

Anne-Marie Lalonde (nee Provencher)

MARCH 22, 2021

Anne-Marie passed away peacefully on Monday, March 22, 2021 at the age of 40. She will be deeply missed by her husband Jean-Francois; sons Sean-William and Alec; and her pet dog Ava who she loved with all of her heart. As a devoted wife, mother, daughter, aunt, co-worker and friend Anne-Marie touched countless lives with her ironic sense of humor and profound love of her family.



Anne-Marie was predeceased by her father Réal Provencher and brother-in-law Louis-Philippe. She is survived by her mother Hélène Frédette-Provencher; mother-in-law Diane Langlais and father-in-law Michel Lalonde (France). Anne-Marie cherished her entire family, and is lovingly remembered by her sisters-in-law Rachel (Yanick), Madeleine (Stéphane) and their families.

Anne-Marie grew up in Repentigny, QC where she received her early education. In 2002 she met the love of her life, Anne-Marie and Jean-Francois had their first son Sean-William in 2004 in Montréal, QC and their second son Alec in 2006 in Terrebonne, QC.

Anne-Marie and Jean-Francois got married in 2011 in Repentigny with their sons participating in the ceremony. Anne-Marie was a dedicated early childhood educator in Repentigny, working alongside of her children and best friend Marie-Ève at Le Centre Éducatif Le Pinceau Magique from 2004 to 2012.

Anne-Marie moved west to Regina, SK with her family in 2012, where she also worked as an early childhood educator at École Monseigneur de Laval from 2012 to 2016.

Anne-Marie then pursued a change of career in 2017 becoming a Canada Public Servant for Service Canada and later a Recruiting Analyst for the RCMP and took great pride in her work.

Anne-Marie loved food and cooking good meals that she enjoyed with a good glass of wine. Anne-Marie enjoyed camping, logging wood and relaxing by the campfire with friends and family. She would also escape her daily reality when going for a motorcycle ride by herself or with Jean-Francois.

The family would like to express their gratitude and thanks to the many doctors and nurses who cared for Anne-Marie, particularly the staff of the Allan Blair Cancer Centre, Ward 3B (Oncology) and Ward 3A (Palliative Care) at the Pasqua Hospital. Many thanks as well to the numerous friends and members of the community who offered prayers, food, donations, time, wisdom, and a compassionate ear.

In lieu of flowers, donations may be made to

<http://support.cancer.ca/goto/InMemoryOfAnne-MarieLalonde>

A Private Family Celebration of Anne-Marie's Life will take place on Wednesday, March 31, 2021 at 10:30 a.m. in Resurrection Roman Catholic Parish, Regina, SK. You are invited to attend the service virtually at

<https://livestream.com/accounts/17094656>

Messages of Condolence

Anne-Marie lovingly and patiently taught two of my three children at Laval. She was also calm with them and enthusiastic. Xavier and Anaya and the rest of the family say thank you & Merci!

— **Andrea, Rod, Xavier, Anaya & Rhys Chalifour**

Rest In Peace Anne-Marie

— **Troy & Tania Kutsak**

Tout nos condoléances Jean-François, ainsi qu'à toute la famille.

Rest In Peace

— **Hugo**

To John-Francois and children...my most sincere sympathies on your loss, I cannot begin to comprehend the gravity of your loss. To my friend J-F, I can only hope, and knowing what a quality guy you are, that you indeed will find the strength to persevere. May she RIP.

— **John Mac Kinnon**

Mes plus Sincères Sympathie

— **Nathalie Marceau**

I did not know Anne-Marie on a personal level, but had the chance to interact at work throughout this past year. She was always so kind and courteous. She had an amazing reputation at work and will be missed by all. She was also my daughter's first teacher at Laval in pre-K. Juliette has great memories of her. She will be missed by anyone who had the chance to have her in their lives. My sincere condolences to her family and loved ones.

— **Marie-Hélène Faucher**

Je suis tellement triste pour vous

Mes plus sincères condoléances à tout la famille et amis

JF prend bien soin de toi et de tes enfants mon frère

— **Benoit laroche**

Partir alors que l'on a la vie devant soi est vraiment d'une grande tristesse!
Heureusement, les souvenirs nous aideront à garder vivante Anne-Marie. Bon courage et câlins à Jean-François, Sean-William, Alec, Hélène (sa maman) sans oublier la belle Ava.

— **Andrée Jourdain et Jean-René Lalonde**

Toutes mes sympathies à toi et toute ta famille.

— **Lucie Brûlé**

Je suis tellement touchée de tristesse pour la vie d'une aussi bonne personne qui termine très tôt dans son parcours! Elle restera toujours dans mon coeur! Je vous souhaite bon courage et mes plus profonds condoléances à mon fils, Jean-François, mes petits-fils Sean-William et Alec et Hélène, la mère d'Anne-Marie et Ava. Je vous aime beaucoup! xoxoxoxoxo

— **Diane Langlais**

Nos sincères condoléances Jean-Francois, Sean- William et Alec.

Nous pensons à vous de tout cœur.

Sylvie et Daniel Fletcher

— **Sylvie Fletcher**

J'aimerais offrir mes sincères condoléances à Jean-François, à des 2 fils ainsi qu'à toute la famille pour le décès de Anne-Marie. Que mes pensées vous accompagnent et apaisent votre chagrin tout au long de ce triste moment. Avec tout mon amitié,
Francine

— **Francine Bois**

À toute la famille, mes sincères sympathies. À toi Hélène, je suis de tout cœur avec toi, avec ta peine, peu de mots peuvent combler la perte d'un être cher.

Laure

— **Laure McKeown**

Anne-Marie a enseigné a ma fille Geneviève lors de sa dernière année d'enseignement à l'école Mgr de Laval. Elle avait une joie contagieuse et a su conquérir le cœur des élèves rapidement. Ma fille avait hâte de la retrouver chaque jour à l'école et était inconsolable lorsque celle-ci a quitté pour un emploi au gouvernement. Elle a laissé sa marque dans notre famille et nous nous souviendrons toujours d'elle. Nos plus sincères sympathies à toute la famille.

— **Valérie, Jason, Geneviève, Tyler, Annabelle et Rosalie Williams**

Sincere condolences to Anne-Marie's family.

I had the honor to work with Anne-Marie for a short period of time at RCMP. She always had such a positive attitude on family and life in general. Her smile was contagious. We had many talks and good laughs about her love for family, cooking, camping and whatever topics came our way. She was so easy to talk to and get along with. She will be greatly missed .

May her family cherish her memories always.

RIP my friend!

— **Linda Wilson**

Toutes mes sympathies à la famille. Je me souviens de son humour et de ses réponses et commentaires qui me faisaient rire. (J'aime tes cheveux Anne-Marie! "Oh ça? C'est un wig!") merci pour ta joie de vivre! Sending much love and prayers to you all.

— **Stephanie and Rob Jerrett**

Mes sympathies à toi Jean -Francois et ta famille

— **Bernard choquette**

JF my deepest sympathies to you and your boys. I am so glad Mandy and I were able to spend time with you and Anne-Marie last summer.

— **Carey Markewich**

Mes plus sincères sympathies à toute la famille et plus précisément à mon amie Hélène Provencher, pour le décès de sa fille adorée! De tout cœur avec vous, dans cette épreuve!

— **Roseline Huard**

Mes sincères sympathies à Jean-Francois et ses deux petits garçons.. je suis de tout cœur avec vous... j'aie connu Hélène sa maman et Anne-Marie au primaire à l'école Louis-Fréchette, moi et Hélène on faisait la petite caisse Desjardins pour les enfants.. le souvenir que je garde d'Anne-Marie c'est son grand sourire, une enfant joyeuse.. Hélène mon amie je pense à toi très très fort .. nous ne devrions pas survivre à nos enfants.. quelle douleur...

Anne-Marie repose toi maintenant!

— **Diane Roussel**

Mes sincères pensées et prières sont avec toi Jean-François , Sean William et Alec

— **Simone lepage**

Condoléances et courage. Une grande perte dans votre noyau famille.

Anne -Marie vous aimait tellement et elle continuera de vous aimer et protéger de là-haut

— **Michelle Levesque**

Mes sympathies à Jean-François, Sean-William et Alec. Nous avons le bonheur de faire la rencontre d'Anne-Marie à la garderie le Pinceau Magique. Rapidement nos garçons sont devenus de bons amis (Sean-William et Matis). Elle était une femme souriante et pleine de "drive". Bon repos ma belle.

— **Julie Lampron**

Sending loving thoughts and prayers to members of our RCMP family. Although retired, we share in your sorrow. May you find the strength and support needed for this wonderful family. Another beautiful Angel among us. ☐

— **Murray and Sherry KLATT**

Our deepest sympathies to your family. We had the pleasure in meeting Anne-Marie on her last year at Monseigneur de Laval for our son's 1st year in school. Elle a su gagné notre confiance et le coeur de mon garçon Jake. Son sourire et sa personnalité était de toute beauté. Repose en paix.

— **Caroline Duval**

JF, Sean-William, Alec

Our hearts are broken for your loss. You are in our thoughts and prayers. We love you.

Uncle Ken & Anna

— **Ken Lewis**

Mes condoléances à toute la famille et tout spécialement à ma cousine Hélène.
Je pense à toi.

Pierre xxx

— **Pierre Trépanier**

Mes plus sincères sympathies à Jean-Francois , ses 2 fils et tous les reste de la famille, une amis et collègue de la garderie pinceau Magique repose en paix belle Anne-Marie

— **Julie Beausoleil**

Mes plus sincères condoléances Helene ainsi qu'à la famille. Je suis de tout cœur avec toi. xxx

— **Lise Trepanier**

Mes plus sincères sympathies à toute la famille. XXX Claude

— **Claude Trépanier**

C'est avec tout notre support moral et notre amitié que nous offrons nos sympathies et nos condoléances à toi et ta famille.

Anne-Marie était une femme unique et pleine d'humour qui aimait profondément la vie et sa famille. JF, Sean-William et Alec, nos pensées vous accompagnent

— **Jean-Francois Pruneau**

To Mr. Lalonde and children Alex and Sean-William. I wish to express our condolences to you and your family. Even though I never had the opportunity to meet with you, I know the boys from the cadet program.

Anne-Marie was a gift from God and now is a gift to God. Our thoughts and prayers are with you all.

— **Major (ret'd) Reg Tweten CD**

I had the great pleasure to work with Anne-Marie at the RCMP for a short time. Anne-Marie had such a sparkle to her! We had many conversations about family, camping, life. We also had many many laughs and I am sure our office was heard by others in some of these times!! Anne Marie's sparkle brightened immensely when she spoke about her boys! She was so proud of them! I remember the first time I seen Anne Marie walk into the office with her helmet.... I said oh you go girl!! And we just laughed and laughed! Anne Marie offered Linda and I French Language classes at work , many more laughs !! Anne Marie fit in so well with us, she learned her new position extremely fast, she was so positive and she took so much pride in her work!! Anne Marie was such a great gift to everyone that had the chance to meet her. May the memories help keep you strong through this trying time. Sending strength and condolences to her family .

— **Crystal**

Mes sincères condoléances JF, Sean William et Alec. J'ai travaillé avec Anne-Marie . Elle passait tous les matins au bureau me dire un petit bonjour avec son sourire contagieux. Elle a une place spéciale dans mon cœur. Mes prières et mes pensées sont avec vous.

Sincèrement,

Salpy Durr

— **Salpy Durr**

Jean-Francois and Family. Please accept my condolences on the passing of Anne-Marie. She was a beautiful woman, warm and friendly. Your family's attendances at the Masonic Christmas Parties were when I had the opportunity to meet her. May you find comfort in your God, your memories of Anne-Marie, your family and many friends.

— **Janis Campbell**



<https://www.myalternatives.ca/obituaries/lalonde-nee-provencher-anne-marie>

Printed on June 3, 2026