



Montreal **ASSAULT PREVENTION CENTRE**

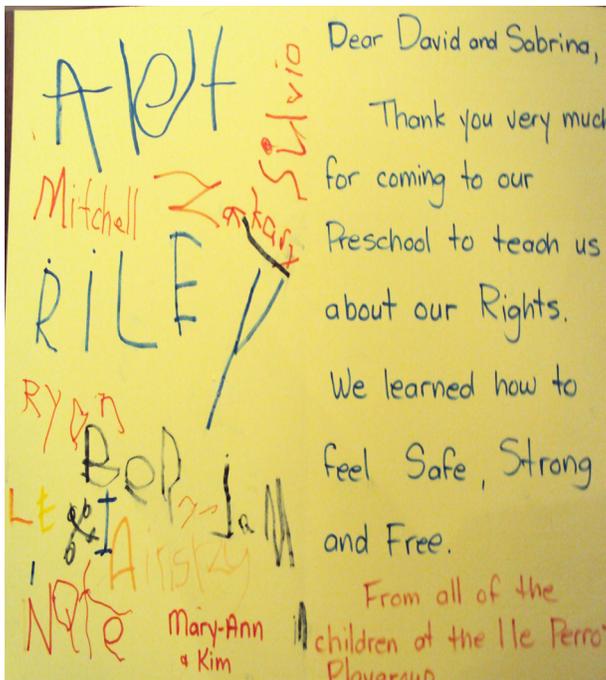
October
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AN EXCITING YEAR FOR THE CENTRE

Last year was an exciting one for the MAPC as we were able to successfully celebrate our 30th anniversary in style while continuing to offer our programs, in the increasing climate of austerity which is severely affecting all community groups in Quebec. In the New Year we will continue the struggle to maintain our level of service to the community, while providing an enriching work environment for our dedicated employees. Our main clientele are the people who are most affected by the government's retreat from social responsibility. They are also the groups who become marginalized in the ongoing discussion of where our society is going. We hope to be able to continue to advocate for and assist the most vulnerable members of society. We would like to thank the many individual Ministers and Members of Parliament in Quebec who supported the Centre with money from their discretionary funds.

TRAININGS AT THE CENTRE

On a more positive note, two trainings are planned for this year. CAP will begin the year with a training for a student from LaSalle College, Dorothee Mertyl, and Board member Maria-Sol Terraza, while an Action training is planned for 2016. This will also be the last year for our Annual Raffle. It also happens to be the 20th instalment, meaning we would like to send it out in style. This event, initiated in 1996 by Louise Houle, has become a fixture in our annual calendar, often being paired with a benefit show. For the last time we will be asking you to find prizes, buy tickets and bug your friends. If you have any suggestions for prizes, please forward them as soon as possible to David Singleton at caespace@cpamapc.org. We are also in the planning stages to develop a short video about the Centre which can be used as a promotional tool.



Card signed by preschool students at the Ile Perrot Playgroup

ANNUAL GENERAL ASSEMBLY

The MAPC will be holding its AGM on the **18th of November from 6:30pm-8:00pm** at our office, located at **4617 Saint-Denis Street**. Members are required to have paid their fees by the 4th of November to be eligible to vote at the AGM.

AcTioN

The Action Team has resumed its activities for this year with enthusiasm, and despite a lack of permanent funding for our program we are continuing to offer women's self defense workshops to old and new partners. This year we have already shared our self-defense tools with nearly 80 women. We have also designed a new self-defense workshop for girls starting at about 11 years of age until 13, which combines elements of the CAP and Action program. We also continue to offer a follow-up workshop of 90 minutes to practice body weapons for all those who have already taken the fourteen-hour course. Also, in the spirit of ensuring the sustainability of the Action program, we are planning to train new instructors in 2016. Any ideas for grant applications or research funds for our program would be greatly appreciated.



CAP IN THE NEW YEAR

CAP is very pleased to be returning to Barthélemy-Vimont this year, a large vibrant school in Park Extension. We have always enjoyed the diversity of the student population and the strong support staff. We also hope to continue our close connection with organisations and schools working with people with an intellectual disability. Last year, we more than doubled the number of participants in this program. This fall we will be returning to Contact School in LaSalle where the students learn skills to integrate into the workforce.

Naïma Madi, one of the CAP instructors, has taken a leave of absence to return to full time study at University.

THANKS TO THE SPECIALISTS

For CAP to be a success, we rely on the support staff at school to ensure a follow-up for children in difficulty ,and to organise our meetings with teachers and parents. Last year, a community agent attached to one of the schools we visited worked tirelessly to promote and ensure the participation of parents in one of our Positive Discipline workshops. The evening was a complete success with over 40 parents sharing information on the challenges they face around discipline. This year all of the community agent positions were eliminated. One more resource for children and parents that we will not be able to use this year.



Centre staff enjoying time together before the summer break.

AcTION

The MAPC sincerely regrets misspelling the name of one of the new Action Instructors in the last Bulletin. We would like to properly introduce Farha Najah Hussain as a member of the Action team.

ACKNOWLEDGEMENTS

The MAPC would like to thank Ministers **Lise Thériault**, **Hélène David**, **Kathleen Weil**, and **Martin Coiteux**, as well as the Members of the National Assembly, **Manon Massé**, **David Birnbaum** and **Amir Khadir** for contributing to the **Adopt a School initiative**. Thanks to their participation, the CAP program was offered to several hundred students in disadvantaged schools in Montreal.

Copies of the book "**Women Tell Their Stories, Self-Defense in Action**", authored in 2013 by Leona Heilig, with the help of Status of Women Canada, are still **available for free**.

Do not hesitate to contact the MAPC by phone or email to make your order!