

# Arts, Education, and Health Service Providers for Youth

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To get more information about a service provider, contact them directly using the information provided on their individual page. For general information about the YEAH! Network, please contact ELAN: [admin@quebec-elan.org](mailto:admin@quebec-elan.org)

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## Segal Centre

The Segal Centre Academy is a professionally staffed educational facility at the Segal Centre that offers performing arts courses and workshops for children and young adults. The Academy nurtures creativity, collaboration and talent in drama, musical theatre, music, and dance. It is a place where arts educators inspire our youth to become the artists and audiences of the future.

### PROGRAMS

**YAYA (Young Artists for Young Audiences):** Based on core Jewish values and inspired by the vision of Dora and Bryna Wasserman, the award-winning Young Artists for Young Audiences (YAYA) program forms the cornerstone of youth arts education at the Segal Centre. From children to young adults, YAYA provides a progressive learning experience. Taught by an exceptional [group of artist educators](#), the YAYA courses give aspiring artists the opportunity to discover musical theatre while exploring themes related to identity, diversity and legacy. YAYA enhances self-esteem, creativity and critical thinking while promoting teamwork and intercultural dialogue among youth.

**YAYA Kids (8-12 years old):** These classes provide theatre training in the form of drama exercises and vocal coaching from the perspective of Jewish heritage and Yiddish culture. At the end of the session, a musical play will be presented, showcasing the learning and talent of the students.

**YAYA Teens (13-17 years old):** With the goal of helping teenagers fulfill their artistic potential and express themselves, YAYA Teens provides classes in acting techniques, songs styles, theatre performance styles, diction, vocal projection and body movement. The program culminates in the presentation of a play with music in English and Yiddish and based on Jewish heritage and intercultural values. YAYA Teens is the training ground for the renowned Dora Wasserman Yiddish Theatre and an entrée into participation in its high level productions.

**Wandering Stars** is the Segal Centre's exciting, multilingual troupe composed of young adults from varied backgrounds. In this 2 year program, each "Wandering Star" receives training in acting, singing and dancing from the Segal Centre Academy's professional teacher-artists. Wandering Stars promotes a message of tolerance through presentations of a heart-felt story combined with entertaining and original music.

### CONTACT

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## Tyndale St-Georges Community Centre

The Centre's mandate is: to empower the community of Little Burgundy by offering programs designed to promote self-reliance, mutual aid and fulfillment through education, cultural, social, employment and recreational programs, providing individuals and families with encouragement, tools, opportunities and support; to help develop the community of Little Burgundy and to work with community partners to enhance the cultural, social, economic and environmental well-being of the community; to be a presence to the community of Little Burgundy and accompany its people through their struggles and successes.

### **HISTORY**

Since 1927, Tyndale St-Georges Community Centre has offered empowering, supportive programs and services to the community of Little Burgundy in South-West Montreal. The Center has been instrumental in the creation of offshoot services including Le Garde-Manger pour tous food bank, Youth in Motion, the Little Burgundy Council, the Coalition de la Petite-Bourgogne, the Little Burgundy Festival, Action Refugee Montreal and most recently the CPE Tyndale St-Georges, a subsidized daycare centre. Tyndale St-Georges continues to operate as a not-for-profit charitable organization, providing services to the Little Burgundy community through programs extending from pre-school to adult development without regard to race or religious affiliation. Through educational, cultural, social and recreational programs, Tyndale St-Georges provides encouragement, tools, opportunities, and support to more than 2,000 people every year.

### **PROGRAMS**

#### **Arts-Based Programs:**

**Multimedia Project** allows teens to explore various forms of media.

**Saturday Morning Music Program** reaches local children between the ages of 5 to 14 years old every Saturday morning at 10:00am. Children are introduced to a variety of instruments, music theory and music appreciation by volunteer teacher Françoise Morin Lyons from the Church of St. Andrew and St. Paul.

#### **Other Popular Programs:**

**Youth Empowerment Program** serves high school students in Little Burgundy and surrounding areas through a variety of holistic programs. These programs are offered at no cost during the evenings.

**Homework Help Program** offers one-on-one support.

**Cooking Class** allows teens to create healthy cost-efficient meals. Leadership facilitates youth as they develop their own community initiative.

**Internship Program** gives youth the opportunity to complete a 30-hour internship in the professional field of their choice during the summer.

**Children Youth and Family Programs** strive to improve academic and social skills, promote personal development and encourage present and future success with the families and teens that

they work with. The department consists of a team of dedicated staff and over 130 enthusiastic volunteers who serve more than 300 youths. They offer numerous programs to support and fulfill the needs of children, teens and their families.

**After-School Program** reaches 55 primary school-age children from the community of Little Burgundy. It encourages both academic success and healthy social/personal development through recreation, and general encouragement and support. The team works with children from both French and English schools in both languages Monday through Friday.

**Community Recreation and Leadership Programs for Youth** provide youths in the community, aged 10 to 17, with the opportunity to play sports, learn how to cook, and experience other types of evening recreation while enjoying the fellowship of others and the guidance of inspiring role models.

**Summer in the City Discovery Day Camp** is 5-weeks long and is open to 45 children aged 5 to 12. Under the care of well-trained professionals, children in the day camp participate in exciting hands-on math and science activities as well as fun trips around the city. As part of the day camp, the children will be introduced to the Brainy Breakfast Club: they will be given a delicious, nutritious and lovingly-prepared breakfast to start their day.

**Summer High School Preparation Program** is an intensive three week program that prepares grade 6 students to successfully enter and succeed in the midst of the new demands of high school. Students are placed in a mock high school setting and receive preparatory instruction in the core areas of math, English and French. The participants are also prepared for the social realities of high school through workshops, self-exploration and mentoring activities

**Family Resource Program** is offered to 45 parent members throughout the year. Parents participate in committees, workshops, and special events and may also receive guidance and support in times of difficulty.

In addition to their three main departments, Tyndale St-Georges offers a number of other services to the community with the help of many partnerships and volunteers, including:

- [Free Legal Information Clinic](#)
- [Saturday Morning Music Program](#)
- [Anne Johnson Fish Scholarship Fund](#)
- [The Montreal Children's Library \(Richmond Branch\)](#)
- [Canadian Tire Foundation coordination for South-West Montreal](#)
- [Room Rental](#)
- Richmond Branch of the Montreal Children's Library
- Tyndale Treasures Boutique offers affordable, high quality work apparel for the community of Little Burgundy

## CONTACT

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## Unpretty Theatre Projects

Unpretty Theatre Projects explore issues of body image with students.

### **HISTORY**

The first "Unpretty" theatre project took place in 2011, exploring issues of body image with students at Concordia University, facilitated by Amanda Kellock, a Montreal-based director, teacher and actor. Amanda has an MFA in Directing for the Theatre – University of Ottawa (2007) and a BFA in Theatre and Development – Concordia University (2003).

In the past Amanda has directed youth and adult audience plays for such companies as Geordie Productions, Centaur Theatre, National Wrecking Ball, Montreal Baroque Festival, National Arts Centre, Repercussion Theatre, and the University of Ottawa in French and English.

### **PROGRAM**

Drama exercises and open discussions empower students to explore body image issues. Participants then work together to develop a short performance expressing their ideas about creating and maintaining a healthy relationship with one's own body. The project encourages peer mentorship and creates ongoing youth engagement and leadership. Those interested can order a one-time workshop or facilitation for a full project/performance, or ask about resources on theatre as a tool to address youth issues.

### **CONTACT**

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## MIND/BODY

MIND/BODY uses the entire body in multiple and increasingly complex co-ordination and rhythm as a vehicle for examining both the mental and physical habits that can inhibit expressive and creative potential.

### HISTORY

MIND/BODY is based on the teachings of Butoh dancer Min Tanaka. It is an energetic, dynamic and rigorous movement 'workout' that demands a keen kinesthetic sensitivity and moment-to-moment consciousness. The class cultivates full and sustained attention and on-going mindful participation; a bringing of one's whole self to each action. As the mind 'drops' into the body, a concrete experience of sustained embodied presence is made possible. The class challenges notions of self-judgment and expectation and invites a more open spirit, a true sense of working from where you are and of being in process.

Instructor Tedi Tafel has been a teacher, dancer and choreographer for over 25 years. At the heart of her work is an interest in exploring movement as an entranceway into the deeper layers of human experience. Tedi is an award -winning artist with a reputation for creating innovative and deeply sensitive work. Her most recent project, Calendar, was a yearlong site-specific performance series. ([www.calendarproject.ca](http://www.calendarproject.ca)). She is inspired by a long-term engagement with somatic practices that access the intelligence of the body and reveal its intrinsic expressive language.

Along with her studies with Min Tanaka, Tedi has worked extensively with renowned teachers Janet Alder and Judith Koltai in the disciplines of Authentic Movement and Embodied Practice. Tedi has taught across the country and at the Stratford Festival and Playwrights Workshop of Montreal. From 1997-2013 she played a principal role in the training of actors and playwrights at the National Theatre School of Canada.

### PROGRAM

Independent workshops of ongoing practice facilitated by Tedi Tafel. Students learn to strengthen their ability to perceive the existing state of their body as they become increasingly available to sensation, to the direct, felt experience of the moment. Gradually, within this heightened condition, change will occur. The movement will become more precise and freer and the mover more alive and available. Excess tensions and strains can be removed and clarity of intention can release, focus and articulate newly accessible energies. MIND/BODY is exceedingly relevant for performers (dancers, actors etc) as well as anyone interested in an in-depth exploration of the body.

### CONTACT

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## The Enthusiasm Experiment

Using a variety of different art-based techniques, the Enthusiasm Experiment team works to create a unique environment in which the heightened perception to external and environmental stimulation that a child with Autism experiences is reduced. A variety of art activities are then facilitated to engage the child and document improvements in the child's ability to participate in communication and interactions, learned social skills, and other behaviours.

### **HISTORY**

The Enthusiasm Experiment began in 2013, when a group of art educators/therapists working with children and youth who have autism assembled a team to create a program and documentary. The project focuses on using art to facilitate learning and social skills with children/youth who have Autism. Its goal is to create a resource base and a documentary-research study to share with others in the field.

### **RESOURCES**

The project currently has a network of over 20 professionals working with youth who have Autism using the arts as a tool for transformation. Contact the Enthusiasm Experiment for questions and conversations about ways to use the arts to work with children/youth with Autism.

Communities across Quebec are also invited to contact the Enthusiasm Experiment to receive updates about the project and information about how the arts are changing the way we look at teaching, parenting and everything we know to be true about health, communication and life in general.

### **CONTACT**

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## Head & Hands

The organization's mission is to work with youth to promote their physical and mental well-being. Its approach is preventative, inclusive, non-judgmental, and holistic, with a fundamental commitment to providing an environment that welcomes youth without discrimination.

### HISTORY

Since 1970, Head & Hands has been committed to the physical and mental health for youth in the NDG and surrounding area. Today, they offer a number of medical, social, and legal services with an approach that is harm-reductive, holistic, and non-judgmental.

### PROGRAMS

#### **Jeunesse 2000 (J2K)**

Head & Hands hosts the popular youth drop-in J2K: a self-run creation and social space that is now furnished with a brand new recording studio.

Head & Hands encourages youth to be creative and inspired, often using music for the benefit it brings to social skills and communication. Music programs allow relationships to develop across languages and genders, and it is easy for youth to join in. For a taste of the collaborations that come out of this program, check out [this music video](#) for the J2K All Stars' song "Time V\$ Money".

Artistic/social programs, projects, and activities are generated based on the dreams and desires of the participants. Some popular ongoing Jeunesse 2000 projects include Next-Gen (a video production and editing, graphics and web design program that encourages community volunteering) and J@K Graffiti projects.

#### **Health Services**

Head & Hands offers a call /drop-in centre for individual support. It also runs a medical clinic, which includes a hormone treatment program for trans-identified clients. A food pantry is also available.

Head & Hands has also launched The Sense Project, an ask-anything approach to sexual health and drug education. This project is unique because it offers Peer Educators – young people who want to spread positive and healthy messages about sexuality in their own schools or communities by taking on projects and offering workshops to youth.

Head & Hands also offers the following workshops:

**Sexual Health:** A series of three workshops for students aged 14-17 (Sec III-IV-V) in high school settings and other community spaces. These three workshops provide students with the comprehensive information they need to make safe and healthy sexual choices.

**Drug Education:** This workshop offers an introduction to drugs, alcohol, and harm reduction. The workshop is participatory, non-judgmental, and adapted to the group's needs. The workshop seeks to identify different drugs, how they affect the person taking them, the risks involved, and how to reduce those risks. Topics addressed in the workshop include decision-making about drugs, mixing drugs (including prescription drugs and alcohol), safer partying, how drugs affect your life



(e.g. school work, relationships), drugs and sex, and how to avoid, recognize, and deal with drug overdose.

**The Young Parents Program:** For parents looking for support/guidance and a social network of other new parents. Support is also provided in finding affordable childcare.

### **Legal Services**

Head & Hands offers a legal clinic that provides one-on-one legal support services, a large collection of legal resources, and workshops on legal issues.

**PROJECT X:** Head & Hands created Project X to support youth by helping them find creative ways to survive the effects of institutional racism and racial profiling. This project has the mandate to educate, inform, and provide a forum for communication.

Head & Hands also offers the following legal workshops:

**Know Your Rights:** The Know Your Rights workshop series is designed to engage youth in open discussion and empower and develop their capability to make informed decisions by using their rights in any given situation. These legal workshops are focused on issues like racial profiling, tenants' rights and obligations, labor standards, contesting tickets, sexual exploitation, age of consent, and youth and police relations and legal implications.

**Racial Profiling Workshops:** Racial Profiling workshops are in collaboration with Project X. This workshop is designed to be interactive, engaging youth to participate actively in role play during the workshop while defining and distinguishing racial profiling and its vagueness and boundaries.

### **CONTACT**

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## Slam Dunk Life

Taking physical activities and sports and breaking them down into emotional/psychological life skills for youth.

Slam Dunk Life teaches youth how to listen, and helps young people build awareness of their own skills, their peers, and their life path through the dynamics of basketball as a fun and physically engaging guide.

### **HISTORY**

The organization was started in 2011 by Elise Carruthers through the Big Sisters Program. Using her knowledge and education in psychology combined with her passion and experience with professional basketball, she broke down the dynamics of team and physical sports into tangible life skills and used Basketball as a platform to teach important life skills to youth.

### **PROGRAM**

Slam Dunk Life is available as an ongoing program or a one time workshop. The Slam Dunk Life curriculum is designed for young women or mixed-gender groups interested in exploring life skills while learning the importance of staying physically active. The workshop is customizable for youth with different abilities and can be run for youth as young as 8 years old. The program is also currently expanding to explore other types of physical movements and sports.

Contact Slam Dunk Life for advice, resources, and information on turning any sport into tangible and teachable life skills.

### **CONTACT**

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## YES Montreal

As a not-for-profit organization, YES Montreal (Youth Employment Services) enriches the community by providing English-language support services to help Quebecers find employment and start businesses. They also provide many financial, educational, and entrepreneurial supports to youth who are interested in becoming artists.

### **HISTORY**

YES emerged out of the ideas of workers involved with the alienated youth of the late sixties and The Rotary Club of Toronto (RCT) which had a long standing commitment to social causes. This new and effective organization quickly became the model for the development of similar programs throughout Ontario, Montreal and the rest of Canada. Internationally recognized as a Centre of Excellence for Youth Employment, delegations from Britain, Japan, the West Indies, the Netherlands, Australia, Thailand, Egypt and the UAE incorporated aspects of the program into their own programs. This is a tribute not only to the effectiveness of the organization but to the universality of its philosophy.

### **PROGRAMS**

YES offers the following services for young/emerging artists:

- **Jump Start Your Art Workshops:** Orientation and ongoing workshops on becoming an independent artist and supporting your artistic career as a viable business. This includes information on Loans and Grants as well as strategies for organization and community engagement.
- **Career Counselling:** One-on-one support for artists from the resident artist coach, an experienced professional who can help guide youth in finding space, residencies, work opportunities and experiences in their artistic field.
- **Computer Lab/Resource Library:** Access to computers and the internet for job searching, resume building, and ongoing seeking for opportunities and organizing business. Also a resource library offering hundreds of documents on artistic careers and supports.

### **CONTACT**

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## Melissa-Ann Ledo

Melissa-Ann Ledo is an arts teacher, English Montreal School Board (EMSB) arts education consultant, Concordia University Arts Education graduate instructor, arts advocate, and Chair of MAD2.

### PROJECTS

**MAD<sup>2</sup>** is a Quebec committee that develops annual objectives related to music, art, drama, and dance education in the following three focus areas:

- Professional Development
- Materials and Resources
- Assessment and Evaluation

**Concordia University's arts education program** exposes artists interested in teaching the skills to the classical components of the Beaux Arts tradition and their 21st century digitized offspring. As students of art education they are involved in considering not only the visual arts but also their allied techniques and disciplines: art history, psychology, and sociology, as well as the domain of teaching and the psychology of learning.

### RESOURCES

Melissa is available to give lectures and workshops for professionals providing arts education based on her curriculum for the students of Concordia's Arts Education program.

Melissa is also available to facilitate teacher-roundtables on the topic of arts education and using the Culture in the Schools Repertoire (resource list of artists ready to give workshops in Quebec schools).

Melissa's Pinterest also has several interesting aids for people connected to arts education, therapy and advocacy: <http://www.pinterest.com/ledoemsb/>

### CONTACT

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## ICI par les arts

ICI par les arts is open to all youth, but has a primary objective of working with stigmatized people with adjustment problems to reintegrate them into communities. The main focus of their activities has been to work with marginalized and at-risk youth who no longer trust the traditional approach. Creative arts help build stronger relationships between people from different walks of life.

### HISTORY

Established in 1998, ICI par les arts is a cultural not-for-profit organization located in St. Jerome, in the Laurentians. It aims to intervene in all communities in Quebec by promoting artistic and cultural expression in all its forms (theater, music, painting, sewing, mosaics, stained glass, mural, etc.). Director Jennifer Cooke has developed a unique creation space, an exhibition gallery and a multi-room, all tailored to the needs of disabled people.

With over 12 major funding sources, ICI par les arts has built a reputation in community engagement. They also continue to develop means of fundraising through artists in the schools, selling theatre tickets, and a youth-led café. They are trying to increase their collaboration with the private sector and be creative with funding solutions in order to continue developing and supporting their many artistic endeavors.

The organization is the largest employer of artists in the Laurentians, hiring professional artists to visit the site to provide equipment and animate through art projects. ICI par les arts also collaborates with CEGEPs to provide students an ongoing opportunity for placement and volunteer participation.

### PROGRAMS

**Social Art** is an intervention approach using the arts as a way to encourage participation and creatively in a community. A project can be long term (a theatre piece, a mural) or short term (a day of acting-activities or art-generation around a specific cultural topic/issue). The community is encouraged to forge links between members by creating dialogue, awareness and hands-on activities in partnership. The arts are a great way for social groups to express themselves and experience a sense of collective belonging. They encourage the use of coping mechanisms and solutions that have not been considered in the past.

**Cultural Mediation** is the use of artistic therapeutic interventions that are tailored to meet the demands of a community stakeholder (a school, organization, business or community group). Interventions, workshops and special events are custom-made based on a cultural issue/social goal that the group wishes to address. Whether it is with children, teenagers or the elderly, ICI par les arts supports and encourages each person to achieve their full potential and work collaboratively and creatively to bridge gaps between cultural differences.

**Art Education** enables young people to express themselves freely, deeply and in powerful ways. ICI par les arts encourages art education so that increased potential and passion can emerge. Under this component of support they offer students structured activities that give everyone the opportunity to create and learn about various art forms while promoting the development of creative and critical thinking.

As a listed resource in the Culture in the Schools Repertoire, ICI par les arts provides cultural experiences to schools. In collaboration with ArtsSmart they work with teachers in math, science, French and English using the arts to stimulate learning.

### **Some of ICI par les arts' most popular programs:**

**Manga Club:** A self-funded/youth-led initiative, the Manga Club has participants ranging from the age of 13 to 30 years old coming together to support each other in learning and designing Japanese-style Manga Comics. The group also has a counsellor who works with them and who himself is a Manga enthusiast. The group is teaching each other English and French, because they're bilingual, and they're also learning Japanese because they're fascinated with Japan.

**Art and Performance Space:** The impressive building located at 712 rue St -Georges St- Jerome is a center for innovative and inclusive art creation. The organization is open to all , creating sense of belonging in the community and easily reached by most remote communities in Quebec. In addition to open studio space there is a sewing room, computer room, and a fully functioning theatre space that can fit up to 120 people. This magnificent Salle de Spectacle hosts musical performances, lectures, theater improvisation and dance evenings. It also includes a tech booth and stocked costume department. In addition the entire building is tailored to meet the needs of people with physical disabilities.

**Exhibition Gallery:** The first floor of the building is dedicated to the exhibition of art. ICI par les arts hosts monthly events where they showcase art based on social themes (feminism, racism, colonialism etc.) and have an open door for people to come see featured art by local professionals and youth participants.

**Café Boutique:** The volunteer/youth run space where people can come together for conversations or spend some time alone in meditation. An open and accepting spirit and a source of fundraising for the organization, the café also features resources and publications by ICI par les arts and is a source for promoting the monthly newspaper created by youth participants around the themes of social issues in the community.

### **HONOURS AND AWARDS**

- Twice named Organization of the Year by la Chambre de commerce et d'industrie de Saint-Jérôme et le Conseil de la culture des Laurentides
- Winner of Bell's « dans la communauté » prize
- Two-time winner of the « Excellence jeunesse » award from the City of St. Jerome
- National Award for « Leader de l'art communautaire » from the Regroupement des organismes communautaires autonomes jeunesse du Québec (ROCAJQ) - 2010

### **CONTACT**

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## Geordie Productions

Geordie Productions aims to entertain, provoke thought, fire up the imagination, and challenge audiences of all ages. It celebrates the art of theatre and its importance by working with great artists of many disciplines and varied experience to create theatre that is vibrant and engaging.

### HISTORY

Geordie Productions is Montreal's leading English-language professional theatre for audiences of all ages, entertaining and engaging the imaginations of children and their families since 1980. Geordie Productions is a member of the [Professional Association of Canadian Theaters](#) (P.A.C.T.), the [Quebec Drama Federation](#), and [La Maison Theatre](#). More than 60,000 people see a Geordie production every year.

### PROGRAMS

Geordie produces a subscription main-stage season and a school tour each year.

The Tour: The team of actors and tour manager travel over 20,000 miles every year. In some communities where the tour visits, it is their only opportunity to see live professional performing arts all year. Talkbacks are held after every performance. Teachers are encouraged to explore the cross-curricular themes presented in each show through our professionally developed study guides.

In 2013-2014, the touring play is Shared Account, directed by Dean Patrick Fleming and designed by Beth Kates & Ben Chaisson. Trying to start her life over after an unsuccessful suicide attempt, Aurora changes high schools and moves in with her single father in hopes of healing from her depression due to a vicious experience of online bullying. Finding the past difficult to delete and forced to carefully examine her own complicated feelings, she adamantly attempts to clear the path for her future and reconnect with her concerned father, who is increasingly distracted by his own mysterious online relationship. It's a play that challenges teen audiences to critically reflect and discuss bullying in schools and online, mental health issues and suicide.

Shared Account, written by YEAH! Project Manager Jesse Stong, will play in high schools and CEGEPSs all over Eastern Canada from September 2013 through April 2014, and is offered with a guided talkback and teachers' guide. It has recently become the most popular/booked touring show in Geordie production history. To book for your school or community group, follow the contact info below.

The [Geordie Theatre School](#) also offers acting classes for children and teens ages 6 – 17.

### CONTACT

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## CCS Community Services

CCS improves the quality of life of individuals by significantly reducing isolation and effectively supporting those living in poverty, primarily within the English speaking community of Greater Montreal. They serve the most vulnerable members of our community, including the sick, poor, isolated and ostracized, as well as intellectually handicapped children and adults from the West Island Associate for the Intellectually Handicapped (WIAIH).

### HISTORY

For over 75 years CCS Community Services has provided a continuum of support for families and individuals regardless of ethnicity, age, gender, religion or language.

Their goal is to impact the lives of those experiencing difficulties and stresses in a significant, positive way, and encourage self-empowerment and agency in all those in need of support. They build networks of support to serve those in our community most in need of a helping hand: children, youth and families, seniors, and people living with HIV/AIDS.

CCS provides a wide range of services and a number of activities aimed at improving the lives of those in our community who most need a caring hand. They offer groups for families/ children, and social clubs/services for youth.

### PROGRAMS

**Early Head Start:** The EHS program (located in LaSalle) was created for young children under 5 years of age and their parents. The program offers age-appropriate activities, based on the developmental needs of each child, with the goal of preparing them for school. At the same time, meetings and workshops are organized for the parents to help reduce any feelings of isolation and to provide an opportunity to interact with other families facing similar challenges. The program takes place at Orchard Elementary School thanks to a partnership between CCS and the Lester B. Pearson School Board. Thanks to financial support from the Community Health and Social Services Network (CHSSN) and les centre de santé et de services sociaux de Dorval-Lachine-Lasalle (CSS-DLL) the EHS program is offered at no cost in the community.

**Little Learners:** This program (located in Verdun) supports children 2-5 years old. This program provides activities based on a cooperative model around school readiness skills. Children develop socialization skills, fine and large motor skills, creativity, and pre-school education, and parents are welcome to participate during the classes. Throughout the program workshops and meetings are organized to inform parents and reduce isolation by providing a chance to engage with other families. Registration is ongoing, and the classes run from September to June. Little Learner's takes place at Marcel-Giroux Community Centre in Verdun, thanks to a partnership with the city of Verdun.

**Baby Talk:** A series of workshops for expecting parents and for new parents with children up to a year old, based on "Nobody's Perfect". A Parenting Education and Support Program developed by Health Canada. The workshops take place at Marcel-Giroux Community Center in Verdun and run twice a year for a duration of 8 weeks.



**TLC:** A bilingual preschool in LaSalle for children 2-4 years old, offering 3 separate classes based on the ages of the children. TLC offers a place for children to learn through play, conversation & language skill development, and school readiness & developmental skills.

**The Friendship Club:** a social skills development program for students in grades 1-6. The program covers many important social skills from introducing one's self, to emotions and empathy, as well as cooperation and conflict resolution. The program is for students who struggle to socialize with their peers, and need guidance about positive ways of interacting with others. This program is currently run in schools in the Lester B Pearson School Board, and the English Montreal School Board, and is provided at no cost to schools.

**Peace Club:** introduces children to the concept of volunteering and service learning. Students help individuals and organizations in their community with projects. Some projects include, making birthday cards for other children, engaging with seniors in their community and making informative videos about current issues. Students in the program have a better grasp of some needs and other generations in their community.

**Arts Programming:** Learning through art is a fun, relaxing and stimulating way for children to develop skills. Working on an artistic project as a group encourages children to develop group work skills, creativity, problem solving and ingenuity.

**Homework Program:** provides a safe, accessible space for high school students to complete homework. There is a qualified tutor available, as well as volunteers from CEGEP, who are available to guide, motivate and support high school students. Students from all grades are welcome, but must adhere to the code of responsibility, of keeping the space safe, quiet, and welcoming for all students.

CCS also runs a camp ground, located on a private lake in St-Adolphe d'Howard in the Laurentians. The all-season camp is open to groups and families, including 800+ families every summer.

## **CONTACT**

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## COCo - Centre for Community Organizations

COCo's mandate is to promote social justice, active citizenship, democracy, and just socio-economic development by supporting the development of healthy organizations and strong communities through education.

### HISTORY

COCo is a provincial, non-profit organization that works primarily with English-speaking, bilingual, and ethno-cultural organizations to develop organizational health and promote community sector development through: organizational development and leadership training, information dissemination, social analysis, research, and strengthening links between organizations and sectors.

Kit Malo (Company Director) has been working in the Quebec non-profit sector in different capacities for over 12 years. Bookkeeping, art curating, and community organizing with groups such as the 2110 Centre, QPIRG McGill, Head and Hands, articule and POP Montreal led to her to a Masters in Human Systems Intervention in 2010.

### PROGRAMS

**Info-COCo Sessions**: Offered by phone, by email and in person. Some questions result in simple referrals, but many involve more in-depth conversations, research and follow-up. COCo responds on a daily basis to requests from community groups throughout Quebec requesting assistance and information on a wide variety of topics:

**Organizational Support**: If a community group needs more support than can be offered through an Info Session, COCo can provide facilitation, training and/or coaching. This support is offered on a sliding scale based on annual budget and can range from one 3-hour session to several sessions over several months to a series of coaching sessions.

**Commun-IT: Tech for community groups**: A COCo pilot project that focuses on the use of Information and Communications Technology (ICT) by English-speaking community groups in Quebec. The aim of this project is to guide, support, and empower community groups to take advantage of Information and Communications Technology in order to better realize their missions.

**Legal Info for Community Groups**: COCo has developed its legal information services to inform and empower community groups.

**Communities Connecting the Digital Dots**: Community organizations join COCo trainer Audrey Villiard to learn about creating their own videos, and to enhance their communications strategies through social media. The program is a 5-week intensive class on shooting and editing videos.

**The PortesOuvertes Blog**: A place for participants, COCo members and other community organizations to share strategies, resources and ideas about anti-oppression practices in community organizations.

## **CONTACT**

**Kit Malo, Director, and team**

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## David Hodges

David Hodges is an artist, producer, motivational speaker, youth worker, entertainer and community leader.

## **HISTORY**

In 2008 the Quebec Community Groups Network (QCGN) commissioned David to write and produce the bilingual anthem “Notre Home” to foster a sense of belonging among young Quebecers. Innovative and inclusive, this bilingual anthem is a call to action to a new generation of Quebecers eager to find their place in Quebec, to embody change, come together, and make their mark.

David is currently touring the province to meet young people and promote bridge building between French- and English-speaking Quebecers through his song Notre Home (and using hip-hop as a tool for learning/self-empowerment).

As a socially committed artist, David runs workshops for young people, using music as a way to talk about the issues facing youth. Every year, he tours over 20 schools and provides inspirational workshops that influence kids to keep in the right direction.

## **PROGRAMS**

David offers assembly-style workshops for large or small groups. His focus is on motivation, bullying, dreaming, leadership, and creativity. He uses videos, songwriting, and slam poetry, and even brings studio equipment into schools to create interactive and multimedia experiences for youth.

David also collaborates on Kids Help Phone projects which aim to raise awareness about bullying and intimidation in schools.

## **CONTACT**

**Website: [www.hodgesmusic.com](http://www.hodgesmusic.com)**

**Notre Home Tour Facebook Page: <https://www.facebook.com/NotreHomeQC>**

## Don Bosco Youth Leadership Centre

The Centre's mandate is to improve the quality of life for young people in the community, to promote harmony and non-violence and to establish a place for youth to call their own. This mission is carried out through a variety of youth activities that focus on education, prevention, and leadership training.

### **HISTORY**

The DBYLC is a non-profit youth centre that reaches out to over 1000 children annually, youth and families in the east end of Montreal. Named after Saint John Bosco, a universally recognized educator and evangelizer of the young, the DBYLC strives to follow in his footsteps.

The Youth Leadership Centre is a non-profit community centre for all ages focusing primarily on youth, teenagers, and young adults. It has since expanded to families and the community and networks with other organizations.

Completely supported by volunteers and contracted staff, DBYLC offers recreational, social, cultural, educational, and moral programs and services. Inspired by Don Bosco's preventative method, DBYLC's aim is to promote a welcoming and nurturing environment.

### **PROGRAMS**

#### **Arts-based services for youth and teens:**

- Musicpalooza music program for teens
- Funky Dance Academy (for girls, all ages)
- Annual "Fashion Festival" fundraiser
- Expression, music and creativity projects
- Painting classes (various times and groups)

#### **Other popular services for youth and teens:**

- After-school drop-in program for grade 6 and teenagers
- Friday Night Girls Club
- Retreats (recreational, social, leadership, moral)
- "FNHL" Friday night ball hockey (high school)
- Domenic Savio Champions Tournament (ball hockey)
- Camp programs (Happy Days, Smiley Bunch pre-k, Teen Spirit, sports camp)
- Animators-in-training (secondary 3 and 4)
- Various workshops and discussions for youth and teenagers
- Recreational, moral, cultural, social, educational outings and special events
- Counseling services, emotional support, and resources for personal situations
- JP2 club (every second Friday of each month, for grades 4 and up)
- Don Bosco Education and Leadership Scholarship Fund
- Physically disabled recreation and social program (Da Costa)
- Tutoring services (all levels)

### **CONTACT**

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## Camera Roll Productions

Camera Roll Productions is a community-based organization that believes in encouraging and supporting the social and creative advancement of youth on the Autism Spectrum. They are committed to providing quality experiences with film production to participants through easy access to tools, equipment, and guidance needed to make personal and collaborative media projects.

### HISTORY

Liam O'Rourke and Dan Tenveen, founders of Camera Roll Productions, have a combined experience of more than 20 years working with youth and adults with special needs. Driven by their enthusiasm for video production, technology, and working with youth, they have collaborated on video projects with youth on the Autism Spectrum for the past 5 years. Their projects continue to evolve in new and exciting directions.

### PROGRAMS

**Summer Video Camps:** Immersive, intensive and recreate all aspects of a real production crew. Each 2-week segment is geared toward a different theme, culminating in the production of a final piece, showcasing the work and collaboration of the group. Leaders encourage participants to explore individual interests and pursue solo projects. Some examples include short documentary pieces, comedy sketches, musicals, animations, and educational videos.

**Friday Night Social Club:** A new initiative from CRP that takes place every Friday night at the studio. Everyone likes to relax on Friday after a big week, so why not hang out together?! At Social Club everyone hangs out, shares interests, videos, songs, and most importantly relaxes together after a long week. Participants also like to cook a meal and put on a movie – 4 hours of socializing, spending time with friends, learning new skills, cooking and eating – what could be better on a Friday night? Social Club happens every Friday during the school year.

**After-School Individualized Programming:** Weekly 2- to 3-hour sessions, offered during the school year, give participants the chance to explore their creative interests through video production, with detailed and active guidance from our staff. Participants are given the means to pursue long term their projects of choice.

**Stage Placements:** Positions are offered to students who show particular talent for video editing and wish to develop employment skills as part of a video production team. This program runs September through June every year.

**High School Video Programming:** A video production program within the English Montreal School Board. Throughout the school term students develop a concept, write a script, film and edit video to produce a piece entirely of their own creation. The films produced are then shown at a final screening before the entire school.

### CONTACT

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## Black Community Resource Centre (BCRC)

The Black Community Resource Centre (BCRC) is a Montreal-based organization committed to helping visible minority youth achieve their full potential in society and facilitating the community-building and infrastructure creation necessary to do so.

### HISTORY

The BCRC recognizes that many socio-cultural, educational, and economic needs must be addressed in order to best harness youth capability. The BCRC takes on a holistic approach to the support and services they offer, emphasizing prevention, empowerment, community building, and collaboration.

In order to meet the needs of English-speaking visible minority youth of Montreal, the Black Community Resource Centre offers programs and services that reflect a wide variety of issues affecting youth of Montreal's multi-ethnic communities.

In addition to offering an extensive array of workshops for both adults and youth in Montreal, the Black Community Resource Centre offers referrals, document translation, meeting spaces for organizations, and even web design.

### PROGRAMS

**Mini-Poste** is an ambitious and innovative project designed to impact life decisions of youth between the ages of 10 and 11 in the multi-ethnic community of Côte-des-Neiges. This anti-gang project seeks to mitigate the lure of street gangs. Its focus is to present positive alternatives to the children who participate in the four year project.

The project attempts to create positive group interactions in the schools, to bolster a sense of belonging, to demystify the police. It is hoped the project will raise levels of self-esteem and encourage a sense of responsibility to their community.

**Expressin' Life** is a creative project that uses diverse educational tools to facilitate critical thinking among young adolescent girls. The project encourages the participants to think independently and rely on their own judgement, thereby reduce their likelihood of becoming targets for gangs, drugs, or sexual abuse. In addition, the project assists girls in adjusting to school and helps them to improve their family relationships.

**Youth Legal Workshop:** BCRC has created a series of workshops to familiarize youth with their legal rights and responsibilities. Given the fact that the average age of Canadian youths who appear in court is 16 to 17, these workshops are offered to students aged 14 to 17. Each workshop covers one topic and the length varies. Workshops will include dynamic activities including skits, role-playing scenarios, and court-room simulations.

**Arrest:** This workshop will cover questions relating to proper arrest etiquette and the legal rights and obligations of citizens under arrest. Discussion of search and seizure rules questioning, rules and when to get a lawyer. This workshop will include an interactive activity reinforcing the proper way to address police officers and how to request to have one's rights respected.

**Regulated, Illegal Substances and Weapons:** This workshop deals with the law on substances such as alcohol, tobacco, marijuana, hallucinogens and other regulated substances. It also discusses regulations regarding weapons in and out of the school.

**Technology and Recreation:** This covers subjects such as cell-phone use, the internet, Facebook, Myspace and downloading. The students will learn how to be safe when using the internet. They will also learn about some of the regulations governing the neighbourhood parks in Montreal. The focus is also on noise and personal safety.

**Criminal Law:** Discussion of the basics of criminal law, crime classifications, sentencing and the post-arrest legal process. This workshop will include discussion about laws that would most concern adolescents like: vandalism, defacing property littering, loitering, shoplifting, etc.

**Sexual Misconduct:** This workshop will address different types of sexual misconduct including sexual assault, sexual harassment, public lewdness, obscenity and sexually explicit materials. Students will be familiarized with resources that they, or people they know, can contact or be referred to.

#### **CONTACT**

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## En Masse for the Masses

En Masse for the Masses works to strengthen Quebec communities by involving its members in the creation of collaborative, large-scale, black-and-white murals.

### **HISTORY**

Since its inception in late 2011 En Masse for the Masses has worked with nearly 50 schools and for over 25 community events. En Masse's projects have brought together thousands of artists and students and their communities. Through public events and work in schools, both private and public, they've created countless new connections between individuals of all ages and the local arts community.

### **PROGRAM**

En Masse facilitates the mural creation process, which has proven to be an excellent tool in building trust and sharing thoughts between groups of people.

The projects have given people the opportunity to express themselves using paint, markers, or chalk and ignites a sense of play and openness among all involved.

The program helps emerging artists become leaders and develop skills. By working in schools, they gain both employment for their skill and recognition for the art they create. En Masse for the Masses fosters communication, mentorship, and sharing of techniques and ideas. It de-mystifies the world of "the artist" and allows everyone involved to share, learn, and teach. It creates a healthy dialogue that encourages individuals to feel part of a community.

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## Les Muses

Les Muses is the answer to the growing need of the movie industry and the stage for actors who possess special abilities. Year after year, the organization creates new bonds with Montreal's artistic scene in order to grant its students the opportunity to participate in professional productions and become a part of the artistic community.

### **HISTORY**

Founded in 1997 by the dancer Cindy Schwartz, Les Muses : Centre des arts de la scène was created to fill a void in the artistic education for disabled individuals. Initially oriented toward the arts and recreational activities, the project has expanded throughout the years and now aims to offer a full-time professional program in the performing arts (drama, dance and singing).

*Ailleurs*, an early public production featuring the whole cast of trainees at the time, was created in 2003 at the Maison de la culture Mercier. Les Muses also works closely with emerging companies of the Montreal stage, like Joe Jack et John and Les Productions des pieds des mains. In the past three years, some of their students have given outstanding performances in TV shows like *Négociateur*, *Annie et ses hommes* and, most recently, *Gang de rue*, *Tout sur moi* and *Virginie*.

### **PROGRAMS**

Les Muses teaches an average of 15 students at a time whose length of training varies between three and five years, depending on the student's specific needs. The organization has gathered a solid team of well-established teachers, who have trained to this day about a hundred students. Every student is auditioned to verify their artistic abilities in order to offer a program that will allow them to gain the technical abilities required by their art and, ultimately, to reach their full creative potential. Students who complete the training at the school are recognized for their versatility, professionalism, and creativity.

### **CONTACT**

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## LOVE (Leave Out Violence) Quebec

LOVE's mandate is to reduce violence in the lives of youth and in our communities by building a team of youth who communicate a message of non-violence.

### **HISTORY**

Since 1994, LOVE has created and delivered hundreds of community safety programs in five cities. These programs have been placed on the curriculum in schools in Toronto and Montreal. LOVE has strong leadership, recognized community partners and evaluation reports that show its positive impact.

As the demand for LOVE's programs grew, LOVE expanded from its beginnings in Montreal to Toronto in 1996, Vancouver and Halifax in 2000, New York City in 2005, Eilat, Israel in 2008, and will begin in Uganda in 2011. LOVE continues to receive requests for its programs from cities throughout North American and around the world.

LOVE's youth-driven workshops, newspapers, books, exhibits, videos and public service announcements that promote non-violence have reached hundreds of thousands.

### **PROGRAMS**

**Media Arts Program (MAP):** Youth who have been witnesses, victims, and/or perpetrators of violence learn how to identify, analyze and document the issues surrounding the violence in their lives and develop reality-based solutions to end violence. Ideas are formulated and stories shared in "editorial meetings" at the beginning of each media training session. As part of the process, essential life skills such as critical thinking, verbal communication, listening, social awareness, problem solving, take hold.

LOVE's instructive programming in media arts includes photography, journalism, videography, and broadcasting. Through the lens of a camera, the written word, and their voices, these young people articulate the impact of violence on their lives and explore positive alternatives. Programs are led by media and social service professionals and are offered at local community colleges or universities or in LOVE offices.

**Leadership Training:** Youth who have completed MAP graduate into Leadership Training, where they develop the skills, confidence and passion to become part of LOVE's community violence prevention team. Based on the principles of youth engagement, the training includes public speaking, producing and performing spoken word, producing videos and public service announcements, and group facilitation. These young leaders work in schools and the communities to promote and encourage youth participation in violence prevention by establishing Violence Prevention Committees. Their unique combination of knowledge, experience, and opportunity enables them to be effective in promoting awareness, influencing attitudes and effecting change. To complement this program, each year, a 5-day intensive Leadership Training Camp is held in Haliburton, Ontario. Youth Leaders from across the country come together to further enhance their leadership skills which they can then take back to their schools, neighborhoods and communities.

**Community Outreach Program:** LOVE Youth Leaders educate their peers, professionals, and concerned community members about violence and violence-prevention. Youth Leaders use their presentation and group facilitation skills, as well as educational tools they have created, to examine the impact of violence and share violence-prevention strategies. Each year Leaders educate more than 40,000 youth and community members

LOVE also hosts an [international blog](#) and an online [photo gallery](#) showing the work of youth participants. Today thousands of LOVE youth have become leaders in their communities. They set an example, showing how they can overcome the tragedy of violence by investing themselves in their communities.

## **AWARDS**

[Community Leadership Award, 23-06-2012, The West End Times](#)  
[Meritorious Service Medal, 01-02-2003, Gazette du Canada](#)

## **CONTACT**

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## Family Resource Center

The Family Resource Center is a non-profit organization working to support families with children, teenagers and young adults (aged 5-25 years) in Montreal, West Island and Laval who are having academic and social difficulties. Support services and training are also offered to educational and recreational professionals.

### HISTORY

**The Family Resource Center** has spent over 20 years creating services that include individual and group social and study skills programs, parent support groups, professional development workshops, school advocacy services and individual and family counseling. The Center specializes in “learning without realizing”.

They offer support for a variety of mental health issues such as learning disabilities, social skills, and behavioral struggles. Their programs are individualized and specialized. The Center focuses on teaching the core skills and techniques required to succeed in everyday life. Their programs teach life skills with the mission of utilizing Cognitive Fun (visual art, drama, music, creative writing).

The Family Resource Center has helped over 10,000 families in Quebec. They have no wait list and offer a sliding scale with the possibility of creating payment plans, reduced fees or other alternatives in special circumstances (on a case by case basis).

### PROGRAMS

The **Social Skills Program** is a 12 week program which is available in a group setting and on an individual basis. Its focus is to use art, music and drama to teach the essential social skills EVERY individual requires.

The **Study Skills Program** is a 12 week program available in a group setting and on an individual basis. It emphasizes skills such as organization, time management, and stress relief.

The Family Resource Center also offers ongoing group sessions for youth:

**Grade K – 6 Social Skills:** Exploring topics of Self Esteem, Bullying, Friendship and Emotions.

**Grade 3 – 6 Study Skills:** Exploring topics of Test Prep, Study Habits, Note Taking, Time Management, and Stress Management.

**Ladies Empowerment Project:** Group Session for girls age 9-15. Discussing topics of Body Image, Peer Pressure, Self-Esteem, Friendship and Relationships, Nutrition, Body Image, Critical thinking and Expressing Individuality.

**Individual Counseling/Family Sessions:** Implementing change and nurturing the family unity. Parent Sessions - how to effectively advocate for your child.

**Support Groups: Parent Support Group/Women's Support Group:** Learning various strategies to deal with difficulty in everyday situations, and connecting with other parents in similar situations.

**Community Success with the Study Skills/Tools for Success Program:** The Study Skills program was developed to be implemented in elementary schools and was implemented at three schools by 2006-2007: Ste-Agathe Academy, Morin Heights Elementary and Our Lady Peace Elementary. The program kept growing, implemented in three schools in 2007-2008: Merton Elementary, St-Raphael Elementary and Morin Heights Elementary, four schools in 2008-2009: Pierre Elliot Trudeau Elementary, George Vanier Elementary, Merton Elementary and Lauren Hill Academy, and two schools in 2009-2010: Pierre Elliot Trudeau Elementary and Terry Fox Elementary. Currently, Social and Study Skills programs are being offered in the community in small groups and through specialized individual programs.

In 2011, the Center enlarged its mandate by piloting the Tools for Success Program which offers mentorship to individuals ages 18-25. This program has become a successful ongoing service.

## **AWARDS AND RECOGNITIONS**

Carrie Goldberg (Founder and Executive Director) and The Family Resource Center have received recognition and support from the SPVM (Service de police de la Ville Montréal) for their work in mental health.

The Center has received the West Island Chamber of Commerce Accolades award.

## **CONTACT**

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