



## Centre de prévention des agressions de Montréal Montreal Assault Prevention Centre

June 2011  
Edition  
Over 25 years of commitment to assault prevention

### An innovative year despite some hardships

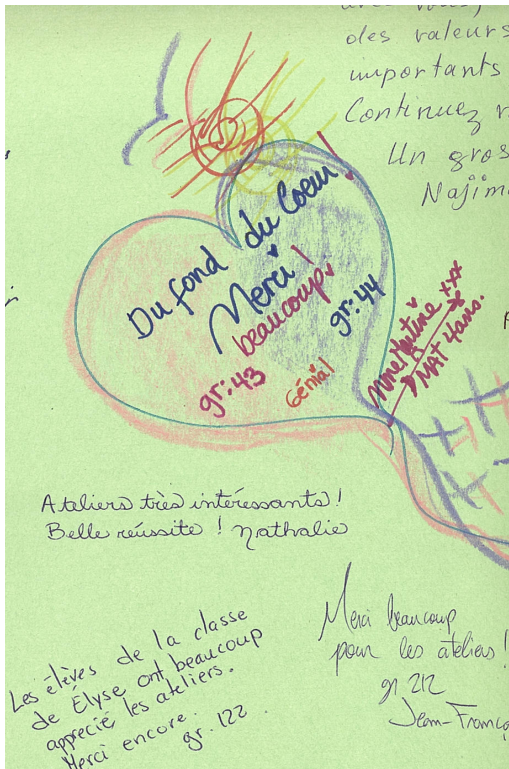
What an exciting year this has been. The Centre has been able to develop innovative programming while at the same time welcoming new employees who have joined our team: new administrative assistant, new ACTION coordinator and a new working structure. As you read the bulletin, you will see all the things that our experienced team was able to set up this year to meet the needs of the people living in diverse Montreal communities.

2010 – 2011 has not been an easy year for the Montreal Assault Prevention Centre team. A reduced budget due to cuts in key funding sources meant cuts in salaries and less contracts for on call animators. Despite these conditions, it's been amazing to see that we've managed to accomplish all the work we set out to do in the Fall, partly because of the volunteer work offered by the staff. Thanks to your continued support and to our dedicated team, we were able to continue offering our quality prevention programs at affordable costs.

**Thanks** to all our donors and members for making it possible and to all the staff and volunteers for giving of your time and energy to the cause.

Wishing you a beautiful summer and loads of fun!

*Michèle Chappaz, MAPC Coordinator*



*The teachers at Bienville school warmly show their appreciation for the CAP workshop*

### CAP – More than 25 years and still relevant !

Conceived in 1978 in the United States, and brought to Montreal just over 25 years ago, the CAP program still shows how relevant it is today.

Originally offered only to preschool and elementary school children, the Montreal CAP workshops have continued to adapt to meet the needs of all of the children and organizations who call on the Centre.

The CAP team has responded directly to comments and questions that we have received from children, parents and school staff. Many school-age children are now touched by the phenomena of violence in the media (film, tv, video games), street gangs and cyber-bullying. Parents have many questions about integrating their parenting practices with the realities of modern Quebec. The program Confidence, Solidarity and Respect, now well established with schools and a new workshop on Discipline with children, which we hope to have ready for the next school year, are two example of how we have responded to the needs of the community. We have accomplished this while still prioritizing disadvantaged school where we have had to adjust to more *special needs* groups, more *learning disabilities classes* and more 'welcoming' classes for immigrant and refugee children.

New groups have become interested in CAP over the years (Girls' Action Foundation in Parc-Ex for example) as confidence in our programming grows and as referrals by enthusiastic social workers, teachers and staff multiply. *Follow on page 3 ....*

Our heartfelt thanks go to **Kathleen Weil** and to **Robert Dutil** for their important financial contributions to our programs this year. We'd also like to thank Justice Canada for our Many Voices/Many Paths project. Last, but never least, we'd like to thank all the groups who lent us rooms for workshops and all the volunteers who gave generously of their time. THANKS !



## Centre de prévention des agressions de Montréal Montreal Assault Prevention Centre

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### **ACTION - An intense year !**

It's been an intense year for ACTION. We took part in the 2010 Worldwide March of Women by staffing a booth on the 14th of October and participated in the closing Quebec gathering in Rimouski. We offered security at the Take Back the Night march last September. We also organized a special International Women's Day event and offered 3 demonstrations to 41 women. We held them at the Sainte-Catherine-d'Alexandrie community Centre in English, French and Spanish. We've also been present at other events in the course of the year, such as professional development day at Georges Vanier and a meeting of the Table des partenaires contre la violence conjugale et familiale du Sud-Ouest/Verdun.

*This year, 454 women and 163 teens have taken an ACTION workshop !*

### **Diversity in ACTION and other workshops**

This year, six "Diversity in ACTION" workshops were held for racialized women in various organizations. One workshop was held for women with a physical disability and another for deaf women. Many of these workshops were held during the National Victims of Crime Awareness Week to survivors of criminal acts. A workshop for community outreach workers was also held in the Spring.

### **ACTION now in Spanish !**

ACTION was held in Spanish for the first time this year. In all, three workshops were given in Spanish. We hope there will be many more and are starting to translate the instructor's manual into Spanish. Sofia Rodríguez, the ACTION Co-ordinator, spoke about the women's self-defense course on the Radio-Canada International Spanish language show Nuevo Mundo Noticias.

### *Success Story*

*This year, the ACTION instructors were really touched when they heard about this woman's success story.*

*With the help of a friend, a woman who had not left her house for several years after having gone through a traumatic assault, decided to take an ACTION workshop at a local women's centre.*

*She gained quite a lot of self-esteem and confidence during the workshop. At the end of the workshop, she told us that she was now able to go out during the day when she was with a friend. She was very proud of herself for gaining some freedom. CONGRATULATIONS !*

### **Heartfelt THANKS !**

We'd like to take a moment to thank the groups and organizations that have shown their solidarity this year in our time of financial need. The Centre d'éducation et d'action des femmes (CÉAF), The Centre for lesbian solidarity, the Sainte-Catherine-d'Alexandrie Community Centre and the Regroupement des amblyopes et aveugles de Montréal métropolitain (RAAMM) for sharing their space with us during the course of this year.

**THANK YOU VERY MUCH !!!**

### **Solidarity Across Borders - Training for staff**

Last February two animators from the collective Solidarity Across Borders offered a workshop to the Centre's staff. The workshop informed us about the need for access to resources for women refugees and continued the work begun through the project Diversity in ACTION.



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## **CAP – More than 25 years and still relevant !**

Followed from page 1....

This is how CAP has become a resource for community groups (Montreal Homeschooling Association), High Schools (Georges Vanier), centres working with intellectually disabled adults and teens (Avatil, Lasalle Education Centre for adults, Centre de réadaptation Lisette Dupras), as well as the University of Montreal where we present our approach to future community workers.

The relevance of the CAP program also resides in the workshops we offer parents. The Centre's team knows how much parents contribute to their children's learning about assault prevention.

In 2011, workshops for parents were held at Familles en Action in Pointe-Saint-Charles, an organization that supports families in the neighbourhood, at La Maisonnée, a group that supports immigrant families, as well as Saint-Vital Parish, a group that aims to encourage community engagement in the parish. In this last case, the team was able to adapt the program to include parents, children as well as parish representatives. Last but not least, an adult workshop was also held at a youth centre Par la grande porte.

Our CAP team has demonstrated time and time again its professionalism, its flexibility, and commitment to assault prevention. Because we represent a wide variety of communities (Algeria, Columbia, France, Haïti, Ontario and Quebec), we add different value and experience to whatever we develop. Overall, this was a very encouraging year and a promising future is ahead !

The CAP Team

## **Facebook**

*The Centre now has a facebook page. Please visit and help us by 'liking' the centre and follow our postings.*

*This is just one more way to show your support for the work done by the Montreal Assault Prevention Centre. Thank you!*

### **CAP Statistics**

*September 2010 - June 2011*

#### **Elementary Schools**

*Sainte-Bernadette-Soubirous, Bienville, Iona, Barthélemy-Vimont, Georges Vanier, Jeanne leBer, La Passerelle*

#### **Preschools**

*La Petite École de Brossard, Sol, île des Sœur, Repère des Moussees, Galijode, Tournesol, Coin des Enfants, Porte Ouverte, Mlle Pluche, île Perrot Playgroup*

#### **Program for people with an intellectual disability**

*Avatil, Centre d'éducation Lasalle, Lisette-Dupras, Georges Vanier*

#### **Other groups**

*La maison des jeunes Par la grande porte, Université de Montréal, Paroisse Saint-Vital, Halte Garderie de Côte-des-Neiges, La Maisonnée, Familles en Action, Girls Action Foundation, Homeschooling Association*

#### **Total**

**Children: 2 689**

**Adults: 440**

**People with an intellectual disability: 123**



*Children's drawings that staff at Bienville School sent on to us*



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## 15th Annual Raffle Results Montreal Assault Prevention Centre

Wednesday, May 18th, 2011

And the winners are .....

1. Two return tickets in comfort class in the Quebec-Windsor corridor with Via Rail \$1,215.....# 0291/Tina Filis
2. Original Lithograph, signed and numbered by Bernard Séguin Poirier \$1,000.....# 0383/Johanne Ouellet
3. Twenty double passes to films distributed by Alliance Vivafilm \$480.....# 0529/Pascale Fournier
4. A weekend for two at Hotel Chanteclerc \$350.....# 1864/ Marise Guindon
5. Original water colour painting by Leona Heillig \$300.....# 0799/Kwong Li
6. A digital camera, Fujifilm Finepix F480 and Lyod DVD player offered by Pharmaprix \$200.#0580/F.Tremblay
7. Free car rental for a 3 day week-end by Discount, 1000 km included (21)\$190..... #0453/Julie Carrier
8. Astrological reading by Jean-Jacques Guyot \$180.....#1940/Louise Landry
9. Three month membership at the YMCA - N.D.G. \$170.....#0543/Gislaine Durand
10. Three-month membership at the YMCA - Westmount \$170.....#1941/Pauline Lévesque
11. Gift certificate from Au Premier Expert cheveux Spa Urbain \$150.....#1384/Christine Tardif
12. Gift certificate from the Visual Art Centre \$150..... #0510/Danielle Dupont
13. Nine weeks of yoga (summer session) with Joanne Ransom \$130..... #1543/Bill Hlibchuk
- 14.15,16. (three draws) Gift certificate from Boutique Courir \$100 ea.....#0820/Pierre Gaudreault
- .....#2045/Patricia Bossy.....#0360/Michèle Gagnon
17. Scarf and original jewellery from Astri Prugger Design \$100.....#0476/Luc Mikelsons
- 18 A bag of children's books from Babar En Ville \$88..... #0482/Brenda Armstrong
19. Eight film passes at Cinéma Beaubien \$88.....#1774/Sook Lee
20. Two tickets to the show of your choice (2010/2011yr) at the Centaur Theatre \$87 ..#2311/Claudette Labbé
21. Massage from Joanne Ransom \$85.....#0892/Josée Jiberge
22. Tickets for the Botanical Garden, Insectarium, Biodome and Planetarium \$80.....#0537/Anne Guimond
- 23,24. (two draws) A 60 minute session of massotherapy at Séquoia \$76 each .....
- .....#1614/Catherine Martel.....#0770/Simon Dextraze
- 25, 26,27,28,29 (five draws) two pairs of free passes to the Montreal Museum of Contemporary Art with a catalogue by the Friends of the Museum \$70 each.....# 0336/Ester DiCori ..... #1876/Mélissa Michaud ...
- .....#0750/Patrick Parent.....#0673/Dr. Westwood.....#1023/Karen Dalfen
30. Four tickets to the Montreal Museum of Fine Arts \$60.....#1225/Lisa Sinai
31. Five free passes to a Sunday Discovery Workshop with a bag and a book from the Redpath Museum \$55 .....
- .....#1966/Donna Kindrat
- 32,33. (two draws) Two free family passes at the McCord Museum \$52 each.....#0840/M. Cyr.#1375/A. Couture
34. Gift certificate for an oil and filter change and general inspection from Laurier General Auto Repairs \$50 .....
- .....#0496/Jacky Farrell
- 35,36. (two draws) Gift certificate from Paragraphe Bookstore \$50 each #2332/S-M Landriault...#1613/C. Martel
- 37.Two tickets for a production at Black Theatre Workshop \$42..... #1539/Seth Dalfen
38. Gift certificate from Babar book store \$40..... #1495/Mireille Lebrun
- 39.Gift certificate from Coop Maison Verte N.D.G. \$40 .....#0624/Gabriel Boisvert
40. Two tickets to the Montreal Museum of Fine Arts \$30.....#1707/Lucy Gold
41. Gift certificate for coffee from Café Rico \$25..... #0893/Josée Jiberge
- 42.Gift basket from Ten Thousand Villages (N.D.G.) \$25..... #1274/Julie Fiset-Laniel
- 43,44,45,46. (4 draws) Box of chocolates from Chocolaterie Leonidas each valued at -\$22 each.....#0566/Annie Fournier.....#0480/Wendy Thatcher.....#0884/Chantal Duperron.....#0716/Kathleen Asselin
- Prize for the best salesperson: Box of chocolates from la Chocolaterie Leonidas \$40 goes to Louise Houle

**We raised 7 845 \$ - THANK YOU!!!!**

514-284-1212 - www.cpamapc.org - RACJ: 414905

### Canadian Paediatric Society

Congratulations to Dr. Frappier, our Board's President, for his election as the President of the Canadian Paediatric Society.

### Canadian Bar Association

Congratulations to Chantal Arsenault, our Treasurer, for her election as the President of the Canadian Bar Association (immigration rights).

## The Staff

### Administration

Michèle Chappaz  
Centre coordinator  
David Singleton  
Cap Coordinator  
Sofía Rodríguez  
Action Coordinator  
Chantal Hamel,  
Aministrative assistant

### CAP Team

Ana Mercedes Camacho  
Virginie Le Galès  
Naïma Madi  
Elsie Miclisse  
Sébastien Nadeau  
Sabrina Riaz  
David Singleton

### ACTION Team

Katy Vadnais  
Sofía Rodríguez  
Valérie Lavoie  
Leona Heillig  
Erika Elizabeth Díaz Rivera  
Béatrice Châteauevert-Gagnon  
Michèle Chappaz  
Salma Ahmad

### Board of Directors

Dr Jean-Yves Frappier  
President  
Shirley Ann Walker  
Vice-president  
Chantal Arsenault  
Secretary-Treasurer  
Patricia Bossy  
Michèle Chappaz

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*The Montreal Assault Prevention Centre is a non-profit community organization that aims to increase the capacity of people in dealing with various assaults. The staff animate CAP and ACTION workshops*