



LE CENTRE DES FEMMES DE VERDUN

PROGRAM

Fall 2024

The Centre des femmes de Verdun 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



ACTIVITIES AND SERVICES

The Center is a place of solidarity, offering a listening ear, help with various procedures, referrals, community meals, mutual support, collective action and educational, social and cultural activities.

We work in many different ways to combat poverty, exclusion and violence.

It's also a place where people can get involved.

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 :

Usually :

- Wednesdays 10am to 2pm
- Thursdays 1pm – 4pm
-

Please note that the Centre will be closed:

Week of September 2: administrative week

The week of October 28: administrative week

Tuesday, November 12: Training day

Tuesday, December 17: Preparation for Christmas party

Thursday, December 19: Administrative day

From December 23: Christmas vacations

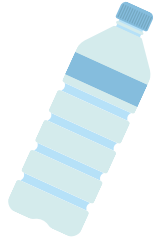


ACTIVE CLUB

To get us moving together as a group, but at your own pace.



Tuesdays afternoon, usually from 1pm to 4pm



September 10: Gentle yoga *

September 17: Walk to Building 7 (community space in Pointe-Saint-Charles)

October 1: Gentle yoga *

October 8: Introduction to capoeira (Afro-Brazilian martial art)

October 15: Meditative walking

October 22: Meditative walking

November 5: Experimental dance (with Lorena)

November 19: Gentle yoga *

November 26: Capoeira (Afro-Brazilian martial art)

December 3: Gentle Yoga *



*The yoga will take place in Yoga Yuni's premises :

4255 Wellington st. suite 202. Entry door code : 2946

Places are limited. Priority will be given to those who register and rotate, to give everyone a chance.

Bring your water bottles and dress comfortably.



MEDITATION

Self-managed activity



Meditation guided by Françoise! Every Thursday from September 12

***Exceptions may occur, see calendar and contact the
and contact the team for more information.*

*In late September and October, meditation may be held elsewhere for a few
sessions due to work being carried out at the Center. Please contact the the staff
for details.*

OUTINGS

A GREAT OPPORTUNITY FOR DISCOVERY!

**** Activities reserved for members. Limited places, registration required.
Transportation tickets provided as needed.**

**Wednesday, September 11: Festival Quartier Danse's Francophonie Day
outing**

The Festival Quartier Danse invites us to share a moment of creativity, connection and celebration at Parc Sir-George-Étienne-Cartier. On the program: writing and movement workshops, open mic and dance!

**Departure from the Center at 2:30 pm. Return around 7pm.*





Tuesday, September 24: 1pm to 5pm
Walk on Mount Royal

We'll contemplate the beautiful autumn colors at the summit of Mount Royal and spend some time beside Lac-aux-Castors. Bring your walking shoes and a water bottle!

Saturday November 16: 1pm to 5:30pm
Outing to the Biodome (family activity)



An opportunity to discover plant and animal biodiversity at the Montreal Biodome and meet other families.

**For registered members and their children only, upon registration.*

Places limited and priority given to families.



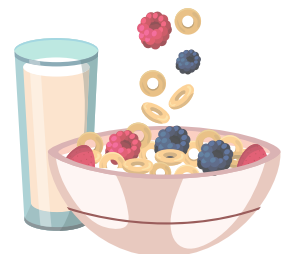
Tuesday, December 10: Outing to Resto-Plateau

We'll eat at Resto-Plateau, a food-security resource that has been offering low-cost meals since 1992 and visit the Plateau Culture House.

CHATTY - BRUNCH

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

The following Wednesdays, 10am - 11h30pm
September 25th
October 23rd
November 27



WORKSHOPS

To tackle different issues, equip ourselves or share our thoughts..

DAY TIME



Wednesday, September 25, 11:30 a.m. to 1:30 p.m.:

Workshop led by TRAC street workers on harm reduction and homelessness.



Wednesday, October 16, from 2 to 4 p.m.: Reflection and artistic expression around the Centre's values.

Wednesday, October 23, 11:30 a.m. to 1:30 p.m.: Discussion workshop with workers to demystify their role and the various aspects of their work at the Verdun Women's Center.



Wednesday, November 27, from 11:30 a.m. to 1:30 p.m.: Workshop as part of the 12 Days Against Violence Against Women. Stay tuned for more details!

IN THE EVENING



Thursday, November 7, 6 to 8 p.m.: Workshop with CACV (*Comité d'action des citoyen.nes de Verdun*) Tenants' Rights 101

Come and meet your housing committee and get up to date on issues related to your rights as a tenant. Laws have changed, and it's worth attending even if you've taken a similar workshop in the past.

*Snacks on site.

WORKSHOPS

Thursday, November 14, 6pm-8pm:

Activity of reflection and artistic expression on the Centre's values.



Thursday, December 5, 6 - 8 pm:

As part of the 12 Days and on the eve of the National Day of Remembrance and Action on Violence against Women, a related workshop will be held at the Centre. Stay tuned for details!

EVENINGS AT THE CENTER

Thursday, October 17, 6 - 8 pm: Sexuality Chats



A safe space to discuss sexuality, break taboos and learn from each other. Always in a very free environment that leaves room for exchange and spontaneity. Theme to be announced shortly.

**Registration required.

Thursday, October 24, 6 p.m. to 8 p.m.: Viewing and discussion of the documentary Sisters with transistors



Discover the story of pioneering but little-known women of electronic music. With the machines, these female composers found a space for freedom and creativity that the male-dominated world of traditional music didn't allow them to.

***In English with French subtitles.*

**Light lunch offered.*

COFFEE CHATS IN FRENCH

This activity is designed for allophones who want to practice their French through discussion. All levels are welcome.

The following Tuesdays, from 5:30 pm to 7 p.m. :

September 24

October 8 and 22

November 5 and 19

**Registration required. A light lunch will be served.*



SPECIAL EVENTS

FEMINIST SELF-DEFENSE PROGRAM

Feminist self-defense is back with two cohorts of 5 classes each, one group in the daytime and one in the evening evening. This is a physical, psychological and verbal self-defense group.

* For more information and to register, write to Audrée at intervenante@centredesfemmesdeverdun.org or call the Center.

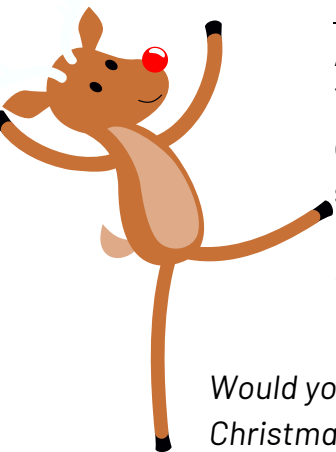


December 18, 4:30 to 8:30 p.m.: Centre des femmes de Verdun holiday dinner

An opportunity to celebrate the holidays and the arrival of the New Year together, and to get together before closing time. This year, it's dinner time! We'll be doing a potluck, so everyone's invited to bring something to share. Children are welcome!

***Activity for members only. Registration required by December 10.*

Would you like to lend a hand in preparing and running the festivities? See Christmas Committee



Centre des femmes de Verdun Open House!!

Thursday, September 19, from 5 to 7 p.m.

Having recently moved into our own premises, we'd like to show the Verdun community what what is the Women Center of Verdun and thank all those who have supported the project!

The doors are wide open to anyone wishing to discover the Centre's premises and activities, as well as to members wishing to meet up in a friendly atmosphere. Children and families are welcome. It's also an opportunity to invite your friends and family if you'd like to introduce them to this environment. More details to come on social networks.

**Event open to the public! Snacks and beverages served on site.*



OPPORTUNITIES TO GET INVOLVED

Volunteer

Would you like to get involved at the Center? Help maintain the premises. Help the workers with various tasks? Be matched with people to whom you can be of service?

We need volunteers for the Open House (September 19).

Write to Maritza at mobilisation@centredesfemmesdeverdun.org or call the Center!



Queer Committee

Are you part of sexual and/or gender diversity? Would you like to be part of a space where you can meet, discuss or organize with others who are also part of it? This committee could be for you. Contact Virginie at implication@centredesfemmesdeverdun.org or call the Centre!



Christmas Committee

We need people to help decorate the room, host the evening and cook. Want to join the volunteer committee? Write to Aurée at intervenante@centredesfemmesdeverdun.org or call the Centre!



SCHEDULE

SEPTEMBER

TUESDAY

WEDNESDAY

THURSDAY

3

4

5

ADMINISTRATIVE WEEK: The Center will be closed

10 ACTIVE CLUB : Yoga
1:30 pm to 3:30 pm
*At Yoga Yuni
door code : 2946



11 DROP-IN
10am to 2pm
OUTING: Franco Festival
departure at 2:30 p.m.



12 MEDITATION
10:30am to 11:30am
DROP-IN :
1pm to 4pm



17 ACTIVE CLUB :
Walk
1pm to 4pm



18 DROP-IN
10am to 4pm



19 OPEN HOUSE
5pm to 7pm



24 OUTING : Mont-Royal
departure at 1:15pm
COFFEE CHAT
5:30pm to 7pm



25 BRUNCH
10am to 11:30am
WORKSHOP
11:30am to 1:30pm
DROP-IN
1:30pm to 4pm



26 MEDITATION
10:30am to 11:30am
DROP-IN
1pm to 4pm



SCHEDULE

OCTOBER

TUESDAY

WEDNESDAY

THURSDAY

1

ACTIVE CLUB : Yoga

1:30 pm to 3:30 pm

*At Yoga Yuni

door code : 2946



2

DROP-IN

10am to 2pm



3

MEDITATION

10:30am to 11:30am



DROP-IN

1pm to 4pm

8

ACTIVE CLUB :

Capoeira

1pm to 4pm



COFFEE CHAT

5:30pm to 7pm

9

DROP-IN

10am to 2pm



10

MEDITATION

10:30am to 11:30am



DROP-IN

1pm to 4pm

15

ACTIVE CLUB :

Meditative walking

1pm to 4pm



16

DROP-IN

10am to 2pm



WORKSHOP

2pm to 4pm

17

MEDITATION

10:30am to 11:30am



DROP-IN

1pm to 4pm

EVENING : Sexuality

6pm to 8pm



22

ACTIVE CLUB :

Meditative walking

1pm to 4pm

COFFEE CHAT

5:30pm to 7pm



23

BRUNCH

10am to 11:30am



WORKSHOP

11:30am to 1:30pm

DROP-IN

1:30pm to 4pm



24

MEDITATION

10:30am to 11:30am



DROP-IN

1pm to 4pm

EVENING : Documentary

6pm to 8pm



29

30

31

ADMINISTRATIVE WEEK: The Center will be closed

SCHEDULE

NOVEMBER

TUESDAY

5

ACTIVE CLUB :

Dance

1pm to 4pm

COFFEE CHAT

5:30pm to 7pm



WEDNESDAY

6

DROP-IN

10am to 2pm



THURSDAY

7

MEDITATION

10:30am to 11:30am



DROP-IN

1pm to 4pm

WORKSHOP

6pm to 8pm



12

CLOSED

13

DROP-IN

10am to 2pm



14

MEDITATION

10:30am to 11:30am



DROP-IN

1pm to 4pm

WORKSHOP

6pm to 8pm



SATURDAY 16: OUTING : Biodôme

departure at 1pm



19



ACTIVE CLUB :Yoga

1:30pm to 3:30pm

COFFEE CHAT

5:30pm to 7pm



20

DROP-IN

10am to 2pm



21

MEDITATION

10:30am to 11:30am



DROP-IN

1pm to 4pm

26

ACTIVE CLUB :

Capoeira

1pm to 4pm



27

BRUNCH

10am to 11:30am



WORKSHOP

11:30am to 1:30pm



DROP-IN

1:30pm to 4pm



28

MEDITATION

10:30am to 11:30am



DROP-IN

1pm to 4pm

SCHEDULE

DECEMBER

TUESDAY

WEDNESDAY

THURSDAY

3

ACTIVE CLUB :Yoga

1:30 pm to 3:30 pm

*At Yoga Yuni

door code : 2946



4

DROP-IN

10am to 2pm



5

MEDITATION

10:30am to 11:30am



DROP-IN

1pm to 4pm

WORKSHOP

6pm to 8pm



10

OUTING: Resto Plateau

departure at 11am



11

DROP-IN

10am to 2pm



12

MEDITATION

10:30am to 11:30am



DROP-IN

1pm to 4pm

17

CLOSED

18

CHRISTMAS PARTY

4:30pm to 8:30pm



19

CLOSED

VACATION BREAK FROM DECEMBER 23 TO JANUARY 3



 **514-767-0384**

 **@centredesfemmesdeverdun**

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

 **www.centredesfemmesdeverdun.org**