



LE CENTRE DES FEMMES DE VERDUN


PROGRAM


Winter 2025

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



 514-767-0384

 @centredesfemmesdeverdun

 3488 de Verdun st., Verdun, Qc, H4G 1K3

 www.centredesfemmesdeverdun.org

WELCOME

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**.

Please note that **people can generally be greeted in French, English or Spanish** in our drop-in. Precisions are made in the program according to the translation capabilities for our other activities.

(ENG=English, FR=French, SPAN=Spanish)

Children are also welcome (unless otherwise indicated for certain activities)

Also note that the Center is **accessible to people with reduced mobility**. We also have a **parking lot/drop-off point for paratransit on Strathmore Street**, at the corner of Verdun. It is possible to give paratransit the address of our neighbor at the back: 541 Strathmore Street, it's just after the alley.

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 :

- **Every other tuesday from 1pm to 4 pm**
- **Wednesdays from 10am to 2pm**
(except when there is a breakfast: 1:30pm to 4pm)
- **Thursdays from 1pm to 4pm**

KIDS WELCOME

FR-ENG-SPAN



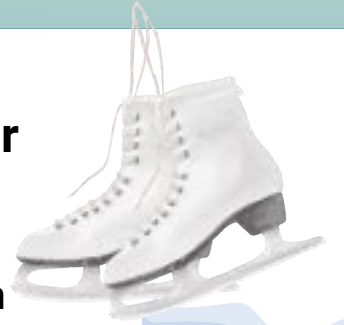
***See the exceptions in the calendar at the end of the program

ACTIVE CLUBS

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



Every other tuesdays afternoon, usually from 1pm to 4pm



Gentle yoga (back in our premises!)

Registration required



Translation possible on request - No children



January 21
February 18
March 18

Introduction to cross-country skiing (if the temperature permits, otherwise, walk)

FR-ENG-SPAN - No children



February 4



Dance with children: As part of spring break, young and less young are invited to come dance with the Quartier Danse Festival. It's an intergenerational movement workshop where you can initiate yourself in a fun way!

Registration required



Translation possible on request



March 4



OUTINGS

An opportunity to discover!

The Center is not organizing any outings in its winter 2025 programming.



However, we have some **tickets for the Maison Théâtre** for families (children aged 2 to 17). If you are interested, call us.

Also, we recommend that you go see the play **Maman est un myth** at the Maison de la culture in Lasalle, on **Thursday, March 13 at 7 p.m.** Tickets are offered free of charge, a \$2 fee is required for online reservations.

Mother, immigrant artist and storyteller, Céline Jantet braves with tenderness and biting the taboos that stick to motherhood, with her words that are both raw and caring. (in french)



CHATTY-BRUNCH

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

The following Wednesdays, 10am - 11h30pm:

January 22

February 19

March 19



FR-ENG-SPA/ CHILDREN WELCOME

WORKSHOPS

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

CONSCIOUS COMMUNICATION

Wednesday January 22 from 11:30 a.m.

Hosted by Center workers to reflect on healthy communication practices. (FR-ENG)



RESISTANCE TO COLONIALISM

Wednesday February 19 from 11:30 a.m. to 1:30 p.m.:

Activity as part of Black History Month: Alexandra Pierre will come and discuss experiences of resistance with us through her book Footprints of Resistance in a social context tinted by racism and colonialism. (FR-ENG)

TENANTS' RIGHTS

Wednesday February 26 from 2 p.m. to 4 p.m.:

Workshop offered by the CACV on tenants' rights in relation to rent increases. (FR - ENG)



MATRESCENCE

Wednesday March 12 from 2 p.m. to 4 p.m.:

Discussion circle on matrescence, a unique transition that comes with becoming a mother. With Cybel, companion and postnatal doula. For all the ones who gave birth, no matter how long ago. (FR)



COFFEE CHATS FOR FRENCH PRACTICE

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

If you would like to come with your children, this is also possible, please let us know so that we can plan activities accordingly.

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

- **January 21**
- **February 4 and 18**
- **March 4 and 18**




Light meal will be served.

We are also looking for French-speaking volunteers to help us with activities or for linguistic pairing, if you are interested, contact Aurée:
intervenante@centredesfemmesdeverdun.org

COMMUNITY KITCHEN

Come cook with us and share a good meal.

 **Tuesday February 11 from 10 a.m. to 12 p.m. (cooking) and 12 p.m. to 1 p.m. (eating)**

 **Tuesday February 25 from 5 p.m. to 7 p.m. (cooking) and 7 p.m. to 8 p.m. (eating)**

Also, be aware that it is possible to initiate cooking during reception periods. Ask the workers to help you organize everything!

Upon registration.  Limited places.

FR-ENG-SPA Children are welcome!



EVENINGS AT THE CENTER

CHATTY DINER

Thursday February 6 from 5 p.m. to 7:30 p.m.

Come cook a little meal with us and chat freely!

FR-ENG-SPA. Children are welcome!



CULTURAL MEDIATION PROJECT

Thursdays from February 13 to April 10 from 6 p.m. to 8 p.m. Arrive at 5:30 p.m. to eat a light meal beforehand with us.

Session of 8 workshops

Project in collaboration with :



To move our lives and create trajectory: creative movement workshop with Lorena Terán.

An invitation to connect through movement. With various tools that will be shared in the process, together we will cultivate the art of listening to ourselves, others and places as well as the pleasure of moving and transforming ourselves by creating. Astonishment and curiosity will be our allies and the only prerequisites for this adventure.

FR - SPA



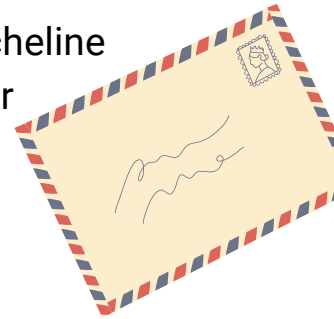
Registration required

SPECIAL ACTIVITIES

WRITING MARATHON FOR AMNISTIE INTERNATIONAL

Thursday January 16, between 1 p.m. and 4 p.m.


As every year, this international marathon, orchestrated in Verdun by Micheline Vermette, takes place at the Center. The idea is to write support cards for political prisoners, people whose fundamental rights have been violated. This activity will take place during the reception.



SPRING BREAK

Wednesday March 5: stories and crafts with the children

- **10 a.m. to 11:30 a.m.: children 4 to 6 years old**
- **11:30 a.m. to 1 p.m.: free dinner for everyone**
- **1 p.m. to 2:30 p.m.: children aged 7 to 11**

**** Registration required** 
FR



ANNUAL REVIEW

Wednesday March 19 from 11:30 a.m. to 1:30 p.m

Annual review with our members followed by a question-and-answer session on the role of workers. Come and discuss with us about the last year, what you thought of the activities offered and the projects carried out in connection with the Center's objectives and the priorities of the year.



FR-ENG-SPA



INTERNATIONAL WOMEN'S RIGHTS DAY

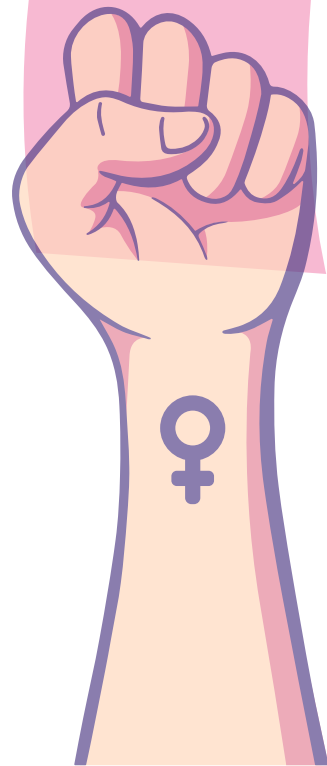
SATURDAY MARCH 8 FROM 1 P.M. TO 5 P.M.

This year, we want to reflect collectively about the control of women's bodies from a perspective of resistance. A panel discussion on the subject will take place with activists, followed by a space to meet and chat over drinks and snacks.

Under registration 

Please register before Monday March 3.

FR




SPECIAL ACTIVITIES

FEMINIST SELF-DEFENSE PROGRAM

Feminist self-defense continues in 2025!

This is a physical, psychological and verbal self-defense group offered by the Center and the Feminist Self-Defense Network. A mix of physical exercises and discussions to address the basics of self-defense, our personal limits, emotional violence and street harassment. Winter classes will take place on **Monday evenings from January 27 to February 24, from 5 p.m. to 8 p.m.** A light meal will be provided. Places are limited.

** Upon registration.  FR. Without children.*

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



Courses are currently offered in French only, if you are interested in a course in English, write to us! Also, they are offered to people aged 18 and over, but we are working to prepare a cohort for those under 18. If this is your situation and you're interested, write to us!

The Center covers the costs associated with this course, thanks to funding from the City of Montreal, so it's free!



INVOLVEMENT OPPORTUNITIES

VOLUNTEERING



Do you want to get involved at the Center? To help with the maintenance of the premises? To support workers with different tasks? To be matched with people to whom you can be of service? To help someone practice French?



Write to Maritza, to mobilization@centredesfemmesdeverdun.org or call the Center!



QUEER-DIVERSITY COMMITTEE

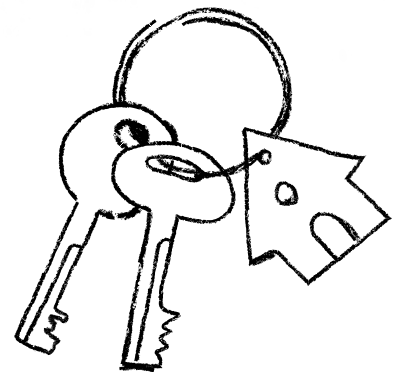
Are you part of sexual and/or gender diverse community? Do you want to be part of a support, discussion and organization space with other people who are also part of it? This committee might interest you.

Write to Virginie, to implication@centredesfemmesdeverdun.org or call the Center!

FIGHT FOR THE RIGHT TO HOUSING

Do you want to get involved in the fight for the right to housing? The Center builds bridges with the neighborhood housing committee, the CACV, to stay informed of neighborhood issues and to join forces. Activists wanted!

Write to Emmanuelle at communications@centredesfemmesdeverdun.org or call the Center!



SELF-MANAGED ACTIVITIES

MEDITATION

Guided by Françoise!

Thursdays from January 16 to February 13 from 10:30 a.m. to 11:30 a.m.

FR

For more informations, contact us



LATIN AMERICAN WOMEN'S CIRCLE

The Latin American Women's Circle is a space for listening, transformation, respect and non-judgment. Through the use of traditional practices and the talking circle, it invites you to listen to yourself while developing support and sisterhood.

SPA

For more information, contact Marcela at alquimiadecrisalida@gmail.com



BOARD GAMES EVENINGS

Chryss, member and administrator of the Centre, invites you to free board game evenings.

For people aged 18 and over
Snacks and beverages provided

Some games provided, but you're welcome to bring your own!



**The following saturdays,
from 6:45 p.m. to 9 p.m.:**

January 18

February 1st and 15

March 1st - 15 - 29

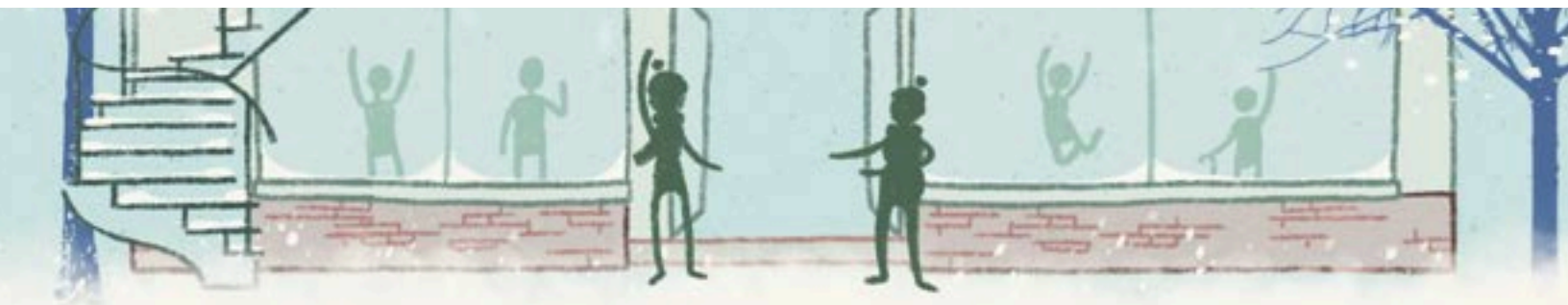
JANUARY

MARDI	MERCREDI	JEUDI
7 CLOSED	8 CLOSED	9 CLOSED
14 CLOSED	15  DROP-IN 10AM-2PM	16  MEDITATION 10:30AM - 11:30AM DROP-IN + WRITING MARATHON  1PM - 4PM 
 21 ACTIVE CLUB : Yoga 1PM-4PM COFFEE CHATS 5:30PM - 7PM 	 BREAKFAST 10AM-11:30PM WORKSHOP 11:30AM-1:30PM   DROP-IN 1:30PM-4PM	22  23 MEDITATION 10:30AM - 11:30AM DROP-IN 1PM - 4PM 
28 DROP-IN 1PM-4PM 	29 DROP-IN 10AM-2PM 	30  MEDITATION 10:30AM - 11:30AM DROP-IN 1PM - 4PM 



FEBRUARY

MARDI	MERCREDI	JEUDI
<p>4</p> <p> ACTIVE CLUB : cross-country ski 1PM-4PM</p> <p>COFFEE CHATS  5:30PM - 7PM</p>	<p>5</p> <p> DROP-IN 10AM-2PM</p>	<p>6</p> <p> MEDITATION 10:30AM - 11:30AM</p> <p>DROP-IN  1PM - 4PM</p> <p> CHATTY DINER 5PM-8PM</p>
<p>11</p> <p> COMMUNITY KITCHEN 10H - 13H</p> <p>DROP IN  1PM - 4PM</p>	<p>12</p> <p>CLOSED</p>	<p>13</p> <p> MEDITATION 10:30AM - 11:30AM</p> <p>DROP-IN  1PM - 4PM</p> <p> CULTURAL MEDIATION 6PM-8PM</p>
<p>18</p> <p> ACTIVE CLUB : Yoga 1PM-4PM</p> <p>COFFEE CHATS  5:30PM - 7PM</p>	<p>19</p> <p> BREAKFAST 10AM-11:30PM</p> <p>WORKSHOP  11:30AM-1:30PM</p> <p>DROP-IN  1:30PM-4PM</p>	<p>20</p> <p>DROP-IN  1PM - 4PM</p> <p> CULTURAL MEDIATION 6PM-8PM</p>
<p>25</p> <p>DROP IN  1PM-4PM</p> <p> COMMUNITY KITCHEN 5PM-8PM</p>	<p>26</p> <p>DROP-IN  10AM-2PM</p> <p>WORKSHOP  2PM-4PM</p>	<p>27</p> <p>DROP-IN  1PM - 4PM</p> <p> CULTURAL MEDIATION 6PM-8PM</p>



MARCH

MARDI	MERCREDI	JEUDI
<p>4</p> <p>ACTIVE CLUB : Danse with kids 1PM-4PM COFFEE CHATS 5:30PM - 7PM</p> 	<p>5</p> <p>STORIES AND CRAFTS WITH THE CHILDREN 10AM-2:30PM</p> 	<p>6</p> <p>CLOSED</p> <p>Saturday March 8: International women's rights day 1PM - 5PM</p>
<p>11</p> <p>DROP-IN 1PM-4PM</p> 	<p>12</p> <p>DROP-IN 10AM-2PM WORKSHOP 2PM-4PM</p> 	<p>13</p> <p>DROP-IN 1PM - 4PM CULTURAL MEDIATION 6PM-8PM</p> 
<p>18</p> <p>ACTIVE CLUB : Yoga 1PM-4PM COFFEE CHATS 5:30PM - 7PM</p> 	<p>19</p> <p>BREAKFAST 10AM-11:30PM WORKSHOP 11:30AM-1:30PM DROP-IN 1:30PM-4PM</p> 	<p>20</p> <p>DROP-IN 1PM - 4PM CULTURAL MEDIATION 6PM-8PM</p> 
<p>25</p> <p>DROP-IN 1PM-4PM</p> 	<p>26</p> <p>DROP-IN 10AM-2PM</p> 	<p>27</p> <p>DROP-IN 1PM - 4PM CULTURAL MEDIATION 6PM-8PM</p> 

Please note that the Center will be closed:

The week of December 30: holiday break

The week of January 6: administrative week

Tuesday January 14: administrative day

Wednesday February 12: Training day

Thursday March 6: Resumption of time for Saturday March 8

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