



Montreal ASSAULT PREVENTION CENTRE

June Edition 2012

LOTS OF GOOD NEWS!

We've been working hard to ensure our continued funding so that those who can't afford our programs can still have access to quality prevention workshops. To that effect, we have a part-time fundraiser working with us now, which is why you'll read about many new projects that different funders are subsidizing.

The anti-oppression lessons we learned from 2008 to 2010 when Heidi Mehta worked with us continue to influence every aspect of our work and make our programs even more accessible to an even greater number of Montrealers.

This winter, I had the opportunity to participate in an ACTION training for self-defense instructors and I'm happy to say that I use what I learned there every day in my CAP work with teachers and parents. It is especially useful in undoing myths and prejudices that we might encounter about members of diverse communities. I think ACTION trains for life!

In CAP, I see lots of new collaborations with new schools, like Gilles Vigneault, and new non-profit organizations, like Tandem which welcomed us on Saturday May 28th, and Bureau consultation jeunesse.

Overall, I think this has been a great year and that we only have good news to report.

Ana Mercedes Camacho, CAP animator



Ana, Sofia and Naima at our annual fun day - our way to replenish our energy tanks for the rest of the year.

BULLYING IN SCHOOLS

Bullying among students in schools and cyber bullying have had a lot of coverage in the press this past year, with reason. The increased awareness on this subject is important as it also increases efforts to counteract it. However, every type of assault affects children, youth and adults and that is why the Centre offers a comprehensive range of programming that addresses all forms of assault.

David Singleton - CAP Coordinator

Success Story Excerpt

« I am sleeping at home. I wake up because I hear loud footsteps. There are three men in my apartment, the landlord and two others. I yell : "AAAAAH-HHHHH! What are you doing here?!"

They say that they have come to repair something and that they knocked and I said : "You have no right! I am not comfortable. I have already told you that you must call before you come over". He apologized and they left.

Sylvie is a white woman who is deaf

ACTION PROJECT IN WOMEN'S SHELTERS

That's just one of the many success stories that we are hearing in shelters through this new project in shelters, funded by the Women's Program from Status of Women Canada over a period of two years. This project will allow us to tour shelters for women who are experiencing violence against women in their intimate relationships. In a first phase, instructors animate a new workshop that examines the cycle of conjugal violence and self-defense strategies that help us break that cycle. In the second phase, women are invited to take a more general workshop that lasts two days where we offer daycare and a meal. As of today, 84 women have participated in one of these workshops.



Condition féminine
Canada

Status of Women
Canada



ACTION

ACTION NEWS

As you'll see in this newsletter, ACTION's many projects and this winter's training for new instructors has kept the whole team very busy this year. Three apprentices have joined the team: Vanessa, Carolina and Naïma. Welcome to the team! We wish you every success in your apprenticeship. Given that current instructors had wonderful opportunities to travel and to work, there often was only one or two instructors teaching at a time so everyone is thrilled to have you joining the ACTION team this year. CONGRATULATIONS AND WELCOME!

CALL FOR SUBMISSIONS...

In the context of the our project in Women's Shelters, the Centre will be producing a "survival guide" for women that will contain success stories and illustrations featuring various self-defense strategies. This guide will be available by next spring for women living in shelters and on our website.

Do you have a terrific success story that shows you being assertive or empowered that you would like to share?

Do you have a photo, drawing, painting that demonstrates solidarity, diversity or the strength of women?

Are you willing to see them published in a volunteer capacity?

If you answered yes, send us your stories and images (JPEG please) in French, English or Spanish at succescpam@gmail.com before October 1st 2012.

[Thank you!](#)

ACTION STATISTICS

In 2011-2012, 136 teens and 287 women took an ACTION workshop !

ACTION FOR WOMEN WITH DISABILITIES



After a rather slow start, our new prevention, awareness and self-defense project for women with disabilities finally began this spring. A first workshop was held in Drummondville for women with reduced mobility. We are planning to offer 4 to 6 workshops for blind women, deaf women and women with reduced mobility by December 2012.

This program has been supported with a grant from the Canadian Women's Foundation and its partners.

WOMEN IN CRISIS

Thanks to funding obtained from the Epiderma Foundation, the Centre has been able to offer free ACTION workshops for women living in a particularly difficult or precarious situation. The Centre makes sure that a daycare service and meals are available so that women with few financial resources can participate.

So far, 94 women have been able to partake in one of these workshops.



THANKS !

We'd like to take this opportunity to thank all our members, volunteers and funders for your precious support in making ASSAULT PREVENTION a priority in our larger Montreal area. Together, we are making a difference.

HERE'S A HUGE THANK YOU FOR ALL YOUR SUPPORT !!!



CAP

PUT A CAP ON VIOLENCE

This year the Centre received funds from the Foundation of Greater Montreal to offer our CAP workshops in Montreal-North to a school which would otherwise be unable to pay our fees. We were happy to be able to present this opportunity to St-Vincent-Marie school. We have had a working relationship with St-Vincent-Marie going back to 2003. It was one of the first



schools to implement Confidence, Solidarity and Respect as a follow-up to CAP. We are pleased to work in this school as the administration and resource personnel work extremely hard to encourage nonviolence, cooperation and respect in their students who come from a wide variety of cultural backgrounds and live in impoverished situations. The discussions we had with the grade 5 and 6 students about the reality of gangs in their community and their perceptions about them, both good and bad we especially interesting. Over six

hundred students participated in CAP and over twenty parents came out for a lively evening discussion on assault prevention with one of our animators. The CAP team would like to thank the Foundation of Greater Montreal for their financial support and Johanne Saint-Germain, the school psycho-educator, for her help in organizing the program and doing follow-up with children.

CAP Statistics 2011 - 2012

Elementary Schools

*Henri Beaulieu, Monseigneur-Laval, Quatre Vents
St-Vincent-Marie, Barthélemy-Vimont, Petit Chapiteau
St-Pascal-Baylon, Gilles Vigneault, Iona, La Passerelle*

Groups receiving CAP

Homeschooling Association, Tandem Mercier Hochelaga Maisonneuve

Preschools

*La Petite École de Brossard, Sol, Galijode, Repère des Mousses,
Tournesol, île des Sœur, Mlle. Pluche, Porte Ouvert
205*

*Program For people with an intellectual disability
Centre d'éducation Lasalle, Gabrielle-Major*

Other Groups

PSAME, Bureau de la consultation Jeunesse Parc-Extension

Total

Children 3 287

Adults 218

People with an intellectual disability 67



Foundation of Greater Montreal





RAFFIE

16th Annual Raffle Results Montreal Assault Prevention Centre

Wednesday, May 23rd, 2012

and the winners are...

1. Original Lithograph, signed and numbered by Bernard Séguin Poirier \$950.....#2135 C. Lemay
 2. Two return tickets in comfort class to Quebec with Via Rail \$709 plus two free passes for three site discovery package at the Musée de la Civilisation \$42 plus \$100 for accommodation (total donation \$851)....#0065 J. Lara
 3. Twenty double passes to films distributed by Alliance Vivafilm \$480..... #0273 D. Blais
 4. A weekend for two at Hotel Chanteclerc \$350.....#1708 L. Hamel
 5. Framed photograph by Loren Williams \$300..... #2383 L. Barylak
 6. Free car rental for a 3 day week-end by Discount, 1000 km included (21 years old) \$190.....#0159 D. Kennedy
 7. Astrological reading by Jean-Jacques Guyot \$180..... #0728 I. Sullivan
 8. Three month membership at the YMCA - N.D.G. \$170..... #2378 L. Waugh
 9. Three-month membership at the YMCA - Westmount \$170.....#0171 E. Schindman
 10. Nine weeks of yoga (summer session) with Joanne Ransom \$160..... #0149 M. Westwood
 11. Gift certificate from the Visual Art Centre \$150.....#1596 A. Duchesne
 12. Gift certificate from Au Premier Expert cheveux Spa Urbain \$150..... #1582 F. Ribaux
 13. A bag of children's books from Babar En Ville \$120.....#0075 V. Pelletier
 - 14, 15, 16. (three separate draws) Gift certificate from Boutique Courir \$100 (total donation) \$300#2242 F. Fernandez.....#0704 B. Chester#0151 M. Westwood
 17. Scarf and original jewellery from Astri Prugger Design \$100..... #0177 D. Martens
 18. Year VIP family membership to the Montreal Museum of Fine Arts \$95..... #1520 S. Hamel
 19. Two tickets to a play (2012/2013 season) at the Centaur Theatre Company \$89 #0673 L. Fontaine
 20. Massage from Joanne Ransom \$85..... #0319 K. Li
 - 21,22. (two separate draws) A 60 minute session of massotherapy at Séquoia Massothérapie \$82 (total donation \$164)#1726 C. Chouinard#2338 N. De Lorimier
 - 23, 24. Six film passes at Cinéma Beaubien \$66 (total donation \$132)#0267 S. Rico#2575 P. Hamel
 - 25,26 Two free family passes at the McCord Museum \$52 (\$104)#2532 E Thibeault..... #2399 Y. Moreau
 27. 5 passes to a Sunday Discovery Workshop and a book from the Redpath Museum \$55#1710 J. Thifault
 28. Gift certificate for an oil and filter change from Laurier General Auto Repairs \$50#2618 B. Amrstrong
 29. Gift certificate from Paragraphe Bookstore \$50..... #0826 J. Ramsy
 - 30,31,32,33,34 (five separate draws) two pairs of free passes to the Montreal Museum of Contemporary Art offered by the Friends of the Museum \$48 (\$240)#2327 S. Gaudreau#0169 R. Kugelmass
 - #0053 A. Beausnesne#2156 AMR Fruits#0192 M. Nam
 35. Two tickets for a production at Black Theatre Workshop \$42..... #0949 J. Mantha
 36. Gift certificate from Babar book store \$40..... #1622 M. King
 37. Gift certificate from Coop Maison Verte N.D.G. \$40..... #0965 S. Audet-Bruneau
 38. Two tickets to the McCord Museum \$26..... #0583 L. Puchinger
 39. Gift certificate from Paragraphe Bookstore \$25..... #1753 J. Ritchie
 40. Gift certificate for coffee from Café Rico \$25 #2570 M. Hamel
 41. Gift basket from Ten Thousand Villages (N.D.G.) \$25..... #2540 M. Beaudet
 - 42,43,44,45 (4 separate draws) Box of chocolates from Chocolaterie Leonidas each valued at \$22 (total donation of \$88)#2574 M. Boucher.....#2176 C. Guénette.....#2537 E. Hajji#2564 M. Bouchard
- Prize for most tickets sold goes to Sonia Ribaux - for a box of Chocolates from Leonidas

We raised 5155\$ - THANK YOU!!!!

514-284-1212 - www.cpamapc.org - RACJ: 416113

Director

Congratulations to Dr. Frappier, our Board's President, for his nomination as University of Montreal and Sainte-Justine Department of Pediatrics Director.

Centraide

Congratulations to Patricia Bossy for obtaining funding from Centraide for the organization that she directs - j'apprends avec mon enfant. BRAVO !

The TEAM

Administration

Sofía Rodríguez
Action Coordinator
David Singleton
Cap Coordinator
Chantal Hamel
Administrative assistant
Michèle Chappaz
Development

CAP Team

Ana Mercedes Camacho
Virginie Le Galès
Naïma Madi
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David Singleton

ACTION Team

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ACTION apprentices

Carolina Piazza
Naïma Madi
Vanessa Langlois

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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.