



LE CENTRE DES FEMMES DE VERDUN

PROGRAM

Fall 2025

The Verdun Women's Center's mission is to break isolation and to promote regaining power over our lives

Open to anyone who identifies as a woman or on the spectrum of gender diversity



514-767-0384



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

@centredesfemmesdeverdun



www.centredesfemmesdeverdun.org

WELCOME

The Center is **a place of solidarity** which offers a listening ear, help with various procedures, referrals, community meals, mutual support, collective action and educational, social and cultural activities. In all these ways, we work to combat poverty, exclusion and violence, and fight for the improvement of our lives. It is also a space where people can get involved as volunteers if they wish to.

Only our activities with mandatory sign-ups are reserved for members only, otherwise anyone is welcome. **Becoming a member is free**. A voluntary contribution is possible.

Activities with mandatory sign-ups are identified by **this logo**.

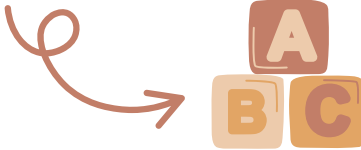


Please note that **people can generally be greeted in French, English, or Spanish during our drop-in hours**. For activities, available languages are indicated in our programming depending on our translation capacities.

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

Children are also welcome! (unless specified otherwise)

Keep an eye out for this **logo**, which identifies the activities that are the best suited for children.



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 street. For reference, you can give the address of our neighbour at the back: 541 Strathmore, it's right after the alley.

A QUICK NOTE!


The Center **is currently operating with reduced staff** for an indeterminate amount of time. These unusual circumstances have made it harder to plan our fall event programming. As usual, we will do our best to offer the activities announced in this pamphlet. That said, due to this situation, we wish to inform you that it is **possible some modifications or cancellations may have to be made throughout the season. Check our social media or give us a call to stay up to date.**

We thank you greatly for your understanding!


NEW ADDITION!

Individual appointments (sexology)

This year, the Center will be welcoming **a new intern** to our team, a **sexology student at UQÀM: Laurence**. As such, we will be able to offer individual sexology appointments starting in October.



Every other Wednesday and during Thursday evening drop-ins. (See calendar)



To **plan an appointment**, you can write to info@centredesfemmesdeverdun.org or call us at 514-767-0384.

FR-ENG-SP



DROP-IN



Whether it be to have a coffee with other members, talk to a worker, obtain references, use our art/cooking/sport supplies, anyone is welcome during our drop-in hours.

Generally:

- Every other Tuesday from 10AM to 1PM
- Wednesdays from 1PM to 4PM
- Thursdays from 1PM to 4PM, and some from 4PM to 7PM

***See calendar at the end of this program for all dates and exceptions



FR-ENG-SP



ACTIVE CLUBS



Our actives clubs get us moving as a group, each at our own pace.

Every **Tuesday afternoon from 1PM to 4PM** (with a few exceptions)

SOFT YOGA

Hosted by Virginie. Adapted to all bodies and paces.

The **following Tuesdays from 1:30PM to 3PM**, followed by a free period with snacks and drinks:

- October 21
- November 18

**No children (under 12)

FR-ENG-SP





ACTIVE CLUBS



WALKING CLUB

A lovely opportunity to discover the neighbourhood and get moving in a friendly atmosphere!



The **following Tuesdays, departing from the Center at 1PM**

- September 9
- November 11 (+ a visit of St-Gabriel House)
- December 16

FR-ENG-SP



DANCE

Come dance with us! A simple and fun series of activities!

The **following Tuesdays from 1 to 3PM**, followed by a free period with food and drinks:

- September 16
 - **Salsation** fitness dance class with Marion
- October 14
 - Discover **mexican folkloric dance** with Viviana
- December 2
 - **Improvised** dance circle

And **the following Wednesday from 3 to 4pm** (Open from 1pm)

- September 23
 - **Parent-baby** dance with Festival Quartier Danse
 - Sign-up mandatory

FR-ENG-SP





OUTINGS



A great opportunity for discovery!

Sign-ups mandatory.

The **following Tuesdays:**

EVERY CHILD MATTERS MARCH

September 30

- Departure from the Center at 12:30
- For the National *Day of truth and reconciliation*

FR-ENG-SP



MEM (Centre des Mémoires Montréalaises)

October 7

- Departure from the Center at 1:15PM
- Visit the exhibit *Keeping Our Memories Alive! Tracing Lesbian History in Montréal*

FR-ENG

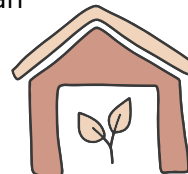


SANAAQ CENTER

October 28

- Departure from the Center at 1:15PM
- Visit of SANAAQ community and cultural center and its multiple installations, including an urban agriculture space, a library and a café

FR-ENG-SP





OUTINGS



BIOSPHERE

November 4

- Departure from the Center at 11AM
- Visit the Biosphere and Jean-Drapeau Park, including the exhibition *Chercher refuge* about climate refugees



FR-ENG-SP



RESTO-PLATEAU

November 25

- Departure from the Center at 11AM
- Visit the cultural center and have a meal at Resto-Plateau



FR-ENG-SP



BRUNCH



A lovely opportunity to socialise and meet others over a brunch and coffee.

Come prepare the brunch with us starting at 9:30 AM! Followed by a popular education workshop.

The following Wednesdays from 9:30 to 11 AM:

- September 24
- October 22: with a **special projection** of Viviana's short film Nequi
- November 19: The Center's choir will invite you all to sing a song!



FR-ENG-SP



POPULAR EDUCATION WORKSHOPS

To tackle different issues, inform ourselves or share our reflections.

A light meal is offered.

The **following Wednesdays from 11 AM to 1 PM.**

HOUSING: RENT CONTROL

September 10 (open from 10:30 to eat)

In preparation for the RCLAQ's upcoming protest on September 13, come learn about activist demands regarding rent control. Workshop given by the Verdun's housing committee (CACV).



FR-ENG

INDIGENOUS WOMEN, GIRLS AND TWO-SPIRIT PEOPLE'S ISSUES

September 24

In preparation for the *National day of Truth and Reconciliation* (September 30) and for the vigil held for missing and murdered Indigenous Women, Girls, and Two-Spirit People on October 4, come learn about these groups' realities.

FR-ENG

UNPACKING THE IMAGE OF IMMIGRATION

October 8 (open from 10:30 to eat)

This workshop aims to foster our critical thinking and solidarity with immigrants in the face of increasingly xenophobic media and political discourses.

FR-SP



POPULAR EDUCATION WORKSHOPS

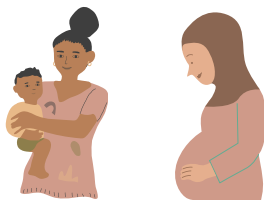
UNPACKING THE IMAGE OF HOMELESSNESS

October 22

Along with rising social inequalities has come rising poverty, and with it, rising rates of homelessness. We wish to open a dialogue and raise awareness about the issues faced by people experiencing homelessness, as well as foster open-mindedness and solidarity. Workshop given by street workers of Verdun (TRAC).



FR-ENG



WORKSHOP FOR FUTURE PARENTS

November 5 (open from 10:30 to eat)

Cybel, a doula, wishes to offer future parents a post-birth planning workshop.

FR-SP

HISTORICAL METHODOLOGY & ARCHIVAL

November 19

In preparation for the Center's 45th anniversary, *Histoire Engagée*, a social periodical about history, will offer a workshop to immerse us in the world of archival and begin exploring the history of the Center and the community which sustains it.



FR-ENG



WRITING WORKSHOP about gendered violence

December 3 (open from 10:30 to eat)

For the 12 days of action to end violence against women, come express yourself freely about gendered violence.

FR-ENG-SP

PARLONS FRANÇAIS!

This activity is meant for allophone people who wish to practice their French through discussion. All levels of French are welcome.

If you wish to come with your child(ren), that is entirely possible. Please notify us so we can plan accordingly.

Every other Tuesday from 6 to 7:30 PM:

- September 16 and 30
- October 14 and 28
- November 11 and 25

A light meal will be provided.

We are also looking for francophone volunteers to participate in our pairing initiative for language-learning. If this interests you, contact Audrée: intervenante@centredesfemmesdeverdun.org



COMMUNITY DINNERS

Come cook a meal with us and discuss freely!

Sign-up mandatory

The following Thursdays from 5 to 8pm:

- September 18
- October 16
- November 13

FR-ENG-SP



EVENINGS AT THE CENTER

The following Thursdays from 6 to 8pm.
A light meal is offered. Open from 5pm to eat.
Sign-up mandatory.

JEWELRY MAKING



September 25

- Discover a new **jewelry engraving** technique with Alexia.

FR-ENG-SP



DOCUMENTARY NIGHT



October 9

- Come watch **Les Marcheuses**, about the *Marche du pain et des roses* (March of "bread and roses"), in preparation for the World March of Women on October 18.

FR



CONTEMPORARY DANCE

October 23

- With Lorena
- Details to come!

FR-SP

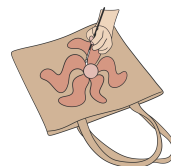


PERSONALIZE YOUR BAG

November 6

- Led by Linda
- With paint, stencils and other inspirations

FR-ENG



SEXO EVENING

November 20

A safe space to talk about sexuality amongst ourselves, break taboos and learn from each other.

FR-ENG



ARTS FOR PALESTINE

December 4

- Led by Nashwa
- Creative workshop, details to come !

FR-ENG



SPECIAL ACTIVITIES

Write to us at info@centredesfemmesdeverdun.org or call the Center for more information!



SATHURDAY SEPTEMBER 13

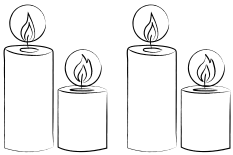
RCLAQ protest for rent control.



TUESDAY SEPTEMBER 30

Every Child Matters March, for the National day of truth and reconciliation.

Departure from the Center at 12:30.



SATHURDAY OCTOBER 4

Commemorative vigil for Missing and Murdered Indigenous Women, Girls, and Two-Spirit People.



SATHURDAY OCTOBER 18

World March of Women in Québec City. Let's march for our right to live in peace and safety, free and universal access to quality public services, autonomy for all, access for all to a decent income, and the right to live in a healthy and respectful environment.

Sign-ups mandatory, limited seats on the bus



WEDNESDAY DECEMBER 10

EGM and holiday meal. More information to come!



FEMINIST SELF-DEFENSE PROGRAM

The Center offers a physical, psychological, and verbal self-defense course given by the **Réseau d'Autodéfense Féministe (RAF)**.

The program includes a mix of physical exercises and discussions, and touches on themes such as the basics of self-defense, our personal limits and boundaries, emotional violence and street harassment.

This fall, the program will be offered **in English**.

The Center covers the costs tied to this program with a grant from the City of Montréal, so it's free!

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

VOLUNTEER-RUN ACTIVITIES

Contact the team for more information!

MEDITATION

- Guided by Françoise!
- **Thursdays from 10 to 11:15 AM**



VOLUNTEER-RUN ACTIVITIES

Contact the team for more information!

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 a talking circle format, participants are invited to listen to themselves while developing mutual support and sisterhood.
- **One Friday per month**



BOARD GAME NIGHTS

- Managed by Chryss, a member and administrator
- For people 18 and older
- Snacks and drinks provided by the Center, but you can bring your own lunch for a full meal!
- Some games provided, but you can bring your own!

The following Saturdays from 5 to 9:30PM

- September 13 and 27
- October 11 and 25
- November 8 and 22
- December 6 and 20



OPPORTUNITIES FOR INVOLVEMENT

VOLUNTEERING

You want to invest some of your time in the Center? Help care for our space? Help workers with different tasks? Be paired with people you can help out?

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

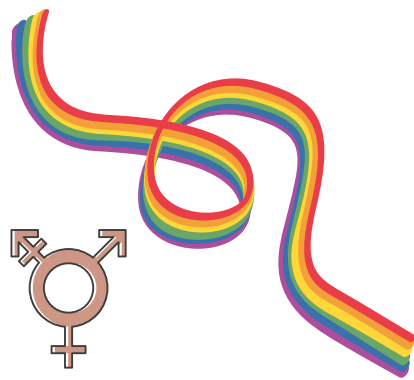
QUEER COMITTEE

Are you queer or trans? Would you like to meet, discuss with and organize with other queer and trans people at the Center?

This committee might interest you.

Meetings currently take place **once a month on Wednesday evenings.**

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




















FIGHT FOR HOUSING RIGHTS

Do you want to get involved in the fight for housing rights? The **CACV's mob committee** meets on the last Wednesday of every month.

If you're interested, write to Emmanuelle at communications@centredesfemmesdeverdun.org or call the Center!




























SEPTEMBER

TUESDAY	WEDNESDAY	THURSDAY
2	3	4
CLOSED: Administrative week		
9 ACTIVE CLUB: WALKING  1 - 4 PM	10  WORKSHOP: CACV 10:30 AM - 1 PM  DROP-IN 1 - 4 PM	11 CLOSED
16 ACTIVE CLUB:  Salsation 1 - 4 PM PARLONS FRANÇAIS  6 - 7:30 PM	17  DROP-IN 1 - 4 PM	18  DROP-IN 1 - 4 PM DINNER 5 - 8 PM 
23  DROP-IN 10 AM - 1 PM ACTIVE CLUB: Parent-  baby dance: 1-4 PM	24 BRUNCH  9:30 AM - 11 AM  WORKSHOP: Indigenous women 11 AM - 1 PM  DROP-IN 1 - 4 PM	25  DROP-IN 1 - 4 PM CREATIVE NIGHT: jewelry making  6 - 8 PM
30 EVERY CHILD MATTERS MARCH  12:30 PARLONS FRANÇAIS  6 - 7:30 PM		


SATURDAY
13
RCLAQ MARCH




























OCTOBER

TUESDAY	WEDNESDAY	THURSDAY
	1 CLOSED	2 CLOSED
7  DROP-IN 10 AM - 1 PM OUTING: MEM 1 - 4 PM 	8 WORKSHOP immigration  10:30AM - 1 PM  DROP-IN 1 - 4 PM	9  DROP-IN 1 - 4 PM DOCUMENTARY NIGHT  6 - 8 PM
14 ACTIVE CLUB: mexican dance  1 - 4 PM  PARLONS FRANÇAIS 6 - 7:30 PM	15 SEXO  <i>individual appointments</i> 10AM - 12PM  DROP-IN 1 - 4PM	16  DROP-IN 1 - 4 PM DINNER 5 - 8 PM 
21 ACTIVE CLUB: Yoga 1 - 4PM  	22 BRUNCH  9:30 - 11AM WORKSHOP: homelessness 11 AM - 1 PM   DROP-IN 1 - 4PM	23  DROP-IN 1 - 4PM EVENING : dance 6 - 8 PM 
28 OUTING: SANAAQ  1 - 4PM  PARLONS FRANÇAIS 6 - 7:30PM	29 SEXO  <i>individual appointments</i> 10 AM - 12PM  DROP-IN 1 - 4PM	30  DROP-IN 1 - 7PM SEXO <i>individual appointments</i>  5 - 7PM

SATURDAY 4
INDIGENOUS
VIGIL

SATURDAY 18
WORLD MARCH
OF WOMEN

NOVEMBER

TUESDAY	WEDNESDAY	THURSDAY
4  OUTING: BIOSPHERE 11AM - 4PM	5 WORKSHOP:  <i>post-birth planning</i> 10:30 AM - 1PM  DROP-IN 1 - 4PM	6  DROP-IN 1 - 4PM CREATIVE NIGHT: <i>personnalize a bag</i>  6 - 8 PM
11 ACTIVE CLUB: walk  1 - 4 PM PARLONS FRANÇAIS  6 - 7:30PM	12 SEXO  <i>individual appointments</i> 10AM - 12PM  DROP-IN 1 - 4PM	13  DROP-IN 1 - 4PM DINNER  5 - 8PM
18  DROP-IN 10AM - 1 PM ACTIVE CLUB: Yoga  1 - 4PM 	19 BRUNCH  9:30 - 11AM WORKSHOP: archives 11AM - 1PM  DROP-IN  1 - 4PM	20  DROP-IN 1 - 4PM SEXO EVENING  6 - 8PM
25 OUTING: <i>Resto-Plateau</i>  11AM - 4PM PARLONS FRANÇAIS  6 - 7:30PM	26 SEXO  <i>individual appointments</i> 10AM - 12PM  DROP-IN 1 - 4PM	27  DROP-IN 1 - 7PM SEXO <i>individual appointments</i>  5 - 7PM

DECEMBER

TUESDAY	WEDNESDAY	THURSDAY
2  DROP-IN 10AM - 1PM ACTIVE CLUB: <i>Improvised dance</i> 1 - 4PM 	3 WRITING WORKSHOP: <i>gendered violence</i> 10:30AM - 1PM   ACCUEIL 1 - 4PM	4  DROP-IN 1 - 4PM EVENING : Arts for Palestine 6 - 8PM 
9 CLOSED	10 HOLIDAY MEAL + EGM  4 - 9PM	11 CLOSED
16  DROP-IN 10AM - 1PM ACTIVE CLUB: <i>Walk</i>  1 - 4PM	17  DROP-IN 1 - 4PM	20 CLOSED
23 CLOSED	24 CLOSED	25 CLOSED



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