foster their personal fulfilment.

The involvement of all community partners and citizens makes it easier to benefit from local potential. This collaboration between the municipality, institutions, citizens and local organizations reflects the values of our community members and that of Métis-sur-Mer in general. This involvement is what makes more concerted and steadfast actions possible.

In Métis-Sur-Mer, A Family Is...

...a group of at least two people related by multiple and inclusive ties such as blood, marriage, common law, adoption or moral responsibility. The family is the first society in which we are called to take root and evolve. As it promotes the overall development of the individual, the family ensures the continuity of a society. It is therefore its foundation and that of a healthy society. It is driven by the undertaking of a life project that calls for mutual support and for a concern for the health and well-being of each and every one through time. It is a place where inter-generational ties and security foster health, the development of autonomy, a feeling of belonging, socialization, fulfillment and learning, as well as the transmission of common values and the heritage of generations. This definition also includes individuals living alone, who may have family ties without necessarily living under the same roof.



Policy Framework



In Métis-Sur-Mer, A Senior Is...

...a person of at least 50 years of age, who has acquired a certain life experience and resources. Seniors contribute to the enrichment of community life by transmitting values, knowledge and heritage. They play an important role within the family and the community. In addition to being a source of knowledge and reference, they are the memory of our society and have a marked influence on future generations. The needs, interests and aspirations of seniors are quite varied from one person to another since each has a different reality.

Guiding Principles

The Age-friendly Community and Family Policy will help Métis-sur-Mer remain a dynamic town that acts on factors that create an environment conducive to welcoming and, more importantly, retaining families and seniors. To do this, the municipality is looking forward to actively working on the following:

- Attracting, welcoming and retaining families and seniors
- Security, accessibility and environments conducive to healthy lifestyles
- Community vitality
- Alternative modes of transportation
- Supporting employers and businesses



Policy Framework



Guidelines

To meet the needs of its citizens, the Town of Métis-sur-Mer will permanently:

- Look for opportunities to continually improve in order to refine actions and have a long-term vision for our community;
- Plan territorial development in order to meet the needs of seniors and families;
- Develop the sense of belonging and security by supporting community vitality;
- Collaborate with partners and get involved in collective impact at the municipal and MRC levels;
- Maintain and improve communications, as well as activities fostering a sense of security and active participation of families and seniors;
- Maintain an open dialogue with youth so that these future adults feel they are an integral part of community life;
- Put in place actions to maintain and improve the quality of the physical and cultural environment in order to ensure the well-being of families and seniors;
- Encourage newcomers, families and businesses to establish themselves in the area.



Policy Framework

Values and Priorities

A municipal culture that is both coherent and strong rests on a number of values shared with its citizens. This set of values constitutes the basis of a community. The Town of Métis-sur-Mer recognizes the importance of the following values:

Welcome

Welcome and respect of all types of families and their culture regardless of their socio-economic status promotes inclusion in community life, facilitates communication and openness, fosters relationships and develops a climate of trust among citizens. A welcoming atmosphere promotes the integration of families, inspiring in them the sense of belonging and therefore the pride which is born from positive experiences in the community. Stimulating this sense of belonging encourages solidarity and instills values as well as traditional, social, environmental, cultural, historical and linguistic ties.

Solidarity and Mutual Support

Being concerned about each and every one and acting for the good of all, citizens form a strong human chain whose links foster the positive interdependence of each individual. This concern for others and the sense of reciprocal obligation ensures the sustainability of ties between individuals, families and the community. This shared responsibility encourages commitment and citizen participation.



Policy Framework

Citizen Participation

Supporting the community through a variety of activities and by offering opportunities for active community participation helps break isolation while promoting physical and mental health. Being involved and valued in one's community, feeling part of a group, or being surrounded by people who care increases one's sense of security and promotes the quality of the environment for all citizens.

The Environment

Offering physical surroundings that are pleasant, healthy, environmentally friendly, safe, and inviting in terms of well-being, fosters pride and territorial occupancy as well as a sense of security for the aging population and for families.

Security

Protection of the most vulnerable, support in times of emergency or need, and the presence of an environment conducive to active living and to the practice of recreational activities at any age, ensure that the aging population as well as families feel secure, and actively participate in community life.

Innovation

Open-mindedness, the search for creative solutions and for opportunities to continually improve practices, enable the enhancement of actions undertaken in the community. Innovation allows for renewal so that our community remains appealing to new families and new businesses. Innovation also requires us to be at the forefront when it comes to the protection of our environment and of our quality of life. It means having a long-term vision of our community's future.

Respect

Showing consideration towards each person, irrespective of culture, language, age, class and values. Respect implies accepting differences, an openness, and an ability to listen to the needs and aspirations of families and seniors.

Métis-sur-Mer Recognizes the Interdependence of the Following Values:

Welcoming to develop the sense of belonging; ➤

Sense of belonging to develop solidarity and mutual support; ➤

Solidarity to develop citizen participation; ➤

Citizen participation to develop a healthy and safe environment; ➤

Security to develop the trust of its citizens and facilitate the participation of all; ➤

and

The **innovation** needed to effectively address our concerns.



Policy Orientations

Axis of Intervention: Quality of the Living Environment

The environment in which families and seniors live, while not compromising its beauty and charm, must meet their needs. The quality of the living environment therefore depends upon the availability of adequate services or the presence of neighborhood services. Its quality is also dependent upon its being conducive to health, wellness and the personal fulfillment of each individual. It takes into account the particular characteristics of the diverse generations that make up metissian families, present and future. Two priorities have been identified in this axis, constituting the core concerns of this policy.

PRIORITY 1: Promote the attraction, the welcome and the retention of families and seniors

OBJECTIVES:

- Attract new families to live permanently in Métis-sur-Mer
- Promote the sense of belonging among the population
- Facilitate access to housing and to homeownership
- Maintain and enhance permanent neighborhood services
- Support educational institutions and services to parents
- Provide a steady supply of affordable and innovative sports, cultural and recreational activities for all ages.

PRIORITY 2: Make our living environment safer, more accessible and more conducive to the health of families and seniors

OBJECTIVES:

- Foster the sense of security of families and seniors
- Value the physical environment
- Make the environment conducive to healthy lifestyle habits of families and seniors



Policy Orientations



Axis of Intervention: Engagement and Civic Mobilization

The sense of belonging, community engagement and community spirit are very strong in Métis-sur-Mer. The municipality wishes to build upon these foundations in order to support and enhance community life. The quality of life of families and seniors involves areas of expertise that are complementary to municipal competencies. All community resources are therefore indispensable to the well-being of the population. Their mobilization toward a common goal is the main condition for success of our Age-friendly Community and Family Policy. The complicity aimed at here begins by the sharing of information and consultation. It goes beyond simple collaboration, moving towards genuine partnership and collective impact work.

PRIORITY:
Maintaining community vitality

OBJECTIVES:

- Foster volunteer respite and recognition
- Optimize communications (town, organizations, citizens)
- Improve collaboration and mutual listening & foster partnerships.

Axis of Intervention: Transportation

Access to adequate and affordable transportation is an important tool for social and economic development in a community such as Métis-sur-Mer, situated midway between two urban centres. Moreover, prioritizing active transportation can have beneficial effects on the health of young people as well as on the autonomy of seniors. This is why the stakeholders of the family policy will continue to raise awareness among young people, families and seniors about active transportation.

PRIORITY: Encourage alternative modes of transportation

OBJECTIVES:

- Promote and facilitate active transportation
- Promote and facilitate collective transport



Policy Orientations

Axis of Intervention: Economy and Employment

The employment and economy sector certainly remains among the most fragile because it is dependent on many factors, including the seasonal nature of certain industries. However, it is important to put in place concrete actions that will support local businesses, to consolidate existing jobs and to encourage the emergence of new quality jobs. The arrival of high speed Internet is also one of the more positive factors in job creation potential: it is estimated that up to 30% of the new jobs created in Quebec are related to tele-working or self-employment.

PRIORITY: Support and encourage employers & businesses

OBJECTIVES:

- Foster diversified entrepreneurship and employability
- Encourage the establishment of social enterprises



Implementation of our Policy

To make this a living policy on families and senior citizens, Métis-sur-Mer will implement a four-year action plan. The Town wishes to share this policy, its objectives and its actions with all of the community in the hope that each community actor will actively support the project and participate in its achievement.

To ensure the implementation of the action plan and its follow up, the policy's development committee will continue its mandate and monitor progress. The committee will meet two to three times a year to assess results and make recommendations to the town council so that it can ensure an adequate follow-up.



Acknowledgments

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- Diane Collin, CISSS du Bas-Saint-Laurent;
- Samuel Gendreau, COSMOSS de La Mitis (La Mitis en Forme et en Santé)
- Alvin Doucet, Carrefour action municipale et famille;
- Avril Gagné, CISSS du Bas-Saint-Laurent
- Community organizations for their collaboration in the distribution of surveys;
- The population of Métis-sur-Mer for their comments and suggestions;
- The students of L'Envol school for their willingness to imagine a different Métis;
- The municipality staff who were involved in different steps of the process;
- All those who contributed to the project in ways large and small;
- Melanie Leblanc, Executive Director, Heritage Lower Saint Lawrence;
- Marie-Claude Giroux, Community Health Coordinator, Heritage Lower Saint Lawrence.

APPENDIX: OUR FOUR YEAR ACTION PLAN





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