



Châteauguay Community Learning Concepts

Winter 2015 2016

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

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

www.nfsb.qc.ca • www.nfsb.me





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

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

Community Learning Concepts (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 mentioned Wednesdays to find out more. Everyone is welcome!

Free babysitting & a \$2 spaghetti dinner!

Coming up....

February 3
École Notre-Dame-de-
l'Assomption

April 6
École Sainte-Martine

May 4
École Gerin-Lajoie

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. www.renouvie.com

Also offered:

Mères-Amies...

You really love your children, though life is not always easy. You often lose patience with them. You often feel overwhelmed by the event of everyday life. You feel alone in the struggle... The Meres-Amies program is for you. Free and confidential parental coaching for all parents of children aged 0-12 years old. Call Diane Sirianni for more information at (450)692-9805 ext. 222 or email: dsirianni@videotron.ca

Camp des Jeunes...

You are a single mother; you have kids aged 4-12 years old. You have little or no respite. You would like time for yourself. You're tired, exhausted, overwhelmed. Re-Nou-Vie can offer you Camp des Jeunes. Registrations are mandatory because spaces are limited. The price is \$2 for a child and \$5 for two or more children. Selection is based on criteria that consider the need for respite for the mother. Call Annie Lavoie for more information or to register at (450)692-9805 ext. 225 or email: a.lavoie.renouvie@videotron.ca

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.

For more info: Claude Brunette 514 344-4499

Where to order in Chateauguay

Le Rencontre Chateaugoise (Wednesday)

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



Châteauguay Basketball Association

During the 2015-2016 seasons 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 or email us at [**cbaravens@hotmail.com**](mailto:cbaravens@hotmail.com) **Telephone: 438-888-9657**

Châteauguay & Valley English Community Network

Life-long learning courses for adults & seniors

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

Upcoming events and courses for Winter 2016:

French Conversation • English Conversation • Basic Computer Classes • Creative Writing • The Art of Story Telling • Book Club • Knitting

Jan 8- Aging with Joy and Security: Why Not? M. Yvon Riendeau, Restaurant de la Place. Noon to 3:30pm. Free lunch conference at 1:30. Call Celine Lefebvre at 450-699-6289 or email midas-s@outlook.com

Jan 14- Preventing Falls with Cinthia Maheu, kinesiologist, CISSI-MO (CSSS Chateauguay) 1:30-2:30pm snacks served on site. Call Celine Lefebvre at 450-699-6289 or email midas-s@outlook.com

Jan 28- Demystifying Alzheimer's Disease with Tonia Thibodeau, Societe Alzheimer du Suroit. Snacks on site. 4:30-5:30pm Centre Action benevole du Grand Chateauguay. Call Celine Lefebvre at 450-699-6289 or email midas-s@outlook.com

Courses are held at Nova Career Centre and St. Willibrord Elementary School and CLC. To register and for exact times, dates and location please contact Pauline Wiedow 450-617-0513 or email cecn-racc@hotmail.com

WE TEACH ENGLISH
READING - WRITING - SPEAKING
DIFFERENTLY!

SCHOOL **EVERYDAY SITUATIONS** **WORK PLACE**

SERVING CHATEAUGUAY AND AREA SINCE 1984

CVLVC

PROGRESS IN ENGLISH LANGUAGE AND LITERACIES

450-698-0342
CVLVC.CHATEAUGUAY@GMAIL.COM

Funded by the Ministry of Education
(MEESR under PACTE)
CVLVC: Chateauguay Valley Literacy Council
ALPHABÉTISATION DE CHATEAUGUAY VALLEY

ENGLISH LANGUAGE CLASSES

February 2 and February 4, 2016

Tuesday or Thursday 10:00 – 11:30 a.m

We offer literacy one-on-one and group tutoring for those who speak English but who need to improve their reading and writing 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.

Instructors: Françoise Bravay, Elizabeth Moravec Hewa and volunteer tutors

For more information 450-698-0342, or
e-mail: 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 many 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, send us an email (crossroadscarrefour@outlook.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



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 Tel:

514-588-1179 **Duration:** Ongoing **Cost:** \$30/month

TUESDAY and/or THURSDAY

Circuit Training with Gilles Cloutier

Tuesdays: 7:45 p.m. to 9:15 p.m.

Thursdays: 7:00 p.m. to 8:30 p.m.

Ages 16+ Do you want to enhance your cardio and your endurance? This is the group for you! Participants will work on toning, various drills, relays, boot-camp, circuit training and much more

Session 1: week of Jan 12 to Feb 23 (7 weeks)

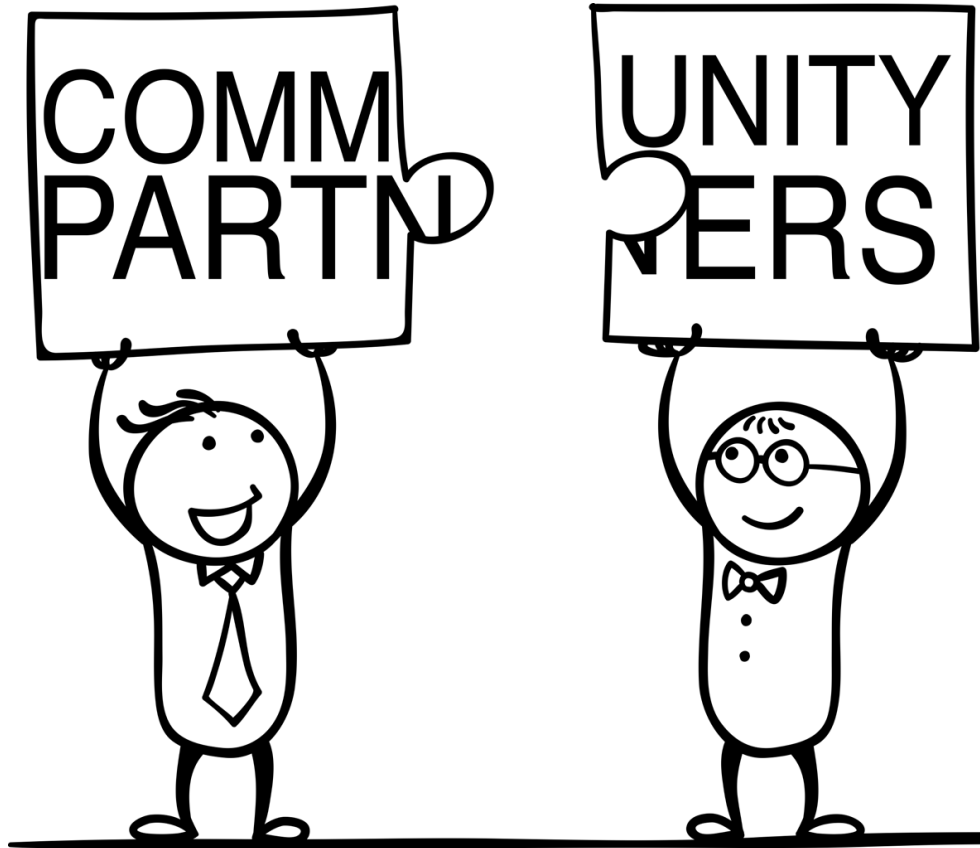
Session 2: week of March 8 to April 19 (7 weeks)

Cost: \$49 per session, one night per week
\$84 per session, two nights per week

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

Facebook: Gilles Cloutier

Please contact the instructors directly for registration and payment information
..... Winter 2015-2016



Carrefour www.carrefourcrossroads.com (Ms. Samantha & Mr. Anthony) "Building youth from the ground up". Crossroads provides youth with seasonal camps to promote personal growth through leadership-based activities and literacy 514 833-8970

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.

Chateauguay Community Learning Centre

CVECN – Chateauguay and Valley English Community Network "To improve the collective well-being of the English-speaking community" cecn-racc@hotmail.com www.thececn.webs.com. Contact Pauline Wiedow 450-617-0513

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

Parkview Preschool (St. Willibrord School) contact Shannon 450-691-4550 ext 5/450-691-4320

Miss Darla's Preschool
(Centennial Park School)
contact Darla 514 792 7278

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, Facebook
Gilles Cloutier

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

**Imprimerie Ressources
Illimitées**, 450-699-3758,
info@ressourcesillimitées.com

