



Centre des Femmes West Island
West Island Women's Centre

NEWSLETTER

Winter 2018

Join our Winter 2018 Courses!

Registration Dates to Remember	
Tuesday, November 28 1-3 p.m./6-7 p.m.	Pre-registration for Current Members
November 29-December 6 8:30 a.m.-12 p.m./1-3 p.m.	Pre-registration for members continues during office hours until 3 p.m. on December 6
Thursday, December 7 8:30 a.m.-1 p.m.	No registrations are accepted as we prepare for open registration
Thursday, December 7 1-3 p.m./6-7 p.m.	Registration for New Members
After December 7 Monday to Friday 8:30 a.m.-12 p.m./1-3 p.m.	Registration Continues

West Island Women's Centre

11 Rodney Avenue, Pointe-Claire, QC, H9R 4L8

(Entrance via the parking lot entrance on Vincennes Avenue)

Mailing Address: P.O. Box 521, Pointe-Claire, QC, H9R 4S6

Telephone: 514-695-8529

E-mail: womenscentre@wiwc.ca

Visit our website: www.wiwc.ca

Follow us on **Facebook:**
[westislandwomenscentre](https://www.facebook.com/westislandwomenscentre)

GENERAL INFORMATION

What you need to know ... Registration Information

- Pro-rated membership fee for new members: \$15
- Prices include federal and provincial sales taxes where applicable.
- **Free childcare** is available during most daytime classes.
- Courses begin Monday, January 15, 2018
- Classes are 10 weeks unless indicated otherwise.
- There are no classes during the school March break (March 5-9) and Good Friday (March 30).
- The WIWC is closed between December 25 and January 5.
- The preferred method of payment is cash or cheque. While the option to pay by credit card will be available for in-person registrations, please be advised that processing registrations by credit card will take more time.
- Consult the **WIWC Member's Guide** for more information on registration policies and procedures.

SCHEDULE AT A GLANCE – WINTER 2018

DAY	TIME	COURSE	# WKS	COST
Monday A.M.	8:45-9:45	CLASSICAL PILATES - Low Intensity	9	\$41
	10:00-10:45	MOM & TOTS YOGA (2-3 YRS)	9	\$48
	10:00-10:45	MY FIRST MUSIC CLASS (BABIES UP TO 12 MOS. WITH MOM)	9	\$43
	10:00-11:00	KEEP RUNNING... IN THE WINTER! - Medium/High Intensity	8	\$37
	11:00-11:45	MOM & BABY YOGA (3 MOS. TO CRAWLERS)	9	\$31
	11:00-11:45	TODDLER TUNES (12-24 MOS. WITH MOM)	9	\$43
	1:00-2:15	MONDAY SWEAT AND TONE - Medium/High Intensity	9	\$52
Monday P.M.	1:00-2:45	SINGING GROUP	9	\$68
	1:00-3:00	EXPLORING YOUR SELF WITH SOULCOLLAGE®	9	\$78

20/11/17

SCHEDULE AT A GLANCE – WINTER 2018 Cont'd

DAY	TIME	COURSE	# WKS	COST
Monday Evening	7:00-8:00	ZUMBA® NITE - Medium Intensity	9	\$41
Tuesday A.M.	9:00-9:45	BREAK A SWEAT WITH BABY (4-18 MOS.) - Low Intensity	10	\$34
	9:30-11:30	KNITTING FOR ALL — AND SOME CROCHET TOO!	10	\$86
	10:00-10:45	MOM & TOTS GYM (2-3.5 YRS)	10	\$47
	10:00-12:00	THE BODY CONFIDENCE METHOD	8	\$55
	10:55-11:55	TUESDAY SWEAT AND TONE - Medium/High Intensity	10	\$46
Tuesday P.M.	1:00-1:45	CHILDREN'S CREATIVE MOVEMENT (3-5 YRS)	9	\$43
	2:00-3:00	ESSETRICS - Low Intensity	9	\$41
Tuesday Evening	6:30-7:30	PRENATAL YOGA	10	\$46
	7:00-9:00	A GREAT EVENING IN SPANISH (Intermediate Level)	10	\$86
	7:45-9:00	EVENING KRIPALU-INSPIRED HATHA YOGA	10	\$58
Wednesday A.M.	8:40-9:40	CORE PILATES - Low Intensity	10	\$46
	9:00-9:45	BUSY BEES (5-12 MOS. WITH MOM)	10	\$52
	9:45-11:45	HANDY WOMAN JANE	10	\$86
	9:50-10:50	TOTAL BODY FITNESS - Medium/High Intensity	10	\$46
	10:00-10:45	MAMA'S MOVERS (12-24 MOS. WITH MOM)	10	\$52
	10:55-11:55	LITTLE LEARNERS (2-4 YRS WITH MOM)	10	\$52
	11:00-12:00	WEDNESDAY ZUMBA® - Medium Intensity	10	\$46
Wednesday P.M.	1:00-2:30	ADULT BALLET	10	\$69
	1:00-2:30	FINANCIAL LITERACY 101	10	\$52

SCHEDULE AT A GLANCE – WINTER 2018 Cont'd

DAY	TIME	COURSE	# WKS	COST
Wednesday P.M.	1:00-3:00	COOKING: COMFORT FROM THE OLD COUNTRY	10	\$86
	1:00-3:00	CREATIVE JOURNALING: EXPLORING THE NARRATIVE	9	\$62
Wednesday Evening	6:15-7:15	INTERVAL TRAINING - Medium Intensity	10	\$46
	7:30-9:30	WEDNESDAY NIGHT BOOK CLUB	5 TIMES	\$21
Thursday A.M.	8:40-9:40	THURSDAY ESSENCIALS – Low Intensity	9	\$41
	9:30-11:30	MIDLIFE MAKEOVER	9	\$62
	9:45-11:45	CONVERSE IN FRENCH — BEGINNERS AND INTERMEDIATES	9	\$62
	9:50-10:50	BOOTCAMP FITNESS - Medium/ High Intensity	9	\$41
	11:00-12:00	BODY FACTORY - Medium Intensity	9	\$41
Thursday P.M.	1:00-1:45	KODOMO (KIDS') KARATE (4-5 YRS)	9	\$43
	1:00-3:00	MIXED MEDIA COLLAGE	10	\$86
	2:00-3:00	LATIN DANCE: BACK TO BASICS!	9	\$39
Thursday Evening	7:00-8:15	HATHA YOGA AND MEDITATION	10	\$58
Friday A.M	9:00-10:30	KRIPALU-INSPIRED HATHA YOGA	9	\$62
	9:45-11:45	BEGINNER'S FRENCH	9	\$62
	10:00-12:00	LEARNING TO LIVE MORE MINDFULLY & WITH SELF-COMPASSION	9	\$62
	10:45-11:30	MOM & TOTS YOGA (4-5 YRS)	9	\$48
Friday P.M.	1:00-2:15	GENTLE TONING - Low Intensity	9	\$52
	1:00-2:15	LIVING THE MEDITATION EXPERIMENT	6	\$26
	1:00-3:00	WATERMEDIA	9	\$78

PERSONAL DEVELOPMENT/Wellness

What you need to know ...

Personal Development/Wellness classes

- Most classes run for 10 weeks.
- Prices include federal and provincial sales taxes.
- There may be an additional fee for consumables. These fees are noted in the course descriptions and are payable to the instructor.
- When identical classes are available, you must attend the class at the day/time you selected at registration (no switching between classes).
- Please do not bring a child with you to our women's courses.

MOM AND BABY YOGA (3 MOS. TO CRAWLERS)

Monday 11:00 – 11:45 a.m.

Gym

Here's a 45-minute class for you and baby! Together we will learn the basics of infant massage and baby yoga, with time for you too. A wonderful way to reconnect with your practice or to begin your journey into yoga. Please bring a mat, a towel, and a diaper bag. It is recommended that you consult your health-care professional before beginning any post-natal exercise regime. Please Note: Strollers are not allowed in the class. Please leave your stroller outside the building.

Please Note: This is a 9-week course. The last class is on March 19.

Instructor: Kathleen McAdams, CYT (Certified Yoga Teacher)

THE BODY CONFIDENCE METHOD

Tuesday 10:00 a.m. – 12:00 p.m.

Upstairs Classroom

Is this you? "I'd love to lose weight, increase my confidence, feel happier and feel better in my skin. I want to start taking better care of myself,

PERSONAL DEVELOPMENT/WELLNESS

feel stronger, healthier and make it last."

The body confidence method is designed to help women who feel overwhelmed and stuck because they either cannot lose weight or have trouble keeping it off. During this 8-week course, we will learn the steps necessary to feel and look our best. We will learn that only focusing on the amount of calories we consume and the amount of exercise we do will not give us sustainable, long-term results. Instead, we will look at the emotions that are causing us to overeat and lose our motivation to exercise. We will identify which thoughts compromise any well-intended goals of losing weight and getting healthy.

The course will support you with a step-by-step method that empowers you to believe in yourself and own your health and happiness. Come along on this journey to become your best self!

A fee of \$8 for consumables is payable to the instructor the first day of class.

Please Note: The last class is on March 13. This is an 8-week course.

Instructor: Crystal Champagne, Certified Personal and Group Trainer, Certified Master Empowerment Coach

PRENATAL YOGA

Tuesday 6:30 – 7:30 p.m.

Gym

Pregnancy is a time to tap into your inner strength. This gentle 1-hour Hatha yoga class is appropriate for all levels and all trimesters. We'll stretch our achy unfamiliar bodies, we'll strengthen in order to comfortably carry this little one to term and accelerate recovery, and most importantly, we'll breathe, rest, and restore. This is a chance to connect with other expectant moms in the community and share feelings of fear and uncertainty. Been there, done that moms are very welcome as well. Please bring a yoga mat, two yoga blocks, a scarf or yoga strap if you have one, and as many warm and comfy things as you'd like (blankets/pillows etc.).

PERSONAL DEVELOPMENT/WELLNESS

Please Note: The WIWC's free childcare service is not available during evening courses.

Instructor: Ilaini Scholl, Certified Kripalu-Inspired Hatha Yoga Teacher, RYT (Registered Yoga Teacher), PYT (Certified Prenatal Yoga Teacher)

EVENING KRIPALU-INSPIRED HATHA YOGA

Tuesday 7:45 – 9:00 p.m.

Gym

This Hatha yoga course in the Kripalu tradition is suitable for all levels. Exercise your body and mind as you welcome sensation, connect with breath and discover strength already within you. This is a mixed-level class, so by learning to listen and honour your own body, you may practice safely at any level. Ilaini's classes offer detailed instruction so that students feel safe, looked after and confident. Mindfulness, compassion and patience are encouraged throughout seated centering, warm-ups, standing sequences and guided meditations. Based on yogic teachings and silent observation, we may learn the tools necessary to navigate joyfully through life. Participants are strongly urged to come equipped with a sticky yoga mat and two yoga blocks. Other props you enjoy are welcome as well.

Please Note: The WIWC's free childcare service is not available during evening courses.

Instructor: Ilaini Scholl, Certified Kripalu-Inspired Hatha Yoga Teacher, RYT (Registered Yoga Teacher), PYT (Certified Prenatal Yoga Teacher)

PERSONAL DEVELOPMENT/WELLNESS

FINANCIAL LITERACY 101

Wednesday 1:00 – 2:30 p.m.

Childcare Room 2

With the recent addition of a financial education program to Quebec secondary schools and discussions on the subject in the public sphere, you may be wondering about the degree of your own financial literacy. In this 10-week course, Financial Coach Danièle Soaré will help you build your financial knowledge. Topics covered will include budgeting, day-to-day banking, managing debt, investing, insurance, and more. If you are looking to sharpen your understanding of financial concepts, learn tips on improving the management of your household income, and take better care of your money, this is the course for you!

Instructor: Danièle Soaré

CREATIVE JOURNALING: EXPLORING THE NARRATIVE

Wednesday 1:00 – 3:00 p.m.

Upstairs Classroom

What is invisible to us does matter.

Deena Metzger

What is your story? Over the course of 9 weeks, we will invite our inner selves to appear and our inner answers to come forward through writing. Our journaling will focus on the art of self-discovery, personal growth, and creative expression. Participants will write together, listening for their own voices, then share to hear the voices of others. Weekly prompts will be given and we will explore such topics as:

- Persons: Who are the people active in your life — living or not?
- Works: What are the works that are currently active — what do you invest your time and energy in?
- Body: What is your relationship with your body?

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- Society: What are your roots, your beliefs?
- Spirit: What is your relationship with spirit? Joy?
- Crossroads: What are you facing at the present time?
- Events: What moments of your life are marked by the sharpness of their impact?

Come prepared for a journey of discovery. All that is needed is your favourite notebook — and a curiosity about yourself and the process!

Please Note: This is a 9-week course. One of the classes will be cancelled in February (date to be determined). The last class will take place on March 28.

**Instructor: Lesley Pasquin, B. Ed., M. Ed. (McGill University),
Poet, Educator**

MIDLIFE MAKEOVER

Thursday 9:30 – 11:30 a.m.

Upstairs Classroom

Congratulations! You get a MAKEOVER! Oh, if only it were on one of those popular TV shows with a \$5000 shopping spree. This life-awarded makeover comes guaranteed for most of us when we reach our 40s or 50s and it includes hormonal havoc; memory fog; emotional roller coaster rides; men-oh-pause, please!; anxiety and depression; relationship losses; and a full wardrobe designed by “Who Am I and What Have I Done With My Life?” This class will be led with motivational conversation and exploration of self, values, visions, and goals. Expect a new awareness of where you are and what you want, a renewed sense of energy for creating your life, and options for moving forward in writing that next chapter.

Please Note: There will be no class on March 1 (WIWC event). The last class is on March 29. This is a 9-week course.

**Instructor: Ann Papayoti, B.A. Communications, CPC
(Certified Professional Coach), ELI-MP (Energy Leadership
Index – Master Practitioner)**

PERSONAL DEVELOPMENT/WELLNESS

CONVERSE IN FRENCH: BEGINNERS AND INTERMEDIATES

Thursday 9:45 – 11:45 a.m.

Childcare Room 2

Comment allez-vous aujourd'hui? This course is designed for women wanting to improve their skills in French, in order to communicate effectively in everyday situations. The aim of this class is to improve listening and speaking skills. A large amount of time is dedicated to addressing your specific needs (professional conversation, informal and formal conversation, etc.) that each participant can benefit from. Don't miss this great opportunity to improve your French in a relaxed and friendly atmosphere!

Please Note: There is no class on March 1 (WIWC event). The last class will take place on March 29. This is a 9-week course.

**Instructor: Jacinthe Messier, Baccalauréat en Éducation
Préscolaire et Primaire (U.Q.A.M.), Formations en
Francisation**

HATHA YOGA AND MEDITATION

Thursday 7:00 – 8:15 p.m.

Gym

Hatha yoga is the foundation of all yoga styles. It is easy to learn, beginner friendly, and can be used for physical, mental, and spiritual purposes. It combines controlled breathing with asanas and meditation. It is very popular for stress reduction and a great way for non-meditators to experience the benefit of meditation. This class is for those who are looking for a gentle, grounding relaxation practice. Together we will return to centre by touching upon basic yoga asana, breath work, and meditation principles. The focus will be on alignment, balance, improving strength and mobility, and stress release. All levels are welcome. Let's work together in a fun and friendly environment.

PERSONAL DEVELOPMENT/WELLNESS

Please Note: The WIWC's free childcare service is not available during evening courses.

Instructor: Subanki Sivanantharajah, YTT200 Yoga Instructor

KRIPALU-INSPIRED HATHA YOGA

Friday 9:00 – 10:30 a.m.

Gym

This Hatha yoga course in the Kripalu tradition is suitable for all levels. Exercise your body and mind as you welcome sensation, connect with breath, and discover strength already within you. This is a mixed-level class, so by learning to listen and honour your own body, you may practice safely at any level. Ilaini's classes offer detailed instruction so that students feel safe, looked after and confident. Mindfulness, compassion and patience are encouraged throughout seated centering, warm-ups, standing sequences and guided meditations. Based on yogic teachings and silent observation, we may learn the tools necessary to navigate joyfully through life. Participants are strongly urged to come equipped with a sticky yoga mat and two yoga blocks. Other props you enjoy are welcome as well.

Please Note: There is a 9-week course. The last class is on March 23.

Instructor: Ilaini Scholl, Certified Kripalu-Inspired Hatha Yoga Teacher, RYT (Registered Yoga Teacher), PYT (Certified Prenatal Yoga Teacher)

BEGINNER'S FRENCH

Friday 9:45 – 11:45 a.m.

Childcare Room 2

This introductory class is designed for women with little or no background in French. Come and join us to be motivated to learn

PERSONAL DEVELOPMENT/WELLNESS

French. Participants will begin by learning basic pronunciation, grammar, spelling, and conjugation. Through conversational activities you will learn to meet and greet people as well as practice basic communication for other daily life situations. The course will be adapted to your needs and the instructor will guide you through your language learning process.

Please Note: This is a 9-week course. The last class is on March 23.

Instructor: Hasnaa Rzouzi, Baccalauréat en Droit Français, Spécialisation en Politiques Publiques (Hassan II University, Casablanca, Morocco)

LEARNING TO LIVE MORE MINDFULLY & WITH SELF-COMPASSION

Friday 10:00 a.m. – 12:00 p.m.

Upstairs Classroom

If you want to learn to slow down and take some time to look at yourself, your relationships, and your life and build some new skills to be kinder to yourself, then this course may be right for you. In this 9-week self-exploration and skills-based course, we will cover the following topics: mindfulness, self-compassion, values and living deeply, our relationships, styles of communication and attachment, real happiness, and embracing our lives. By developing the inner resource of self-compassion and the skills to live more mindfully, we are better able to engage in difficulties as they arise and live a more full and satisfied life.

Please Note: This is a 9-week course. The last class will take place on March 23.

Instructor: Yael Gutner, M.A. (Counselling Psychology)

PERSONAL DEVELOPMENT/WELLNESS

LIVING THE MEDITATION EXPERIMENT

Friday 1:00 – 2:15 p.m.

Childcare Room 2

The best way to integrate a meditation practice in our lives is to do it gradually. With these weekly sessions, you will experience different methods to assist you in beginning a meditation practice: guided meditations, sound meditation with Tibetan bowls, mantras, mindfulness exercises, and breathing techniques. We will also talk about the seven main chakras and the seven spiritual laws of success from Deepak Chopra.

Please Note: The last class is on February 23. This is a 6-week course.

**Instructor: Elaine Claivaz, Quebec Certified Naturotherapist,
Chopra Certified Meditation, Yoga, and Ayurveda Educator,
Level Two Reiki Certification**

SPECIAL INTEREST

What you need to know ... Special Interest classes

- Most classes run for 10 weeks.
- Prices include federal and provincial sales taxes.
- There may be an additional fee for consumables. These fees are noted in the course descriptions and are payable to the instructor.
- When identical classes are available, you must attend the class at the day/time you selected at registration (no switching between classes).
- Please do not bring a child with you to our women's courses.

SINGING GROUP

Monday 1:00 – 2:45 p.m.

Upstairs Classroom

If you like to sing, why not join our singing group this session? We have a lot of fun working on many different styles of music in unison and 2-part arrangements. Singing in a group creates a special connection among people. We are very friendly and welcome all levels of musical ability. You just might discover a new talent in yourself!

Please Note: The last class is on March 19. This is a 9-week course.

**Instructor: Wendy Tilson, B. Mus. (McGill University), B.Ed.
(University of Toronto)**

EXPLORING YOUR SELF WITH SOULCOLLAGE®

Monday 1:00 – 3:00 p.m.

Childcare Room 2

SoulCollage® is a fun and creative way to explore the mystery of you. The SoulCollage® deck represents the self as a whole and each card images one part of that self. People use their SoulCollage® cards to access their own inner wisdom and find direction by reading their cards individually or in groups. Sharing SoulCollage® cards is an enjoyable,

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enriching way to deepen intimacy and strengthen community.

Browsing through piles of images, you find those that call to you, then make collage cards. These cards reflect your personality parts, archetypal guides, energetic companion animals, and some of the sentient beings that have loved, taught, and challenged you. Gradually you create a deck of very personal, unique cards to help you explore your inner self and nourish your precious soul. . . The deck becomes your visual journal. There is a consumables fee of \$5 payable to the instructor on the first day of class.

Our instructor, Jennifer Boire, is a published author who has led creative journaling classes in the West Island for 10 years and leads retreats for women. She has been a SoulCollage® facilitator since 2012.

Please Note: The last class is on March 19. This is a 9-week course.

**Instructor: Jennifer Boire, M.A. English & Creative Writing,
Facilitator SoulCollage®**

KNITTING FOR ALL — AND SOME CROCHET TOO!

Tuesday 9:30 – 11:30 a.m.

Childcare Room 2

Beginners and veteran knitters and/or crocheters are welcome to join this class to either learn a new craft or work on an ongoing project while picking up a few tips and tricks. Class projects will be presented, but are not mandatory. We will also be covering some basic crochet techniques, which will allow you to either embellish your knitting projects or learn a new craft! Please bring a ball of inexpensive light-coloured worsted yarn, size 4.5 mm (US 7) knitting needles, your current project and a crochet hook (if applicable) to the first class.

Instructor: Debra-Lynn Tomiuk

SPECIAL INTEREST

A GREAT EVENING IN SPANISH (Intermediate Level)

Tuesday 7:00 – 9:00 p.m.

Childcare Room 2

*Holà! You'd like a chance to practice your Spanish? How about having fun while chatting and playing games in this beautiful language? The aim of this intermediate-level course is to improve your listening and speaking skills as you enjoy a great evening out. The class is designed for women wanting to practice and improve their skills in Spanish by addressing the specific needs of participants: travelling, formal and informal conversation, Latin culture, etc. *Disfruten de esta oportunidad de mejorar su Español en un ambiente agradable sin tener que viajar a fuera del país! Hasta pronto!**

Please Note: The WIWC's free childcare service is not available during evening courses.

**Instructor: Jacinthe Messier, Baccalauréat en Éducation
Préscolaire et Primaire (U.Q.A.M.), Formations en
Francisation**

HANDY WOMAN JANE

Wednesday 9:45 – 11:45 a.m.

Childcare Room 2

Is the "honey-do list" not getting any shorter? Have you ever wondered if you could afford a handy man to fix up all the little disasters around the house? This course will empower you to tackle some of the nitty-gritty problems and tasks that occur at home. Learn how to change a faulty electrical outlet, switch out those sticking dresser drawer runners, find a cost-cutting way to decorate your home with custom-cut picture frames, or give your kitchen a facelift by updating your backsplash with ceramic tiles -- and even have the courage to create your own mosaic for behind

SPECIAL INTEREST

the stove! Sign up and learn how to take on those everyday fix-ups with confidence and ease.

Instructor: Angela Meklenschek

COOKING: COMFORT FROM THE OLD COUNTRY

Wednesday 1:00 – 3:00 p.m.

Kitchen

There's nothing quite as comforting as a hot bowl of soup or as mouth-watering as a hearty stew on a crisp winter afternoon. Soups and stews also stretch your dollar and, better yet, freeze well, so make as big of a pot as you want. Join us and learn great techniques for developing delicious, healthy meals full of richness, warmth, and flavour. In our classes, we will work together in a fun, hands-on environment, sending you home with a meal portion and the inspiration to try something new this winter. A \$40 consumable fee for ingredients is payable to the instructor at the first class. Please bring a plastic container to class.

With over 8 years of experience teaching home economics and cooking classes for teens and young adults and more than 25 years' experience catering for friends and family, Angie shares her love of cooking with every mouth-watering dish. Adapting recipes to dietary restrictions has been her recent challenge, which she has tackled with glee, and creating the healthiest food options for clients is her goal. She is looking forward to sharing her enthusiasm in the kitchen with you!

Instructor: Angela Meklenschek

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WEDNESDAY NIGHT BOOK CLUB

Wednesday 7:30 – 9:30 p.m. (once a month on the third

Wednesday of every month)

Childcare Room 2

The Women's Centre's book club offers you great reading, exciting discussion and warm companionship. Because there are no animators, participants rotate the leadership role on a monthly basis. The club meets on the third Wednesday of every month. For information about meeting dates and the book selected for the upcoming meeting, please refer to the Events Calendar on our website or call the WIWC Office at 514-695-8529.

Please Note: The WIWC's free childcare service is not available during evening courses.

MIXED MEDIA COLLAGE

Thursday 1:00 – 3:00 p.m.

Upstairs Classroom

Explore art and the act of creating collage through a creative process. This 10-week course will be offered in a workshop style so students will leave each class with a finished or semi-finished project. Using imagination and intuition, each student creates a work from simple materials using the basic elements of design (line, space, colour, form, value and texture) while exploring the principles of design (repetition, contrast, balance, unity and movement). Students are encouraged to bring in line drawings of scenes, specific objects or creatures for composition(s). Students will experiment with different papers and techniques to create spirited and innovative collages while learning about colour, composition, texture, edges and shape.

Students will also learn about artists who have made their mark on the art world, including Gustav Klimt, Pablo Picasso and Henri Matisse. Other

SPECIAL INTEREST

topics covered include inventory of materials and tools, transparency, layering, value, colour theory, negative space, and creating textures. The use of text and mono-printing using impressed surfaces and stencils will be introduced as well. Creating in any genre — the realistic to the abstract — is encouraged along with the use of unique and interesting materials.

SUPPLIES LIST – (* bring EVERY week – don't let your creativity down!!)

Work Space:

- plastic or newspapers to protect your work area *
- new garbage bag or dry cleaner bag or waxed paper
- 3 water containers for washing brushes (square potato salad are best!)
- pallet, paper plates, paper towels *

Support:

- 2 pieces white 20" x 30" foam core board – to be cut into 6 equal squares (10" x 10") *
- watercolour paper to glue on board (optional)
- X-Acto type knife with a supply of blades
- 1 firm, hard rubber roller or brayer (3-4" max.)

Tools:

- 1 pair of scissors, 12" or 18" ruler, masking tape, glue stick *
- cutting mat (12" x 18") (optional)
- assorted pencils — hard and soft grade, white plastic eraser *
- acrylic matte medium — 8 oz. (optional)
- 2 foam brushes—1-2", cheap brush, 1" and 2" for glue and painting with colour brushes *
- black sharpie markers — thin and thick tips
- Styrofoam trays, photocopier transparency sheets, stamps – rubber, hand carved
- old toothbrush
- ink (India or Chinese black, coloured), watercolour, liquid acrylic paint

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Paper: (we will tint, paint, add texture)

- Paper: tissue (6 sheets), rice, wallpaper, comics, magazines, newspapers (all languages) *
- Other: aluminum foil, transparent plastic, jigsaw puzzle pieces, cardboard, packaging

Instructor: Ann Kallaste Kruzelecky, B.F.A. (Concordia University)

LATIN DANCE: BACK TO BASICS!

Thursday 2:00 – 3:00 p.m.

Gym

In this 9-week course, Instructor Sherezad Abadi Perez will share her passion for Latin dancing, a skill she developed in her native South America where she performed Latin dance for many years. The course will cover a wide range of styles and Latin rhythms. Participants will learn the basic steps and timing of salsa, merengue, and follow a fun and energetic choreography for reggaeton. Using group choreographies, Sherezad will teach you how to move to the music without a need for a partner; the focus will be on styling and rhythm. Each class will start with an explanation of the steps and the song to be learned, a review of the basic salsa and merengue steps and the timing and rhythm of salsa and merengue music, followed by a new beginner level turn. You will learn proper techniques while having fun and meeting new people! No previous dance experience required — just a love of dance and movement! Participants should wear comfortable shoes such as running shoes. An explanation of what type of high heels may be needed for some sessions will be given.

Please Note: There is no class on March 22. The final class will take place on March 29. This is a 9-week course.

Instructor: Sherezad Abadi Perez, CAN-FIT-PRO

SPECIAL INTEREST

WATERMEDIA

Friday 1:00 – 3:00 p.m.

Upstairs Classroom

Create beautiful paintings while focusing on building skills in watercolor and accentuating your personal style and self-expression. This course will be offered in a workshop style with an emphasis on improving your techniques with interaction and guidance from the teacher. Participants will learn about the foundations of watercolor by exploring colour mixing, wet-in wet and controlled washes and basic brush control. In this course, we will also explore the use of ink, watercolour pencils and crayons to create luminous and exciting works on paper.

SUPPLIES LIST:

There are many different brands of paint available on the market. The instructor recommends starting with **three or four professional-grade watercolour tubes** such as Winsor & Newton, Daniel Smith, M. Graham or Holbein.

The instructor also recommends buying just **one or two quality brushes** to begin. This will give you greater satisfaction and success with your painting. Kolinsky natural sable brushes are the best and will last many years. A great alternative and more affordable option is The Neptune Series by Princeton. These synthetic brushes have excellent spring and absorbency. **Quill or mop brushes** are also a wonderful addition to your painting kit. Many of these options will be discussed in the first class.

Buying all the starting materials will cost approximately \$75.00. Many of the items listed below can be brought from home. Here is a list of what you should bring to every class: **(* indicates required)**:

Work Space:

- 2 large containers to hold water* (potato salad, large yogurt)
- lidded pallet with wells* (If you are a beginner, you can buy a white plate from the dollar store.)

SPECIAL INTEREST

- masking tape, roll of paper towel, roll of bath tissue or box of Kleenex tissue*
- Q-tips in a covered container, small spray bottle*
- 1/4 cup rock salt or Kosher salt in a clean prescription tablet bottle or small jar*
- corrugated plastic backing board such as Coroplast or a masonite
- watercolour paper either in large sheets (to be cut into smaller sizes) or watercolor pad such as Canson Montval Watercolor or Fabriano (9" x 12" or larger)*

Brushes:

- a 1 1/2"– 2 1/2" flat wide nylon brush for washes or a larger round or "quill" brush
- small round size 2*
- round size 8*
- script or rigger brush size 4

Paint Colours:

- **Prioritized:** Payne's grey, Cobalt Blue, Alizarin Crimson, Aureolin (yellow)*
- **Later purchase:** Burnt Umber, Burnt Sienna, Yellow Ochre, Ultramarine Blue, Sap Green

Other:

- a sketchbook or scrap paper
- HB and 2B pencils, kneadable or white plastic eraser (Staedtler)*
- Chinese ink (black), coloured inks, watercolour pencils, watercolour crayons (helpful if you plan to do mixed media)
- fine-line pens – Pigma Micron pen #01 or #03* #05

Please Note: The last class in on March 23. This is a 9-week course.

Instructor: Valerie McKee, B.F.A. (Concordia University)

FITNESS

What you need to know...

Fitness classes

- Most classes run for 10 weeks.
- Prices include federal and provincial sales taxes.
- Courses range from gentle to more intense workouts.
- You will need running shoes, a water bottle and towel.
- Hand-held weights are needed for some classes. Check the course description.
- Please let the instructor know of any health condition or injury you have. Our instructors will provide alternate exercises when possible.
- If you have a health condition or injury, please check with your doctor before signing up for a course.
- When identical classes are available, you must attend the class at the day/time you selected at registration (no switching between classes).
- Do not bring a child with you to your class (unless it is a mom/child activity).
- Remember to put away the equipment you used at the end of the class.

CLASSICAL PILATES - Low Intensity

Monday 8:45 - 9:45 a.m.

Gym

This class will give you a full body workout. Pilates techniques include proper breathing, posture, and alignment — all of which help to improve core control, build strength, flexibility, balance, posture, mobility, and stability. Pilates is suitable for all fitness levels so if you want to tone up and transform your body, Pilates is perfect for you!

Please Note: This is a 9-week course. The last class is on March 19.

**Instructor: Orly Sharoni, PMA (Pilates Method Alliance)
Certified Instructor**

FITNESS

KEEP RUNNING... IN THE WINTER! - Medium/High Intensity Monday 10:00 – 11:00 a.m.

Outside — Meet on the grass on the north side of the building

This class is for those who have some running experience already and are looking to keep running through the winter months. We will do regular runs and occasional weeks of light drills such as hill workouts. Participants should be able to run at least 4 km to take part in this class. Varying running speeds will be accommodated, so do not hesitate to sign up if you are a slower runner. The first class will include information on how to dress.

Please Note: This is an 8-week course. It starts January 22 and ends March 19. Class will be cancelled and participants will be contacted the morning of the class if weather conditions do not allow for running outside.

**Instructor: Hilary Jones, YMCA Individual Conditioning
Instructor**

MONDAY SWEAT AND TONE - Medium/High Intensity Monday 1:00 - 2:15 p.m.

Gym

Ultra concentrated! There will be lots of sweat and a ton of toning in a 75-minute format. The class will begin with a half hour of cardio followed by core work, ab work, strengthening, and toning. Tubing and fitness mats are provided by the Centre. Please bring your own weights and a water bottle. Get ready for some sweaty fun!

Please Note: This is a 9-week course. The last class is on March 19.

**Instructor: Natalie Pesold, CAN-FIT-PRO, Fitness Instructor,
Personal Trainer**

FITNESS

ZUMBA® NITE - Medium Intensity

Monday 7:00 – 8:00 p.m.

Gym

The Zumba® program fuses hypnotic Latin and world rhythms with easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. We want you to work out, love working out, and get hooked. Zumba® fans achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! All you need are comfortable clothes and shoes, a water bottle, and a smile.

Please Note: This is a 9-week course. The last class will be on March 19.

Please Note: The WIWC's free childcare service is not available during evening courses.

Instructor: Nicole Zafar, Can-Fit-Pro F.I.S., CPR/AED, Zumba ProSkills, STRONG by Zumba, Zumba Sentao, Zumba Core, Zumba Step

BREAK A SWEAT WITH BABY (4-18 MOS.) - Low Intensity

Tuesday 9:00 - 9:45 a.m.

Gym

A class for moms and their babies. We execute simple moves that allow you to work your whole body while entertaining your baby at the same time. The baby will play the role of the weight. You get to play and give your baby all the attention he/she needs while you perform muscle strength exercises. The course will allow you to bond with your baby while you're working out. This class includes standing and floor exercises. Babies should be older than 4 months (so they can hold their heads up by themselves). Please bring a yoga mat to class.

Instructor: Jasmina Wegrzycka, Certified YMCA, Can-FIT-

FITNESS

PRO, Cardio Plein and NASM (National Academy of Sports Medicine)

TUESDAY SWEAT AND TONE - Medium/High Intensity

Tuesday 10:55 – 11:55 a.m.

Gym

Ultra concentrated! There will be lots of sweat and a ton of toning in a one-hour format. The class will begin with a half hour of cardio followed by a half hour of core work, ab work, etc. Tubing and fitness mats are provided by the Centre. Please bring your own weights and a water bottle. Get ready for some sweaty fun!

Instructor: Natalie Pesold, CAN-FIT-PRO, Fitness Instructor, Personal Trainer

ESSEINTRICS - Low Intensity

Tuesday 2:00 – 3:00 p.m.

Gym

Essentrics is a full body workout that rapidly changes the shape of your body through a dynamic and fluid combination of strengthening and stretching. The technique develops lean, strong and flexible muscles with immediate changes to your posture. Perfect for women of all fitness levels, this program re-balances the body, prevents and treats injuries, and unlocks tight joints. With a diverse music playlist accompanying each routine, this workout leaves you feeling energized, youthful and healthy. Exercise elastics will be provided for part of the floor exercises; however, please bring a yoga mat for the class.

There is no class on March 13 (WIWC activity). The final class will take place on March 27. This is a 9-week course.

Instructor: Dolores Carroll, IDEA certified, Essentrics Classical Stretch (Certified Level 1)

FITNESS

CORE PILATES - Low Intensity

Wednesday 8:40 – 9:40 a.m.

Gym

This class will give you a full body workout. Core Pilates will maintain the Pilates techniques of proper breathing, posture and alignment with a focus on your core muscles through movement in various positions. It will help to improve core control, build strength, flexibility, balance, posture, mobility, and stability. If you want to challenge your core, tone up, and transform your body, Core Pilates is perfect for you! This class is suitable for all fitness levels.

**Instructor: Orly Sharoni, PMA (Pilates Method Alliance)
Certified Instructor**

TOTAL BODY FITNESS - Medium/High Intensity

Wednesday 9:50 – 10:50 a.m.

Gym

This class has it all! Be prepared to never stop moving! Following a Tabata protocol, we will work hard for 20-second intervals then rest for 10. You will experience it all in this fun and challenging class! From fun cardio moves to full body muscular exercises, plus a beautiful stretch after it is all done, you will get a “total body” workout! The level of this fitness course is intermediate to advanced. However, the instructor will provide alternatives for those wanting less intensity.

Instructor: Cathy Wagstaff, CAIA, M.A. (Phys. Ed.)

FITNESS

WEDNESDAY ZUMBA® - Medium Intensity

Wednesday 11:00 a.m. – 12:00 p.m.

Gym

The Zumba® program fuses hypnotic Latin and other world rhythms with easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. We want you to work out, love working out, and get hooked. Zumba® fans achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! All you need are comfortable clothes and shoes, a water bottle, and a smile.

Instructor: Violetta Naumiuk, Zumba®, Zumba Gold®, Zumba Step®, Certified YMCA Group Fitness Instructor

ADULT BALLET

Wednesday 1:00 – 2:30 p.m.

Gym

This is a class designed for adults interested in increasing their strength and flexibility through ballet movement. While all levels of experience are welcomed, some previous ballet experience would be advantageous. Participants will learn the basic positions and movements of ballet. We will learn several sequences of movement to be improved upon each week. If you took ballet lessons as a child, you will be amazed at how quickly it all comes back to you — please join us! Participants should wear comfortable clothing and jazz shoes or ballet slippers. Ballet slippers can be purchased at Movimento (4307 St. Jean in Dollard) or Boutique de Danse Wendy (Pointe-Claire Plaza). Expect to pay anywhere from \$35 to \$45 for the slippers.

Instructor: Alison Dewar

FITNESS

INTERVAL TRAINING - Medium Intensity

Wednesday 6:15 - 7:15 p.m.

Gym

Cardio intervals mixed with challenging full-body muscle conditioning will guarantee you achieve your fitness goals whether you are getting back into fitness or work out regularly. Each week, our instructor will introduce something new to keep you challenged. Come prepared to sweat and reach your full potential! Please bring your own weights (one or two sets of dumbbells — one light, one heavy) and a water bottle.

Please Note: The WIWC's free childcare service is not available during evening courses.

**Instructor: Lori Lesperance, CAN-FIT-PRO Group Fitness,
YMCA Personal Trainer, Yogafit**

THURSDAY ESSETRICS - Low Intensity

Thursday 8:40 – 9:40 a.m.

Gym

Essentrics is a full body workout that rapidly changes the shape of your body through a dynamic and fluid combination of strengthening and stretching. The technique develops lean, strong and flexible muscles with immediate changes to your posture. Perfect for women of all fitness levels, this program re-balances the body, prevents and treats injuries, and unlocks tight joints. With a diverse music playlist accompanying each routine, this workout leaves you feeling energized, youthful and healthy. Exercise elastics will be provided for part of the floor exercises; however, please bring a yoga mat for the class.

Please Note: There is no class on March 1 (WIWC event). The final class will take place on March 29. This is a 9-week course.

**Instructor: Dolores Carroll, IDEA certified, Essentrics Classical
Stretch (Certified Level 1)**

FITNESS

BOOTCAMP FITNESS - Medium/High Intensity

Thursday 9:50 – 10:50 a.m.

Gym

Incorporating traditional calisthenic and body weight exercises with interval training and strength training, this course will lead you through a variety of strength and cardio exercises designed to challenge your strength and endurance while burning calories. Hand-held weights (5 lbs) are required.

Please Note: There is no class on March 1st (WIWC Event). The last class will take place on March 29. This is a 9-week course.

Instructor: Sue Jollimore, CAN-FIT-PRO

BODY FACTORY- Medium Intensity

Thursday 11:00 a.m. – 12:00 p.m.

Gym

This is an overall muscular strengthening and endurance class using weights, tubing and the step to sculpt and enhance muscle conditioning. This will be a workout from head to toe. Hand-held weights are required. Tubing and steps are provided by the Women's Centre.

Please Note: There is no class March 1 (WIWC event). The final class will take place on March 29. This is a 9-week course.

Instructor: Sue Jollimore, CAN-FIT-PRO

FITNESS

GENTLE TONING - Low Intensity

Friday 1:00 – 2:15 p.m.

Gym

A small group training class that allows you to work out at a slower pace and feel the target muscles working. The focus is on posture and the joints — even the small ones! We are always bent forward, so the back of the body will be worked more. Gait and balance will be challenged and the full range of motion of the muscles will be worked. This is a class that will leave you feeling a little straighter! Exercises will have options, allowing the participant to make a choice that works for her body. Equipment will be provided by the instructor and the Centre.

Please Note: The last class is on March 23. This is a 9-week course.

**Instructor: Donna Lamontagne, YMCA Group/Individual
Fitness Certification; YMCA & YM-YWHA Corrective
Conditioning; C.A.L.A. Vertical & Healing Waters**

FOR CHILDREN

What you need to know...

Children's classes

- Most classes run for 10 weeks.
- Make sure your child will turn the minimum age required for the course during the session. (There are some exceptions to this rule as noted in the course descriptions.)
- Once your child turns 6, he or she is too old to register for our courses for 5-year-olds.
- Another adult (dads included) may accompany a child to his/her class at the Centre.
- When identical classes are available, you must attend the class at the day/time you selected at registration (no switching between classes).
- Please remember that only registered children may attend our classes. Please do not bring a sibling to your child's class.

MOM & TOTS YOGA (2-3 YRS)

Monday 10:00 – 10:45 a.m.

Gym

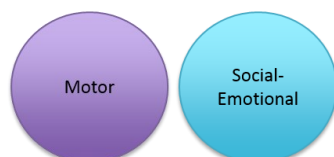
Filled with movement, stories and song, this class encourages children to explore their unique expressions of self through yoga movement. Themed classes engage imagination through lively activities, cooperative games, and art. Each class will explore a yoga-based theme reinforced with a craft at the end of the class. We move from giggles to calm while developing gross and fine motor coordination, focus, and social skills. Moms can easily take what they learn in class and bring it to the home, growing body and mind awareness at their own pace. Each child should be accompanied by one adult. Please bring a yoga mat to class. You may be asked to bring in occasional supplies, such as empty jars, glitter glue and paper towel rolls.

Please Note: A \$5 non-refundable fee for craft materials is included in the price of this course.

Please Note: This is a 9-week course. The last class is on March 19.

FOR CHILDREN

Instructor: Kathleen McAdams, CYT (Certified Yoga Teacher)



MY FIRST MUSIC CLASS (BABIES UP TO 12 MOS. WITH THEIR MOMS)

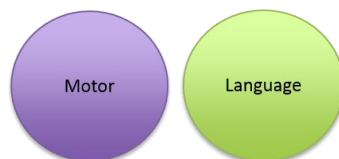
Monday 10:00 – 10:45 a.m.

Upstairs Classroom

This is an introduction to music for your child and a chance to learn new songs to sing with your child as he/she grows. Stimulate your child with soothing sounds and upbeat tunes. Meet other mothers and expand your musical vocabulary! The last few minutes of class time will be set aside to allow mothers and babies to socialize and interact.

Please Note: This is a 9-week course. The last class is on March 19.

Instructor: Heather White, B. Mus. (Memorial University), M. Mus. Studies (Bowling Green State University), PhD. Music (McGill University)



TODDLER TUNES (CHILDREN 12-24 MOS. WITH MOM)

Monday 11:00 - 11:45 a.m.

Upstairs Classroom

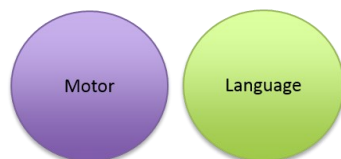
Toddlers between 1 to 2 years of age are busy learning and exploring movement and speech. Using music as a vehicle, we will be connecting

FOR CHILDREN

singing/speech with gesture and exploring beat through basic movement and small percussion instruments. The last few minutes of class time will be set aside to allow mothers and toddlers to socialize and interact.

Please Note: This is a 9-week course. The last class is on March 19.

**Instructor: Heather White, B. Music (Memorial University),
M. Music Studies (Bowling Green State University), PhD.
Music (McGill University)**



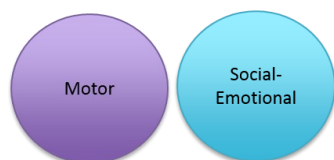
MOM & TOTS GYM (2-3.5 YRS)

Tuesday 10:00 - 10:45 a.m.

Gym

Moms attend this class with their child who will meet new friends and enjoy group participation. We offer parachute play, co-operative games, a mini-gym, songs, balls, and a fun time for the two of you. For children to get the most out of the class, it is preferable for the participants to arrive on time. This is a fast-paced class and you wouldn't want to miss out on some of the fun!

**Instructor: Lesley Matheson, YMCA FIT; CAN-FIT-PRO; Mind
& Body Fitness Specialist**



FOR CHILDREN

CHILDREN'S CREATIVE MOVEMENT (3-5 YRS)

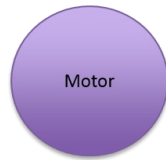
Tuesday 1:00 - 1:45 p.m

Gym

This class for 3- to 5-year-olds will have children exploring their musical and spatial senses as well as their imaginations. Instructor Sara Abbott will use a foundation of ballet warm-ups, positions, and movements to encourage your child's creativity in dance. Children should come dressed comfortably and bring a pair of dance slippers. Please remember that mothers must remain in the building while their children attend this class.

Please Note: There is no class on March 13 (WIWC activity). The last class is on March 27. This is a 9-week course.

Instructor: Sara Abbott



BUSY BEES (5-12 MOS. WITH MOM)

Wednesday 9:00 - 9:45 a.m.

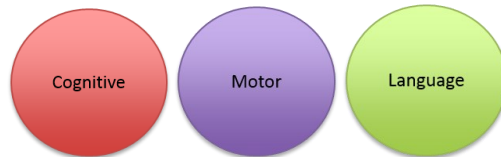
Upstairs Classroom

Moms will get an opportunity to stimulate their child with songs, sensory activities, baby sign language, and active play. You and your "busy bee" will have fun learning baby sign language that you can use at home. You will also get an opportunity to engage your child in a variety of activities that are geared to help develop gross and fine motor skills. Moms, there will also be time set aside for you to discuss baby topics that interest you. The last few minutes of class time will be set aside to allow mothers and babies to socialize and interact. **Please bring a yoga mat to class.**

FOR CHILDREN

Please Note: A \$5 non-refundable fee for craft materials is included in the price of this course.

Instructor: Wendy Pearson, B.Ed., B.A. (Bishop's University)



MAMA'S MOVERS (12-24 MOS. WITH MOM)

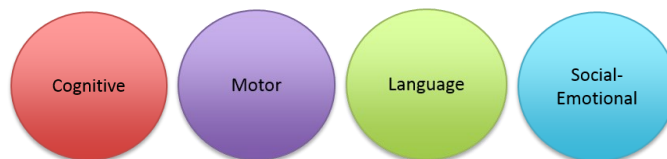
Wednesday 10:00 - 10:45 a.m.

Upstairs Classroom

Come and explore with your child in this busy, active class. Each week you will have an opportunity to engage your child in different play activities, sing songs, and participate in a circle time. Your child will be introduced to new activities that will help develop his/her emerging gross motor, fine motor, and sensory skills.

Please Note: A \$5 non-refundable fee for craft materials is included in the price of this course.

Instructor: Wendy Pearson, B.Ed., B.A. (Bishop's University)



FOR CHILDREN

LITTLE LEARNERS (CHILDREN 2-4 YRS WITH MOM)

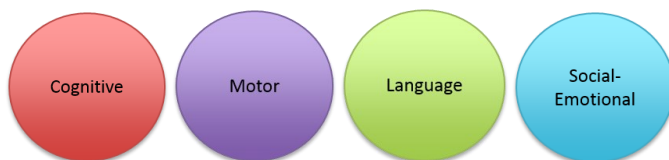
Wednesday 10:55 - 11:55 a.m.

Upstairs Classroom

Come for an action-packed hour of exciting and engaging learning. You and your child will be introduced to fun games and songs geared towards pre-academic skills. This structured time will include group time, story time, and play-to-learn activities. Children must be 2 years of age at the beginning of the session.

Please Note: A \$5 non-refundable fee for craft materials is included in the price of this course.

Instructor: Wendy Pearson, B.Ed., B.A. (Bishop's University)



KODOMO (KIDS') KARATE (4-5 YRS)

Thursday 1:00 - 1:45 p.m.

Gym

What do whoopee cushions, pool noodles and paper plates have to do with martial arts? Your child will find out in this fun and entertaining class!

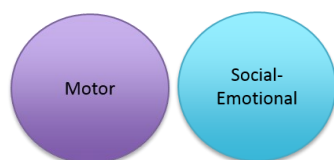
Kodomo Karate is a program designed specifically to introduce preschool-aged children to the beautiful world of traditional martial arts. However, Kodomo is dynamic, fun and allows young children to harness their natural energy in a positive manner. Each week, our instructor will use a different “theme” to explore “dojo etiquette,” basic karate techniques, and even some Japanese terminology. Please remember that mothers must remain in the building while their children attend this class. Children should wear loose comfortable clothing.

Please Note: There is no class on March 22 (WIWC activity). The final

FOR CHILDREN

class will take place on March 29. This is a 9-week course.

Instructor: Meghan Greig, 2nd degree black belt in Wado Kai Karate



MOM & TOTS YOGA (4-5 YRS)

Friday 10:45 - 11:30 a.m.

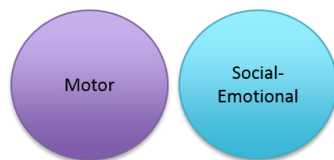
Gym

Filled with movement, stories and song, this class encourages children to explore their unique expressions of self through yoga movement. Themed classes engage imagination through lively activities, cooperative games, and art. Each class will explore a yoga-based theme reinforced with a craft at the end of the class. We move from giggles to calm while developing gross and fine motor coordination, focus, and social skills. Moms can easily take what they learn in class and bring it to the home, growing body and mind awareness at their own pace. Each child should be accompanied by one adult. Please bring a yoga mat to class. You may be asked to bring in occasional supplies, such as empty jars, glitter glue and paper towel rolls.

Please Note: A \$5 non-refundable fee for craft materials is included in the price of this course.

Please Note: The last class is on March 23. This is a 9-week course.

Instructor: Kathleen McAdams, CYT (Certified Yoga Teacher)



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*Ex-officio: Non-voting member

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Centre des Femmes West Island
West Island Women's Centre

*We are an agency supported by
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