



Providing educational, sociotocultural, sports and family activities for all  
**Strong Families. Strong Community**

*Winter 2018*

New Frontiers School Board  
Chateauguay Valley Community Learning Centres

**[clc.nfsb.qc.ca](http://clc.nfsb.qc.ca)**





Phone line 24 hours-7 days a week for families / Ligne 24 heures-7 jours pour les familles  
 450-264-2999/1-877-764-2999

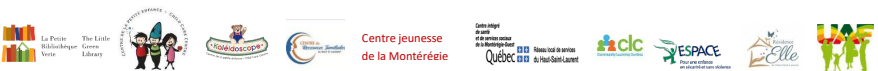


- NEED LANGUAGE STIMULATION SERVICES?
- NEED TO BORROW EQUIPMENT FOR THE SAFETY OF YOUR CHILD?
- NEED A DROP-IN DAYCARE SERVICE?
- ANY OTHER NEEDS FOR YOUR CHILD BETWEEN 0-5 YEARS-OLD?

**ONE NUMBER TO REFER YOU TO THE RIGHT SERVICE**

Early childhood partners are preoccupied with all 0-5 year-old children in the Haut-Saint-Laurent to make sure they have what they need to enter school and approach life in a successful and positive way.

The partners: La Petite Bibliothèque Verte, Centre de la petite enfance Abracadabra (CPE), Centre de la petite enfance Kaléidoscope C.C.C. Centre de Ressources Familiales du Haut-St-Laurent (CRF), Centre Jeunesse de la Montérégie, CLSC Huntingdon – CISSS-MO, Community Learning Center (New Frontier School Board), Espace Suroit, Résidence-Elle du Haut-Saint-Laurent, Une affaire de famille (UAF)



# Chateauguay Valley

Community Learning Centres

**Strong Families. Strong Communities.**

**Heidi** 450 264-9276 • [hniven@nfsb.qc.ca](mailto:hniven@nfsb.qc.ca)  
Huntingdon area

**Kim** 450 829-2381 ext 245 • [kwilson@nfsb.qc.ca](mailto:kwilson@nfsb.qc.ca)  
Ormstown area

**Lianne** 514 463-1135 • [lfinnie@nfsb.qc.ca](mailto:lfinnie@nfsb.qc.ca)  
Hemmingford, Franklin, Ormstown & Howick areas



## Community Learning Concepts (CLCs)

### Community Learning Centres (CLCs)

Community Learning Centres (CLCs) are community schools that bring together various stakeholders in partnerships for youth development, lifelong learning, community engagement, family support and community health & safety.

*Nous avons pour objectif de favoriser le développement global des citoyens et de la communauté de la Vallée de la Chateauguay. Nous offrons des activités éducatives, sociales, et récréatives dans les écoles et centres.*

**HAECC** 24 York Street, Huntingdon

## Drawing & Painting

*Tuesdays • 1:00 to 4:00 p.m.*

*April 10 to May 29 • 8 weeks*

*\$150/session • Info: Pat Walsh 450 264-2674*

**Contact Heidi**  
for activities in the  
Huntingdon area.

450 264-9276

hniven@nfsb.qc.ca

## Photography Club

*Every second Tuesday beginning in January*

*7:30 to 9:30 p.m. • \$30*

Join a group of passionate photographers who meet to exchange, discuss and critique each other's images. Contact Shelly Maither for info 450 264-2022.

## Zumba

*Session 1 January 8 - February 21 Session 2 March 12 - April 30*

*Session price: \$56/1 class per week \$100/2 classes per week-*

*Drop-in: \$10*

Zumba® involves dance and aerobic movements performed to energetic Latin and international music. *Mondays 4 pm-5 pm*

STRONG by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. *Wednesdays 4 pm - 5 pm*

Contact Lexie Tucker 514-267-9415 [lexietucker@hotmail.com](mailto:lexietucker@hotmail.com)

[www.facebook.com/zumbawithlexie](http://www.facebook.com/zumbawithlexie)

**Heritage** 21 King Street, Huntingdon  
Elementary

## Fit-Target

*Monday at HAECC and Wednesday at Heritage*

*5:15 to 6:15 p.m., Jan. 8 to March 28*

*24 courses / \$110.00, Drop-in \$ 5.00*

Open to anyone at any level 18 years +. Combine cardio, strength, agility and more. Challenge yourself! High-energy music and a lot of fun! Contact: Denis Vallieres, 450 601-2625, [dvnomad@gmail.com](mailto:dvnomad@gmail.com)

# CVR

1597 Route 138A, Ormstown

## CLC Sports



7:00 to 9:00 p.m.

Monday **BASKETBALL**

Monday **INDOOR RUGBY**

Facebook: [otownsaracens/](https://www.facebook.com/otownsaracens/)

Email: [o.saracens.rfc@gmail.com](mailto:o.saracens.rfc@gmail.com)

Tuesday **BADMINTON**

Wednesday **VOLLEYBALL**

Thursday **FLOOR HOCKEY**

Friday **YOUTH BASKETBALL**

## Irish Dance

Wednesdays • 6:00 to 7:00 p.m.

January 10 to March 21 • 11 weeks

\$110.00/ session.

Contact Janice 514 588-1179 or

[youngirishdance@hotmail.com](mailto:youngirishdance@hotmail.com) to register

## DIY Meals for the Modern Man Cooking Workshops

Is it time to improve your cooking skills? The Centre de ressources familiales du Haut St-Laurent's 'men only' cooking program is for you! Classes will be offered at CVR and CVCEC one afternoon per week, starting in early February for men aged 16 and over. More details to follow. The cost is 4\$ per class. For more information, please contact Heather at 450-264-4598.

Activities start week of January 8, 2018  
Registration will take place the night of the first class.

1 sport \$35

2 sports \$60

3 sports \$95

4 sports \$130

Drop in: \$3/night

Contact Kim for activities in the Ormstown area.

450 829-2381 ext 245

[kwilson@nfsb.qc.ca](mailto:kwilson@nfsb.qc.ca)

## Care for a loved one without becoming exhausted

Thursdays 6:00 to 8:30 p.m. • April 5 to May 31. More and more individuals are becoming family caregivers. These workshops address both the physical and mental strains caregiving can have on a family member.

In partnership with the Alzheimer Society

### Alzheimer Information Session

Understanding the signs and different types of memory loss  
June 7, 2017 • 6:00 to 8:30 p.m.

To register, contact Debbie Neumann at 450 826-1243  
or [dneumann@aidantsnaturelshsl.com](mailto:dneumann@aidantsnaturelshsl.com)

**FREE**  
caregiving  
workshops  
offered by  
**Les Aidants  
Naturels**

**CVCEC** 46 Roy, Ormstown

## **Certified First Aid/CPR**

**8 hour courses** \$85

May 23 & 24 • 4:00 to 8:00 p.m.

*To register, contact CVCEC 450 829-2396 (spaces limited)*

**Contact Kim for activities in the Ormstown area.**

450 829-2381 ext 245

[kwilson@nfsb.qc.ca](mailto:kwilson@nfsb.qc.ca)

## **Hatha Yoga**

**Ten-week session beginning January 8**

*Mondays & Thursdays - 6:00 to 7:30 p.m. Flow Yoga Experienced students*

*Wednesday 4:00 to 5:00 p.m. Yoga for Stress Reduction*

*Wednesday 5:15 to 6:15 p.m. Chair Yoga*

For more information and to register, contact Julie Gergely at 450 807-8438

## **Babysitting Course**

*March 20, 21 and 26 • 4:00 to 7:00 p.m. • \$55*

This nine hour course for kids aged 12 or over teaches the skills to provide a babysitting service with confidence. Please be sure to pack a dinner! Contact Kim Wilson to register.

## **DIY Meals for the Modern Man Cooking Workshops**

Is it time to improve your cooking skills? The Centre de ressources familiales du Haut St-Laurent's 'men only' cooking program is for you! Classes will be offered at CVR and CVCEC one afternoon per week, starting in early February for men aged 16 and over. More details to follow. The cost is 4\$ per class. For more information, please contact Heather at 450-264-4598.

**Would you like to offer an activity for the community? Contact a CLC rep in your area for info!**

**Get certified at HAECC!**

**MAPAQ Hygiene  
Food Safety**

**Working in a restaurant requires  
certification in food safety and handling.  
HAECC will be offering the following:**

**Handlers 6 hour course  
Managers 12 hour course**

**Contact Heidi at HAECC for more  
information!**

**FREE Investment Seminar Series @ CVR**

**THE ABC'S OF  
SUCCESSFUL INVESTING**

**Where will the money come from?  
How will I get there?**

There are 8760 hours in a year .... Invest 5 Monday evenings to better understand your financial future.

**JANUARY 29 to FEBRUARY 26**

7:00 to 9:00 p.m. It's FREE! Bring a friend!

Contact Kim Wilson 450.829.2381 kwilson@nfsb.qc.ca, Ext 245 or  
Todd Cote 450.202.0999 todd.cote@raymondjames.ca

Please register by Monday January 15, limited space available!

New Frontiers School Board  
Chateauguay Valley Community Learning Centres  
**[clc.nfsb.qc.ca](http://clc.nfsb.qc.ca) • [www.nfsb.me](http://www.nfsb.me)**

