



COMMUNITY SERVICES FOR THE FAMILIES OF THE GREATER CHATEAUGUAY AREA.

"IT TAKES A WHOLE VILLAGE TO RAISE A CHILD"
- AFRICAN PROVERB

Dear Parents,

This newsletter aims to keep you informed of the various community services in the greater Châteauguay region. We cordially invite you to consult it and participate in community events.

Here are the subject presented by the following organizations:

☐ *Chateauguay Valley Literacy Council*

☐ *Liberté de choisir*

☐ *Pause your screen*

☐ *Les complices alimentaires*

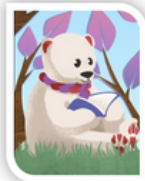
Good reading !

MARCH 2024 NEWSLETTER

The **Chateauguay Valley Literacy Council** invite you to participate in 2 activities:

1. Coconut Bear's Reading Club which will begin on **April 16 avril, 2024** for a period of **4 weeks**.
2. LEGO Day – **FRIDAY, May 10, 2024**

Club de lecture avec l'ours Coconut!!! Coconut Bear's Reading Club!!!



**HELP FOR ELEMENTARY SCHOOL CHILDREN
AIDE AUX ENFANTS DU PRIMAIRE**

*ENGLISH : Reading, Text Comprehension & Writing Skills
ANGLAIS: Compétences en lecture, compréhension de textes et écriture*

LOCATION / LIEU : AU BUREAU CO. 65 RUE PRINCIPALE, CHÂTEAUGUAY, QC. J6K 1E9

Starting : April 16, 2024 / Début : 16 avril 2024

\$50

DURATION: 45 MINUTES twice a week
4 WEEK SESSIONS
TUESDAY & THURSDAY
TIME SLOTS: 3:00 – 3:45 or 4:00-4:45

45 MINUTES 2 fois / semaine
DURÉE : 4 SEMAINES
MARDI & JEUDI
HORAIRE : 15:00 – 15:45 ou 16:00-16:45

Age: 6 to 11 / Âge : 6 à 11 ans

450-698-0342
cvlc.chateauguay@gmail.com



Alphabétisation de Chateauguay Valley Literacy Council

You must register for each activity.

For more details, you may contact the organisation by calling 450-698-0342 or by email at cvlc.chateauguay@gmail.com.



Construis avec Lego!
Écris une histoire
et partage-la!

Build with Lego!
Write your story!
Show your creation!

**JOURNÉE PÉDAGOGIQUE
PED DAY**

Vendredi 10 mai 2024 / Friday, May 10, 2024
ANGLAIS & BILINGUE / ENGLISH

Où / Where : À déterminer (Châteauguay)

Age: 6 - 11

Inscription jusqu'au : 3 mai 2024 / Registration Deadline: May 3, 2024



**Prix!
Prizes!**



**Alphabétisation de Chateauguay Valley
Chateauguay Valley Literacy Council
450-698-0342 / cvlc.chateauguay@gmail.com**

NEW!

The **LIBERTÉ DE CHOISIR** organization invites you to its new **Les montagnes russes** program. This program, offered free of charge to parents, will be led by an addiction prevention educator and a parent/child relations specialist, aiming to meet the needs of parents who are concerned about drug use in their teenager or who wish to inform on the subject.

Here is the registration and information link for parents:

<https://www.libertedechoisir.ca/montagnesrusses-beauharnois-salaberry/>

LIBERTÉ DE CHOISIR

Programme d'ateliers offert gratuitement aux parents

LES MONTAGNES RUSSES

Vous aimeriez en savoir plus sur la consommation de substances à l'adolescence ?

Vous aimeriez en parler avec votre ado, mais ne savez pas comment ?

Vise à répondre aux besoins des parents qui se préoccupent de la consommation de substances chez leur ado ou qui désirent s'informer sur le sujet.

En quoi ça consiste ?
4 rencontres de 2 heures 30 en soirée

Dates : les 9, 16, 23 et 30 mai 2024
Heure : 18 h 30 à 21 h
Lieu : Salle Yvon-Julien au 600, rue Ellice à Beauharnois
Pour inscription ou informations :
www.libertedechoisir.ca/montagnesrusses-beauharnois-salaberry/
Téléphone : 450-370-3444

Animé par une éducatrice en prévention des dépendances et une spécialiste en relations parents / enfants

Have you heard of PAUSE?

PAUSE promotes balanced and mindful Internet and screen use to prevent the risks associated with hyperconnectivity. The campaign encourages young adults, children and their parents to take action to improve their digital habits so they can enjoy the advantages of the Internet, without experiencing its harmful effects. PAUSE is a useful and caring ally to ensure that technology is at our service (and not the other way around!) and to teach us how to break the habit of automatically connecting while reminding us of the importance of regularly putting our screens on “pause”.

PAUSE is a communication campaign as well as a year-round reference site providing information and tips as well as tools and resources for parents and professionals. Moreover, PAUSE organizes [24h—unplugging events](#) and offers activities and [initiatives for youth](#).

PAUSE aims to become a movement that encourages Quebecers to regain control of their screen use and prioritize positive connections that feel good.



For more details, visit the web site <https://pausetonecran.com>



DO YOU KNOW *LES COMPLICES ALIMENTAIRES*?

The organization ***Les Complices Alimentaires*** provides healthy food, offered by market gardeners in our region. With affordable prices that fit everyone's budget, they provide everyone with a local, fair and sustainable food system!



You will find these products at the following points of sale:

- Centre communautaire at Châteauguay
- Entraide Mercier at ville Mercier