



LE CENTRE DES FEMMES DE VERDUN

# Summer 2023

**Open to anyone who identifies as woman and/or  
as a part of gender diversity**

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The Centre des femmes de Verdun mission is to  
break isolation and promote regaining of power  
over our lives



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@centredesfemmesdeverdun



[www.centredesfemmesdeverdun.org](http://www.centredesfemmesdeverdun.org)



[info@centredesfemmesdeverdun.org](mailto:info@centredesfemmesdeverdun.org)

# Regular activities

## 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 :

- **Tuesdays 10 am – 1 pm & 2:30 pm – 4:30 pm**
- **Wednesdays 10am – 1 pm & 2:30pm – 4:30pm**
- **Thursdays 1pm – 4:30pm**

\*See dates and exceptions to the calendar at the end of the program



## ACTIVE CLUB

Active Clubs aim to get us moving together as a group. The activities take place in a safe environment in which everyone is welcomed at your own pace.

### **The following Tuesdays, at 1 pm :**

- June 27 : Gentle yoga
- July 25 : Dance exercises
- August 8 : Body Awakening through Capoeira



## CHATTY - BRUNCH

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

### **The following Wednesdays, 10am - 12pm**

- July 5
- August 9



# OUTINGS

\*\*\*Activities for members only / Registration required\*\*\*

## Phi Foundation

Dance tour of the exhibition *Conditions d'utilisation* (12 years and older)

**Tuesday July 4th, departure from the Center at 1:15 pm.**

- Limited places
- Registration required before Tuesday June 27

*Conditions d'utilisation* brings together works that explore the impact of technology on the construction of our individual and collective identities. It aims to challenge the way we see and use them. The tour will be guided by an artist from the organization *Quartiers Danses*.



## Trip to Verdun's beach

**Tuesday July 11th, departure from the Center at 1:15 pm.**

**Registration required before Tuesday July 4**

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We'll take advantage of the good weather to meet members and workers from other women's centers. Bring your bathing suit!

All activities are free and transport tickets are provided.

# Outings

**\*\*\*Activities for members only / Registration required\*\*\***

## Nuits d'Afrique Festival

**Tuesday July 18th, departure from the Center at 1:30 pm.**

**Registration required before Tuesday July 11**

We are going to take a look at the *International Nuits d'Afrique Festival*. There will be African, Caribbean and Latin music and good energy!



## Bowling outing

**Tuesday August 1st, departure from the Center at 1:15 pm.**

**Limited places**

**Registration required before Tuesday July 25**

Join us at the Center to go bowling together!

## Montreal Museum of Fine Arts

**Tour of the exhibition Nalini Malani: Beyond Borders**

**Tuesday August 15, departure from the Center at 1:15 pm.**

- **Limited places**
- **Registration required before Tuesday August 8**

This exhibition presents the work of Indian artist Nalini Malani. Her work addresses current concerns, including gender inequality, civil conflict and collective memory. We'll have a guided tour of the museum's permanent collection, and then head off to Malani's exhibition.



# Self-managed activities

## Art hives

The art hives are a community space for artistic creation. People are invited to freely use different art materials at their disposal to create whatever they want in a friendly space.



- **The following Thursdays during afternoon Drop-ins 1pm to 4:30pm :**
- July 6
- July 20
- August 3rd

## Retouching Project



People who want to get together to sew, learn how to repair clothes from experienced people or propose a sewing-related activity are welcome at the following times:

**Tuesdays during Drop-ins from 10am to 12pm**

## Meditation group

Come and discover meditation and relaxation practices guided by Françoise, a volunteer member of the Centre!

**The following Thursdays from 11am to 12pm**

- July 6, 13, 20 and 27
- August 3 and 17



# Evenings at the Center

**Thursday July 13, 6pm to 8 pm**

## Watching the documentary *Sisters with transistors*

*(Movie in English with French subtitles)*



This movie is the remarkable untold story of electronic music's female pioneers, composers who embraced machines and their liberating technologies to utterly transform how we produce and listen to music today. The film maps a new history of electronic music through the visionary women whose radical experimentations with machines redefined the boundaries of music.

**Thursday July 27, 6pm to 8 pm**

## Sex evening

**\*\*Registration required before Tuesday July 25**



A safe space to discuss sexuality among ourselves, break taboos and learn from each other. This time, we propose to address the language we use in relation to sexuality and in sexuality. Always in a very free setting that leaves room for discussion and spontaneity.

**Thursday August 17, 6pm to 8 pm**

## Watching the documentary *Mary Two-Axe Earley : Je suis redevenue indienne*



Using never-before-seen archival footage, Mohawk filmmaker Courtney Montour engages in a deep and personal dialogue with the late Mary Two-Axe Earley. Her film thus pays tribute to the woman who dared to denounce the sexist and genocidal policies of a government that deprived First Nations women and their children of their Indian status in the event of marriage to a non-Indian.

# Involvement at the Center

## Sexual and Gender Diversity Committee

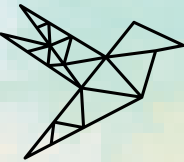
Would you like to reflect on issues related to sexual and gender diversity with the people concerned, within the Centre, in the community and internationally? You're welcome to join our committee!

Write to Virginie at [implication@centredesfemmesdeverdun.org](mailto:implication@centredesfemmesdeverdun.org)  
or call us!

## Fundraising Committee

Do you have an interest or skills in fundraising? The Center needs help with fundraising for the new location!

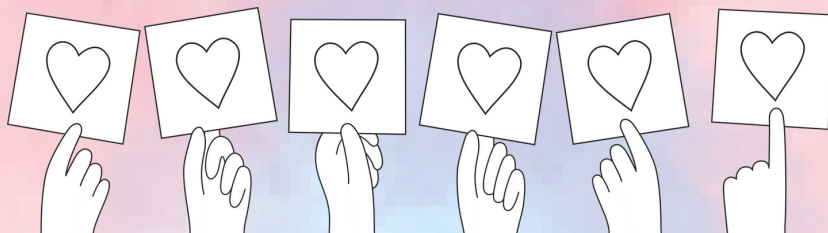
Write to Virginie at [implication@centredesfemmesdeverdun.org](mailto:implication@centredesfemmesdeverdun.org)  
or call us!



## Mobilization Committee

Would you like to be informed of upcoming protests so that you can participate, prepare placards or mobilize members?

Write to Emmanuelle, at [communications@centredesfemmesdeverdun.org](mailto:communications@centredesfemmesdeverdun.org)  
or call us!



# Calendar





**PLEASE NOTE THAT THE CENTER WILL BE CLOSED ON THE FOLLOWING DATES:**

**June 19 to 23 : Administrative week**

**June 29 : Holiday**



**August 10 : Administrative day**

**August 21 to 31 : Administrative week/Preparing for the move**

JUNE		
TUESDAY	WEDNESDAY	THURSDAY
20 <b>CLOSED</b>	21 <b>CLOSED</b>	22 <b>CLOSED</b>
27  <b>DROP-IN</b> 10AM - 1PM <b>ACTIVE CLUB : Yoga</b> 1PM - 2:30PM   <b>DROP-IN</b> 2:30PM - 4:30PM	28  <b>DROP-IN</b> 10AM - 4:30PM	29 <b>CLOSED</b>








# JULY

TUESDAY	WEDNESDAY	THURSDAY
<p style="text-align: right;"><b>4</b></p> <p><b>CLOSED CENTER</b></p> <p><b>**OUTING : Phi</b> 1PM - 4PM </p>	<p style="text-align: right;"><b>5</b></p> <p> <b>BRUNCH</b> 10AM - 12PM</p> <p><b>DROP-IN</b> 1PM - 4:30PM </p>	<p style="text-align: right;"><b>6</b></p> <p><b>MEDITATION</b> 11AM - 12PM </p> <p><b>DROP-IN : Art hives</b> 1PM - 4:30PM </p>
<p style="text-align: right;"><b>11</b></p> <p><b>DROP-IN</b>  10AM - 1PM</p> <p><b>**OUTING : Beach</b> 1PM - 4:30PM </p>	<p style="text-align: right;"><b>12</b></p> <p> <b>DROP-IN</b> 10AM - 4:30PM</p>	<p style="text-align: right;"><b>13</b></p> <p> <b>MEDITATION</b> 11AM - 12PM</p> <p><b>DROP-IN</b>  1PM - 4:30PM</p> <p><b>DOCUMENTARY EVENING</b> 6PM - 8PM </p>
<p style="text-align: right;"><b>18</b></p> <p> <b>DROP-IN</b> 10AM - 1PM</p> <p><b>**OUTING : Nuits d'Afrique</b> 1:30PM - 4:30PM </p>	<p style="text-align: right;"><b>19</b></p> <p> <b>DROP-IN</b> 10AM - 4:30PM</p>	<p style="text-align: right;"><b>20</b></p> <p><b>MEDITATION</b> 11AM - 12PM </p> <p><b>DROP-IN : Art hives</b> 1PM - 4:30PM </p>
<p style="text-align: right;"><b>25</b></p> <p> <b>DROP-IN</b> 10AM - 1PM</p> <p><b>ACTIVE CLUB : Dance</b> 1PM - 2:30PM </p> <p> <b>DROP-IN</b> 2:30PM - 4:30PM</p>	<p style="text-align: right;"><b>26</b></p> <p> <b>DROP-IN</b> 10AM - 4:30PM</p>	<p style="text-align: right;"><b>27</b></p> <p><b>MEDITATION</b> 11AM - 12PM </p> <p> <b>DROP-IN</b> 1PM - 4:30PM</p> <p><b>**SEX EVENING</b> 6PM - 8PM </p>

**\*\*Activity with registration required**



# AUGUST

TUESDAY	WEDNESDAY	THURSDAY
<p style="text-align: right;"><b>1</b></p> <p><b>DROP-IN</b>  10AM - 1PM</p> <p><b>**OUTING : Bowling</b> 1PM - 4:30PM </p>	<p style="text-align: right;"><b>2</b></p> <p> <b>DROP-IN</b> 10AM - 4:30PM</p>	<p style="text-align: right;"><b>3</b></p> <p><b>MEDITATION</b>  11AM - 12PM</p> <p><b>DROP-IN : Art hives</b> 1PM - 4:30PM </p>
<p style="text-align: right;"><b>8</b></p> <p> <b>DROP-IN</b> 10AM - 1PM</p> <p><b>ACTIVE CLUB : Capoeira</b> 1PM - 2:30PM </p> <p> <b>DROP-IN</b> 2:30PM - 4:30PM</p>	<p style="text-align: right;"><b>9</b></p> <p> <b>BRUNCH</b> 10AM - 12PM</p> <p><b>DROP-IN</b>  1PM - 4:30PM</p>	<p style="text-align: right;"><b>10</b></p> <p style="text-align: center;"><b>CLOSED</b></p>
<p style="text-align: right;"><b>15</b></p> <p> <b>DROP-IN</b> 10AM - 1PM</p> <p><b>**OUTING : Museum</b> 1PM - 4:30PM </p>	<p style="text-align: right;"><b>16</b></p> <p> <b>DROP-IN</b> 10AM - 4:30PM</p>	<p style="text-align: right;"><b>17</b></p> <p> <b>MEDITATION</b> 11AM - 12PM</p> <p><b>DROP-IN</b>  1PM - 4:30PM</p> <p><b>DOCUMENTARY EVENING</b> 6PM - 8PM </p>
<p style="text-align: right;"><b>22</b></p> <p style="text-align: center;"><b>CLOSED</b></p>	<p style="text-align: right;"><b>23</b></p> <p style="text-align: center;"><b>CLOSED</b></p>	<p style="text-align: right;"><b>24</b></p> <p style="text-align: center;"><b>CLOSED</b></p>
<p style="text-align: right;"><b>29</b></p> <p style="text-align: center;"><b>CLOSED</b></p>	<p style="text-align: right;"><b>30</b></p> <p style="text-align: center;"><b>CLOSED</b></p>	<p style="text-align: right;"><b>31</b></p> <p style="text-align: center;"><b>CLOSED</b></p>

**\*\*Activity with registration required**

