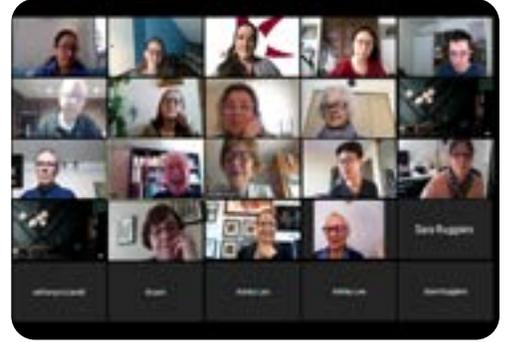


Feedback on the project «What French and Art, means for my integration»

Since September 2020, Vanier College has been collaborating on our project «What French and Art, means for my integration». This project aimed to build a literary work by English-speaking College students. They shaped it using items given to them by their French-speaking partner chosen from among the volunteers at ABC Center. This project was a great success and around thirty volunteers were able, through exchanges with two different classes, to help improve the French of more than 70 students in the process of learning. Thank you to all the volunteers who got involved in this great adventure!



Debriefing from a volunteer from ABC Center

When I attended the first Zoom meeting, the spirit was very positive and energetic, with diverse people of all ages and mixed nationalities. All these people came together in this project for a Francophone cultural activity that made me happy and impatient to be there the following week. My partner from Vanier College, Alixie, is a great person, full of passion for her work: she has a lot of experiences, she is patient, a good listener and she has had experiences in life, which made our conversation fruitful and pleasant. As for the project, I think that this cooperation between ABC Center and Vanier College is a beautiful and rich project, both for students and for Francophone volunteers. It is a moment during which you speak in French with the students about your moments of life, culture, history, values, ethics, experiences, emotions, expressions, knowledge, etc. We discussed important topics at each session, which diversified the discussion and gave it that richness. I enjoyed being part of this project. Thank you to the ABC Center for your trust in us, the volunteers, and for your continued efforts to be part of such projects, to make our society better, to liaise between citizens and to help the integration of members of our society. We are together to share experiences and remove borders.

Thank you!

H.A



Project : "The bereaved"

Are you in mourning? Don't stay alone!

We are here for you!

Join the Grief Support Group

Online!

This group will be accessible through our online video conference room and will provide you with access to a multitude of online services and entertainment found on our ABC of Seniors platform.

You will be provided with a digital tablet as well as training in its use.

Contact us at 514-744-5511 ext 224 or by email at communication@centreabc.org





An evening of recognition for the action of volunteers in the spotlight!

The pandemic having affected the holding of our usual events, we wanted to offer our volunteers a virtual evening worthy of the name! We organized, via Zoom, our unmissable Volunteer Recognition Evening to mark Volunteer Week. Everyone put on their best costume and their best dress and we all had a wonderful evening even if the format was rather new. The evening began with a speech by the Executive Director of the ABC

Center, Ms. Henriette Konté, followed by several speeches. Each speech carried with the hope that this special period would soon come to an end. Speakers also noted with kindness and pride the tremendous work of all the volunteers who have been active during the difficult times of the past year. One of the highlights of the evening was, of course, the karaoke where we all sang two songs with one voice to remind us that we stay together through thick and thin. The solidarity shown by all the volunteers was keenly felt during this festive moment. Eyes were shining brighter than usual, even behind our screens, as we played the ABC Center 40th anniversary video, filmed in April 2019. The evening ended with a magnificent concert by LG Breton and Virginie Cummins. The incredible quality of the service did not fail to make the participants dance in their living room. This year, the ABC Center campaign has the theme: «No matter the storms, we will always be



the light at the end of the tunnel». This very symbolic campaign highlights the extraordinary contribution of Saint-Laurent volunteers who, once again this year, devoted countless hours to enriching and strengthening the Saint-Laurent community. Our volunteers often work behind the scenes, but they act as true scouts guiding our community. They shine through their altruism, their generosity as well as their dedication. Together, they bring light to the daily lives of their fellow citizens. Today and more than ever, volunteerism shines brightly thanks to you. Thank you all for coming with us and see you next year!



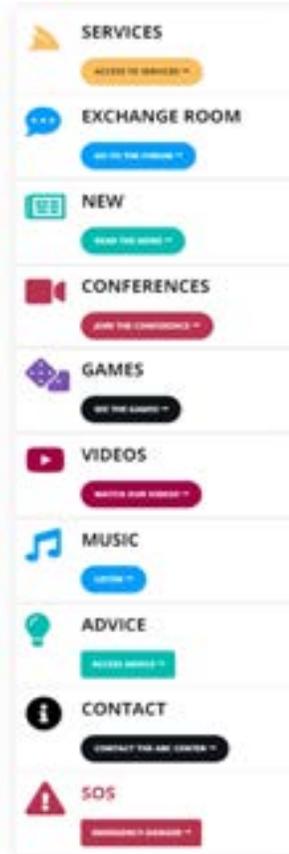
Overview of the history of Quebec while in the Francophonie A new project organized in collaboration with the CEPEG Saint-Laurent

From the beginning of July, volunteers from Center ABC will be paired with francization students from CEGEP Saint-Laurent as part of our project «Overview of Quebec history while speaking french». Together, they will take a tour of the pillars of Quebec history. On the program, a tasting of maple products, a corn roast, lectures on the history of French in Quebec and visits to museums. What to live an unforgettable experience! The volunteers will discuss in French via Zoom with the students and, as French-speaking mentors, they will accompany them in their understanding of the history of Quebec. If you would like to participate, please contact us at 514 744-5511, ext. 224 or write to communication@centreabc.org.



The ABCs of Seniors!

Our new project



You have certainly heard of our new project: The ABCs of Seniors. What is that? It is a platform that brings together the services offered to seniors by the ABC Center and many other things such as movies, music, games, discussion forums, news, health advices, access to videoconferencing room and even an SOS button.

Seniors in the Laurentian community will soon be equipped with digital tablets and will receive training to take advantage of all the benefits of this new platform.

This innovative project, never before carried out in Quebec, is essential today, because it responds to several issues such as loneliness, isolation and the safety of seniors. We have no doubt that this project will meet the essential needs of seniors so that they never find themselves in a vulnerable situation again.



Leftovers in your fridge?

Don't throw them away, the ABC Center will soon be equipped with a community fridge: the ABC fridge.



We are pleased to announce the upcoming installation of our community fridge, the first in the Borough of Saint-Laurent! This project is close to our hearts because it helps fight food waste, act as a lever against poverty and promote solidarity mechanisms among Laurentians. Thus, any person with surplus food such as fruits, vegetables, nuts or others (consumable in the following 3 days) can drop them off at the ABC Center whenever they want. Likewise, people who want to help themselves from the fridge can do so anonymously at any time. We will soon need volunteers for this project and we will be offering educational activities and workshops on the subject. Stay tuned on our social networks!

WE WISH YOU A BEAUTIFUL END OF SPRING AND A BEAUTIFUL SUMMER!

THINKING OF MOVING? DON'T FORGET TO GIVE US YOUR NEW ADDRESS.

The succession is assured!

I would also like to congratulate us all on all our efforts. I would also like to thank the staff of the ABC Center without whom none of this would be possible.

The first time I volunteered I was in high school. I started with the benefit packaging sessions in supermarkets. I also did fair trade with Oxfam in my school. Then I started to get involved in special events like the Montreal Snow Festival or the Yoga Festival at the Olympic Stadium. Finally, I gradually started to organise activities in my community, from an ecological committee in my school to an international buffet with the youth committee of the ABC Center last summer. Over time and through my volunteer experiences, I have had the opportunity to learn skills, meet new people and experience the pleasure of helping others. I can assure you that once you've had a taste of it, you can't live without it. I joined the ABC Center almost a year ago, and it helped me make the transition from high school to College, allowing me to continue my volunteer work in the community. The ABC Center honoured me with the title of Young Ambassador for Volunteer Action in 2019-2020, which is very touching for me, and I would like to underline the work accomplished by my friends on the youth committee.

They say that hard work pays off, but volunteering is clearly more rewarding. Volunteering is about



Kalilou Savané
Young Volunteer

knowing what you can offer and finding ways to give of your time and talent and help your community. It can be as simple as cleaning up your neighbourhood by picking up rubbish, participating in a clothing drive, engaging in a real conversation with a homeless person or a senior, reading to the blind, teaching French to newcomers. In short, the idea is to do something, because even the smallest gestures are important.

Each human being is responsible for humanity, as the poet and philosopher Jean-Jacques Rousseau would say: 'Once a good deed is done, it inevitably has an impact on our community.'

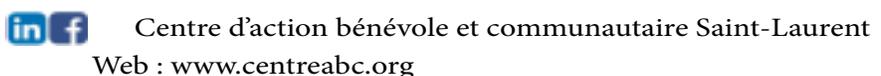
Many successful people will tell you

that behind every achievement, every success, every summit, are hours of volunteer and endless community work.

I will end with these words: On that day, coming out of the roots of the earth, the seeds planted will bear fruit so sublime, so beautiful and so precious. The small gestures will give way to countless smiles, infinite possibilities and a limitless horizon.

The beautiful world is made up of brave volunteers, big-hearted people and dedicated souls like you. Yes, the world calls for spring and winter, for youth and old age, for the young and the old, because there are still blank pages of mutual aid that hope for ever greater dreams, achievements and heights.

FOLLOW US ON SOCIAL MEDIAS AND DON'T MISS ANY NEWS



Web : www.centreabc.org