



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

June  
2010  
Edition  
**A 25-year commitment to assault prevention**

## Calling all members to help continue our work

The Montreal Assault Prevention Centre celebrates 25 years of amazing work this year. With your financial support, we have taught over 125 000 people and shared excellent prevention skills with women, seniors, teens, children, teachers and parents. This is work we can all be proud of!

The economic situation that we are all aware of is going to affect the Centre in 2010-2011 and we will need your help even more than we did before. Next year, we will need 65,000\$ to continue offering our quality prevention programming at affordable costs. We will need even more to fund courses for people who cannot afford to pay even these low costs. We will be launching a sponsorship program where each member can donate the amount needed for a woman to participate or for a whole class of children.

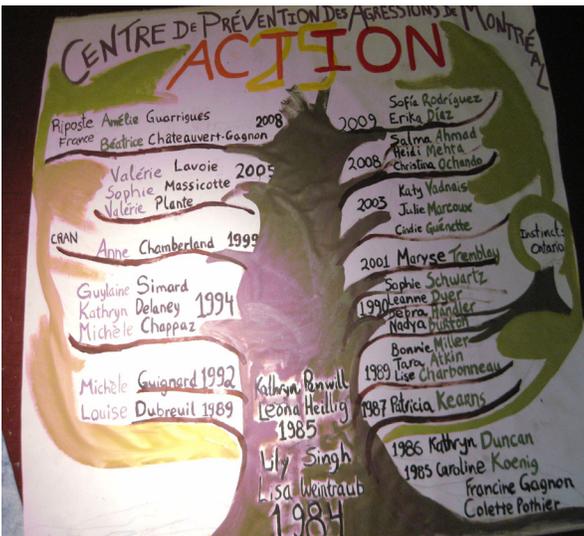
We are also turning to private foundations and to project grants to make up for this. If you have contacts with any foundation, please let us know how we could make our work known to them and tell them about our work.

Your donations, now and in the future, will help us through this crisis to pursue our goal of offering quality prevention skills to people who are most vulnerable to assault.

Next fall, we will be participating in the Take Back the Night march on September 23rd and the World March of Women from October 10th to 17th. We also hope to hold a press conference to celebrate our successes over the past 25 years and to launch the sponsorship fundraising campaign.

Thank you for your generous support which will help us continue our work for 25 more years.

*Michèle Chappaz, MAPC Coordinator*



Created by the ACTION team to commemorate 25 years of assault prevention at the Centre and featuring the founders and all the ACTION instructors since its inception in 1984.

*This year, I had the good fortune of joining the team at the Montreal Assault Prevention Centre animating CAP workshops. It was a rich year for learning and for experimenting. Since the very beginning, I've felt welcomed and accepted into what seems like a family. The special openness and respect that I've found here as well as the desire to help children and other vulnerable groups by sharing tools, not rules, touched me from the first.*

*This past year has changed the way I see myself and others, especially my children, thanks to the empowerment approach that builds self-esteem, confidence and the ability to maintain our rights. I feel as though I were a new person now.*

*This experiment began with a school in CDN, one of the most multicultural neighbourhoods in the city. It was wonderful to see how the kids, who often come from countries where they are denied even basic rights, discover their right to be safe, strong and free and think of ways to protect those rights and get help if they need it. When we were done, I felt the children were stronger and less isolated.*

*I learned about the Confidence, Solidarity and Respect workshop in a school in St-Laurent. This follow-up to CAP aims to prepare older children for high school. At this point, we are working on preventing assault linked to the 'gang' phenomena or sexual bullying on the internet as well as preventing other types of assault. Here again, I felt that once we were done, the children were more aware of assault and what they could do to stop it.*

*I'd like to thank the team at the MAPC for all the encouragement they gave me to become the best animator I could be and I'll end with this sentence that I often say to myself at the end of the day: "It feels great to know that we are planting seeds of empowerment everywhere we go."*

*Naïma Madi, new CAP animator*

Our heartfelt thanks go to **Status of Women Canada** as well as **the Greater Montreal Foundation**. We'd also like to thank **Alan DeSousa**, mayor of Saint-Laurent borough, and **Luc Malo**, BQ member of parliament for their support. We'd also like to remember all our incredible volunteers for all their work in support of the Centre.



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### Expanding the Circle of People who Care about Ending Racism

Heidi Mehta, the community organizer responsible for the Diversity in ACTION project, animated a workshop entitled Expanding the Circle of People who Care about Ending Racism for the Centre's team. In light of the Centre for Social Justice's brochure, we know that racial inequalities continue to exist in Canada in the 21st century.

Based on power and exploitation, racism gives certain group privileges over others by replacing egalitarian values with values about which norms are better than others. Canada was founded on this principle by stealing lands from Native People (1497), by enslaving Native and African people (1600), and by exploiting workers and colonizing various cultures.

Some Canadian founding events: 1867 – Canada is born. The government 'gives' 10 acres to white citizens and 1 acre to Native people; From 1879 to 1996, Native People are forced to assimilate and are not allowed to speak their own languages. Native People who dare to speak their own language get their tongues pierced; In 1885, Chinese workers work on the railway system at a quarter of the normal wage. In 2010, the new immigrant must still pay an access fee to the country and up until 1948, Canada refuses immigration access to people of colour.

Still today, our institutions are based on the supremacy of the white race and continue to discriminate against people who are not white. For example: people of colour earn 28% less than white people; Three times more jobs are offered to white people than to people of colour; despite affirmative action programs in federal employment, only 4% of jobs are held by people of colour. White people benefit from these social structures whether they want to or not because their whiteness is taken for granted and that helps maintain their privileges. For people of colour, on the other hand, the system and white standards of living depend on paying out low wages, here and elsewhere, and on poor or dangerous working conditions (nannies and migrant farm labour).

Society programs us to either be exploited by racism or to impose it on others. It is up to each of us to unlearn this racism if we want to stop it. And we need to learn to accept that by saying nothing, or doing nothing, we are complicit and become responsible for racism. And we contribute to it when we only think of our intentions (I am not racist) rather than to the consequences that have such an impact on others. We can confront racism wherever we see it for ourselves and as allies for all people of colour; we can find new ways to rebalance power by becoming aware of our privileges as white people. And perhaps together we can all become aware of how important language is in the transmission of these racial inequalities. Think of all the expressions where black and white are used and then think of how the terms are used. Surprising, isn't it?

Heidi's workshop allowed us to become aware of the latent racism in our institutions and to question the behaviours and attitudes that we may have, despite our best intentions. It is up to us to become more aware of our thoughts and behaviours, to welcome difference without judging or presuming. It is up to us to react and speak out against racism, to be quiet and listen to others, to make sure that everyone has space to speak their truths. These are potent tools in assault prevention!

Source: Centre for Social Justice – Brochure «Expanding the Circle of People who Care about Ending Racism»  
Available for free download at [www.socialjustice.org](http://www.socialjustice.org)

### Diversity in ACTION project

Thanks to a grant from the Women's Partnership Program of the Status of Women Canada and to financial support from Epiderma Foundation and the Foundation of Greater Montreal, the team at the Centre has finally been able to make a dream come true: to offer prevention programming to immigrant, Native and women of colour that takes various oppressions into account.

Heidi Mehta, the community organizer responsible for the project, has been diplomatic and gentle in sharing her knowledge with everyone. The end result is a prevention program that meets the needs of these women.

In the past 2 years, we have offered workshops to 252 women belonging to these communities as well as to at least 165 women who are at the crossroads of oppression (lesbians, transgender women or women living with disabilities). Furthermore, we have raised awareness on racism with almost 760 women in our regular ACTION program.

We are proud of these accomplishments and wish to thank all our financial and community partners. We hope to continue to offer this program next year.



Part of MAPC's team in June 2010 (from the top): Salma Ahmad, Erika Diaz, Eileen Quashie, Sofia Rodriguez, Lise Charbonneau, Valérie Lavoie, Virginie Le Galès, Ana Camacho, Kathryn Delaney, Katy Vadnais, Heidi Mehta, Sabrina Riaz, Michèle Chappaz, Chantal Hamel.



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## Sensitivity training by Quebec Association of Native Women

France Robertson, of the Quebec Association of Native Women, met with the ACTION instructors last April. Instructors learned of several disturbing facts.

Did you know that Apartheid was inspired by Canada's 'successful' segregation of Native people? Or that Canada still has not signed the United Nations Declaration on the rights of Native People, first published in 2004? Native People are considered minors by the Canadian government and the government is the official 'tutor' of all Native People. 510 Native Women are missing and the State has not yet intervened.

If these facts worry you, we invite you to learn more by visiting websites (*Sisters in Spirit, Native Women of Quebec and Amnesty International*) and by signing a world-wide petition to encourage governments, namely the Canadian government, to sign the United Nations Declaration to recognize basic human rights of all Native People at [http://www.amnesty.ca/ip\\_un\\_petition/UN\\_indigenous\\_rights\\_petition\\_fr.php](http://www.amnesty.ca/ip_un_petition/UN_indigenous_rights_petition_fr.php)

[www.amnesty.ca/ip\\_un\\_petition/UN\\_indigenous\\_rights\\_petition\\_fr.php](http://www.amnesty.ca/ip_un_petition/UN_indigenous_rights_petition_fr.php)

## Prevention for veiled Muslim women

In the course of our diversity in ACTION project, we've come to know that there are hurdles that stop women from diverse ethnocultural communities from participating in our workshops.

This has led the team to conceive of a shorter workshop (6 hours), to ensure that childcare is available and to translate the workshop into Spanish.

Furthermore, the team has renewed their desire to offer workshops to ALL women, regardless of their religious beliefs, their practices or their attire, always with the view of increasing autonomy and solidarity. We warmly welcome women who wear the Muslim veil to join an ACTION workshop.

***ACTION stats - 126 teen girls and 709 women took ACTION in 2009-2010!***

## **CAP stats** *September 2009 to June 2010*

### **Elementary schools**

*Iona, Nouvelle-Québec, Saint-Pascal Baylon, Barthélémy-Vimont, Nesbitt, Enfants-Soleil, Sainte-Bernadette-Soubirous, Bedford*

### **Preschools**

*Porte Ouverte, Tournesol, Île des Soeurs, Repère-des-Mousses, Sol, Pays des Schotroumpfs, Galijode, Coin des Enfants, Mme Pluche*

### **Program for intellectually disabled adults**

*Avatil, Centre d'éducation LaSalle, West Island Rehabilitation Centre*

### **Other groups**

*Université de Montréal, Lasalle College, Girls' Action Foundation*

### **Total**

*Children : 3 011*

*Adults : 304*

*People with an intellectual disability : 38*

## **Barthélémy-Vimont: a first for CAP**

For the first time, CAP was offered to all of the classes at Barthélémy-Vimont, a large school in the Parc-Extension neighbourhood.

The team spent all of March and April meeting students, after having met with all the teachers, the school staff and the parents. The team enjoyed the lively atmosphere at this school.

Pierre and Naïma, who had been trained last fall, practiced their newfound animation skills. The team is excited about this work and hopes to return there in future years.

In the meantime, we'd like to point out the work of Catherine Caron, Kim Lalande and Nathalie, whom the children appreciate and who supported us during our visit. We thank them for their availability, their involvement and their competence.

## **CAP for intellectually disabled adults**

CAP was originally designed with children in mind. 20 years ago, the Centre adapted CAP for adults with an intellectual disability, after being asked by the West Island Rehabilitation Centre to do so because of their increased vulnerability to assault. Since then, the Montreal Assault Prevention Centre has added this prevention programming to its regular activities. Recently, the team has shared prevention skills with intellectually disabled adults in 8 workshops with the West Island Rehabilitation Centre, 2 with the Adult Education Centre in LaSalle and 4 with the group Avatil.

Each of these workshops is a pleasure for the animation team because the participants understand profound concepts and become active actors in the workshops. This confirms the pertinence of such programming and the necessity of making it accessible to all. We'd like to thank all these participants for their encouragement!



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## 14th Annual Raffle Results Montreal Assault Prevention Centre

Wednesday, May 26th, 2010

And the winners are .....

1. Copper enamel, an original work of art by Bernard Séguin Poirier \$1,000 ..... J-A.Couillard #1593
2. Two return tickets in comfort class in the Montreal-Windsor corridor with Via Rail \$898 plus \$100 for accommodation, total of \$998 ..... R.Clermont #1439
3. Twenty double passes to films distributed by Alliance Vivafilm \$480 ..... S.Therrien #1445
4. Original painting by Catherine Janovich \$300 ..... Dr. C. Hervouet Zeiber #1662
5. Original watercolour painting by Leona Heillig \$300 ..... M. Malkin #1101
6. Weekend for two in a deluxe room at the Montreal Hôtel Inter-Continental \$230 ..... G.Morel #0656
7. Free car rental for a 3-day week-end with Discount, (21 years old) 1,000 km included \$190 ..... M-H Jetté #0845
8. Three-month membership at the YMCA - Westmount \$170 ..... N.Lefebvre #0581
9. Three-month membership at the YMCA - N.D.G. \$170 ..... E.Diaz #1701
10. A digital camera, Fujifilm Finepix F480 offered by Pharmaprix (St-Laurent/Jarry) \$170 ..... T.Couchesne #0082
11. Astrological reading by Jean-Jacques Guyot \$150 ..... S.Fruitman #0822
12. Gift certificate from Au Premier Expert cheveux Spa Urbain \$150 ..... C. Huot Guignard #1348
13. Free car rental for a week-end with Budget Car and Truck Rentals (21 years old) 200 km/day \$150 ...K.Doederlein #1483
14. Gift certificate from the Visual Arts Centre \$150 ..... Dr. L.Puchinger #0275
15. Four pairs of free passes to the Musée d'art contemporain de Montréal with two catalogues offered by the Friends of the Museum \$150 ..... D.Daignault #0458
16. Nine weeks of yoga (summer session) with Joanne Ransom \$130 ..... D.Proteau #1689
17. Three pairs of free passes to the Musée d'art contemporain de Montréal with two catalogues offered by the Friends of the Museum \$115 ..... L.Williams #1182
- 18, 19, 20. (3 separate draws) Gift certificate from Boutique Courir \$100 (total donation \$300) ..... S.Delage #0452
- .....L.Winer #1091, M.Pilon #0047
21. Scarf and original jewellery from Astri Prugger Design \$100 ..... Dr.R.Goldbaum #1535
22. Two tickets for a cruise/excursion with Croisière A.M.L. \$100 ..... P. Takyi #0923
23. Eight film passes at Cinéma Beaubien \$88 ..... M.Grinstead #1116
24. Two tickets to the production of your choice (2010/2011 season) at the Centaur Theatre \$87 ..... M.Bicher #0410
25. Massage from Joanne Ransom \$85 ..... M.Maheux #0898
26. Tickets for the Botanical Garden, Insectarium, Biodome and Planetarium \$80 ..... L.Morin #1683
- 27, 28. (2 separate draws) A 60-minute session of massotherapy at Séquoia Massothérapie \$76 (total donation of \$152) ..... Y.Rodriguez #0882, G.Morand #0668
29. Gift certificate from Paragraphe Bookstore \$75 ..... K.Dalfen #0334
30. A session of massotherapy in your home offered by Katrine Alarie \$75 .....D.Dupont #0121
31. Four tickets to the Montreal Museum of Fine Arts \$60 ..... E.Baines #0609
- 32, 33.(2 separate draws) Two free family passes to the McCord Museum \$52 (total donation \$104) ..... K.Cornford #0645, R.Paquette #0498
34. Five passes for a Sunday Discovery Workshop with a bag from the Redpath Museum \$50 ..... C.Sarrazin #0249
35. Two tickets for a production at Black Theatre Workshop \$42 ..... Syndicat CDEFT #1874
36. Gift certificate from Babar book store \$40 ..... L.Desplantie #1548
37. Gift certificate from Coop Maison Verte N.D.G. \$40 .....C.Mai #0158
- 38, 39, 40, 41. (4 separate draws) 2 pairs of free passes to the Musée d'art contemporain de Montréal offered by the Friends of the Museum \$40 (total donation \$160) .....Dr. L.Puchinger #0262, I.Daignault #1908, M.Rehmer #1925, V.Kisfalvi #1169
42. Gift certificate for coffee from Café Rico \$25 ..... M-A. Sarrazin #1710
43. Gift certificate from Ten Thousand Villages (N.D.G.) \$25 ..... L.Brunet #1904
- 44, 45, 46, 47. (4 separate draws) Box of chocolates from Chocolaterie Leonidas each valued at \$22 (total donation of \$88) ..... Fringues et Cie #1880, R.Charest #0661, I.Morrisette #0290, M.Rochette #0721
- Prize for the best salesperson: Box of chocolates from la Chocolaterie Leonidas \$40 ..... J-P.Champagne / 83 billets

**We raised 6 545 \$ - THANK YOU!!!**

514-284-1212 - www.cpamapc.org - RACJ: 413687

## Canadian Paediatric Society

Congratulations to Dr. Frappier, the Montreal Assault Prevention Centre's president, for his nomination to the position of president-elect of the Canadian Paediatric Society.

*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*

## The Staff

### Administration

Michèle Chappaz  
Centre coordinator  
David Singleton  
Cap Coordinator  
Sofía Rodríguez  
Action Coordinator  
Lise Charbonneau  
Administration  
Eileen Quashie  
Leona Heillig  
Fundraising

### CAP Team

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

### ACTION Team

Katy Vadnais  
Sofía Rodríguez  
Heidi Mehta  
Sophie Massicotte  
Valérie Lavoie  
Erika Elizabeth Díaz Rivera  
Kathryn Delaney  
Béatrice Châteauevert-Gagnon  
Michèle Chappaz  
Salma Ahmad

### Board of Directors

Dr Jean-Yves Frappier  
President  
Shirley Ann Walker  
Vice-president  
Chantal Arsenaault  
Secretary-Treasurer  
Patricia Bossy  
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### MAPC

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