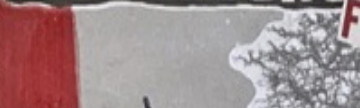


PEOPLE NOT



POLLUTERS



LAND BACK



NO ACCESS WITHOUT CONSENT



NO PIPELINES

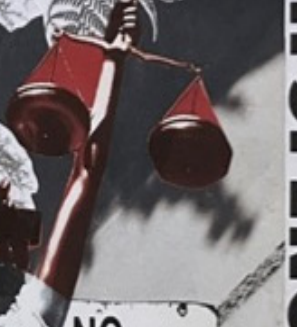
DECOLONIZE



PALESTINE

NO MORE FUCKING

PIPELINES



NO ADMITTANCE AUTHORIZED PERSONNEL ONLY

NO ONE IS ILLEGAL



SOLIDARITY!

STOP THE MONEY PIPELINE

if found please return to:

SCHOOL
SCHMOOL

School Schmool was created in Tiohtià:ke ("Montreal"), unceded Indigenous Kanien'keha:ka (Mohawk) territory, which has historically been a meeting and living space for Haudenosaunee, Abenaki, and Algonquin People. We also recognize the continued presence of many other distinct Indigenous groups and peoples on this land. It is our intention to keep this in the minds of our readers, in order to encourage more discussion, reflection, and research on their relationship and responsibility to those Indigenous to Turtle Island ("North America") who continue to be harmed by settler colonialism.

You can find more information about land acknowledgements at the following link:

coco-net.org/thinking-about-land-acknowledgements-here-are-some-resources

NOTE ON ACCESSIBILITY

We recognize the fact that this document may not be accessible to everyone in its current form. If you would like any of these articles or resources in a larger font, or with any other accessibility modifications, feel free to contact us at school.schmool@gmail.com before December, and we will do our best to meet your needs. You can find the web version on our website, schoolschoomol.com.

Content warnings for the written work at the front of the agenda can be found beneath the titles of relevant pieces. In the calendar section, there are brief descriptions of historical events, some of which reference instances of police violence or sexual harassment.

If you need any of these to be blacked out, please send us an email.



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ABOUT THIS ISSUE

School Schmool is your radical guide to your often unradical school. In 1994, the first editors wrote, “When we say ‘school schmool’ we don’t mean to be dismissive. What we mean is that there are a lot of things going on at university, and school is only one of them.” Though it began as a bi-annual publication that brought together group profiles, articles, and practical resources for social justice, School Schmool is now an ad-free, corporate-free, agenda-with-an-agenda, connecting the McGill, Concordia, and greater Tioh’tiá:ke communities.

We hope to bridge (and break) the gap between academia and issues outside the classroom by providing a guidebook where students can find information on resources and initiatives taking place in their communities. We strive to feature content that presents radical, anti-oppressive, and intersectional perspectives on current issues, especially works by Queer and/or Trans people, Black and/or Indigenous people, and other people of colour.

This year's theme is RESISTANCE. How can we continue to resist systemic violence and the systems that oppress marginalized communities, while implementing strategies of care within community? What does it mean to come together in solidarity and resist collectively, in so-called "Canada" which is complicit in ongoing colonial violence and genocide?

The tools in this agenda imagine social change, too, as a medium of resistance—characterized by continuous, persistent movement and action. We encourage you to go beyond the resources offered here to continue learning about and getting involved with different communities within and beyond university!

Tiohtià:ke and surrounding areas in the Kanien'keha:ka language

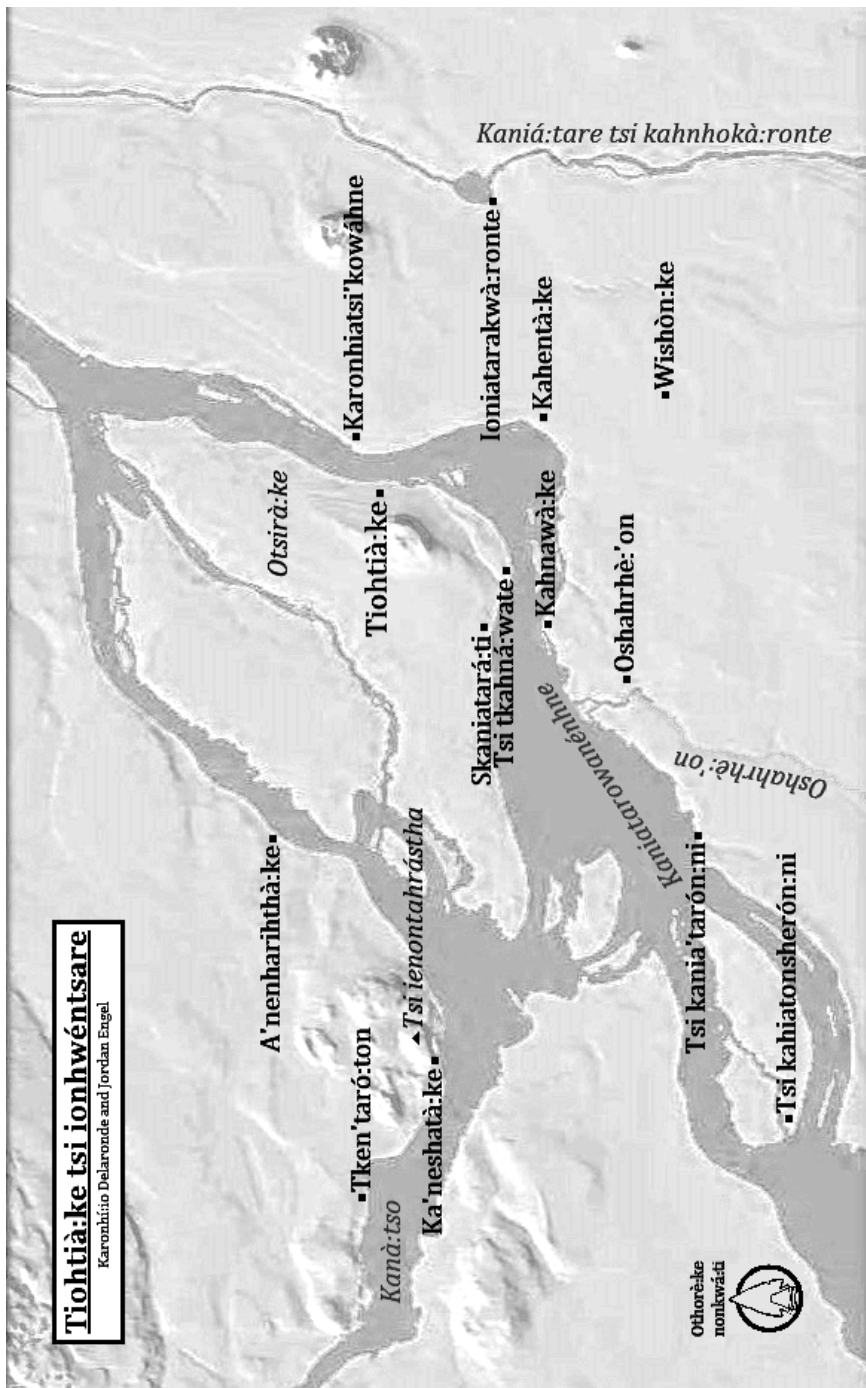
This map of Tiohtià:ke tsi ionhwéntsare was made by Karonhí:io Delaronde, a Kanien'kéha speaker from Kanièn:ke, and Jordan Engel, a map-maker from Ka'skonhtsherá:kon (Rochester). The following list of toponyms contains the Kanien'kéha place name, its translation, and the English place name.

- A'nenharithà:ke** (place where the grapes are cooked) – Saint-Eustache
- Ioniatarakwà:ronte** (it has a bulge in the lake/river) – Chambly
- Ka'nehsatà:ke** (where the fine snow-crust is [named so because when going there when it is really sunny the sands of the foothill sparkle like the snow-crust]), or **Kanehsatà:ke** (on the foothill) – Oka
- Kahentà:ke** (on the prairie) or **Ken'tà:ke** – La Prairie
- Kahnawà:ke** (on/at the rapids) – Kahnawake
- Kanà:tso** (pail in the water, pail boiling) – The Ottawa River
- Kaniá:tare Tsi Kanhokà:ronte** – the Richelieu River
- Kaniatarowanéhne** (place of the big river) or **Kahrhionhwa'kó:wa** (the great sized river) – The St. Lawrence River
- Karonhiatsi'kowáhne** (where the sky is noticeably great) – Longueuil
- Oshahrhè:'on** (most likely to do with Osháhrhe [cattail]) – Chateauguay
- Oshahrhè:'on** or **Shahrhè:'on** – The Chateauguay River
- Otsirà:ke** (on the fire) or **O'seronni:ke** (place of where the axes are made) or **Tiotià:kon/Tiótia'ke** (broken in two [the St. Lawrence River breaks into two around the island]) – Montreal Island
- Skaniatará:ti** (across the river) – Lachine
- Tiohtià:ke** (from Tiotià:kon/Tiótia'ke [broken in two]) – Montreal
- Tken'taró:ton** (many chimneys are standing there) – Saint-Placide
- Tsi lenontahrásta** (place to march up a mountain) – Calvary Mountain
- Tsi Kahiatonsherón:ni** (where the papers are made) – Salaberry-De-Valleyfield
- Tsi Kania'tarón:ni** (where the cloths are made) – Beauharnois
- Tsi Tkahná:wate** (where the rapid is) – Lasalle
- Wishòn:ke** (place of the plums) – Saint-Philippe

Visit decolonialatlas.wordpress.com for more information.

Tiohtià:ke tsi ionhwéntsare

Karonhiatsi Delaronde and Jordan Engel



ABOUT QPIRG CONCORDIA

The Québec Public Interest Research Group at Concordia (QPIRG-Concordia) is a resource centre for student and community research and organizing. We strive to raise awareness and support grassroots activism around diverse social and environmental issues. Our work is rooted in an anti-oppression analysis and practice. We seek to make campus-community links and inspire social change through engaging, inclusive, and non-hierarchical approaches. Our core projects include the Study In Action undergraduate and community research conference, the Disorientation alternative orientation, the Community-University Research Exchange (CURE), and our Alternative Library.

We also produce various publications including *Convergence*, a journal of undergraduate and community research, and the *School Schmool* radical agenda.

Importantly, we support close to thirty working groups that organize on a wide variety of social justice issues. We maintain an active schedule of events throughout the year, including book launches, films, skillshares, and teach-ins.

In essence, QPIRG Concordia is a campus-community link for social change. Both students and community members are welcome to make use of our space and resources, and participate in our projects. We believe in the power of collective organizing to achieve social justice!

ABOUT QPIRG MCGILL

The Québec Public Interest Research Group at McGill (QPIRG-McGill) is a non-profit, student-run organization that supports action, research, and education on a wide array of social and environmental justice issues. Here's a quick guide to our projects, resources, and events:

Our working groups are the heart of our organization. Touching on issues as varied as independent media, urban gardening, Indigenous sovereignty, workers' rights, prisoner support, anti-racism, migrant justice, and solidarity with the so-called "Middle East," our working groups are engaged in making creative, direct, and grassroots social change.

We think that research should be community-based and useful to those striving for social change! In this vein, the Community University Research Exchange (CURE) allows students to fulfill their course, internship, or thesis requirements while doing research that is needed by community organizations around Montréal. The Convergence journal showcases engaged and community-based undergraduate research and action projects.

Throughout the year, QPIRG-McGill puts on workshops, panels, films, and discussion groups. Whether as part of Culture Shock!, which touches on the myths surrounding immigrant, Indigenous, and communities of colour, Social Justice Days, which provides a space for students to learn about social and environmental issues, or the Radical Skills series, which helps students learn how to fight for social change, our popular education projects provide opportunities for critical reflection and thoughtful activism.

QPIRG-McGill is by and for students. Whether you want to join a working group, plan an event, join the Board of Directors, or help organize a conference, QPIRG-McGill would love to have you.

they must rule in Ireland



J. MORAN
LADIES
HAIR STYLING



MIDSUMMER MIDNIGHT, and Belfast is burning.

CSET WORKERS
REJECT
SUGAR QUOTA



War drums crash in narrow streets, and somewhere rabbled voices roar an unintelligible song. The air is heavy with smoke.

It is the dawn of the Glorious Twelfth of July, and Belfast's Protestants are celebrating the victory of William of Orange.



 **writing + articles**

LETTER TO MY SYSTEM SIBLINGS

By mouse

I remember one of the first things I noticed when I entered the system as a kid was that most of

the kids there are Indigenous. I can't remember if there was ever an age where I believed that

children were actually valued and protected. But I have been lonely for much of my life, because

many people live sheltered from a lot of truths. And they often don't want to hear it. And the

people who grew up at a young age are crazy for the rest of our lives.

I'm nearing thirty. Many of my friends have died. There is a particular heartbreak that comes

with remembering a friend at age seventeen who will not ever have access to the wisdom and

security that comes with growing up.

I carry you everywhere and I will forever. I love you so fucking much I wish I could've given you

the world. I dream I run into you in the metro. I dream we live together again like siblings, in a

community, not in an institution. I talk to you sometimes. I talk to you as your fiercely protective

older brother and I imagine that I am showing you beautiful things about the world that you

would maybe have liked to see. And then somehow, this makes me feel in a way like I'm

protecting my teenage self too — and the parts of me that died young.

My dear friends, your pain and rage is also mine. It is there on the frontlines facing the riot

police. It is there in my dry and hoarse voice screaming “Free Palestine”. This is a world where

people allow children to suffer and die. Some people wish this wasn't so, and some people fight

to stop it. Those people have become my friends now too. I think they would have taken care of

you, and of me, in another universe. Well, they're taking care of me now even as an adult. The

solidarity movement for Palestine has adopted me and has given me everything, like the family I

never had, and in return there's nothing I wouldn't give. You should be here with us. You should

fucking be here. You could have had food and shelter in the student encampments, you could

have had all the love in the universe and you could have used your rage to fight the system with

us. I do not want to live in the world that so easily let you die. How many nights have I come so

close to leaving this world too? I see now that I want to spend the rest of my life fighting for a

better world. You deserved the world.

Love,

mouse

a white settler, youth protection and long term institutional psychiatry survivor, camper and

comrade in the Palestine solidarity movement in Tiohtià:ke



Quelle Est La Couleur Du Cheval Blanc De Napoléon?
by Nafleri

HOW CAN I PROVE MY EXISTENCE?

By Yara Ajeeb

when my name is absent from official documents,
replaced by foreign characters,
when they urge assimilation?

when the map crumbles,
bricks collapse,
and I run to the edge of this Earth, where lost children gather
and play,
bound by unspoken laws of being?

How can I reveal my grandmother's essence,
with her braids, tinted with titian red and silvered by time,
her thick Latakia accent,
and the embrace of her olive trees?

when they distort my name,
reshape my eyes,
erasing the familiarity of home,
jasmine-scented air,
and my name held meaning?

Yet, I've complied:

1. signed papers
2. learned the language
3. posed for passports
4. sang the anthem
5. celebrated with other displaced souls

I've chosen to tread unfamiliar waters,
leaving an unnamed child behind

How do I prove her existence,
when the bridge between here and there lies shattered?

-

She, too, ventures to the Earth's edge, where lost children
gather and play while her mother
beckons her home.

"It will soon grow dark, my love."

"Mama, just a few more minutes, please."

-

How can I prove this existence?

when they blur my past,
wrench my roots?

when she remains absent,
when she never returns.



By Zoe Rubin
by Zoe Rubin

ENCAMPMENT

By Rebecca Lawrence Lynch

*Someone is writing Free Palestine in chalk on the paving stones.
My heart is full of hot dogs and numb toes,
the smell of sweet grass and dirt mixing
with the sweat down our backs and in our palms,
clapping along to chants and the donated tarps snapping in
the wind.*

*The rain turns dirt to mud which covers our pants and boots,
coating the rough hewn wooden pallets we heaved
from all over Milton-Park, while the call to prayer echoes across
campus,
and leads our brothers and sisters to make Lower Field holy,
kneeling before the only one they will ever submit to.*

*For them and for all of us, there will be no peace
before liberation and no cops, so no violence
and movies we watch about children in Gaza and the West Bank,
in Syria and Lebanon, in Jordan and all over the world.*

*Whose hope infects us with a spirit that carries their voices
and stories from Palestine across all seven continents,
about political prisoners who tell jokes
that make the martyrs laugh in paradise,
while we dance and sing and eat olives
served by a woman who smiles like the feeling
of jumping in a mud puddle for the first time in forever.*

*We know that freedom is a constant struggle
and our enemies count on that to make us tired,
to make us wonder why we bother
when the revolution has always been just around the next corner
but they miss the smiles and the laughs,
the children playing beneath the flags; green, white and red.
They miss the new and old friends enjoying the fruits
of an overflowing donation bin. They miss the anarchists
and Marxists, the Maoists and liberals
all singing 'We shall not be moved' together.*

*They miss the Muslims and Jews, the Christians and atheists
waiting and ready, watching and reading, chanting and crying,
sleeping shoulder to shoulder, side by side.
They miss all of this and more, so that alone
in their offices and bunkers, biding their time and renting
bulldozers,
we see clearly what they do not understand;*

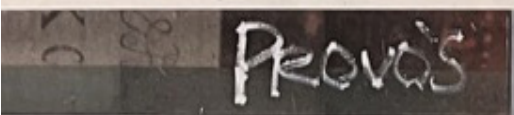
*what so called Israel does not understand,
what Justin Trudeau does not understand,
what François Legault does not understand,
what McGill and Concordia, UQAM and UdeM
what Deep Saini and Graham Carr, Stéphane Pallage
and Daniel Jutras do not understand,
is that the friction of resistance warms our hearts
and fuels our bodies so that the pressure they put us under
does not discourage but powers our movement
strong and vital across Turtle Island.*

*So that every action against us, every step a riot cop
or hired thug takes, every bomb dropped on the heads of the
innocent
and every winey email they send which threatens us
with batons and arrest, injury and death, will all be retaken
and metabolised into the conditions of their inevitable defeat
because I am not free until we all are free,
and we will not be free until, from the Jordan river
to the salty shores of the shining Mediterranean,
Palestine is finally free.*

In the Catholic ghettos of West Belfast things are quiet. British troops in battle gear patrol the rubble streets of Turf Lodge, Ballymurphy, and the Clonard. Indoors, people remember another night of fire, that in August 1969, when Protestant mobs burned dozens of Catholic homes, forcing



Northern Ireland



...N SERIOUSLY DAMAGE YOUR HEALTH



...slowly living down the debacle of 1969,



...to "a terrible beau



By Claire Cunningham

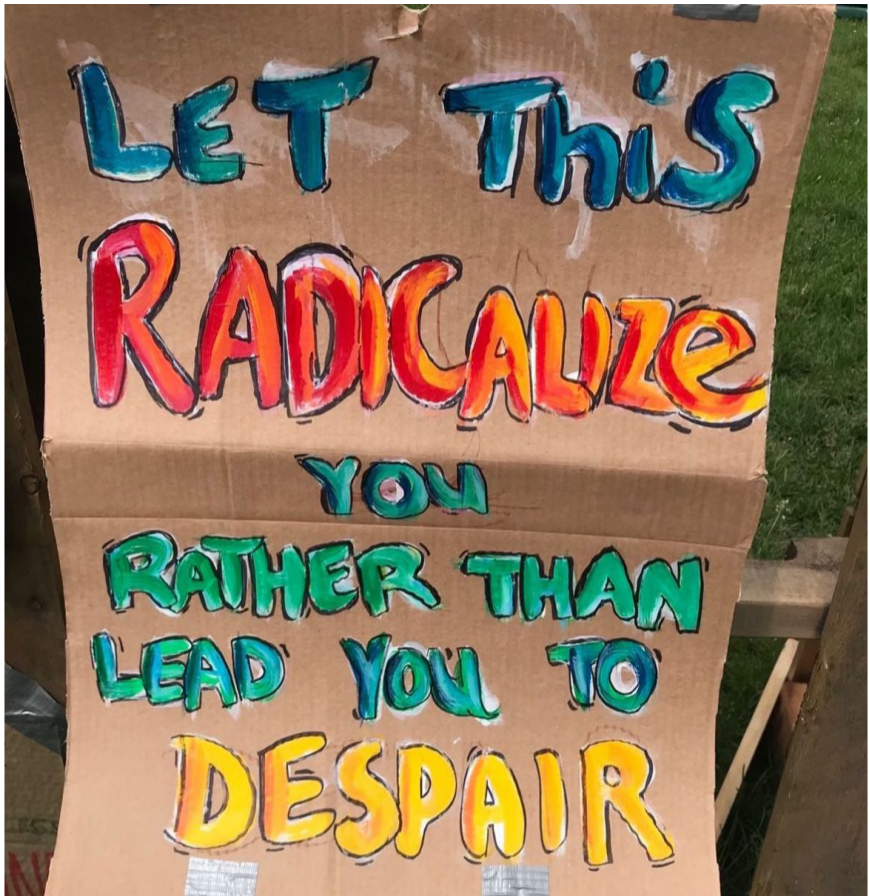


Image provided by author

ECHOES OF SURVIVAL

By Sophie

*In the heart of an ancient land,
Where olive trees and minarets stand,
Palestine bleeds, its cries are heard,
A story told, yet often blurred.*

*From Nigeria's shores, I came to learn,
A different world, yet wounds still burn.
The echoes of Biafra's fight,
Resonate in Gaza's plight.*

*A young Igbo girl, now grown and wise,
I see the world through clearer eyes.
From Biafra's ashes, stories old,
Of lives displaced, of futures sold.*

The Igbos, my kin, with spirits strong,

*Faced hunger's wrath, endured so long,
In fields of red, our hopes were sown,
In cries of war, our voices known.*

*In Palestine, the struggle's fierce,
Against the chains that oppress and pierce.
A genocide that tears apart,
Yet in their eyes, a warrior's heart.*

*Resistance is a thread so fine,
That weaves through every tragic line.
From Biafra's war to Gaza's night,
We stand as one, we fight the fight.*

*In Canada, a land so free,
Complicity is hard to see.
But in its veins, the history flows,
Of stolen lands and countless woes.*

*As an international student here,
I hold my memories dear and clear.
In classrooms bright, in halls so grand,
I carry tales of my own land.*

*What does resistance mean to me?
It's in the blood of ancestry.
It's in the hands that build anew,
A future bright, for me, for you.*

We gather here in solidarity,

*To challenge hate, to strive for clarity.
In every heart, a seed is sown,
Of strength, of love, a hope well-known.*

*From Palestine to Biafra's past,
We learn that pain, though deep, won't last.
For in our stories, power lies,
In every tear, in every rise.*

*Strategies of care, we share,
To lift the burden, ease despair.
In community, we find our might,
In unity, we face the night.*

*Together we resist the chains,
Together we endure the pains.
In every voice, a battle cry,
For justice, peace, we'll reach the sky.*

Reflection

Resistance is a powerful force, a transformative act that unites communities against systemic violence and oppression. As a Nigerian Igbo, the memories of the Biafra War are etched into my identity, and they echo in the struggle of the Palestinian people. The collective liberation we seek is rooted in our shared experiences of displacement and resilience.

In Canada, understanding this complicity in colonial violence is crucial. It's about recognizing the interconnectedness of our histories and the ongoing struggles of marginalized communities worldwide. Solidarity means standing together, sharing strategies of care, and fostering a culture of resilience.

The stories of Biafra and Palestine are tales of resilience, suffering, and the unyielding human spirit. They are narratives deeply rooted in the quest for self-determination, justice, and survival amidst overwhelming oppression.

As an international female student from Nigeria, my perspective on these conflicts is shaped by the historical trauma of the Biafran War and the ongoing humanitarian crisis in Palestine. My poem, "Echoes of Survival," captures the essence of resistance and solidarity that binds these struggles together, emphasizing the power of student activism in fostering change.

Reflections on covering the
encampment: A conversation
between four student journalists

Recorded at the encampment. Broadcast
on CKUT 90.3 FM on May 6, 2024.
Interview edited for clarity and length.

W: There's kind of been an ethical question of how much you tell, right? As a reporter doing news coverage, it's like—how do you actually speak to the **beauty** of this movement? And the **hope, and despair, affective contours of this movement?**

W: I've also tried to interrupt some of the narratives because they're just not true when you're on the ground. We've repeatedly seen this 'outsider narrative' in the media: I get asked every single time, 'what is the composition of the encampment?' — and it's students. It's the McGill and Concordia community. It's people who have been around universities, I think that's really important.

A: From what you've seen of the news media in Montreal, and across Canada, how do you feel about the narrative they have about the encampments? Is there a narrative?

W: I've been a reporter at McGill for four years and there's a historical context to this encampment that isn't always reflected in the media. This encampment didn't pop out of nothing. There was a vote for the policy against genocide in Palestine that passed with 78.7% of the vote that has all of the demands of divestment, disclosure, defending students. And I think not recognizing that **dehistoricizes** this movement.

N: That's such an important point. And I think that some of the bigger outlets that speak to more national issues are glossing over the historical points.

Why was McGill the first one to have an indefinite encampment in support of Palestine? Is it because this place is an analog to Columbia University? Or is it because there is so much lore when it comes to legislation that students have tried to pass and that the administration has repeatedly suppressed?

N: I think that the purpose of mainstream media—or at least I think a lot of them would say—is to bear witness. I say yes, for sure, but I would also argue that it's their job to provide context to the witness bearing so it doesn't come across as reactionary, you know?

W: I was at a teach-in yesterday and someone described that for local protests, you have local residents and global relevance. I think there needs to be more of an acknowledgement of what journalism does in times of crisis, how it brings voice and brings light to the desecration of land and people—and I think these larger media outlets have that responsibility because ultimately this encampment is about Gaza. And I think taking it away from that, or talking too specifically about the students is something that I've seen time and time again, and it needs to stop because **if you talk to the students, their focus is on Gaza. Their focus is not on themselves. This is not just about activism to get points. No, this is grounded, disciplined activism.**

A: To your point about, it's disappointing to see a lot of journalists basically waiting with bated breath until the police start aggressing people. Like that's what they're all waiting for, right?

L: Exactly, like come down here actually try to capture the vibe and spirit—and you could learn something, too, right?

W: This is all about popular education. It means learning on the job as a journalist. And because the way mainstream media—and I really do understand it from an extractive point of view—has mostly stayed to the edges of the protests in the encampment, they don't actually see what's happening at the centre. I want to shout out those moments of improvisation and clarity when people come together to co-create chants; when we see people learning from one another; when we see the translation from Arabic into English into French—this is something that kind of completely gets thrown into larger discussions of fears of violence. If you actually went into the protests, you'd see how they're navigating harm, how they're navigating fear, how they're navigating building safety for themselves, all in context with Gaza.

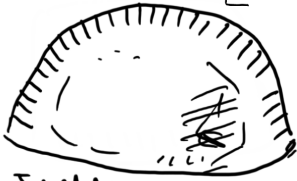
L: Being with CKUT the past week and staying here—even if we weren't broadcasting—just to see what's going on has been so nice. Like talking to the people who are organizing the food just casually, not because we wanted a quote or because we wanted a story out of it or just people who are like setting up painting stations and whatnot.

W: Yeah. Ultimately journalism has to be fighting for that conscience, and that means fighting for an end to the genocide and for a better world. ♦

By Sequoia Kim

SOME FOODS FOR WHEN EVERYTHING IS EXPENSIVE

[that aren't ramen]



JAMAICAN PATTIE



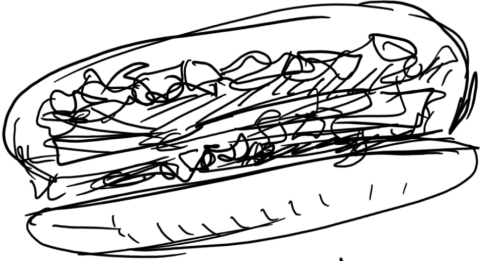
SAMOSA



SOFT RICE ROLLS



PORC
(OR
VEGGIE)
BUN



BANH MI

+BONUS!
plain HK milk tea



COMMUNITIES VS GENTRIFICATION IN MONTREAL

By Violet

The beauty of neighbourhoods like Verdun, Parc Ex and St. Henri lies in their diverse immigrant communities and working-class population, who are being forced out due to extremely high rents and discrimination from landlords. Other common reasons for long-term residents moving out include ‘renoviction’ – where landlords use renovations as a guise to increase rent – and ‘demoviction’ – where residents are evicted due to their homes being demolished.

Wellington street is traditionally one of the poorest of the three sectors of Verdun and a popular hangout spot for students and the working class - is now home to an excessive number of fancy cafes and expensive restaurants – making it virtually impossible to dine out on a budget. Dollarama and Renaissance thrift store still stand as a reminder of what the street once used to be about.

From November 2020 to November 2022, the average rent increase for an unfurnished 1-bedroom apartment was \$429 in Verdun. Its immigrant and middle-class families are especially vulnerable to eviction, as landlords demand whatever they want and take advantage of them.

St. Henri, another poor neighbourhood has seen the development of private luxury housing since over \$100 million in provincial and federal funds were designated for the cleaning up of the Lachine Canal in the late 1990s. These new high-end single-unit houses near public exercise machines and ‘green’ alleys are mostly home to white upper-class residents. The neighbourhood looks almost utopian from the outside, but what’s missing is culture - and affordable housing.

Parc Ex has always been accommodating to immigrant communities, housing Eastern Europeans and Jewish people displaced by the Second World War in the 1950s, followed by a wave of Greek migrants, it became home to a large South Asian community in the decades that followed. But now, wealthy white students, artists and hipsters are moving into Parc Ex, attracted by the rich culture and art that the immigrants bring with them.

In addition, Université de Montréal is building a new campus in the neighbourhood. The campus is expected to draw 10,000 students to Parc-Ex. The university itself is also building about 1,300 housing units for students. Neighbourhoods with high proportions of students tend to see more pronounced rent increases over time, since students tend to stay for a short period and landlords use that as an opportunity to hike the price of rent.

The crisis is further fuelled by blatant discrimination from landlords. When my Québécois friend and I were looking for places to rent, I would barely get any responses from landlords due to my foreign name, and when I did get responses, they were very hostile while it was way easier for him to get in touch with them and rent a house.

As gentrification rises, many people see it as inevitable. However, local community action can prevail. Community activists and long-term tenants succeeded in preserving the lot located at 700 Jarry Street West. Following an intense struggle, the lot — initially supposed to be sold to private developers — will now be used for affordable housing.

Community organizations like the Comité d'action de Parc-Extension (CAPE) are actively working to preserve the neighbourhood's character and support its residents. CAPE's work involves raising awareness among residents about their housing rights, helping them navigate legal challenges, and advocating for the preservation and expansion of affordable housing. They also work to hold the city and the university accountable for the broader impacts of gentrification on the community.

It is important to remember that that the goal is not to transform individuals but to transform society as a whole. A systemic process like gentrification can only be combated through the collective organization of working-class communities that directly confronts capitalists who take advantage of them. This takes many forms, including disruption of luxury development planning processes, struggles for reforms like rent control which restrict the rights of capital, takeovers of abandoned buildings and vacant lots before they are redeveloped, and eviction defence actions that keep families in their neighbourhoods.

These intermediate collective struggles can provide working-class people with some protections, combat the alienation that is increasingly common in gentrifying neighbourhoods through the relationships forged in these struggles, and prove to the working class the power of collective action.

Gentrification is not a static reality but a continual process, and it is up to us to stop it.

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Gentrification Spikes in Verdun | Community Media Portal

How One of Montréal's Poorest Neighborhoods Became Ripe for Green Gentrification

Parc-Extension Confronts Gentrification Challenges | Parc-Extension News

Parc-Ex: A testimony of Montreal's housing crisis | News – The Link

Montreal's Gentrification, Neighbourhood by Neighbourhood | Special Issue – The Link

Understanding and fighting gentrification: A revolutionary orientation | BUALA

RESISTANCE

By Naika Deluy Garwood

aflame

n

drowning

bukowski tried to warn you that misery would persist

which my people sing of

(wrapped in a joyous jingle)

river body quivers

to the sound of your alarm

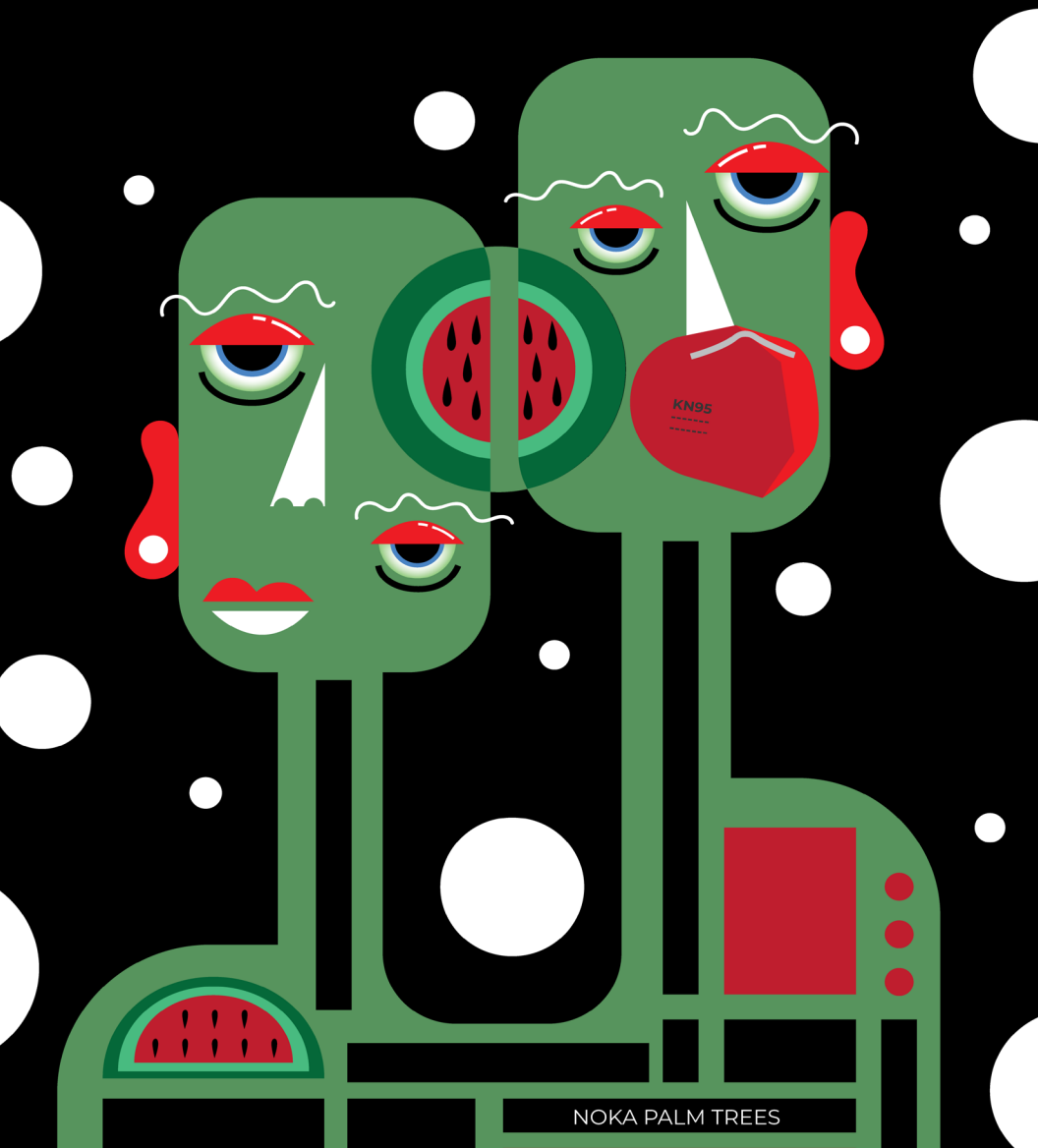
may she carry this corpse forward into their council of hope



by Naika Deluy Garwood

RESPECT EXISTENCE OR EXPECT RESISTANCE.

#FROMTHERIVERTOTHESEA



NOKA PALM TREES

by Noka Palm Trees

RESISTANCE

By Oldin Rizko

I feel sick to my stomach seeing the state of the world.

I cannot comprehend the violence

I am tired of feeling hopeless

Feeling drained, depressed, helpless and guilty for not suffering physical abuse

I'm tired of existing...

I feel worn out.

Resistance against forms of oppression is rooted in love and care.

That's something Bell Hooks opened my eyes to not too long ago.

To have enough love and fuel to withstand the fight against such systems trying to break us and make us think we are weak **we need community.**

Resistance is a collective battle that requires a variety of skills and strengths:

Organizing, planning, coordinating, communicating, educating, mobilizing, showing up, fighting, adapting, healing, feeding, comforting, listening, protecting, writing, documenting, archiving, financing, holding each other accountable and learning

People say it takes a village to raise a child

I wonder what it would take to create a new reality.

A safer and more accountable one

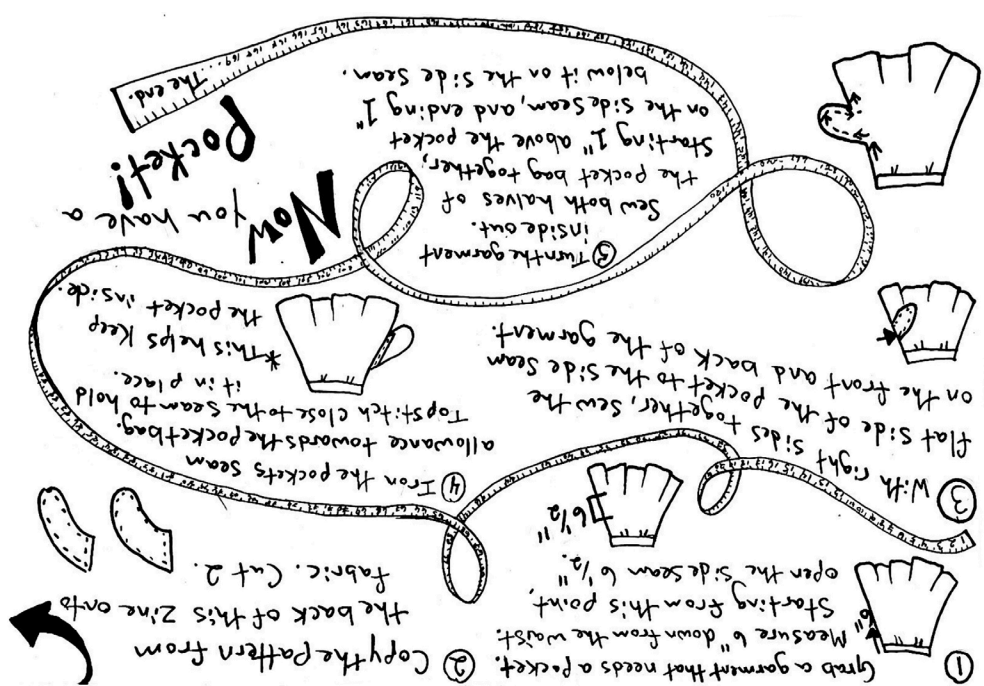
A reality where we wake up and are eager to live another day

One where we know the power we hold as a people yet live tenderly

One where we take care of the earth that holds and feeds us

One where we exchange seeds from each others' gardens

**A reality where we are one with nature
rather than one with capitalism.**



How to MAKE Pockets

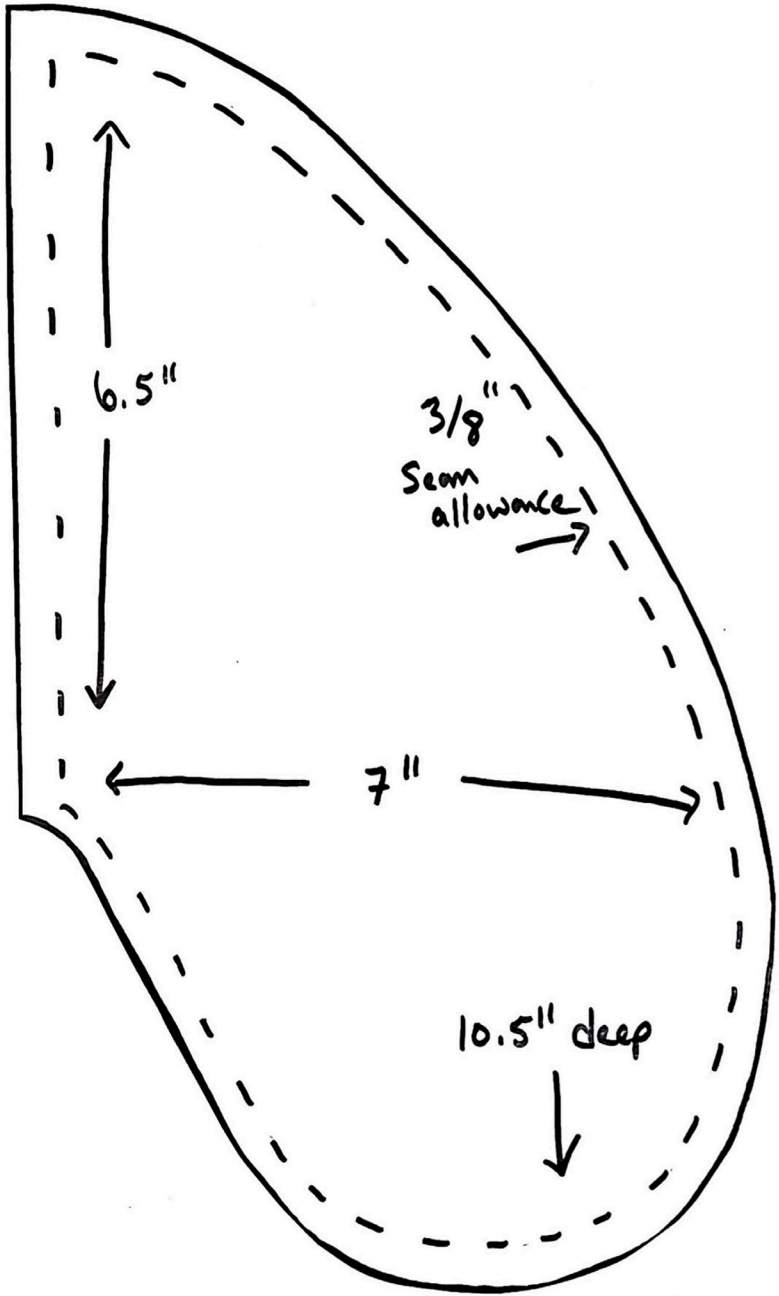


★ Follow this Step-By-Step guide and give yourself the Pockets you

DESERVE

Pattern inside





A GARDEN BLOOMS ALIVE

By Huda Mansuri

A single seed is planted into the carcass of a once-active grenade. The seedling is nestled within its cracked and withered shell, covered in earth. The grenade houses it like a mother, its violence lost to time, its cruel insides pulled apart to make room for a new, unfamiliar warmth. What was once a weapon of cruel destruction begins bearing life of its own.

The seed's fragile shell expands and cracks with a soft sizzle. The grenade almost recognizes the sound — the gentle hissing and the fiery crackle that follows. This used to be the sound of death, the grenade remembers. It used to be the tell of a detonated weapon, ready to blow. Now, however, the fizzing refuses to end, refuses to give way to the loud bang that the grenade has learned to inevitably expect. Instead it hisses gently, with a tenderness and love that can only come from something so newly alive, and the grenade, enamoured, listens.

The settling of roots, first one and then the others. Like soft, silken thread, first only a single one grows, vulnerable like the tendrils that once connected muscle to muscle and bone to bone, tense and tough in that life, innocent and beautiful in this one. More follow, first in couples and then in dozens. Death is lonely, the grenade knows, but it's learning that maybe life beckons company. The seedling grows stable, grows a connected system of roots, strong and unwavering. This, the grenade realizes, is where the seedling's strength will lie.

The sprout journeys towards the sun, where it is expected all souls travel to. The seedling shoots upwards, and its stem grows green, strong like the spine of a man in resistance, tall like the reach of his honour. Life pulses through it from its roots to its buds in steady thumps, heavy and unflinching like the beats of a heart that refuses to cease. The sound of it is pounding, rhythmic, and well and wholly alive.

The first leaf, the first blossom. A beautiful thing. Like the birth of a warrior, maybe, but one whose only war cry is its own existence. Throw your grenades, the impossibly fragile sprout seems to shout in its gentle hum, bury my broken bones beneath this land and watch as daisies bloom from within the cracks of my spine.

Another sprout breeches the earth. A light pop sounds to the grenade's left, followed by another gentle sizzle. One more seed, the grenade knows, and then one more. A flowery bank grows where the grenade once committed its most sinful deed. In this place, death breeds life in rows and columns, in patches and patterns, in a ring surrounding the faded portrait of a life taken too soon. A thousand new souls are born out of rebellion, mourning for the one.

A garden blooms, alive. Drenched in horrors yet emitting the sweet scent of hope. The grenade has never smelt life in all of its breathtaking fragility before, and it wonders now how it could have ever thought that the scent of rotting flesh could have once been its true purpose. It is reborn in that moment. No longer a weapon and now impossibly beautiful, it thinks: This is the most powerful I have ever been.

In honour of Sabiha Abu Rahman, who grew a garden out of grenades in mourning of her martyred son, and of every mother who has carried a garden of grief within her heart ever since. May their seeds forever bloom in a free Palestine.



Photo by Oldin Rizko

IF I HAD THE GUTS

By Rali Jamali

If I had the guts I would go to Gaza

So I can bring one IDF soldier with me
In my grave, under the rumble

Where I will be losing my blood
Next to thousands of children

My blood mixed with the blood of martyrs
What a beautiful way to leave this sad world

Dying as a hero, straight to paradise
Where I will finally learn to cook the couscous

All my muslim brothers and sisters will be there
Welcoming me with open arms

Will we still see our wounds ?
We won't feel the pain

Every morning

We will eat baghrir and drink tea
With butter and honey

I will speak my broken arabic
I will have the eternity to learn it

Without that stupid green bird
Reminding me to do it

WHAT IS A FEMINIST?

By Sophie Dufresne

Is a feminist someone who challenges the binary, questions heteronormativity, fights for equality?

Is a feminist someone who embraces their femininity, regardless of the form it takes? Is a feminist someone who redefines womanhood to fit their identity?

Are feminists allowed to despise their own femininity, the curves they were cursed with, the pitch their voice takes?

Should feminists embrace the bodies they were born into and eat toxic positivity for breakfast?

Can you still consider yourself a feminist if the phrase “becoming a woman” has always sounded like a punch to the gut, a threat meant to trigger body horror? If the label “woman” has always felt suffocating and alien? If the concept of womanhood has always felt like a destination at the end of a long path you were never on?

If feminists and trans communities both counter the patriarchy by simply existing, Then are our fights not more alike than different?

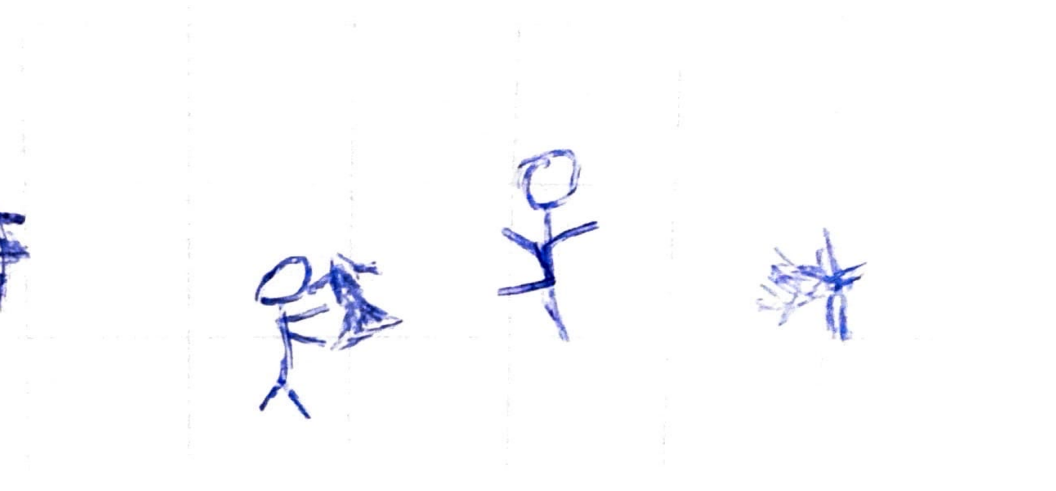
DON'T TELL THE CONSERVATIVES BUT I'D BE LYING IF I SAID I WAS HAPPY ALL THE TIME SINCE STARTING HRT

By Sophie Dufresne

No one told me I wouldn't enjoy every second of my medical transition. If I shared genes with my brother, I would wonder if I'm slowly becoming him. His ghost lingers in every masculine trait I see in myself;
As my face slowly becomes more defined,
More visibly masculine,
I wait for the moment my brother's face stares back at me in the bathroom mirror, Knowing the day will never come.

I was spared my brother's genes,
But I was cursed with his anger.
His anger and mine are not one and the same,
Though it seemed like a false bloodlink:
The only feature we both shared.
Had we any common interests or values,
We may not have hated each other, in the end,
And I might have had someone to look forward to becoming.

Instead, I face my future alone,
With my chosen family.



MIGRATION: CONNECTING STORIES AND STRUGGLES

By Alexi Fuentes

Resistance is connecting our struggles and globalizing our solidarity. It is having revolutionary hope and optimism.

From groups on their ancestral lands to diasporas in the belly of a beast to settlers on stolen land, it is the role of everyone to awaken their consciousness, become agitated by the conditions that exist, and do something about it, including awakening the consciousness of others. In identifying common struggles, common systems of oppression, and common enemies, people learn from each other—bringing us one step closer to the liberation of all.

As a child of Filipino immigrants, an important moment in my life was when I started understanding and learning about the conditions that forced my family, and millions of other Filipinos alike, to migrate out of their country. I was able to link the impacts of imperialism to the conditions in the Philippines that force people to migrate and it helped me contextualize the nature of the struggles we have faced as migrants or minorities in Canada.

Here in Canada, we were able to sustain the livelihood of family members back home and make a living. But learning about systematized labour export in the Philippines, and how it benefits foreign powers and the rich, made me understand and realize that people shouldn't have to migrate and leave their homes and families to make a living.

Most importantly, I was able to connect this situation to the forced migration stories of those in the global majority across the world who have parallel stories and struggles. These problems faced by migrants and children of migrants have manifested into isolation, disconnect from culture or identity, and other class-based struggles.

Making these connections helped me make sense of the struggles we faced here as racialized people or immigrants. It helped me understand the roots of the detachment I had from my culture, as a result of growing up and living outside of the Philippines. It helped me make sense of my family's trauma that trickled down to me as a result of separation from their homeland, family, and support systems.

It helped me realize my purpose as someone in the diaspora in the belly of an imperial beast. It made me realize just how many people have felt these feelings and suffered in a similar way because of forced migration.

The amount of people with these stories heavily outnumber the amount of people who materially benefit from the migration and displacement of the working class. We must continue the fight for better conditions for all of us because we will win. As they say, the people united will never be defeated.





(Over)growth by Clara Levesque

feast

By Yael Tobon

every evening there is a pot of stew waiting for father at the
kitchen table,

he says soon my hands will perform the labor of boiling the
illicit broth

mother says i should never eat pomegranates, use the juice
to color my hands,

dig into the pot of stew until my face looks like a massacre
and my stomach is stuffed

for both of us.

every evening he dresses me like a doll, takes care of me
like a lamb,

the pink in the dress washes away sin and he holds me
closer to his heart.

tonight there is a pot of stew for father, beef is not more
than just meat and blood,

father knows what i am thinking before i do what mother
told me—

blood in my fingers and dripping red

from my teeth to the cleavage of my chest,

please, excuse me!

BUILDING A RADICAL IMAGINATION: ON COLLECTIVE DREAMS OF THIRD PLACES

By harrar v.a. hall

“We should open a cafe”

“Yes, but like a really cute, warm, cozy one, that also has books

and can be used as an event space.”

“Exactly, and it can have art on the walls from local creatives, and vernissages for folks who want to get their creative practice off the ground.”

“And open mic nights - it will become kind of like a bar in the evenings”

“Oh that’s a good idea - and that’s how it will make money, we can have PWYC entry”

“But ideally we never charge people to use the space, and the drinks aren’t too expensive.”

“Yes, and the food will actually be good - like you can have a little snack or like the best sandwich you’ve ever had in your life.”

“We could partner with local farmers and community gardens”

“Yeah, and we can host markets on the weekend.”

If this conversation sounds familiar, it’s because you’ve had it at least a dozen times. I hope that you haven’t had the conversation so many times that seeing it typed out didn’t make you roll your eyes. I hope you started dreaming and visualizing. I hope that as you read this piece you continue dreaming and visualizing.

I think that mixed function cafes are a site of our community dreams for a couple of reasons:

There’s a relatively low barrier to entry. Buying a single beverage can mean 5 hours of access to a space where you can work, create, study, or socialize. This is especially true in the winter and especially true if you deal with any sort of financial

precarity.

They are a projection of our desire for ever dwindling third places. COVID-19 Shelter in place policies made us collectively reflect on how our physical world has shrunk as our virtual world has expanded. We are looking for a single solution to fill that need.

We are lonely - as a society. Hyper individualism has partially fueled the infinite growth and infinite want of our economic system. And so, we are more lonely than we were ever supposed to be.

Not only do we want more spaces, we need them.

I spend a lot of time thinking about space. Who gets more of it? How do we create it? How do we make it beautiful? What does safety look like in shared spaces? What do we do when one person defines safety the way another defines comfort - or the reverse? What do we need from our spaces? What do they owe to us? What do we owe to them - and to each other? I think about what makes a space sustainable, and whether longevity should be so closely tied to success. I think about who maintains spaces. I think about workers having a liveable wage. I think about being able to pay \$4 for a coffee again. I think about trying to create a space that seeks to usurp the goals of capitalism (isolation, profit, disposability...) while in the depths of late stage capitalism.

“It needs to be near a metro station. In a walkable neighborhood.”

“And of course, we can’t be another Montreal venu with a steep two floor walk up. We’ll need easy street access, wide doors and a bathroom on the main floor to ensure accessibility.”

“Rent is so high - would it make more sense to find a space we can buy?”

“Why not? In this fantasy we can afford a mortgage, right? And that way, a landlord can’t suddenly hike up the rent or kick us out for being loud and queer.”

“How would we choose a location that is accessible to racialized communities? How do we do all of that without behaving like gentrifiers?”

Somewhere between actually costing out worker's wages against a \$4 coffee and thinking about health insurance premiums we are reminded of how easily good intentions can lead to harmful social outcomes. We get frustrated and disappointed. We often run into "reality" or the structures that make our dream difficult and improbable. The dream can't exist in this world; not ethically, not with longevity. The systems have made it impossible.

In dreaming, we often come up against structures put in place that are built to entrench oppression. Identifying the way those structures stifle the things we want and need in community - is the first step to destroying them. It is easy to say that capitalism and white supremacy, and colonisation are the root of the injustice we face day to day. It's a lot more complicated to delve into the millions of historical and present day policy decisions that have ingrained these injustices into every facet of our lives. And so I say, with not an ounce of naivety or flippancy: Don't give up on the dream, give up on the system.

Someone I love is stepping further into their political consciousness and has found themselves overwhelmed and often hopeless. Learning about the intricacies of oppressive systems can be deeply discouraging. They asked - what should they do? I told them to spend more time daydreaming and fantasizing.

I would encourage readers of this piece to do the same. Every time you learn about how deeply entrenched systems of oppression are - build spaces in your mind where they aren't. I believe that the clarity of our dreams is directly linked to the sharpness of our resolve. You can't fight for something you can't imagine.

...“And we'll have a patio in the summer”

“And writer's circles”

“And workshops”

“And a little area for kids”

“And, and, and ...”

endnote

I say a lot of things in this piece that I assume are already understood by the reader. However, this understanding didn't come to me all of a sudden, nor do I take it as given. My dreaming, is informed by study. And the great thinkers that have documented their thoughts and research are a springboard for my own imagination. So here are some sources and places for learning if you are interested in the ideas that flow through this piece.

Dreaming as Resistance

Let This Radicalize You by Kelly Hayes and Mariame Kaba
Emergent Strategy by adrienne maree brown
Octavia's Brood: Science Fiction Stories from Social Justice Movements (Introduction) by Walidah Imarisha
Afterglow: Climate Fiction For Future Ancestors (Foreword) by adrienne maree brown
The Faggots and Their Friends Between Revolutions by Larry Mitchell
revolution, then, is a faith-based practice. and There Is No Revolution without Madness. by Ismatu Gwendolyn

Accessible & Human Centered Urban Design

Dream Cities: Seven Urban Ideas That Shape the World by Wade Graham
Local living and 20 minute neighbourhoods: planning guidance by the Scottish Government
Why Public Space Matters by Setha Low
How to Kill a City Gentrification, Inequality, and the Fight for the Neighborhood By PE Moskowitz
Design For Belonging by Susie Wise
Social sustainability: creating places and participatory processes that perform well for people
By Natasha Palich, Angelique Edmonds
Community Led Co-Design Kit by the Inclusive Design Research Center
Urban planning and degrowth: a missing dialogue by Jin Xue



 **agenda**

RELIGIOUS HOLIDAYS

Provided below is a list of important religious dates, coming from various major faiths. We humbly understand that it would be impossible to cover every significant date which are observed by those in our local communities. With this in mind, we also wish to acknowledge the importance of spirituality in our pursuits for social justice. We hope to offer a survey of dates which represent, in one possible list out of many, the periods which mark the year for the myriad of communities we operate within and alongside. We encourage you to consult these dates, as well as your peers and allies, when organizing events.

* Holy days usually begin at sundown the day before this date.

** Local or regional customs may use a variation of this date

SEPTEMBER 2024

1 Ecclesiastical year begins - Orthodox
SEPTEMBER

1 Religious
year begins -
Orthodox Christian

6 Ganeth Chatuthi - Hindu

8 Nativity of Virgin Mary - Christian

14 Elevation of the Life Giving Cross
(Holy Cross) - Christian

15 Rosh Hashanah - Jewish

21 Fall Equinox * - Wicca/Neo Pagan

24 Yom Kippur - Jewish

29 Michael and All Angels - Christian
Sukkot (First Days) - Jewish

OCTOBER

2 - 4 Rosh Hashanah - Jewish

3 - 12 Navaratri - Hindu

4 St Francis Day - Catholic Christian

Blessing of the Animals - Christian

6 Saint Thomas Day - Christian
Simchat Torah - Jewish

8 - 12 Durga Puja - Hindu

12 Dusshera - Hindu

16 - 23 Sukkot - Jewish

18 St. Luke, Apostle & Evangelist -

Christian

20 Installation of Scriptures as Guru
Granth - Sikh

23 - 25 Sheini Atzeret & Simchat Torah -
Jewish

26 Birth of the Bab * - Baha'i

27 Birth of Baha'u'llah * - Baha'i

28 Milvian Bridge Day - Christian

31 All Hallows Eve - Christian

Reformation Day - Protestant Christian

Samhain - * Wicca/Neo Pagan

Deep Diwali - Jain

NOVEMBER

1 All Saints Day - Christian
Beltane - Wicca/Neo Pagan
Diwali - Hindu

2 All Souls Day - Catholic Christian
Birth of the Bab - Baha'i

3 Birth of Baha'u'llah * - Baha'i

15 Nativity Fast begins - ends Dec. 24 -
Orthodox Christian

24 Martyrdom of Guru Tegh Bahdur -
Sikh

26 Day of the Covenant * - Baha'i

28 Ascension of 'Abdu'l-Baha * - Baha'i

30 St. Andrew's Day - Christian

DECEMBER

- 6 Saint Nicholas Day - Christian
- 8 Bodhi Day (Rohatsu) ** - Buddhism
- Immaculate Conception of Mary - Catholic Christian
- 11 Gita Jayanti - Hindu
- 12 Feast day - Our Lady of Guadalupe - Catholic Christian
- 16-25 Posadas Navidenas - Hispanic Christian
- 21 Yule - Christian
- Saint Thomas the Apostle - Christian
- 22 Yule/Winter Solstice * - Wicca/Neo Pagan
- Litha (Midsummer) - Wicca/Neo Pagan
- Fast of Tevet 10 - Jewish
- 24 Christmas Eve - Christian
- 25 - Jan 2 Christmas * - Christian
- Feast of the Nativity ** - Orthodox Christian
- Chanukah - Jewish
- 26 Zarathosht Diso (Death of Prophet Zarathushtra) Zoroastrian
- St Stephen's Day - Christian
- 28 Holy Innocents - Christian
- 30 Holy Family - Catholic Christian
- 31 Watch Night - Christian

2025

These occasions are primarily solar calendar dates and go on the same from year to year.

Note: 1. * Holy days usually begin at sundown the day before this date.

2. ** Local or regional customs may use a variation of this date.

BOLD CAPITAL LETTERS - Most important holy dates for religions

(<http://www.interfaith-calendar.org/2024.html>)

JANUARY

- 1 Mary, Mother of God - Catholic Christian
- Feast Day of St Basil - Orthodox Christian
- Shogatsu/Gantan-sai (New Years) - Shinto
- Feast of the Holy Name of Jesus - Orthodox
- 5 Twelfth Night - Christian
- Guru Gobindh Singh birthday - Sikh
- 6 Epiphany - Christian
- Feast of the Epiphany (Theophany) - Orthodox Christian
- Dia de los Reyes (Three Kings Day) - Christian
- 7 Feast of the Nativity - Orthodox Christian
- Christmas Day - Rastafarian
- 8 Feast of the Holy Family - Catholic Christian
- Christmas Day Observed - Orthodox Christian
- 12 Swami Vivekanada Jiyanti - Hindu
- 13 Maghi - Sikh
- Lohri - Hindu
- 14 - 16 Mahayana New Year - Buddhism
- Makar Sankranti - Hindu
- New Years Day - Orthodox Christian
- 17 Blessing of the Animals - Hispanic Catholic Christian
- 18 - 24 Week of Prayer for Christian Unity - Christian
- 25 Conversion of St. Paul - Christian
- 29 Chinese New Year - Buddhism
- 30 Mahayana New Year 3 days** - Buddhism

FEBRUARY

- 1 - 2 Imbolc - Buddhism
- 2 Candlemas - Presentation of Christ in the Temple - Christian
- Imbolc (Candlemas) * - Wicca/Neo Pagan

Lughnasadh - Wicca/Neo Pagan
 Vasant Panchami - Hindu
 Saint Brigid of Kildare - Christian
 3 St. Blaze Day - Christian
 Setseben (beginning of spring) - Shinto
 13 15 Shevat - Jewish
 Magha Puja Day - Buddhism
 14 St. Valentine's Day - Christian
 Ostara - Wicca/Neo Pagan
 Khordad Sal - Zoroastrian
 15 Nirvana Day ** - Buddhist
 24 Saint Matthew, Apostle and Evangelist - Christian
 25 Maha Shivaratri - Hindu
 25 - 28 Ayyam-i-Ha - Baha'i

MARCH

1 St. David of Wales - Christian
 5 Ash Wednesday - Christian
 5 - April 19 Lent - Christian
 13 - 14 Purim - Jewish
 14 Holi - Hindu
 17 St. Patrick's Day - Christian
 19 St. Joseph's Day - Christian
 20 Naw-Ruz - Baha'i
 Norooz (New Year) - Zoroastrian
 Ostara - Wicca/Neo Pagan
 Mabon - Wicca/Neo Pagan
 21 Norooz (New Year) - Persian/
 Zoroastrian
 Naw-Rúz (New Year) * - Baha'i
 Ostara * - Wicca/Neo Pagan
 23 - 24 Purim - Jewish
 25 Annunciation of the Blessed Virgin Mary - Christian
 26 Khordad Sal (Birth of Prophet Zaranthushtra) Zoroastrian
 30 Magha Puja Day ** - Buddhism
 31 Easter - Christian

APRIL

5 Ram Navani - Hindu
 10 Mahavir Jayanti - Hindu
 12 - 30 Passover - Jewish
 13 Theravada New Year - Buddhism
 Palm Sunday - Christian
 13 - 19 Holy Week - Christian
 14 Baisakhi (Vaisakhi) - Sikh
 16 Theravadin New Year 3 days ** - Buddhism
 17 Maundy Thursday - Christian
 19 Holy Saturday - Christian/Orthodox Christian
 20 First Day of Ridvan - Baha'i
 Easter - Christian
 Easter Sunday - Orthodox Christian
 21 Easter Monday - Christian/Orthodox Christian
 23 St. George's Day - Christian
 25 Saint Mark, Apostle and Evangelist - Christian
 28 Ninth Day of Ridvan * - Baha'i
 30 St. James the Great Day - Christian/Orthodox Christian

MAY

1 Beltane *b- Wicca/Neo Pagan
 Samhain - Wicca/Neo Pagan
 2 Twelfth Day of Ridvan * - Baha'i
 3 Saints Philip & James - Christian
 12 Vesak (Buddha Day) - Buddhism/
 Hindu
 14 National Day of Prayer - USA -
 Interfaith
 16 - 17 Lag B'Omer - Jewish
 23 Declaration of the Bab - Baha'i
 28 Ascension of Baha'u'llah - Baha'i
 29 Ascension Day - Orthodox Christian

JUNE

- 1 - 3 Shavuot - Jewish
- 8 Pentecost - Christian/Orthodox Christian
- 9 St. Columba of Iona - Celtic Christian
- Pentecost Monday - Orthodox Christian
- 11 Shavuot - Jewish
- 16 Guru Arjan martyrdom - Sikh
- 19 New Church Day - Swedenborgian Christian
- 20 Yule - Wicca/Neo Pagan
- Litha - Wicca/Neo Pagan
- 22 First Nations Day - Canadian Native People
- Litha Summer Solstice * - Wicca/Neo Pagan
- 24 Saint John the Baptist - Christian
- 29 Feast Day of Saints Peter and Paul - Christian

JULY

- 9 Martyrdom of the Bab - Baha'i
- 10 Asala (Darma Day) - Buddhism
- Guru Purnima - Hindu
- 11 St Benedict Day - Catholic Christian
- 13 Obon (Ulambana) ** - Buddhist/Shinto
- 15 St. Vladimir the Great Day - Orthodox Christian
- Saint Vladimir - Christian
- 23 Emperor Haile Selassie birthday - Rastafarian
- 24 Pioneer Day- Mormon Christian
- 25 St. James the Great Day - Christian
- 26 Asalha Puja Day (Dhamma Day) ** - Buddhism

AUGUST

- 1 Lammas - Christian

Lughnassad (Lammas) * - Wicca/Neo Pagan

Imbolc - Wicca/Neo Pagan

Fast in honor of Holy Mother of Jesus - Orthodox

1- 2 Tisha B'Av - Jewish

6 Transfiguration of the Lord - Orthodox Christian

5 Assumption of Blessed Virgin Mary - Catholic Christian

Dormition of the Theotokos - Orthodox Christian

13 - 15 Obon - Buddhism

 Obon (Ullambana) - Shinto

15 Krishna Jamashtami - Hindu

 Dormition of the Theotokos - Orthodox Christian

 Assumption of the Blessed Virgin Mary - Catholic Christian

19 Paryushana - Hindu

29 Beheading of St. John the Baptist - Christian

SEPTEMBER

1 Religious year begins - Orthodox Christian

8 Nativity of Virgin Mary - Christian

11 Ethiopian New Year - Rastafarian

14 Elevation of the Life Giving Cross (Holy Cross) - Christian

22 Mabon - Wicca/Neo Pagan

22 - 24 Rosh Hashanah - Jewish

22 - Oct 1 Navaratri - Hindu

26 Ganesh Chaturthi - Hindu

27 - Oct 1 Durga Puja - Hindu

29 Michael and All Angels - Christian

ANISHINAABEK MEDICINE WHEEL

Provided by Amanda Roy and Priscilla Goulais
for the Union of Ontario Indians

Chh-milgo-wa-och to Alan Corbiere, Joseph Pitawanakwat and Perry McLeod-Shabogies for their valuable input and guidance.



Mshkiki Detibisenik Medicine Wheel

RULES OF HARVESTING

It is imperative that we treat all plants with care, for in doing so we nurture an attitude of respect, honor and dignity for all of Creation. We as Anishinabek, hold our relationship to the great Mshkiki Nation as sacred. Therefore there are certain rules that we abide by in harvesting:

- Always offer Asemaa (tobacco) first.
- Introduce yourself and as you ask for help, always state who and what the medicine is to be used for.
- Take only what you need and harvest only in clean areas.
- Never harvest more than one-third of an area.
- Keep medicines away from negativity which may include people, places or things.



WORDS OF CAUTION

Each of the medicines listed only contains a limited amount of information about what the plant is used for. As you get to know each one, you will find that they have far more medicinal properties than we have been able to include in the wheel. • know that Anishinabe plant names will vary according to region and how your community uses the medicine. • Never use medicines without proper guidance from an experienced healer/medicine keeper. Proper dosage is critical. • Know your medicines before you pick them. Picking the wrong one can be dangerous (i.e. Cow Parsnip is often confused with Giant Hogweed). • Very few medicines are safe to use during pregnancy, always consult with a healer or your practitioner prior to use. • All plants have guardians, some may pose safety issues (i.e. the rattlesnake protects Nmeprin).

WILD PLANT NAME SUFFIXES IN OJIBWE

- jike or 'q'bir', rod
- im, berry
- nik, small tree, shrub
- bag, leaf
- pit, potato, lily, tuber
- akig, trunk or stem
- sik, long grassy stem
- andag, lough

MSHKIKI: STRENGTH FROM THE EARTH

It is Anishinabe belief that every being has a name, a purpose and a place within Creation. When Gohemindoo created the plant beings, he created four kinds: flowers, grasses, trees and vegetables. He blessed each with a spirit of life, the gift of kindness and healing, as well as growth and bounty. Then he placed each one on ALL our Mother medicine can be used for.

the Earth, where it would be the most beneficial. Each year the Creator not only colour codes the medicines for us, but through the signs of abundance, he also shows us what we will need to harvest to prepare for ailments coming up in the next season. Through spiritual connection the plants will also tell you what their medicine can be used for.

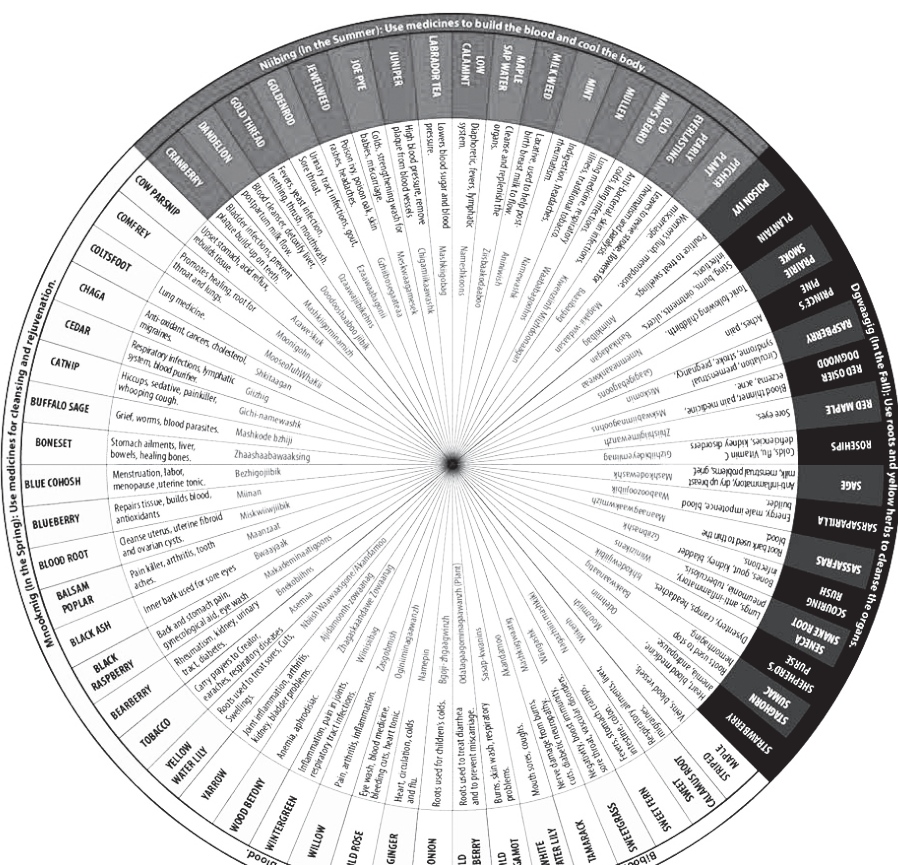
Ojibik (French): They are our time-reduce medicine. They help reduce the reproductive part of the plant and draw nutrients from the soil. Supports the plant and carries water and nutrients to all parts. Anishinabek (Ojibwe): They are the most powerful part of the plant, for they carry new life.

PARTS OF THE PLANT

Wamwasagwah (French): They are the reproductive part of the plant containing pollen and ovules. Mawmawng/Minimung (Ojibwe): Provides a protective covering for the seeds. Mshkikan (Ojibwe): They are considered the most powerful part of the plant, for they carry new life.

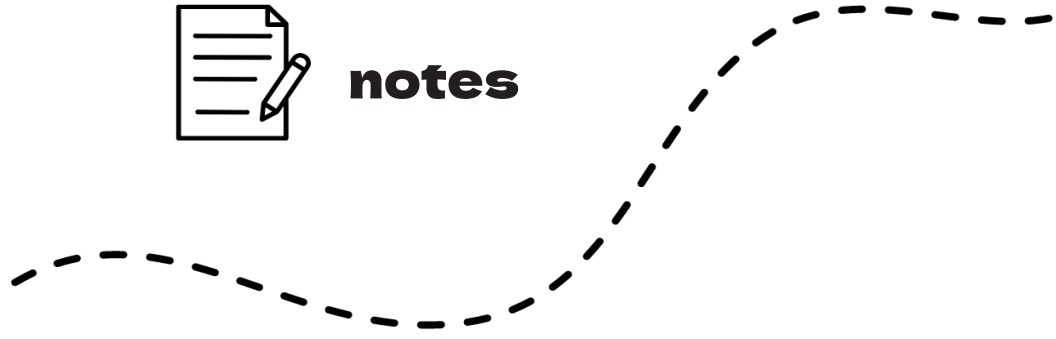
Created on behalf of the Halqona Mental Health & Addictions Working Group funding provided by the Ministry of Health and Long Term Care, Ontario

Floral design by Picon McLeod-Shabogies





notes



Sun Dim	Mon Lun	Tue Mar	Wed Mer	Thu Jeu	Fri Ven	Sat Sam
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	1	2	3	4	5

august / août

MONDAY
LUNDI

26

TUESDAY
MARDI

27

WEDNESDAY
MERCREDI

Classes Begin (McGill)

28

THURSDAY
JEUDI

29

september / septembre

FRIDAY
VENDREDI

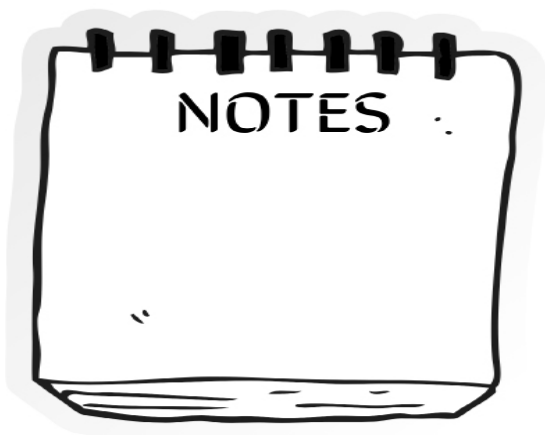
30

SATURDAY
SAMEDI

31

SUNDAY
DIMANCHE

1



september / septembre

MONDAY
LUNDI

Labour Day

2

TUESDAY
MARDI

Classes begin (Concordia)

3

WEDNESDAY
MERCREDI

4

THURSDAY
JEUDI

5

FRIDAY
VENDREDI

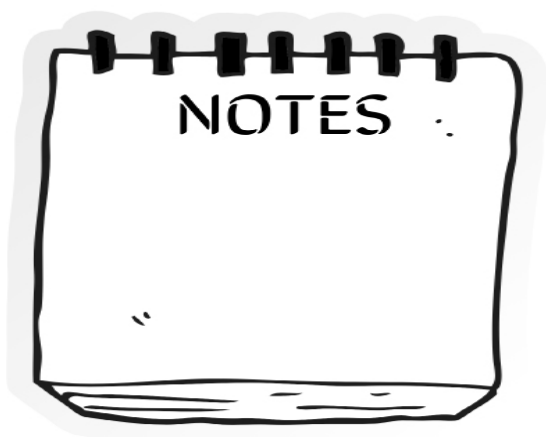
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SATURDAY
SAMEDI

7

SUNDAY
DIMANCHE

8



september / septembre

MONDAY
LUNDI

9

*2002: Former Israeli Prime Minister cancels
speech following Palestinian solidarity
protest at Concordia*

TUESDAY
MARDI

10

Add/drop deadline (McGill)

WEDNESDAY
MERCREDI

11

THURSDAY
JEUDI

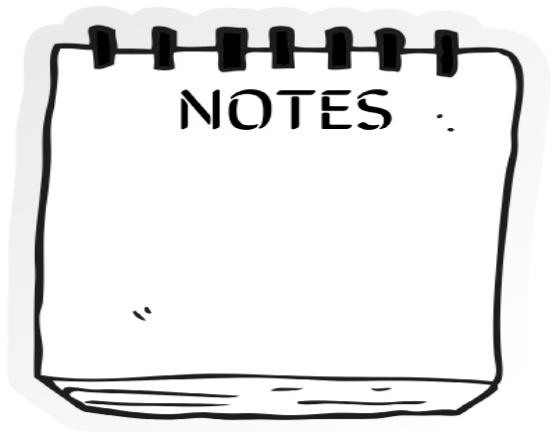
12

FRIDAY
VENDREDI
13

2006: Dawson College shooting

SATURDAY
SAMEDI
14

SUNDAY
DIMANCHE
15



september / septembre

MONDAY
LUNDI
16

*Last day to add fall-term
and two-term courses (Concordia)
Course withdrawal with refund deadline
(Concordia)*

TUESDAY
MARDI
17

*Course or university withdrawal with
refund deadline (McGill)*

WEDNESDAY
MERCREDI
18

THURSDAY
JEUDI
19

FRIDAY
VENDREDI

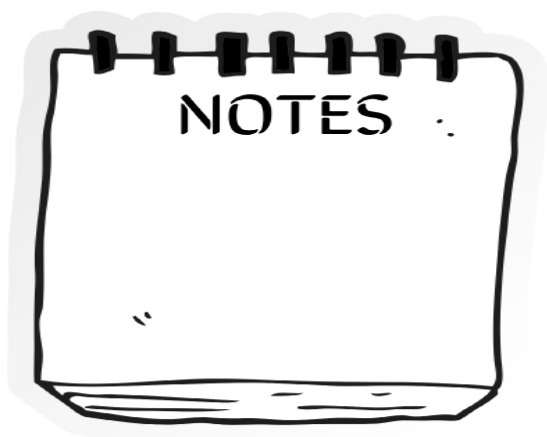
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SATURDAY
SAMEDI

21

SUNDAY
DIMANCHE

22



september / septembre

MONDAY
LUNDI

23

TUESDAY
MARDI

24

WEDNESDAY
MERCREDI

25

THURSDAY
JEUDI

26

*1990: Oka crisis ends after 78-day
siege in Kanehsatake*

october / octobre

FRIDAY
VENDREDI

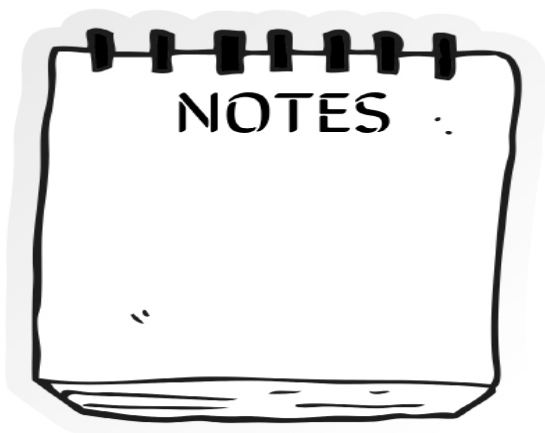
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SATURDAY
SAMEDI

28

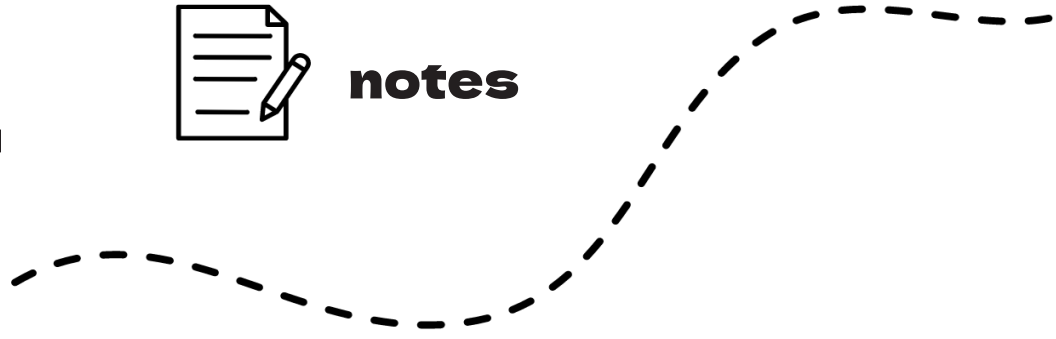
SUNDAY
DIMANCHE

29





notes



Sun Dim	Mon Lun	Tue Mar	Wed Mer	Thu Jeu	Fri Ven	Sat Sam
29	30	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2

october / octobre

MONDAY
LUNDI

30

TUESDAY
MARDI

1

WEDNESDAY
MERCREDI

2

THURSDAY
JEUDI

3

FRIDAY
VENDREDI

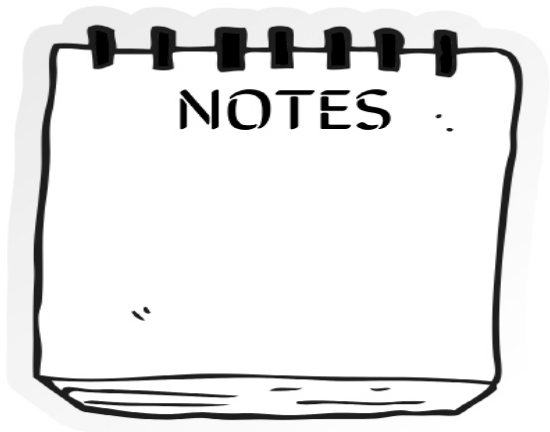
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SATURDAY
SAMEDI

5

SUNDAY
DIMANCHE

6



october / octobre

MONDAY
LUNDI

7

TUESDAY
MARDI

8

WEDNESDAY
MERCREDI

9

THURSDAY
JEUDI

10

FRIDAY
VENDREDI

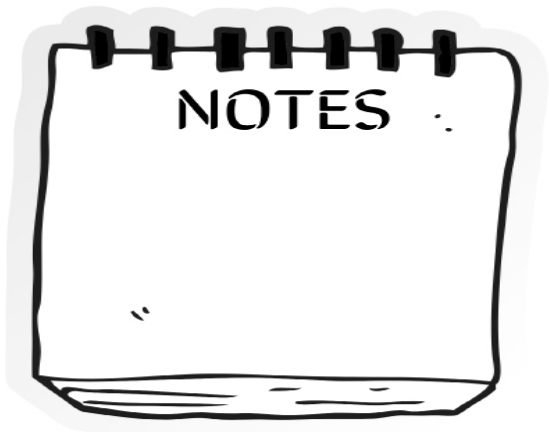
11

SATURDAY
SAMEDI

12

SUNDAY
DIMANCHE

13



october / octobre

MONDAY
LUNDI

14

Thanksgiving

*1869: Red River Rebellion in
present-day Manitoba*

TUESDAY
MARDI

15

Fall break (McGill)

WEDNESDAY
MERCREDI

16

Fall break (McGill)

THURSDAY
JEUDI

17

Fall break (McGill)

FRIDAY
VENDREDI

18

Fall break (McGill)

SATURDAY
SAMEDI

19

SUNDAY
DIMANCHE

20



october / octobre

MONDAY
LUNDI

21

TUESDAY
MARDI

22

*1977: Montréal cops raid gay bar Truux.
146 men arrested and administered
compulsory STI tests*

WEDNESDAY
MERCREDI

23

THURSDAY
JEUDI

24

FRIDAY
VENDREDI

25

SATURDAY
SAMEDI

26

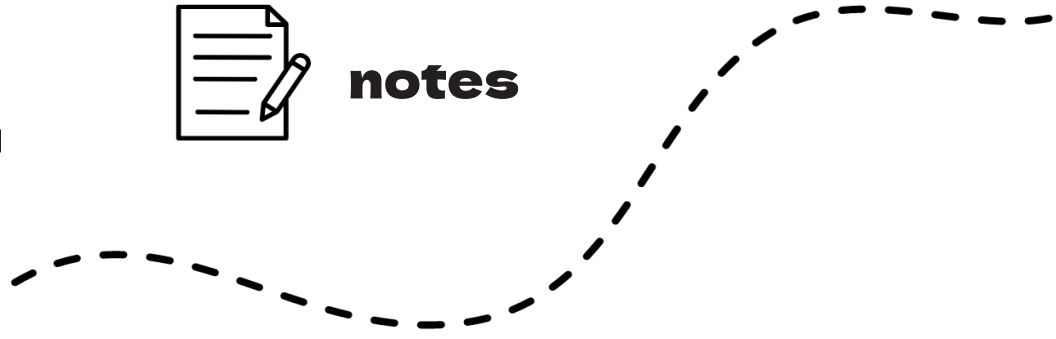
SUNDAY
DIMANCHE

27





notes



Sun Dim	Mon Lun	Tue Mar	Wed Mer	Thu Jeu	Fri Ven	Sat Sam
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

october / octobre

MONDAY

LUNDI

28

TUESDAY

MARDI

29

*Course or university withdrawal
with no refund (McGill)*

WEDNESDAY

MERCREDI

30

THURSDAY

JEUDI

31

november / novembre

FRIDAY
VENDREDI

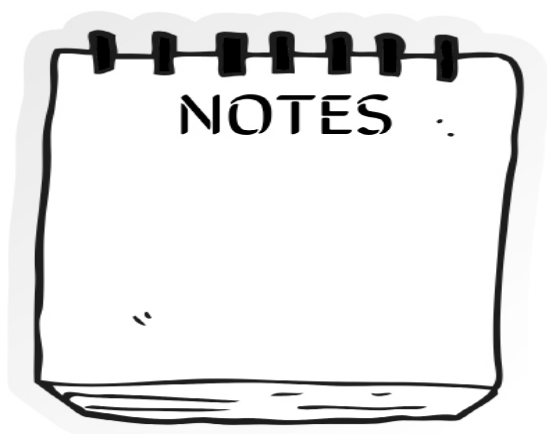
1

SATURDAY
SAMEDI

2

SUNDAY
DIMANCHE

3



november / novembre

MONDAY
LUNDI

4

TUESDAY
MARDI

5

WEDNESDAY
MERCREDI

6

THURSDAY
JEUDI

7

FRIDAY
VENDREDI

8

SATURDAY
SAMEDI

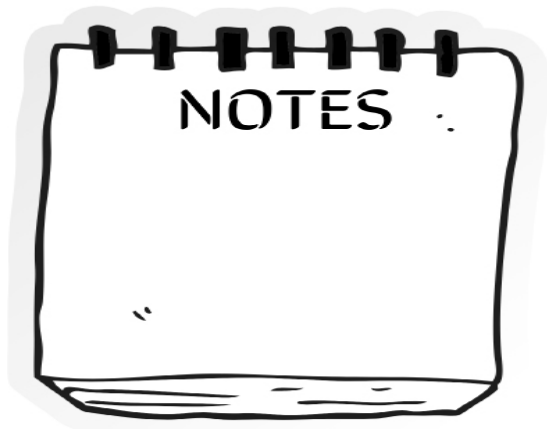
9

*2011: 100 riot cops storm McGill campus & tear
gas demonstrators during student
demonstration against tuition hikes*

SUNDAY
DIMANCHE

10

*1987: Black youth Anthony Griffin killed by
Montréal police in NDG*



november / novembre

MONDAY
LUNDI

2007: Students across Quebec begin a three-day strike against the unfreezing of tuition rates

11

TUESDAY
MARDI

12

WEDNESDAY
MERCREDI

13

THURSDAY
JEUDI

14

FRIDAY
VENDREDI

15

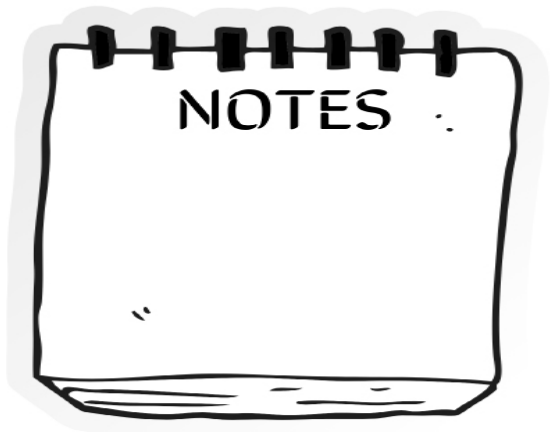
SATURDAY
SAMEDI

16

SUNDAY
DIMANCHE

17

*1972: Gay McGill holds their first of many
community dances*



november / novembre

MONDAY
LUNDI

18

TUESDAY
MARDI

19

WEDNESDAY
MERCREDI

20

THURSDAY
JEUDI

21

FRIDAY
VENDREDI

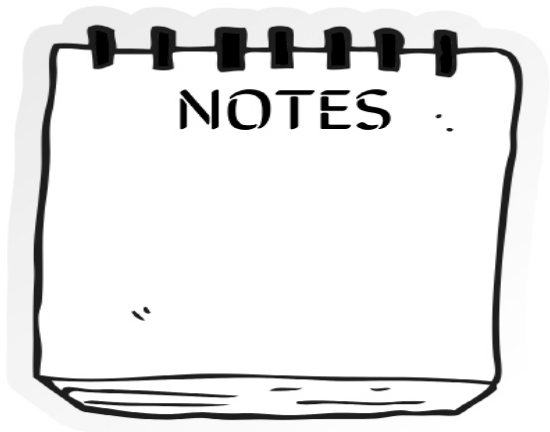
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SATURDAY
SAMEDI

23

SUNDAY
DIMANCHE

24



november / novembre

MONDAY
LUNDI

25

TUESDAY
MARDI

26

WEDNESDAY
MERCREDI

27

THURSDAY
JEUDI

28

december / décembre

FRIDAY
VENDREDI

29

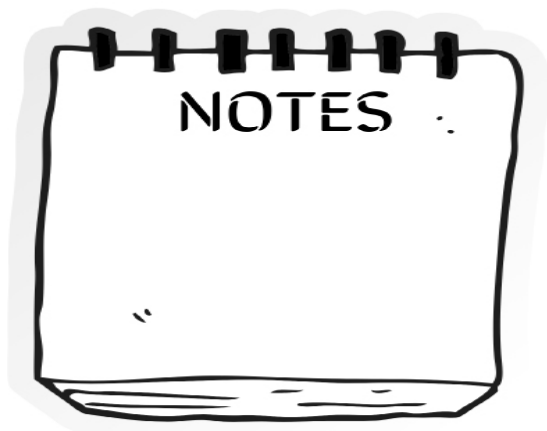
SATURDAY
SAMEDI

30

SUNDAY
DIMANCHE

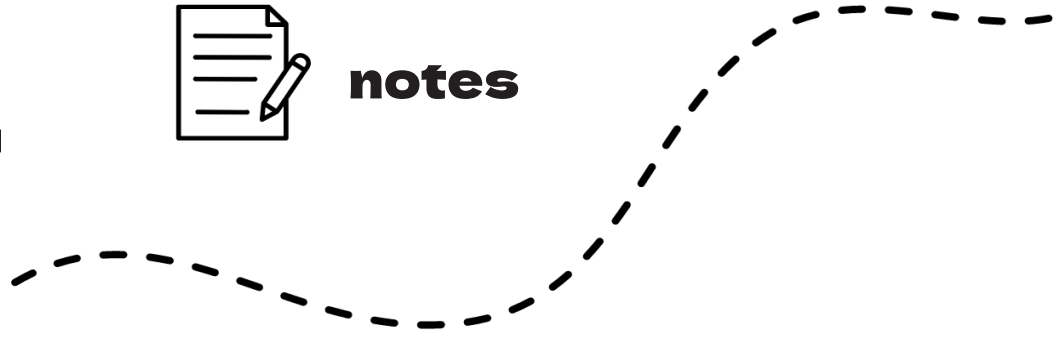
1

*2006: After leaving his morning prayer, Mohamed Anas
Bennis is killed by Montréal police*





notes



Sun Dim	Mon Lun	Tue Mar	Wed Mer	Thu Jeu	Fri Ven	Sat Sam
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

december / décembre

MONDAY
LUNDI

2

*Deadline for academic withdrawal
from fall-term courses (Concordia)*

*1978: After 3rd general student strike, Quebec
education minister announces important changes
to the financial aid program*

TUESDAY
MARDI

3

WEDNESDAY
MERCREDI

4

Classes end (McGill and Concordia)

*1997: Anti-poverty comite-des-sans-emploi raid a
fancy buffet at the Queen Elisabeth Motel and share
the food among more than 300 supporters*

THURSDAY
JEUDI

5

FRIDAY
VENDREDI

6

Exams begin (McGill)

Exams begin (Concordia)

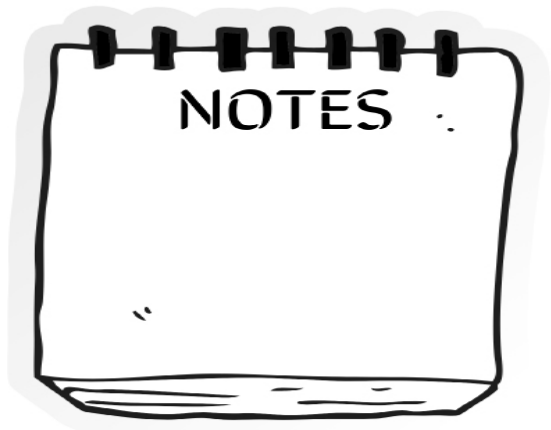
*1989: 14 female engineering students at
the École Polytechnique killed by anti-
feminist terrorist*

SATURDAY
SAMEDI

7

SUNDAY
DIMANCHE

8



december / décembre

MONDAY
LUNDI

9

TUESDAY
MARDI

10

WEDNESDAY
MERCREDI

11

THURSDAY
JEUDI

12

FRIDAY
VENDREDI

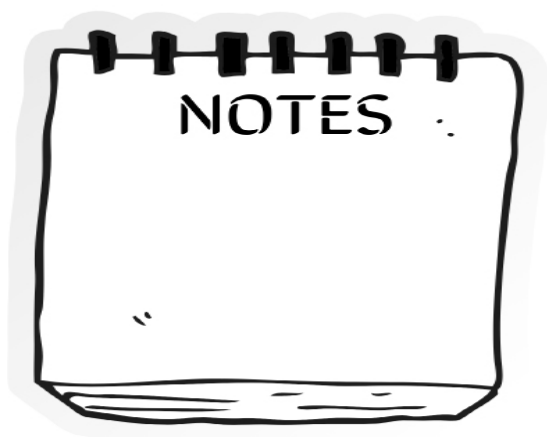
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SATURDAY
SAMEDI

14

SUNDAY
DIMANCHE

15



december / décembre

MONDAY

LUNDI

16

TUESDAY

MARDI

17

WEDNESDAY

MERCREDI

18

Exams end (Concordia)

THURSDAY

JEUDI

19

FRIDAY
VENDREDI
20

Exams end (McGill)

SATURDAY
SAMEDI
21

SUNDAY
DIMANCHE
22



december / décembre

MONDAY
LUNDI

23

TUESDAY
MARDI

24

WEDNESDAY
MERCREDI

Christmas

25

THURSDAY
JEUDI

26

FRIDAY
VENDREDI

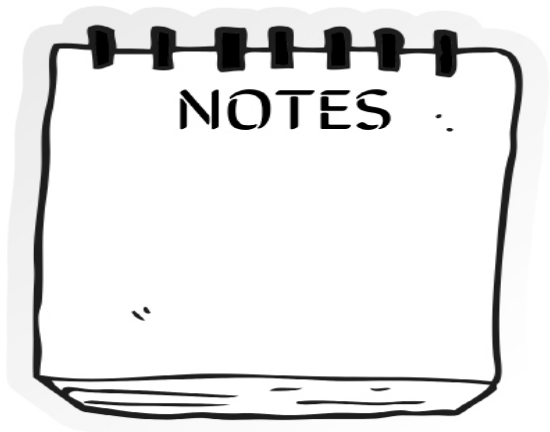
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SATURDAY
SAMEDI

28

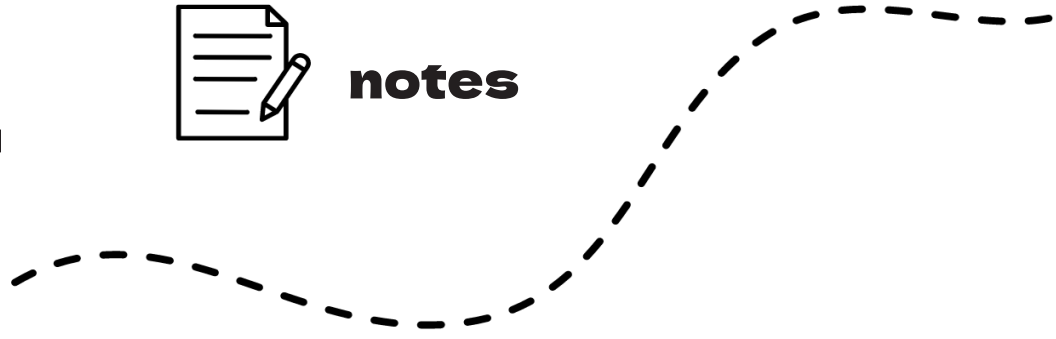
SUNDAY
DIMANCHE

29





notes



Sun Dim	Mon Lun	Tue Mar	Wed Mer	Thu Jeu	Fri Ven	Sat Sam
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1

december / décembre

MONDAY
LUNDI

30

TUESDAY
MARDI

31

WEDNESDAY
MERCREDI

New Year

1

THURSDAY
JEUDI

2

january / janvier

FRIDAY
VENDREDI

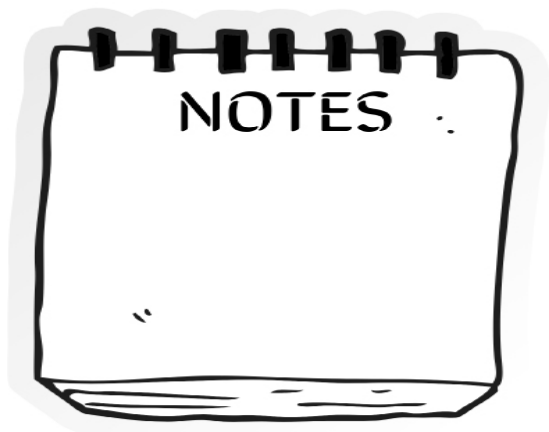
3

SATURDAY
SAMEDI

4

SUNDAY
DIMANCHE

5



january / janvier

MONDAY
LUNDI

Classes begin (McGill)

6

TUESDAY
MARDI

7

WEDNESDAY
MERCREDI

8

THURSDAY
JEUDI

9

FRIDAY
VENDREDI

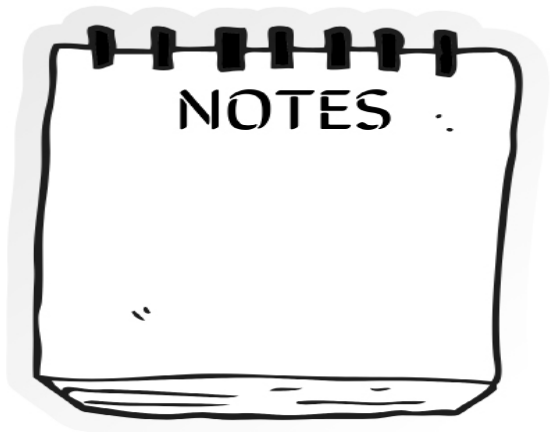
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SATURDAY
SAMEDI

11

SUNDAY
DIMANCHE

12



january / janvier

MONDAY
LUNDI

Classes begin (Concordia)

13

TUESDAY
MARDI

Add/drop deadline (McGill)

14

WEDNESDAY
MERCREDI

15

THURSDAY
JEUDI

16

FRIDAY
VENDREDI

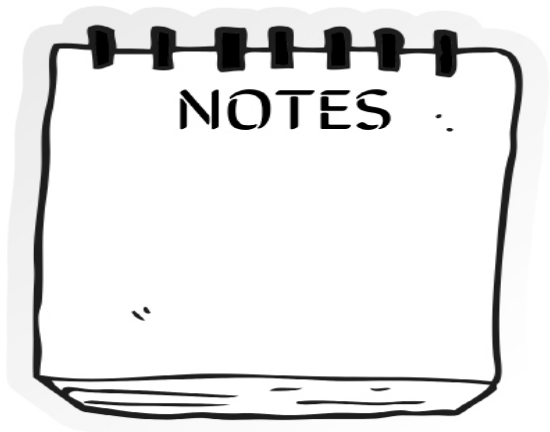
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SATURDAY
SAMEDI

18

SUNDAY
DIMANCHE

19



january / janvier

MONDAY
LUNDI

20

TUESDAY
MARDI

*Course or university withdrawal
with refund (McGill)*

21

WEDNESDAY
MERCREDI

22

THURSDAY
JEUDI

23

FRIDAY
VENDREDI

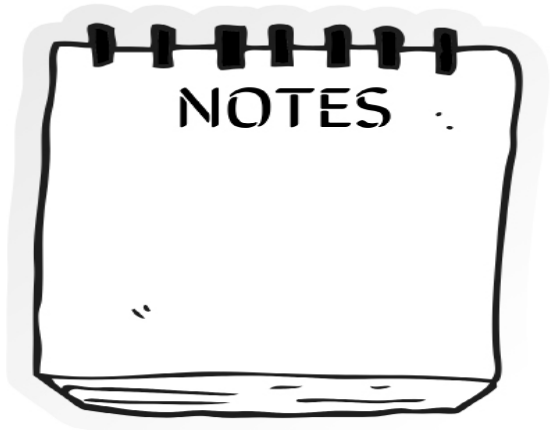
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SATURDAY
SAMEDI

25

SUNDAY
DIMANCHE

26



january / janvier

MONDAY
LUNDI
27

*Last day to add winter-term courses
(Concordia)
Deadline for withdrawal with refund
(Concordia)*

TUESDAY
MARDI
28

WEDNESDAY
MERCREDI
29

*1969: The computer riots begin as over 200 students
occupy Concordia's computer centre
for 13 days to protest racism at the university*

THURSDAY
JEUDI
30

february / février

FRIDAY
VENDREDI

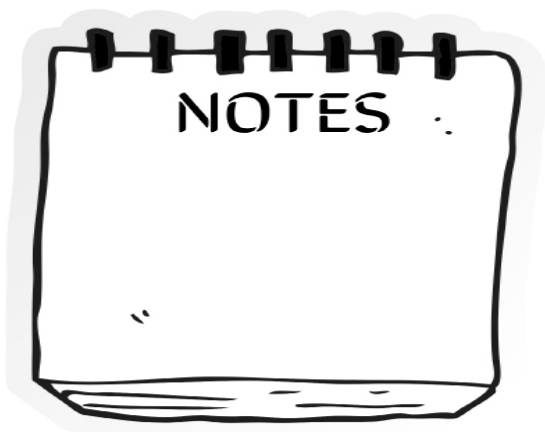
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SATURDAY
SAMEDI

1

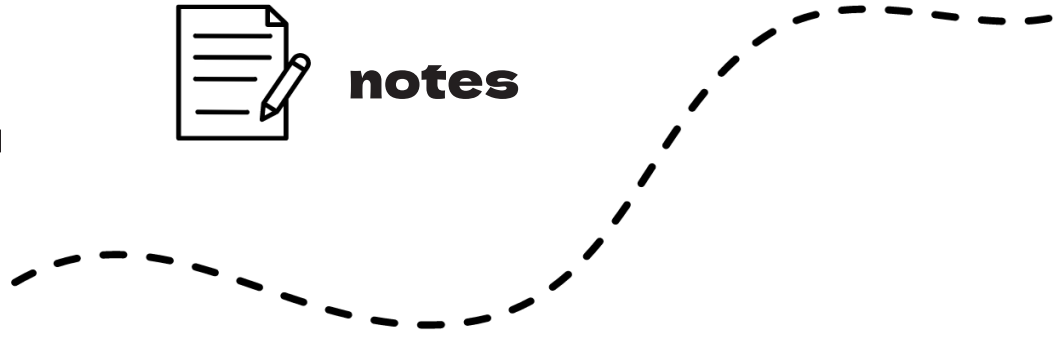
SUNDAY
DIMANCHE

2





notes



Sun Dim	Mon Lun	Tue Mar	Wed Mer	Thu Jeu	Fri Ven	Sat Sam
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	1

february / février

MONDAY
LUNDI

3

TUESDAY
MARDI

4

WEDNESDAY
MERCREDI

5

THURSDAY
JEUDI

6

FRIDAY
VENDREDI

7

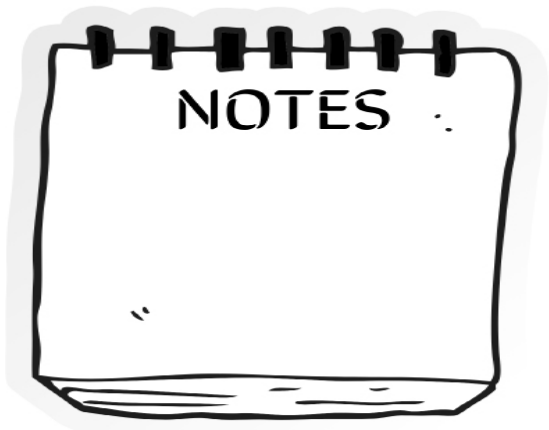
*2012: McGill students occupy James Admin for 5 days
in protest of administration's invalidation of CKUT
+ QPIRG existence referenda*

SATURDAY
SAMEDI

8

SUNDAY
DIMANCHE

9



february / février

MONDAY
LUNDI

10

TUESDAY
MARDI

11

WEDNESDAY
MERCREDI

12

THURSDAY
JEUDI

*2012: First wave of student strikes against
tuition hikes begin*

13

FRIDAY
VENDREDI

14

SATURDAY
SAMEDI

15

SUNDAY
DIMANCHE

16



february / février

MONDAY
LUNDI

17

TUESDAY
MARDI

18

WEDNESDAY
MERCREDI

1977: Nationally coordinated protests take place against CBC Radio's refusal to air gay public service announcements

19

THURSDAY
JEUDI

20

FRIDAY
VENDREDI

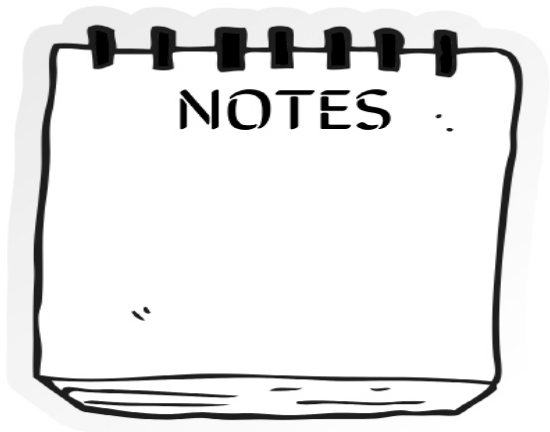
21

SATURDAY
SAMEDI

22

SUNDAY
DIMANCHE

23



february / fevrier

MONDAY
LUNDI

Reading break begins (Concordia)

24

TUESDAY
MARDI

*Course or university withdrawal
with no refund (McGill)*

25

WEDNESDAY
MERCREDI

*2010: 500 Montréal artists sign a declaration
against Israeli apartheid*

26

THURSDAY
JEUDI

27

march / mars

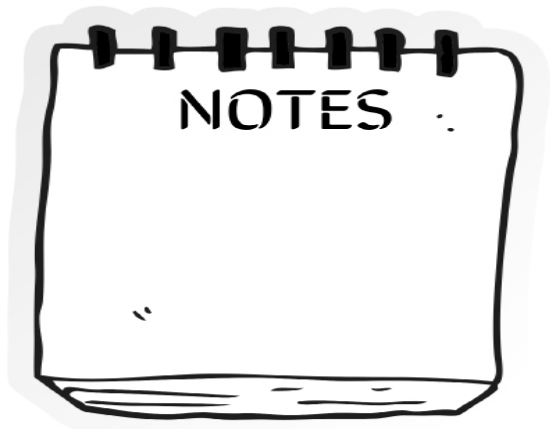
FRIDAY
VENDREDI
28

2006: McGill evicts the campus Sexual
Assault Centre from its night office

SATURDAY
SAMEDI
1

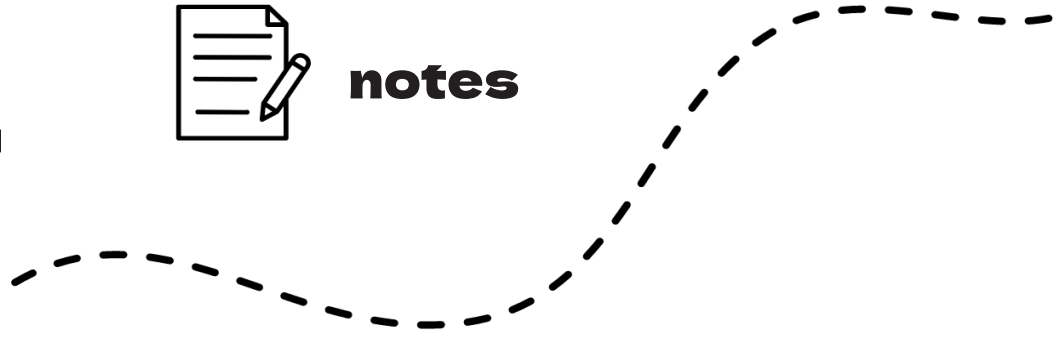
SUNDAY
DIMANCHE
2

Reading break ends (Concordia)





notes



Sun Dim	Mon Lun	Tue Mar	Wed Mer	Thu Jeu	Fri Ven	Sat Sam
23	24	25	26	27	28	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

march / mars

MONDAY
LUNDI

Reading break begins (McGill)

3

TUESDAY
MARDI

*1942: Canadian government begins internment of
21,000 Japanese-Canadians*

4

WEDNESDAY
MERCREDI

5

THURSDAY
JEUDI

6

FRIDAY
VENDREDI

7

Reading break ends (McGill)

Montreal riot cops use tear gas, batons, and flash grenades on protestors during student demonstration against tuition fee hikes.

SATURDAY
SAMEDI

8

SUNDAY
DIMANCHE

9



march / mars

MONDAY
LUNDI

10

TUESDAY
MARDI

11

WEDNESDAY
MERCREDI

12

THURSDAY
JEUDI

13

FRIDAY
VENDREDI

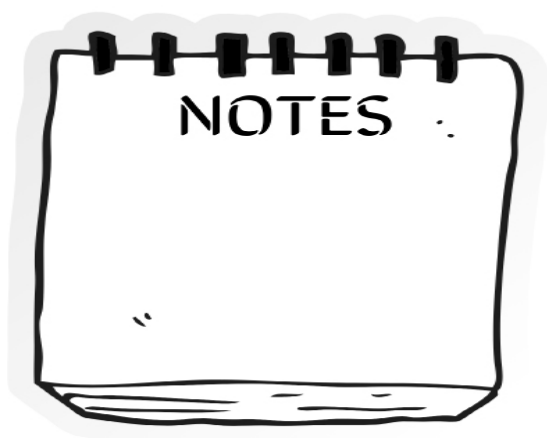
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SATURDAY
SAMEDI

15

SUNDAY
DIMANCHE

16



march / mars

MONDAY
LUNDI

17

TUESDAY
MARDI

18

WEDNESDAY
MERCREDI

19

THURSDAY
JEUDI

20

FRIDAY
VENDREDI

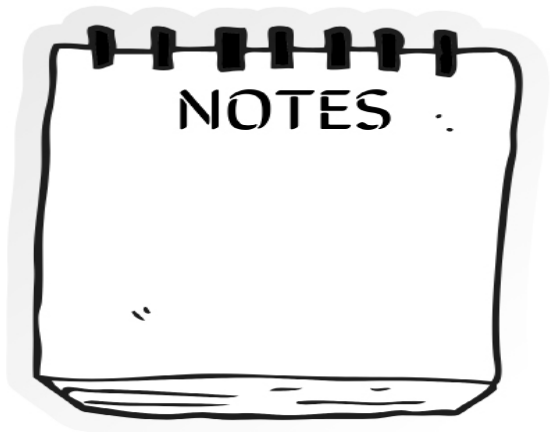
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SATURDAY
SAMEDI

22

SUNDAY
DIMANCHE

23



march / mars

MONDAY
LUNDI

24

TUESDAY
MARDI

25

WEDNESDAY
MERCREDI

26

THURSDAY
JEUDI

27

*2006: Montreal's École de Technologie Supérieure
provides space for Muslim students to pray*

FRIDAY
VENDREDI

28

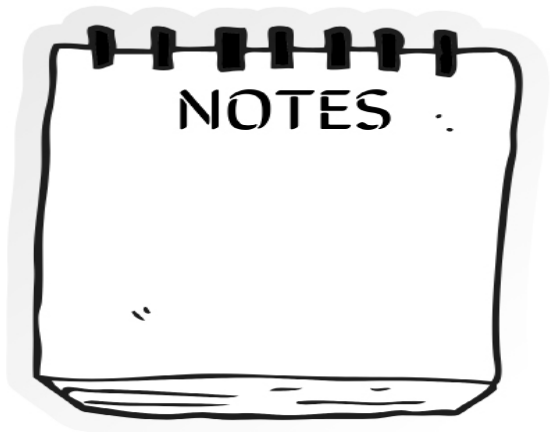
SATURDAY
SAMEDI

29

Good Friday

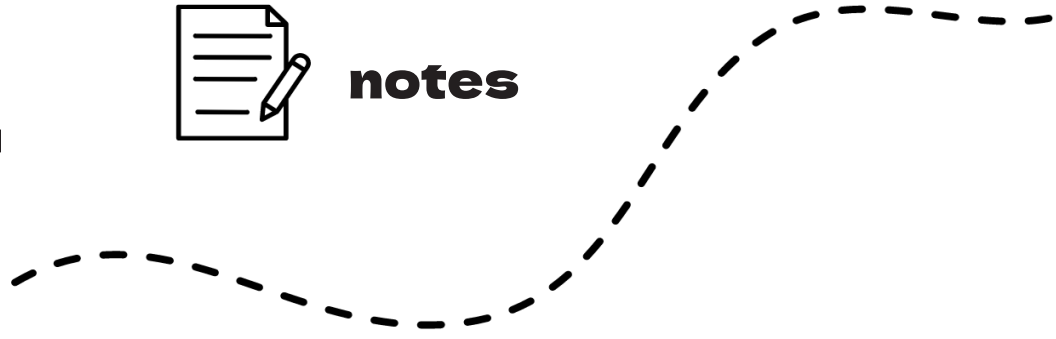
SUNDAY
DIMANCHE

30





notes



Sun Dim	Mon Lun	Tue Mar	Wed Mer	Thu Jeu	Fri Ven	Sat Sam
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3

april / avril

MONDAY
LUNDI

31

TUESDAY
MARDI

Easter Monday

1

WEDNESDAY
MERCREDI

2

THURSDAY
JEUDI

3

FRIDAY
VENDREDI

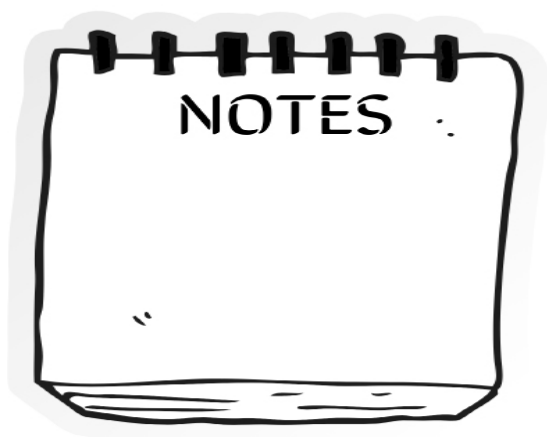
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SATURDAY
SAMEDI

5

SUNDAY
DIMANCHE

6



april / avril

MONDAY
LUNDI

7

TUESDAY
MARDI

8

WEDNESDAY
MERCREDI

9

THURSDAY
JEUDI

10

FRIDAY
VENDREDI

Classes end (McGill)

11

SATURDAY
SAMEDI

*Last day for academic withdrawal from two-term and
winter-term courses (Concordia)*

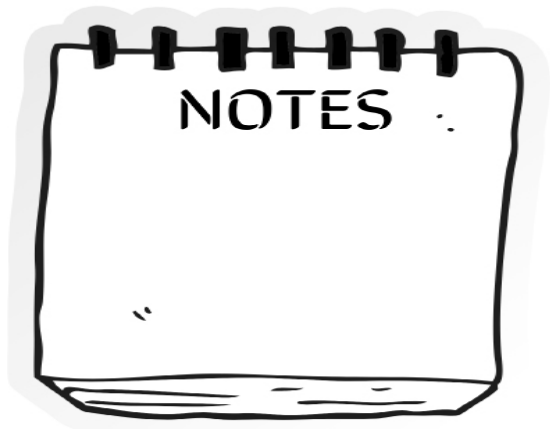
Classes end (Concordia)

12

SUNDAY
DIMANCHE

*2018: Lucy Granados is deported
despite days of protests outside
the Laval Detention Centre*

13



april / avril

MONDAY
LUNDI

Exams begin (McGill)

14

TUESDAY
MARDI

Exams begin (Concordia)

15

WEDNESDAY
MERCREDI

16

THURSDAY
JEUDI

17

FRIDAY
VENDREDI

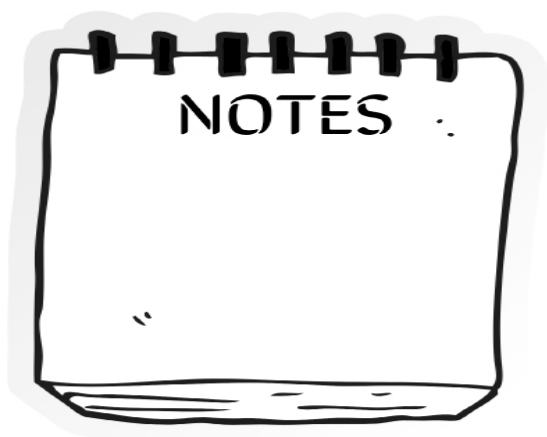
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SATURDAY
SAMEDI

19

SUNDAY
DIMANCHE

20



april / avril

MONDAY
LUNDI

21

TUESDAY
MARDI

22

WEDNESDAY
MERCREDI

23

THURSDAY
JEUDI

24

FRIDAY
VENDREDI

25

SATURDAY
SAMEDI

26

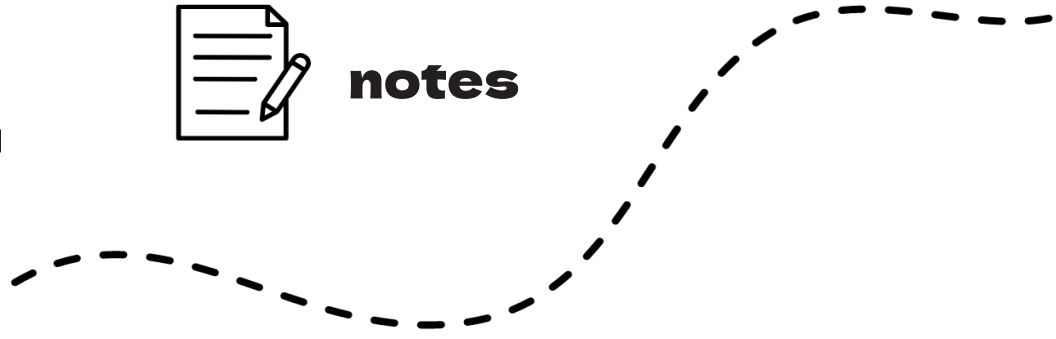
SUNDAY
DIMANCHE

27





notes



Sun Dim	Mon Lun	Tue Mar	Wed Mer	Thu Jeu	Fri Ven	Sat Sam
27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

april / avril

MONDAY
LUNDI

28

TUESDAY
MARDI

29

WEDNESDAY
MERCREDI

30

Exams end (McGill + Concordia)

*2005: La Grande Bibliothèque opens its doors to the
public for the first time*

THURSDAY
JEUDI

1

may / mai

FRIDAY
VENDREDI

2

SATURDAY
SAMEDI

3

SUNDAY
DIMANCHE

4



may / mai

MONDAY
LUNDI

5

TUESDAY
MARDI

6

WEDNESDAY
MERCREDI

7

THURSDAY
JEUDI

8

FRIDAY
VENDREDI

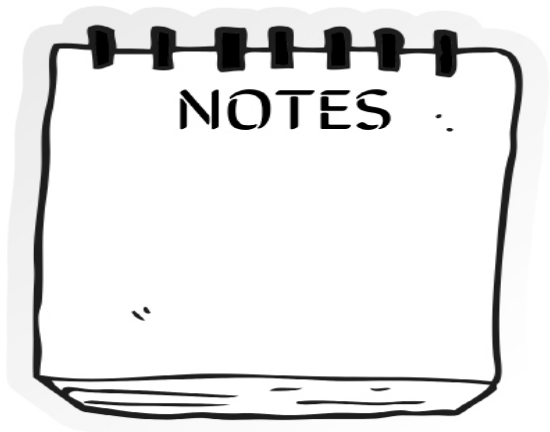
9

SATURDAY
SAMEDI

10

SUNDAY
DIMANCHE

11



may / mai

MONDAY
LUNDI

12

TUESDAY
MARDI

13

WEDNESDAY
MERCREDI

14

THURSDAY
JEUDI

15

Nakba Day

FRIDAY
VENDREDI
16

SATURDAY
SAMEDI
17

SUNDAY
DIMANCHE
18

*2005: Stella's forum xxx, a sex worker's
rights conference, opens*



may / mai

MONDAY
LUNDI

19

TUESDAY
MARDI

20

Journée nationale des patriotes

WEDNESDAY
MERCREDI

21

THURSDAY
JEUDI

22

*2012: Between 100,000-400,000 people
march to mark the 100th day of the
protest against Bill 78*

FRIDAY
VENDREDI

23

SATURDAY
SAMEDI

24

1917: Montréalers demonstrate in large numbers against impending forced conscription into the war

SUNDAY
DIMANCHE

25



may / mai

MONDAY
LUNDI
26

TUESDAY
MARDI
27

*2021: Chief of the Tk'emlúps te Secwépemc
First Nation announces discovery of unmarked
graves of 215 children at the Kamloops Indian
Residential School*

WEDNESDAY
MERCREDI
28

THURSDAY
JEUDI
29

FRIDAY
VENDREDI

30

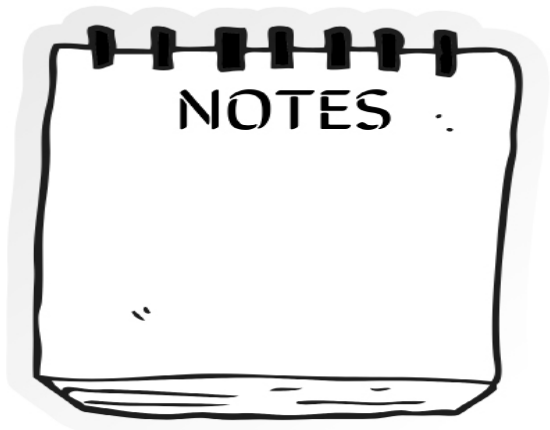
SATURDAY
SAMEDI

31

SUNDAY
DIMANCHE

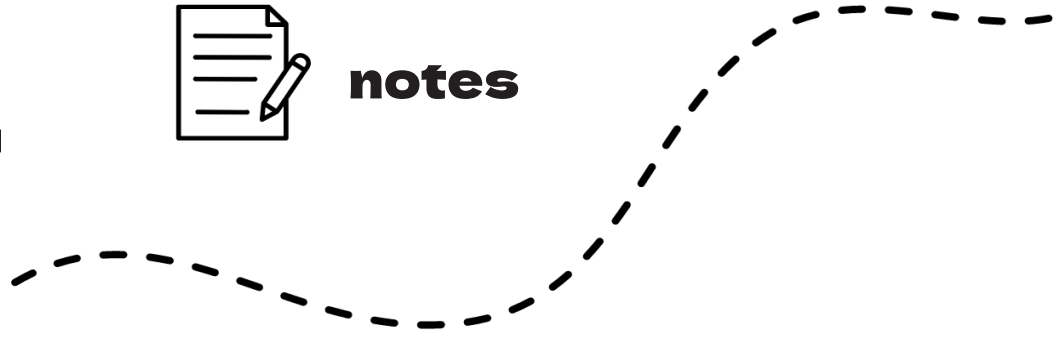
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*1970: Dr. Henry Morgentaler arrested and
charged in Montréal for performing abortions*





notes



Sun Dim	Mon Lun	Tue Mar	Wed Mer	Thu Jeu	Fri Ven	Sat Sam
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	1	2	3	4	5

June / juin

MONDAY
LUNDI

2

TUESDAY
MARDI

3

WEDNESDAY
MERCREDI

4

THURSDAY
JEUDI

5

FRIDAY
VENDREDI

6

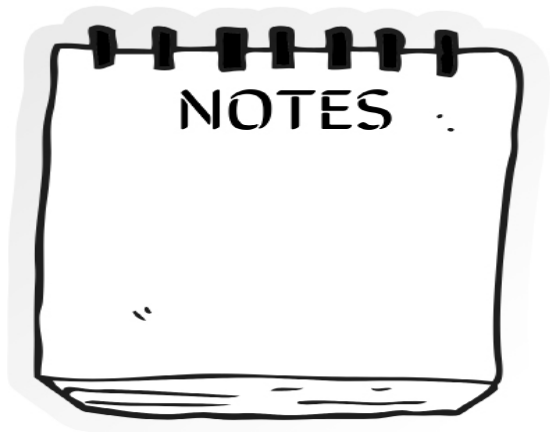
SATURDAY
SAMEDI

7

2012: Despite police raids and arrests in the morning, students and anti-capitalists protest the Grand-Prix

SUNDAY
DIMANCHE

8



June / juin

MONDAY
LUNDI

9

TUESDAY
MARDI

10

WEDNESDAY
MERCREDI

11

THURSDAY
JEUDI

12

FRIDAY
VENDREDI

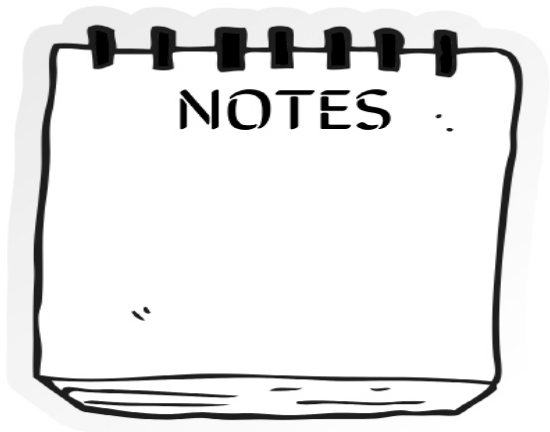
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SATURDAY
SAMEDI

14

SUNDAY
DIMANCHE

15



june / juin

MONDAY
LUNDI

16

TUESDAY
MARDI

17

WEDNESDAY
MERCREDI

18

THURSDAY
JEUDI

19

FRIDAY
VENDREDI

20

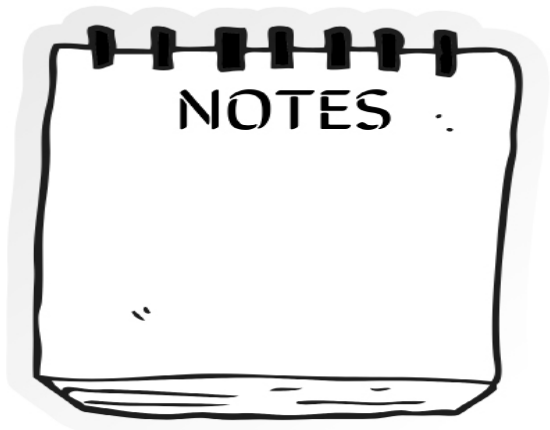
SATURDAY
SAMEDI

21

1734: Marie-Joseph Angélique, a black slave, is tried and hanged for setting fire to her "owner's" home and burning down much of old Montréal

SUNDAY
DIMANCHE

22



june / juin

MONDAY

LUNDI

23

TUESDAY

MARDI

24

Fête nationale du Québec

WEDNESDAY

MERCREDI

25

THURSDAY / JUL.

JEUDI

26

FRIDAY
VENDREDI

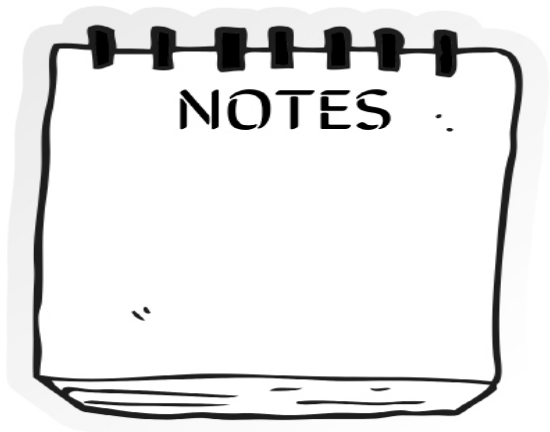
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SATURDAY
SAMEDI

28

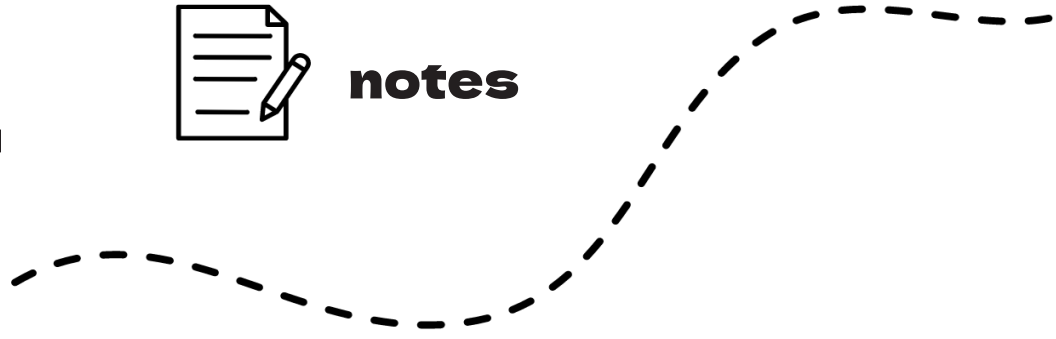
SUNDAY
DIMANCHE

29





notes



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20	21	22	23	24	25	26
27	28	29	30	31	1	2

july / juillet

MONDAY
LUNDI

30

TUESDAY
MARDI

1

Canada Day

*1933: Canadian parliament suspends all
Chinese immigration*

WEDNESDAY
MERCREDI

2

THURSDAY
JEUDI

3

FRIDAY
VENDREDI

4

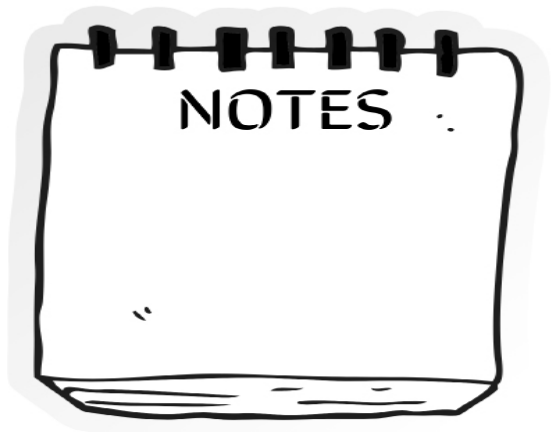
SATURDAY
SAMEDI

*2003: Clac-logement and other housing activists
set up tent city in Parc Lafontaine*

5

SUNDAY
DIMANCHE

6



July / juillet

MONDAY
LUNDI

7

TUESDAY
MARDI

8

WEDNESDAY
MERCREDI

9

THURSDAY
JEUDI

10

FRIDAY
VENDREDI

11

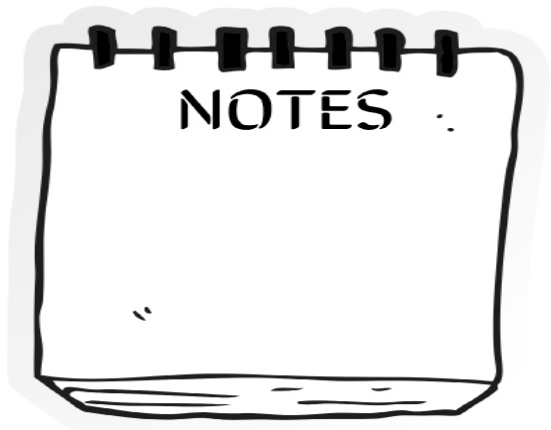
*1990: Oka crisis begins as SQ police attack
Kanien'keha:ka people defending their land
in Kanehsatake*

SATURDAY
SAMEDI

12

SUNDAY
DIMANCHE

13



july / juillet

MONDAY
LUNDI

1978: Canada abolishes the death penalty

14

TUESDAY
MARDI

15

WEDNESDAY
MERCREDI

1990: Police raid the Sex Garage loft party in Old Montréal with over 400 queers in attendance

16

THURSDAY
JEUDI

17

FRIDAY
VENDREDI

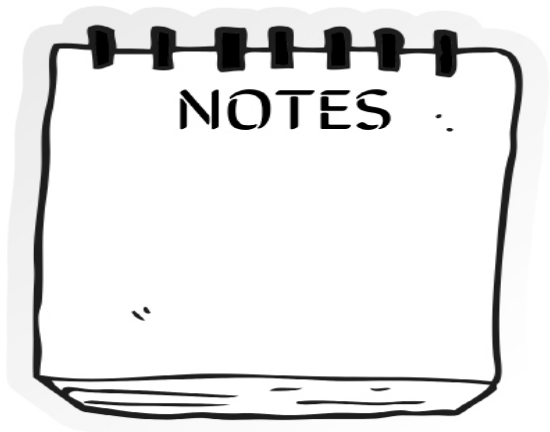
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SATURDAY
SAMEDI

19

SUNDAY
DIMANCHE

20



July / juillet

MONDAY
LUNDI

21

TUESDAY
MARDI

22

WEDNESDAY
MERCREDI

23

THURSDAY
JEUDI

24

FRIDAY
VENDREDI

25

SATURDAY
SAMEDI

26

SUNDAY
DIMANCHE

27



July / juillet

MONDAY
LUNDI

28

TUESDAY
MARDI

29

WEDNESDAY
MERCREDI

30

THURSDAY
JEUDI

31

august / août

FRIDAY
VENDREDI

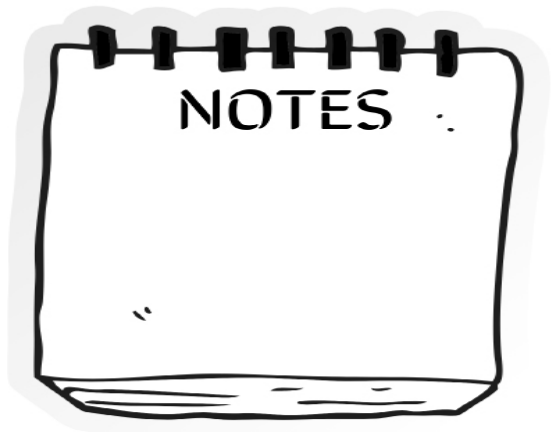
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SATURDAY
SAMEDI

2

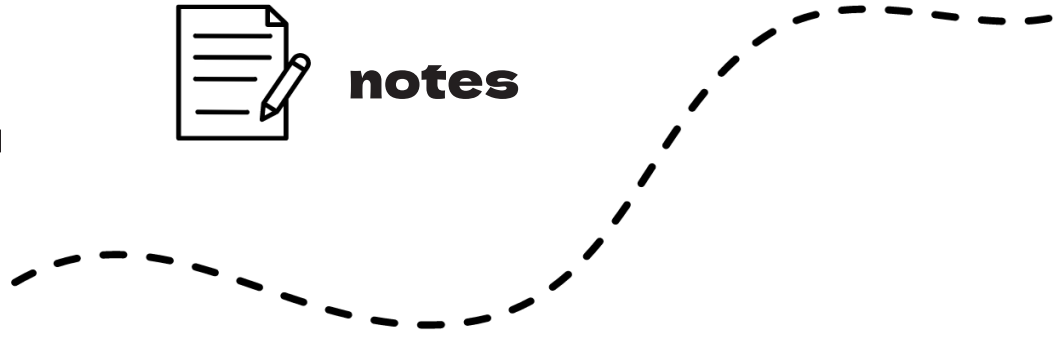
SUNDAY
DIMANCHE

3





notes



Sun Dim	Mon Lun	Tue Mar	Wed Mer	Thu Jeu	Fri Ven	Sat Sam
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

31

august / août

MONDAY
LUNDI

4

TUESDAY
MARDI

5

2007: Pervers/cité is launched as a queer summer festival in contrast to divers/cité's white-washed, corporatized gay agenda

WEDNESDAY
MERCREDI

6

THURSDAY
JEUDI

7

FRIDAY
VENDREDI

8

SATURDAY
SAMEDI

9

*2008: Fredy Villanueva is killed by
Montréal police*

SUNDAY
DIMANCHE

10



august / août

MONDAY
LUNDI

11

TUESDAY
MARDI

12

WEDNESDAY
MERCREDI

13

THURSDAY
JEUDI

14

FRIDAY
VENDREDI

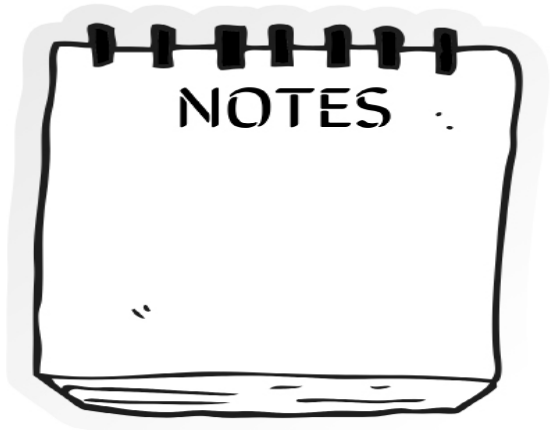
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SATURDAY
SAMEDI

16

SUNDAY
DIMANCHE

17



august / août

MONDAY
LUNDI

18

TUESDAY
MARDI

19

WEDNESDAY
MERCREDI

20

THURSDAY
JEUDI

21

*2018: Nicholas Gibbs is killed by
Montréal police*

FRIDAY
VENDREDI

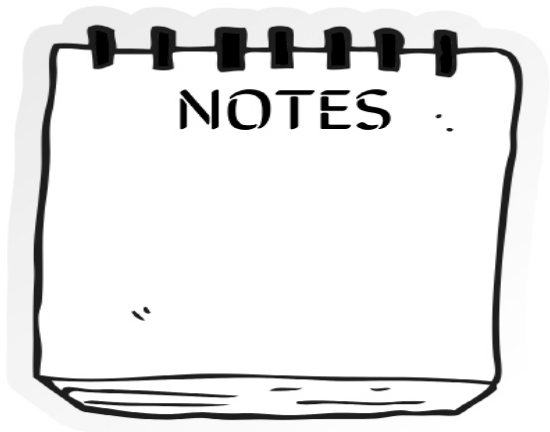
22

SATURDAY
SAMEDI

23

SUNDAY
DIMANCHE

24



august / août

MONDAY
LUNDI

25

TUESDAY
MARDI

26

WEDNESDAY
MERCREDI

27

THURSDAY
JEUDI

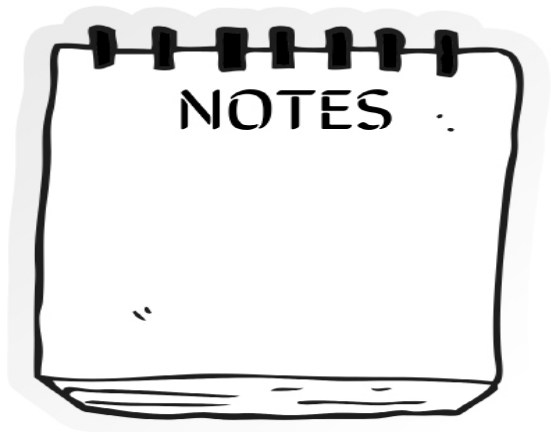
28

FRIDAY
VENDREDI
29

2020: In nationwide march to Defund the Police, activists take down statue of John A. Macdonald in downtown Montreal

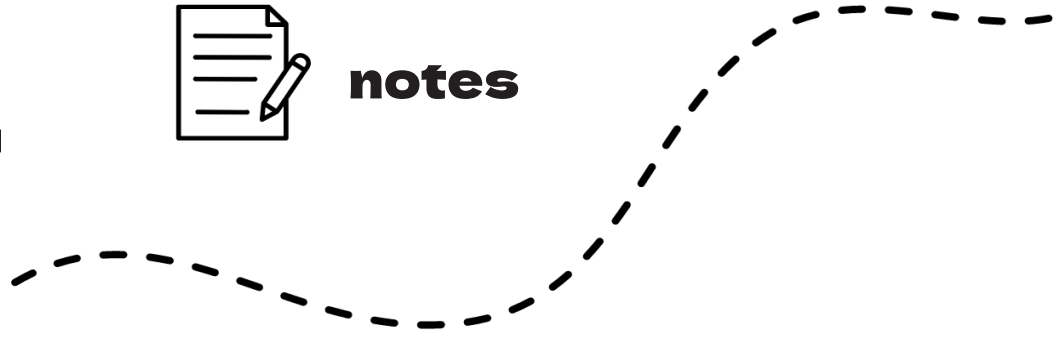
SATURDAY
SAMEDI
30

SUNDAY
DIMANCHE
31





notes



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31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4

september / septembre

MONDAY
LUNDI

Labour Day

1

TUESDAY
MARDI

2

WEDNESDAY
MERCREDI

3

THURSDAY
JEUDI

4

FRIDAY
VENDREDI

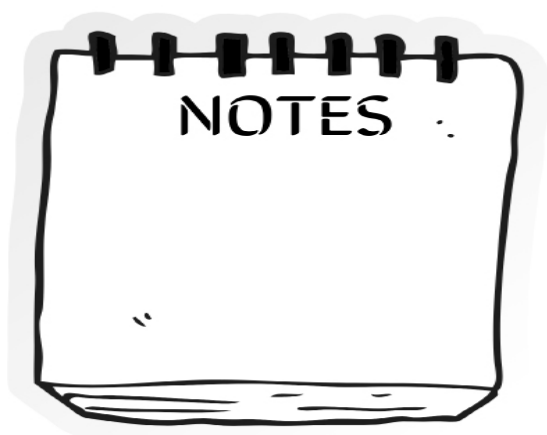
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SATURDAY
SAMEDI

6

SUNDAY
DIMANCHE

7



september / septembre

MONDAY
LUNDI

8

TUESDAY
MARDI

*2002: Former Israeli Prime Minister cancels
speech following palestinian solidarity protest
at Concordia*

9

WEDNESDAY
MERCREDI

10

THURSDAY
JEUDI

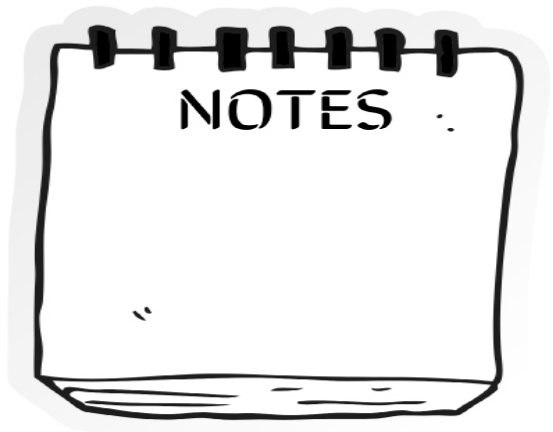
11

FRIDAY
VENDREDI
12

SATURDAY
SAMEDI
13

2006: Dawson College shooting

SUNDAY
DIMANCHE
14



september / septembre

MONDAY
LUNDI

15

TUESDAY
MARDI

16

WEDNESDAY
MERCREDI

17

THURSDAY
JEUDI

18

FRIDAY
VENDREDI

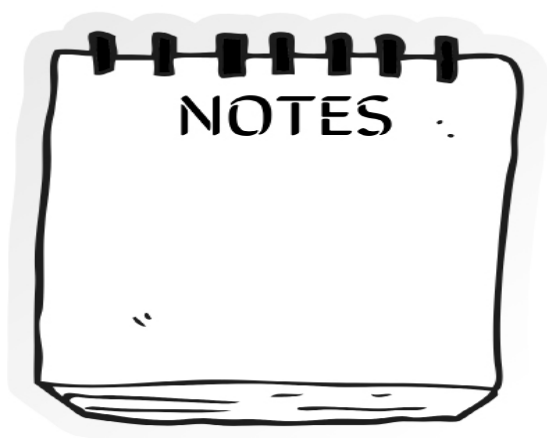
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SATURDAY
SAMEDI

20

SUNDAY
DIMANCHE

21



september / septembre

MONDAY
LUNDI

22

TUESDAY
MARDI

23

WEDNESDAY
MERCREDI

24

THURSDAY
JEUDI

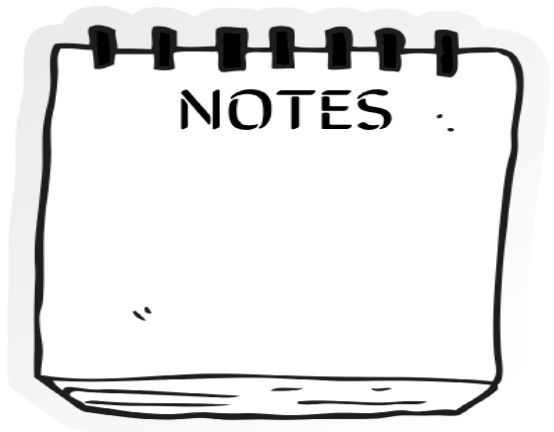
25

FRIDAY
VENDREDI
26


*1990: Oka crisis ends after 78-day
siege in Kanehsatake*


SATURDAY
SAMEDI
27

SUNDAY
DIMANCHE
28







 **groups + resources**

GROUPS + RESOURCES

What follows is an extensive list of groups and organizations which are yours for support and information, throughout your time in Tioh'tiá:ke ("Montreal"), unceded Indigenous Kanien'kehá:ka (Mohawk) territory. We've done our best to compile a bank of resources which is up-to-date, QTBIPOC friendly, bilingual, and accessible. Our aim is to demonstrate what communities are available to you, on land which has historically been a meeting and living space for Haudenosaunee, Abénaki and Algonquin people. We also recognize the continued presence of many other distinct Indigenous groups and peoples on this land. For more information on accessibility and inclusiveness, please contact the resource or group listed.

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ACCESSIBILITY

Access Centre for Students with Disabilities

Concordia students with a variety of disability conditions can use the ACSD. Some examples are: vision, mobility, hearing, chronic medical conditions, learning disabilities, attention deficit disorder, mental health conditions, Autism Spectrum Disorder and other Neurodevelopmental Disorders. The centre can also provide services and accommodations to students with temporary disability conditions that are generally the result of illness or injury.

1550 De Maisonneuve Blvd West, Room GM 300.00
Mon-Fri 9am-5pm
(514) 848-2424 x 4562
concordia.ca/students/accessibility
acsinfo@concordia.ca
English and French

Accessibilize Montreal!

Accessibilize Montreal! aims to make Montréal a more accessible place in every way: from the mindsets and interactions between Montrealers to the infrastructure that surrounds us. By holding workshops and providing trainings, we seek to challenge mainstream perceptions of disability, and through advocacy and direct action we protest transit and systemic discrimination. Join us in our movement beyond ableism and respect of diversity!

facebook.com/access4mtl
montrealaccessible.wordpress.com
access4mtl@gmail.com

Action Centre

Multicultural activity centre for those with physical or cognitive disabilities that aims to empower, support

and include. Provides educational, recreational and social activities, public outreach activities and peer support.

2169 Boul. Marcel Laurin Local #124,
Montreal
(514) 366-6868
centreaction.org
info@centreaction.org
English and French

DisAbled Women's Network/ Réseau d'Action des Femmes Handicapées

Established In 1985, the DisAbled Women's Network of Canada (DAWN) is a national, feminist, cross-disability organization that has provided opportunities for self-determination and leadership development for women with disabilities for 30 years. Our mission is to end the poverty, isolation, discrimination and violence experienced by Canadian women with disabilities and Deaf women. Staying true to our grassroots, we keep women with disabilities at the center of our work. We amplify their voice by ensuring that they are represented at decision-making tables. Confidential services, contact via website.

469 Jean-Talon W., #215
Mon-Fri 9am-5pm
(514) 396-0009
1-866-396-0074 (toll-free)
dawnCanada.net
English and French

McGill Student Accessibility and Achievement office (formerly McGill Office for Students with Disabilities)

Students can register with the Student

Accessibility and Achievement office if they are experiencing academic or physical barriers and have a documented disability, mental health disorder, chronic illness, or other impairment. It may be temporary, permanent, or episodic. The office can also support students in identifying barriers they are experiencing and provide them with support through accommodations if appropriate.

1010 Sherbrooke Street West, Suite 410
Entrance is accessible from Sherbrooke Street.

Mon-Fri 9am-5pm

Wednesdays 10am-3pm (in-person appointments)

Drop in hours for registered students only

Virtual appointments available - see website

(514) 398-6009 (options #1-3)

<https://www.mcgill.ca/access-achieve/access.achieve@mcgill.ca>

English and French

Radical Access Mapping Project

Disability Justice focused accessibility auditing is about collectively creating useful, accurate and broad-based accessibility information about the physical environment so we can make informed choices about what events and spaces we participate in and support. Audit template and other resources available on website.

radicalaccessiblecommunities.wordpress.com

wordpress.com

English

ARTS

COLLECTIVES

Atelier Céladon

Atelier Céladon is a nonprofit arts organization that prioritizes the voices and labour of Indigenous and People of Colour engaged with shifting ideas of diasporic living. We have no physical home, but have been housed in various locations. All members are accepted and no experience is required.

atelierceladon.com

info@atelierceladon.com

HOWL! Arts Collective

How! arts collective is a Montréal-based collective of cultural workers, artists, and activists working for social justice via artistic expression.

facebook.com/HowlArts

info@howlarts.net

Sidetracks Screenprinting Collective (Q-C)

Sidetracks is a collective whose mandate is to make screenprinting accessible to projects and organizations working for social change, especially those that work around self-representation, self-expression, anti-racism, and queer liberation.

facebook.com/sidetrackscollective

sidetrackscollective.com/

sidetrackscollective@gmail.com

EVENTS

Art Matters

Art Matters is a student-run festival that celebrates the vitality of Concordia University's multidisciplinary artistic community. The festival promotes the emerging talent of Concordia by developing working relationships with creative institutions, galleries, and

artist-run centres throughout Montréal. Since its inception in 2000, the annual March festival has proudly exhibited art produced by Concordia students in the fields of visual art, design, cinema, dance, music, spoken word, and theatre.

VA-038, 1395 René Lévesque Blvd. W.
(514) 848-2424 x 5011
artmattersfestival.org
info@artmattersfestival.org

Hoodstock

Hoodstock est un événement annuel visant à mobiliser les forces des communautés culturelles avec des ateliers, des spectacles et des moments d'échange par, avec et pour les membres des communautés noires et racisées. Hoodstock se déroulera à Montréal-Nord, constitué d'une population de plus de 60% de citoyen.ne.s des communautés racisées.

Parc Henri-Bourassa
3830 Boul. Henri-Bourassa E, Montréal-Nord
(438) 794-8007
Hoodstock.ca
info@hoodstock.ca
English and French
Physically accessible

Rap Battles for Social Justice

Rap battles uniting hip-hop heads and activists, showcasing the wide range of talent in the MTL scene while educating the masses, backed by Urban Science!

facebook.com
RapBattlesForSocialJustice
rapbattlesforsocialjustice@gmail.com

RESOURCES FOR BOOKING SHOWS

Équipe Sonore / Soundteam

Équipe Sonore / Soundteam provides sound services for Montréal area community groups that cannot afford to pay professional rates. We build, maintain and operate P.A. systems for community events, rallies, conferences and performances. We also strive to distribute and share the technical knowledge of audio production systems. Our purpose is to support people's grassroots initiatives and act in the interests of communities and their struggles for economic and political justice.

equipesonore.wordpress.com
equipesonore@riseup.net

Montreal Non-Dudes Who Play Instruments

A google spreadsheet of Canadian/Canada-based non-cis male musicians including contact info and which instruments they play. Though the Montreal tab is the most filled, there are also tabs for Quebec, Sherbrooke, Toronto, Vancouver, Calgary.

goo.gl/bMttBb

BIPOC SPECIFIC

All Black Everything Montréal

Working document about resources available within Montréal's Black communities.

goo.gl/9RiiA6

shaniceyarde@live.ca (for suggestions)

or concerns)
English

Black Community Resource Centre

BCRC is a growing, resource-based organization that strengthens community capacity by providing professional support to organizations and individuals in need. The Centre is committed to helping visible minority youth rekindle their dreams, and achieve their full potential.

6767 Côte-des-Neiges Rd, suite 497
(514) 342-2247
bcrmontreal.com/
info@bcrmontreal.com

Black Indigenous Harm Reduction Coalition (BIHRA)

BIHRA is a community-based harm reduction service and resource coordination initiative, by and for the Indigenous and/or Black communities. The alliance provides reflexive harm reduction options with empathy and care, while developing resources, materials, and research on self-determined HIV/AIDS service, care, and support for our communities.

facebook.com/
blackindigenusharmredu|x|
blackindigenusharmredu|x|.org
bi.harmredu|x@gmail.com

Black Lives Matter Montreal

BLM Montreal is an action group that aims to form connections and to work in solidarity with Black communities, Black-centric networks, solidarity movements, and allies in order to dismantle oppression, violence, and brutality committed against Black

populations in Montréal.

facebook.com/blmmontreal
blacklivesmatter.montreal@gmail.com
English and French

Black Students Network

Founded in 1970, we are a SSMU service, available to the entire McGill and Montreal Community. We are dedicated to addressing the interests of Black students at McGill, however, all interested students, irrespective of race, culture or creed, are encouraged to participate in our numerous events. Our Mandate is to sensitize the McGill community to issues concerning Black peoples, and to work towards making the McGill campus safe and accessible for black students in order to support their academic success as well as mental and physical well-being. Let us know how we can help by reaching out to us via email or social media.

3600 rue McTavish, Room 415
facebook.com/
BlackStudentsNetworkOfMcGill
https://www.instagram.com/bsnmcgill/
bsn@ssmu.ca

Chez IBPOC-Tiohtià:ke/Montreal

A Facebook group created by and for individuals who identify as Indigenous, Black, and/or people of colour EXCLUSIVELY and are seeking accommodation or housing to rent (short term or long term), rent out, buy, or sell, or looking for or sharing other information related to housing and shelter in Tiohtià:ke/Montreal.

facebook.com/
groups/303182606783952

DESTA Black Youth Network

As a community-based organization serving marginalized youth, aged 18 to 35 in the Greater Montreal area, our mission is to provide support in the areas of education, health and personal development, justice, and employment.

1950 St-Antoine W.
(514) 664-5042
destabyn.org
support@destabyn.org

Third Eye Collective

The Third Eye Collective is an intergenerational grassroots collective led by women of Black/African origins dedicated to healing from and organizing against intimate partner violence, state violence, and institutional violence against us.

facebook.com/thirdeyemontreal
thirdeyecollective.wordpress.com
thirdeyecollective514@gmail.com

Tout Le Hood En Parle

Tout Le Hood En Parle puts forward the testimonies, histories and cultures of people of colour through online video interviews, as well as other multimedia.

facebook.com/toutlehoodenparle

MTL Sans Profilage

Une recherche action participative sur les relations des jeunes et de la police dans un quartier de Montréal.

facebook.com/mtlsansprofilage
French

Pan-Asian Collective

PAC aims to increase meaningful

engagement in Asian history and culture in a way that recognizes the diversity of Asian experiences. We want to empower and grow the Asian community in Montreal and build a network of support and friendship.

facebook.com/pacmontreal
panasiancollectivemontreal@gmail.com

South Asian Diaspora Action Collective (SADAC)

SADAC (South-Asian Diaspora Action Collective) is a grassroots group based in Tiohtia:ke/Mooniyang who act in solidarity with the struggles of various oppressed groups, activists, movements and peoples in South Asia and here in our communities. Our work is rooted in the fight for a secular South Asia, free of poverty, casteism, the suppression of Indigenous people's rights, and other social injustices. We also aim to combat the spread and rise of far-right, fascist ideology in South Asia as well as here in so-called Canada, and connect the fight against Hindutva ideology with the fight against fascism in Canada and globally. We are engaged with the South-Asian diasporic community here on various issues including housing, labor, migrant justice and other related issues.

Email: sadac_info@riseup.net
Facebook: fb.com/sadacmtl
Twitter & Instagram: @sadacmtl

zone emploi BIPOC employment & skill share zone

A moderated Facebook group for jobs / employment / skill exchange by and for BIPOC in tionni'tiohtia:ke, so-called Montreal, Kanien'kehá:ka territory.

This group was created recognizing the systemic barriers BIPOC face in accessing (stable) employment and income. Intentional space for circulating job opportunity postings toward other BIPOC, prioritizing hiring and paying other BIPOC for work / services, and sharing skills with each other.

facebook.com/
groups/656068827923514
English and French

INDIGENOUS SPECIFIC

Otsenhákta Student Centre

The Otsenhákta Student Centre is an on-campus resource for First Nations, Inuit and Métis students at Concordia. The centre is a warm place where Indigenous students can find community, support and assistance. We help students succeed and achieve their highest academic potential by working with them to make the most of the many resources available at the university.

1455 de Maisonneuve O H-653
Monday to Friday, 9am-5pm
(514) 848-2424 x 7327
<https://www.concordia.ca/students/otsenhakta.html>

To access the OSC, First Nation, Inuit and Métis students need to register. To register, email osc@concordia.ca
English and French
Physically accessible

Indigenous Student Alliance

The ISA is a network of Indigenous and non-Indigenous students at McGill. It is primarily focused on creating an inclusive space for students interested

in getting involved in the Indigenous community in McGill and the Montreal-Area at large. This includes a variety of different activities, from organizing events that showcase Indigenous culture, to less-involved activities like group outings to support Indigenous artists. We meet at the First Peoples House on a weekly basis, and are open to any students interested in learning more.

indigsa-mcgill.weebly.com
isa@ssmu.ca

Ieíenthos Akotióhkwa Planting Group

A community resource that we hope will help Kahnawakehrónon help each other to respect our traditional responsibilities, share seeds, tools, experiences, workshops and time together. We plant healthy gardens, preserve and share food, recipes and local resources. Ieíenthos Akotióhkwa Planting Group supports community food security and food sovereignty planning.

facebook.com/Ieienthos.Akotiohkwa/
ieienthos.akotiohkwa@gmail.com

McGill First Peoples' House

McGill's First Peoples' House provides a sense of community and a voice to Indigenous students who have left their home communities in order to pursue higher education. It is our hope that the education that Indigenous students receive here at McGill will benefit their communities. We welcome all Indigenous students including Métis, the Inuit, & First Nations (both "status" & "non-status"), Maori and Aborigines.

3505 Peel Street

Monday to Friday, 9am-5pm
(514) 398-3217
<https://www.mcgill.ca/fph/>
English and French
Physically accessible

Native Friendship Centre of Montreal

For over 40 years the Native Friendship Centre of Montreal Inc. (NFCM) has provided continuous quality services to the urban Indigenous population of Montreal and their families and is the only comprehensive service and referral point in the Greater Montreal Area (GMA) in relation to health, social services, legal, orientation/information, education, training, and employment referral for those migrating to or through the city including those from across Quebec, Canada, and the Americas.

2001 Boul. Saint Laurent
Monday: 9am-5pm
Tuesday: 9am-5pm
Wednesday: 9pm-8pm
Thursday: 9am-5pm
Friday: 9am-4pm
(514) 499-1854
(1-855) 499-1854 (toll free)
nfc.org
info@nfc.org
English and French

Reclaim Turtle Island

A cross-border grassroots project that works to develop resources for Indigenous sovereigntist and anti-colonial struggles on Turtle Island (“North America”). An all Indigenous collective supporting self-determination through self-representation, RTI fights resource extraction, reservation apartheid, and

colonial capitalism by providing media support, video collaborations, social media, workshops, and skillshares within communities and movements.

reclaimturtleisland.com

Settlement Reparations for Indigenous People Montreal and Surrounding Area

Resource for peoples Indigenous to so-called Canada (Inuit, Metis, First Nations) to receive support from settlers living on our stolen lands. The purpose of this group is to give the indigenous folks of Montreal and the surrounding area, Kanien'kehá:ka (Mohawk) traditional territory, a place to voice their wants and needs and to be heard and supported by non-indigenous residents in a real and immediate way.

<https://www.facebook.com/groups/settlementreparationsmtl/>

CRIMINAL (IN)JUSTICE

Certain Days

The Certain Days Political Prisoner Calendar collective works to support, educate, and fundraise for political prisoners through the production of a yearly calendar. The calendar is a project produced by organizers in Montreal, Hamilton, Baltimore and New York City, with the support of three political prisoners in the United States. We work from an anti-imperialist, anti-racist, feminist, queer- and trans-liberationist perspective to help free our movement's political prisoners.

(514) 848-7585
certaindays.org

info@certaindays.org

The Collective Opposed to Police Brutality (COBP) / Collectif Opposé à la Brutalité Policière

COBP is an autonomous group that brings together victims, witnesses and anyone concerned about police brutality as well as any form of abuse perpetrated by the police. COBP not only denounces police harassment, violence, intimidation, arrests, and abuses of power, but also informs the public about their rights in regards to the police. We provide support to victims in helping them file complaints to the police ethics board and in facing abusive accusations.

(514) 395-9691
cobp.resist.ca
cobp@riseup.net

Continuité-famille auprès des détenues (CFAD)

CFAD first and foremost addresses the needs of women with a criminal record who are undergoing social reintegration and often facing issues such as poverty, marginalization and isolation. CFAD aims to promote the social reintegration of these female inmates and ex-inmates notably by supporting their efforts to maintain and strengthen their bond with their children.

2685 rue Allard
(514) 989-9891
cfad.ca
direction@cfad.ca
English and French

Justice for Victims of Police Killings (Q-C)

The Justice for the Victims of Police Killings Coalition currently involves the family members and friends of those who died as a direct result of police actions and interventions. We continue to reach out to family and friends of other victims of police killings.

facebook.com/
justiceforvictimsofpolicekillings
22oct.mtl@gmail.com

Prisoner Correspondence Project (Q-M, Q-C)

The Prisoner Correspondence Project is a collectively-run initiative based out of Montréal, Quebec. It coordinates a direct-correspondence program for gay, lesbian, transsexual, transgender, gendervariant, two-spirit, intersex, bisexual & queer inmates in Canada and the United States, linking these inmates with people outside of prison. We are always looking for new non-incarcerated folks to become penpals and get involved with organizing the project! If you are interested, please email us. It also coordinates a resource library of information and aims to make prisoner justice and solidarity a priority within queer movements on the outside through events like film screenings, workshops, and panels which touch on the broader issues relating to criminalization and incarceration of queer and trans people.

prisonercorrespondenceproject.com
info@prisonercorrespondenceproject.com

Re-Con (Q-C)

Re-Con is a prisoner initiated

reintegration program created in 1999 that focuses on challenges facing individuals with a life sentence.

The group is made up of currently incarcerated people, formerly incarcerated people now serving their sentence on parole, and outside volunteers. It is Re-Con's main goal to establish links between prisoners and the community after a long period of incarceration and isolation. We aim to diminish the effects of institutionalization through personal development workshops and by sharing access to outside community resources that may help reintegration upon release from prison. To this end, we hold weekly meetings that take place both inside and outside the prison focus on exploring the various services, resources, and networks available outside the prison walls.

recon.ftc@gmail.com

EDUCATION

Building Community

Building Community is a citizens' education project of the Milton-Parc Citizens' Committee (CCMP). We seek to encourage community development through popular education and social action rooted in ecological and democratic principles. Throughout the year, we host workshops, guided tours, screenings, and lectures on climate change, cooperative housing, and more, and support campaigns on a variety of community issues including protecting green spaces and promoting increased social housing stock.

(514) 842-7432

facebook.com/solidaritecommunautaire

ccmp-mpcc.com

ccmp.miltonparc@gmail.com

Canadian Students for Sensible Drug Policy Concordia

Canadian Students for Sensible Drug Policy (CSDP) is a nation-wide student network of chapters/schools working to reform broken and harmful drug policies and ineffective drug education. Our mission is to provide education, services, and promote policy reform on a grassroots and national level so that these avenues reflect evidence-based, sensible solutions for harms related to drug use. We promote decriminalization of drugs, as we understand substance use disorder as a matter of public health, not a criminal justice issue. We also promote harm reduction education and initiatives for people who use drugs. At CSSDP Concordia, our focus is to bring harm reduction training to high risk situations, such as FROSH.

facebook.com/CSSDPConcordia

cssdp.org

concordia@cssdp.org

Éducation Populaire

Le comité Éducation populaire organise des « teach-in's » (journée d'ateliers, conférences et discussions) et une banque d'ateliers anticapitalistes pour rassembler et renforcer les différents groupes et mouvement anticapitalistes de Montréal, dans une perspective d'éducation populaire. Le comité éducation populaire est un comité du GRIP-UQAM.

<https://www.clac-montreal.net/en/pop-ed>

educationpopulaire@clac-montreal.net

STASIS

Comme son nom l'indique, Stasis est un groupe d'enquête qui s'affaire à interroger les phénomènes qui forment la signature du temps présent. Nous organisons des journées d'étude, des conférences, des laboratoires informatiques et militants, ainsi que des « enquêtes de terrain » afin de trouver de nouvelles armes pour résister et lutter. Nous faisons également paraître chaque année une revue dans laquelle sont explorés divers thèmes d'étude.

groupestasis.com
groupestasis@gmail.com

FEMINIST RESOURCES

The Institute for Gender, Sexuality, and Feminist Studies (IGSF)

Supports cutting-edge research, teaching and outreach activities in gender, sexuality and feminist studies. We aim to produce knowledge that is accessible to the public and in dialogue with our local communities. Through community and university partnerships, we host public events, support student internships in gender, sexuality and feminist studies, fund student awards on community service and academic excellence, host visiting professors from around the world, and organize public events and workshops on a number of issues, from current struggles for justice to emergent research methodologies and advocacy in the field.

3487 Peel St, 2nd Floor
Mon-Fri 9am-4:30pm
(514) 398-3911
mcgill.ca/igsf
info.igsf@mcgill.ca

English

La Riposte Féministe

La Riposte Féministe, collectif de luttes pour les autonomies corporelles, vise à se baser sur le vécu des personnes et des communautés dans sa lutte contre les multiples formes d'oppression afin de créer des solidarités permettant l'auto-détermination et le développement d'un pouvoir d'agir individuel et collectif.

facebook.com/riposteauxantichoix
ripostefeministeresponse@gmail.com

Women of Diverse Origins

The Women of Diverse Origins/ Femmes des divers origins is a network of individuals and organizations of women from different backgrounds. We are united against imperialism and the belief that our resistance locally must be linked with those of our sisters globally. Our activities centre around the celebration of International Women's Day, which underscores the struggle of the toiling masses, when we organize an annual conference and a rally.

wdofdo.wordpress.com
wdofdo@gmail.com

FOOD (IN)JUSTICE + ASSISTANCE

Aliments d'ici

Aliments d'ici est un comité de recherche et de mise en pratique d'alternatives pour se nourrir de manière locale, saine et abordable. Nos activités visent le partage de connaissances, la sensibilisation, l'action collective et la solidarité

ville-campagne.

320 Sainte-Catherine Street E.

facebook.com/alimentsdici

alimentsdici@yahoo.ca

Concordia Food Coalition

The CFC is a campus fee-levy organization interested in creating campus and local food systems that are socially, environmentally, and economically just. We advocate for the transformation of our food services by working with the University to withdraw the contract from multinationals and work with local food providers instead. Through popular education events and funding opportunities for alternative agriculture and educational projects, we work to bring together students, faculty, and staff to promote and facilitate a transition to a community-centered sustainable food system at Concordia and beyond.

facebook.com/

concordiafoodcoalitionpage

concordiafoodcoalition.com

info@concordiafoodcoalition.com

Food Against Fascism

Food Against Fascism prepares and distributes a free hot meal in a non-exclusionary manner to folks on the corner of de Maisonneuve and Mackay every Saturday at 2 p.m. One of the goals of the project is to try to engage and familiarize people of various backgrounds with anti-fascist organizing, in an ongoing effort to raise consciousness about the rise of the far-right both locally and abroad.

facebook.com/bouffecontrelefascisme

foodagainstfascism@gmail.com

The Hive Cafe

A cooperatively-run café offering locally & ethically sourced, healthy, affordable, and delicious food options on both campuses. The mission of the Hive Cafe Co-op is to be a model food system at Concordia University that provides food through sustainable practices and empowers the student community. Become a Member for \$10! Being a member gets you a 10% discount, plus a vote at all our general assemblies. We also provide a Free Vegan Meal (Loyola only) - Monday to Friday between 12:30pm & 1:30pm. Please note the Loyola location is not wheelchair accessible, if you need help accessing the Hive Free Lunch please contact us directly to make arrangements.

1455 De Maisonneuve Blvd. W. H-239
(SGW campus)

Mon-Thurs, 8:15am-6pm

Fri, 8:15am-5pm

7141 Sherbrooke Street W. SC-200*

(Loyola campus)

*Not wheelchair accessible

(514) 664-4483

hivecafe.ca

cafe.hivecafecoop@gmail.com

hivefreelunch@gmail.com

Midnight Kitchen

During the school year Midnight Kitchen serves by-donation, bring-your-own-dish, vegan and nut-free lunches. We also cook for campus and community-based events that align with our anti-oppression and political mandate. Beyond cooking, we organize popular education events, have a summer food bank and garden, offer discretionary funding, and support direct action and grassroots organizing. Midnight Kitchen serves a prepared meal pick up program of vegan lunches bi-weekly on Wednesdays. We offer a bi-weekly foodbank delivery, a free catering service (Solidarity Servings) and funding to eligible applicants. We're

always looking for new volunteers and collective members! Bring your own container and cutlery. For updates on where we will be serving, check out our Facebook page.

3480 McTavish St, room 414
(438) 238-9907
midnightkitchen.org
midnightkitchencollective@gmail.com

The People's Potato

Initiated in 1999 to address student poverty, the People's Potato is an autonomous, non-profit, vegan community kitchen. We serve four-course vegan lunches and work with community groups on broader goals of social justice, environmental sustainability, and food security issues. Meals are offered on a by-donation basis. No one is turned away! We strive to create an accessible and anti-oppressive space for collective members, volunteers, and everyone who enjoys our meals. This project would not be possible without our amazing volunteers! On their website you can find Montreal's Food Assistance Guide, a database of food resources by neighbourhood and a directory of Food Resources for Low Income People of Greater Montreal. By-donation. Wheelchair accessible with accessible bathrooms. Bring your own container and cutlery.

1455 de Maisonneuve W, H-711
Lunch: Mon-Thurs 12:30pm-2pm, during the fall & winter semesters only
(514) 848-2424 x 7590
facebook.com/peoplespotato
peoplespotato.com
peoplespotato@gmail.com
English and French

RAD GROCERIES

Le Frigo Vert

Le Frigo Vert is an anti-capitalist alternative health and community space. After undergoing some major changes during the 2018/2019 school year, Le Frigo Vert now offers a waste free bulk store, as well as a space that seeks to offer alternative health services and education under the mandate of anti-capitalism, anti-colonialism and anti-oppression. We offer by donation vegan meals every monday evening and thursday afternoons. As a Concordia student you are a member of the organization which entitles you to discounts and cheap prices at our waste free bulk grocery store. As a member, all of our programming and services are made free to you. Some of the annual services we provide are: Community Optician to get glasses; Queer and Trans massage; Traditional Chinese Medicine; STI Clinic; Cooking on a budget classes; Harm reduction resources; Study Lounge (with amenities); Free/ by donation meals for students; Food donations to student groups and events.

1440 rue Mackay near Guy Concordia metro
Mon 12pm-5pm, Tues 12pm-6pm, Wed 12pm-7pm, Thurs (PWYC cafe) 12pm-5pm
(438) 387-7586
lefrigovert.org
yesfrigo@gmail.com
Le Frigo Vert is a wheelchair accessible, scent-free storefront.

McGill Farmer's Market

The McGill Farmers' Market is a weekly fall market and a gathering spot for students, faculty, and community members to discover healthy, local and sustainably produced foods. With more than ten local suppliers, the Market provides the opportunity for downtown residents to connect to the agricultural

community of Quebec. Products include organic produce, homemade preserves, baked goods and breads, honey, fair-trade coffee and teas, eggs, maple products, and more.

The market runs every Thursday 11-5 from July to October, on McTavish Street, north of Sherbrooke Street, by the Redpath Museum.

In addition to the weekly Market, The Farmers' Market organizes the community supported CSA basket program, which provides local and seasonal produce throughout the summer and fall via their website. Basket members can choose from a variety of sizes and farms, according to their needs.

www.mcgillfarmersmarket.org
info@mcgillfarmersmarket.com
McTavish street is accessible by wheelchair, but steep at some parts.

FARMING + URBAN AGRICULTURE

City Herbal Apprenticeship Program

Formally known as the City Farm School (CFS), the City Herbal Apprenticeship Program (CHAP) is an initiative by the Concordia Greenhouse Project to develop partnerships in urban agriculture and to provide financially accessible herbal education. The City Herbal Apprenticeship Program is for anyone who wants to learn how to grow, identify, harvest, use, and apply herbs in a hands-on, collective setting. As an herbal apprentice, you will gain experience tending to our perennial garden, where we cultivate and care for a variety of medicinal plants, and will learn how to make your own herbal medicines, such as tea blends, tinctures, glycerites, salves, oils, and more. You'll also attend classes led by experienced herbalists

who will teach you about the art and science of herbalism, from botany and plant identification, to physiology and formulation. Rooted in an anti-oppressive framework, we aim to create a safe and supportive learning environment that fosters curiosity, creativity, and community growth. Upon completion of the apprenticeship, you will receive a certificate that recognizes your acquired skills and knowledge as an herbal apprentice.

7075 rue Terrebonne
cityherbalap.com
cityherbal.ap@gmail.com

Concordia Greenhouse Project

The Concordia Greenhouse Project is a collectively run, consensus-based, non-profit organization. It uses the Henry H. Hall Building rooftop greenhouse as an all-organic space geared towards community, education, and sustainable horticulture. The Greenhouse is a green space that hosts workshops, projects and events that raise awareness around food issues and alternatives to mainstream consumerism from September to April. We aspire to strengthen the urban agriculture movement at Concordia University and in Montréal by growing local produce using ecological practices, providing experiential learning opportunities through volunteering, internships, and jobs, and networking with other like-minded individuals and organizations.

Plant sales every fall, winter, and spring!
1455 de Maisonneuve W, 13th floor
Mon-Fri 11am-5pm
(514) 848-2424 x 5134
concordiagreenhouse.com
concordiagreenhouse@gmail.com

Please note the Greenhouse is wheelchair accessible upon request when the freight elevators are

functioning. Please contact us in advance of your visit by phone or email.

CRAPAUD

Collectif de recherche en aménagement paysager et agriculture durable. Le CRAPAUD a comme mission de développer et promouvoir une agriculture urbaine plurielle, accessible, créative et viable par l'expérimentation, la pratique, l'autogestion, la recherche, la diffusion et l'activité politique.

Local SH-R540, 200, rue Sherbrooke Ouest
(514) 987-3000
lecrapaud.org
info@lecrapaud.org

Campus Crops

We are a student collective at McGill University working on urban agricultural initiatives at the downtown campus. Our goal is to grow food on campus: by students, for students.

facebook.com/groups/
campuscropsmcgill
campuscrops@gmail.com

OFF-CAMPUS FOOD ASSISTANCE

Head & Hands Food Pantry

Available to youth 12-25 twice a month, and to adults with dependents or children in that age range. The food pantry provides one week's worth of food. No ID or proof of address required. Call to learn more. Physically accessible. For more services, see **Health & Wellness** section.

3465 Benny Ave
Mon 12pm-5pm
Wed-Thurs 12pm-6pm

Fri 12pm-5pm
(514) 481-0277
headandhands.ca
info@headandhands.ca
English and French

Montreal Food Assistance Guide

Resource guide by The People's Potato
peoplespotato.com/montreal-food-assistance1

NDG Food Depot

Twice-weekly emergency food baskets provide healthy groceries for residents of the following postal codes: H3X, H3Z, H4A, H4B, H4V, H4W et H4X. Appointments are mandatory for the first visit. Emergency Food Baskets are reserved for community members who are currently in financial difficulty and cannot afford groceries. The Depot also offers collective gardening and community kitchen services.

6505 Somerled Avenue
Tues 2-7pm, Wed 10am-3pm
(514) 483-4680
depotndg.org
info@depotmtl.org
French and English

Québec Collective Kitchens Association / Regroupement des Cuisines Collectives du Québec

L'action du RCCQ vise le développement de l'autonomie alimentaire par les personnes, les familles et les communautés, au moyen de l'éducation populaire et du renforcement du pouvoir d'agir individuel et collectif pour une société plus juste et solidaire.

1605, de Champlain Street
514 529-3448
rccq.org

info@rccq.org
English and French

Québec food banks

Site that allows you to search all food banks in Quebec:

banquesalimentaires.org
info@banquesalimentaires.org
English and French

Le PlaMP food bank

Food bank exclusively for young people who exchange sexual services or who have done so in the past. *In exceptional cases, they can provide delivery for people who are unable to travel to the food bank.

To ensure the anonymity and security of all, the address is confidential: to have it, contact Jeanne, Em or Lola at the phone number or through the website listed below.

Twice a month, Thursday afternoons
(514) 284-1267
piamp.net/en/young-people/food-bank
piamp@piamp.net
English and French

COOPERATIVELY RUN CAFES IN YOUR NEIGHBOURHOOD:

La Place Commune (Parc Extension)

7669 Avenue Querbes
Tues, Wed, Fri 9am-6pm
Thurs 9am-8pm
Sat 10am-2pm
(438) 385-7669
laplacecommune.com
contact@laplacecommune.com

The Hive Cafe

See Food (In)Justice + Assistance

Section
hivecafe.ca

Le Milieu (The Village)

Free/by donation access to art supplies!
1251 Rue Robin
Tues-Wed 2-8pm
Thurs, Sat, Sun 2-5pm
lemilieu.ca
info@lemilieu.ca

Rond-Point (Hochelaga)

3213 Ontario St E
Tues-Fri 8am-6pm, Sat-Sun 8am-5pm
(438) 387-3778
facebook.com/rondpointcafecoop
cooprondpoint@gmail.com

Café Acquis de droit (Cote Des Neiges - UDM Campus)

Cafe of the Coop Law Bookstore at Université de Montréal.
3101, Chemin de la Tour A-2470
Mon-Thurs, 8am-2pm
Check Facebook page to see when hours change
facebook.com/cafe.acquis.de.droit

Temps Libre (Mile End)

Not a cafe, but a cooperatively run coworking space with free coffee + popcorn.

5605 Avenue de Gaspé #106
Mon-Fri 9am - 5pm
438-405-6857
tempslibre.coop
info@tempslibre.coop

GET YOUR BIKE FIXED!

BQAM-E

UQAM's community bike workshop. BQAM-E is a community-run bike workshop and an UQAM-based student organization. In our workshop, you will learn how to do things yourself! Access to the space is free for students and non-students alike.

Our mission: make bicycle mechanics accessible and support you in learning new skills.

200 Sherbrooke St W, Montreal, Quebec H2X 3P2, room SH-R315

Mon 1-8pm

Tues 4-8pm (no cis men)

Wed-Thurs 4-8pm

Sun 10am-12pm

bqam-e.org/en

(514) 987-3000, poste 8574

ateliervelobqam.e@gmail.com

French and English

We are on the ground floor. There are three indoor steps. To come in with your bike, use the door on the south-east of the building, on the corner of Kimberley street.

Le Petit Velo Rouge Community Bikeshop

Le Petit Velo Rouge is Concordia University's fix-it-yourself. Located at the Loyola Campus, the bikeshop aims to build and sell used bikes to students, staff, and community members surrounding the university. Hours are posted on their facebook page.

7141 Rue Sherbrooke Ouest

Wed-Thurs 6-8:30pm

Sun 11am-1pm

facebook.com/petitvelorouge

petitvelorouge@gmail.com

The Flat

The Flat is a collective that works to encourage cycling through the sharing of knowledge and tools. The

Flat strives to be a welcoming, non-hierarchical, anti-oppressive space open to anyone wanting to work on their bike. We do not fix bikes, we teach people how to fix their own bike. We also offer workshops on specific aspects of bike mechanics.

3480 Rue MacTavish, basement
facebook.com/TheFlatBikeCollective
theflat.wordpress.com
theflat.bikecollective@gmail.com

Right to Move

Right to Move is a volunteer-run community bike repair shop that aims to make bicycling more accessible by helping people to repair their own bikes. We do so by providing tools, low-cost new and used parts, and the guidance of our volunteer mechanics during our drop-in hours. We aim to be a welcoming space to all cyclists regardless of race, gender, age, class, sexuality, immigration status, or previous bike repair experience. We charge a drop-in fee of \$2 per visit, or a yearly membership of \$20. We also welcome new volunteers throughout the year, regardless of bike repair experience!

Temporary location: 1175 St-Mathieu St
See the website for up-to-date opening hours.

(514) 999-4885

rtm-lvl.org

righttomove@gmail.com

HEALTH+ WELLNESS

AIDS Community Care Montreal

Provides services for people living with HIV or hepatitis C. Specializes in peer support, practical assistance

and treatment information programs. One-on-one counseling, weekly dinner & discussions on Monday evenings from 6 pm – 9 pm and private consultations for people living with HIV or hepatitis C. Access to phones, first aid, condoms and lube, wholesale price sex toys, computers and video/book lending libraries. Services such as zumba classes, income tax support, haircuts, low-cost monthly food and nutritional supplements, group support and sexual health education.

2075 Rue Plessis
Mon-Thurs 10am-6pm
(514) 527-0928
accmontreal.org
info@accmontreal.org
English and French
Physically accessible

L'Anonyme

L'Anonyme aims to promote safe behaviours and egalitarian relationships as well as prevent the transmission of sexually transmitted and blood-borne infections (STBI). Our action is based on a humanistic approach, rooted in active listening and respect of individual rhythm. L'Anonyme offers sex education to young people and seniors. Visit our website to find out about other services we offer.

5600 Rue Hochelaga Suite 160
514-842-1488
anonyme.ca
administration@anonyme.ca
English and French

Anorexia and Bulimia Québec

Anorexia et boulimie Québec (ANEB) is a non-profit organization whose

mission is to guarantee immediate, specialized and free help to people with an eating disorder and to their loved ones. Open and closed support groups, a listening and referral phone line, and online chat sessions with healthcare professionals.

5500 route Transcanadienne, Pointe-Claire
Mon-Sun 8am-3am (help and reference line)
Mon-Fri 11am-8pm (text support line)
(514) 630-0907 (residents of Montreal area)
(1-800) 630-0907 (residents outside Montreal and text support line)
anebquebec.com
info@anebquebec.com
English and French

Concordia Health Services

Urgent care walk-in, doctors, nurses, dentists, pap tests, STI tests, immunization, sick notes. For Concordia students. Physically accessible.

1550 De Maisonneuve W, Room GM-200 (SGW campus)
Mon-Fri 9am-5pm
(514) 848-2424 x 3565
7141 Sherbrooke Street W, Room AD-131 (Loyola campus)
Mon-Fri 9am-5pm
(514) 848-2424 x 3575
concordia.ca/health
English and French

Info-santé + Info-social

Call 811 - Speak directly to a nurse or counselor, 24/7.

santemontreal.qc.ca
English and French

McGill Student Wellness Hub

Urgent care walk-in, doctors, nurses, dentists, pap tests, STI tests, immunization, sick notes, for McGill students. McGill student ID required.

1070 avenue Dr. Penfield, Brown Student Services Building, Suite 3400 (Downtown campus)
Mon-Fri 10am-3pm
Phone hours: Mon-Fri 8am-3:30pm (514) 398-6017
2111 Lakeshore Road, Centennial Centre, Suite 124 (Macdonald campus)
Mon-Fri, 10am-3pm
mcgill.ca/wellness-hub
hub.clinic@mcgill.ca
English and French

The Pointe-St-Charles Community Clinic

Health card validation, doctors, nurses, social workers, psychologists, nutritionists, speech therapists, blood tests, sexual health and vaccination services available. Pre and post natal assistance for pregnant folks. Food aid, checkups for children, workshops and support groups are also available. 2 locations, physically accessible.

500 Ash Avenue
Mon-Fri 8am-4pm (by appointment)
1955 Centre Street
Mon-Fri 8am-4pm (by appointment)
(514) 937-9251
ccpsc.qc.ca
English and French

Sexuality and U (O)

An initiative of the Society of Obstetricians and Gynaecologists of Canada. This site provides accurate,

credible, and up-to-date information and education on topics related to sexual and reproductive health.

sexandu.ca
English and French

Head & Hands

Medical clinic, STI testing, counselling, abortion referral, pregnancy tests, contraception, free condoms, hormone treatment program for trans-identified clients and more. Free services. Ages 12-25 only. Currently, we hold 1-2 half-day clinics a week. Call or email the Health Coordinator to discuss when to get into the clinic and see a doctor.

3465 Benny Ave
(514) 481-0277
headandhands.ca
info@headandhands.ca (General)
clinic@headandhands.ca (Clinic)
English and French
Physically accessible.

Politics & Care

Un espace pour tricoter les liens entre le bien-être collectif, le care et le politique. Nous organisons des cercles de discussion et proposons des ateliers. // A space to weave links between collective well being, self-care and politics. We hold discussion circles and offer workshops.

politicsandcare.wordpress.com
facebook.com/PoliticsAndCare

Tiger Lotus Coop

A healing and wellness coop, centered on the uterus. We are made up of therapists, activists and researchers. We offer educational workshops on

new and ancient healing techniques and health advocacy, and treatments centered on reproductive and abdominal health. Check out our free treatments here: tigerlotuscoop.com/community. Email us for a free 15-minute consultation or about other questions.

10 ave des Pins W., Studio #414
(438) 798-0400
tigerlotuscoop.com
info@tigerlotuscoop.com

ABORTION + PREGNANCY SUPPORT

Le Centre de Santé des Femmes de Montréal (Montréal Women's Health Centre)

A feminist, independent community organization comprised of women who work in sexual and reproductive health. Offers an information and reference hotline, workshops, a sexual and reproductive health clinic for women in vulnerable situations, and and abortion services.

3401 Avenue de Lorimier
Mon-Fri 8:30am-4:15pm (closed from
12pm-1pm)
(514) 270-6110
csfmontreal.qc.ca
info@csfmontreal.qc.ca
English and French

Clinique Médicale Fémina

Abortion services, STI testing, family planning counselling, contraception including IUDs. Physically accessible.

1265 Berri street, 4th floor Suite 430
Mon-Fri 8am-5pm
(514) 843-7904
clinique-femina.com
femina@clinique-femina.com
English and French

CLSC des Faubourgs

Youth Clinic which provides counseling about pregnancy options and also provides abortion services. For youth 18 years and under. Near Berri-UQAM Metro.

1705 rue de la Visitation
Mon-Fri 8am-8pm Sat-Sun 8am-4pm
(514) 527-2361
[ciuss-centresudmtl.gouv.qc.ca/
etablissement/clsc-de-la-visitation-et-
gmfu-des-faubourgs](http://ciuss-centresudmtl.gouv.qc.ca/etablissement/clsc-de-la-visitation-et-gmfu-des-faubourgs)
English and French

Grossesse-Secours

Non-judgemental, anonymous and confidential phone line. You can also set up an appointment with a counselor to do a pregnancy test and talk about your options.

79 rue Beaubien Est
Mon-Fri 9am-5pm
Phone line hours: Mon-Fri 9am-9am
(514) 271-0554
grossesse-secours.org
info@grossesse-secours.org
English and French

Head & Hands

Pregnancy tests and abortion referrals. For ages 12-25. For more services, see Health & Wellness section.

3465 Benny Ave
(514) 481-0277

headandhands.ca
info@headandhands.ca

Morgentaler Clinic

Abortion services, curettage (for miscarriages and stopped pregnancies) and contraception services. All-women team of doctors, nurses and assistants. Free with a valid Quebec Medicare card.

8560 rue St-Hubert, bureau 310
Mon-Fri 8am-5pm
(514) 844-4844
(1-888) 401-4844 (toll free)
montrealmorgentaler.ca
infos@montrealmorgentaler.ca
English, French, Spanish, Italian, and Hindi

The Pointe-St-Charles Community Youth Clinic

You can meet a nurse at the Youth Clinic to get a free pregnancy test and discuss your options. Pre and post natal services for adults. For those 24 years old and younger. Near Charlevoix metro. For more services, see other listing in Health & Wellness section.

1955 Centre Street
Mon-Fri 8am-4pm (by appointment)
(514) 937-9251
ccpsc.qc.ca
English and French

DRUG USER SUPPORT + SUPERVISED INJECTION SITES

L'Anonyme

In line with L'Anonyme's core

philosophy, the Outreach intervention program at L'Anonyme is fueled by harm reduction, a humanist approach centered on individual needs and realities in a non-judgmental and pragmatic perspective. Outreach is done via our mobile bus unit and our mobile supervised injection site (SIS). Check out our website for schedules. For more services, see other listing in Health & Wellness section.

(1-855) 236-6700 (Bus)
(1-844) 381-2455 (SIS mobile)
anonyme.ca

AQPSUD / L'INJECTEUR / L'ADDICQ

L'Association Québécoise pour la promotion de la santé des personnes utilisatrices de drogues (AQPSUD) est un organisme provincial, qui selon la philosophie de réduction des méfaits et une optique d'empowerment, permet de regrouper des personnes utilisatrices de drogues qui aspirent à faire la promotion de la santé, la prévention des infections transmissibles sexuellement et par le sang et l'amélioration de leurs conditions de vie. L'AQPSUD est responsable de la bonne gestion de L'Injecteur (journal fait par et pour les personnes utilisatrices des drogues) et de l'ADDICQ.

1555 boul. René-Lévesque E
(514) 904-1241
(1-844) 465-3580 (toll-free)
aqpsud.org
facebook.com/AQPSUD
info@aqpsud.org
English and French

Cactus Montréal

A community organization for the prevention of blood-borne (BBSI) and sexually transmitted infections. We work with injecting and inhaling

drug users, sex workers, and trans people. Harm reduction guides all our interventions. Services include supervised injection site, nurse consultation for those who use drugs by injection and/or inhalation, sex workers, and trans people, and distribution of sterile equipment.

1300 rue Sanguinet (Office)
1244 rue Berger (Supervised Injection Site)
Mon-Sun, 2pm-2am
(514) 847-0067
cactusmontreal.org
info@cactusmontreal.org
English and French

Dopamine (supervised injection site)

Dopamine est un organisme communautaire situé dans le quartier Hochelaga-Maisonneuve qui, depuis 20 ans, a pour mandat d'accueillir, soutenir et accompagner les personnes consommant des psychotropes, leur entourage et la population en général du quartier et des secteurs environnants, dans un cadre de prévention du VIH/Sida, hépatites et autres ITSS (infections transmises sexuellement et par le sang). Services include supervised injection site, monthly medical services such as vaccinations, gynecological exams, and STI testing.

3591 rue Sainte-Catherine E (Drop-in Centre)
Mon-Sat 9am-4:30pm, Wed 9am-12pm
4205 rue Ontario E (supervised injection site)
Open 7 days a week 8pm-1am
(514) 251-8872
dopamine.ca

info@dopamine.ca
English and French

Recovery and Wellness Community Centre (RAWCC) - Concordia

The Recovery and Wellness Community Centre (also known as the RAWCC) is a low-barrier, no judgement resource for all Concordia students who are in recovery and/or have a lived experience of addiction. The RAWCC offers peer-led discussion and support groups, as well as a variety of workshops and social events, both in-person at the SGW campus and virtually over Zoom. The RAWCC is run in a small, private space on campus 2-4 days a week, and guided by values of empowerment, autonomy, non-judgement, and intersectionality.

2020 rue Mackay, Room 102
See website for updated hours
csu.qc.ca/services/rawcc
rawcc@csu.qc.ca

Travail de rue/Action communautaire (TRAC)

Travail de Rue/Action Communautaire (TRAC) est une corporation à but non lucratif qui œuvre dans le milieu communautaire depuis 1987. Nous intervenons sur une base volontaire auprès des personnes de 12 ans et plus, dans le Sud-Ouest de l'île de Montréal. Depuis son ouverture en 2004, le mandat premier du site fixe du Trac est d'offrir du matériel stérile afin de prévenir les infections transmises sexuellement et par le sang (ITSS) et de diminuer les méfaits associés à l'usage des drogues et des relations

sexuelles non protégées.

75 Carré Sir-Georges-Étienne-Cartier,
room 212 (administration générale)
400 rue de l'Église, porte de côté (site
fixe)

(514) 939-2122

(514) 798-1200

letrac.org

info@letrac.org (general)

sit@letrac.org (site fixe)

French

Groupe de recherche et d'intervention psychosociale (GRIP)

The GRIP is a community-based organization that was founded in 1997. Our mission is to reduce the risks associated with drug use and to promote a positive experience when using drugs. We are the only organization in Quebec whose main mission is to offer outreach services adapted to the needs of people who frequent both mainstream and underground festive environments (raves, festivals). Our services consist of educating and making available neutral, evidence-based information about psychoactive substances (PAS), their effects, their risks, and ways to reduce or limit them. We offer harm reduction and prevention services such as: distributing clean drug supplies, sexual health supplies, and drug testing strips; psychosocial support and crisis intervention; delivering trainings on harm reduction; and outreach intervention in festive environments.

4400 rue Saint-Denis (administration
générale)

(514) 726-4106

grip-prevention.ca

info@grip-prevention.ca

English and French

HOTLINES

Suicide Action Montreal

Offers support services, crisis workers and monitoring for people who are at risk of committing suicide, for their friends and family, and for people affected by suicide.

24/7

(1-866) 277-3553 (toll free)

535353 (SMS)

suicideactionmontreal.org

English and French

Tracom Crisis Centre

Offers free, confidential, and bilingual 24/7 crisis phone line for individuals with feelings of confusion, anxiety, distress, suicidal ideas. Concerned family & friends are also welcome to contact us.

24/7

(514) 483-3033

tracom.ca

English and French

Le Transit Crisis Centre

Offers a 24/7 crisis intervention line that can assess the caller's situation and needs. Intervention workers can travel to the site to meet the affected individuals and their loved ones to provide support, guidance, information and to direct them to other specialized resources as needed. Clients are also welcome in person at the crisis centre. Also provides referrals to existing community or health network

resources.

24/7

(514) 282-7753

cictransit.com

English and French.

McGill Nightline (M)

McGill Students' Nightline is a confidential, anonymous and non-judgmental listening service, run by McGill students, providing the community with a variety of support. This includes anything from information to crisis management and referrals. Support available by phone or by chat via the website. Open to all. During the semester only.

Everyday 6pm-3am

(514) 398-6246

nightline.ssmu.ca

English

Trans Lifeline

Trans Lifeline's Hotline is a peer support phone service run by trans people for our trans and questioning peers. Call if you need someone trans to talk to, even if you're not in crisis or if you're not sure you're trans.

24/7

(877) 330-6366

translifeline.org

English and Spanish

MENTAL HEALTH

Concordia Applied Psychology Centre

Therapy, psychological services and school evaluations for children, adolescents, adults and families.

Neuropsychological evaluations for children only. Services are provided by psychology interns and psychologists. Physically accessible. From September to April. Open to all. Sliding scale.

7141 Sherbrooke Street W, Room PY-111
Mon-Tues, Thurs-Fri 9am-5pm, Wed
9am-7pm

By appointment only

(514) 848-2424 x 7550

concordia.ca/artsci/psychology/

facilities-services/apc

apc@concordia.ca

English

Concordia Counselling & Psychological Services

Free one-on-one short term counselling to individuals dealing with psychological and emotional issues and academic and vocational challenges. Both locations are physically accessible. For Concordia students only.

1550 de Maisonneuve W, room GM-300
(SGW campus)

Mon-Fri 9am-5pm

(514) 848-2424 x 3545

7141 Sherbrooke St. W, room AD-121
(Loyola campus)

Mon-Fri 9am-5pm

(514) 848-2424 x 3545

concordia.ca/health/mental/counselling

English and French

The Lavender Collective - BIPOC Therapists in Montreal

thelavendercollective.ca

allo@thelavendercollective.ca

McGill Student Wellness Hub

Free one-on-one short term

counselling to individuals dealing with psychological and emotional issues and academic and vocational challenges. Both locations are physically accessible. For McGill students only.

3600 McTavish, Brown Student Services Building (Downtown campus), Suite 3400

Mon-Thurs 8:30am-4:30pm

Phone hours: Mon-Fri 8am-3:30pm
(514) 398-6017

2111 Lakeshore Road, Centennial Centre, Suite 124 (Macdonald campus)

Mon-Thurs 9am-4:30pm

mcgill.ca/wellness-hub

hub.clinic@mcgill.ca

English and French

McGill Peer Support Center

The Peer Support Centre offers free, drop-in, confidential and non-judgemental peer-to-peer support and resource referral to McGill students. Check website for hours.

3480 rue McTavish, Room 411

(514) 398-3782

psc.ssmu.ca

mcgill.psc@gmail.com

English and French

MTL Healing Space

This is a Montreal based self-help community group where people can share resources about healing, personal growth, and health/illness. Members are encouraged to share resources, questions, articles, and events that can support their healing work. We honour and invite folks that have been marginalized/feel invisible by Western institutions and frameworks of health/medicine/wellness.

facebook.com/groups/533111373453594
parneetchohanmtl@gmail.com
English

Montreal Therapy Centre

The Montreal Therapy Centre was founded in 2003 by 3 passionate classmates who believed that everyone should have access to affordable mental health care. They offer sliding-scale rates, and are committed to diversity, with their team of over 90 therapists offering services in 17 languages. Therapy is available either online or in-person at their main offices, or at the therapist's private office. Their range of services includes individual, couple, family, art, drama, group, premarital, and youth therapy.

2100 Marlowe Ave, suite 216

(514) 244-1290

montrealtherapy.com

English, French, and more.

Pride Therapy Network of Montreal

The Pride Therapy Network of Montreal is a collective of independent mental health practitioners who have come together in order to offer culturally informed, accessible, and affirmative services to members of sexual and gender diverse communities. We work to counter the discrimination of sexual and gender diverse individuals who have been stigmatized and mistreated in mental health care systems. As such, we offer financially accessible services and strive to accommodate other accessibility requests. We are committed to ongoing training and education with the team and within the greater community. All collective members participate in ongoing

training, and through regular group supervision, we support one another by sharing ideas and resources.

montrealpridetherapynetwork.com
info@montrealpridetherapynetwork.com
English and French

TRAUMA

Circles Collective

Community action group. A resource and letter of solidarity to fellow survivors. Their mandate focuses on reconstructing what it means to heal collectively from trauma and be resilient in the face of oppression and violence. Provides resources, coping tools, workshops, conflict de-escalation facilitation and reading materials.

facebook.com/
circlescommunitycollective
circlescommunityresponse@gmail.com

Entraide pour Hommes

Individual counselling for men experiencing a crisis, depression, situations of conjugal violence or abuse. They also offer services for people who have been violent or have committed abuse.

Address is confidential, call for location. Physically accessible. Some costs offered at sliding scale. Maximum of 15 sessions.

(450) 651-4447
(1-833) 651-4447 (toll-free)
entraidepourhommes.org
English and French

The Office for Sexual Violence Response, Support and Education

The Office for Sexual Violence Response, Support and Education (OSVRSE) provides confidential, non-judgmental and non-directional support to those who have been impacted by sexual or gender-based violence. We offer support to all members of the McGill community (students, faculty, and staff) who have been impacted by sexual violence, whether it be sexual harassment or assault, gender-based or intimate partner violence, or cyberviolence on or off campus. Services are provided regardless of gender, sexual orientation, age, citizenship or immigration status, and of when it happened.

550 Sherbrooke O, Suite 585
(514) 398-3954
mcgill.ca/osvrse
osvrse@mcgill.ca
English and French

Services d'aide aux conjoints

Provides assistance to men living in difficult situations. They provide individual and group support. This service also provides help to men who have been violent or abusive. Trans, LGBTQIA2S+ & BIPOC friendly.

Address is confidential, call for location.

Mon 8:30am-9:30pm
Tues-Wed 9:30am-9:30pm
Thurs 8:30am-7pm
Fri 9:30am-5pm
(514) 384-6296
serviceaideconjoints.org
English and French

Sexual Assault Centre of the McGill Students' Society

Support groups are offered based on demand throughout the school semester. Provides an accessible, non-judgmental, and safer space for members of many different communities and identifications. Clients will be matched with a group that suits their needs. Physically accessible. Free. Open to all. Hours updated weekly on website.

3480 rue McTavish, Room B-27
(438) 943-4855
sacomss.org
sacomss@gmail.com (General inquiries)
sacomssgroups@gmail.com (Support groups)
English

Sexual Assault Resource Centre at Concordia University (SARC)

SARC provides confidential and non-judgmental support and services to Concordia University

students, staff and faculty of all genders and orientations who have been affected by sexual violence and/or harassment. They also offer group meetings for survivors.

1455 De Maisonneuve Blvd W, room H-649
Mon-Fri 10am-4pm
Remote drop-in: Check website for schedule
(514) 848-2424 x 5972
Physically accessible. Free. Open to all.
English
concordia.ca/students/sexual-assault
sarc@concordia.ca
claire.macisaac@concordia.ca (to make an appointment for remote drop-in)

Third Eye Collective

See BIPOC Resources section

HOUSING + TENANT SERVICES

Arnold Bennett - Housing Hotline

Legal helpline for tenants of Montréal.

Mon-Fri 9am-5pm
(514) 488-0412
facebook.com/groups/HousingHotline

Comité BAILS

Le Comité de base pour l'action et l'information sur le logement social d'Hochelaga-Maisonneuve (Comité BAILS HM) contribue à la promotion du logement social et la défense collective des droits des mal-logés. Le Comité BAILS HM offre les services suivants : atelier d'information sur le logement social; inscription sur les listes de HLM et Coopératives d'habitation; mise sur pied de comités de requérante) s pour les projets de Coop; suivi et support; listes de demandeurs de Coop pour les coopératives d'habitation qui sont à la recherche de personnes. Frais d'inscription: \$3 pour la carte de membre

1691 boulevard Pie-IX, local #209
(514) 522-1817
logement-hochelaga-maisonneuve.org
facebook.com/comitebails
info@comite-bails.org

Comité Logement du Plateau Mont-Royal

Le CLpmR a pour mission la défense des droits des locataires et des

mal-logé.e.s du Plateau Mont-Royal, la promotion du logement social (COOP, HLM et OSBL) comme une des alternatives au marché privé locatif et le regroupement et la mobilisation des locataires, des membres et des résident.e.s du pmR afin de faire avancer leurs droits. Que ce soit pour obtenir de l'information sur vos droits et recours en tant que locataire, pour vous impliquer pour le droit au logement en participant à nos actions collectives ou nos activités de vie associative, n'hésitez pas à nous téléphoner!

4450 Rue Saint-Hubert, Local 328
Mon, Wed, Thurs 9am-12pm & 1pm-5pm, Tues 9am-12pm
(514) 527-3495
clpmr.com
facebook.com/comitelogement
plateaumontroyal
clplateau@clpmr.com

Comité d'Action de Parc Extension (CAPE)

Le CAPE offre de l'information et de l'appui aux résident.e.s du quartier Parc-Extension sur toute question concernant les droits et les obligations du locataire et du propriétaire. Nous offrons des rencontres individuelles au bureau ou par téléphone. Nous offrons également une aide à la rédaction de demandes, des visites de logement, un accompagnement à la Régie du logement. All our services are free and confidential.

419 rue St-Roch, basement, Room SS03
Tues-Thurs 9:30am-11:30am & 1:30pm-4:30pm
(514) 278-6028

facebook.com/CAParcEx/
cape@cooptel.qc.ca
French, English and Spanish

Find a Housing Committee

Regroupement des comités logement et associations de locataires du Québec (RCLALQ).

Resource for looking up your local housing committee.

rclalq.qc.ca/en/housing-committees

Find a place to live on Facebook:

There are tons of facebook groups dedicated to subletting, lease transfers and finding roommates. Use these groups to find cheap housing (fight gentrification!) or safer space homes. Some of our favs include: cession de bail et sous-location montréal (general lease transfer + sublet group), Montreal Lease Transfer - Transfert de bail, Chez Queer (see LGBTQ+ resources), Chez IBPOC-Tiohtià:ke/Montreal (see BIPOC Specific resources), and search Facebook for more!

HOJO (C)

The CSU's Off Campus Housing and Job Bank is your on-campus resource on housing issues and workers' rights. We provide legal information to students, offer a classifieds website to find work and housing, and give workshops across campus and in the community.

1455 de Maisonneuve Blvd West, H-224 (SGW campus)
Mon-Thurs 10am-6pm, Fri 11am-4pm (SGW campus)
7141 Sherbrooke Street W, Central

Building CC-426 (Loyola campus)
Contact for Loyola campus hours.
(514) 848-7474 x 7935
hojo.csu.qc.ca
classifieds.csu.qc.ca/en (Classifieds)
hojo@csu.qc.ca

P.O.P.I.R.

Durant ses heures d'ouverture, le P.O.P.I.R. offre une ligne d'information gratuite et confidentielle qui permet aux locataires de se renseigner sur leurs droits et obligations. De plus, sur rendez-vous, il est possible de rencontrer un intervenant à nos bureaux. Lors de cette rencontre, nous pouvons vous aider à rédiger une lettre pour votre propriétaire, vous aider à remplir une demande à la Régie du logement ou vous préparer à une audience. Toutefois, le P.O.P.I.R. ne peut vous fournir un avocat qui pourrait vous représenter devant les tribunaux. Services are for residents of Saint-Henri, Petite-Bourgogne, Côte-Saint-Paul, and Ville-Émard only.

2515 Rue Delisle, Local 209
Mon, Tues, Thurs 9am-12pm & 1pm-4:30pm
Wed 1pm-4:30pm
(514) 935-4649
popir.org
facebook.com/POPIRComitelogement
info@popir.org

Project Genesis

Drop-in Storefront offers free-of-charge, confidential help in areas such as housing, welfare, pensions, and family allowances. Our services are available to everyone. For example, we do not refuse service based on immigration status, age, religion,

country of origin, neighbourhood in which you live, income or housing situation. Check website for opening hours.

4735 Côte Ste Catherine Road
Mon, Tues, Thurs 9am-4:30pm, Thurs 9am-4:30pm, Fri 9am-2:30pm
(514) 738-2036
genese.qc.ca

LABOUR (IN)JUSTICE

Unions

MUNACA

The members of MUNACA are non-academic staff at McGill who support students and faculty by providing services such as library services, administrative support, academic counseling, payroll services, lab technicians, and many more.

3483 rue Peel
(514) 398-6565
munaca.com
reception@munaca.com

AMUSE/SEOUM

The Association of McGill University Support Employees (AMUSE) is a labour union that represents 'casual' or 'temporary' non-academic employees at McGill, as well as Floor Fellows in student residences. This includes both students and non-students, working in part-time and some full-time positions. In total, our approximately 1500-strong members make up about 55% of McGill's non-academic employees. For more information, support, or ways to get involved:

(514) 842-1884
amusemcgill.org
communications@amusepsac.org

AMURE/AERUM

AMURE is the Association of McGill University Research Employees that represents casual research assistants, research assistants and research associates working at McGill. We signed our first collective agreement for research assistants and associates with McGill in April 2013.

(514) 226-1719
aerum-amure.ca
sean.cory@aerum-amure.ca

AGSEM

The Association of Graduate Students Employed at McGill is a Union of McGill's Teaching Assistants and Invigilators. Our mandate is to protect and improve the working conditions of our members and campaign for quality education at our University. AGSEM members encountering problems in their workplace have access to confidential advice about their rights and representation should they wish to pursue a grievance. AGSEM also has a mandate to help non-unionized teaching support workers (e.g. graders, undergraduate course assistants, etc.) to organize.

3641 rue University, suite 207 (not wheelchair accessible)
(514) 398-2582
agsem.ca
mail@agsem-aedem.ca

The General Union / Le syndicat général

The General Union is a Montreal labor union that represents workers from all industries and companies. The GU is a different kind of union. Combative, democratic, effective, and based on the principle of mutual aid.

3641 Rue University, Suite 201
syndicatgeneral.com
info@syndicatgeneral.com
English and French

Labour Justice Working Groups

Temporary Agency Workers Association (TAWA)

The Temporary Agency Workers Association is a workers collective actively engaged in mobilizing temporary agency workers to unite against workplace injustice. TAWA works to end unfair temporary agency practices and ensure quality workplace standards that foster respect, equality, and security for temporary agency worker communities. TAWA is a committee of the Immigrant Workers Centre (IWC).

4755 Avenue Van Horne, #110
Tues-Thurs 1pm-6pm
(514) 342-2111
iwc-cti.ca
info@iwc-cti.ca
English, French, Spanish

Find a job

Concordia Career and Planning Services

CAPS can help you find a career related job or internship. Figure out your career path and what to do with your degree. Get individualized assistance and find

the career resources you need to reach your goals!

2070 Rue Mackay, H-745 (SGW campus)

7141 Rue Sherbrooke W, AD-103 (Loyola campus)

(514) 848-2424 x 7345

concordia.ca/students/success/career-planning

Jobs & Things Mailing List

A monthly listserv of opportunities maintained by Shanice Nicole.

tinyletter.com/shanicenicole

McGill Career Planning Service

CaPS offers workshops on resume/cover letter-writing, how to find a job and interview skills as well as “myfuture” online job listings, career fairs, speaker series from various career fields, mentoring and CV/Advising drop-in. If you are seeking employment or if you need help planning for the future, CaPS also provides individual appointments with experienced career advisors designed to help you explore your career options, including graduate and professional schools, as well as the Program for the Advancement of Career Exploration (PACE), a series of four workshops involving vocational testing and self-assessment. Both locations are physically accessible.

3600 McTavish St, Brown Building, Suite 2200 (Downtown campus)

Mon-Fri from 9am-5pm

(514) 398-3304

21111 Lakeshore Road, Centennial Centre (Macdonald campus)

Mon-Fri from 9am-4:30pm

(514) 398-3304

mcgill.ca/caps

caps.myfuture.mcgill.ca

careers.caps@mcgill.ca

English and French

MTL freakfam jobby jobzzz

Job callouts with accessibility information and LGBTQIA2S+ inclusivity. For freaks only.

Facebook group.

facebook.com/groups/mtlfreakfam

zone emploi BIPOC employment & skill share zone

See BIPOC Specific Resources

LEGAL SERVICES

Concordia Student Union Legal Information Clinic

Free legal information for Concordia undergraduate students. No court representation available. Loyola location closed during summer.

1455 de Maisonneuve Blvd W, Room H-729 (Downtown campus)

7141 Sherbrooke Street W, room CC-426 (Loyola campus)

Mon-Fri 1pm-5pm

(514) 848-7474 x 7375

csu.qc.ca/services/lic

legalclinic@csu.qc.ca

English and French

Head & Hands

Legal Coordinator available for youth. Provide information and referrals for a variety of legal issues including tenant rights, labor law, family law,

youth protection, debts and ticketing. Legal clinic available for adults to access advice and/or information from volunteer lawyers.

Free. Suggested donation of \$20 for youth legal services.

For more services, see Health & Wellness section.
(514) 237-8445

If you urgently need a criminal lawyer (24/7): (514) 954-3444

If you participate in a protest and get arrested, the Head & Hands Legal Program will provide the service of a criminal lawyer pro bono. Priority is given to Black youth. Roberta Harthel Côté is available 24/7 at (514) 730-5000.

headandhands.ca
legalassist@headandhands.ca
English and French

Educaloi

Online resources explaining the law in everyday language

educaloi.qc.ca

Juripop

Juripop offers creative, rigorous and accessible legal services to ensure that all people can assert their rights. Juripop provides lawyers who offer representation in courts, accompaniment in negotiations and meditation, drafting and revision of documents, and legal advice. We offer free support and advice for psychological or sexual violence in the workplace. We also offer referrals to private practice lawyers trained and sensitive to the realities of victims

and survivors of sexual or domestic violence.

(1-855) JURIPOP (587-4767)
juripop.org
info@juripop.org

Le Collectif Juridique

Legal consultations. Free. No court representation available. By appointment only.

4450 rue St-Hubert, bureau 424
(Administration)
99 rue Bernard Ouest (Mile End)
Wed 4pm-7pm
419 rue Saint-Roch (Parc-Ex)
Mon 3pm-6pm
2544 boulevard Rosemont (Rosemont-La Petite-Patrie)
Thurs 2pm-5pm
870 carré Richmond (Petite-Bourgogne)
Mon 6pm-7pm
(514) 507-3054
lecollectifjuridique.ca
info@collectifjuridique.ca
English and French

McGill Legal Information Clinic

Student-run, free legal information service. Provides legal information, referral and community services, with a commitment to meeting the needs of marginalized groups. Also offers student advocacy services and a Commissioner of Oaths service. Physically accessible. Free and open to all. Provides legal information but not legal advice.

3480 rue McTavish, suite 108 and 107-A
Legal information:
Mon, Wed 9am-5pm
Tues,Thurs 11am-7pm
Fri 9am-3pm
(514) 398-6792

Student advocacy:
By appointment only
Mon-Fri 9am-5pm
info.studentadvocacy@licm.ca
Info only:
cs.licm@mail.mcgill.ca
licm.ca
English and French

LGBTQ+

Aide aux transsexuelles et transsexuels du Québec (ATQ)

L'ATQ offre des différentes activités, conférences, groupes de rencontre, diffusion d'information et levées de fonds. L'ATQ offre aussi une ligne d'écoute et de référence, ainsi que des groupes de soutien.

Adresse est confidentielle, communiquer par téléphone/courriel pour avoir accès.

(1-855) 909-9038 #1 (sans frais)
atq1980.org
ecoute@atq1980.org
Français

Coalition Jeunesse/l'Astérisk

A friendly, non-commercial space where LGBTQ+ and questioning youth have access to information, services and a variety of activities. It is also a place where youth under 25 years old can find the support of an intervention team and peer support. Free, confidential & anonymous. The space does not conform to barrier-free design standards. Ages 14-25.

1575 rue Atateken
(438) 288-0744
coalitionjeunesse.org
info@coalitionjeunesse.org

English and French

ASTT(e)Q Montréal

ASTT(e)Q is run by and for trans people. Offers peer support, advocacy, education, outreach, and community empowerment. Free or PWYC unless otherwise specified. Free transit fare for visitors, home visits & prison visits.

1300 Sanguinet, 2nd floor (Office entrance at 300 Ste-Catherine E)
(514) 847-0067 x 207
astteq.org
info@cactusmontreal.org
English, French and Spanish

The Centre for Gender Advocacy

The Centre for Gender Advocacy is an independent, student-funded, Concordia University organization, mandated to promote gender equality and empowerment, particularly as it relates to marginalized communities. We believe that gender oppression is inextricably linked to social and economic justice and work to achieve our mandate within a feminist framework that challenges systemic oppressions. Through ongoing programming, campaigns, resources, services, and advocacy, the Centre for Gender Advocacy works in support of and in solidarity with social movements, provides confidential peer-to-peer support, collaborates with volunteers, and provides an accessible space to facilitate community organizing and action, all while promoting gender self-determination, bodily sovereignty, and self-love.

2100 Guy St, suite 205
2110 Mackay St.

(514) 937-2110 (Programming and Campaigns)

(514) 848-2424 x 7431 (General, Peer Support and Trans Advocacy)
genderadvocacy.org
info@genderadvocacy.org

Chez Queer Montréal (O)

This is a group for all the queers and queer allies of Montreal to help you find lovely housemates and safe, happy homes. Post ads if you're looking for a place to stay, a new roommate, a sublet, or just folks to start a new home with. Intersectional and accessible.

Facebook group.

Échange Q (O)

Queer friendly job openings, trades, Queer community projects to get off the ground, requests for info on queer-friendly services, etc.

Facebook group.

FEMTL

A community organization providing support to trans women and transfeminine people through community, advocacy, and support. Services include drop-in peer support, a digital (Discord) space with a high rate of engagement and a wealth of local information and resources, social events, group peer support sessions, and help with writing coming out letter.s

1575 Rue Atateken
info@femtl.ca/
femtl.ca/
English and French.

Interligne (formerly Gai-Écoute)

Helpline and information centre for people concerned with questions related to sexual orientation and gender identity. They also offer online chat support as well as email support.

24/7

514 866-6788

interligne.co

English and French

Jeunesse Lambda

Jeunesse Lambda est un groupe francophone de discussion et d'activités par et pour les jeunes LGBTQ+ ou en questionnement de 14-25 ans. C'est un organisme à but non-lucratif (OSBL) qui a été créé par des jeunes LGBTQ+ voyant dans l'entraide par les pairs et la socialisation la réponse aux questions de coming-out et d'acceptation. Free, confidential & anonymous. The space does not conform to barrier-free design standards. Ages 14-25.

1575 Rue Atateken

(514) 543-6343

jeuesselambda.com

facebook.com/JLAMBDA.MTL

info@jeuesselambda.org

Français

Montreal Queer Spoon Share (O)

Facilitate community-based care in Montreal (traditional territory of the Kanien'keha:ka or Mohawk people) and to connect queer folks who, due to illness, injury, disability, or any other life challenge, are in temporary or long-term need of help. This group is open to anyone who self-identifies as queer,

but is centered around queer folks with disabilities.

Facebook group

Planche Skateboard Collective

Planche aims to provide a safe space for women, queer, trans and Black and Indigenous people and other people of colour to skateboard. The collective organizes open skate sessions and lessons for all skill-levels. Check their instagram for any upcoming events!

instagram.com/planche.collective
English and French

Project 10

Project 10 works to promote the personal, social, sexual and mental well being of lesbian, gay, bisexual, transgender, transsexual, two-spirit, intersex and questioning youth. Free, confidential & anonymous. Building is not equipped with ramps. Ages 14-25.

10138 Rue Lajeunesse suite #301
Tues-Fri 11am-5pm
(514) 989-0001
p10.qc.ca
English and French

Queer McGill

Discussion groups, social activities for McGill students and non-students. Home to many resources including BUT not limited to an incredible anglo queer-specific library, safer sex supplies, microwave and refrigerator.

3480 rue McTavish, room 432
queermcgill.org
facebook.com/QueerMcGill/
admin.qm@ssmu.ca
English and French

Queer Concordia

On-campus resource centre, library and safe space for those who are queer, lesbian, gay, trans, two-spirited, bisexual, asexual, intersex, questioning and allies. Holds events and workshops for queer and queer-friendly students over the course of each academic year. Stocked with safer sex and reproductive health needs.

2100 Mackay (302.00)
facebook.com/QueerConcordia
queerconu@gmail.com

RÉZO

RÉZO is a community-based organization for trans, gay and bisexual men in Montreal whose focus is overall health promotion as well as the prevention of HIV/AIDS and other sexually transmitted infections (STIs). Programs and services include workshops, discussion groups, counselling, accompaniment and support for gay or bisexual men who are coming out, information and answers about safer sex and sexual health, HIV and STI testing and vaccination against hepatitis A and B. Free condoms are also available. Near Metro Beaudry. Free.

2075 rue Plessis, Room 207
514-521-7778, poste 0
Monday-Friday 10am-5pm
rezosante.org
info@rezosante.org
French, English, and Spanish

Trans Patients Union at McGill

The Trans Patient Union is an advocacy and mutual aid collective by and for

trans and nonbinary patients at McGill and in broader Tio'tia:ke (colonially known as Montreal). The TPU believes that the experiences and insights of trans and nonbinary patients are necessary for the development of good standards of care. We also believe it is critical that patients have access to tools to navigate medical institutions, and quality information on standards of care so they can advocate for themselves in accessing care. As such, at the TPU we advocate to improve the standards of care for trans and nonbinary patients at the McGill Wellness Hub. Additionally, we provide resources and one on one assistance to trans and NB people navigating the medical, legal, and institutional difficulties of transitioning at McGill and in Tio'tia:ke.

<https://www.instagram.com/transpatients/>
English

TRAPS

TRAPS is a collective of mutual aid, sisterhood, and political advocacy by and for transfem people and all people affected by transmisogyny. Our organization calls for resistance and action against transmisogyny, transphobia, capitalism, colonialism, racism, ableism, and this society that wants us either in the closet or dead. Activities include peer support, community suppers, and a mutual aid fund.

trapsmtl.com
English and French

Union for Gender Empowerment

A trans-positive and anti-racist feminist organization. We coordinate an alternative library, including zines; a co-op stocking pay-what-you-can ecologically responsible menstrual products, safer sex and drug supplies, nursing equipment as well as gender empowerment items for transmasculine and transfeminine folks. The UGE also holds anti-oppressive community events in so-called Montreal. Our office and lounge space is accessible to folks who use wheelchairs & is a safe(r) space for people of all genders, and is equipped with a microwave, a fridge for nursing milk, dishes, a kettle, and lots of tea! Stop by to eat lunch and hang out! Contact us for more info!

3480 rue McTavish, room 413
theuge.org
facebook.com/UGEMcGill
collective@theuge.org

Queer SWANA MTL

Facebook group for those who identify as South-West Asian and/or North African (SWANA) and queer to share resources and to host discussions and events.

Facebook group
English, French, and Arabic

MEDIA

Radical Libraries

Anarchives

Le collectif Anarchives vise à construire une mémoire des luttes qui ont marqué l'histoire politique du Québec, dans l'objectif d'un dialogue

vivant avec les mouvements sociaux contemporains. Basé à la Médiathèque Littéraire Gaëtan Dostie, le collectif dispose d'un important fonds d'archives provenant de différentes collections, et mis à disposition du public.

anarchives@riseup.net

Concordia's Fine Arts Reading Room

The Fine Arts Reading Room is a student-run library and resource centre. We offer access to computers, printing, and loans from our collection of historical and contemporary art publications. We also provide students with funding through our annual residency project as well as small publishing grants.

1515 Sainte Catherine W, EV-2.785
Mon+Fri 10am-5pm, Tues 10am-8pm,
Wed+Thurs 10am-7pm
(514) 848 2424 x 5633
fineartsreadingroom.org
fineartsreadingroom@gmail.com

La Mandragore

Un espace social anarchiste dont une bibliothèque en libre service qui rend disponible, pour emprunt, des ouvrages variés sur, entre autres, l'anarchisme, le féminisme, la philosophie, l'histoire, la sociologie, différents mouvements de rébellion et courants de pensée et de nombreux autres sujets. La Mandragore est un collectif qui met en partage à La Déferle une bibliothèque de quelques centaines de titres féministes et queer.

3355 rue Ste-Catherine Est
lamandragore.xyz

DIRA

Anarchist library

2035 Boulevard St. Laurent
(438) 928-2728
bibliothequedira.wordpress.com
dira@riseup.net

Montreal's Alternative Libraries Catalogue

alternativelibraries.librarika.com/

QPIRG Concordia Alternative Library

QPIRG Concordia Alternative Library is a free library that is committed to fulfilling the QPIRG Concordia mandate, which aims to promote social and environmental justice.

2100 Rue Guy suite 205
Mon-Thurs 12pm-6pm
(514) 848-7585 (QPIRG office)
qipirgconcordia.org/librarycirculation

QPIRG McGill Alternative Library

Dedicated to providing hard-to-find books, periodicals, media, and zines that contribute to QPIRG McGill's anti-oppression mandate and support its working groups. Not physically accessible.

3516 ave Parc
Thurs 12pm-6pm
(514) 284-2664 (QPIRG office)
qipirgmcgill.org/alternative-library
library@qipirgmcgill.org

Buy books from local, independent bookstores & bookfairs

Argo

Montreal's oldest independent English-language bookstore

1841-A rue Ste. Catherine O.
Mon-Fri 11am-7pm
Sat-Sun 12pm-5pm
(514) 931-3442
argobookshop.ca
info@argobookshop.ca

The Concordia Community Solidarity Co-op Bookstore

The Concordia Community Solidarity Co-op Bookstore is a fiercely independent not-for-profit bookstore located in Montréal's downtown core. We specialize in Race, Class, and Gender Studies, Sustainable Development, Graphic Novels, and a bunch of quirky weirdness. We've been serving our community for going on 15 years, offering services such as a Consignment Service for Used Textbooks and Artisanal wares (zines, T-shirts, etc), as well as Special Orders, an Event Space, and Bookseller Services. A lifetime membership (which brings with it member-discounted prices!) will set you back \$10 (\$5 for Concordia undergraduates).

2150 rue Bishop
(514) 848-2046 (Store)
(514) 848-7445 (Office)
facebook.com/ConcordiaCoopBookstore
co-opbookstore.ca
workers.coopbookstore@gmail.com

Leftwingbooks

Leftwingbooks is the online storefront of Kersplebedeb Publishing and Distribution, a left-wing (go figure!) literature distribution project based in Montreal. We mail out orders to

anywhere in the world, for free for orders over \$50 in North America, with free local delivery for any order no matter how small in Montreal itself. Kersplebedeb stocks books from a wide range of anti-racist, feminist, and generally left-wing perspectives. We are a bit more picky about what we publish, focusing on writings by political prisoners and prisoners of war, documents pertaining to armed politics in the metropole, and the political economy of global capitalism. Kersplebedeb has been in business and online since 1998; the leftwingbooks.net website was launched in 2007. For several years we ran an ubercart website, which was a lot of fun but also could be finicky; as of 2022 we are transitioning to Shopify.

(514) 432-3351
leftwingbooks.net
info@kersplebedeb.com

Librairie Drawn & Quarterly

Drawn & Quarterly has grown from a single-issue magazine to an internationally renowned publisher of the world's best cartoonists. 2 locations.

211 rue Bernard Ouest
Open every day 11am-6pm
(514) 279-2224
176 Bernard Ouest
Tues-Sun 11am-6pm
(514) 279-2279
mtl.drawnandquarterly.com
librairie@drawnandquarterly.com

Librairie l'Euguélonne

Librairie spécialisée féministe.
Littérature des femmes, LGBPT2QIA,

jeunesse.

1426 rue Beaudry
Mon-Thurs 10am-6pm
Fri-Sat 12pm-6pm
(514) 522-4949
librairieleuguelionne.com
info@librairieleuguelionne.com

l'Insoumise

Anarchist bookstore.

2033 Boulevard St. Laurent
Tues-Wed 3pm-6pm
Thurs 4pm-8pm
Fri 12pm-8pm
Sat-Sun 1pm-5pm
(514) 313-3489
insoumise.wordpress.com

Maison Norman Bethune

Communist bookstore.

9697 Boul. Saint-Laurent, Local 303
Sat 10am-5pm
(514) 563-1487
maisonnormanbethune.ca
info@MaisonNormanBethune.ca

Montreal Anarchist Bookfair Collective

The Montreal Anarchist Bookfair, and month-long Festival of Anarchy, bring together anarchist ideas and practice, through words, images, music, theatre, and day-to-day struggles for justice, dignity, and collective liberation. The Bookfair and Festival are as much for people who don't necessarily consider themselves anarchists, but are curious about anarchism, as they are spaces for anarchists to meet, network, and share in a spirit of respect and solidarity. All are welcome!

anarchistbookfair.ca
info@anarchistbookfair.ca

Racines

Littérature diverse, par et sur les communautés racisé.e.s.

6524 rue St-Hubert
Thurs 10am-5pm
Fri 11am-6pm
Sat & Sun 12pm-5pm
librairieracines.com
facebook.com/racinesmontreal
racinesmontreal@gmail.com

The Word

Independent, second-hand bookstore close to McGill campus, with a great history. Browse the \$1 bin outside.

469 rue Milton
Mon-Wed 10am-6pm
Thurs & Fri 10am-9pm
Sat 11am-6pm
(514) 845-5640
wordbookstore.ca
wordbook@securenet.net

On the Radio

CJLO 1690AM

CJLO 1690AM is Concordia University's one and only radio station. 100% non-profit and run almost entirely by volunteers, the station is located in the heart of the Loyola campus in the NDG borough of Montréal. Our on-air personalities are the backbone of the station and there are over eighty DJs spinning for your listening pleasure. Whether you are interested in Rock, Alt, Hip-Hop, Electronic, Punk, Metal, Jazz, Blues, Country, or Talk and Sports, CJLO has something for you,

and is always looking for more on-air talent!

cjlo.com

CKUT 90.3FM

CKUT is McGill's kickass campus-community radio station. CKUT broadcasts live on *90.3FM* and can be live-streamed or downloaded on our website. Our programming covers very diverse musical genres, news, arts, and culture. As a non-commercial alternative media source, the content you hear on our airwaves is unlike what you get from mainstream media. The best part is that McGill students and Montréal community members just like you create all of our programming! If you want to get involved, come up to 3647 University. We have orientations every first Thursday of the month at noon, 3pm, and 6pm. There's a wealth of knowledge, skills, and hands-on-experience to be gained at CKUT. Come by and learn all about radio, podcasting, audio editing, and much more!

ckut.ca

Film & Television

Cinema Politica

Cinema Politica is a Montréal-based non-profit media arts network of community and campus locals that screens independent political film and video by Canadian and international artists throughout Montréal, Canada, and abroad. Cinema Politica is very active in Montréal! Check out our weekly Monday screenings from September to April at Concordia, other

screenings at UQAM, McGill, and in Villeray, and find more information about our special events on our website.

cinemapolitica.org/local/montreal
info@cinemapolitica.org

Concordia University Television (CUTV)

Concordia University Television is a not-for-profit community organization and a Concordia University based television station specializing in visual media creation. CUTV gives its members access to professionally equipped television and audio recording spaces, media creation equipment and editing suites, as well as industry workshops, training and production meetings for its members. CUTV also offers hands-on training to beginners and provides advanced filmmakers with the means to realize their ideas.

cutvmontreal.com
info@cutvmontreal.org

Médias Libres

Médias Libres est un collectif qui vise à promouvoir des discours médiatiques alternatifs. Nous travaillons tant à la production, qu'à la diffusion de projets médiatiques porteurs d'une perspective originale et critique. Nous oeuvrons également au réseautage des médias indépendants. Notre démarche est inclusive et nous croyons à l'échange de connaissances et à l'horizontalité des rapports interpersonnels.

mediaslibres.uqam@gmail.com

Projections Insurgées

Formed in so-called Montreal during

the spring of 2014 by Medi@s Libres, subMedia.tv and Ni Québec, Ni Canada, the folks who inhabit Projections Insurgées continue to recognize the vital importance of radical independent media and still work to build places where beautiful and dangerous ideas can live. We continue to organize screenings in various venues around the city based on anti-capitalist, anti-colonial, anti-patriarchal and anti-authoritarian principles.

projectionsinsurgees.wordpress.com
projectionsinsurgees@riseup.net

subMedia.tv

subMedia is a video production ensemble, which aims to promote anarchist and anti-capitalist ideas, and aid social struggles through the dissemination of radical films and videos. Founded in 1994, subMedia has produced hundreds of videos on everything from anti-globalization protests to films about shoplifting. Our films have been screened around the world in social centers and movie theaters and have been watched by millions on the internet.

facebook.com/subMedia
sub.media
trouble@sub.media

In Print

McGill Daily

The McGill Daily, in production for over 100 years, is an on-campus independent newspaper run entirely by students. The Daily aims to report on issues taking place on campus and beyond through an intersectional

lens that prioritizes the voices of marginalised people and communities. The Daily publishes in print on Mondays, produces online content throughout the week, and has had a weekly radio segment with CKUT 90.3 FM. McGill students are encouraged to get involved! Email us, drop by our office to talk to our editors, or join one of our contributor facebook groups to pick up weekly pitches!

3480 McTavish St, Suite 107
mcgilldaily.com
coordinating@mcgilldaily.com

Le Délit

Le Délit français, ou plus simplement Le Délit, est le seul journal francophone de l'université McGill au Canada. Il a été créé en 1977 pour donner une voix aux étudiants de langue française. Le Délit est distribué gratuitement sur le campus de l'université McGill tous les mardis.

3480 rue McTavish, bureau 107
(514) 398-6790
delitfrancais.com
rec@delitfrancais.com

F WORD

F WORD is a biannual publication featuring various kinds of original visual and written content that discusses feminism(s). We recognize the many contexts and implications of current-day feminism(s) and aim to productively expand the conversation around these feminism(s).

fwordmtl.wixsite.com/collective
facebook.com/fwordmtl
fwordmtl@gmail.com

Yiara Magazine

Yiara Magazine is a student-run, undergraduate feminist art publication. Based in Montreal, Yiara publishes an annual print issue of curated student writing and artwork, organizes a variety of workshops, discussions and lectures, and hosts an end-of-year vernissage and magazine launch.

yiaramagazine.com
info@yiaramagazine.com
English

Rad Online Resources

MTL Counter-Info

A platform that publishes texts, images, and videos that are submitted to it, usually anonymously. The site does not represent any group or organization. We invite widespread contributions from people and groups engaged in struggles against systems of domination.

mtlcontreinfo.org

Queering the Map

Queering the Map is a community-generated mapping project that geolocates queer moments, memories and histories in relation to physical space. As queer life becomes increasingly less centered around specific neighborhoods and the buildings within them, notions of 'queer spaces' become more abstract and less tied to concrete geographical locations. The intent of the Queering the Map project is to collectively document the spaces that hold queer memory, from park benches to parking garages, to mark

moments of queerness wherever they occur.

queeringthemap.com

PARENT RESOURCES

Concordia University Student Parents Centre

A child-friendly space on campus that offers a computer lab, kitchen, nursery (with toys and games), and a lounge for student parents and their children. Does not provide childcare.

1175 rue St-Mathieu (Temporary location)

Mon-Fri 9am-5pm
(514) 848-2424 x 2431
concordia.ca/students/parenthood
cusp@concordia.ca
English

McGill Family Care

Provides information about various aspects of family care to the entire McGill community

(514) 398-5645
mcgill.ca/familycare
family.coordinator@mcgill.ca
English

Montreal Childcare Collective

The Childcare Collective offers strategic childcare in response to the fact that childcare is frequently overlooked and underappreciated. We aim to assist parents, caregivers, youth, and children, including but not limited to low-income communities, non-status and immigrant communities, communities of colour, and queer and

trans communities.

childcarecollective.wordpress.com
childcarecollective@riseup.net

PGSS Study Sundays

Post Graduate Student Society members with child dependents have the opportunity to complete academic work while their children are cared for in the same building by trained volunteers once a month. There will be organized activities to entertain the children. Morning snack and drink provided. Must be a PGSS member. Children 2 and up.

3650 McTavish, Room 401, Thompson House
(514) 398-3756
pgss.mcgill.ca/en/family-care
family.coordinator@mcgill.ca

Première Resource

Free counselling line for parents, parental figures & children concerning family issues.

Mon-Fri 8am-5pm
(514) 525-2573
(1-866) 329-4223 (toll free)
premiereressource.com
consultation@premiereressource.com
English and French

SSMU Daycare Centre

A privately run, non-profit group from SSMU which offers full-time childcare to up to 8 infants of less than 18 months old, and 32 children 18 months and older. Subsidized by the Québec Government and partly funded by McGill University undergraduate student fees. Parents pay \$8.35 per

day. Physically accessible. McGill students only. Priority to undergraduate McGill students.

3600 McTavish, suite 2300 (Daycare)
3600 McTavish, suite 1100 (Nursery)
Mon-Fri, 7am-6pm
(514) 398-8590
daycare.ssmu.ca
daycare@ssmu.ca
English and French

Young Parents Program

Part of Head & Hands. A place for parents or parents-to-be under the age of 25 to meet and connect with other parents in a friendly, casual, and inviting atmosphere. A space for parents to share experiences and resources as well as their hopes and fears. Physically accessible.

3465 ave Benny
(514) 481-0277
headandhands.ca/programs-services/
young-parents-program
ashleypjp@headandhands.ca
English and French

RESOURCES FOR REFUGEES/NON STATUS/ NEWCOMERS/IMMIGRANTS

AGIR (Action LGBTQIA+ pour immigrantEs et réfugiéEs)

Offers services, information, programs and resources, in addition to protecting and defending the legal, social and economic rights of migrants (asylum seekers, refugees, immigrants, and those with undetermined status). By

appointment only.

633 Beaumont Ave, 2nd floor
Montreal, QC H3N 1V7
English, French, Spanish and Arabic
agirmontreal.org

Action Réfugiés Montréal

We seek justice for asylum seekers and refugees. We promote partnerships among refugees, faith communities and society at large for mutual empowerment. Through our programs we provide hope and assistance while raising awareness of refugee rights.

1439 rue Ste. Catherine W, Suite 2
Mon-Fri 9am-5pm
(514) 935-7799
actionr.org
info@actionr.org
English and French

Comité d'action des personnes sans-status / Non-status Action Committee (Q-C)

The Non-Status Action Committee was created to oppose the possible deportation of Haitians and Zimbabweans living in Canada and previously protected by a moratorium on deportations. Since the lifting of the moratorium, we advocate for the rejection of a case-by-case system and the adoption of an overall measure by the federal and provincial governments, including everyone who is non-status.

comitedactionsansstatut@gmail.com
514-383-8281 / 438-764-1993
www.solidaritesansfrontieres.org/
comitedactionsansstatut

l'Hirondelle

L'Hirondelle est un organisme communautaire qui travaille à l'accueil des nouveaux arrivants et à leur insertion socio-économique en partenariat avec les milieux privés, publics et communautaires.

4450 rue St-Hubert (5th floor)
Mon-Fri 9am -12pm, 1pm-5pm
(514) 281-5696
hirondelle.qc.ca
info@hirondelle.qc.ca

Maison Secours aux Femmes de Montréal

Shelter catering specifically to immigrant women and their children experiencing abuse.

For more info, see Shelters section.
24/7

Médecins du Monde

Provides free but limited health services to migrants with no medical coverage, non-status people and people in precarious financial situations. Confidential service. Building is not equipped with a ramp, can request assistance from clinic workers.

560 Boul. Crémazie Est, suite 100
(438) 844-5696 (clinic for migrants)
(514) 281-8998 (main office)
info@medecinsdumonde.ca
medecinsdumonde.ca
English, French and Spanish, possibility to request translation services from volunteers to the clinic.

Multi-écoute

In person counseling by appointment.
Listening services & referral service,

help with filling out forms, translation and certification of documents, French and English courses, conversation workshops, integration workshops for immigrants, socio-cultural activities. There are a few steps to go up before being able to access the elevator.

3600 Avenue Barclay, Suite 460
Mon-Fri 9am-12pm & 1pm-5pm
(514) 737-3604

multiecoute.org

information@multiecoute.org

French, English, Spanish and Arabic
(phone line)

English, French, Persian, and Spanish
(counselling)

PINAY

Our mission is to empower Filipino women, and in particular domestic workers, to fight for their basic rights and welfare.

(514) 364-9833

pinayquebec.org

info@pinayquebec.org

facebook.com/pinayquebec

Primary Care Clinic for Migrants Without Health Coverage

By appointment.

Address is confidential, call for location.

(514) 609-4197

Programme Régional d'Accueil et d'Intégration des Demandeurs d'Asile (PRAIDA)

Le PRAIDA vise à contribuer au bien-être des demandeurs d'asile et de leur famille dans le respect de leurs droits et de leur dignité. Il a pour mission de

faciliter l'établissement et l'intégration des demandeurs d'asile au Québec.

Les services offerts comprennent la recherche de ressources, l'orientation, et de différents services reliés à la santé.

35, rue de Port-Royal Est, Montréal
(Québec) H3L 3T1

514-484-7878, poste 64500

French

Refugee Claimant Donations Montréal

A group to help refugees and asylum seekers upon arrival in Montreal.

Donations are for his category of people only, no selling, just donations.

Note that we are not an organization and therefore do not have a center to

drop off donations, nor do we provide

pick up or delivery of items; donors/claimants manage their own pick-up/

delivery of donations.

facebook.com/groups/398741433852398

English, French, and Spanish.

Solidarity Across Borders

Solidarity Across Borders is a Montréal-based network engaged in the struggle

for justice and dignity of immigrants and refugees. We are comprised of

migrants and allies, and come together in support of our main demands: status

for all, an end to deportations and detentions, and the abolition of double

punishment of migrants with criminal records. We also work towards building

a "Solidarity City" in Montréal. Some of us have direct experiences with

the immigration and refugee system; some of us come from immigrant

backgrounds; all of us organize as part of a collective struggle for justice and

dignity. For us, there is no such thing as “illegal” human beings, only unjust laws and illegitimate governments. We organize not on the basis of charity, but on one of solidarity and mutual aid.

(514) 809-0773

solidarityacrossborders.org

facebook.com/CiteSansFrontieres

solidaritesansfrontieres@gmail.com

The Welcome Collective

Welcome Collective is an organization whose core mission is to mobilize Montreal’s local community to provide immediate help to the city’s most precarious refugee claimants. We achieve this by connecting newly arrived families with locals and helping them gather basic furniture and other essential items for their new homes. Our Welcome Volunteers provide practical information and guidance about social services.

Monday-Friday 10am-4pm

welcomecollective.org

Website in English and French

SERVICES FOR SEX WORKERS

The Feminist Alliance in Solidarity for Sex Workers’ Rights (FAS)

A Quebec coalition of individuals and feminist groups working together to support and defend the rights of people working in all sectors of the sex industry.

alliancefeministesolidaire.org

alliancefeministesolidaire@gmail.com

Stella

Organization run by and for sex workers that provides support, resources, and information for sex workers as well as a support hotline.

2065 rue Parthenais, Bureau 404, code 49 for the Door

Mon & Wed-Fri 11am-5pm (phone and drop in)

(514) 285-8889 (Support Line)

(514) 285-1599 (Office)

(514) 285-1145 (Collect calls from prison)

chezstella.org

info@chezstella.org

English and French

Le PlaMP

For 40 years, the mandate of the PlaMP (project for interventions with minor prostitutes) has been to lend an empathetic ear and offer support and guidance to people between the ages of 12-25 who exchange or are at risk of exchanging sexual services for any form of compensation. Services are intended not only for young people, but for their friends and family members and for professionals wanting support for their interventions.

4430 Av. Papineau

Office: Mon - Fri 11am - 6pm

Drop-in centre : Mon - Thurs, 1pm - 6pm

514-284-1267

piamp.net/en

piamp@piamp.net

English and French

Comité autonome du travail du sexe (CATS)

CATS is a political organizing project by and for sex workers based in Montreal.

We demand better working conditions in the sex industry, among other things by decriminalizing our work.

cats-swac-mtl.org
cats.swac.mtl@gmail.com
English and French

SHELTERS

Auberge Madeleine

Shelter for homeless women struggling with addiction or who are experiencing abuse. Multiple flights of stairs to access whole facility; not wheelchair accessible.

Address is confidential, call for details.
(514) 597-1499
aubergemadeleine.org
administration@aubergemadeleine.org
English and French

Auberge Shalom

Shelter and counselling/resource office (two separate locations) for women and children who are experiencing or have experienced situations of conjugal violence. Short or longer term counselling includes specialized services such as: for the orthodox Jewish community; legal clinics; community support groups. Shelter follows the Jewish laws of kashrut (food preparation) and observes Jewish holidays.

Address is confidential, call for details.
(514) 731-0833 (24/7 support line and shelter)
(514) 485-4783 (counselling/resource office)
aubergeshalom.org
infoaspf@videotron.ca
English, French, Hebrew, Yiddish

Chez Doris

Chez Doris offers a daytime shelter 7 days a week for all women in difficulty. The house provides meals, respite, clothing, socio-recreational activities as well as practical assistance in a secure and accepting environment.

1430 Chomedey
7 days a week 8:30am-8pm
(514) 937-2341 and compose 0, or post 221
chezdoris.org
info@chezdoris.org

La Maison Grise

Offers shelter for women living in homelessness and experiencing abuse. They also provide assistance in finding affordable housing.

Address is confidential, call for details.
24/7
(514) 722-0009
lamaisongrise.org
info@lamaisongrise.org
French

Le Parados

Free short term shelter for women and children who are experiencing or have experienced conjugal violence. They also support women in their path towards economic, legal and social security.

Address is confidential, call for details.
24/7
(1-800) 363-9010 (toll free)
(514) 873-9010 (crisis line)
(514) 637-3529 (general)
leparados.com
parados@leparados.com

French

Maison Flora Tristan

Provides shelter for immigrant women and children experiencing abuse.

Address is confidential, call for details.

(514) 939-3463

maisonfloratristan.com

aide@maisonfloratristan.com

English, Spanish, Portuguese, Russian, Romanian, Créole, Kinyarwanda, Swahili and Arabic

Maison secours aux femmes de Montréal

Shelter catering specifically to immigrant women and their children experiencing abuse.

24/7

(514) 593-6353

French, Chinese, Spanish, Arabic, Urdu, Bengali, Hindi and Wolof

Native Women's Shelter of Montréal

Offers support and frontline services to First Nations, Inuit and Métis women and children to promote their empowerment and independence. The NWSM is the only women's shelter in Montréal that provides services exclusively to Indigenous women and their children. The NWSM can accommodate up to 16 women and children per night.

Address is confidential, call for details.

24/7

(1-866) 403-4688 (toll free)

(514) 933-4688

nwsm.info

nakuset@gmail.com

English, French, various Indigenous languages.

SOLIDARITY

The Anti-Capitalist Convergence (CLAC)

The Anti-Capitalist Convergence (CLAC) is a coordination space for the anti-capitalist radical left in Montreal. The CLAC has a mandate to push an anti-capitalist analysis through the organization of campaigns and demonstrations, such as the annual anti-capitalist May Day. The CLAC is a space which is explicitly anti-capitalist, anti-patriarchal, anti-authoritarian, and anti-colonial.

clac-montreal.net

info@clac-montreal.net

Barriere Lake Solidarity

We are a network that supports Barriere Lake, an Algonquin community four hours north of Montréal, that has been asserting their decisive role in determining what logging and other activities take place on their traditional territories. This means that the community is able to continue to practice and protect their way of life and language, and to contest impositions by governments and resource extraction companies. We do campaigning to build support for the community and provide various other forms of assistance to community efforts. Chapters in Montreal, Ottawa, Toronto, and Kitchener-Waterloo.

facebook.com/BarriereLakeSolidarity
barrierelakesolidarity@gmail.com

CASA

Le Collectif Antispéciste pour la Solidarité Animale (CASA) se donne pour mission de favoriser la réflexion et l'action pour l'égalité animale. L'antispécisme est un projet politique visant l'abolition des pratiques et institutions causant du tort aux animaux non-humains, pour la seule raison qu'ils ne sont pas humains. Nous dénonçons le double standard moral qui s'opère en fonction de l'appartenance d'espèce, fondé sur le mépris de ce que vivent les individus non-humains.

facebook.com/collectifasa

CELLUL

Collectif étudiant de lutte pour des lieux urbains libérés. Le CELLUL entend lutter contre la marchandisation de l'espace public, la gentrification des quartiers, la bétonisation de la ville ainsi que la dérive sécuritaire et la surveillance de nos milieux.

facebook.com/cellul.uqam
cellul@riseup.net

Filipino Indigenous People's Organization of Québec (FIPOQ)

FIPOQ is a non-profit grassroots organization. We are networking with other indigenous groups of Filipinos and non-Filipinos in the community. Our objective is to strengthen and expand network in Québec and around Canada to make our campaigns more visible, more progressive, and more productive.

facebook.com/FIPOQ/
info@fipoq.org

McGill Student Chapter of Independent Jewish Voices

McGill's Student Chapter of IJV is a grassroots student initiative. It aims to create solidarity links between non/anti-Zionist Jewish voices and Palestinian human rights groups in Montréal. McGill IJV promotes dialogue surrounding Jewish diasporic resistance to the Israeli occupation, and empowers critical Jewish voices to take solidarity actions, aiming to achieve justice in Palestine.

facebook.com/ijvmcgill
ijvmcgill@gmail.com

Projet accompagnement solidarité Colombie (PASC)

Le PASC est un collectif qui est né suite aux grandes mobilisations contre la Zone de Libre-Échange des Amériques. Depuis 2003, le PASC réalise de l'accompagnement auprès de communautés et organisations colombiennes et diffuse de l'information sur les mouvements sociaux colombiens tout en dénonçant les intérêts canadiens impliqués dans le conflit social et armé en Colombie. Le PASC organise ateliers d'éducation populaire afin de faire des liens entre des luttes en Colombie et au Québec face à l'imposition de méga-projets d'extraction des ressources.

pasc.ca

Solidarity for Palestinian Human Rights

A non-profit, student-based organization that advocates on a strong social justice platform to uphold the

rights of the Palestinian people in the face of human rights violations and all forms of racism, discrimination, misinformation and misrepresentation.

facebook.com/sphrmcgill (McGill)
facebook.com/sphr.official (Concordia)
mccgillsphr@gmail.com
concordia.sphr@gmail.com

SUSTAINABILITY

Centre for Creative Reuse (CUCCR)

CUCCR diverts materials from Concordia's waste-stream and offers them to the general community for free. It has both a used material depot where the community can drop off and pick up wood, canvases, fibers, paper, metal, glass, and plastic for free, and a maker's space with a sewing machine and others.

1250 rue Guy, room FB-801
514-848-2424, ext. 4878
concordia.ca/sustainability/campus/
zero-waste/key-initiatives/cuccr.html
reuse@concordia.ca
English

The McGill Office of Sustainability

Provides the strategic guidance, support, and resources to transition McGill into an institutional model of sustainability for society. In partnership with students, staff, and faculty, we advance McGill's vision for sustainable research, education, connectivity, operations, and governance.

550 Sherbrooke Street West, Room 680
(514) 398-2268
mcgill.ca/sustainability

sustainability@mcgill.ca
English and French

Recyborg

A non-profit worker cooperative located in Montréal (Canada), where you can drop off recyclable items, where you can find a variety of used goods, hardware and spare parts, as well as a welding and repair shop. Our mission: to divert objects and devices of all kinds from landfills in the Greater Montreal area through reuse, recycling or repair.

Hochelaga location
3811 Sainte-Catherine Est, Montréal,
H1W2G3
438-506-2240
Pointe-Sainte-Charles Location
Bâtiment 7
1900c Le Ber street, Montréal, H3K2A4
514-370-5945
recyborg.com

Sustainability Action Fund

The Sustainability Action Fund (SAF) is a Concordia University fee-levy granting organization for students who want to develop projects in sustainable infrastructure, community-building, and education around social and environmental sustainability issues. The SAF provides significant financial support to a diversity of projects with an active effort to empower the Concordia community and develop a culture of sustainability on campus and beyond.

safconcordia.ca
executivedirector@safconcordia.ca

SOS Territoire

SOS Territoire est une groupe de recherche et d'action pour la protection du territoire dans une perspective écologique et dans un rapprochement entre les autochtones et non-autochtones.

sos_territoire_ma@lists.riseup.net

Sustainable Concordia

We are an organization that builds and measures culture and practices of sustainability at Concordia University in solidarity with the global community.

We believe that fundamental changes need to be implemented.

We believe that universities have a moral responsibility to educate their graduates with the knowledge, skills, and values to effectively develop a thriving, secure, and civil society; and to do that, a commitment to sustainability must be demonstrated as well as taught.

2090 Mackay, Room 204.1
514-848-2424 ext. 5829
sustainableconcordia.ca

CREDITS AND THANKS

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COORDINATION + DESIGN

Zahra Haider
Daniel Reilly

WRITTEN CONTENT

Tiohtià:ke and Surrounding areas in the Kanien'keha:ka Language (p. 6)
by Karonhí:io Delaronde and Jordan Engel

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How Can I Prove My Existence? (p. 15)
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How to Make Pockets (p. 36)
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By Oldin Rizko

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By Rali Jamali

School Schmool's ad-free, anti-corporate basis would not be possible without funding from QPIRG and other student-interest groups. This issue was funded in part by Concordia's Sustainability Action Fund. Find a full list of the groups which have supported this year's edition on the QPIRG Concordia and McGill websites.

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By Sophie Dufresne

Migration: Connecting Stories and Struggles (pg.44)
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Building a radical imagination: on collective dreams of third places (pg.48)
By harrar v. hall

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by Claire Cunningham

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by Noka Palm Trees

(Over)growth (p. 46)
by Clara Levesque

Medicine Wheel (p. 58)
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katasoho.com

**SCHOOL
SCHNOOZ**

**“True resistance begins with
people confronting pain... and
wanting to do something to
change it.”**

- bell hooks -