

In this edition:

- Éco-quartier news
- School supplies
- Micro-plastics
- Jewellery exchange
- Cybersafety
- Local profile
- Interviews
- Upcoming events

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Terri's Two Cents

More good news for Prévention CDN-NDG : SNAP Program for the Walkley Centre

We are pleased to announce that through funding from the "Politique de L'enfant" from the City of Montréal, we are in the beginning stages of a pilot project with the Walkley Centre, entitled SNAP® (Stop Now and Plan). Created 30 years ago by the Child Development Institute in Toronto, SNAP is described as an evidence-based cognitive behavioural model that provides tools for teaching children who may be struggling with behaviour issues, and their parents, effective emotional regulation, self-control and problem-solving skills. The primary goal of SNAP is to help children to stop and think before they act, and keep them in school and out of trouble.



As members of the Comité Aviser Provisionel (or Provisionary Board), doing the pilot project at Walkley made sense, especially since they offer programs for that target audience, and already have a coordinator in Zinique Lewis.



The Child Development Institute, <http://www.childdevelop.ca> is an accredited children's mental health organization in Toronto, in 1985 as an intervention program for boys under 12 in conflict with the law. Since then, the program has grown and evolved into an internationally recognized model for teaching troubled children and their parents how to effectively manage their emotions and "keep problems small". Today, SNAP offers gender specific programs for children ages 6-11 and youth ages 13-17.

Plans are underway to meet with Marisa Silver, SNAP Community Development Specialist at Child Development Institute, on her future visit to Montréal.

We are excited to see what the future holds with this wonderful project!

- Terri Ste.Marie



Reusing Old School Supplies

The main purpose of the Eco-quartier NDG's initiative "Collection and reuse of old school supplies" is to reduce waste by diverting old school supplies that would have otherwise been thrown away, and giving them to underprivileged families in NDG. It's an excellent opportunity to initiate the youth/students to the 3RV principle (source Reduction, Reuse, Recycling and Valorisation) and also to encourage them to help and support the community.

The collection of old school supplies started in early June, before the end of the school year, with the collaboration of several schools in the area. Once again, it was a great success. Eco-quartier NDG staff collected thirty boxes full of gently-used school supplies for both elementary and high schools students (binders, notebooks, pens, crayons, scissors, etc.). We were amazed by the participation of the schools, as well as that of the parents in NDG who offered a lot of school items for NDG kids.

Before starting the distribution of the supplies to families, a team of volunteers helped us clean, sort and organise all of the different school materials. This step was necessary, since we want to give each student a clean, usable and

in good condition school item. Thanks to the participation of all, we prepared boxes reserved for each family and arranged them according to the lists of required school materials. The families came to collect their box on August 27th, just in time for the return to school the next day.



This year, we indeed decided to proceed differently, and we handed the school supplies directly to families. Several families contacted us to ask if they could receive help, so we decided to try this more direct method rather than bringing the boxes to the schools. We were excited to hand a box full of supplies to the families and their children, and seeing the kids' smiles when they received their new/old school supplies is the best reward ever!

We would like to thank all the schools that participated in the

used school supplies collection including Loyola High School, Royal Vale School, Greaves Advents Academy, and MacKay Centre. We would also like to thank the YMCA NDG for collecting supplies at their location, and also the NDG parents and residents who came by the Eco-quartier NDG, offering us bags and boxes filled with reusable schools supplies. Special thanks to Mr. Marius Soraro for his generosity in letting the Eco-quartier NDG use a storage space to pile up all the boxes filled with school supplies, as well as letting our team use the space to host the cleaning and sorting activity.

Finally, a big thank you to all the volunteers who participated in the activity. It was thanks to them that we were able to clean and sort so many school supplies so quickly. Your participation made all the difference.

The "Collection and reuse of old school supplies" program is a community and environmental project that strengthens the support between the residents of NDG and maintains a better environment for the community. The third edition was a great success, and we look forward to next year.

- **Nouha Dhahri**

Perennial Plant Exchange Beautifies NDG

On Saturday, September 15th the Éco-quartier NDG hosted its 9th annual perennial plant exchange in Somerled Park. It was a beautiful day and the gardeners were out looking to diversify their gardens! Residents brought a variety of different perennials: yarrow, hostas, day-lilies, and the list goes on and on! Some plants were for sunny spots while others were for shade. Happily each plant was identified with an information sheet, indicating its growing conditions.

The participants took their time choosing their plants, looking carefully at each one, determining if that plant would work in their garden. It made for some great

conversations about plants! I certainly learned a lot.

Always with the environment in mind, the Éco-quartier NDG favours perennial plants over annuals for a number of reasons: Perennials require only one time transport (less transport fuel, fewer plastic or styrofoam plant pots than with annuals);

If chosen correctly, they are adapted to our climate; They get larger each year and are thus ideal for sharing.

If you would like to participate in the 2019 edition of the perennial plant exchange, please contact the Éco-quartier NDG to register. Registration is not required, but it will give us the opportunity to

send you a personal invitation! If at any time during the year you have plants to share, we're always happy to ensure that they find a second home beautifying a corner of NDG. This year we have projects at the Montclair Residence and on Connaught street that need some perennials.

In most years, the perennial plant exchange creates leftovers (none of the gardeners want to appear greedy by taking too much!) and happily this year's edition was no exception, as any leftover plants were already ear-marked to go to help out in areas that need some TLC.

- **Nikki Schiebel**

Micro Plastics: The Good (not so much) The Bad (very) and the Ugly (very much)

People consume tons of plastic bottles, plastic bags, and other plastic-made products every year. Unfortunately, a lot of this plastic finds itself in the ocean after it is thrown away by the consumer. These products break-down into tiny particles called micro plastic, but why should you care?

In the ocean these micro plastics are consumed by fish and other aquatic creatures who think it is food. Sadly, those animals can often end up with stomachs full of plastic, and with no nutritional value, they starve to death. Many species are now almost extinct because of their consumption of these tiny particles of plastic. Fish eaters need to be concerned with quality of what they are eating. The fish you eat come from the ocean. The same ocean that contains micro plastics. The same ocean in which there are fish that eat micro plastics. Therefore, when you eat fish that have consumed plastic, you also have, in some sort, consumed plastic. Plastic is made from petrol, which, when consumed, can lead to many diseases including cancer. Now, for those out there who think they are safe because they are vegetarians, you are wrong! Micro

plastics are found in water as part of the plumbing system (bottled water is no better). Because there are tons of particles in the rivers, even when filtered by the cleaning centers and filtered by yourself at home, micro plastics are found in the water you drink, and shower. This has the same consequence as eating fish.



There are also questions now about some of the fibers found in our clothes. Years ago companies were proud to offer polar fleece, a textile made from recycling old plastic water bottles. Now it has been found that as polar fleece is washed, it liberates little plastic particles, worsening the already

problematic microplastic concentrations in our waters. Sometimes what we thought was a solution to reduce pollution actually contributes to it!

Unless people change the way they live, they will continue to kill off aquatic species, and, in the long term, kill themselves. A good way to change a lifestyle is to start focusing on the 3Rs, Reduce, Reuse, and Recycle. First, reduce the amount of plastic products consumed. Second, reuse the plastic products that must be consumed, such as soap products etc. For example, instead of buying soap every week, buy a small dispenser, and buy a huge 2L bottle of soap, and keep on filling the dispenser. Third, recycle all products consumed, except for plastic number six, which is not recyclable on the Island of Montreal.

By reducing the amount of plastic waste created, it will not only help the aquatic species, but will also help the pollution caused by the degradation of plastic when thrown in garbage dumps.

By Vivaik Malik (summer camp animator)

Quebec Waste Reduction Week

The Quebec Waste Reduction Week (SQRD (semaine québécoise de réduction des déchets)) will run from the 20th to the 28th of October. It represents an excellent opportunity to remind citizens to rethink their consumption habits. Obviously, the more we

SQRD

**SEMAINE QUÉBÉCOISE
DE RÉDUCTION
DES DÉCHETS**

DU 20 AU 28 OCTOBRE 2018

consume, the greater our residual waste increases, and the faster the garbage dump fills up. Several million tons of garbage are brought to the Lachinaié dump every year.

The Eco-quartier NDG has prepared several activities during Waste Reduction Week in order to encourage this awareness. Among these activities there are workshops for school children, a purse and jewelry exchange, Halloween costume collection as well as a host of other activities (please contact us for details). The goal of these activities is highlight the SQRD by encouraging citizens to make everyday a little bit greener, and to consider the waste they produce every day.

- Nikki Schiebel

Ragweed Update

Regular Nexus readers may remember that Eco-quartier NDG had a ragweed pulling activity this summer. The project is now over and staff have managed to collect over 350kg of ragweed. Hopefully, you may find your allergies subsiding due to their hard work!



- Nikki Schiebel

Cloth Diaper and Feminine Hygiene Products Workshop / Discussion

You may have already heard that the CDN-NDG Borough recently adopted a motion to subsidize cloth baby diapers and feminine hygiene products.

The Éco-quartier NDG plans to organize a workshop / discussion on these 2 subjects: how the products work, how the subsidy



works, and how to sew your own if you are so inclined.

We don't have all of the details worked out yet, but if you are interested in one or both topics, please let us know at ecoquartier@gmail.com

- Nikki Schiebel

Purse and Jewellery Exchange

Just before Waste Reduction Week (Oct 20th to 28th), the Éco-quartier NDG is hosting a purse and jewellery swap event!



Some of the most effective ways to reduce waste are to reuse, repurpose and swap existing items whenever possible.

Please bring your jewellery and purses in good condition that you no longer use to the Éco-quartier NDG, 6575 Somerled, suite 206 on Wednesday, October 17th from 5-8pm.

- Nikki Schiebel



Free Compost!

WHEN: Saturday, October 6th.

WHERE: NDG Park (from 10am-noon)

Please bring your own container (30L Max / address).

Your garden will reward you!
Proof of residence from CDN-NDG is required.

- Nikki Schiebel



Cloth Bag in Garbage

Unfortunately, many reusable bags are not being reused. Please remember to bring your reusable bags with you when you go shopping.

It seems that we need to use them at least 300 times to make them more ecological than disposable bags.

- Nikki Schiebel



October is Cyber Security Awareness Month

Most Canadian Internet users feel vulnerable to online threats. And yet many people take risks online, such as opening email from an unknown source or not protecting personal information stored on a computer.

Take the time this October, during Cyber Security Awareness Month, to review your online safety practices. Cyber security matters to everyone, every day. You can do your part to make cyber space safer by taking the following simple steps.

1. Protect your identity

Use different usernames and passwords for different accounts. Make passwords harder to guess by combining letters and numbers, and change them regularly.



2. Turn on your firewall

Firewalls are the first line of defence: they block connections to unknown or phony sites and prevent viruses and hackers from accessing your computer. Your computer operating system has a firewall that can be turned on very easily.

3. Use anti-virus software

Install anti-virus software to prevent viruses from infecting your computer. This software should be updated regularly.

4. Block spyware attacks

Install anti-spyware software to

prevent spyware from installing itself on your computer. This software should be updated regularly.

5. Install the latest operating system updates

Make sure that your applications and operating system (Windows, Macintosh, LINUX) are up to date.



6. Back up your files

Protect important files from viruses and physical damage such as flood and fire by regularly backing up your files on an external drive or removable media. Store it in a safe place.

7. Protect your wireless network

Wireless (Wi-Fi) networks are vulnerable to intruders if they are not protected once installed. Do this yourself, or ask an expert for assistance when you purchase a wireless router.

8. Delete emails from unknown senders

Never open emails or attachments from people you don't know, and never follow any links to Web sites included in these emails. They might infect your computer with a virus or spyware. Delete such emails immediately.

9. Surf the Web safely

Be careful when sharing personal information such as your name, address, telephone number and

financial information online. Check that Web sites are secure (such as when making online purchases) and that the privacy settings are turned on (such as when accessing or using social networking sites).

10. Get expert help

Call local police if you discover suspicious content online (such as child exploitation) or if you suspect computer crime, identity theft or a scam. If you need help maintaining or installing software on your computer, call a computer expert or a local supplier.

These tips are provided by Public Safety Canada.



Other links:

- Cyber Security Information for Canadians – Public Safety Canada
<https://www.publicsafety.gc.ca/cnt/rsrscs/cybr-ctr/index-en.aspx>
- Privacy & Identity Protection – Canada's Office of Consumer Affairs (OCA)
http://www.ic.gc.ca/eic/site/oca-bc.nsf/eng/h_ca02226.html
- Staying Safe Online – Canadian Bankers Association
<https://www.cba.ca/staying-safe-online>
- Internet 101 Web site – The Royal Canadian Mounted Police and other partners present safety advice for children and parents
<http://www.rcmp-grc.gc.ca/is-si/>

Veerona Veerabraden - Growing up in Côte-des-Neiges part 1

If you work in the community sector, let's say it's usually not for the pay cheque. As counselors, outreach workers, interveners our primary purpose is to enable change. We want to make a difference in our communities and help our clientele the best way we can. In all this, we sometimes forget the most critical aspect of our work, taking care of our mental health.

For this individual, she understands the importance of self-care. "Traveling", she says, "I love to travel."

She is Veerona Veerabraden. You might have spotted her couple of times in the Côte-des-Neiges (CDN) area just walking around. "It's hard to miss an almost 6feet tall Mauritian girl walking around in this neighborhood", she says in laughter. As a kid she went to St-Pascal elementary, as a teenager, she attended Lavoie high school and followed up by going to Bois de Boulogne for college. She decided to go into law at l'UdeM, but quickly found it

wasn't meant for her. "I was always a top student" mentioned Veerona, but the competition got intense. I needed a break, so I decided to stop everything and travel for a while to figure things out. Traveling has always been a way for her to regroup. As a kid she traveled a lot with her dad, he



gave her the love to explore and learn about other cultures. Veerona explains "I came back and all I wanted to do was help change my community for the

better". She first took a camp animator job for a couple of years to gain experience, she quickly followed by working on the Pour Bien Animer project. Her approach to intervention was using her knowledge of her community to connect with the teens of CDN. Over the years her passion became clear, she wanted to teach young kids. She stated with joy "It's crazy when you know what you want to do in life, everything becomes unclouded". She quickly got to understand that money was never her motivation. She found her passion by traveling and exploring other cultures. Although she has a bachelor in law, she is currently finishing her studies in Education while exercising her profession as a part-time teacher.

Veerona came a long way and understands she still has some miles to go. Our community is proud and happy to have her, and we wish her all the best.

- Karl Thomas

Hearts in Action Has Some Exciting News!

For those unfamiliar with Hearts in Action, it is a project aiming to promote community resources to seniors living in Côte-des-Neiges and Notre-Dame-de-Grâce. In order to familiarize seniors with community resources, we have developed tools such as the resource guide printed on a pack of cards and the resource pamphlet. These tools exist for Côte-des-Neiges and Notre-Dame-de-Grâce in English and French.

Given the cultural and linguistic diversity of the borough, we have collaborated with the SIARI and freelance translators to make these tools available in 11 other languages. Thus, as of 2019, the packs of cards and the pamphlets will be available in Bengali, Tamil, Spanish, Russian, Tagalog, Vietnamese, Mandarin, Romanian, Korean, Persian and Arabic.

Prévention CDN-NDG is not able to offer animations in these 11 languages, but training may be offered to people wishing to animate

activities.

For more information, Andreea Zbarcea, the project coordinator is available by email: oordo.coeuratout@gmail.com and by phone (514 264-4621).

- Andreea Zbarcea

নিজেকে অজিত করুন, শরীর ঠিক রাখুন, আপনার আশপাশের সম্পদ আবিষ্কার এবং বয়স্ক অগোচরদের দিকে লক্ষ্য রাখুন! এই কার্ড খেলার মাধ্যমে আপনারা আপনার সন্নিহিত ইনফরমেশন দিয়া সাহায্য করবে, আপনার প্রিয় গেম খেলতে সব নিয়ম কার্ডে দেখা আছে। তাদের প্রতিটিতে, বাস্তব তথ্য যোগ করা হয়েছে। এই কার্ড খেলুন এবং সবাই সাথে শেয়ার করুন হ্যাঁত ফান!

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- আনকোমিক (নাম গোপন রাখতে পারেন) 514 376-5230
নারকোটিক অ্যানালগেসিস 1,855 লিসেন্স (544-6362)
গাদ্দুলারগন (নামবিহীন) 514 484-6666
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কল করুন 211

A		একটি নতুন ভাষা, ব্যায়াম বা অবসর শিখতে NDG Community Centre 514 484-6123
	♦	কমান্ডার কমান্ডার অভিব্যক্তি ব্যায়াম NDG Sport Centre 514 481-4634
	♣	সব জন্ম ভাষা খাবার NDG Food Depot 514 483-4680
	♠	জীবনভর ভেদে এবং প্রতি সম্পর্কে কথা বলুন Elder Abuse Hotline 1 888 489-ABUS (2287)
K		অক্টোবর 1 ম আন্তর্জাতিক সিনিয়র দিবস কমান্ডার কমান্ডার অভিব্যক্তি বয়স্কদের জন্য নতুন আশা কেন্দ্র 514 484-0425
	♣	সকলই মাপের বাড়িতে এক পরিবারের মত Services CDB à domicile 514 484-4266
	♠	15 ই জুন এন্ডার অগোচরদের বিরুদ্ধে বিশ্ব দিবস
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Interview with Guillaume Lapointe

Jennifer: Congratulations, 10 years at Prevention CDN NDG!

Guillaume: Yes! 10 years and 2 months

Jennifer: What path led you to working for Prev CDN-NDG?

Guillaume: In the beginning it was Marc P who worked for Hip Hop who referred me when the position became available - Prev received some money for a mural for the anti-graffiti project so I applied. The first project was the Melrose Tunnel.

Jennifer: Can you tell me your job title and describe a typical day for you at work?

Guillaume: I am a Muralist. Most of my time is spent doing the murals, but I also do animation of urban arts activities like painting on t-shirts and caps and walls etc generally with kids between the ages of 8-12.

Jennifer: What do you find is one of the biggest challenges about your job?

Guillaume: All the eras have had their challenges. Right now it's to create the bridge between the people contracting the murals and the city. That's the most complicated, trying to find a way to keep the expectations for the murals realistic. The city doesn't accept all designs. Commercial murals don't work, neither does art that is too "street". It has to appeal to the general public without advertising in order to be accepted by the city.

Jennifer: And one of your favourite things about your job?

Guillaume: It's the actual painting but also when I am with somebody who commissions a painting and I see that the client is really happy with what I am doing. I'm lucky to be able to make a living doing what I love, but it also means a lot to me when the client is really happy and appreciative. It puts a smile on my face and gives me the motivation to continue.

Jennifer: And what is one of the most valuable things you've learned

doing your job?

Guillaume: I was good artist but lacked certain non-art-related professional skills, that after years of working with people I was able to develop. I have become much more professional, I have a lot less fear and worries about my work, and I'm less intimidated by big corporate projects.

Jennifer: How would you describe your style?

Guillaume: It's generally graffiti art - but since the city won't authorize most "graffiti art" for work I'm doing general murals. Somebody came up to me one day when I was painting and said "Oh nice, it's anti-graffiti!" and I said "No it's not... it's art."

Jennifer: Does Prev label it as anti-graffiti?



Guillaume: Well it's one of the effects of putting that art there, but the art itself isn't anti-graffiti. It's art.

Jennifer: You're kind of famous. You've been featured in a number of newspapers, magazines and online blogs internationally. Is there a mural that you are proudest of?

Guillaume: I don't attach myself too much to my art or my murals but I'm pretty proud of Our Lady of Grace at the corner of Sherbrook Ouest and Madison. I re-

cently did a mural for the Environmental Museum that was really impressive to be a part of. I've done a few projects in Los Angeles too, that was quite the experience (hotels, cars etc..) you feel pretty much like a superstar.

Jennifer: What do your 3 sons think that your job is?

Guillaume: The middle one did a presentation for school and he showed the web site that had photos of my work on it and I think he was pretty proud. His friends were really impressed and when I went to pick him up after school all his friends circled me to ask me questions about it.

Jennifer: If you ever caught one of them tagging a wall, what would you tell them?

Guillaume: Help him have a better style ... no just kidding, I would explain to him why it's not right and give him the tools and support to channel his art in way that isn't disrespectful or illegal.

Jennifer: So Guillaume, I'm sure this next question will come as a shocking surprise to you but as you know, I'm legally obligated to ask you... Have you ever been on a boat?

Guillaume: On my birthday I was on a huge catamaran around Antigua island - we went snorkelling drank punch all day, listened to reggae ... it was really nice.

Jennifer: If you remember, can you tell me the best piece of advice anyone ever gave you and who it was?

Guillaume: When I was in my 20's and people would try to give me advice, I would always say "I know, I know" and people would tell me, stop saying that - I realize now that there are many things that people told me back in the day, to which I responded "I know, I know" that I am still learning from today. So now I say "thank you" instead, and I actually try their suggestions.

Meet Sarah, Our New Communications Manager

NEXUS: Hello Sarah! You've just started your new role at our organization. Welcome to our lovely team! Can you tell us more about your professional background and what brought you to apply for the position at Prévention CDN-NDG?

SARAH: I started off working in environmental projects because I have always been sensitive to the quality of water, air, etc. I worked on projects to remove dyes from textile effluents and developed new techniques to access drinking water. I then worked in an international organization and it was there that I realized that communication and funding are essential, especially when carrying out long-term projects. Whilst working there I learned a lot about communication and funding and I also noticed that many people in 2018 are still stigmatized or rejected by society and that for some of them, this means they do not have access to the basic necessities. To work with an organization in which I can assist in overcoming this is important to me and so that's why I applied to Prévention CDN-NDG.

NEXUS: What interests you the most about working in this specific position?

SARAH: I was in a similar position at another organization before coming to Prévention CDN-NDG. So it's not new to me. What fascinates me about this position is the challenges it'll bring and most of all that my role in communication is essential to the organization in raising awareness as well as informing the population on where to find the necessary resources. It's a job where you can let your creativity flow and I love that. When it comes to development, it happens one day at a time, it's like building a

house. I also really enjoy planning events, establishing sustainable connections, and fundraising for a good cause.

NEXUS: What excites you most about your new position? And what is the biggest challenge you think you will face?

SARAH: What excites me about my new job is working with a team that contributes immensely to the Côte-Des-Neiges-Notre-Dame-de-Grâce borough. I have heard only good comments about the organization and see

brings. As a result, I am a huge fan of second-hand shopping (if possible always connected to a cause, such as the Chaînon or the Salvation Army). As a foodie, one of my favorite hobbies is to eat and try new restaurants with friends, if we can consider that a hobby. Finally, I enjoy national parks and bike rides along the La-chaîne Canal on the weekend, and let's not forget going to the Atwater Market to buy local seasonal products.

NEXUS: What can you tell us to help people get to know you better?

SARAH: In a few words, I worked in the private sector, in academic institutions and in organizations. I do have a preference for the non-profit sector because first of all, it's really motivating when you get up in the morning and secondly, I do not feel I'm enriching someone who will then, buy a luxury villa. I love traveling to escape, discovering new spots or spending evenings with my close friends. I tend to be pretty sarcastic, it's stronger than me.

NEXUS: Now, a question of paramount importance ... Do you like cats?

SARAH: I love animals in general, including cats. I am the godmother of my former colleague's cat. I beco-

me the owner of her cat if she dies, according to her will. But I'm more of a dog person than a cat person, having had one for 17 years.

NEXUS: How can people contact you?

SARAH: You can reach me by phone by calling: 514.736.2732 extension 23 or by email at communication.prevcndndg@gmail.com



that my fellow colleagues are passionate about helping others in having a better quality of life and to overcome marginalization and stigma, I'm excited to work with such a motivated team. The biggest challenge I believe I'll be faced with over time is ensuring financial partnerships.

NEXUS: What are your interests and hobbies outside of work?

SARAH: Out of work, I am the girl who loves to enjoy life because you never know what tomorrow

Le 15 octobre à 10h
Prévention CDN-NDG invite les aînés à
On October 15th at 10 am
Prévention CDN-NDG invites seniors to



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CDN·NDG

PRÉVENTION
CDN·NDG



NOUS AVONS DÉMÉNAGÉ!
WE MOVED!

VOUS ÊTES INVITÉS À NOTRE JOURNÉE
PORTES OUVERTES - VENEZ DIRE BONJOUR ET
RENCONTREZ LE PERSONNEL!



YOU'RE INVITED TO OUR OPEN HOUSE
COME SAY HELLO AND MEET THE STAFF!

27 Septembre - September 27

DE 10H00 À 18H00 - 10:00 AM - 6:00 PM

5580 CHEMIN UPPER LACHINE
514-489-8567

WHERE THE HEART IS PRESENTS...

Lets Knit!

MARDI

18 SEPTEMBRE 11 DÉCEMBRE- 14H-16H

TUESDAYS

SEPTEMBER 18-DECEMBER 11TH- 2-4PM



Where: 6462, rue Sherbrooke Ouest App 2

Info: Miranda, Outreach worker for Prevention CDN-NDG
514-690-2034 OR Email Jill at sherbrookeforest@gmail.com

Where the Heart Is A creative social circle created for those in need. Come knit, crochet, or
sew...create! Items made will be donated to local charities and to community residence in
need. Supplies provided. All ages and creative levels are welcome.

Free! Gratuit!

Presented by: Prevention CDN-NDG and Sherbrooke Forest

Journée des aînés Senior's Day

Rencontrez les
organisations
communautaires
qui peuvent vous
préparer à relever
les défis que le
vieillessement peut
poser.

Come meet the
community
organizations that
can help prepare
you for the
challenges that are
a part of aging.

Quand/When:
1er octobre / October 1st

11:00 - 13:30

Où / Where:

Benny Library
6400 Monkland ave

Ateliers*

Workshops*

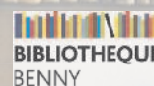
"Normal vs. Not Normal Aging
- What's the difference?"

Alzheimer Group
(11h00 - 12h00)

"Accessing SAPA Services"

Stephanie Dupont
(12h30 - 13h30)

Présentations en anglais
Presentations in English
Bilingual discussions bilingue



*Inscription / Registration
514-484-7878 ext: 1400