



**Femmes
du monde**
à Côte-des-Neiges

PROGRAMMING SPRING 2025



Opening hours

**MONDAY & TUESDAY: 1:30PM
TO 4:30PM**

**WEDNESDAY AND THURSDAY:
9:30AM TO 12 AND 1:30 PM TO
4:30PM**



**6767 Chemin de la Côte-des-Neiges
bureau 597 H3S 2T6** 



514-735-9027



INFO@FEMMESDUMONDECDN.ORG

www.femmesdumondecdn.org

THE CENTRE, A SECOND HOME

What is a women's centre?

A place to make friends.

A place of mutual aid and feminist solidarity.

A place to regain power over one's life.

A new family to feel less alone.

A place to act and better our living conditions.

Why become a member?

- ✦ To participate in activities reserved for members only
- ✦ To vote at the General Assembly and be part of the Board of Directors
- ✦ To support the centre, its feminist orientation and its values
- ✦ To receive the activities programs and special invitations

Cost : 2\$ per year

SUPPORT

CONFIDENTIAL

WELCOME

REFERENCES

LISTEN



FREE MENSTRUAL PRODUCTS

The Center, in partnership with Monthly Dignity, offers you free menstrual products. Contact us!



FREE DAYCARE

When you participate in an activity at the Center. Reservation required.

TECH SUPPORT

Laptops and tablets are available to be used at the Center. We'll also answer your questions about the use of new technologies.

A volunteer will be available to help you from 1:30 pm to 3:30pm on:

- Wednesdays April 2nd, 16th and 30th
- Wednesdays June 11th et 25th juin

LIBRARY

- ☀ Nearly 400 books !
- ☀ Bilingual library, french and english
- ☀ A very diverse collection : political essays, poetry, novels, testimonies...even cookbooks!

LEGAL INFORMATION CLINIC

Our volunteer lawyers answer
questions about:

- ▶ Separation or divorce
- ▶ Immigration
- ▶ Family law



Consultations last 20 minutes
and are by telephone.
Registration required.

Please note! The information is
general and the lawyers cannot
give you personalized advice.

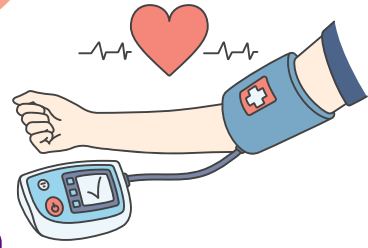
Tuesdays :

April 15th and 29th

May 13th et 27th

June 10th

HYPERTENSION MANAGEMENT



Thursday, April 3rd
From 1:30 pm to 3:30 pm

Four nursing students from McGill University will be on hand to discuss lifestyle habits to better manage blood pressure. You'll be able to get your blood pressure measured and your questions answered!

EXPO: RESONANCES OF A HOME

Wednesday, April 7th
Departure from the Center at 1:30 pm

This immersive exhibition explores identity, belonging, and community through interdisciplinary works. It interrogates the notion of "home" through memories and emotions and invites us to reflect on human connections beyond differences.

CHAIR MESSAGES

Wednesday, April 16th and
May 14th

From 1:30 pm

Registration required



During 20-minute sessions, Paula offers her massage therapy services with a trauma-informed approach.

People living with the after-effects of domestic violence will be given priority.

LET'S TALK ABOUT BREAST CANCER 2

Wednesday, April 23rd

From 1:30 pm to 3:30 pm

Part Two of the workshop! Come discuss breast cancer during a workshop where you can ask all your questions and learn about current scientific research.



DANCE AND RELAXATION

Tuesday, April 22nd and May 27th

From 1:30 pm to 3:30 pm

Malika invites you to a workshop featuring dance and relaxation exercises to help you take care of yourself and gently use your body. Adapted to each person's physical condition.



A SPACE FOR EVERYONE

Thursday, May 1st

From 1:30 pm to 3:30 pm

This time we're talking about something concrete: how can we properly welcome non-binary and trans people at the Center? Does this change anything for our living environment?

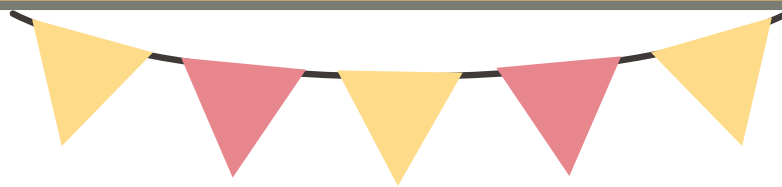
We want to hear your questions, concerns, and encouragement.



And May 17th is the day against homophobia and transphobia.



VOLUNTEERS NIGHT



Thursday, May 8th
From 6 pm to 8 pm



It's time to celebrate the contribution of the Center's volunteers with a special evening. Can you guess the theme?



By invitation only

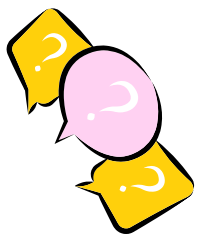
FEMINISM AND RELIGION 2

Thursday, May 29
From 1:30 pm to 3:30 pm

The follow-up of our popular fall workshop! How can we reconcile religion and feminism in everyday life? Can religion be feminist? Join us so we can explore this topic together.



RIGHTS AND RESPONSIBILITIES OF THE BOARD



Tuesday, June 3rd
From 6 pm to 7:30 pm (online)

Want to learn more about the Center's Board of Directors? How does it work, and what are the responsibilities of the directors? This workshop is perfect for you!

NAMUR-HIPPODROME



Thursday, June 5th
From 1:30 pm to 3:30 pm



We'll give you an update on Namur-Hippodrome and introduce the concept of the land trust. The neighborhood has been fighting for the development of social housing on the site for over 30 years!

REALITIES IN THE DRC

Thursday, June 26th
From 1:30 pm to 3:30 pm

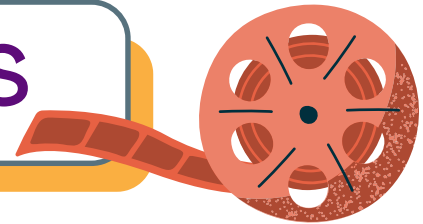


Cindy will come to the Center to talk to us about the current realities of the inhabitants of the Democratic Republic of Congo, and will briefly present the history of the conflicts.



Workshop to remain in solidarity with international struggles

THE MOVIES



Sugarcane

Tuesday, April 8th at 1:30 pm

French with English subtitles

The discovery of unmarked graves at a church-run Indigenous residential school reveals past abuses, sparking national outrage. Sugarcane highlights the resilience of the community as it struggles to break the cycle of trauma and persevere.

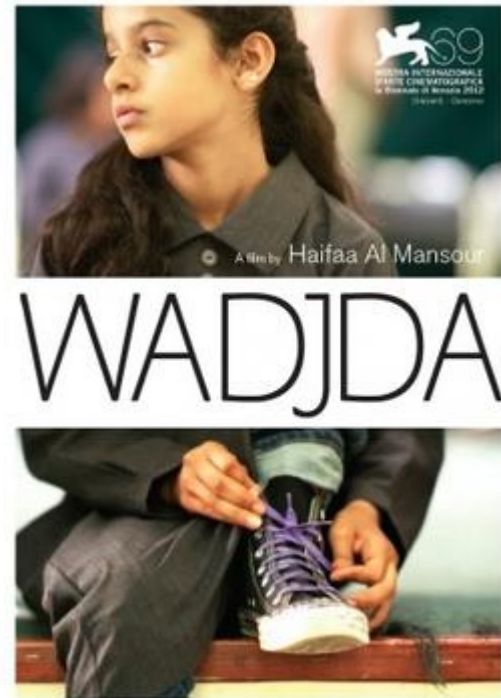


Wadjda

Tuesday, May 6th at 1:30 pm

Arabic with English subtitles

Wadjda follows a ten-year-old Saudi girl who defies tradition to achieve her dream. She enters a Quran recitation competition to buy the green bicycle she loves. This inspiring story celebrates resilience and ingenuity.



A Mother Apart

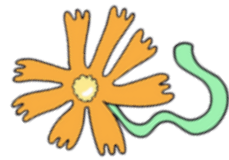
Tuesday, June 17th at 1:30 pm

English with French subtitles

How do you raise a child without knowing your own mother? Poet and activist Staceyann Chin retraces her absent mother steps, from Brooklyn to Kingston. Between wounds and reinvention, she redefines motherhood with her daughter.



FEMINIST BOOK CLUB



Thursdays, April 17th, May 15th and June 19th
1:30 pm to 3:30 pm

This spring we will read :



The workshops will be an opportunity to
discuss our impressions.

Books are provided, in French or English!

MENTAL HEALTH SUPPORT GROUP

During our meetings, we share tools and strategies to regain power over our lives and develop a more positive mental health.

A meal will be served.



The group is reserved for people who are experiencing the problems in question

- ▶ Monday, April 14th: Depression
- ▶ Monday, May 12th: Intergenerational Trauma
- ▶ Monday, June 23rd: The impact of the political climate

5:30 pm to 7:30 pm

BRODER SES RACINES

Dive into the history of Côte-des-Neiges during a free workshop with artist Yaen Tijerina and PAAL, where we will embroider the history of the neighborhood!

“**Broder ses Racines**” is an 8-week project exploring the sense of belonging, the history that shapes our heritage, and the notion of identity. All this through weekly meetings, guided tours, and a unique artistic work: embroidery on photography!

Participants will be able to take part in an exhibition showcasing their creations and testimonies.

Thursdays, April 3 to May 22, 2025

Time: 5 pm - 6:30 pm

Where: at Femmes du Monde

Materials included. No embroidery skills required.

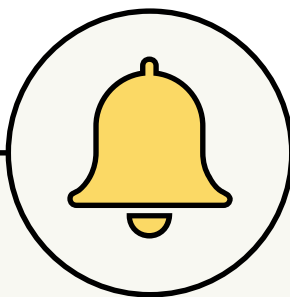
Limited places.

Registration: info@paalmtl.org

ANNUAL GENERAL MEETING

Saturday, June 14th
Meal at 11 am
Start at 12:30 pm

Clues about this year's theme:



REMINDER Registration for activities is mandatory and can be done by telephone, email, or in person.



APRIL 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
31	1	2	3 PM Hypertension management	4	5	6
7 PM Expo resonances of a home	8 PM Film	9	10	11	12	13
14 Night Mental Health Group	15 PM Legal info	16 PM Chair massages	17 PM Book club	18	19	20
21 Center CLOSED	22 PM Dance and relaxation	23 PM Breast cancer 2	24	25	26	27
28 Center CLOSED	29 PM Legal info	30				



2025

APRIL





MAY 2025




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
28	29	30	1 PM A space for everyone	2	3	4
5	6 PM Film	7	8 Volunteers Night	9	10	11
12 Night Mental Health Group	13 PM Legal Info	14 PM Chair Massages	15 PM Book Club	16	17	18
19 Center CLOSED	20	21	22	23	24	25
26 Center CLOSED	27 PM Dance and relaxation PM Legal Info	28	29 PM Feminism & Religion 2	30	31	



MAY 2025



THURSDAYS MAY 1,8 AND 15: BRODER SES RACINES, 5 PM TO 6:30 PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1
2	3 Night Rights and Responsibilities of the board	4	5 PM Namur Hippodrome	6	7	8
9	10 PM Legal Info	11	12	13	14  AGM	15
16 Center CLOSED	17 PM Film	18	19 PM Book club	20	21	22
23 Night Mental Health Group	24 Center CLOSED	25	26 PM Realities in the DRC	27	28	29
30 Center CLOSED						

THE CENTER WILL BE CLOSED...

- Mondays, April 28th, May 26th, and June 30th: administrative days
- Mondays, April 21st and May 19th and Tuesday June 24th: holidays
- Monday, June 16th: Day of rest after the AGM

Volunteering

Want to share your knowledge, protest or do grocery shopping? Contact us!