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PRÉVENTION CDN-NDG
6767 CH. DE LA CÔTE-
DES-NEIGES #598,
MONTRÉAL, QC,
H3S 2T6
514.736.2732
FAX: 514.736.2734

5580, chemin
Upper Lachine.
Montreal, QC
H4A 2A7
514.489.6567

E-MAIL:
info@preventioncdnndg.org
ecoquartier@gmail.com

VISIT US ON THE WEB:

Website:
www.preventioncdnndg.org
Facebook:
Prevention CDN/NDG
Twitter:
[@preventioncdnndg](https://twitter.com/preventioncdnndg)
Instagram:
<https://www.instagram.com/preventioncdnndg/>

Nikki's Two Cents

Summer, the time for fun and games!

Summer has officially started, and there is so much to do right here in the borough. With all of its various programs, Prévention CDN-NDG has an activity to offer almost every day of the summer!

All summer long Prévention CDN-NDG staff will be at the various markets, festivals and activities to meet you in the neighbourhood. If you have any questions on safety, the environment, resources for children and seniors or almost any other question, please come and see us!

Many people enjoy cycling in the summer. Note that you can have your bike engraved at one of Tandem's kiosks.

The police register each engraved bike, thus having your bike engraved is a great way to get it back if it is ever stolen.

If you plan on going on vacation, check out Tandem's tips for keeping your home safe.

If your child is enrolled in summer camp in NDG, hopefully they will have the opportunity to meet Eco-quartier NDG's environmental animator, Rose. She will lead the children through a series of workshops ranging from the importance of bees to the best ways to

upcycle old stuff.

If your children are not enrolled in summer camps, there is the Ca Bouge Dans Les Parcs activities where Prevention CDN-NDG Park Animators travel throughout CDN-NDG offering workshops and games.

Andreea, our Coordinator for the Coeur Atout project will be hosting weekly kiosks in the parks together with Jessica from the Tandem program, where they will promote the project's card game with resources for seniors. Prevention CDN-NDG employees will also represent other programs at these kiosks, so that we can answer any of the questions that you might have.

Just before back to school, Eco-quartier NDG will prepare the used school supplies that they collected in the spring. All items will be cleaned and made into kits for kids returning to school.

At the end of the summer, just before the cooler weather sets in, please join us at our 14th annual Hip Hop You Don't Stop festival from September 20th to 22nd. It will be a great event for the whole family with a lot of activities!

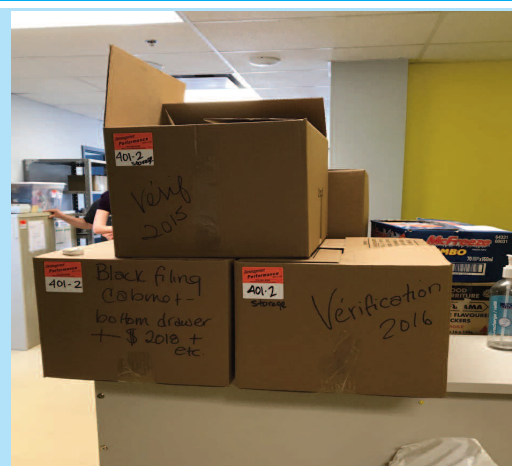
- Nikki Schiebel

Temporary move for Prev's 6767 office

Our office at 6767 Côte-des-Neiges has been moved temporarily from the 5th floor to the 4th floor due to renovations taking place in the building!

Please come and visit us in our temporary offices in the 401-5 and 401-2 offices on the 4th floor!

We will be moving back to the 5th floor sometime in October!



Green Travel: Tips and Suggestions

If you are going on a vacation or travelling on business, please think of the planet we live on and travel to conserve and preserve.

Before You Travel

Green travel is a portable lifestyle choice. Your carbon footprint can be reduced if you change a couple of habits that can also be helpful to Mother Nature.

- Try to book a nonstop flight if you are flying. Takeoffs and landings create most of an airplane's carbon emissions.
- Packing light for travelling is a good thing to do because it reduces the weight onboard the plane, so the plane burns less fuel.
- Before you travel purchase or reuse a glass or stainless steel beverage container to carry with you at all times. Try to avoid single use plastic containers at all costs.
- Travel with your own utensils in your backpack, purse, etc... Avoid plastic cutlery.
- If you plan on hiking, bring along a small bag for trash. Help the world you live in.
- Take rechargeable batteries and the charger with you to use during your travel.
- Before leaving for a vacation or travelling, unplug the TV, microwave, and other electrical ob-

jects in the house. This will save you money on your hydro bill.

- Pack your own soap and shampoo when you go on a trip. If you use the hotel's, take them with you for the rest of the trip. Hotels just discard them.



During Your Stay

- When you visit another city, always keep in mind your carbon footprint. Try to walk to most of your destinations, rent a bike, or use local public transportation.
- Avoid using plastic. Take plastic off your purchase list, no bags, containers, souvenirs, etc.
- Do not litter wherever you go. If you see litter on the ground, try to do the right thing, pick it up, and dispose of it properly.
- On a trip, shop and buy locally. Help their economy and look for native or indigenous artisans. When you buy from local artists,

you show respect by preserving their culture and supporting them.

- Before leaving the hotel each day of your visit, pack some snacks in reusable containers. Purchase a large bag of your favorite munch and fill your container before you go.
- If you are drinking, drink local beers and wine. This way you are lowering your carbon footprint by cutting down on transportation emissions.
- When on a trip, try to take shorter showers and turn off the water while you shave, wash, shampoo or brush your teeth. Baths use 50 to 70 gallons of water while showers use 5 to 20 gallons, so try to shower instead.
- Whenever you leave the hotel, turn off lights, TV, AC, and close the curtains to keep the place cool.
- Take it easy on the travel information. If possible, return maps, brochures so they can be used again.

At the end of each voyage, share your experiences with your family and friends so they can perhaps learn and become a green traveller.

- William Roy

Water Conservation and the St-Lawrence River

Here at the Eco-Quartier NDG, we love water conservation. It's a precious resource, and its continued supply and cleanliness is essential to our health and the environment. We encourage everyone to examine their daily habits to see where we can save water and prevent runoff from re-entering the filtration sys-

tem, with suggestions such as turning your gutters towards permeable surfaces (grass, gardens, gravel, etc.), installing rain barrels, low-flow showerheads, and tap aerators, and to avoiding flushing oils, medications, and chemicals down the drain, among many other acts. However, because we are fortunate

and have a constant supply of free and clean water from our taps, it can be hard to see the benefits of undertaking these tasks and the costs of not doing them. Tragedies like the desertification of the Aral Sea or the intense plastic and chemical pollution of the Yangtze

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Sunscreen and Environmental Impacts

Summer is finally here, which means hitting the beach, going to the pool, and just enjoying the sun. It also means it's sunscreen season! Picking a broad-spectrum (UVA and UVB) option and applying regularly, about every 2 hours when it's really sunny, is important to avoid sunburn, excessive tanning, and long-term skin damage. But while we're busy looking out for our own health, it can be easy to overlook the effects that sunscreen can have on the environment.

In general, there are two types of sunscreen: organic and inorganic. Organic sunscreens refer to the ones whose active ingredients are chemical compounds (not if they're produced in a pesticide free way!), and they work through absorbing UV radiation. These often have multiple chemicals since each chemical can only absorb certain kinds of UV. Common components of these sunscreens are Oxybenzone (also known as benzophenone-3), Octinoxate, and Octocrylene. Inorganic sunscreens, on the other hand, are physical sun protectors, and they usually use Zinc and Titanium compounds to reflect a broad spectrum of solar radiation.

These compounds also have varying impacts on the environment. While there still isn't enough research to say specifically which ones are the worst, we know a few things:

1. Exposure to multiple types of chemicals tends to be more damaging to aquatic life than one or two in isolation, since they tend to work

in the same ways and so the effects amplify each other;

2. Oxybenzone is a particularly concerning chemical: because it associates itself with fats, it has been shown to accumulate in the fat stores of both humans and fish. It also acts as an endocrine disruptor, meaning that it disrupts normal hormone function in the body, particularly for the hormone estrogen. This can harm reproduction in aquatic creatures. It has also been detected in humans globally at all ages, including in vitro;



3. At high enough concentrations, corals exposed to any type of sunscreen tend to bleach, which means that they expel the algae that live in their structures, and are at a very high risk of dying because they then lose the nutrients that the algae provide. Octinoxate and Oxybenzone are known to increase bleaching, and some research indicates that Zinc sunscreens do too;

4. Effects tend to be reasonably lo-

calized to the area where sunscreen enters the water, but can over time cause harm in low-concentration areas because they accumulate inside plants and animals. Hawaii has banned oxybenzone and octinoxate because its beaches have so many tourists and the beaches are very close to important reef ecosystems.

So what to do?

As always, it's hard to balance convenience, personal health, and environmental consciousness. However, there are a few tricks to avoid sunburn and help out the environment:

- Avoid spray-on sunscreens: a lot of it is wasted as it misses the body, and aerosols are also bad for the environment.
- Wait at least 20 minutes after applying sunscreen before going swimming: this lets it absorb properly and be useful, instead of washing out almost as soon as you hit the water.
- Choose physical sunscreens over chemical: zinc and titanium occur naturally in the environment (although our addition increases normal amounts), whereas chemical ones don't and are thus riskier.

Fun fact: Titanium makes the zinc sunscreen more transparent, so don't worry about it looking too smear-y!

- Cut open your sunscreen bottle when it's 'finished': there's often a lot still hiding in the bottle, so you can reduce waste and it makes it easy to wash out the bottle for recycling!

- Allison Lalla

School supplies

The School Supply collection program is back for its fourth year! After a successful collection period at the end of the 2017-2018 school year and distribution of school supplies to fifteen families for the 2018-2019 academic year, we are excited to be launching the program yet again. We work in collaboration with NDG schools, who encourage students to donate their gently used school supplies by putting them in our collection boxes instead of throwing them into the garbage when emptying their lockers.

This simple act serves two important purposes. First, donating supplies diverts large quantities of materials from landfills, many of which are made of non-recyclable plastics that will take thousands of

years to biodegrade. The average Canadian produced 777kg of garbage per person per year in 2009 (<https://www.conferenceboard.ca/hcp/provincial/environment/waste.aspx?AspxAutoDetectCookieSupport=1>), and initiatives such as this help reduce the amount of harmful plastics that go into the natural environment. Second, these materials are given to families who benefit from free school supplies, which can get expensive year after year.

We hope to foster a spirit of community and empathy between neighbors as well as respect for the environment. The program is well underway- several schools have generously agreed to participate, namely Étoile Filante, Royal Vale, Greaves Academy, Kells Elemen-

tary, Prep International, Lower Canada College, École Notre-Dame-de-Grace, and Loyola High School.

We would like to extend our heartfelt thanks to these schools for collecting supplies, as well as the volunteers who have donated their time to help us transport the boxes to our storage space. Big thanks as well to our building manager Marius, who has provided us with the storage space.

We currently have approximately 28 boxes of school supplies, and we aren't done collecting yet! If you are a resident and have supplies you would like to get rid of that are in good condition, we would be happy to accept them.

- Allison Lalla

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River may not seem relevant to us Canadians, but the processes that underlie the pollution of their water sources exist here too. Montreal draws its drinking water from the St-Lawrence River- so keeping it clean is very important! It already faces threats from invasive species, shoreline development, and agricultural and industrial runoffs. Therefore, we must do our part to prevent the local runoff of salts, oils, chemicals, and garbage into the river. Having your gutters flow onto your grass during intense rains reduces the amount of overloading that the drainage system faces, so it is less likely to overflow and run off as toxic untreated wastewater directly into the river. Safely disposing of medications, cleaning products, and other household chemicals instead of pouring them down the drain prevents

them from getting into the river, where it poisons fish, birds, and other wildlife. While Montreal's treatment plants do a very good job of filtering out these chemicals, trace amounts of the chemicals go into the environment anyway, and the large volume of water discharged every day can add up. In a process known as bioaccumulation, certain toxins cannot be removed from an animal's system (including human beings), so they accumulate over time until the concentration is high enough to harm the animal. Amphibians (frogs, salamanders, etc.) are very sensitive to toxic substances because their skin is used like a second lung, exchanging gases between their body and the environment!

We encourage saving water particularly during the summer months, when Montrealers use about 25% more water compared to the rest

of the year. This poses a big stress to Montreal's filtration infrastructure. It can also add stress to the St-Lawrence, particularly if it is suffering from drought conditions. Drawing water out of a river that is already lower than usual can indirectly hurt native species, since they are used to having a habitat of a certain size and river flow patterns. Destabilizing natural processes can make them more vulnerable to other threats. Hydrologists and governments are trying to maintain a good environmental flow in the river, which means balancing natural flow patterns and biological needs with human withdrawals. The St-Lawrence is a beautiful river, and a big part of Montreal's natural heritage. There are many ways to protect it, but the simplest ones involve using water responsibly at home!

- Allison Lalla

Going on vacation safely, with peace of mind

Travel with peace of mind and leave your worries behind. What a nice way to spend your vacation! Here are a few tips from Tandem CDN/NDG, Montreal's support program for citizen action in urban security, to help you relax and enjoy your few days or weeks of rest. These basic principles can be adapted to your own situation.

Before you leave

- When burglars choose a target, they search for a home that does not look occupied. Make sure that your absence is not obvious. This is why it might be useful to make a friendly request to your neighbour or someone you trust. They could:
 - Pick up your mail;
 - Park their car in your driveway or in front of your house a few times;
 - Turn the indoor and outdoor lights on and off, when needed;
 - Open and close curtains;
 - Make sure that everything is in order;
 - Move your car;
 - Mow the lawn, in summer;
 - Shovel your walk or driveway in winter;
- You can also ask the post office to hold your mail and you can cancel newspaper delivery.
- You should know that some insurance policies limit coverage in case of prolonged absences. Ask your insurance company or your broker if this applies to your policy.
- Make a list of your confidential numbers (passport, credit cards,

PIN numbers, travelers' cheques, etc.) and store it in a safe place.

- If you are travelling abroad, we recommend that you contact the Department of Foreign Affairs to know if you should take special precautions in the country you are about to visit.

It is also a good idea to notify your credit card company if you are planning to travel abroad.

- It is better to be discreet about your travel plans. Mentioning or posting (without assuring first who has access to your tweets or Facebook comments) your plans on social media might not be the best idea.

Inside the home

- You should store valuables and important documents in a safety deposit box. Make sure TVs, VCRs, computers and the like have been engraved. Do not keep large sums of money in the house.
- Place your blinds and curtains in a way that will prevent anyone from looking in.
- Make sure that doors and windows are locked. Turn off the ringer of the phone. If your home is equipped with an alarm system, turn it on.
- Unplug the automatic garage door opener.

Have a nice trip!

- Put discrete identification tags on your luggage or use your business address. Lock your suitcases. Don't

bring too much luggage and try to arrive during daylight hours.

- Make sure that objects that you carry on the roof of your car are fastened tightly and locked. Do not leave anything of value visible in the car but rather store them in the trunk, away from prying eyes.
- Carry your money and ID cards in an inside pocket and avoid carrying large sums of money. Use bank cards, credit cards or travellers' cheques instead.
- After you arrive, write down emergency numbers such as police, fire department and ambulance.
- Get to know the city you visit. Ask which are the safest places to travel.
- At night, choose an itinerary or route that includes well-lit streets.
- Do not leave your valuables on the beach without surveillance.
- During your trip, every family member should carry identification on them.

For any information on prevention before or after your trip, contact our Tandem CDN/NDG office at (514.736.2732).

In case of emergency or if you notice something suspicious during your trip, phone the local police.

Take the survey on urban security

Thank you for taking the time to help us better help you by taking a few minutes to complete the survey on urban security below!

<https://www.surveymonkey.com/r/sondagetandem>

This survey will end on Friday November 1st, 2019. If you have any questions about the Tandem program, please send an email to conseillertandemcdnndg@gmail.com.



Protect your bicycle against theft - for free

Tandem, together with our local Police Stations 11 and 26, will organize kiosks (Projet Numéro) where you can come and engrave your bike **free of charge**. All you need to bring is your bicycle and a piece of identification and we will do the rest. Engraving your bike increases your chance of getting it back in case you would lose it due to theft.

Our remaining kiosks for this summer:

July 23rd: corner of Cote Ste.Catherine & Courcellette (11am to 1pm)

July 24th: Corner Monkland &

Cavendish (10:00 to noon)

July 25th: corner of Jean-Brillant & Decelles (11am to 1pm)

July 29th: Mandela Park (11am to 1pm)

July 30th: Corner Terrebonne & Grand (1:00 pm to 3:00 pm)

July 31st: Kent Park (11am to 1pm)

August 1st: corner of Cote-St.Antoine & Girouard (10am to noon)

August 5th: corner of de Maison-neuve & Grand (10am to noon)

August 8th: Metro Vendome (10am to noon)

August 12th: corner of Monkland

& Cavendish (10am to noon)

** Please note that the above kiosks could be canceled due to bad weather, construction or other unforeseen events so please verify with us in advance.*

If you are not available for any of these dates, please contact Tandem CDN/NDG 514-736-2732 or email us at : info@preventioncdnndg.org to make an appointment to have your bicycle engraved or contact your local police station. These appointments are also free of charge.

Park animators

Once again this summer, teenagers of Côte-des-Neiges will have the chance to have an animation team in the parks of the neighbourhood to offer them different activities.

The youth will be able to participate in sports, recreational and artistic activities, or even just chat with the animators in Kent, Nelson-Mandela, Mackenzie-King, Van Horne and Jean-Brillant parks.

The animation team will be present in the parks in the afternoon star-



The animators this year are:
Bethany, Savanna, Mélanie, Redina, Anrie and Téo.

ting at 2:30 and in the evening until 8:45, to encourage the youth to move and be implicated in diverse activities. If you see them, starting July 2nd, don't hesitate to participate in the activities they offer, or even suggest activities you like!

To know the schedule of animation in the parks, go visit our Facebook page: [Animateurs-trices de parcs CDN](#).

- Annie Thifault

Elementary-high school transition workshops

For the first time in 2018-2019, Prévention CDN-NDG has offered workshops to 6th grade students of Côte-des-Neiges on elementary-high school transition, in collaboration with the Carrefour Jeunesse Emploi CDN and the Bibliothèque Interculturelle.

Claudie from Bibliothèque Interculturelle, Ruth and Steevens from Carrefour Jeunesse Emploi and I, went to animate the 6th graders of Bedford, Lucille-Teasdale, des Nations, Saint-Pascal-Baylon, Simonne-Monet, Petit-Chapiteau, Iona and des Cinq-Continents schools.

The project consisted of 3 workshops, spread throughout the school year: a first workshop in

October/November, a second one in January/February and a third one in April/May. During these workshops, we talked about the students' apprehension with regards to high school, academic success, schedule, time management, different programs offered, bullying, resources in the schools and in the neighbourhood, freedoms and responsibilities of students in high school, after-school activities, and we also brought locks so that the students could practise. One of the main objectives of these workshops, in addition to informing the students on how high school functions, is to diminish the apprehension and anxiety regarding high school transition.

As soon as we started the first workshop, we saw the relevance of this project for the youth when we asked them: "Who is scared to go to high school?" In every classroom, at least half, often even more than three quarters of the students, raised their hands. We finished the last workshop with a period of questions and, even after these three workshops, the students still had a lot of questions.

We hope to have the possibility to go back to elementary schools next year to meet the new 6th graders and inform and reassure them about high school.

- Annie Thifault

The Dep Podcast : The latest episodes

Simeon Pompey

Simeon Pompey is a Teacher at Dawson College in community and recreation training and the Director of Comité Jeunesse NDG. He shares his story on how he fell in love with the aspect of recreation and leisure as a young teenager. He talks about the stigma of growing up on Walkley street in NDG and his perspective of community



work.

Didier Sam & Sebastien Louis

Sebastien Louis and Didier Sam share their love about the game of basketball how the game brought them a sense of community, leadership skills a long-lasting brotherhood on the path to self-actualization.



You can find the episodes at the links below. Do not hesitate to subscribe and leave your opinion.

If you want to share your story, or have ideas for others episodes, contact Karl Thomas at thedeppodcast@gmail.com

iTunes:

<https://itunes.apple.com/ca/podcast/the-dep-podcast/id1435754230?mt=2>

Soundcloud:

<https://soundcloud.com/the-dep-podcast>

- Karl Thomas

Hip Hop You Don't Stop - the 2019 edition

The entire team in charge of the Hip Hop You Don't Stop festival is busy preparing to offer you a quality event that will take place from the 20th to the 22nd of September in the Côte-des-Neiges - Notre-Dame-de-Grâce (CDN-NDG) borough. Since 2005, the festival has been co-presented by Prévention CDN-NDG (<https://prevention-cdnndg.org>) and Elementality Media (<http://elementality.ca/>), with support of the City of Montreal and Heritage Canada.

Hip hop culture is the focus of this festival because we believe in its ability to include and affirm identity, especially for marginalized communities. We especially want to empower youth aged from 12 to 25 who are growing up in the CDN-NDG borough, through community and artistic involvement. In addition, interculturalism, re-

silience, intergenerational exchange, inclusiveness, physical and mental health, responsible consumption and environmental issues are expressed through the content of each of our programs.



Like every year the festival will offer free events for the whole community and for all ages: workshops, photo exhibitions, screenings, concerts, streetdance competitions, round tables and

much more..

Come out for this 14th edition to enjoy the end of the summer! You'll find more information in the August Nexus edition about the different events as well as the participating artists. A 5 à 7 will be held on September 20th at Nelson Mandela Park to kick off the festival. The festivities continue on Saturday the 21st at Martin Luther King Park (Kent Park) from 3:00 pm to 8:00 pm and will end on September the 22nd at Parc NDG from noon to 7:00 pm.

Do you want to get involved? Feel free to contact the Festival Coordinator Emilio Orellana-Côté at the following email address: emilio.orellana.c@gmail.com.

- Sarah Nambukarawasam

Presenting our newest staff member

Nexus: Hello Alison! You have just started your new duties in our organization. Welcome to our beautiful team! Can you tell us more about your career and what led you to apply for Prévention CDN-NDG?

Alison: My professional experience started in the Papillon Summer Camp for children with disabilities in Joliette! This experience gave me the desire to continue with the youth whose health is affected. For at least three years, I was a volunteer at Phare Enfants et Famille, the only home specializing in pediatric palliative care in Quebec. Subsequently, I wore several hats: as a counselor, community worker for seniors in shelters, women and children who are victims of violence in a women's shelter, adults living with mental health issues in supervised apartments and of youths for whom the system is not suitable for them. I do not give all the credit of my expertise to my diplomas or my experience in the job market in human relations. NO! I give it first to my personal life experiences as a child immigrant from Saint-Michel, a former young woman known as a 'delinquent' in special path classes, coming from a family that has benefited socially for 16 years and surrounded by social workers. My expertise was built with these walls built and maintained by systemic racism of our system, exclusion, the cuts of links, the mourning of close ones, etc.

Nexus: What attracted you to this job?

Alison: I certainly saw two passions : art and commitment. Art

only allows me to reach more people and commitment is what unite and build our society. In addition it was with youth! Wohooo! I see youth as refresh for adult soul who tends not to believe in changes or dreams. The soul of teenagers is a source of dreams and social transformations with their new perspective! Look at the environmental movements led by teenagers in the world now! Unfortunately, some teens have lost their voices for 12838 reasons that exist and it is a phase of life that can be. The theme of the project being intimidation, in relation to gender inequalities, comes to make a direct link and affects all relations and it offers space to talk about several inequalities.



Nexus: What excites you most about your new job? And what is the biggest challenge for you?

Alison: What excites me most is working with youth! To be able to do my best to equip these future leaders !!! Hear what these young people have to bring to our society !!! My challenge will be to put energy and time on the accountability. I have often been to organizations

where they were less present.

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

Alison: Full of free moments like barbecues in parks, engaged art (rap, painting, collage, etc.), going to events, going to the tam tams, going to dance and being active in several movements. Currently, I am active as an ally for people affected by Bill 21 in several actions and I try to rediscover my neighborhood Saint-Michel which I have recently returned to live in.

Nexus: What could you tell us about yourself so that people know you better?

Alison: I am an anticolonialist and intersectional feminist. I am a human who is constantly trying to grow because everything changes. It does not matter age or my health situation, I try to deconstruct life! I like cacti. I have four nephews and nieces under the age of five. I watch documentaries based on facts that happened or I watch more silly movies like "Brice de Nice".

Nexus: Do you like cats?

Alison: Yes, but I am also in the canine team (dogs, wolves, etc) and I identify myself now as an eagle!

Nexus: How can people contact you?

Alison: 514-736-2732 ext. 34
Email: projet.intimidaction@gmail.com
Cell: (514)867-5356

The collaboration between the various Tandem offices

Just as we did last November, the Tandem Ahuntsic-Cartierville office launched the version 2.0 of the coaster project on Wednesday, June 19th, at Gin Pub.

Jessica and I, who are part of the Women's Committee that bring together 4 different Tandem offices, were present as well as our colleagues from the other offices. Congratulations to Danielle (in picture), a member of our Committee, who took up the challenge of this launch!

You will not only find coasters in the bars of CDN-NDG but also in



those of Ahuntsic-Cartierville including the Gin Pub which has welcomed us very well! Thanks to this great collaboration between offices, more citizens will be better equipped concerning their safety

when they go out to the bars! It is very relevant to gather our expertise for the common well-being of all!

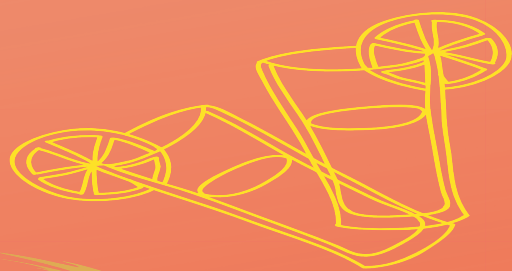
- Brigitte Chrétien



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LA MAISONÉE

5385 GATINEAU, CDN

TYPHOON

5752 MONKLAND, NDG

YE OLDE ORCHARD

5563 MONKLAND, NDG

7 août

8 août

9 août



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