



LE CENTRE DES FEMMES DE VERDUN

Autumn 2023

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



info@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 :

- Tuesdays 10 am – 1 pm
- Wednesdays 1 pm – 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, opening at 12:45pm, activities starts at 1 pm :

- September 12 : **gentle yoga**
- September 19 : **workshop on self-hypnosis followed by a walk**
- October 3rd : **dance**
- October 10 : **gentle yoga**
- October 24 : **gentle yoga**
- October 31 : **Halloween-themed walk** (in costume if you'd like!)
- November 7 : **dance**
- November 21 : **yoga**

Regular activities

CHATTY - BRUNCH

A great opportunity to meet and socialize around a brunch and coffee provided by the Centre.

- **The following Wednesdays, 10am - 11h30pm**
- September 13
- October 11
- November 8



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 1pm to 4pm :**
- **October 26** : Ink painting initiation (fundraising card-making)
- **November 23** : Free creation

Workshop and Activity Offerings

If you'd like to share your skills, workshops, or activities related to art with others:

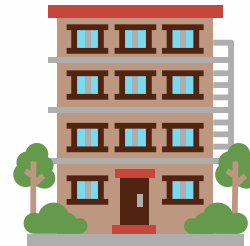
Contact us!

Thematic Workshops

To take the discussion further, following the brunch!

Housing right and struggles

- **Wednesday September 13, 11:30am to 1 pm**



CACV is currently campaigning to stop the granting of renovation permits by the borough that lead to massive tenant evictions in our neighborhood. Come so we discuss together what is happening in our neighborhood, their requests, the structures contributing to the problem and various means of fighting for our neighborhood and the right to housing.

Maison du réconfort: violence and control

- **Wednesday October 11, 11:30am to 1 pm**

Come discover the services of the Maison du Réconfort, a shelter for women victims of domestic violence. The facilitator will share tools to demystify and identify different forms of violence or control. An opportunity to equip ourselves or our loved ones.



Intersectionality: What is it, actually?

- **Wednesday November 8, 11:30am to 1 pm**



The aim of this activity is to better understand intersectionality and how it is applied practically in the Center. You may have heard this term in the media or at the center when discussing intersectional feminism, without fully grasping its meaning. You're not alone. Let's discuss together to make this theoretical term more concrete!

Outings

Activities for members only / Registration required

Free, transport tickets provided

World Press Photo

- **Tuesday September 5th, departure at 1:15 PM**
- **Limited places. Registration required before August 29.**

Every year, the World Press Photo Montreal exhibition showcases the work of photojournalists from 127 different countries, documenting various realities of the world through photography.



Insectarium

- **Tuesday, September 26th, departure at 1:15 PM**
- **Limited places. Registration required before September 19th .**

Together, we'll visit the Montreal Insectarium, a museum dedicated to insects! Butterfly aviaries and ant farms await.



Resto Plateau

- **Tuesday, October 17th, departure from the Center at 11:00 AM**
- **Registration required before October 10**

We'll have lunch at Resto Plateau's community restaurant! It's an organization focused on socio-professional integration and food security.



Visit to the Grand Library's Fab Lab (BAnQ)

- **Tuesday, November 28th, departure at 10:15 AM**
- **Limited places. Registration required before november 21st**

What's a Fab Lab? It's a digital fabrication laboratory available to citizens. Concretely, a Fab Lab offers machine tools that allow you to make almost anything! Let's explore this together and learn how to create recycled paper.



Self-managed activities

MEDITATION GROUP

Come and discover meditation and relaxation practices guided by Françoise, a volunteer member of the Centre!

Thursdays from 11am to 12pm

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

- 7, 14 et 21 of september.
- 5, 12, 19 et 26 of october.
- 2, 9 et 23 of november.



Evenings at the Center



Diversity Evening: LGBTQ+ Refugees

- **Thursday, October 19th, 6PM - 8PM**

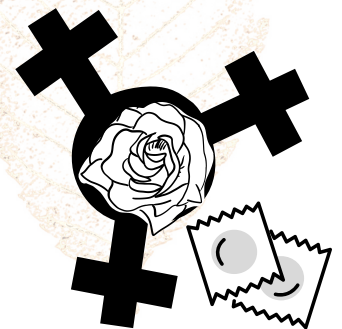
The Center's Diversity Committee invites you to a workshop on the specific realities of refugees from sexual and gender diversity communities. This interactive evening will raise awareness and mobilize on this important topic..

Sex chats

- **Wednesday, November 1st, 6PM-8PM**

**Registration required before october 26

A safe space to discuss sexuality among ourselves, break taboos and learn from each other. Always in a very free setting that leaves room for discussion and spontaneity. The theme suggested : sexuality and aging.



Special events

Fundraising Night: Queer Karaoke

- **Friday, September 15th, 7PM - 9:30 PM**



The Diversity Committee of the Center invites you to a benefit night for the Center and its new location project. Come dance and sing while supporting a good cause!

\$10 entry fee, snacks and drinks available for purchase.



Do you want to volunteer during this evening? We need your help!

To **buy a ticket** or to **volunteer** during the evening, write to Virginie at implication@centredesfemmesdeverdun.org

ÉcoFlux Event

- **Thursday, October 5th, 6:30 PM - 9PM**
- **At the Borough Council Chamber (4555 Rue de Verdun)**

Join the Center and the Verdun Environment House to discuss reusable menstrual products, menstrual precariousness, attitudes toward menstruation, and more! An opportunity to open a conversation and learn together, for the young and the not-so-young.



Christmas Brunch

- **Thursday, November 30th**
- **Registration necessary by November 21st**

Join us for a potluck brunch to celebrate and gather in community, in honor of the holiday season.



If you'd like to be part of the Christmas brunch organizing committee, contact us.

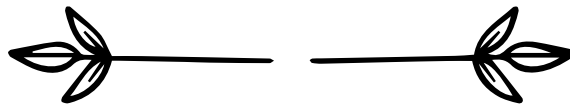
Involvement at the Center




Volunteering

Interested in getting involved at the Center? Bringing ideas? Sharing your passion or knowledge? Assisting staff with various tasks? Being paired with individuals you can assist?

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



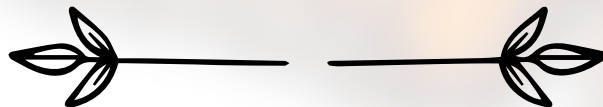
Committees



There are currently several committees at the Center where you can get involved:

- **Fundraising Committee** (Email Emmanuelle at communications@centredesfemmesdeverdun.org)
- **Sexual and Gender Diversity Committee** (Email Virginie at implication@centredesfemmesdeverdun.org)
- **Advisory Committee: Welcome, Security, Inclusion** (Email Elena at proximite@centredesfemmesdeverdun.org)

Call us to learn more!



Moving

If you would like to support us in our process of moving to our new premises in December (sorting of equipment, packing boxes, physical movement of equipment),

Write to Audrée at intervenante@centredesfemmesdeverdun.org or call us!




















Calendar

SEPTEMBER		
TUESDAY	WEDNESDAY	THURSDAY
<p style="text-align: right;">5</p> <p>**OUTING : World Press Photo 1PM - 4PM </p>	<p style="text-align: right;">6</p> <p> DROP-IN 1PM - 4:30PM</p>	<p style="text-align: right;">7</p> <p> DROP-IN 1PM - 4:30PM</p>
<p style="text-align: right;">12</p> <p> DROP-IN 10AM - 1PM</p> <p>ACTIVE CLUB : Yoga 1PM - 4PM </p>	<p style="text-align: right;">13</p> <p> BRUNCH 10AM - 11:30AM</p> <p>WORKSHOP : Housing 11:30AM - 1PM </p> <p> DROP-IN 1PM - 4:30PM</p>	<p style="text-align: right;">14</p> <p> DROP-IN 1PM - 4:30PM</p> <div style="background-color: #FFD700; padding: 5px; display: inline-block;"> <p style="text-align: center;">FRIDAY 15 QUEER KARAOKE 7PM-9:30PM </p> </div>
<p style="text-align: right;">19</p> <p> DROP-IN 10AM - 1PM</p> <p>ACTIVE CLUB: Self-hypnosis 1PM - 4PM </p>	<p style="text-align: right;">20</p> <p> DROP-IN 1PM - 4:30PM</p>	<p style="text-align: right;">21</p> <p> DROP-IN 1PM - 4:30PM</p>
<p style="text-align: right;">26</p> <p>**OUTING : Insectarium 1PM - 4PM </p>	<p style="text-align: right;">27</p> <p> DROP-IN 1PM - 4:30PM</p>	<p style="text-align: right;">28</p> <p style="text-align: center;"> CLOSED</p>

**** Activity with registration required**

























OCTOBER

TUESDAY	WEDNESDAY	THURSDAY
<p style="text-align: right;">3</p> <p> DROP-IN 10AM - 1PM</p> <p>ACTIVE CLUB: Dance 1PM - 4PM </p>	<p style="text-align: right;">4</p> <p> DROP-IN 1PM - 4:30PM</p>	<p style="text-align: right;">5</p> <p> DROP-IN 1PM - 4:30PM</p> <p> EVENING : Éco-flux 6:30PM - 9PM</p>
<p style="text-align: right;">10</p> <p>ACTIVE CLUB : Yoga 1PM - 4PM </p>	<p style="text-align: right;">11</p> <p> BRUNCH 10AM - 11:30AM</p> <p> WORKSHOP : Form of violence 11:30AM - 1PM</p> <p> DROP-IN 1PM - 4:30PM</p>	<p style="text-align: right;">12</p> <p> DROP-IN 1PM - 4:30PM</p>
<p style="text-align: right;">17</p> <p>DROP-IN  10AM - 1PM</p> <p>**OUTING: Resto-Plateau  11AM - 2PM</p>	<p style="text-align: right;">18</p> <p> DROP-IN 1PM - 4:30PM</p>	<p style="text-align: right;">19</p> <p> DROP-IN 1PM - 4:30PM</p> <p>EVENING : LGBTQ+ refugees  6PM - 8PM</p>
<p style="text-align: right;">24</p> <p> DROP-IN 10AM - 1PM</p> <p>ACTIVE CLUB : Yoga 1PM - 4PM </p>	<p style="text-align: right;">25</p> <p> DROP-IN 1PM - 4:30PM</p>	<p style="text-align: right;">26</p> <p> DROP-IN : Art hives Ink painting 1PM - 4PM</p>

****Activity with registration required**













NOVEMBER

TUESDAY	WEDNESDAY	THURSDAY
<p>31</p> <p>DROP-IN  10AM - 1PM</p> <p>ACTIVE CLUB : Walk 1PM - 4PM </p>	<p>1</p> <p>DROP-IN  1PM - 4:30PM</p> <p>**EVENING : Sex chat 6PM - 8PM </p>	<p>2</p> <p>DROP-IN  1PM - 4:30PM</p>
<p>7</p> <p>DROP-IN  10AM - 1PM</p> <p>ACTIVE CLUB : Dance 1PM - 4PM </p>	<p>8</p> <p>BRUNCH  10AM - 11:30AM</p> <p>WORKSHOP : Intersectionality 11:30AM - 1PM </p> <p>DROP-IN  1PM - 4:30PM</p>	<p>9</p> <p>DROP-IN  1PM - 4:30PM</p>
<p>14</p> <p> CLOSED</p>	<p>15</p> <p> CLOSED</p>	<p>16</p> <p> CLOSED</p>
<p>21</p> <p>DROP-IN  10AM - 1PM</p> <p>ACTIVE CLUB : Yoga 1PM - 4PM </p>	<p>22</p> <p>DROP-IN  1PM - 4:30PM</p>	<p>23</p> <p>DROP-IN : Art hives 1PM - 4PM </p>
<p>28</p> <p>DROP-IN  10AM - 1PM</p> <p>**OUTING : Fab-Lab 10:15AM - 3PM </p>	<p>29</p> <p>DROP-IN  1PM - 4:30PM</p>	<p>30</p> <p>**CHRISTMAS BRUNCH 11AM to 2:30PM </p>

****Activity with registration required**



DECEMBER

TUESDAY	WEDNESDAY	THURSDAY
 DROP-IN 10AM - 1PM 5	 DROP-IN 1PM - 4:30PM 6	 CLOSED 7
 CLOSED 12	 CLOSED 13	 CLOSED 14
 CLOSED 19	 CLOSED 20	 CLOSED 21
 CLOSED 26	 CLOSED 27	 CLOSED 28

Please note that the Center will be closed on the following dates:

THE WEEKS OF :

- **November 14 to 16** (administrative week)
- **December 12 to 14** (moving preparations)
- **December 19 to 21** (moving preparations)
- **December 26 to 28** (holidays)

AND THOSE DAYS :

- **September 28** (holiday resumption)
- **December 7** (administrative day)