



# **Chateauguay Valley Community Learning Concepts**

**Strong Families. Strong Community**

# **Winter 2016**

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

Hemmingford Elementary

Heritage Elementary

Franklin Elementary

Howick Elementary

Ormstown Elementary

Chateauguay Valley Regional High School

Huntingdon Adult Education & Community Centre

Chateauguay Valley Career & Education Centre

**[www.nfsb.qc.ca](http://www.nfsb.qc.ca) • [www.nfsb.me](http://www.nfsb.me)**





Contact Jayme, Kim, or Lianne  
for more information about  
anything in this brochure!  
They will be happy to answer  
your questions or guide you to  
someone who can.

**Jayme** 450-264-9276 • [jmcclintock@nfsb.qc.ca](mailto:jmcclintock@nfsb.qc.ca)

**Kim** 450-829-2381 ext 245 • [kwilson@nfsb.qc.ca](mailto:kwilson@nfsb.qc.ca)

**Lianne** 514-463-1135 • [lfinnie@nfsb.qc.ca](mailto:lfinnie@nfsb.qc.ca)

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## Community Learning Concepts (CLCs)

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 the communities in the Haut-Saint-Laurent and the surrounding areas, the Chateauguay Valley CLC offers educational, social, recreational and family activities throughout various schools and centers.

**We would like to welcome Lianne Finnie to our CLC team!  
Lianne will be coordinating events and activities at Howick,  
Hemmingford, Ormstown & Franklin Elementary Schools.**

# COMMUNAUTÉ COMMUNITY

• Rassembler les services  
en un même endroit;

• Gather services  
in one location

• Rejoindre les familles  
dans leur communauté;

• Reach families  
in their community

**10** mercredi  
février 2016  
16 h 30 à 19 h

HOWICK ELEMENTARY SCHOOL  
5, RUE LAMBTON, HOWICK

Wednesday  
February **10** 4:30 to  
7 p.m.

Une soirée gratuite pour tous pour interagir,  
s'informer, découvrir et plus encore...

*A complimentary evening event for everyone to interact,  
to be informed, to discover and much more...*

bilingual  
everyone is  
welcome

bilingue  
bienvenue  
à tous

free  
spaghetti

halte-garderie  
0-7 ans  
service gratuit

free  
0-7 years  
day care

spaghetti  
gratuit



Information/questions :  
Jayme McClintock : [jmclintock@nfsb.qc.ca](mailto:jmclintock@nfsb.qc.ca)  
Kim Wilson : [kwilson@nfsb.qc.ca](mailto:kwilson@nfsb.qc.ca)  
Téléphone : 450-264-9276





# H.A.E.C.C.

24 York Street, Huntingdon

## Tiny Tots Fitness Fun!

*Mondays • January 25 - March 14<sup>th</sup>*

*Ages 2-3 • 5:00 - 5:30 p.m. 8 weeks • \$35*

*Ages 4-6 • 5:30 - 6:15 p.m. 8 weeks • \$40*

## Drawing & Painting

*Tuesdays • 1:00 - 4:00 p.m.*

*April 5 - May 24 • 8 weeks • \$150*

Art class offered by professional artist Pat Walsh.  
Learn various techniques of painting & drawing.

## Photography Club

*Every second Tuesday beginning January 12<sup>th</sup>*

*7:30 - 9:30 p.m. • \$30*

Join a group of passionate individuals who come together biweekly to exchange, discuss and critique each other's images.

## Drivers' Education

The Montreal City Motor League driving school comes to HAECC to offer Drivers Ed (Theory & practical). The course is open to anyone 16+. Call Jayme for more information & prices.

## Computer Class

*Thursdays • February 25 - April 28*

*7:00 - 9:00 p.m. • 10 weeks • \$90*

Interested in improving your computer skills and learning more about Microsoft programs? This 10 week course is designed to help beginners and intermediate computer users with the basics of a computer and improve their skills on Windows, Microsoft office and the internet. It is very flexible course that can be tailored to one's need. Computers are available on site or you are welcome to bring your own laptop. Minimum of 8 participants needed - call Jayme to register.

## MAPAQ Hygiene

### Food Safety

*Bilingual*

**Managers \$200 Handlers \$100**

Working in a restaurant requires certification in food safety and handling. Get certified at HAECC. Call Jayme for more information.

**Handling** Feb 2016

**Managers**

Jan 21-22

10:00 a.m. - 5:00 p.m.

## Starting your Garden

The Horticulture Program will be offering an evening workshop on planting seeds and how to start up a garden in the spring. Coming April 2016, Call Jayme for more info.

# C.V.R.

1597 Route 138A, Ormstown

Activities start week of  
Monday, January 11<sup>th</sup>  
Registration will take place the  
night of the first class.

## CLC Sports



7:00 - 9:00 p.m.

Monday **BASKETBALL** (indoor & outdoor)

Tuesday **BADMINTON**

Wednesday **VOLLEYBALL**

Thursday **FLOOR HOCKEY**

Friday **INDOOR SOCCER**

**YOUTH BASKETBALL** • begins Jan 8<sup>th</sup> 6:00-7:30 p.m.

1 sport \$35  
2 sports \$60  
3 sports \$95  
4 sports \$130  
Drop in: \$3/night

## Weight Training

Tuesdays • 6:30 - 8:30 p.m.

Begins January 12<sup>th</sup> • \$90 • 10 week session

## Irish Dance

Wednesday • 6:00 - 7:00 p.m.

Begins January 20<sup>th</sup>, Registration@5:30

class begins at 6:00 p.m.

\$10.00/10 week session

Special family rates available!

## Friday Nights & Pierre Lavoie...

*what do they have in common?*

Beginning Friday, January 15<sup>th</sup>

6:15 p.m. - 7:15 p.m. \$5.00 per evening

The weight room will be open to any parents who wish to use the equipment or attend a spin class. All profits will go toward helping fund CVR students who will be taking part in Le Grand Defi Pierre Lavoie. The class is run by Chantal Bergevin. so bring your running shoes and comfortable clothing. Let's get healthy together! Babysitting needed? Let us know.





# C.V.C.E.C.

46 Roy, Ormstown

## Certified First Aid/CPR

**16 hour courses** \$110

Wednesdays March 30, April 6, 11, 13 • 4:00 to 8:00 p.m.

**8 hour courses** \$85

Thursday, February 25; Friday February 26 • 4:00 to 8:00 p.m.

*To register, contact Debbie Parent 450-829-2396 (spaces limited)*

## Babysitting

*Mondays, March 14 & 21 • 4:00 - 8:00 p.m. • \$55*

It's not too late to sign up to learn the ins and outs of this very important job. You will be more confident and ready! Bring a supper & drink. Ages 12+ Contact Kim to register 450-829-2381 ext 245.

## Yoga

*Beginning January 11<sup>th</sup>, Mondays & Thursdays • 6:00 - 7:30 p.m.*

*Wednesdays • 4:00 - 5:00 p.m. & 5:15 - 6:15 p.m.* For more information and to register, contact Julie Gergely at 450-829-3161

## Hero in 30

Are you part of the 50+ community? "Hero in 30" is a course offered through the Heart and Stroke Foundation and is a 30-minute simplified version of the standard CPR (without mouth to mouth) usually taught in 4 hours. You will learn skills such as the Heimlich manoeuvre; chest compressions, and how to use an automated external defibrillator (AED) The Hero in 30 program is offered free of charge by CVCEC teachers at the Centre. There is a 2\$ to receive your certification card from the Heart and Stroke Foundation. Don't miss out on this great opportunity right in your own backyard. Contact Kim Wilson at 450-829-2381, ext: 245.

## Jam Night

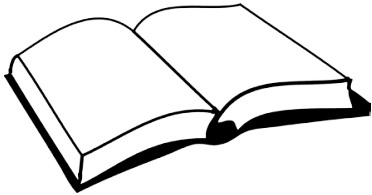
*Mondays - Beginning January 18<sup>th</sup> • 6:00 - 8:00 p.m.*

*Please confirm your interest with Kim at 450-829-2381 ext 245.*

Bring your instruments, whatever they may be and we will play together – or just come in to listen and sing a long - no strings attached. Free but donations accepted for photocopies!

**Chateauguay Valley Community Learning Centre**.....

**Give a little time,  
make a big difference. . .**



## **Croques Livres**

Under the supervision of CVCEC Construction teacher, John Hodges and in partnership with the Little Green Library and Reseau 0-5 Network, the community is working together to create “Croques Livres”/Book Boxes that will be placed in several locations throughout the 13 municipalities of the Haut-Saint-Laurent. These boxes will be filled with books for all ages that can be borrowed and returned. We are looking for interested community members who would like to volunteer their time to help build these “Croques Livres”. If you are interested, contact Kim Wilson at 450-829-2381, ext. 245.

Interested in...

- Cooking Programs**
- Financial Workshops**
- Mother Goose Training**
- Music Classes**
- Evening Art Classes**
- Language classes**
- Sowing classes**
- ... call Jayme!

# Howick

## 5 Lambton, Howick

Now open to the Howick community Thursday evenings from 7:00 p.m. to 8:30 p.m. Contact Lianne for information or to register 514-463-1135

### **Computers for Beginners**

8 weeks • January 28 – March 24<sup>th</sup> • \$75

Learn the basics of how to use computers, everything from how to turn a computer on, to writing, to using the internet, to troubleshooting problems. By the end of this eight-week course you will be able to send emails, communicate on Facebook and other social media sites, create documents, and more! Minimum 12, maximum 20.

**Artists at Work** Alyson Champ, visual artist, is offering a series of 5 week classes with one week off between sessions. You can sign up for all three or choose the one or two that you prefer. Family rates available.

### **Course #1 Basic Drawing Techniques for Budding Artists**

January 21 - February 18 • Thursdays • 7:00 - 8:30 p.m.

Open to adults and kids 10 years and up

Minimum enrollment of 10, maximum 20

Fee: \$80 per person (includes materials)

### **Course #2 Papier Mâché Sculpture**

March 10 - April 7<sup>th</sup> • Thursdays • 7:00 - 8:30 p.m.

Open to adults and kids 8 years and up

Minimum enrollment of 10, maximum of 20

Fee: \$80 per person (includes materials)

### **Course #3 Introduction to Collage**

April 21-May 19 2016, • Thursdays • 7:00 - 8:30 p.m.

Open to adults and kids 10 years and up

Minimum enrollment of 10, maximum 20

Fee: \$80 per person (includes materials)



# Hemmingford

548 Champlain Ave, Hemmingford

## **Zumba Classes**

*Mondays & Thursdays from 6:45 p.m. - 8:15 p.m.*

A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility. For more information and to register contact: Natalie Poulard, 514-706-7696

Are you a Hemmingford-area resident?  
If you're interested in evening classes in subjects such as art, computer, music, contact Lianne Finnie 514-463-1135 with your name and contact info and with sufficient numbers the CLC will begin developing and supporting future activities in your area.

# Upcoming Video Conferences

*Call Kim to register 450-829-2381 ext 245. Space is limited.*

January 13 • 6:30 - 8:30 p.m.

## **“Anxiety” @ CVR**

Increase in anxiety-related behaviours in children today. Discussion will help parents learn the reasons and triggers that contribute to anxiety. Strategies will be shared to help parents ‘ACT’ rather than ‘REACT’.

January 27 • 6:30 - 8:30 p.m.

## **“End of Life Law” @ HAECC**

This new law comes into effect in December. This workshop, offered by Educatoi, will explore the implications related to this law. It is not just about getting medical help to die, which got most of the media attention, but it is also about giving instructions for what care you or your loved one wants at the end of life.

February 3 • 6:30 - 8:30 p.m.

## **“Effective Communication” @ Heritage Elementary**

Strategies for interactions with children. Participants will leave with a variety of tools to better deliver/receive feedback, listen actively, and express fears/concerns appropriately - leaving lines of communication open.

March 23 • 6:30 - 8:30 p.m.

## **“10 things that all parents need to know”**

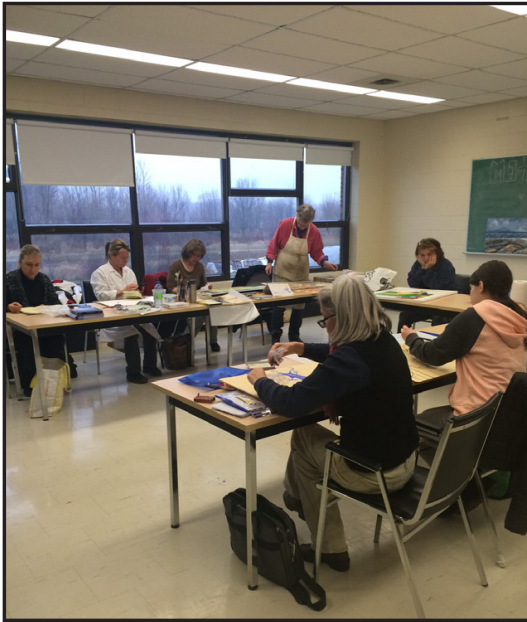
### **@ Franklin Elementary**

Participants will learn parenting strategies that work, based on current research on healthy child development and academic success. Tailored for parents of pre-school or elementary children.

# Chateauguay Valley

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