



LE CENTRE DES FEMMES DE VERDUN

## Special program #2

❄️ MARCH 2024 ❄️

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

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**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](http://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!*



# Moving update



The construction team has made good progress, we will start the finition work shortly. However, things are taking longer than expected. It should therefore be noted that we will not be able to move into our new premises before the end of March, if everything goes according to plan.

That's why we've put together a second special program! Patience and adaptability are our actual keys.

## For a more inclusive and safe center

In the meantime, the team is working on several important projects, including the search for funding to support the development and updating of work documents. Also, we are putting a lot of effort into a project on the security of our spaces. The team continues to reflect on best practices to ensure that everyone feels welcomed, respected, and recognized at the Centre.

That's why **we're currently distributing surveys** to our members and in Verdun community, to learn more about the experiences of people who use the Centre and the needs that we are not currently addressing. **You are warmly invited to respond to it.** Thank you!

# 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 afternoon

## Let's go out!

March 5th : Introduction to cross-country skiing or snowshoeing (if weather allows), otherwise walking

We meet in front of the **offices of Action Prévention Verdun (APV) at 4609 de Verdun st.** at the corner of 1st avenue From **1pm to 3:30pm.**

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

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



## Yoga



March 12

**In Yoga Yuni's premisses :4255 Wellington st. suite 202  
From 1:30pm to 3:30pm. Entry door code : 2946**

Limited space, priority to registered people. Registrations are open until March 10.

Bring your water bottles and dress comfortably.

## Dance

**At the QUAI 5160.**

March 19

We meet at **1:15 pm at APV's offices (4609 Verdun st.)** to leave together or join us at the Quai 5160 at 1:45pm.

Line dancing classes for beginners from 2 pm to 3.30 pm.

Bring your water bottles and dress comfortably.

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



# Chatty coffee

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

**Thursday March 13, 1pm to 3pm** : SPECIAL MEET UP ACTIVITY with the members of Mamies immigrantes. The two organisations will meet and learn about eachother's mission.



**At the community hall, 1050 Galt Street (corner of Bannantyne)**



**Wednesday March 27 10am to 12pm:**



At the premisses of Mamies immigrantes  
**4250 Bannantyne avenue, office 102 (corner of Gordon st.)**

# Feminist Selfdefense courses

The Center is pleased to announce that we received the funding from the City of Montreal to continue our feminist self-defense classes in partnership with the Feminist Self-Defense Group (RAF). We will be able to offer 8 sessions of 5 courses in the next two years!

The first group will take place in partnership with the Bureau de Consultation Jeunesse (BCJ) and will be aimed at women and gender-diverse people aged 17 to 25.

Classes will be held on Thursday evenings from March 14 to April 11 (5 weeks), from 5 to 8 p.m. This session will be **exclusively in french.**



# Evening workshop

Unfortunately, the housing crisis is in full swing in Québec. Rents continue to rise, eviction practices are commonplace, and tenants' rights have been further weakened by the recent adoption of Bill 31. Come and talk housing with the CACV and us!

More information to come on the workshop, follow our social networks or contact us!  
Thursday March 21 from 6 pm to 8 pm

## Online.

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



# Mobilization

FRAPRU is hosting a TINTAMARRE protest in Ottawa as part of the National Housing Conference organized by the Canada Mortgage and Housing Corporation (CMHC). We want to raise our concerns with Sean Fraser, the federal Minister of Housing.



Monday March 18

Departure from Verdun at 8:30 am

Return at the end of the day

On registration only, registrations before March 14



# Activity for the Women's rights international day

Since we currently don't have premises, we approached it as a great opportunity to meet another Women's Centre. And what better way to show solidarity than on International Women's Day!

That's why we invite you to join us in participating in the activity of Femmes du Monde, in Côte-des-Neiges, who is organizing a

## Public recording of a podcast on gender-based violence issues

### Facebook event

This will include in-depth discussions (**in French only**) on the different facets of domestic violence and how to combat it as a united community.



Thursday, March 7 2024, from 6pm to 8pm, at Côte-des-Neiges  
Registration only, before March 5th. Reserved to members of the Center.



**Femmes  
du monde**  
à Côte-des-Neiges

# Calendar

## MARCH

TUESDAY	WEDNESDAY	THURSDAY
<p><b>5</b></p> <p><b>ACTIVE CLUB : Initiation au ski</b>  <b>de fond ou raquette</b> 1PM to 3PM Meet up in APV's offices</p>	<p><b>6</b></p>	<p><b>7</b></p> <p><b>OUTING : PODCAST</b> <b>recording on gender violences</b> 6PM to 8PM  At Côte-des-Neiges</p>
<p><b>12</b></p> <p><b>ACTIVE CLUB : Yoga</b>  1:30PM to 3:30PM At Yoga Yuni's offices</p>	<p><b>13</b></p>	<p><b>14</b></p> <p><b>CHATTY COFFEE</b>  1PM to 3PM at Mamies immigrantes's premisses</p>
<p><b>19</b></p> <p> <b>ACTIVE CLUB : Dance</b> 2PM to 3PM Meet up at APV's : 1:15PM At the Quai 5160 : 1:45PM</p>	<p><b>20</b></p>	<p><b>21</b></p> <p><b>WORKSHOP : Housing</b>  6PM to 8PM Online</p>
<p><b>26</b></p>	<p><b>27</b></p> <p><b>CHATTY COFFEE</b>  10AM to 12PM at Mamies immigrantes's premisses</p>	<p><b>28</b></p>