



Châteauguay Community Learning Centres

Winter 2018

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

New Frontiers School Board
clc.nfsb.qc.ca





Châteauguay Community Learning Centres

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

450 691-1440 ext 220
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 Châteauguay and the surrounding area, the Châteauguay 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!

Coming up....

February 7, 2018

École de la Rive

April 4

École St-Isidore Langevin

May 2

École St-Jean-Baptiste

Re-Nou-Vie

www.renouvie.com 450 692-9805

71, rue Principale, Châteauguay

RENOUVIE is a help centre that offers support, references, and conferences to all women of the greater Châteauguay area. RENOUVIE promotes citizens involvement in the community by offering a space and support for women's projects.

We also have programs such as:

- Collective garden
- Collective kitchen groups
- Group support
- Psychosocial intervention

Camp des jeunes

Are you a single mother with kids aged 4-12 years old with little or no rest? You might be eligible for a 24 hour respite. Criteria for selection for respite care is based on the needs of the mother.

Programme mère-amie

Free and confidential parental coaching for all parents of children aged 0-12 years old. The Mere-amie program provides support and referencing to all mothers who might feel overwhelmed by the events of every day life.



Châteauguay Basketball Association During the 2017-2018 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 Telephone: 438-888-9657

Essentrics workout

Wednesdays and Fridays 7:00 to 8:00pm

You don't have to strain your body to get into shape and get results. Essentrics has been helping people of all ages and fitness levels (including athletes) rebalance their bodies, increase mobility and keep joints healthy and pain-free. Based on the intelligent fitness technique created by a Canadian, Miranda Esmond-White, this workout is a full body workout that includes dynamic strengthening and stretching exercises to help immediately increase ones flexibility and release muscle tensions. Essentrics (also known as Classical Stretch) has been televised for the past 15 years on Vermont PBS and is the #1 fitness show on American Public Television.

Instructor: Erika Oostveen

Duration: January 2018

Location: H. S. Billings - Auditorium Entrance (Foyer)

Registrations and payments:

Erika Oostveen 450-692-0467 Facebook: Byebye Stress

Monteregie West Community Network

Life-long learning courses for adults & seniors

The MWCN is happy to work in partnership with NFSB CLCs to provide Life Long Learning courses for the winter of 2018. For further information and times, please call Gayle at 450-699-1078 or Pauline at 450-617-0513

Upcoming courses Winter 2018

Creative Writing and Storytelling

TUESDAYS beginning February 20, 2018 1:30 to 3:30 p.m.
St. Willibrord School & Community Learning Centre

This is a dynamic playful group that you will enjoy meeting and creating stories and writing with a flair for drama.

Moderator: Pauline Wiedow Cost: \$70.00 membership included.

English Conversation

MONDAYS beginning January 15, 2018 6:30 to 8:30 p.m.
NOVA Career Centre

This 10-week interactive course brings together different cultures while making learning English Fun and Easy!

Moderator: Georges Bujold Cost: \$70.00 membership included

French Conversation


WEDNESDAYS beginning January 17, 2018 6:30 to 8:30 p.m.
NOVA Career Centre

This 10-week interactive course makes learning French fun and easy!

Moderator: Georges Bujold Cost: \$70.00 membership included

** Workshops on Grief and Depression in February and March. Dates to be confirmed.*

OUR PROGRAMS 2017 - 2018 / STARTING JANUARY 2018

<p>LITERACY Reading - Writing Numeracy</p>	<p>We offer one-on-one and small groups for those who speak English but need to improve their reading, writing, and numeracy skill.</p> <p><i>Tutoring arranged by appointment.</i></p>
<p>ENGLISH WORKSHOPS</p>	<p>FALL - WINTER - SPRING</p>
	<p style="text-align: center;"><i>Tuesday and Thursday : 10:00 AM - 11:45 AM</i></p> <p>We offer beginner, intermediate, and advanced level English instruction in a non-formal, friendly atmosphere where you will improve your English for the work environment.</p>
<p>COMMUNITY READING EVENTS Programs for all ages</p> 	<p style="text-align: center;">YOUTH READING TO YOUTH</p> <p>Older children read to younger children to encourage the love of reading by peers, held in a variety of locations. Next planned event February 7, 2018 at the Our Lady of Perpetual Help Church.</p>
	<p style="text-align: center;">READING FUN</p> <p>An activity to encourage the love of reading that includes audio-visual and theatrical material. The children's caretakers participate and learn how to teach reading skills. Next planned event January 28, 2018 at the Chateauguay Municipal Library.</p>
	<p style="text-align: center;">CHIT-CHAT CIRCLES</p> <p>We offer audio-visual presentations to those living in senior citizen homes on every topic under the sun! The aim of this lifelong learning activity is to offer an engaging atmosphere in which residents share their experiences, learn something new, and stay socially engaged.</p>
<p>ENGLISH EXIT EXAMS High School & College</p>	<p>We offer one-on-one workshops reviewing grammar, spelling, writing, and comprehension skills.</p> <p><i>Tutoring arranged by appointment.</i></p>
<p>TUTOR TRAINING</p>	<p>We offer training to adults interested in becoming tutors at CVLC to teach reading, writing, numeracy, and computer skills.</p> <p>We also train reading tutors for elementary schools, other institutions, and community groups.</p>



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 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 Young Academy of Irish Dance offers dance classes for children aged 5 and up from beginner to Championship level. Irish dance 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 preparing them for performance and competitions. Private lessons are also available for competitive dancers

Weekly Activities

Instructor: Janice Young - Certified AD-CRG-TCRG
Contact: youngirishdance@hotmail.com Tel: 514-588-1179
Duration: Ongoing **Cost:** \$35/month

TUESDAY and/or THURSDAY

Circuit Training with Gilles Cloutier

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.

Program will also be offered in March and April!

Beginners

Tuesdays

6:45 p.m. to 7:45 p.m. • 7 weeks • Jan 9 to Feb 20
\$49/one night per week • \$84 two nights per week

Thursdays

8:30 p.m. to 9:30 p.m. • 7 weeks • Jan 11 to Feb 22
\$49/one night per week • \$84 two nights per week

Intermediate

Tuesdays

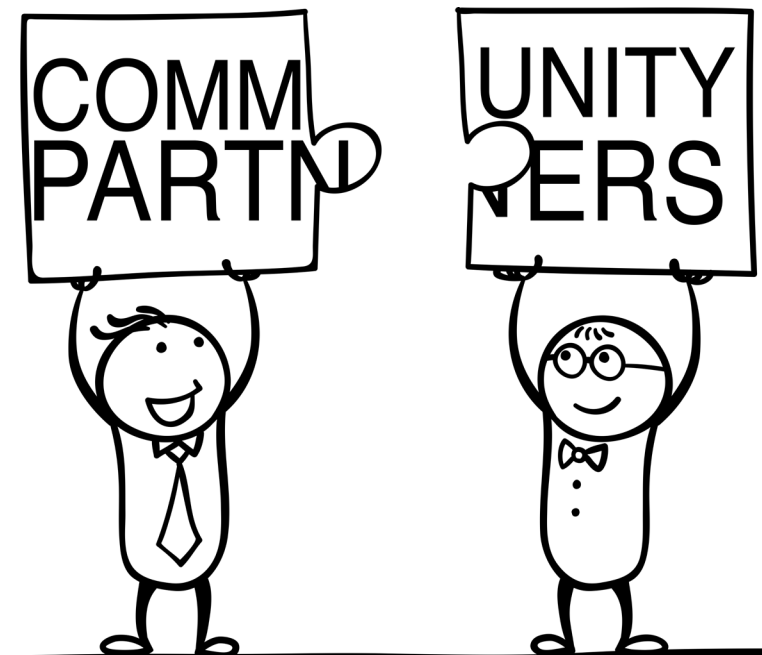
7:45 p.m. to 9:15 p.m. • 7 weeks • Jan 9 to Feb 20
\$52/one night per week • \$95 two nights per week

Thursdays

7:00 p.m. to 8:30 p.m. • 7 weeks • Jan 11 to Feb 22
\$52/one night per week • \$95 two nights per week

Contact

gilles.cloutier5@videotron.ca • 514-296-5535 • Facebook: Gilles Cloutier



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

Bouge Au Max (Quebec En Forme) Promotion of healthy eating habits and physical activity for Châteauguay youth: Guy Turcotte, coordinator
guy.turcotte@bell.net
514-970-7475.

MWCN – Monteregie West Community Network
"To improve the collective well-being of the English-speaking community"
mwcn2016@gmail.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

Miss Shanon's 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 office@
quebec4h.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

Essentrics Erika Oostveen
450 692-0467 Facebook
ByeBye Stress

CALACS- Sexual
Assault Centre serving
Châteauguay, 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

