



LE CENTRE DES FEMMES DE VERDUN


PROGRAM

Spring 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**.

Only registered activities are reserved for members; otherwise, anyone is welcome. Membership is free. Voluntary donations are possible.

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). Pay particular attention to this logo for child-friendly 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 :



KIDS WELCOME

FR-ENG-SPAN

- Tuesday from 10am to 1pm
- Wednesdays from 1pm to 4pm and sometimes from 10am to 1pm
- Thursdays from 1pm to 4pm and sometimes until 7pm!

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



CHATTY-BRUNCH SUGAR SHACK EDITION

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



New: come and prepare brunch with us, starting at 9:30 a.m.!

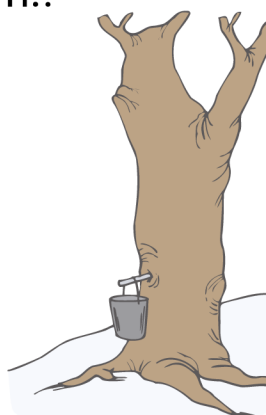


Wednesday, May 21

From 9H30 to 11H



FR-ENG-SPAN





ACTIVE CLUBS



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

Every other tuesdays afternoon, usually from 1pm to 4pm
The activity is followed by a free period with drinks and snacks



Soft Yoga

Adapté à tous les corps et les rythmes

Registration required



Translation possible on request - No children



**April 29
May 13**

Go for a walk

A great opportunity to discover the neighborhood
and get moving in a friendly atmosphere.

Departure from the Center at 1:10pm.



**April 1st
May 6 (mindfulness)
June 3 (flower picking)**



Capoeira

Come and discover this Afro-Brazilian practice,
which combines music, dance and martial arts.

FR-ANG-ESP



April 8

FR-ESP



Dance

Come and discover Colombian folk dance! Hosted by Lina
from Musidansarts.



May 27

FR-ESP



OUTING



A great opportunity for discovery!

Picnic at Parc des Rapides !

FR-ANG-ESP



****Registration required**



Food and public transport tickets provided



Tuesday, May 20

Departure from the Centre at 11:30 am
Return to the Center at 4 pm



COFFEE CHATS FOR FRENCH PRACTICE



This activity **is designed for non-French speakers**, 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 6 pm to 7:30 pm :

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

Light meal is offered.



We are also looking for French-speaking volunteers to help us with activities or for linguistic pairing, if you are interested, contact Audrée:

intervenante@centredesfemmesdeverdun.org

WORKSHOPS



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

Wenesdays, from 11am to 1pm.

A light lunch is provided. Welcome at 10:30 am to eat.

On registration.



CAREGIVING FOR A LOVED ONE

Wenesday, April 9

Groupe des aidants du Sud-Ouest (GASO) presentation on caregivers and their services.

FR 



TAMING EMOTIONS

Wenesday, April 23

Come and learn and exchange ideas to better understand and tame our emotional reactions.

FR 



LEGAL AID

Wenesday, May 7

Discover free legal services in the neighborhood.

FR-ANG 

THE MIGRATION PATH OF LGBTQIA2S+ PEOPLE

Wenesday, May 21

Activity to mark the day against homophobia and transphobia. We'll be talking about the reality of sexual and gender diversity around the world, and the immigration that goes with it.

FR-ESP / Without kids 



EVENINGS AT THE CENTER

Thursdays, 6 pm to 8 pm

A light meal is offered. Welcome from 5:30 pm to eat.

On registration.

SEXO EVENING

Thursday, April 24

A safe space to discuss sexuality, break taboos and learn from each other.

Suggested topic: masturbation.

FR 



COMMUNITY DINER

Thursday, May 8, from 5pm to 7pm*

Come and cook a meal with us (from 5pm) and chat freely!

FR-ANG-ESP

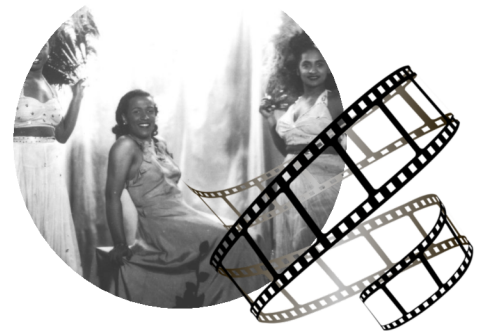


DOCUMENTARY NIGHT

Thursday, May 22

Watch and discuss the film Les Girls. This film traces the history of jazz in Montreal, from the 1920s to the 1960s, through the eyes of three dancers from legendary black cabarets.

FR 



FLORAL PRINT

Thursday, June 5

Fanny invites you to come and discover the artistic practice of cyanotype, which consists in printing flowers using light. Your creations will form part of a collective work honoring the women who left their mark on Verdun.

FR 

SPECIAL ACTIVITIES

GARDENING

Tuesday, May 20, 10 am to 1 pm

Come and garden with us and beautify the front of the Centre!

This activity will take place during reception.



FEMINIST SELF-DEFENSE PROGRAM

Dates to be confirmed

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.



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!

FR-ANG 

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



SPECIAL ACTIVITIES

INVITATION FROM THE QUEER- DIVERSITY COMMITTEE

Projection of the movie: **Pride**

In the summer of 1984, activists from London's gay community came to the aid of striking mining families in Wales.

An inspiring true story. In english with french subtitles. Will be followed by a group discussion.

For sexual
and/or gender
diverse
community
only



Wednesday, April 2, 6 to 9 p.m.

ENG+FR

ON REGISTRATION



CACV MOB COMMITTEE

The CACV (Citizen's action committee of Verdun) mobilisation committee meets at the Centre on the last Wednesday of each month.

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!



Wednesdays, 6 to 8 pm :

- April 30
- May 28

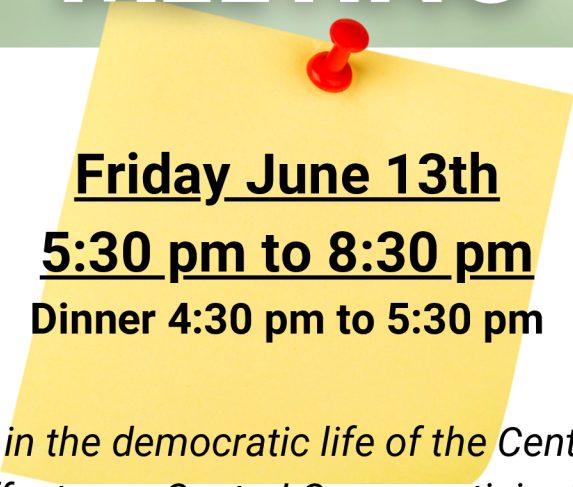
FR + ENG



Open to
everyone

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

ANNUAL GENERAL MEETING



Friday June 13th
5:30 pm to 8:30 pm
Dinner 4:30 pm to 5:30 pm

An important moment in the democratic life of the Centre, this is a space to take part in decisions that affect your Centre! Come participate in discussions about the work of the team and the administration council, the Centre's finances, and our priorities.

Also, a few positions will be available on the administration council (CA). If you are interested, please contact Maritza at mobilisation@centredesfemmesdeverdun.org.

Formal invitations will be sent out during the month of May.

**** This is also a reminder that it is important that your membership be up to date to be eligible to vote. If you have not registered or renewed your membership since June 2024, please contact the team.*

Non-members may also participate as observers.

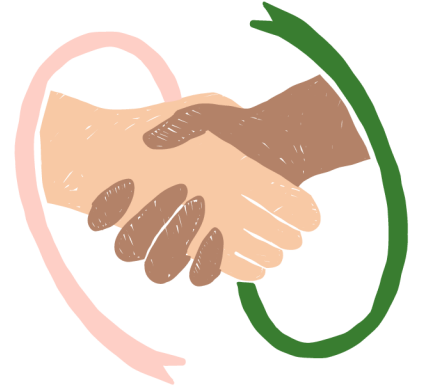


GET INVOLVED!

VOLUNTEERING



Do you want to get involved at the Center? Help with the maintenance of the premises? Assist the workers with various tasks? Be paired with people you can help? Help someone learn French? Cook meals for the activities? Be responsible of the garden?



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

QUEER-DIVERSITY COMITTEE



Are you part of the sexual and/or gender diversity? Would you like to be part of a meeting, discussion, or organizing space with other people who are also part of it? This committee might interest you.

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

TENANT'S RIGHTS COMITTEE



As mentioned above, the CACV (Citizen's action committee of Verdun) is meeting the last Wednesdays's of each months in our premisses to prepare actions for tenant's rights. Come join the forces!

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

SELF-MANAGED ACTIVITIES

MEDITATION

Guided by Françoise!
Thursday mornings.

For more information, contact us!



LATIN-AMERICAN WOMEN'S CIRCLE

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

One Friday evening per month.

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



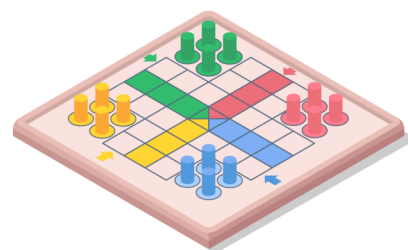
BOARD GAME EVENINGS

Chryss, a member and administrator of the Center, invites you to board game evenings.

For ages 18 and over.

Snacks and drinks provided.








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




























Every other saturday from 6:45pm to 9pm:

**12 and 26 of april
3, 17 and 31 of may
14 of june**








APRIL

TUESDAY	WEDNESDAY	THURSDAY
<div>1</div> <div>  DROP-IN 10AM-1PM </div> <div>  ACTIVE CLUB : Walk 1PM - 4PM </div>	<div>2</div> <div>  DROP-IN 1PM-4PM </div>	<div>3</div> <div>  DROP-IN 1PM-4PM </div> <div> CULTURAL MEDIATION 6PM-8PM </div>
<div>8</div> <div>  DROP-IN 10AM-1PM </div> <div>  ACTIVE CLUB: Capoeira 1PM - 4PM </div> <div>  COFFEE CHATS 6PM - 7:30PM </div>	<div>9</div> <div>  WORKSHOP: Caregiving 11H - 13H </div> <div>  DROP-IN 1PM - 4PM </div>	<div>10</div> <div>  DROP-IN 1PM-4PM </div> <div> CULTURAL MEDIATION 6PM-8PM </div>
<div>15</div> <div>CLOSED</div>	<div>16</div> <div>CLOSED</div>	<div>17</div> <div>CLOSED</div>
<div>22</div> <div>  COFFEE CHATS 6PM - 7:30PM </div>	<div>23</div> <div>  WORKSHOP: Emotions 11H - 13H </div> <div>  DROP-IN 1PM-4PM </div>	<div>24</div> <div>  DROP-IN 1PM-4PM </div> <div>  CHATS : Sexuality 18H-20H </div>
<div>29</div> <div>  DROP-IN 10AM-1PM </div> <div>  ACTIVE CLUB : Yoga 1PM - 4PM </div>	<div>30</div> <div>  DROP-IN 1PM-4PM </div> <div>  MOB COMMITTEE CACV 6PM - 8PM </div>	<div>1</div> <div>CLOSED</div>

MAY

TUESDAY	WEDNESDAY	THURSDAY
 DROP-IN 6 10AM - 1PM  ACTIVE CLUB : Walk 1PM - 4PM  COFFEE CHATS 6PM - 7:30PM	 WORKSHOP: 7 Legal aid 11AM - 1PM  DROP-IN 1PM - 4PM	 DROP-IN 8 1PM - 4PM  COMMUNITY DINER 5PM - 7PM
 DROP-IN 13 10AM - 1PM  ACTIVE CLUB : Yoga 1PM - 4PM	 DROP-IN 14 1PM - 4PM	 DROP-IN 15 1PM - 7PM
 DROP-IN: Gardening 20 10AM - 1PM  OUTING 11:30AM - 4PM  COFFEE CHATS 6PM - 7:30PM	 BREAKFAST 21 9:30AM - 11AM   WORKSHOP: LGBT+ 11AM - 1PM  DROP-IN 1PM - 4PM	 DROP-IN 22 1PM - 4PM  DOCUMENTARY EVENING 6PM - 8PM
 DROP-IN 27 10AM - 1PM  ACTIVE CLUB : Colombian dance 1PM - 4PM	 DROP-IN 28 1PM - 4PM  MOB COMMITTEE CACV 6PM - 8PM	 DROP-IN 29 1PM - 7PM

JUNE

TUESDAY	WEDNESDAY	THURSDAY
 DROP-IN 3 10AM - 1PM  ACTIVE CLUB: Walk 1PM - 4PM  COFFEE CHATS 6PM - 7:30PM	 DROP-IN 4 1PM - 4PM	 DROP-IN 5 1PM - 4PM ART WORKSHOP:  Flowers 6PM - 8PM
10 CLOSED	11  DROP-IN 1PM - 4PM	12 CLOSED

AGM
FRIDAY
JUNE 13
5:30PM TO
8:30PM

Please note that the Center will be closed on :

The **week of April 14** : administrative week

Friday and Monday, **April 17 and 21** : public holydays

Tuesday **April 22** : admin. day (except for Coffee chats)

Monday **May 19** : public holyday

Tuesday and Thursday **June 13 and 15** : AGM preparation

The **week of June 16** : administrative week

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