



LE CENTRE DES FEMMES DE VERDUN

Special program

❄️ Winter 2024 ❄️

The Verdun's women center's mission is to break isolation and promote regaining of power over our lives

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



514-767-0384

During the transition period, it is important to leave a message in order for a worker to call you back.



@centredesfemmesdeverdun



www.centredesfemmesdeverdun.org



3488 rue de Verdun, Verdun, Qc, H4G 1K3

Note that the Center is not yet in its new premises. This is only to inform you that this will be our new address!

News from the Center

The Center officially left its premises at 284 de l'Église on Monday January 15! Another milestone! We were attached to this place!



The team would like to thank all the volunteers who came to help with packing, sorting and tidying up. We also thank Micheline Vermette as well as the City for the loan of storage space and all the partners who offer us their premises or various technical support for the transition period (Action Prévention Verdun, CACV, Mamies immigrantes, CrossFit 514 and several others!).

Work is progressing well in the new premises located at 3488 rue de Verdun, but certain unforeseen events could cause delays. We will therefore keep you informed as soon as we know our move-in and reopening date. We hope it will be next March.

In the meantime, the team has put together an alternative program which we present to you here. It is lighter since we focus our energies on finances, internal management and the end of the renovation.

We remain available for references or any questions by telephone (just leave a voice message), by email or by Messenger.



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.

Tuesdays, from 1pm to 3pm

Walk

We meet in front of the offices of Action Prévention Verdun (APV) at 4609 de Verdun st. at the corner of 1st avenue at 12:45 p.m. to leave together.

Hot drinks will be offered at the end of the activity.

Rain or shine! It's winter, don't forget to dress accordingly!

February 6

February 27



Yoga and dance

CrossFit 514 is lending us its premises (pay close attention to the addresses because they too will be moving). Meet at 12:45 p.m.

Bring your water bottles and dress comfortably. If you have yoga equipment (mat, strap, blocks), we invite you to bring it.

January 30 : Yoga (1000 Hickson st., near Lanouette st.)

February 13 : Dance (1215 Hickson st., near Évangéline st.)

February 20 : Yoga (1215 Hickson st.)



Chatty coffee

Because we are unable to hold brunch meetings, the team invites you to come and chat informally over muffins and coffee.

The following Wednesdays, 10am - 12pm :
February 7 and 21

At the premisses of Mamies immigrantes
at 4250 Bannantyne avenue, office 102
Corner of Gordon st.



Popular education workshop

The Verdun Citizens' Action Committee (CACV) invites us to its premises for a workshop on social housing and its current struggles in Verdun.

Wednesday February 14 from 2 pm to 4 pm

At the CACV premises, 3972 de Verdun
st., between de l'Église and Hickson.



Outing :

Fight against poverty: a look back at our victories

The Research and Training Group on Poverty and the Profiling Observatory invite us to the launch of 4 video pieces on major historical struggles against poverty. We have lunch together, we watch the capsules and then we discuss them to reflect on what's next.

Thursday February 8, 2024 from 11:30 am to 5 pm (free lunch!)

At the St-Pierre Center (1212 Panet st., Montreal, Room 1205)

Room accessible to people with reduced mobility

****Limited places, by registration only and reserved to members of the Center**

Evening workshop

Given the success and relevance of the workshop on intersectionality, offered in fall 2023, the team wanted to reoffer this workshop, but in the evening, online.

This activity, led by Marie-Pier Kouassi, aims to better understand what intersectionality is and its link with feminism.

You may have already heard this word in the media or at the center without fully understanding what it means. You are far from being alone. Let's discuss together to make this theoretical word more concrete!

Thursday February 15 from 6 pm to 8 pm

Online.

A link will be shared on social media and can be emailed upon request.



Mobilization

In support of Palestine

As the bombings continue and intensify in the Gaza Strip, the Canadian government continues to support Israel and position itself as complicit in the genocide we are witnessing.

The Center has an anti-oppressive approach, which means that we oppose systems that create social injustices and institutionalize violence. We talk about sexism, even heterosexism, carried by patriarchy, but we also talk about racism, capitalism, colonialism and imperialism.

Colonialism and imperialism are doctrines that aim to legitimizing the occupation, political domination and economic exploitation of territories by certain states. This is what has been happening for more than 75 years in Palestine.

It goes without saying that the Center positions itself against the killing of civilians and defends the right to life and self-determination. We also oppose the apartheid regime and the genocide suffered by the Palestinian people, mainly composed of women and children.

To show solidarity, we invite you to join us in a demonstration for a permanent ceasefire and the liberation of Palestine.

Saturday February 3 from 2 p.m.

For more information, contact the team



Partners activities :

Traditional arts and crafts workshops offered by the district



Free/For adults/Limited places

To register by telephone, contact Quai 5160 at
514 872-4995



Saturday Feb. 17 from 10 am to 4:30 pm

Basketry: creation of a basket

Quai 5160 - Maison de la culture de Verdun

Link to register : [here](#)

Saturday March 16 from 10 am to 4 pm

Embossing by hand, on paper

Elgar Community Center

Link to register: [here](#)

Saturday April 6 from 10 am to 4 pm

Traditional embroidery. porcupine quill

Quai 5160 - Maison de la culture de Verdun

Link to register: [here](#)

Saturday April 27 from 10 am to 4 pm

Introduction to weaving, with a loom

Elgar Community Center

Link to register: [here](#)

Self-managed activity

Come and discover meditation and relaxation practices guided by Françoise, a reiki master and volunteer member of the Centre! On chair or mat.

Thursday February 1st

Friday February 9

Thursdays February 15 and 22

11am to 12:30pm

At Saint-Charles Library,











1050 Hibernia st.

3rd floor



Calendar

FEBRUARY

TUESDAY	WEDNESDAY	THURSDAY
30  ACTIVE CLUB : Yoga 1pm - 3pm CrossFit 514 premisses	31	1
6 ACTIVE CLUB : Marche 1pm - 3pm  Meet up in APV offices	7 CHATTY COFFEE 10am - 12pm At Mamies immigrantes' premisses 	8 OUTING : LAUNCH Videos fights against poverty 11am - 5pm at St-Pierre Center 
13 ACTIVE CLUB : Danse 1pm - 3pm CrossFit 514 premisses 	14 ATELIER : Logement 14H-16h at CACV premisses 	15 WORKSHOP : Intersectionality 6pm - 8 pm online 
20  ACTIVE CLUB : Yoga 1pm - 3pm CrossFit 514 premisses	21 CHATTY COFFEE 10am - 12pm  At Mamies immigrantes's premisses	20
27 ACTIVE CLUB : Marche 1pm - 3pm  Meet up in APV offices	28	29

SATHURDAY
FEBRUARY 3rd
Protest in solidarity
with Palestine