



LE CENTRE DES FEMMES DE VERDUN


PROGRAM

Summer 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 :

- Every other Tuesday from 10AM to 1PM
- Wednesday from 1PM to 4PM and sometimes from 10 AM to 1PM
- Thursday from 1PM to 4PM and sometimes until 7PM

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

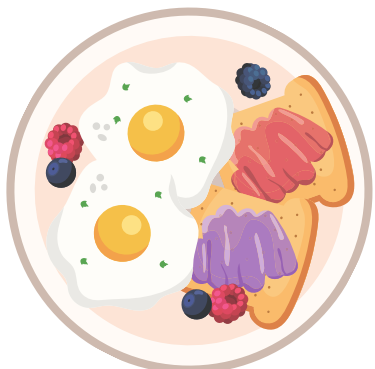
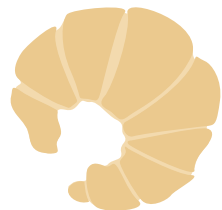


FR- ENG - SPAN

BRUNCH



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



**Wednesday, July 16
and August 13**

From 9:30AM to 11AM



FR- ENG - SPAN

PARLONS-FRANÇAIS



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 :

- July 15 and 29
- August 12 and 26



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*

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

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.



July 1st

1 August 9

FR-ENG-SPAN



Capoeira

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

****Registration required****



July 8

FR-SPAN



Take a dip in Verdun Beach !

Grab a bathing suit and a towel
and join us for an afternoon on the
beach!



July 22

FR-ENG-SPAN



***In case of rain, come anyway, we'll play
board games inside instead !***



Soft Yoga

Inclusive of all bodies and rhythms!

****Registration required****

Translation possible on request - No children



August 5

FR-ENG-SPAN



OUTING



A great chance to discover something new!

TUESDAYS only
From 2pm to 5pm

FESTIVAL LES NUITS D'AFRIQUE

July 15

FR-ENG-SPAN 



From July 8 to 20, 2025, the 39th edition of the Festival International Nuits d'Afrique invites you on a musical journey around the world, celebrating the cultures of Africa, the Caribbean, and Latin America.



Come experience it with us!

We're leaving from the Centre at 2 p.m. sharp!

Registration required

EXPOSITION IMMERSIVE

July 29

FR



Let yourself be carried away by Théâtre d'ombres, an immersive exhibition by artist Lap-See Lam. Blending the ancient tradition of shadow theatre with diasporic narratives, it invites you into a world where memory, transformation, and folklore come together.

Come discover the incredible journey of the Floating Sea Palace, a dragon boat filled with stories and transformations.

We're leaving from the Centre at 2 p.m. sharp!
Registration required



OUTING



A great chance to discover something new!

TUESDAYS only

From 1pm to 4pm

SERRES DE VERDUN



August 12

FR-SPAN-ENG 

Come explore the Verdun Greenhouses on a private tour organized by Grand Potager!

It's a great place for sharing, where urban agriculture comes to life and ideas grow to make our cities greener and more nourishing.

Departure from the Centre at 1pm

Registration required.

COMMUNITY GARDEN

August 26

FR-ENG-SPAN 

Let's enjoy the last days of summer and the fresh air by discovering a model community garden.

Departure from the Centre at 1pm

Registration required



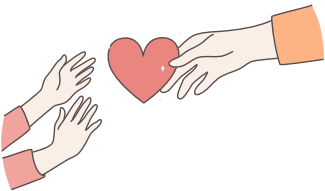
WORKSHOPS



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

WEDNESDAYS, FROM 11AM TO 1PM

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



TALKING CIRCLE : MATRESCENCE AND PARENTING

July 2 *FR - ENG*

Following the winter talking circle, we explore the changes related to parenthood, social expectations, and how to break free from them. For anyone who has a parental role in a child's life.



WOMEN'S RIGHTS IN THE EVENT OF SEPARATION

July 16 *FR-ENG*

Come and learn and exchange ideas to better understand women's rights in the event of separation, whether for yourself or your loved ones. Presented by Yasemin, from Service d'entraide la Passerelle.



WORLD MARCH OF WOMEN : INTERNATIONAL

July 30 *FR- ENG*

The World March of Women will be launching its 6th international action in October! To prepare, we're taking a look back at the history of this powerful feminist movement that brings together women from all over the world.



WORLD MARCH OF WOMEN : POVERTY

August 13 *FR-SPAN*

A central demand of the World March of Women is the fight against poverty. Let's reflect together on the systemic causes of women's impoverishment and how to fight it in this co-construction workshop.



DEMYSTIFYING GENDER AND SEXUAL DIVERSITY

August 27 *FR-SPAN*

Come discover and discuss gender and sexual diversity. We'll talk about questions like: What is gender? How do we learn about it? Can it change over time? And how can we talk about it around us?

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

June 26

FR 

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

Suggested topic: masturbation.



PALESTINIAN EMBROIDERY

July 10

FR 

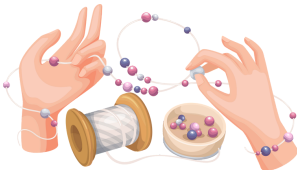
Come discover and learn the art of Palestinian embroidery (tatreez) with our guest!



JEWELRY CREATION

July 24 FR - ENG - SPAN 

Join Alexia for a jewelry-making workshop using metal stamping techniques.



LEATHER WORKING

August 7

FR 

Come and try your hand at the art of leatherwork. You'll be able to take home your own creation!



COMMUNITY DINNER

August 21 FR - ENG

Come cook and dine with Marion! 5PM - 8PM

** We need volunteers to arrive in the afternoon to prepare. If you can, write to Marion at info@centredesfemmesdeverdun.org*



SPECIAL ACTIVITIES

Friday July 4 from 10:30am to 12:30pm

We're leaving from the Centre at 10am sharp!

Registration required

CARTONEROS

Come and create a book cover with us and the Verdun Beach Library! Activity aimed at people of immigrant origin and their kids.



GARDENING

Register in our volunteer group to help us take care of our garden! We will use the herbs and veggies for our collective cooking.

Write to Virginie at implication@centredesfemmesdeverdun.org



COMMUNITY KITCHEN

The Centre receives lots of food donations, which allows us to prepare meals for our various activities. To make the most of it, we need helping hands to cook and turn all this food into tasty homemade dishes for everyone at the Centre.

Come cook and discover new recipes with Marion!



MONDAY

June 30 from 1pm to 4pm

August 11 from 4pm to 8pm



GET INVOLVED!

VOLUNTEERING

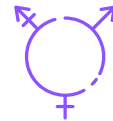
Would you like to get involved at the Centre? Help maintain the premises? Help the workers with various tasks? Be matched with people you can help? Help someone learn French? Cook meals for activities? Take care of the garden?

Right now, we are especially looking for volunteer to help us with meal preparation.

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



QUEER-DIVERSITY 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 other people who are also part of it? This committee could be for you.

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



The CACV (Comité d'action des citoyen.nes de Verdun) mobilization committee meets every last Wednesday of the month to prepare actions to defend tenants' rights and reflect on current events. This summer, it's all happening in the CACV courtyard, in potluck mode, at **3972 Rue de Verdun**.



Come and join us!
Write to Emmanuelle at communications@centredesfemmesdeverdun.org or call the Centre!

SELF-MANAGED ACTIVITIES

MEDITATION

Guided by Françoise!
Thursday mornings.

For more information, contact f.prieur@sympatico.ca

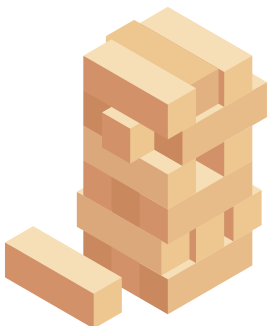


CHORUS

Come and sing all together !
Some Wenesday morning.

For more information, contact us

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.

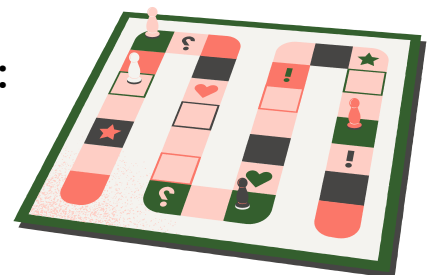
Some games are provided, but you're welcome to bring your own!

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





June 14 and 28

July 12 and 26

August 16 and 23



JUNE

TUESDAY	WEDNESDAY	THURSDAY
17 CLOSED	18 CLOSED	19 CLOSED
24 CLOSED	25  DROP-IN 1PM - 4PM	26  DROP-IN 1PM - 7PM  SEXO EVENING 6PMH-8PM
MONDAY, 30 COMMUNITY KITCHEN  1PM - 4PM		

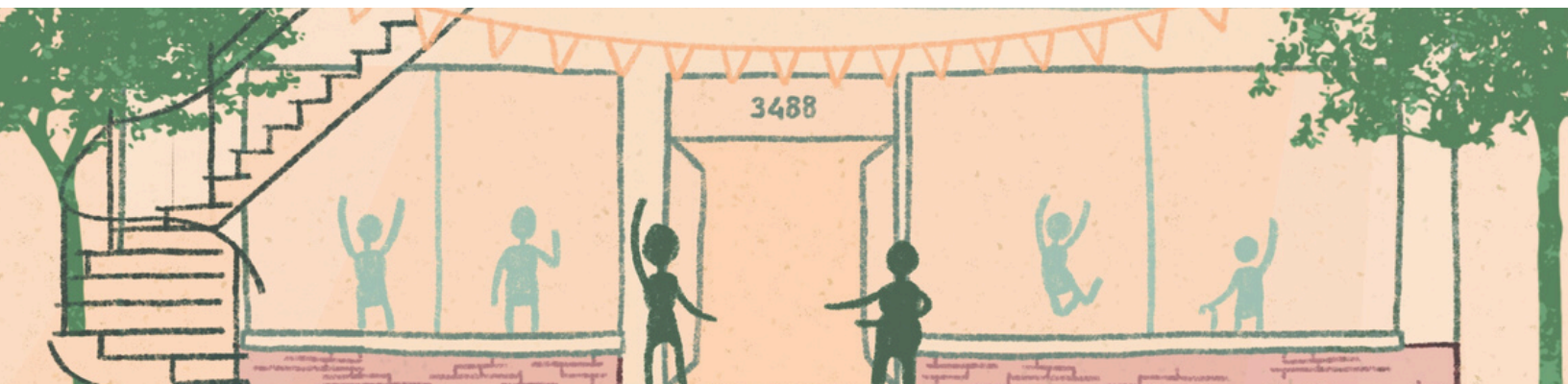


Please note that the Center will be closed on :














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

Tuesday June 24 and **Monday June 30** : public holyday

Thursday **August 28** : administrative day



JULY

TUESDAY	WEDNESDAY	THURSDAY
1  ACTIVE CLUB : Walk 1pm - 4pm	2  WORKSHOP 11am - 1pm  DROP-IN 1pm - 4pm	3  DROP-IN 1pm - 7pm
8  DROP-IN 10am - 1pm  ACTIVE CLUB: Capoeira 1pm - 4pm	9  DROP-IN 1pm - 4pm	10  DROP-IN 1pm - 4pm PALESTINIAN EMBROIDERY  6pm - 8pm
15  FESTIVAL NUIT D'AFRIQUE 2pm - 5pm PARLONS-FRANÇAIS  6pm - 7:30 pm	16  BRUNCH 9:30am - 11am  WORKSHOP Break-up rights 11am - 1pm  DROP-IN 1pm - 4pm	17  DROP-IN 1pm - 7pm
22  DROP-IN 10am - 1pm ACTIVE CLUB : Swim  13pm - 16pm	23  DROP-IN 1pm - 4pm	24  DROP-IN 1pm - 4pm  JEWELRY CREATION 6pm - 8pm
29  MUSEUM OUTING 2pm - 5pm PARLONS-FRANÇAIS  6pm - 7:30pm	30  WORKSHOP 11am - 1pm  DROP-IN 1pm - 4pm	31  DROP-IN 1pm - 7pm

FIDRAY 4
CARTONEROS
 10H - 12H30

AUGUST

TUESDAY	WEDNESDAY	THURSDAY
5  DROP-IN 10am - 1pm  ACTIVE CLUB : Yoga 1pm - 4pm	6  DROP-IN 1pm - 4pm	7  DROP-IN 1pm - 7pm CREATIVE EVENING 6pm - 8pm
12  OUTING 10am - 1pm  PARLONS FRANÇAIS 1pm - 4pm	13  BRUNCH 9:30am - 11am  WORKSHOP 11am - 1pm  DROP-IN 1pm - 4pm	14  DROP-IN 1pm - 7pm
19  DROP-IN 10am - 1pm  ACTIVE CLUB : Walk 1pm - 4pm	20  DROP-IN 1pm - 4pm	21  DROP-IN 1pm - 7pm  COMMUNITY DINNER 5pm - 9pm
26 OUTING : Community gardens  10am - 1pm  PARLONS FRANÇAIS 1pm - 4pm	27  WORKSHOP 11am - 1pm  DROP-IN 1pm - 4pm	28 CLOSED


MONDAY 11
COMMUNITY
KITCHEN
1PM - 4PM




514-767-0384

info@centredesfemmesdeverdun.org

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

www.centredesfemmesdeverdun.org

