



LE CENTRE DES FEMMES DE VERDUN


PROGRAM

Summer 2026

**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 Verdun Street, Verdun, QC, H4G 1K3

 @centredesfemmesdeverdun

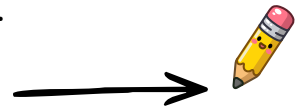
 www.centredesfemmesdeverdun.org


WELCOME

The Centre is a **place of solidarity** which offers a listening ear, help with various procedures, referrals, community meals, mutual support, collective actions, and educational, social, and cultural activities. **We work in many different ways to combat poverty, exclusion, and violence, and to improve our living conditions.** It is also a **place** for people who wish **to get involved.**

Only our activities requiring registration are reserved for members only; otherwise, anyone is welcome. **Membership** is free. Voluntary donations are welcome.

Activities requiring registration are identified by **this logo.**



 Please note that **people can generally be greeted in French, English, or Spanish.** Details are provided in the program depending on translation capabilities for our activities.

FR = French, ENG = English, SP = Spanish



Children are also welcome (unless otherwise indicated). Pay attention to this logo for activities more suitable for children.



Please note that **the Centre is accessible to people with reduced mobility.** We also have a **parking/drop-off area for adapted transportation on Strathmore Street,** at the corner of Verdun. You can give adapted transportation the address of our neighbour at the back: 541 Strathmore Street, it's just past the alley.

DROP-IN

Whether it's to have a coffee with other members, talk to a worker, obtain references, use the Centre's art, computer, cooking or sports equipment, everyone is welcome during our drop-in hours:

Usually:



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

FR – ENG – SP

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



New!

BREASTFEEDING CHAT

The Centre is partnering with Nourri-Source to offer breastfeeding support groups.

Volunteers will be present every **Tuesday morning** to inform and support, at their own pace, parents who wish to breastfeed. It is also possible to come with your baby even if you are not breastfeeding.



FR – ENG – SP



ACTIVE CLUBS



Tuesdays
from 1PM to 4PM.

Our active clubs get us moving as a group, each at our own pace. The activity is followed by a free period with drinks and snacks.

Walk

A great opportunity to discover the neighborhood and get moving in a friendly atmosphere. Departure from the Centre at 1:10PM.



July 7
September 1st



FR-ENG-SP



Dance

Come dance with us in a fun and relaxed atmosphere. Laurence will introduce us to African dance!



August 11

FR-ENG



Gentle Yoga

Suitable for all body types and rhythms.

**** Registration required.**

Translation available upon request. No children allowed.



July 21
August 25

FR-ENG-SP



OUTINGS



Tuesdays
Generally in pm

A great opportunity for discovery!

FESTIVAL LES NUITS D'AFRIQUE

July 14

FR-ENG-SP



From July 7th to 19th, 2026, the 40th edition of the Festival International Nuits d'Afrique invites you on a global musical journey, **exploring the cultures of Africa, the Caribbean, and Latin America**. Come and discover it with us!



Departure at 2PM from the center!!

****Registration required**

VISIT TO BÂTIMENT 7

July 28

FR-ENG-SP



The Centre will visit Bâtiment 7 to learn about all the services that are offered and to lend a hand in their greenhouse.

Departure at 1:10PM from the center!!

****Registration required**



EXHIBITION ON CAREGIVING

August 4

FR



Come and discover with us the exhibition "Sur la rivière de la proche-aidance, unissons nos voix", a visual and sound journey set up by the Groupe des aidants du Sud-Ouest (GASO) as part of its 30th anniversary.

Departure at 1:10PM from the center!!

****Registration required**



OUTINGS



Tuesdays
Generally in pm

PICNIC ON MOUNT ROYAL

August 18

FR-ENG-SP



Looking to spend some quality time with other members?
Come picnic with us on Mount Royal!
Bring something to share, your towel and your water bottle.



Departure at 11AM from the center!!

****Registration required**



BRUNCH



Every other Wednesday
from 9:30 to 11:00 AM



FR - ENG - SP

A lovely opportunity to socialise and meet others over a brunch and coffee.
Come prepare the brunch with us starting at 9AM!

The following Wednesdays

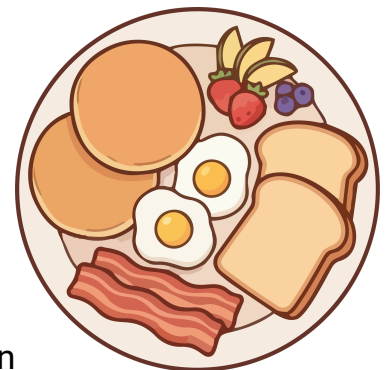
July 8: followed by a workshop on our priority in the fight

July 22: followed by a workshop on homelessness

August 5: followed by a budget cooking workshop

August 19: followed by a workshop on debt

September 2nd: followed by a workshop on social housing in Verdun





POPULAR EDUCATION WORKSHOPS

Every other Wednesday
from 11AM to 1PM

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



FIGHT PRIORITY

July 8

FR-SP

Together, we will reflect on the means we want to deploy to enable our priority action to thrive both in our local community and beyond. More details to come.

HOMELESSNESS

July 22

FR-SP

The street workers from TRAC (Travail de Rue et Action Communautaire) will come to talk about a less visible but very present reality: that of women experiencing homelessness.



BUDGET COOKING

August 5

FR-ENG

Come and discover affordable foods and discuss various strategies for eating on a budget.



SOLUTIONS TO DEBT

August 19

FR-ENG

If you have debts, payment delays and maxed-out credit cards, ACEF du Sud-Ouest can help you regain control of your financial situation by offering you a better understanding of your rights and creditor recourse.



FIGHT FOR SOCIAL HOUSING

September 2

FR-ENG

Our housing committee will come and talk to us about the current struggle to have social housing developed in our neighbourhood: Who gets Ethel? We get Ethel!



EVENINGS AT THE CENTER

Thursdays
from 6PM to 8PM

Various opportunities for meeting and exchanging ideas.

ART-THERAPY WORKSHOPS



Want to connect with your inner world through art? This workshop is for you! No need to be an experienced artist to participate! Art is a universal language that allows for unfiltered self-expression.

FR-ENG **The following Thursdays :**
July 16
August 6



MAKING OF REUSABLE SANITARY PADS

July 23 *FR-ESP* 

Come and make your own sanitary pads with Diana! We provide all the materials. Fun and sharing guaranteed!

No sewing experience required.



COMMUNITY DINNERS



From 4pm onwards, you are invited to come cook and share a delicious meal with us and chat freely. If you would like to share typical dishes from your country, please let us know!

FR-ENG-ESP **The following Thursdays from 4 PM to 8PM:**
July 30
August 27



SEXO NIGHT



August 13 *FR-ENG*



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

SPECIAL ACTIVITIES

CREATIVE WORKSHOP



FR

Come create Christmas greeting cards that will later be distributed to shelters, long-term care facilities, and hospitals... This activity will be led by the Verdun Beach Library!



Friday, August 14th, from 1:15 PM to 3:30 PM.

Meet at the beach library at 1 PM.

Registration required

GARDENING

Join our group of volunteers to take care of the garden! The herbs and vegetables will be used in the communal kitchen.



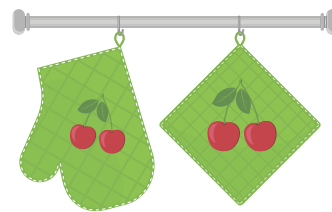
Write to Virginie at: implication@centredesfemmesdeverdun.org

COMMUNITY KITCHEN



FR-ENG

As part of a project funded in part by Desjardins, the Centre organizes community kitchens to prepare good meals for the Centre's various activities. A great way to get involved and contribute to everyone's food security, as well as discover new recipes and new foods, all while having fun!



If you are interested, write to the Centre at info@centredesfemmesdeverdun.org or call us!



ONCE A MONTH

July 21st, from 4pm to 8:30pm

August 21st, from 11am to 4pm



OPPORTUNITIES FOR INVOLVEMENT

VOLUNTEERING

Do you want to invest some of your time in the Center? Help us care for our space? Help workers with different tasks? Be paired with people you can help? Help someone learn French? Cook meals for activities? Take care of the garden?



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



QUEER-DIVERSITY COMMITTEE

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

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

FIGHT FOR THE RIGHT TO HOUSING: WE GET ETHEL!

Do you want to get involved in the fight for the right to housing? A committee has been created to support a project to create social housing in the Ethel parking lot! The CACV mob committee will meet at their premises at 3972 Rue de Verdun, on the last Wednesday of each month, from 6PM to 8PM.

Come join the forces!

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



**Who gets Ethel?
We get Ethel!**

KNOWLEDGE EXCHANGE

Do you possess knowledge or expertise in an art, field or practice that you would like to share with other members? We would like to offer you a place to do so.

Please contact the team to present your workshop idea.



VOLUNTEER-RUN ACTIVITIES

MEDITATION

Guided by Françoise!
Thursday mornings.

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



BOARD GAME NIGHTS



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

For people aged 18 and older.

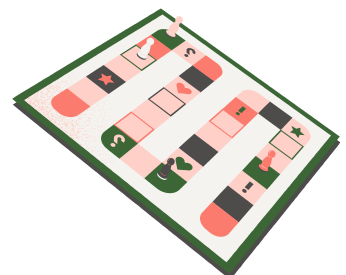
Snacks and drinks provided.

A few games are provided, but you can bring your own!



























Every other Saturday, from 6:45PM to 9PM:


July 4 and 18

August 1st, 15th and 29th







JULY

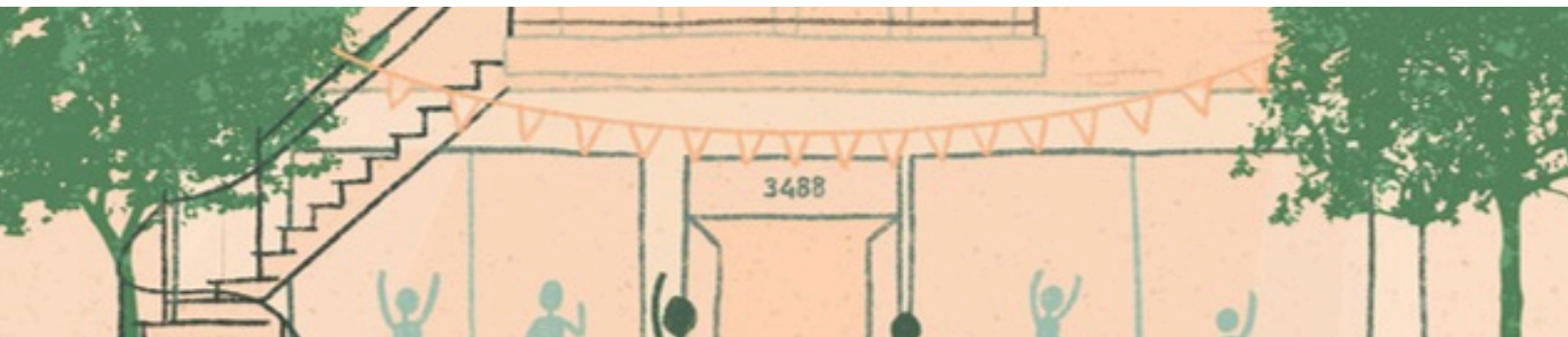
TUESDAY	WEDNESDAY	THURSDAY
	1	2
	CLOSED	 DROP IN 1 - 4 PM
7	 BRUNCH 9:30 - 11 AM WORKSHOP: fight  11 AM - 1 PM  DROP IN 1 - 4 PM	9
ACTIVE CLUB: Walking  1 - 4 PM		 DROP IN 1 - 7 PM
14	15	16
 DROP-IN / BREASTFEEDING CHAT 10 AM - 1 PM OUTING: FESTIVAL NUITS D'AFRIQUE   2 - 5 PM	 DROP IN 1 - 4 PM	 DROP IN 1 - 4 PM ART THERAPY   6 - 8 PM
21	22	23
 ACTIVE CLUB: YOGA 1 - 4 PM COMMUNITY KITCHEN  4 - 8:30 PM 	 BRUNCH 9:30 - 11 AM WORKSHOP: homelessness  11 AM - 1 PM  DROP IN  1 - 4 PM	CLOSED
28	29	30
 DROP IN / BREASTFEEDING CHAT 10 AM - 1 PM OUTING: VISIT TO B7   1 - 4 PM	 DROP IN 1 - 4 PM	 DROP IN 1 - 4 PM COMMUNITY DINNER  4 - 8 PM

Only activities with a pencil  require registration.







AUGUST

TUESDAY	WEDNESDAY	THURSDAY
<p style="text-align: right;">4</p> <p>OUTING: EXHIBITION GASO  1 - 4 PM </p>	<p style="text-align: right;">5</p> <p> BRUNCH 9:30 - 11 AM</p> <p>WORKSHOP: kitchen 11 AM - 1 PM </p> <p> DROP IN 1 - 4 PM</p>	<p style="text-align: right;">6</p> <p> DROP IN 1 - 4 PM</p> <p>WORKSHOP: ART THERAPY  6 - 8 PM </p>
<p style="text-align: right;">11</p> <p> DROP IN / BREASTFEEDING CHAT 10 AM - 1 PM</p> <p>ACTIVE CLUB: DANCE 1 - 4 PM </p>	<p style="text-align: right;">12</p> <p> DROP IN 1 - 4 PM</p>	<p style="text-align: right;">13</p> <p> DROP IN 1 - 4 PM</p> <p>SEXO NIGHT  6 - 8 PM </p> <p><i>Friday the 14th Creative workshop at the beach library 1:15pm - 3:30pm</i></p>
<p style="text-align: right;">18</p> <p>OUTING: PICNIC  11 AM - 4 PM </p>	<p style="text-align: right;">19</p> <p> BRUNCH 9:30 - 11 AM</p> <p>WORKSHOP: debts 11 AM - 1 PM </p> <p> DROP IN 1 - 4 PM</p>	<p style="text-align: right;">20</p> <p> DROP IN 1 - 7 PM</p> <p><i>Friday the 21st Community kitchen 11 AM - 4 PM</i></p>
<p style="text-align: right;">25</p> <p> DROP IN / BREASTFEEDING CHAT 10 AM - 1 PM</p> <p>ACTIVE CLUB: YOGA 1 - 4 PM </p>	<p style="text-align: right;">26</p> <p> DROP IN 1 - 4 PM</p>	<p style="text-align: right;">27</p> <p> DROP IN 1 - 4 PM</p> <p>COMMUNITY DINNER  4 - 8 PM</p>

Only activities with a pencil  require registration.



SEPTEMBER

TUESDAY	WEDNESDAY	THURSDAY
1 ACTIVE CLUB: Walking  1 - 4 PM	2  BRUNCH 9:30 - 11 AM WORKSHOP: housing 11 AM - 1 PM   DROP IN 1 - 4 PM 	3  DROP IN 1 - 7 PM
8 CLOSED	9 CLOSED	10 CLOSED

Please note that the Centre will be closed:

Wednesday, July 1st: public holiday.

Thursday, July 23rd: team in training.

From September 7 to 11: administrative week



NOTES

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info@centredesfemmesdeverdun.org

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