



The Board of Directors and the team of the ABC Center wish you a happy holiday season filled with joys, reunions and pleasant surprises.

May this new year fill you with success, health and peace and that your wishes and projects become a reality

Together let's make our community shine!

A WORD FROM THE PRESIDENT

THANK YOU! Is still the most appropriate word to pay tribute to you

This is the perfect time to say THANK YOU to our loyal volunteers and partners for their precious and invaluable collaboration. I therefore join the members of the Board of Directors and staff of the ABC Center in offering you our best wishes. May the year 2020 bring you health, love, happiness and prosperity.

It is also an opportunity for me to thank my fellow collaborators on the Board of Directors, management and all employees for their energy, skills and leadership in serving our organization. Thank you also to you, dear volunteers and beneficiaries, for your encouragement and participation in our activities.

I will conclude by inviting you to «Cultivate friendship, because it is the only true wealth». Let's continue together and always make the ABC Center a reference in terms of citizen involvement in the heart of the Borough of Saint-Laurent!

Roger Risasi, M.Sc.
Chairman of the Board of Directors

Annual toys collect from the ABC Center

The community generously reply to the call



Once again this year, the ABC Center has taken the initiative to organize, as Christmas approaches, a toy drive for the benefit of the students of the École Enfant-Soleil and Henri-Beaulieu, who are mostly from immigrant families. Now in its fifth year, this charity activity aims to combat poverty, inequality and all forms of social exclusion. It encourages Laurentians to show solidarity and mutual assistance to the thousands of families living below the poverty line who are struggling to make it through the holiday season.

Every winter, this harvest becomes a great success with community members who are very sensitive to the cause and who wish to help their fellow citizens. Several good samaritans donated their toys, which were sorted, washed and then nicely wrapped up by our team of volunteers and students from Vanguard School and the Tai Chi Group in Saint-Laurent.

Employees of Bombardier Aerospace, Rolls Royce, CAE, IODS Saint-Laurent and IO Center also joined in this solidarity operation by donating a few hours of volunteer work to the organization, demonstrating their support for the Laurentian community. In the end, nearly 1,000 toys were distributed on Wednesday, December 11, 2019 at École Henri-Beaulieu and on Thursday December 19 at École Enfant-Soleil.

A big THANK YOU to all the elves at the ABC Center who helped spread the joy to many children in our community!

No to intimidation of Laurentian seniors, an essential project!

As Treasurer of the Residents' Committee, I am involved in my residence and I support the other tenants in all their leisure activities as well as in the various problems they may experience. The ABC Centre's «No to Bullying of St. Laurent Seniors» program opened my eyes and gave me the energy to continue to react to different bullying situations. This group has been important for me in my work of listening to others and to myself. I felt supported and helped in a concrete way. I have only good words to say about this program. Receiving explanations about bullying also opened doors for me. Initially, I came into the group to talk to another resident and help her. However, as a result of these workshops, I was able to disarm other bullying situations that I had experienced myself. Indeed, having recently been physically bullied, I knew right away how to react.



Despite the fear, I went to the people in my home and told you about it. I don't have enough words to describe what this program has done for me, but I now have concrete tools to respond to bullying situations. I find this program very positive and beneficial for our residence. I would like to thank the ABC Center and all the partner stakeholders for being and being there for us.

Project participant

Laurentian Volunteer Ambassadors 2019-2020

Saint-Laurent, December 6, 2019 - The ABC Center is proud to announce the names of the five ambassadors of Saint-Laurent's 2019-2020 volunteer action and corporate citizenship: Kalilou Savane, Christine Ligondé, Justine Sossou, Thérèse Deschâtelets and Marie-Josée Fillion and Bombardier.



On Thursday, December 5, the winners received their trophy from Roger Risasi, Chairman of the Board of Directors and Alan DeSousa, Mayor of Saint-Laurent. This tribute evening was held at the Buffet Crystal in the presence of some 100 guests, including elected officials from Saint-Laurent, representatives of community organizations, the ambassadors families and friends, as well as their fellow volunteers.

The corporate citizen and the five recipients chosen this year by the selection committee were remarkably distinguished by their exceptional civic commitment and their invaluable contribution to the Laurentian community. These shadow workers have put their hearts and minds into ensuring the well-being of their fellow citizens, as well as promoting our community. In this sense, they deserve all the honours and all our respect, recognition and immense gratitude.

For its part, Bombardier has undoubtedly made a difference in our community by contributing to its social development through its volunteer's commitment. The company is a fine example of how a large organization like ours can also stand out through local actions to improve the quality of life of its fellow citizens.

Valentine's Day



Come and celebrate with us!

On Valentine's Day, the volunteer center is pleased to invite all volunteers to a conference to be held on Friday, February 14, 2020, from 1:30 p.m. to 4 p.m., at the Bibliothèque du Boisé located at 2727 boulevard Thimens, Saint-Laurent, Québec, H4R 1T4. This conference under the theme of good humour and love will be presented to the guests and will be followed by a period of discussion. A snack will be served to those present.

To help us organize this event, please confirm your attendance at 514 744-5511 no later than Friday, January 31, 2020.

We look forward to seeing you there!

Here and elsewhere A story of volunteering !



The day I first set foot on Quebec soil was January 1, 1985, and it was a sunny day. As I stepped out of the Mirabel Airport bus to downtown Montreal, I was impressed by the immaculate cleanliness and immensity of the landscape accentuated by the snow covering the ground. I have never imagined that you could have so cold. I was shaking of my whole body, dressed as I was in clothes more suited to the African winter.

Since then, dragged like a board by the waves of life, I have been working as hard as I could to build a family. It was written that it was necessary to wait until my daughter reached her high school so that I could finally be involved in volunteer work. That's when I took the plunge and joined the Fondation de l'École Internationale de Montréal as a volunteer. I never regretted it. Between the sale of chocolate and other items to finance our activities, there was the joy of seeing this sparkling and vibrant youth. I gave my time and energy, but I understood that in return I was growing.

The path was paved and it was with the ABC Center that I continued it by becoming more involved in my community. All these people, beneficiaries or volunteers, from diverse cultures and origins, for whom or with whom I have devoted a little of my time, have given me in return a wealth that cannot be measured. Thank you to them for teaching me that you can give and receive without money. Thanks to them, my notion of community has broadened and the whole world has spread.

I was just waiting for the opportunity to see if we could also be local and global in our volunteer activities, and since everything comes at the right time for the man who knows how to wait, this opportunity has finally presented itself with Cuso/Vso, a Canadian NGO that focuses on people for a better world. So I ended up in Burkina Faso for six months.

As a volunteer cooperate, my mission was to ensure the organizational development of a structure that includes about fifty groups and associations. I worked and interacted with women and men of good will, who were striving every day to improve their lives a little bit. Under a blazing sun, often accompanied by a hot, dry and dusty wind (harmattan), I have found that under other skies, the needs can be enormous. But I have also come to understand that a small step, a small action can bring about the desired change and give hope for a better life.

Integrated and accepted by the community, I was surprised by the solidarity between people and by this desire to change things while respecting ancestral values and traditions. What I gave was perhaps a simple drop of water in a sea of necessities, but my joy to be surrounded by African wisdom and finesse, was really greater

As I said earlier, my path is clear. I will get involved locally, but also globally. We live in a large village and no matter how big a good deed, it will undeniably lead us to a better world.

Rachid Chakridi, a member of the Board of Directors of the ABC Center

TESTIMONY

«I was accompanied to help me overcome my grief. »

My experience with the bereavement group has been greatly positive for me. The discussions, the dialogue and the exposure of our weaknesses, followed by the advice of the group leader, brought me real comfort and relief facing my personal doubts. Also, after few weeks of listening, mutual support and assistance, I experienced positive reactions and I gained confidence from the other members in the group. Thank you to the ABC Center for this great psychological support after my wife's death.

A member of the ABC Center

