



**FALL
2014**

www.nfsb.me

Châteauguay
Community Learning Centres

**Providing educational,
socio-cultural, sports and
family activities for all.**

Centennial Park School
Harmony Elementary School
H.S. Billings High School
Mar y Gardner School
Nova Career Centre
St. Willibrord School

Proud schools of the New Frontiers School Board!



What is a CLC?

Community Learning Centres (CLCs) are community schools that bring together various stakeholders in partnerships for youth development, lifelong learning, community engagement, family support and community health and safety.

Serving Chateaugay and the surrounding area, the Chateaugay CLC offers educational, social, recreational and family activities.

Contact **Anthony** for more information about anything in this brochure! He will be happy to answer your questions or guide you to someone who can.

Anthony: **450 691-1440 ext 220 • aspadaccino@nfsb.qc.ca**

Community Wednesdays

“Community Wednesdays” bring together local community groups, government organizations, and partners working together offering a FREE community trade show.

Learn about local services and organizations that are here for you and your family. Bilingual representatives will be on-site to answer your questions. Free babysitting is available and a \$2 per person spaghetti dinner is served.

Drop in any time between 4:00 and 7:00 pm on the first Wednesday of every month to find out more. **Everyone is welcome!**

Upcoming “Wednesdays”!

October 1 • St. Willibrord

November 5 • Centennial Park

December 3 • Mary Gardner

Re-nou-vie

Re-nou-vie offers support for single mothers through various programs including the "Nobody's Perfect" program which provides an opportunity for mothers to meet, share their experiences, and exchange tips. Re-nou-vie also provides support to women who are thinking of, or going through, a separation or divorce. **For more details call: Re-nou-vie @ 450-692-9805**

Other Re-nou-vie programs:

Mommy & Me....

Moms and children under five are invited to a morning of activities and discussions. This is a great opportunity to meet with other mothers and enjoy time with your children. It's free, and we also provide a healthy snack. Call Frankie 450 692-9805

Mères-Amies...

Through home visits, we work with families of young children under the age of six, offering support, answering questions, and providing parenting tips. We work on improving parent-child relationships and can even accompany the family to different services in our area. It is free and confidential! Call Nathalie 450 692-9805

Camp des Jeunes...

Twice a month, a sleepover for children aged 4-12 of single mothers is offered at our centre from Saturday morning until Sunday afternoon. A trained educator prepares all activities, meals and snacks, giving moms the opportunity to get a little rest and the children a chance to make new friends. Call 450 692-9805

Châteauguay Basketball Association



During the 2014-2015 season we will offer both inter-city teams and a revamped house league. We will also provide tutoring for any CBA members who may need extra help in their studies. The CBA has been a part of the community for over 30 years. We thrive on teaching our kids the importance of teamwork and fair play. All players and skill levels are welcome. Have never played basketball before? Great! It's time to start! We have coaches who volunteer their time to teach our house league kids the fundamentals of the game. Our Ravens Inter-City teams will be competing against teams across the Island of Montreal. For more information visit us at **www.cbaravens.com**.



Where to order in Châteauguay?

La Rencontre
Châteauguaise
(Wednesday)
Jonathan Nadon
450-699-6819

The Good Food Box

The Good Food Box is a collective buying group that purchases fresh fruits and vegetables at wholesale prices. Anybody can buy a box. The Good Food Box program offers:

- Boxes brimming with top-quality fresh fruits and vegetables delivered to your neighborhood twice a month
- Efficient distribution network of volunteer-run community pick-up points.
- A way to get more for your money.
- Support for small farmers by buying local, in season produce.
- A way to connect with your neighborhood.

*Please contact for more info:
Steve Plouffe-Berthiaume 450-444-0803, ext 233*

Châteauguay English Community Network

Life-long learning courses for adults & seniors

Your local CECN and the CLC have partnered to offer life-long learning opportunities. Courses are for 10 weeks.

COURSES OFFERED:

Creative writing

Excel

Word

PowerPoint

Website building

French conversation

Courses are held at Nova Career Centre and St. Willibrord Elementary School and CLC. Courses will begin end of September. To register and for exact times and dates please contact Pauline Wiedow

Call Pauline for more information 450-617-0513

Châteauguay

Community Learning Centre

Community Partners

Crossroads Carrefour

www.carrefourcrossroads.com (Ms. Samantha & Mr. Anthony) "Building youth from the ground up". Crossroads provides youth with seasonal camps and after-school activities to promote personal growth through leadership-based activities.

Académie de Taekwondo de

Chateauguay contact: Olivier April-Lalonde – 514-883-8256 taekwondo. chateauguay@hotmail.com

Actions Jeunes (Quebec En

Forme) Promotion of healthy eating habits and physical activity for Chateauguay youth: Guy Turcotte, coordinator - guy.turcotte@bell.net - 514-970-7475.

Cardio Combat Empowering cardio workout inspired by a multitude of martial arts disciplines. With the beat of driving music, strike, punch and kick your way to superior cardio fitness! Payments made directly to James Cradle (514-567-3894 / e-mail: jokercradle1@hotmail.com.)

CECN – Chateauguay English

Community Network "To improve the collective well-being of the English-speaking community"

www.thececn.webs.com.
Contact Pauline Wiedow
514-804-3064

CVLC offers English language instruction for a variety of needs: high school, adult education, work place.
450-698-0342

Miss Darla's Preschool

(Centennial Park School) contact Darla
514 792 7278

Parkview Preschool (St. Willibrord School and CLC) contact Shannon 450-691-4320

Quebec 4-H youth ages 6–25 enjoy hands-on learning, developing leadership skills through activities at club, provincial and national levels. Projects include food, photography, square dancing, livestock, and much more. Contact: Lorelei 514-398-8738 - office@quebec4h.com

Toastmasters International Learn leadership skills, be more persuasive and confident, master public and impromptu speaking, and organizing your thoughts. Contact Lise Chenier 514-941-2159 or chenierlise@gmail.com

Zumba Dance

514-570-7462
www.rinazumbadance.webs.com or
rinazumba@yahoo.com, facebook
rinadance

CALACS- Sexual Assault Centre

Serving Chateauguay, Beauharnois, Hemmingford and Napierville, CALACS provides sexual assault counseling, support and accompaniment for women 14 years and older. **CALACS: Sexual Assault No More!** Contact 450-699-8258

MONDAY

Classes start
October 6 !

Closed on statutory holidays

INSTRUCTOR Janice Young

DURATION 10 weeks

COST \$60.00

**REGISTRATION
& PAYMENTS**

CLC (see form back page)

Intro to Irish Dancing 5:00-5:50 p.m.

Grades K - 6 Builds self-confidence, coordination skills, balance, and most

importantly, through teamwork, it builds friendships. Students will be introduced to basic steps for solo and group dances, and will be exposed to the various types of music related to recreational Irish dance.

**Note: Children must wear running shoes, hair must be tied up.

INSTRUCTOR Janice Young

DURATION ongoing

COST \$30.00/month

**REGISTRATION
& PAYMENTS**

Contact Instructor

Irish Dancing 6:00-6:50 p.m.

Grades K - 6 Builds self-confidence, coordination skills, balance, and most

importantly, through teamwork, it builds friendships. Students will learn basic and advanced steps for solo and group dances, and will be exposed to the various types of music related to recreational Irish dance. Teacher Certified:TCRG.

For more info contact Janice at
youngirishdance@hotmail.com or by phone:
514 588-1179.

TUESDAY

Classes start
October 7!

INSTRUCTOR Lise
Chenier

DURATION ongoing

**REGISTRATION
& PAYMENTS**

Contact Instructor

Toastmasters 7:00-9:00 p.m.

Age 18+ Would you like to be more confident in public speaking? Learn leadership skills, being more persuasive and confident and impromptus speaking and organizing your thoughts. *For more information and to register contact Lise Chenier 514-941-2159 email: chenier.lise@gmail.com*

WEDNESDAY

Classes start
October 8!

INSTRUCTOR Amanda

DURATION 10 weeks

COST \$60

**REGISTRATION
& PAYMENTS**

CLC (see form back page)

INSTRUCTOR Amanda

DURATION 10 weeks

COST: \$60

**REGISTRATION
& PAYMENTS**

CLC (see form back page)

INSTRUCTOR Amanda

DURATION 10 weeks

COST \$60.00

**REGISTRATION
& PAYMENTS**

CLC (see form back page)

INSTRUCTOR Amanda

DURATION 10 weeks

COST \$65.00

**REGISTRATION
& PAYMENTS**

CLC (see form back page)

Hip Hop/Street Jazz Juniors

4:30-5:20 p.m.

Grades K-3 Your child will be learning rhythm and how to build choreography with the dependency of an instructor. This is done by learning and making up cool moves to fun 'top 40's' popular music.

Hip Hop/Street Jazz Seniors

5:30-6:20 p.m.

Grades 4-6 Your child will learn to build choreography independently. They will expand their dance vocabulary by performing different challenges each week which will allow them to appreciate dance that much more.

Theatre Jazz

6:30-7:20 p.m.

Ages K-6 Your child will learn fun songs and choreography to perform in front of whomever is willing to listen. The class encourages youth to expand on their acting skills and dance skills by incorporating the two.

Dance Classes for Adults

7:30-9:00 p.m.

Ages 16 up The class is designed for anyone who wishes to shake off the day's stress, loose a few pounds while having fun! Participate in weekly challenges while winning prizes!! The class will start with a warm-up to loosen those tense muscles. Toning and cardio such as dance will be incorporated with a great cool down. Come and join the fun!

FRIDAY

Classes start
October 3!

INSTRUCTOR James

Cradle

DURATION 10 weeks

COST \$75/10 weeks
\$10 per class

**REGISTRATION
& PAYMENTS**

Contact Instructor

Cardio Combat 6:30-7:30 p.m.

Age 16+ Empowering cardio workout inspired from a multitude of martial arts disciplines (such as: karate, boxing, Taekwondo, Tai Chi and Muay Thai). The course is supported by driving music. Strike, punch and kick your way to superior cardio fitness! *Registration and payments are to be made to James Cradle 514-567-3894, jokercradle1@hotmail.com*

PROBLEMS in ENGLISH?

HIGH
SCHOOL

ADULT
EDUCATION

WORK
PLACE

SPELL

STEPS TO PROGRESS IN ENGLISH LEARNING AND LITERACIES

450-698-0342

*Formerly known as
CVLC: Chateauguay Valley Literacy Council

Alphabétisation de Chateauguay Valley
Funded by MELS under PACTE

NIGHT AND DAY WORKSHOPS
ONE-ON-ONE TUTORING
GROUP TUTORING

Tuesday & Thursday

**English Language Instruction classes start
September 23 and September 25**

Instructors: Françoise Bravay, Elizabeth Moravec Hewa and volunteer tutors

Registration & Payments For more information, call Françoise or Elizabeth at 450-698-0342, or e-mail: cvlc.chateauguay@gmail.com.

Tuesday: 6:00-7:30 p.m. or

Thursday: 10:00 – 11:30 a.m.

Age 16 yrs +

The Chateauguay Valley Literacy Council (CVLC) [soon to be known as SPELL (Steps to Progress in English Learning and Literacies) offers English language instruction for a variety of needs: high school, adult education, work place.

1. Would you like to learn how to read and write in English?
We offer literacy one-on-one and group tutoring for those who speak English but who need to learn the basics to read and write English.
2. Would you like to improve your English skills?
We offer beginner, intermediate, and advanced level English instruction in a non-formal, friendly atmosphere where you will learn to express yourself in English in everyday situations.

Crossroads

Through seasonal camps and after-school programs, it is our mission to provide youth with the opportunity for personal growth, increased self-esteem, and the chance to build new friendships. . . all while having fun!

Our staff includes educators who are ready to help our campers discover their abilities, and reach their full potential, all within a safe and fun environment.

Through sports, games, crafts, cultural activities and various day trips, we also incorporate reading and writing into our fun days, ensuring your child's educational development continues!

Our facilities include a gymnasium, cafeteria, movie theatre, large outdoor play area and much more.

With eight years' experience organizing our camps, Crossroads has developed the expertise required to give your child a fun- filled, never-to-be-forgotten experience, making new friends and memories to last a lifetime.

For further information about upcoming camps or after-school programs, visit our website www.carrefourcrossroads.com, send us an email (crossroadscarrefour@hotmail.com) or give us a call (514 833-8970)! It will be our pleasure to answer any questions you may have.

Samantha & Anthony
Directors of Crossroads

REGISTRATION

Participant Name _____ **Age** _____ **School** _____

Participant Name _____ **Age** _____ **School** _____

Parent/ Guardian _____ **Address** _____
 _____ **Telephone** _____
 _____ **EMERGENCY #** _____
 _____ **email** _____

IMPORTANT! Children's special needs/health issues _____

Activity Name	Activity Night	Time	Cost
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Activity Name	Activity Night	Time	Cost
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Activity Name	Activity Night	Time	Cost
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Activity Name	Activity Night	Time	Cost
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

TOTAL

Please make cheques payable to
New Frontiers School Board

Spaces are limited
 First-come
 first-serve basis
 Minimum/Maximum #
 of students for some
 courses

- Please make cheques payable to New Frontiers School Board.
 - Deadline for registration is OCTOBER 3.
 - Parking & entrance for all activities at St. Willibrod are at the back of the school on Bell St.
 - **Sorry - NO refunds! Non-sufficient fund cheques will incur a charge of \$15**
- Contact Anthony 450 691-1440 ext 220 for more information

Specialists in Short-Run Printing



I M P R I M E R I E

RESSOURCES

ILLIMITÉES

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- Photocopies colour/black & white
- Graphic Design & Conception

Tel.: **450 699-3758**

Fax : 450 699-9378

info@ressourcesillimitees.com

www.ressourcesillimitees.com

This CLC brochure is printed
in partnership with
IMPRIMERIE RESSOURCES ILLIMITÉES

The CLC administration would like to thank
IMPRIMERIE RESSOURCES ILLIMITÉES
for supporting their local CLC and the families it serves.

Châteauguay

Community Learning Centre

Strong Families. Strong Community.



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450 691-1440 ext 220 • aspadaccino@nfsb.qc.ca