



SPRING 2022 SCHEDULE - STARTING MAY 9

MANDATORY REGISTRATION FOR ALL ACTIVITIES : <https://bit.ly/activites-ywca-P2022>

See notes and registration procedures on page 2. Schedules and activities are subject to change without notice.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM				10 am to 11 am Mindful Meditation Online	
LUNCH			12 pm to 1 pm Online Legal Lunch & Learn (every other week)		
PM	1:30 pm to 4 pm Greeting cards Creation	2:30 pm to 4 pm My Thriving Tuesdays Online	1:30 pm to 3:30 pm The Art Recoup		1 pm to 3 pm Downtown Discoveries
				Intimate Partner Violence Support Group	
EVENING					5 pm to 6:30 pm English Conversation Group Online
	Intimate Partner Violence Support Group	6:30 pm to 7:30 pm Hatha Yoga Online			

DEVELOP YOUR CAPACITIES

French as a second language classes

With a CREP teacher, classes will be determined according to the level of each participant. Day classes, Monday to Thursday, in person. Evaluation required at the beginning of the session. Limited space available.

Computer literacy course

You could either integrate digital technology into your daily management or develop socio-numerical skills (job search, return to school, promote your business etc.). Day classes, Tuesday to Friday, in person. Evaluation required at the beginning of the session. Limited space available.

- Support & Awareness
- Wellness
- Skills
- Arts & Creativity
- Caregivers (see page 2)



INFORMATION : 514 866-9941 #607 or activites@ydesfemmesmtl.org

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* Schedules and activities are subject to change without notice. Some activities may be held online.

ACTIVITIES	DATES	DAY	TIME	ROOM	DESCRIPTION	NOTES
WELLNESS						
My Thriving Tuesdays	May 10 th to June 14 th	Tuesday	2:30 pm to 4 pm	Online (Zoom)	Join us for various workshops around the theme of wellness. Presentations will include different aspects of wellness, such as body care, intimacy, and much more!	Registration required. List of themes to come.
Hatha Yoga	May 10 th to June 14 th	Tuesday	6:30 pm to 7:30 pm	Online (Zoom)	Promote your mental, emotional, physical and spiritual wellbeing by combining meditation, breathing, movement and postures that connect body and mind in this yoga course. For all levels and needs.	Registration required. All levels.
Mindful Meditation	May 12 th to June 16 th	Thursday	10 am to 11 am	Online (Zoom)	Join us for 6 weeks of mindful meditation - a great way to begin your day! Learn meditation techniques and tools to bring with you into your daily living.	Registration required.
Downtown Discoveries	May 13 th to June 17 th	Friday	1 pm to 3 pm	Meet-up: Community Space Activity: Outside	Discover the beauty of Montreal and its history by exploring the avenues outside your door. Your guide will share interesting stories from Montreal's past and present as you get into shape by walking the city streets. After meeting at the YWCA, we will walk the city together.	Registration required. In case of rain, an alternative activity will be planned.
SKILLS						
Legal Lunch & Learn	May 11 th to June 15 th	Wednesday	12 pm to 1 pm	Online (Zoom)	Join us for workshops on a variety of legal topics. Discussions are encouraged!	Registration required. Every other week.
English Conversation Group	May 13 th to June 17 th	Friday	5 pm to 6:30 pm	Online (Zoom)	Practice your English skills with other women in this relaxed, facilitated conversation group.	Registration required. All levels.
French as a second language	May to June	Day classes, Monday to Thursday, schedule according to level.		In person	With a CREP teacher, classes will be determined according to the level of each participant.	Evaluation required at the beginning of the session. Limited space available.
Computer literacy	May to June	Day classes, Tuesday to Friday, schedule according to level.		In person	You could either integrate digital technology into your daily management or develop socio-numerical skills (job search, return to school, promote your business etc.).	Evaluation required at the beginning of the session. Limited space available.
ART & CREATIVITY						
Greeting Cards Creation Group	May 9 th to June 13 th	Monday	1:30 pm to 4 pm	Community Space	Would you like to put your artistic talents to work? We are looking for volunteers to create greetings cards for our participants, volunteers, and partners!	Registration as volunteer required. Snacks and material included.
The Art Recoup	May 11 th to June 15 th	Wednesday	1:30 pm to 3:30 pm	Studio 4	Join us in recycling or reusing something in a way that increases the original object's value. In other words, take something old and create something new!	Bring your old objects or recyclables! We have the rest.
SUPPORT & AWARENESS						
Intimate Partner Violence Support Group	May 9 th to June 13 th	Monday evening	Contact us for more information		A safe and welcoming environment where you can share with other women who have or are currently experiencing an unhealthy or abusive intimate relationship. For women 18 years of age or older.	Info and registration: 514-866-9941 #231 or #298
Intimate Partner Violence Support Group	May 12 th to June 16 th	Thursday evening	Contact us for more information		A safe and welcoming environment where you can share with other women who have or are currently experiencing an unhealthy or abusive intimate relationship. For women 18 years of age or older.	Info and registration: 514-866-9941 #546 or #298
FAMILY CAREGIVERS						

We also offer activities, conferences and support services for caregivers.

Contact us for more information : 514-866-9941 #226.

www.ydesfemmesmtl.org/caregivers

THEMATIC WORKSHOPS

The YWCA offers **conferences** and **workshops** to the general public on various themes such as **employability, legal information, caregivers, etc.**



L'APPU POUR LES FAMILLES



Centraide du Grand Montréal

TO LEARN ABOUT ALL OUR ACTIVITIES :

- 📅 Check out our events calendar: www.ydesfemmesmtl.org/en/events
- 📧 Subscribe to our newsletter: bit.ly/newsletter-ywca
- 👍 Follow our Facebook page: facebook.com/YWCA.Montreal

