



# Châteauguay Community Learning Centre

## Winter 2015

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

Centennial Park School | Harmony Elementary Mary Gardner School  
St. Willbrord School & Community Learning Centre  
Howard S. Billings High School | Nova Career Centre

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





## Châteauguay Community Learning Centre

Contact **Anthony** for more information about anything in this brochure.

450 691-1440 ext 220  
[aspadaccino@nfsb.qc.ca](mailto:aspadaccino@nfsb.qc.ca)

## 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 Chateauguay and the surrounding area, the Chateauguay CLC offers educational, social, recreational and family activities.

# Community Wednesdays are the hit of the town!

“Community Wednesdays” bring together local community groups, government organizations, and partners working together to offer 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.

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!

**Free babysitting & a  
\$2 spaghetti dinner!**

## Coming up....

**February 4**  
Ecole Gerain-Lajoie

**April 1**  
Ecole de la Rive

**May 6**  
St. Willibrord



## Re-Nou-Vie

**Re-Nou-Vie is a help centre offering support to women considering separation or divorce. Come by and enjoy a cup of coffee, all while meeting our wonderful team of workers who will be happy to help you find answers to your questions.**

Also offered:

### Mères-Amies...

Through home visits, families of children ages 0-5 years old can find support and answers to their questions on parenting. Families can also be accompanied to different services in the area. It's free and confidential. Call Frankie Massicotte for more information at 450 692-9805

### Mommy & Me...

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

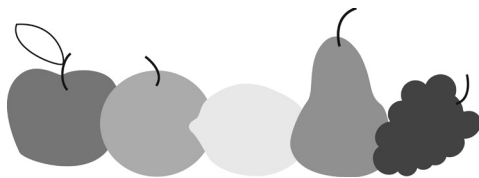
### Camp des Jeunes...

Single mothers can register their children from 4 to 12 years old for a sleepover at our centre from Saturday morning until Sunday afternoon. All activities, meals and snacks are prepared by a trusted caregiver giving moms the opportunity to get a little rest and children a chance to make new friends. Call Johanne Lapointe for more information or to register at 450 692-9805.

# The Good Food Box

**What is the Good Food Box?** Boxes brimming with top-quality fresh fruits and vegetables delivered to your neighborhood twice a month through a collective buying group that purchases fresh fruits and vegetables at wholesale prices. Anybody can buy a box!

Get more for your money and support small farmers by buying local, in-season produce.



## Where to order in Chateauguay

Le Rencontre Chateaugoise (Wednesday)

Call 450-699-6819 to place your order or for more information

**For more info:** Steve Plouffe-Berthiaume  
450-444-0803, ext 233



### 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](http://www.cbaravens.com)**

# 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** St. Willibrord School on Tuesday's starting February 3rd. Time: 1:30-3:30pm.

**French Conversation** Nova on Monday evenings starting February 2nd for 10 weeks. Time: 6:30-8:30pm.

**Computer for Beginners** Nova starting in February

**Mind Calm Meditation** Nova on Tuesday's starting January 20th. Time: 7:00-9:00pm.

**Book Club** St. Willibrord School starting in February

Courses are held at Nova Career Centre and St. Willibrord Elementary School and CLC. To register and for exact times and dates please contact Pauline Wiedow 450-617-0513

# PROBLEMS in ENGLISH?

HIGH  
SCHOOL

ADULT  
EDUCATION

WORK  
PLACE

WE TEACH DIFFERENTLY!

# SPELL

450-698-0342

SPELL: Steps to Progress in English Learning and Literacies  
Funded by Ministère de l'Éducation, du Loisir et du Sport (MELS) under PACTE  
Formerly known as CVLC : Chateauguay Valley Literacy Council

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

## 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.

## 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 improve your English for everyday situations.

Age 16 yrs +

## English language instruction classes start January 21 and January 23

Tuesday: 10:00 – 11:30 a.m. or Thursday: 10:00 – 11:30 a.m.

Instructors: Françoise Bravay, Elizabeth Moravec Hewa and volunteer tutors

**For information: 450-698-0342 or [cvlc.chateauguay@gmail.com](mailto:cvlc.chateauguay@gmail.com).**



# 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 camp, 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](http://www.carrefourcrossroads.com), send us an email ([crossroadscarrefour@hotmail.com](mailto: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





Please contact the instructors directly  
for registration and payment information

# Monday

## Irish Dancing

6:00-7:00pm • AGES 5 to 12

*St. Willibrord Gymnasium*

The class 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.

**Instructor:** Janice Young - Certified TCRG

**Contact:** [youngirishdance@hotmail.com](mailto:youngirishdance@hotmail.com) Tel: 514-588-1179

**Duration:** Ongoing **Cost:** \$30/month

## The Lunar Writing Society

7:00-9:00pm AGES 16+

*NOVA CAREER CENTRE ROOM 2-015*

Do you have a storyteller blathering in your head waiting to get out? Come join us as we explore different methods to put blather to paper. We are creating a group of mindful writers to share, to constructively critique and to grow.

**Instructor:** Bill Legge

**Contact:** [wlegge@nfsb.qc.ca](mailto:wlegge@nfsb.qc.ca) or 514-242-7743

**Cost:** FREE

**Duration:** Ongoing

# Tuesday

## LES RIVERAINS Training

*Group 1: 6:30-7:45pm Group 2: 7:45-9:00pm • AGES 16+  
St. Willibrord School Gymnasium*

**LES RIVERAINS de course et de triathlon** begins January 6<sup>th</sup> for 10 weeks. Do you want to enhance your cardio and your endurance? Club Riverains is the group for you! Participants will work on toning, various drills, and relays. All participants will run outdoors once a month.

**Instructor** Gilles Cloutier

**Contact** gilles.cloutier5@videotron.ca • 514-296-5535

Facebook: Gilles Cloutier

**Duration** 10 weeks starting January 6<sup>th</sup>

**Cost** \$55

# Thursday

## LES RIVERAINS Running

*7:00-8:30pm. Ages 16+*

*St. Willibrord School Gymnasium*

Are you into running, toning or just getting into superior shape? Come join Gilles in a great work out. Participants will take part in circuit training and running. Participants can prepare for OPÉRATION 10K 2015! (Part of OPÉRATION 10K 2015 of the Chateauguay run May 10).

**Instructor** Gilles Cloutier

**Contact** gilles.cloutier5@videotron.ca • 514-296-5535 •

Facebook: Gilles Cloutier

**Duration** January 8<sup>th</sup> -February 26<sup>th</sup>

**Cost** \$49 for the month of January and February

# Friday

## Cardio Combat

6:30-7:30pm • Age: 16+

*St. Willibrord School Gymnasium*

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 fitness!

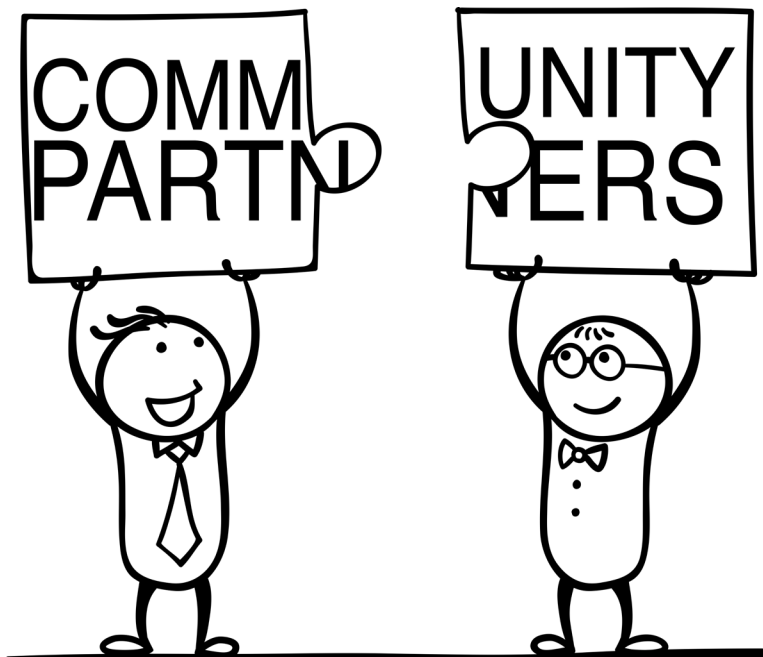
**Instructor** James Cradle

**Contact** [jokercradle1@hotmail.com](mailto:jokercradle1@hotmail.com) • 514-567-3894

**Duration** Ongoing

**Cost** \$75/10 weeks or \$10/per class

**We are always looking for new classes to offer to both youth and adults in our community. Turn your hobby, interest or expertise into a class! Call Anthony for more information.**



**Crossroads** [www.carrefourcrossroads.com](http://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.

**Actions Jeunes (Quebec En Forme)** Promotion of healthy eating habits and physical activity for Chateauguay youth: Guy Turcotte, coordinator - [guy.turcotte@bell.net](mailto: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 [jokercradle1@hotmail.com](mailto:jokercradle1@hotmail.com).

**CECN** – Chateauguay English Community Network "To improve the collective well-being of the English-speaking community" [www.thececn.webs.com](http://www.thececn.webs.com). 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 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 chenier.lise@gmail.com

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

**Les Riverains** circuit training, running and much more!  
Gilles Cloutier 514-296-5535  
gilles.cloutier5@videotron.ca

**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



Have a community  
event you would  
like to share?

**Submit your information to:  
[www.nfsb.me/events](http://www.nfsb.me/events)**

## **New Frontiers Building a Habitat House!**

At the New Frontiers School Board (NFSB), we look to the future in technology and innovation, providing outstanding state-of-the-art education to both our youth and adult students. As we move forward, we remain aware of our rich history and the role we have taken in supporting our families and communities throughout the years. Keeping this in mind, we have some exciting news...we are building a New Frontiers Habitat House; a semi-detached, LEED-certified Habitat for Humanity House in Ormstown for two families!

### **You can apply to be one of our Habitat Families**

Visit [\*\*www.nfsb.me/habitat\*\*](http://www.nfsb.me/habitat) and download a pre-selection application form. If you are eligible to purchase a Habitat home you will be invited to attend an orientation session.

For more information, please contact Kim Wilson, New Frontiers School Board 450-829-2381 ext 245 or visit [www.habitatqc.ca](http://www.habitatqc.ca)

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