



LE CENTRE DES FEMMES DE VERDUN

Spring 2023

**Open to anyone who identifies as woman and/or
as a part of sexual and gender diversity**

The *Centre des femmes de Verdun* mission is to
break isolation and promote regaining of power
over our lives



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@centredesfemmesdeverdun



www.centredesfemmesdeverdun.org

Regular activities

DROP-IN

Whether it is to have a coffee with other members, talk to a worker, get referrals, use the Centre's artistic material, computer or sports equipment, everyone is welcome during the following opening hours:

Generally:

Tuesdays 10 am – 1 pm & 2:30 pm – 4:30 pm

Wednesdays 10am – 1 pm & 2:30pm – 4:30pm

Thursdays 1pm – 4:30pm

***See dates and exceptions to the calendar at the end of the program**



ACTIVE CLUB

Active Clubs aim to get us moving together as a group. The activities take place in a safe environment in which everyone is welcomed at your own pace.

The following Tuesdays, reception at 12:45pm, start of the activity at 1 pm:

April 11: Dance exercises

April 18: Gentle Yoga

April 25: Walking

May 9: Gentle Yoga

May 16: Walking

May 23: Dance exercises

May 30: Gentle Yoga



OUTINGS

(Activity reserved for members)

Also on Tuesdays, a few outings will take place outside the neighborhood. Look at the schedule for each outing. All activities are free and transport tickets are provided.

Registration is required.

Visit of the exhibition Parall(elles): another history of design, MMFA

Tuesday May 2nd , departure from the Center at 1:15 pm.

This major exhibition highlights the exceptional role of women in the history of design in the United States and Canada since the end of the 19th century.

*****Limited places. Registration required before Thursday, April 27 *****



Pride Village Tour: LGBTQ+ History and Realities

Tuesday June 6, departure from the Center at 1pm.

Guided by the organization *L'Autre Montréal*, we will visit the Montreal sector called the "Village". This walk leads us to better understand the origin of this mainly commercial space and to explore the realities and issues of sexual diversity and the plurality of genders from the past through the present.

*****Limited places. Registration required before Thursday, June 1st*****

CHATTY - BRUNCH

A great opportunity to meet and socialize around a brunch and coffee provided by the Centre. The brunches will be followed, for those who wish to participate, by various workshops (see thematic workshops section).

The following Wednesdays, 10am - 11:30am
May 10
June 7



Wednesday, April 12
SUGAR SHACK SPECIAL
10 am - 12:30pm.



THEMATIC WORKSHOPS:

To take the discussion further, following the brunch!



Quebec Trans Help Workshop

Wednesday, May 10, 11:30am -1 pm.

What is the purpose of the ATQ, its mission, its services?
And what are the past or present struggles of its members?

Watching the *Essentials* documentary

Wednesday, June 7, 11:30 am -1 pm.

This documentary reveals the reality of asylum seekers and temporary workers who hold precarious jobs. These people feed us and take care of us, but struggle to obtain the right to settle here. Why?



COFFEE-DISCUSSIONS IN FRENCH

(OPEN ONLY TO PEOPLE WHO SPEAK FRENCH AS A SECOND LANGUAGE)

The Coffee-discussions are dedicated for allophones or Anglophones who wish to practice and improve their French. This activity will be guided with an approach that promotes language learning through conversation and is suitable for several levels of language knowledge, in an atmosphere that promotes mutual support.

The following Wednesdays, from 1:30 to 2:30 pm:

April 5 and 19

May 3, 17 and 31



EVENINGS AT THE CENTER

Sexo evening

Thursday, April 20, 6-8 pm.

A safe space to discuss sexuality. We will explore, among other things, fantasies, the clitoris and orgasm as well as sexual and gender diversity! The goal is to untie the word, to break taboos, to be able to ask questions without judgment.



Special activity for May 17: International Day Against Homophobia and Transphobia

Wednesday, May 17, 6-8 p.m.

Come celebrate this important day with us!

Activity organized by members of the Centre. More information to come!



Watching the Essentials documentary

Thursday, June 8, 6-8 pm

This documentary reveals the reality of asylum seekers and temporary workers who hold precarious jobs. These people feed us and take care of us, but struggle to obtain the right to settle here. Why?



THE REBELLION PARADE

Come participate in the creation and staging of a parade, with the theme of rebellion!

As theater artists, Sophie Gee and Eo Sharp aim to create a series of creative events involving the Verdun community.

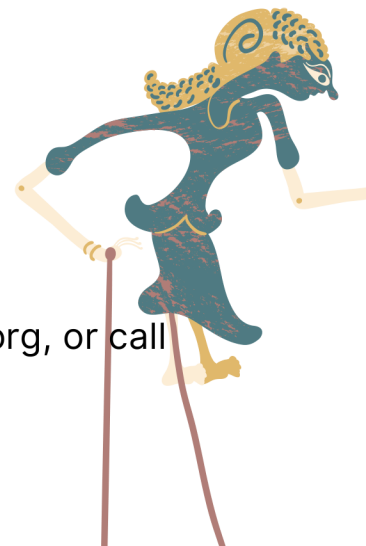
Series of 4 meetings, Thursdays from 5 pm to 7:30 pm.

The first meeting will take place on Thursday, May 4.

The parade will take place on May 27, details to come.

***On registration only!**

Contact Emmanuelle at communications@centredesfemmesdeverdun.org, or call the Centre!



SELF-MANAGED SPACES



ART HIVES

The art hives are a community space for artistic creation. People are invited to freely use different art materials at their disposal to create whatever they want in a friendly space.



The following Thursdays during afternoon

Drop-ins:

April 27 : Expressive watercolor

May 25

June 8



SOCIAL KNITTING

Self-managed meeting point for people who want to knit freely in a group.

Tuesdays from 11 am to 12 pm



Opportunities for involvement at the Center

VOLUNTEERING:

Do you want to get involved in the Centre? To come up with ideas? To share your passion or your knowledge? To help workers in different tasks? To be matched with people you can help?

Write to Elena at: proximite@centredesfemmesdeverdun.org
or call the Center!



FUNDRAISING COMMITTEE

Do you have an interest or skills in fundraising? The Center needs help with fundraising for the new location!

Write to Virginie at implication@centredesfemmesdeverdun.org or call us!



MAY 17 COMMITTEE

Do you identify as a person of sexual or gender diversity? Would you like to get involved in organizing an activity within the Centre?

Write to Virginie at implication@centredesfemmesdeverdun.org or call us!

AGM 2023 !!

Annual General Meeting (AGM)
Thursday June 15, from 4 to 7:30 pm

The time has come to participate in the democratic life of the centre! More information will follow.

It is important to be an active member to be able to participate fully! Ask the team to register or renew your membership!

Meals served after the meeting.



Daycare and whispered translation services available if specified at registration.

***** Registration before Thursday, 8 June *****

APRIL

TUESDAY	WEDNESDAY	THURSDAY
<p>4</p> <p> DROP-IN 1PM - 4:30PM</p>	<p>5</p> <p> DROP-IN 10 AM - 1PM FRENCH COFFEE- DISCUSSION 1:30PM - 2:30PM </p> <p> DROP-IN 2:30PM - 4:30PM</p>	<p>6</p> <p>CLOSED</p>
<p>11</p> <p> DROP-IN 10 AM - 1PM ACTIVE CLUB : Danse 1PM - 2:30PM </p> <p> DROP-IN 2:30PM - 4:30PM</p>	<p>12</p> <p> BRUNCH SUGAR SHACK  10H-12H30  DROP-IN 1PM - 4:30PM</p>	<p>13</p> <p>CLOSED</p>
<p>18</p> <p> DROP-IN 10 AM - 1PM ACTIVE CLUB : Yoga </p> <p> DROP-IN 2:30PM - 4:30PM</p>	<p>19</p> <p> DROP-IN 10 AM - 1PM FRENCH COFFEE- DISCUSSION 1:30PM - 2:30PM </p> <p> DROP-IN 2:30PM - 4:30PM</p>	<p>20</p> <p> DROP-IN 1PM - 4:30PM SEXO EVENING 6PM - 8PM </p>
<p>25</p> <p> DROP-IN 10 AM - 1PM ACTIVE CLUB : Walking 1PM - 2:30PM </p> <p> DROP-IN 2:30PM - 4:30PM</p>	<p>26</p> <p> DROP-IN 10AM - 4:30PM</p>	<p>27</p> <p> DROP-IN: Art hives 1pm - 4:30PM </p>

MAY

TUESDAY	WEDNESDAY	THURSDAY
<p>2</p> <p> DROP-IN 10 AM - 1PM **OUTING: Visit MMFA 1PM - 4PM </p>	<p>3</p> <p> DROP-IN 10 AM - 1PM FRENCH COFFEE-DISCUSSION 1:30PM - 2:30PM   DROP-IN 2:30PM - 4:30PM</p>	<p>4</p> <p> DROP-IN 1PM - 4:30PM **REBELLION GROUP 5 PM - 7PM </p>
<p>9</p> <p> DROP-IN 10 AM - 1PM ACTIVE CLUB : Yoga 1PM - 2:30PM   DROP-IN 2:30PM - 4:30PM</p>	<p>10</p> <p> BRUNCH 10AM - 11:30AM WORKSHOP: ATQ 11:30AM - 1PM   DROP-IN 1PM - 4:30PM</p>	<p>11</p> <p>CLOSED</p>
<p>16</p> <p> DROP-IN 10 AM - 1PM ACTIVE CLUB : Walking 1PM - 2:30PM   DROP-IN 2:30PM - 4:30PM</p>	<p>17</p> <p> DROP-IN 10 AM - 1PM FRENCH COFFEE-DISCUSSION 1:30PM - 2:30PM   DROP-IN 2:30PM - 4:30PM LGBTQIA2+ EVENING 6PM - 8PM </p>	<p>18</p> <p>CLOSED</p>
<p>23</p> <p> DROP-IN 10 AM - 1PM ACTIVE CLUB : Danse 1PM - 2:30PM   DROP-IN 2:30PM - 4:30PM</p>	<p>24</p> <p> DROP-IN 1PM - 4:30PM</p>	<p>25</p> <p> DROP-IN: Art hives 1PM - 4:30PM </p>
<p>30</p> <p> DROP-IN 10 AM - 1PM ACTIVE CLUB : Yoga 1PM - 2:30PM   DROP-IN 2:30PM - 4:30PM</p>	<p>31</p> <p> DROP-IN 10 AM - 1PM FRENCH COFFEE-DISCUSSION 1:30PM - 2:30PM   DROP-IN 2:30PM - 4:30PM</p>	<p>1</p> <p> DROP-IN 1PM - 4:30PM DOCUMENTARY EVENING 6PM - 8PM </p>

****Activity subject to registration**

JUNE

TUESDAY	WEDNESDAY	THURSDAY
<div>6</div> <div>  DROP-IN 10 AM - 1PM **OUTING: Pride Village Tour 1PM - 4PM  </div>	<div>7</div> <div>  BRUNCH 10AM - 11:30AM WORKSHOP: Essentials documentary 11:30AM - 1PM  DROP-IN 1PM - 4:30PM  </div>	<div>8</div> <div>  DROP-IN Art hives  1pm - 4:30PM </div>
<div>13</div> <div>  DROP-IN 1pm - 4:30PM </div>	<div>14</div> <div>  DROP-IN 1pm - 4:30PM </div>	<div>15</div> <div> **AGM 4PM - 7:30PM  </div>
<div>20</div> <div>CLOSED</div>	<div>21</div> <div>CLOSED</div>	<div>22</div> <div>CLOSED</div>

****Activity subject to registration**

PLEASE NOTE THAT THE CENTER WILL BE CLOSED ON THE FOLLOWING DATES:

March 27 to 31: Administrative week

April 6 and 10: Holidays

April 13: Administrative day

May 11 and 18: Team in formation

June 15: Preparation of the AGM

June 19 to 23: Administrative week