

## GENERAL MEETING 2019

On Friday, June 7, 2019, the ABC Centre's Annual General Meeting was held at Buffet Crystal in Saint-Laurent. This meeting brought together about a hundred people, including a large majority of volunteers and partners, and ended with the election of the Board of Directors for the year 2019-2020. The three members who were completing their terms of office had the opportunity to promote their candidacy and were re-elected by acclamation.



It is with great pleasure that we present to you the new Board of Directors composed of Roger Risasi, Simon Lambert, Paulina Herrera, Antoine Karoichan, Pinyu Qi, Pierre Beauchamp and Rachid Chakridi. On behalf of all the volunteers and staff at the ABC Centre, we congratulate them on this appointment and wish them a successful year in the performance of their duties.

## The Youth Committee of the ABC Centre in action!

This summer, the Youth Committee of the ABC Centre launched a wonderful back-to-school celebration that brought Laurentian citizens together for an international meal where all participants could bring a dish from their country of origin. This initiative, which aimed to promote the civic participation of Laurentians in volunteer work, was a joyful and cheerful event. This unique opportunity allowed residents to socialize around delicious food, have fun, play with toys and, most importantly, make volunteering a priority for their community.



It is certain that this extraordinary unifying event will not be forgotten any time soon and will come back even stronger next year.

Congratulations to these committed, motivated young people who are determined to help their borough grow.



*Order your citizen's delight*

*A bite of solidarity  
Serve with your cake made by Dolci Pin*

*Whipped cream and forest fruits*

*Cost \$10*

*Order your citizen's delight before 22 november 2019 on 514-744-5511 or : [reception@centreabc.org](mailto:reception@centreabc.org) - Delivery on 13 december 2019*

# GO THROUGH GRIEF WITH THE ABC CENTRE SUPPORT GROUP



The mourning group is back in service thanks to the financial support of the Armstrong-Rideau Funeral Home. The aim of this project is to break the social isolation of bereaved people by providing them with a place to listen, exchange and help each other. The creation of support groups was the result of a concern revealed to the Comité aînés de la concertation, of which the Centre ABC has been a member for several years, alongside many partners working with an aging population. From September 25 to December 4, 2019, a group of up to eight people will meet every Friday from 2 to 4 p.m. at the ABC Centre. Participants will begin the work necessary for bereavement, through workshops facilitated by a professional. To register, please call 514-744-5511, ext. 221

## ON OCTOBER 2ND, DON'T GO OUT WITHOUT YOUR UMBRELLAS FOR THE UNITED WAY MARCH!

The traditional United Way Walk with 1000 umbrellas will be back on Wednesday, October 2, 2019.

This major gathering, which mobilizes thousands of representatives from businesses and community organizations in Montreal, marks the launch of Centraide's annual fundraising campaign, whose theme this year is "Let's Change Lives for Life". This campaign takes place in the fall and aims to raise donations that will be generously donated to the 360 community organizations that fight poverty and social exclusion, including the ABC Centre.

As every year, the ABC Centre and its volunteers will be present at this colourful parade to show their solidarity with individuals and families in precarious situations, and their commitment to contribute to the well-being of communities. Join us for this event, which will be held from 12 noon to 1 p.m. on McGill College Avenue, between Sainte-Catherine and Sherbrooke Streets.



To participate, simply contact us by email at [communication@centreabc.org](mailto:communication@centreabc.org) or by phone at 514-744-5511, ext. 224. Umbrellas in the colours of the ABC Centre as well as metro tickets will be given to you.

## DONATE YOUR TOYS TO THE ABC CENTRE!

Starting in November, the ABC Centre will begin its annual toy drive in the Borough of Saint-Laurent.

The purpose of the collection is to collect toys generously donated by community members and then distribute them to students at École Enfant-Soleil before the Christmas holidays.

This great initiative, which takes place every year, is an opportunity for our fellow citizens to give back to the community. The holiday season is a difficult time for many families living below the poverty line who cannot afford to give Christmas gifts to their children.

The support they will receive this year again is a testament to the solidarity of our community and helps to give them hope.

We hope that Laurentians will mobilize, bringing joy to children from less fortunate families in our community.



## Give your warm clothes to Laurentian families in need!

The ABC Centre, in collaboration with the Maison des familles de Saint-Laurent, will organize a clothing drive to benefit people in our community who are in need. Many of them need warm clothes and accessories (boots, scarves, gloves, toques) to survive the winter season. That is why the ABC Centre has taken the initiative to meet the basic needs of its most disadvantaged residents by collecting clothing that will be donated to the Maison des familles de Saint-Laurent, which will organize the traditional winter bazaar.

Starting in September, Laurentians will be able to bring their winter clothing and accessories in good condition to the ABC Centre for men, women and children, such as coats, pants, boots, scarves, mittens, hats, warm sweaters, etc.



**Please note that we are accepting clothing donations until October 22, 2019.**



## Have a good start to the school year!

The members of the Board of Directors  
and the entire team at the ABC Centre  
wish you a good school year filled  
with success and great accomplishments.



## Call for nominations for awards "Volunteer Ambassadors 2019-2020"

It is with great pride that the ABC Centre will launch the 2019-2020 Volunteer Ambassador Awards on Tuesday, October 1, 2019 for the fifth consecutive year. These honorary awards, which are presented as part of International Volunteer Day, recognize and reward five distinguished ambassadors who are generously and fervently involved in their communities in the various spheres of human activity.

Due to its resounding success, the initiative was renewed once again this year to highlight the exceptional work of many fellow citizens who stand out in their communities for their generosity, dynamism and extraordinary commitment.

Once again, we encourage Laurentians to submit the candidacy of a citizen who volunteers in Saint-Laurent, no later than Friday, November 1.

A selection committee will evaluate all nominations and objectively select the five Ambassador Winners who will be honoured at a gala



evening on Thursday, December 5, 2019, starting at 5:30 p.m. at Buffet Crystal in Saint-Laurent.

Full details on this initiative, the evaluation criteria and the nomination form will soon be available by email and on the CBA Centre's website: [www.centreabc.org](http://www.centreabc.org)