

# PEACE

DAYS

Program 2021



## Peace Days – A Twelve-Day Celebration of the International Day of Peace!

In 1981, the United Nations declared September 21 as the **International Day of Peace**. This marks the perfect occasion to encourage and raise awareness about programs and projects geared to making our society more peaceful and harmonious.

The seventh edition of **Peace Days**, an initiative of the Peace Network for Social Harmony, will take place **from September 21**, the UN International Day of Peace, **to October 2**, the UN International Day of Non-Violence. The name “Peace Days” takes into account the growing scope of activities offered by the initiative’s many partners on the ground, although the International Day of Peace itself remains one of the cornerstones of our programming.

Again this year, Montrealers will have the opportunity to participate in a rich, diverse, innovative and festive program, featuring more than **60 activities presented by over 50 implementing partners** from the community, cultural, educational and philanthropic sectors, such as workshops, exhibitions, yoga sessions, concerts, conferences, panels, meditation and more. They will be grouped into four main categories: **In Dialogue, Learning, Community, and Arts and Culture**. Moreover, Peace Days Winnipeg is also a partner for a second consecutive year.

It will be a tremendous opportunity, both individually and collectively, for serious reflection and concrete action for peace.

## The twelve days will unfold under the theme “Take Action for Equality”

This edition’s theme of “Take Action for Equality” asks us to be conscious of the fact that each of our individual and collective actions has a direct impact on our social fabric and our shared living environments. Our actions can help build a just, egalitarian, inclusive, non-violent and harmonious society. This year’s Peace Days is an invitation to become an advocate for equality.

“Take action for equality! That’s not only the theme for Peace Days 2021, but it’s also what our communities need right now. Our society won’t be able to bloom in peace until we have sown the seeds of justice. While it will be an enormous effort to dismantle the historical chains of oppression, it has to start with actions taken by ordinary citizens. Once we join together to build peace, others will follow, from the highest levels of leadership to your neighbour down the street. Let the world know that you are taking matters into your own hands by participating in one of the many activities offered as part of Peace Days 2021. This is your opportunity to involve yourself in a movement that tears down the walls of division and intolerance and replaces them with the bonds of mutual understanding and equality.” — Brian Bronfman, *Co-founder and President of the Peace Network for Social Harmony and Peace Days 2021 Ambassador*

## Message from the Mayor

Ville de Montréal / Sylvain Légaré



Montréal is a proud partner of the Peace Network for Social Harmony as part of the 7<sup>th</sup> edition of Peace Days. Starting with the International Day of Peace, on September 21, and ending with the International Day of Non-Violence, on October 2, this edition will include numerous events and activities promoting an inclusive, non-violent and safe city.

As part of this year's theme, "Taking action for justice and equality is everyone's responsibility", the event includes activities meant to take apart prejudice, to impart individual and collective responsibility, namely in favour of reconciliation with Indigenous peoples, equity, equality and social justice.

Over the course of the past year, Montrealers have shown tremendous solidarity and resilience. To ensure a green and inclusive recovery, we must continue to work together for equality and to fight against racism and discrimination. Let's take action for all citizens to live with dignity and reach their full potential.

Montréal is an open metropolis of peace, where citizens are encouraged and willing to learn about one another.

I thank and commend the organizers for their extraordinary work with the Peace Network for Social Harmony. You have successfully mobilized partners from numerous sectors, in order to provide a high quality programming. I encourage all Montrealers to take full advantage of the proposed activities.

Enjoy Peace Days 2021!

A handwritten signature in blue ink, which appears to be 'V. Plante'.

**Valérie Plante**  
Mayor of Montréal

**Montréal** 

# Message from Peace Network for Social Harmony

@SandraLarochelle



Who would have thought there would be not just one but two editions of Peace Days taking place in the midst of a global pandemic, with all the pain, division and uncertainty that goes with it? Yet such is the case again in 2021 with this 7<sup>th</sup> edition of *Peace Days*.

If there is any bright side to this terrible situation, it's the immense potential we have when emerging from the pandemic to re-form this society into one that is fully grounded in justice, equity, inclusion, compassion, non-violence and respect. This starts when we all decide to *take action for equality* – which is not just the theme for Peace Days 2021, but a call to action! We at the Peace Network hope that the multitude of activities united under the Peace Days banner provide the opportunity and the impetus for Montrealers of all backgrounds to join together as

peace builders and make ours a city that is increasingly a model of peace and social harmony for this troubled world.

The Peace Network is comprised of 22 members from the worlds of philanthropy and business, and has a growing number of individuals who have become Friends of the Network. Without these Members and Friends, our organization would literally not exist. Every initiative that the Peace Network undertakes is based in collaboration, and Peace Days is no exception.

Despite the ongoing pandemic, the Peace Network team has once again assembled over **60 peace-related activities** undertaken by a roughly equal number of **grassroots partners**. To that, we can add the contribution of some **20 financial supporters**, with the Dym Family Foundation acting as our Lead Partner and Fiera Capital as a Major Partner again this year, to go along with 20 additional Partners from the corporate and private sectors.

But ultimately, Peace Days is all about you, our fellow Montrealers. Whether it's online or in person, we count on you to take part in activities that interest you, and to help spread the word to your family, friends and colleagues. Let's make Peace Days the spark that ignites us to become agents of positive social change. After all, **it's on us to build a stronger, more compassionate, more just, and more peaceful society.**

Happy Peace Days,

A handwritten signature in black ink, appearing to read 'B. Bronfman'.

**Brian Bronfman**

President, Peace Network for Social Harmony



## 2021 Ambassadors

Starting in 2019, *Peace Days* has been represented by Ambassadors who convey the initiative's message of peace and who help to promote Peace Days programming.



“Peace can never be taken for granted. Like a human being, it needs to be nourished every day if we are to keep it alive and healthy. Like a birthday, we celebrate peace once a year in order to highlight it, to give thanks for the radiance it provides us, and to remember that it is our source of light. Let us be many to make it grow, to preserve it, to make it shine.”  
— Kim Thúy

It's such a thrill to be an Ambassador for Peace Days 2021! And this year's theme of “Take action for equality” reflects a deep need in our society: we know that problems of injustice and division are out there, so let's work together to find solutions and implement them through actions that create more respectful, inclusive, compassionate and harmonious communities! Being an Ambassador allows me to help the Peace Network spread this message and to find people – like you! – who can join in the movement and create positive change in our society. After all, it's on us to create and maintain the peace that we all want and need. Happy Peace Days!  
— Brian Bronfman



@SandraLarochelle

We feel so very pleased and tremendously honoured to be able to count on this united and committed team that is actively promoting Peace Days 2021! We would like to express our sincere gratitude to Kim Thúy and Brian Bronfman for standing by our side to promote peace-in-action!

# The Dym Family Foundation

In memory of our beloved Mother, Frieda Dym !

The Dym Family Foundation is pleased once again to act as Lead Partner in Peace Days, supporting over twelve days presentation of peace-related activities that celebrate values critical to our society's well-being such as Diversity and Inclusion. We are proud to support the Peace Network for Social Harmony in its peace promotion initiatives, and congratulate Brian Bronfman on his leadership as President of the Peace Network and the entire Network team for its tireless efforts and great success in coordinating Peace Days.



# 2021 PROGRAM

## ACTIVITIES FROM SEPTEMBER 21 TO OCTOBER 2

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Tuesday, 21 September

### **Cuisine ton quartier Podcast**

By ATSA, Quand l'Art passe à l'Action

Tuesday, 21 September

### **21 Days Challenge: Tools to Better Understand Yourself and Cultivate Harmony**

By Institut Pacifique

Tuesday, Monday, 21 - 27 September

### **Online Campaign: Virtual Postcards for Peace**

By Equitas

Tuesday, 21 September

### **Mobile Caravan and Workshop in Public Places: idAction Mobile**

By Exeko

Tuesday, 21 September

### **Workshop: Interactive Mural for Peace**

By MU

Tuesday, 21 September

### **Invitation to Create an Epidemic of Smiles: Sower of Smiles**

By Mouvement de paix

Tuesday, 21 September - Saturday, 2 October

### **Online Digital Mediation: "Peace: An Educart Planet"**

By Montreal Museum of Fine Arts

Tuesday, 21 September - Saturday, 2 October, 10 a.m. to 5 p.m.

### **Exhibition: How long does it take for one voice to reach another?**

By Montreal Museum of Fine Arts

Tuesday, 21 September, 3 p.m. to 5:30 p.m.

### **Speaking up for Peace: A Festive Public Event**

By Place du Coteau-Saint-Louis

Tuesday, 21 September, 7 p.m. to 8:30 p.m.

### **Yoga as Peace-in-Action**

By The Art of Living / My Healthy Workplace de l'Université McGill

Tuesday, 21 September, 7:30 p.m. to 8:30 p.m.

### **Public Concert: Gathering for Peace**

By Collectif du 21 septembre

Wednesday, 22 September, 1 p.m. to 2:30 p.m.

### **Webinar: "Beyond Hate: Reconnections and Online Spaces for Dialogue"**

By Centre for the Prevention of Radicalization Leading to Violence - CPRLV

In Dialogue

Arts and Culture

Learning

Community

## ACTIVITIES FROM SEPTEMBER 21 TO OCTOBER 2

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Wednesday, 22 September 2021, 1 p.m. to 2 p.m.

### **Conference: Owing your Personal Power – A Path to Peace and Conflict Resolution**

By Trafalgar School for Girls & Dr. Tara Wilkie & Assoc.

Wednesday, 22 September,  
1:30 p.m. to 3:30 p.m.

### **Supervised Creative Workshop in the Art Hive: "Making Peaceful Connections"**

By Montreal Museum of Fine Arts

Wednesday, 22 September, 5:30 p.m. to 7 p.m.

### **Workshop: Non-Violent Communication**

By LOVE Québec

Wednesday, 22 September,  
6:30 p.m. to 7:30 p.m.

### **Conference: "Can a Muslim Woman Truly Be a Feminist?"**

By C.O.R. - organisme de communication, ouverture et rapprochement interculturel

Wednesday, 22 September, 7 p.m. to 8:30 p.m.

### **Panel Evening: Acting Together for Equality**

By Centre de méditation L'Émergence & Femmes Internationales Murs Brisés Canada

Thursday, 23 September, 1 p.m. to 2:30 p.m.

### **Workshop: Get to the Intersections!**

By Institut F

Thursday, 23 September, 6 p.m.

### **Yoga – Meditation – Mindfulness : Feeling and Developing a Sense of Inner Peace**

By Reiki Chakura & CReACC Diversités

Thursday, 23 September, 6 p.m. to 8 p.m.

### **A Silent Reflection on Peace**

By FIMB Canada & Sanctuaire du Sacré-cœur et de Saint-Padre Pio

Thursday, 23 September, 7 p.m. to 8:30 p.m.

### **Presentation: Building Peace with Your Bare Hands**

By La Voie des mains

Thursday, 23 September, 7 p.m. to 8:30 p.m.

### **Meeting-Presentation: Equality in Diversity: Peace in Action!**

By Centre de formation sociale Marie Gérin-Lajoie et Antennes de paix

Friday, 24 September, 10 a.m. to 11:30 a.m.

### **Webinar on Cyberbullying**

By ENSEMBLE pour le respect de la diversité

Friday, 24 September, 1 p.m. to 3 p.m.

### **Workshop: Teaching about Genocides in School**

By Éducation Génocide - UQTR & UdeS

Friday, 24 September, 1 p.m. to 2 p.m.

### **Panel Discussion: Music Making as Racial Solidarity**

By POP Montreal International Music Festival

## ACTIVITIES FROM SEPTEMBER 21 TO OCTOBER 2

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Friday, 24 September, 7 p.m. to 9 p.m.

### **Workshop: The Colour of Glass**

By PAAL Partageons le monde

Saturday, 25 September, 10 a.m. to 11:30 a.m.

### **Interactive Workshop: Discover Giftedness**

By CReACC-DiversitéS & Association  
Québécoise pour la Douance (AQD)

Saturday, 25 September 2021, 10:30 a.m.  
to 11:45 a.m.

### **Meditation, Storytime and Crafts: Peace Days – Philosophy for Children**

By Bibliothèque du Plateau-Mont-Royal

Saturday, 25 September, 11 a.m. to 1 p.m.  
& 3 p.m. to 5 p.m.

### **Youth Consultation #1**

By Girls Action Foundation

Saturday, 25 September, 1 p.m. to 2:30 p.m.

### **Optimistic Writing Workshop: I Dream of Peace**

By Cité des Hospitalières en transition

Saturday, 25 September, 1:30 p.m. to 4 p.m.

### **Interactive Workshop to Educate and Inform: Are We all Equal in the Face of Health?**

By Table des groupes de femmes de Montréal

Saturday, 25 September, 6:30 p.m. to 8:30 p.m.

### **Experiential Learning: A Journey into Exile**

By Jesuit Service of Refugees & Canada and  
the Archdiocese of Montreal

Sunday, 26 September, 11 a.m. to 1 p.m.  
& 3 p.m. to 5 p.m.

### **Youth Consultation #2**

By Girls Action Foundation

Sunday, 26 September, 12 p.m. to 5 p.m.

### **Workshop: Building Peace with Your Bare Hands: Experience It!**

By La Voie des mains

Sunday, 26 September, 12:30 p.m. to 2 p.m.

### **Presentation & Discussion: Revealing Our Light, an Interfaith Journey Towards Peace**

By Montreal City Mission and St. James United  
Church

Sunday, 26 September, 1 p.m. to 3 p.m.

### **Peace Picnic**

By Welcome Collective

Sunday, 26 September, 1 p.m. (English)  
& 3 p.m. (French)

### **Interactive Presentation: Virtual History Tour**

By Montreal Holocaust Museum

Sunday, 26 September, 2 p.m. to 4 p.m.

### **Workshop: Blanket Exercise**

By Initiatives of Change Canada

Monday, 27 September, 12 p.m. to 1:30 p.m.

### **Conference and Film Screenings: Workshop to Raise Awareness of Indigenous Realities**

By Wapikoni mobile

## ACTIVITIES FROM SEPTEMBER 21 TO OCTOBER 2

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Monday, 27 September, 1:30 p.m. to 3:30 p.m.

### **Supervised Creative Workshop in the Art Hive: "Making Peaceful Connections"**

By Montreal Museum of Fine Arts

Monday, 27 September, 4:30 p.m. to 6:30 p.m.

### **Workshop: Anti-Religious Racism: Tools to Better Understanding**

By The Center for Civic Religious Literacy

Monday, 27 September, 6:30 p.m. to 8:30 p.m.

### **Experiential Learning: A Journey into Exile**

By Jesuit Service of Refugees - Canada and the Archdiocese of Montreal

Tuesday, 28 September, 11:30 a.m. to 1 p.m.

### **Web-Conference: Truth and Reconciliation with Indigenous People: The Way Forward for Canada**

By Desjardins

Wednesday, 29 September,

1:30 p.m. to 3:30 p.m.

### **Supervised Creative Workshop in the Art Hive: "Making Peaceful Connections"**

By Montreal Museum of Fine Arts

Wednesday, 29 September, 6 p.m. to 7 p.m.

### **Online Chat: Testimony and Discussion on Gender and Identity**

By Bibliothèque Frontenac

Thursday, 30 September, 12 p.m. to 1 p.m.

### **Webinar: Next Stop: Inclusion! – Including Young People from Diverse Backgrounds**

By ENSEMBLE pour le respect de la diversité

Thursday, 30 September, 1:30 p.m. to 3:30 p.m.

### **Workshop-Conference: Equality and Handicap – Atypical Paths**

By Institut National pour l'Équité, l'Égalité et l'Inclusion des personnes en situation de handicap (INÉÉI-PSH)

Thursday, 30 September, 4:30 p.m. to 6:30 p.m.

### **Listening Indigenous Voices of Today: Knowledge. Trauma. Resilience**

By Centre de services de justice réparatrice

Thursday, 30 September, 5:30 p.m. to 6:30 p.m.

### **Round Table: Is Peace Possible in Latin America and the Caribbean?**

By La Maison des Amériques

Thursday, 30 September, 7 p.m. to 8:30 p.m.

### **Documentary Presentation: "Unis dans la Diversité"**

By The Centre for Israel and Jewish Affairs (CIJA)

Friday, 1 October, 10:30 a.m. to 12 p.m.

### **Intergenerational Meeting: Happiness and Change**

By Montréal la plus heureuse et Académie des Ambassadeurs de la Paix

Friday, 1 October, 6 p.m. to 7:30 p.m.

### **Panel: Recognizing and Valuing the Diversity of Seniors**

By CReACC-DiversitéS, CCLSCA & ASTTEQ

Friday, 1 October, 19:45 p.m.

### **Special Shabbat Service : From Racism to Emancipation**

By Temple Emanu-El-Beth Sholom

## ACTIVITIES FROM SEPTEMBER 21 TO OCTOBER 2

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Saturday, 2 October, 10 a.m. to 12 p.m.

### **Discover Montreal's Muslim Diversity: Overcome Prejudices and Share Citizenship**

By Centre justice et foi

Saturday, 2 October, 10:30 a.m. to 11:45 a.m.

### **Meditation, Storytime and Crafts: Peace Days – Philosophy for Children**

By Bibliothèque Mordecai-Richler

Saturday, 2 October, 1:30 p.m. to 2:45 p.m.

### **Conference: Peace Begins with You**

By AISA Canada

Saturday, 2 October, 3 p.m. to 5 p.m.

### **Youth Consultation #3**

By Girls Action Foundation

Saturday, 2 October, 5:30 p.m. to 8:30 p.m.

### **Peace Days Closing Activity: Cocktail Evening with the Coalition Asiatique pour une Relève Émancipatrice**

By Centre Communautaire LGBTQ+ de  
Montréal & Peace Network for Social Harmony

Saturday, 2 October, 7 p.m. to 8 p.m.

### **Meditation for Healing and Reconciliation**

By The Art of Living

For complete programming  
and the latest updates,  
please visit:

[www.thepeacedays.com](http://www.thepeacedays.com)



# Celebration of the International Day of Peace

## Commemorative Event: Celebration of the International Day of Peace

*By the City of Montreal and the Peace Network for Social Harmony*

**TUESDAY, SEPTEMBER 21, 11AM TO 12PM** | Online on Zoom

Bilingual | By invitation

Live broadcast: <https://www.facebook.com/JourneesPaixPeaceDays/>

Montréal 



The City of Montreal and the Peace Network for Social Harmony are proud to join forces for a seventh consecutive year to celebrate the International Day of Peace, and to highlight their many partners who are working to ensure that Montreal is an inclusive, egalitarian, non-violent and safe city. This online event will feature a three-person panel that will discuss issues of reconciliation, racism, justice and prevention, especially as they relate to the indigenous peoples of Quebec and Canada.

Guest panelists:

- » Marie-Émilie Lacroix, Initiatives of Change Canada
- » Elie-John Joseph, Wapikoni mobile
- » Sivane Hirsch, Genocide Education at the University of Quebec at Trois-Rivières

Information: [info@lereseaupaix.ca](mailto:info@lereseaupaix.ca)

### Video: Mayor Valérie Plante

On the occasion of the International Day of Peace, the Mayor of Montreal, Valérie Plante, released a video inviting us to participate in large numbers in Peace Days 2021 activities, as an important step in the path toward greater equality and social justice. Ms. Plante reminds us that, “Montreal is a metropolis of peace, inclusive and open to the world.”

To view the video, please visit our Peace Days website: [www.journeesdelapaix.com](http://www.journeesdelapaix.com)

## Content

To better reflect the types of activities offered by our partners, we have created four categories of events.

**In Dialogue** – Activities in which dialogue is at the heart of the encounter, such as interfaith walks, intercultural events, and intergenerational exchange. /16

**Arts and Culture** – Artistic and cultural activities, such as exhibitions, performances, music, etc. /21

**Learning** – Educational or awareness-raising activities such as webinars, workshops, and discussion on specific topics. /26

**Community** – Citizen-based activities, such as celebrations, public kiosks, and collective action on particular societal themes. /38

We have been proud partners with [Peace Days Winnipeg](http://www.peacedays.ca) since 2020. Please consult their programming and take part in their activities: [www.peacedays.ca](http://www.peacedays.ca)

## Mobile Caravan and Workshop in Public Places: idAction Mobile

By Exeko

**TUESDAY, SEPTEMBER 21** | Montreal

Bilingual / Open to all / Free

The idAction Mobile caravan, a food truck for the soul in the form of a rolling library, will roam the streets of Montreal during Peace Days, offering free books, creative material, reading glasses, as well as a space for free expression and a series of small participatory surprise workshops!

Informations: [dorothee.decollasson@exeko.org](mailto:dorothee.decollasson@exeko.org) | 5145289706



## Panel Evening: Acting Together for Equality

By Centre de méditation L'Émergence  
& Femmes Internationales Murs Brisés Canada

**WEDNESDAY, SEPTEMBER 22, 7 P.M. TO 8:30 P.M.** |

7501, rue Saint-Denis, Montreal

French / Open to all / Free / Registration required / Accessible to everyone

Organized by Centre de méditation L'Émergence (Brahma Kumaris Montreal) and Femmes Internationales Murs Brisés Canada, via Serment de l'Humanité®, this panel will explore the connection between the concept of equality and taking real action. An invitation to explore how the idea of equality can be more concrete in our everyday lives.

This dynamic evening will be the occasion to connect various issues, in order to generate the courage to act for equality. A list of actions that sustain a just and egalitarian society will be created as a way to honour the concrete actions that our panelists take in promoting equality.

Registration required:

<https://www.eventbrite.ca/e/billets-soiree-panel-agir-ensemble-pour-legalite-163103580199>

Information : [aclehir@outlook.com](mailto:aclehir@outlook.com)



## Meeting-Presentation: Equality in Diversity: Peace in Action!

By Centre de formation sociale Marie Gérin-Lajoie et Antennes de paix

**THURSDAY, SEPTEMBER 23, 7 P.M. TO 8:30 P.M.** | Online: Zoom

French / Open to all / Free / Registration required

Presentation of three short reports on peace initiatives, as well as a reading of “Poème pour la paix” by André Jacob. The goal is to publicize concrete peace initiatives and peace education among young people, with a variety of groups coming together in a spirit of harmony, including newly arrived Montrealers. The event will include discussions of these peace projects.

Registration required before September 22: 514-276-4853 | [communications@formationnonviolence.org](mailto:communications@formationnonviolence.org)



## Panel discussion : Music Making as Racial Solidarity

By POP Montreal International Music Festival

**FRIDAY, SEPTEMBER 24TH, 1 P.M. TO 2 P.M.** | Rialto Hall, 5723 Park Ave, Montreal | Also offered as a live stream

English/ Open to all / Free / Registration required / Accessible to all

This panel discussion, moderated by Ari Swan, will aim to find avenues into interracial solidarity, and envision music as a field of interlocking and shared cultural practices. How can the act of collectively creating music act as a model for interracial solidarity in our various liberation movements? More broadly, this discussion will examine the urgent need for racialized groups in the West to find unity in their shared goals around dismantling the anti-black structures that affect us all.

Information and registration: [symposium@popmontreal.com](mailto:symposium@popmontreal.com) | 514-594-4802



## Presentation & Discussion: REVEALING OUR LIGHT, An interfaith journey towards peace

By Montreal City Mission and St. James United Church

**SUNDAY, SEPTEMBER 26TH, 12:30 PM. TO 2 P.M.** | 1345 City  
Councillor, Montreal

English / Open to all / Free admission / Registration required

In our secular world, people of faith are told to hide their light under a bushel and communities of faith to keep their practices behind closed doors. Peacemaking, however, is an important faith tradition that goes back millennia, and to this day, continues to contribute to societal harmony and right relation. Join the St. James United and Montreal City Mission community of friends as we explore how faith traditions do not hinder, but rather can facilitate, peacemaking in our world today.

Information and registration : 514-844-9128 (#103) | [maan@montrealcitymission.org](mailto:maan@montrealcitymission.org)



## Online Chat: Testimony and Discussion on Gender and Identity

By Bibliothèque Frontenac

**WEDNESDAY, SEPTEMBER 29, 6 P.M. 7 P.M.** | Online: Zoom

French / Open to all / Free / Registration required

Testimony and discussion on identity and gender: online activity with Bibliothèque Frontenac presented by GRIS-Montréal, as a part of Peace Days.

Registration link: <https://forms.gle/TacA2r4UhejHfrywZ>



## Round Table: Is Peace Possible in Latin America and the Caribbean?

By La Maison des Amériques



**THURSDAY, SEPTEMBER 30, 5:30 P.M. TO 6:30 P.M.** | Online: Zoom

Spanish / Open to all / Free / Registration required

Peace in Latin America and in the Caribbean has become a pipe dream. The region is not free of problems that endanger peace and stability for citizens. Peace is not only an absence of conflict; there must be conditions that make peace possible. In that sense, crime, insecurity and poverty are major problems in Latin America. As a part of Peace Days, La Maison des Amériques is inviting four experts from Latin America and the Caribbean to analyse this issue.

Registration required before September 27:  
[info@maisondesameriques.ca](mailto:info@maisondesameriques.ca) | 514 975-2201

## Intergenerational Meeting: Happiness and Change

By Montréal la plus heureuse and the Academy of Peace Ambassadors



**FRIDAY, 1 OCTOBER, 10:30 A.M. TO 12 P.M.** | Place Mignonne,  
Parc Paul Dozois, Boul. de Maisonneuve E, Montréal



French / Open to all - Adolescents and Seniors / Free / Registration required

What are the changes that make us feel good? Can there be happiness even in a change that appears negative or troubled? A group of young peace ambassadors from École Gilles Vigneault and a group of people aged 60 and over come together to discuss the impact of change on their happiness. This meeting is a safe and protected space, where it is possible to express oneself without judgment, in a spirit of sharing and with a goal of mutual enrichment. Please do not hesitate to register if you are between 11 and 15 years old or if you are over 60 and would like to participate!



Information: [mtllaplusheureuse@gmail.com](mailto:mtllaplusheureuse@gmail.com)

## Discover Montreal's Muslim Diversity: Overcome Prejudices and Share Citizenship

By Centre justice et foi

**SATURDAY, OCTOBER 2, 10 A.M. TO 12 P.M.** | Online: Zoom

French / Open to all / Free / Registration required

The Centre justice et foi is offering a voyage of discovery through Montreal to better understand the presence of people of faith and/or of Muslim culture in the city. The webinar invites you to reflect on the way that we want to live cultural and religious plurality that characterises Quebec by assuring the respect of our values of democracy, equality, and freedom of convictions.

Registration required through September 30 :  
[bit.ly/TourneelIslamMtl2021](https://bit.ly/TourneelIslamMtl2021)

Information : Mouloud Idir, [midir@cjf.qc.ca](mailto:midir@cjf.qc.ca) | 514-387-2541 # 243



## Workshop: Interactive Mural for Peace

By MU

**TUESDAY, SEPTEMBER 21, AND SECOND DATE**

**TO BE DETERMINED** | 2 workshops of 2 hours \*After school hours\*  
3007, rue Delisle. Montréal

Bilingual / Geared to teens / Free / Registration required

In partnership with the Petite-Bourgogne youth organizations, MU will be hosting a virtual talk about the Nelson Mandela mural for the neighbourhood. The artist behind the artwork, Franco Égalité, will be talking about his work and Mandela in a video. The participants will then be invited to create an artwork on canvas during another workshop, in their organizations offices. A clip explaining the realisation of the project will be shown to the participants and material will be provided. The participants artworks will then be gathered by MU's art educators to create a mural on a large canvas. Peace day organization partners will be entered in a draw in order to give away the final artwork.

Registration required before September 20 : [julie.emond@mumtl.org](mailto:julie.emond@mumtl.org)



## Exhibition: How long does it take for one voice to reach another?

By Montreal Museum of Fine Arts

**SEPTEMBER – OCTOBER, TUESDAY TO SUNDAY, 10 A.M. TO 5 P.M.**

**WEDNESDAY, 10 A.M. TO 5 P.M.** | 1380 Sherbrooke Street West,  
Montreal

Bilingual / Open to all / The MMFA is accessible for people using wheelchairs / General admission: \$24, Ages 21 to 30: \$16, Ages 20 or under: Free (does not apply to groups), \$12 on Wednesdays after 5 p.m.

The “How long does it take for one voice to reach another?” exhibition explores the concept of voice not only as a sonic phenomenon but also as a culturally elaborated metaphor: a site where discourses and ideas, communities and connections are made manifest and challenged through embodied practice. Spanning a range of time periods and cultures, the exhibition draws primarily from the MMFA's holdings and also includes recent acquisitions and several key loans from Canadian institutions and private lenders.

Credit Photo: Rebecca Belmore

Information and ticket purchase: [mbam.qc.ca/en/ticket-office](http://mbam.qc.ca/en/ticket-office) / 514-285-2000



## Public Concert : Gathering for Peace

by Collectif du 21 Septembre



**TUESDAY, SEPTEMBER 21, 7:30 P.M. TO 8:30 P.M.** | Maison de l'amitié, 120 Av. Duluth Est. Montréal

Bilingual / Open to all / Free / Accessible to all

Around a few musicians, an informal group of people gather to sing for peace to celebrate the International Day of Peace on September 21 each year. We invite you to a friendly public concert which includes participatory group singing.

Information: [evenements@maisondelamitie.ca](mailto:evenements@maisondelamitie.ca)



## Supervised Creative Workshop in The Art Hive: "Making Peaceful Connections"

By Montreal Museum of Fine Arts



**WEDNESDAY SEPTEMBER 22, MONDAY SEPTEMBER 27,  
WEDNESDAY SEPTEMBER 29, 1.30 PM TO 3.30 PM** | 2 hours - free  
entrance, 1380 Sherbrooke Street West, Montreal

Bilingual / Open to all / The MMFA is accessible for people using wheelchairs / Free

Whether on your own or with your family, community or school group, come and enjoy meeting people and sharing ideas, while stimulating your creativity at the same time! Various tools and recycled materials will be made available, enabling you to express yourself freely through art.

The MMFA's Art Hive. Photo Jean-Francois Brière

Information and registration : 514-285-2000 | <https://www.mbam.qc.ca/fr/activites/ruche-dart-en-ligne-2/>



## Meditation, Storytime and Crafts: Peace Days - Philosophy for Children

By Bibliothèque du Plateau-Mont-Royal



**SATURDAY, SEPTEMBER 25, 10:30 A.M. TO 11:45 A.M.** | Bibliothèque du Plateau-Mont-Royal: 465, avenue du Mont-Royal Est Montréal

French / Open to all / Ages 6 + / Free / Registration required



In collaboration with les Biblios du Plateau, les Têtes bien faites proposes a workshop in three parts, under the theme of peace! Join us at the Plateau-Mont-Royal library for a meditation session, followed by an hour of philosophy and crafts that will allow you to illustrate your own vision of peace and living together.

Information: 514-872-0993 | Registration link: <https://fb.me/e/1xMg4NePz>

## Interactive presentation: Virtual History Tour

By Musée de l'Holocauste Montréal



Musée Holocauste Montréal  
Montreal Holocaust Museum

**SUNDAY, SEPTEMBER 26, 1 P.M. (ENGLISH)  
& 3 P.M. (FRENCH)** | Online: Zoom

English / Open to all / Free / Registration required



*\*\*Activity done in partnership with Peace Days and Culture Days\*\**

A virtual history tour is an interactive presentation that explores the history of the Holocaust by showcasing key artefacts and survivor testimony video clips from the permanent exhibition of the Montreal Holocaust Museum.

This event is suitable for audiences of all ages, including children in grades 6 and up!

Information: [info@museeholocauste.ca](mailto:info@museeholocauste.ca) | 514-345-2605

Registration required:

Presentation in English:

<https://us02web.zoom.us/join/zoom/register/tZ0lcu2prjSpGtAmDpRoN1X1w-BY-oRRuGz->

Presentation in French:

<https://us02web.zoom.us/join/zoom/register/tZwoceypqTgoE9YKULbQ8YsF3YnbOTL1kFwj>

## Conference and Film Screenings: Workshop to Raise Awareness of Indigenous Realities

By Wapikoni mobile

**MONDAY, SEPTEMBER 27, 12 P.M. TO 1:30 P.M.** | Online, Zoom

link: <https://us06web.zoom.us/j/89807270360?pwd=TWQvaE9lNHg5cjKzblM1Y0xZQkQrdz09>

French / Open to all / Free

Cultural mediation workshops allow a diverse clientele to learn, understand and appreciate indigenous cultures from Quebec and Canada, through a selection of high quality contemporary audiovisual work. This year, these workshops are offered thanks to the support of the City of Montreal. These workshops are therefore highly dynamic and participatory and use different digital technologies.

Information : [logistique@wapikoni.ca](mailto:logistique@wapikoni.ca) / 514-264-3515



## Listening Indigenous voices of today: Knowledge. Trauma. Resilience

By Centre de services de justice réparatrice

**THURSDAY, SEPTEMBER 30, 4 :30 P.M. TO 6:30 P.M.** | McCord

Museum, 2175 Victoria Street, Montréal

Bilingual exhibition & discussion in French / Open to all / Limited spots

Free / The Museum is accessible for people using wheelchairs / Registration required

As part of the first National Day for Truth and Reconciliation on September 30, 2021, the Centre for Services in Restorative Justice invites you to visit the exhibit "Indigenous Voices of Today: Knowledge, Trauma, Resilience" at the McCord Museum.

By looking into the history and wounds of the 11 Indigenous Nations of Quebec, through the objects and testimonies of a past that is still hurting, we will open -for those who wish to do so, and if the weather is favourable- a space for reflection and sharing on what reconciliation means for each of us, on a daily basis, both as individuals and as a community in Quebec.

Join us for this moment of encounter and sharing, which is necessary to build a more just future together.

Registration : <https://forms.gle/oM5zdVegq6j7nDFo7>

Information : [csjr@csjr.org](mailto:csjr@csjr.org)



## Documentary Presentation: "Unis dans la diversité"

By Le Centre consultatif des relations juives et israéliennes

**THURSDAY, SEPTEMBER 30, 7 P.M. TO 8:30 P.M.** | Online

French / Open to all / Free / Registration required

We invite you to the presentation of our documentary "Unis dans la diversité." In June 2018, many cultural boards of trade from Montreal had the idea to found a group to meet and learn about other cultures that are not present in the context of their usual professions. This led to the establishment of intercultural meetings for better vivre-ensemble in Montreal, an initiative that continues to grow. A celebration of living together and the result of this initiative, "Unis dans la diversité," presents you with a mosaic of the rich cultures of Montreal through the lens of six vibrant cultural communities: the city's African, Asian, Haitian, Iranian, Jewish, and Latin-American communities. Discover the origins of these communities, their hopes, and their contribution to the economic and cultural health of Montreal, while meeting exceptional individuals who represent the diversity that makes Montreal such an open and dynamic city.

Information and registration : Cornelia Colceriu [ccolceriu@cija.ca](mailto:ccolceriu@cija.ca)

Landing page of the event : <https://www.youtube.com/c/CIJAinfo/videos>



## Meditation, Storytime and Crafts: Peace Days - Philosophy for Children

By Bibliothèque Mordecai-Richler

**SATURDAY, OCTOBER 2, 10:30 A.M. TO 11:45 A.M.** | Bibliothèque Mordecai-Richler: 5434, avenue du Parc, Montréal

French / Open to all / Ages 6 + / Free / Registration required

In collaboration with les Biblios du Plateau, les Têtes bien faites proposes a workshop in three parts, under the theme of peace! Join us at the Mordecai\_Richler library for a meditation session, followed by an hour of philosophy and crafts that will allow you to illustrate your own vision of peace and living together.

Information: 514 872-6984 | Registration link: <https://fb.me/e/1xMg4NePz>



## 21 Day Challenge: Tools to Better Understand Yourself and Cultivate Harmony

By Institut Pacifique

**TUESDAY, SEPTEMBER 21** | Small daily online challenges:  
<https://institutpacifique.com/outils-gratuits/defi-21-jours/>

French / Open to all / Free

During 21 days, join Institut Pacifique to acquire tools for conflict resolution and mediation by taking on small daily challenges! Video clips, exercises, illustrations, written content and games will guide you towards a better understanding of issues related to conflict resolution and, above all, a better understanding of yourself and others! Take this journey that is both fun and educational to build harmonious relationships and even influence your family climate. Welcome to the adventure!

Information: [gdumais@institutpacifique.com](mailto:gdumais@institutpacifique.com)



## Online Digital Mediation: "Peace: An EducArt Planet"

By Montreal Museum of Fine Arts

**FROM TUESDAY SEPTEMBER 21 TO SATURDAY OCTOBER 2** |  
Online

Bilingual / Open to all / School and family / Free

Designed by the Montreal Museum of Fine Arts based on 350 works in its encyclopedic collection and aimed at Quebec high school teachers, ÉducArt explores themes and social issues in different subjects, from art to science. The planet of Peace addresses the theme through mobilizing questions and a selection of outstanding artworks. Online.

Photo Credit: MBAM/ Anna Lupien

Information and registration : 514-285-2000 | <https://educart.ca/en/theme/peace/>



## Webinar: "Beyond Hate: Reconnections and Online Spaces for Dialogue"

By the Centre for the Prevention of Radicalization Leading to Violence



**WEDNESDAY SEPTEMBER 22, 1 P.M. TO 2:30 P.M.** | Online: via Zoom



French / Open to all / Free / Registration required

While social networks, and more broadly the Internet, have emerged as important vectors of hate speech and acts of violence, the Centre for the Prevention of Radicalization Leading to Violence will offer, as part of Peace Days, a webinar on the potential of social networks to mobilize citizens against extremism and act of hate.

Link to register for the webinar:

<https://www.eventbrite.ca/e/au-dela-de-la-haine-reconnexions-et-espaces-de-dialogue-en-ligne-tickets-166504043075>

## Conference : Owing your personal power - A path to peace and conflict resolution

By Trafalgar School for Girls & Dr. Tara Wilkie & Assoc.



**Trafalgar**



Dr. Tara Wilkie

**WEDNESDAY, SEPTEMBER 22, 1:00 P.M. TO 2:00 P.M.** | 3495

Simpson Street, Montreal and online on demand

English / Teenagers / Free / Registration required



The way we respond to people and events makes all the difference between owning our personal power...and giving it away. This seminar shows adolescents how to become more self-aware, connect to themselves and regulate intrusive emotions – including high-intensity emotions like anger or low-intensity emotions like worry and sadness. It draws on the latest neuroscience and psychology to help teens fully own their thoughts, feelings, and actions in order to build stronger healthier relationships with themselves and others. Dr. Tara Wilkie will give a presentation at Trafalgar School for Girls.

*Guests are asked to contact the school for permission to attend online.*

Registration link:

<https://meet.google.com/ydi-sdtd-xoc?hs=122&authuser=0>

Information : [ptheng@trafalgar.qc.ca](mailto:ptheng@trafalgar.qc.ca) | 514-935-2644

## Workshop: Non-Violent Communication

Par LOVE Québec

**WEDNESDAY, SEPTEMBER 22, 5:30 P.M. TO 7 P.M. |**

400, Rue Saint-Jacques, #300, Montréal

Bilingual / Young audience: 14 to 17 year olds / Free  
Registration required

Through a variety of activities, including group discussions, games and role play, participants will learn the 4-step process to non-violent communication. First, they will learn how to observe a situation without judgement. Second, they will practice expressing their feelings in a situation using the “I”. Then, they will learn to recognize their needs and how these are tied to certain emotions. Finally, they will learn how to formulate requests in an appropriate way (feasible, concrete, precise and positively formulated).

Registration required before September 15: [robyn@loveorganization.ca](mailto:robyn@loveorganization.ca) | 514-434-4026



## Conference: “Can a Muslim Woman Truly Be a Feminist?”

By C.O.R.- *organisme de communication, ouverture et rapprochement interculturel*

**WEDNESDAY, SEPTEMBER 22, 6:30 P.M. TO 7:30 P.M. | Zoom**

and if sanitary regulations allow it at Centre St-Pierre, 1212, rue Panet, Montréal

French / Open to all / Free / Accessibility: wheelchair / Registration required

The proposed theme this year, “Acting for Equality”, imposes the subject of feminism. Indeed, feminism - whatever its form - is a set of ideas and actions to achieve equality for everyone: equality of women and men, equality of women with women, and even equality of non-binary people. However, feminism can in no way be defined as an anti-male movement. Prepare your questions because none will be taboo!

Information and registration: Facebook [@corapprochement](https://www.facebook.com/corapprochement) / 514-323-5299 / [maprovencher@hotmail.com](mailto:maprovencher@hotmail.com)



## Workshop: Get to the Intersections!

By Institut F

**THURSDAY, SEPTEMBER 23, 1 P.M. TO 2:30 P.M.** | Online: Zoom

French / Open to all / Free / Registration Required

Participate in an original simulation followed by a rich discussion about concepts that are linked to inclusion and diversity. You will be asked to reflect upon your position on the social hierarchy and your privilege to better understand issues lived by racialized people.

Registration Required:

<https://www.eventbrite.ca/e/billets-atelier-rendez-vous-aux-intersections-161551590155>

Information: [pluralite@institutf.org](mailto:pluralite@institutf.org)



## Workshop: The Colour of Glass

By PAAL Partageons le monde

**FRIDAY SEPTEMBER 24, 7 P.M. TO 9 P.M.** | NDG Park Cottage,  
3500 Girouard Ave.

French / Open to all / Free / Registration Required

For 75 minutes, participants will do simple exercises, followed by exchanges directed by our professional animator with the goal of questioning ourselves about the dogmatic ideas that fool our perception of reality, limiting our creativity and our ability to find solutions. The workshop allows the initiation of a dialogue that will ease integration in the workplace and increase people's ability to find solutions through a more inclusive perspective.

Information et inscriptions: [www.paalmtl.org](http://www.paalmtl.org) | [creation@paalmtl.org](mailto:creation@paalmtl.org)



## Presentation: Building Peace with Your Bare Hands

By *La Voie des mains*



**THURSDAY, SEPTEMBER 23, 7 P.M. TO 8:30 P.M.** | Online: Zoom

French / Open to all / Free / Registration required



If our bodies are tools for peace, then our hands act as witnesses. Beyond the symbolism, they may be parts of our bodies but also of our conscience, able to lead us to act for peace. In this presentation, Christophe Roux-Dufort, professor at Université Laval and creator of the *La voie des mains* martial art, will explain how your hands can be transformed into real and effective peace instruments that are available to everyone.

This presentation will precede *Building Peace with Bare Your Hands: Experience it*, taking place on Sunday, September 26.

Registration required before September 22: 514-574-4870 | [lvdm249@gmail.com](mailto:lvdm249@gmail.com) <https://www.eventbrite.ca/e/billets-batir-la-paix-a-mains-nues-169910209009>

## Workshop: Teaching about Genocides in School

By *Education Genocide - UQTR and UdeS*

**FRIDAY, SEPTEMBER 24, 1 P.M. TO 3 P.M.** | Online: Zoom

French / Open to all, particularly students and teachers (high school and cegep) / Free / Registration required



The debate in Canada about whether residential schools were part of what can be called a genocide of First Peoples demonstrates not only the importance of clarifying the concept of genocide but also of better understanding the genocidal process in all its complexity, which often extends over a long period of time. The pedagogical approach to teaching about genocides that we propose focuses on issues of racism, justice, and prevention in order to get students to develop the skills necessary to respond to these controversies in an informed and argumentative manner and to reflect on the role they can play to prevent them.

Information and registration: [sivane.hirsch@uqtr.ca](mailto:sivane.hirsch@uqtr.ca) | 819-697-9361

## Webinar on Cyberbullying

By ENSEMBLE for the Respect of Diversity



**FRIDAY, SEPTEMBER 24, 10 A.M. TO 11:30 A.M.** | Online: Zoom  
<https://us02web.zoom.us/j/83353182404>

French / Open to all / Free

Ensemble for the Respect of Diversity meets with 25,000 young people per year to discuss issues related to diversity and raise awareness of the impacts that discrimination can have in all its forms. In 2021, it is essential to focus on online bullying. During this webinar, we will share with you the fruit of our research on cyberbullying. Looking forward to seeing you in large numbers!

Information: [s.duplain-dionne@ensemble-rd.com](mailto:s.duplain-dionne@ensemble-rd.com)

## Interactive Workshop: Discover Giftedness

By CReACC-DiversitéS et Association québécoise pour la douance (AQD)



**SATURDAY, SEPTEMBER 25, 10 A.M. TO 11:30 A.M.** | Chalet du parc  
Maisonnette, 4601, rue Sherbrooke Est, Montréal

French / Open to all / Free



Comprendre. Sensibiliser. Former.

In collaboration with AQD, CReACC-DiversitéS is offering an interactive experiential workshop, open to everyone, aiming to generate equal treatment for people living with giftedness. We find that there is little knowledge and a lot of prejudice towards adults living with this condition. Their realities and problems must be demystified in order for them to be recognized as part of their communities; individual and societal recognition are essential for their social inclusion. We invite everyone to come and learn about giftedness, by sharing the experiences of people who live with it every day.



Information : [communications.creacc@gmail.com](mailto:communications.creacc@gmail.com) | [guindonsemblat@gmail.com](mailto:guindonsemblat@gmail.com)

## Optimistic Writing Workshop: I Dream of Peace

By Montréal la plus heureuse and Mouvement de paix

**SATURDAY SEPTEMBER 25, 1 P.M. TO 2:30 P.M.** | Cité des Hospitalières in transition, 251 Avenue des Pins (in the Chapel)

French / Open to everyone / Voluntary contribution  
Registration required

Through upbeat writing and accompanied by music, participants will be invited to express themselves on the topic of equality. This workshop will be guided by the sparkling Rossana Bruzzone, author of the book “The Optimistic Challenge - 21 Days of Happiness” and founder of Montréal la plus heureuse, on top of which the ultra-talented Eliza Moore will envelop us in musical inspiration. The result will be a quilt of perspectives, woven by what unites us. No writing skills are required... only the desire to explore!

Information and registration : [mtlplusheureuse@gmail.com](mailto:mtlplusheureuse@gmail.com)



## Interactive Workshop to Educate and Inform: Are We All Equal in the Face of Health?

By Table des groupes de femmes de Montréal - TGMF

**SATURDAY, SEPTEMBER 25, 1:30 P.M. TO 4 P.M.** | Online: Zoom

French, Qc sign language (LSQ), French-English translation  
Open to all, particularly Montrealers in all their diversity / Free  
Registration required

The workshop's general objectives are to explain the inequalities in access to health for women; to stimulate discussion and reflection on women's right to health; and to learn about different oppressions and the ways that they manifest themselves in our healthcare system. This workshop was developed by TGMF in collaboration with *Communauté de pratique : Santé des femmes, pauvreté et discriminations*, as well as *Comité action politique en santé et services sociaux*.

We look forward to welcoming you!

Registration required before September 12: [https://us02web.zoom.us/meeting/register/tZMkf-GvpjlsHtwbYeDcJeA2qrEWOpnrc\\_6U](https://us02web.zoom.us/meeting/register/tZMkf-GvpjlsHtwbYeDcJeA2qrEWOpnrc_6U)

Information: [Catherine.t@tgfm.org](mailto:Catherine.t@tgfm.org)



## Experiential Learning: A Journey into Exile

By the Jesuit Service of Refugees - Canada and the Archdiocese of Montreal



**SATURDAY, SEPTEMBER 25, 6:30 P.M. TO 8:30 P.M.** | Online: Zoom

French / Open to all / Free \*with a suggested 10\$ contribution  
Registration required



A Journey into Exile is a role-playing activity that puts you in the shoes of refugees. Our goal is to help people understand that refugees are human beings and to promote empathy, openness, and solidarity. You will follow their journey through the Zoom platform. You will have to make decisions to survive. The activity cannot give you the full experience of being a refugee, but through refugee testimony videos, survey responses, statistics and discussion, you will get a taste of what it's like to be a refugee. The activity will be followed by a presentation by Denise Otis, Head of the UNHCR Field Unit in Montreal. Are you ready to go?



Registration required before September 24.

Link: <https://crmjrs.jesuites.ca/fr/civCRM/event/register?id=13&reset=1>

Information : [hducharme@jesuites.org](mailto:hducharme@jesuites.org) | 514-387-2541

## Workshop: Building Peace with Your Bare Hands: Experience it!

By *La Voie des mains*



**SUNDAY' SEPTEMBER 26, 12 P.M. TO 5 P.M.** | Centre des musiciens du monde, 5043 rue St-Dominique, Montreal

French / Open to all / Free / Registration required



*“Strength does not lie in the ability to erase one’s demons, but in the almost superhuman courage to face them and embrace them.”* Quote from “Manuscrits de la main morte” by Christophe Roux-Dufort, founder of *La voie des mains*. Using examples from this book, discover the potential for the hands to be tools of noble combat that enable men and women to open their hearts.

Registration required before September 24: 514-574-4870 | [lvdm249@gmail.com](mailto:lvdm249@gmail.com)

## Workshop: Blanket Exercise

By *Initiatives of ChangeCanada*

 Initiatives et Changement  
Canada

**SUNDAY, SEPTEMBER 26, 2 P.M. TO 4 P.M.** | Auditorium des  
Dominicains de St-Albert, 2715 Côte-Sainte-Catherine, Montreal



French / Open to all / Free

The history of Canada remains influenced by the way that indigenous people were treated since the arrival of Europeans. Deep wounds were inflicted and are still sources of difficult social and relationship issues. This tragic history has not been taught in an authentic way. Many citizens ignore the current reality for indigenous people, and some even think that they are not affected by the issue. The blanket exercise aims to make citizens aware of the historical experience of dispossession experienced by indigenous people from Canada as a result of their meeting with Europeans, as well as the consequences seen today. This experience offers to non-indigenous people an opportunity to put themselves in indigenous people's place, in order to feel what it is to be an indigenous person nowadays. The participants are invited to play a specific role and to let themselves be inspired and influenced by this fun exercise. It should be noted that the experience of the blanket exercise is more relevant than ever in the current context to help restore confidence that is shattered following the discovery of Indigenous bodies under the ground of former boarding schools.

Information: [joseph.vumiliya@iofc.org](mailto:joseph.vumiliya@iofc.org) | 514 296-3814

## Workshop: Anti-Religious Racism: Tools to Better Understanding

By *Le Centre de Littérature religieuse civique*

CCRL The Centre for Civic Religious Literacy  
CLRC Le centre de litt rature religieuse civique

**MONDAY, SEPTEMBER 27, 4:30 P.M. TO 6:30 P.M.** | Online: Zoom

French / Open to all / Free / Registration Required

« Le racism  
antireligieux :  
de cl s de  
compr hension  
pour une  
meilleure  
intervention »



CCRL The Centre for Civic Religious Literacy  
CLRC Le centre de litt rature religieuse civique

Recently, the percentage of hateful acts towards people who practice various religions is increasing. While certain forms of prejudice towards people of a specific religious affiliation (such as antisemitism and islamophobia) are more well known, everyday attacks on religious practices have almost become normalized. These ordinary forms of anti-religious racism can be explained, among other things, by a misunderstanding of religion. By providing tools that promote a better understanding of religious practices, using concrete examples, this workshop offers to deconstruct prejudices with regards to religion.

Registration: [ac@ccrl-clrc.ca](mailto:ac@ccrl-clrc.ca)

## Experiential Learning: A Journey into Exile

By The Jesuit Service of Refugees - Canada  
and the Archdiocese of Montreal



**MONDAY, SEPTEMBER 27, 6:30 P.M. TO 8:30 P.M.** | Online: Zoom

English / Open to all / Free \*with a suggested 10\$ contribution  
Registration required



A Journey into Exile is a role-playing activity that puts you in the shoes of refugees. Our goal is to help people understand that refugees are human beings and to promote empathy, openness, and solidarity. You will follow their journey through the Zoom platform. You will have to make decisions to survive. The activity cannot give you the full experience of being a refugee, but through refugee testimony videos, survey responses, statistics and discussion, you will get a taste of what it's like to be a refugee. The activity will be followed by a presentation by Denise Otis, Head of the UNHCR Field Unit in Montreal. Are you ready to go?

Registration required before September 26.

Link: <https://crmjrs.jesuites.ca/en/civCRM/event/register?id=14&reset=1>

Information : [hducharme@jesuites.org](mailto:hducharme@jesuites.org) | 514-387-2541

## Web-conference: Truth and reconciliation with Indigenous people: The way forward for Canada

By Desjardins



**TUESDAY, SEPTEMBER 28, 11:30 A.M. TO 1 P.M.**

Bilingual / Web conference for the staff and board of directors  
of the Desjardins Group / Free / Registration required



“Creating space to examine the issues Indigenous people face and have faced is an opportunity for Canada to rethink its past, present and future. What are our responsibilities, as individuals and as a collective?”. Alexandre Bacon, speaker.

A conversation with Alexandre Bacon and Desjardins Group to reflect on the National Day for Truth and Reconciliation. Discover different perspectives on our country as we learn more about the Indigenous experience in Canada and the national truth and reconciliation process. You may not be aware of how First Nations, Inuit and Métis people across Canada have shaped our nation.

## Webinar: Next Stop: Inclusion! - Including Young People from Diverse Backgrounds

By ENSEMBLE for the Respect of Diversity

**THURSDAY, SEPTEMBER 30, 12 P.M. TO 1 P.M.** | Online: via the Facebook page @EnsembleRD

French / Open to all / Free

ENSEMBLE for the Respect of Diversity has been consulting with young people from Montreal's cultural diversity to hear their recommendations to organizations, decision-makers and institutions, thereby making them feel more included. We therefore present our preliminary conclusions about these consultations during this hour long live presentation on our Facebook page. We will also take this opportunity to launch an online questionnaire addressed to youth from different communities to collect more recommendations that will help complete our report to be released in January 2022.

Informations: [m.remillard@ensemble-rd.com](mailto:m.remillard@ensemble-rd.com)



## Workshop-conference: Equality and Handicap - Atypical Paths

By the National Institute for Equity, Equality and Inclusion for People in Handicap Situations

**THURSDAY, SEPTEMBER 30, 1:30 P.M. TO 3:30 P.M.** |

Online: Zoom

French, Qc sign language (LSQ) and English-French interpretation / Open to all / 10\$ or + donation suggested / Registration required

Unveiling of the biography of a pioneer in the fight for people in handicap situations: Maria Barile, with a panel presenting testimonials and efforts to generate equality and inclusion for people in handicap situations. An artistic presentation will be shown during the event.

Launch of our fundraising campaign for equality, equity and inclusion: PairAidance, a donation = a sustainable transformation!

Registration required before September 25:

By phone: 514 771-7490 or by email: [admin@ineeipsh.org](mailto:admin@ineeipsh.org)



## Panel: Recognizing and Valuing the Diversity of Seniors

By CReACC-DiversitéS, ASTTEQ and CCLSCA

**FRIDAY OCTOBER 1ST, 6 P.M. TO 7:30 P.M.** | Café Cleopatra,  
1230 Saint-Laurent Blvd

French / Open to all / Free

We invite you to a presentation by two Montreal organizations working for the equality of older people from all backgrounds, such as LGBT communities, including non-binary, intersex, transsexual and sex workers. The Covid-19 pandemic has been a tremendous burden on such people, as a result of which ASTTEQ and CCLSCA have adapted their activities and services to fit their needs. This panel, enriched by the sensitive testimonies of two speakers, will work to ensure that everyone can be part of the fight for equal treatment of queer, racialized and other marginalized elderly people. Your mere participation at the event will provide support to these collective actions.

For more information: [communications.creacc@gmail.com](mailto:communications.creacc@gmail.com)

## Conference: Peace Begins with You

By AISA Canada

**SATURDAY, OCTOBER 2, 1:30 P.M. TO 2:45 P.M.** | Online: Zoom  
and Facebook

French / Open to all / Free

Mindfulness and social transformation. Let's join together to explore ways of staying personally grounded in peace while being agents of social progress in a rapidly changing world.

Information: [cmoumina@conseilcdn.qc.ca](mailto:cmoumina@conseilcdn.qc.ca)



## Cuisine ton quartier Podcast

By ATSA - Quand L'Art passe à l'Action

**TUESDAY SEPTEMBRE 21** | Online: walk with virtual listening  
<https://atsa.qc.ca/balado-cuisine-ton-quartier/>

French / Open to all / Free

Listen to the testimonials of people who have immigrated, community organizations, social workers, and committed artists. Live the experience from your home or by going there in person, for an auditory guided tour at your own pace, immersed in the neighborhoods.

Information : [info@atsa.qc.ca](mailto:info@atsa.qc.ca)



## Invitation to Create an Epidemic of Smiles: Sower of Smiles

By Mouvement de Paix

**TUESDAY, SEPTEMBER 21**

Bilingual / Open to all / Free

Mouvement de Paix invites you to become a Sower of Smiles (Semeur de sourires)! Get yourself some challenge maps and hand them to people you know, inviting them to do kind gestures. The maps help to create moments of connection and joy, as much for the person who makes the gesture as for the one who receives it. Once again this year, the young Ambassadors of Peace will distribute challenge maps to create bridges of mutual support and respect, and to bring smiles to their schools and beyond. Would you like to do this too? Challenge maps are free and are available to the general public. Whether it is alone or with friends, at work or on a street corner, you have all the tools you need to create a smile epidemic in your community!

More information about the maps and challenges:

<https://www.mouvementdepaix.org/projets-et-evenements>



## Online Campaign: Virtual Postcards for Peace

By Equitas



**FROM 21 TO 27 SEPTEMBER** | Online: Instagram  
@equitas\_human\_rights

Bilingual / Open to all / Free



“Postcards for Peace” is an activity for Canadian children/youth that will be held in English and French. The activity will be hosted on social media, particularly Instagram. Participants will express by writing or drawing what peace means to them. We will provide them a template to participate and share their answers in their stories. A PDF version will also be available for younger people who are not social media or even educators who wish to do the activity with their students.

This activity uses a child rights-based approach (CRBA), which is an approach that focuses on the promotion, protection and realization of children’s rights. One of these rights, as stated in Article 12 of the Convention on the Rights of the Child, is the right of children to express themselves and to be heard, which implies that adults take children’s ideas into consideration.

Through the virtual “Postcards for peace” activity, children and youth will be encouraged to share their ideas with decision makers about what peace means to them. In this way, children and youth will exercise their right to express themselves and make their views known to decision-makers on issues that are important to them and that concern them.

Information: [lbodjrenou@equitas.org](mailto:lbodjrenou@equitas.org)

## Speaking Up for Peace: A Festive Public Event

By Collectif 21 Septembre



**TUESDAY, SEPTEMBER 21, 3 P.M. TO 5:30 P.M.** | Place du Coteau-Saint-Louis (Av. Laurier Est, corner Rivard)

French / Neighborhood residents around the public space / Free  
Accessible to all



Members of the Collectif 21 septembre will create a public space that celebrates the International Day of Peace. They invite passers-by to answer the question: Equity and me...? The answers are written down on paper and are immediately displayed on site.

Information : [evenements@maisondelamitie.ca](mailto:evenements@maisondelamitie.ca)

## Yoga as Peace-in-Action

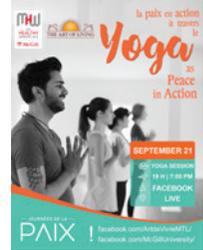
By La Fondation l'Art de Vivre et My Healthy Workplace  
de l'Université McGill

**TUESDAY, SEPTEMBER 21, 7 P.M. TO 8:30 P.M.** | Online: Facebook

Bilingual / Open to all / Free

Self-care is fundamental to getting healthier, stronger and happier. From that place of inner peace, we can then better connect with our community in a spirit of belongingness and inclusivity. The Art of Living stands for a violence-free, stress-free society that celebrates the diversity of all cultures. In partnership with My Healthy Workplace McGill, the Art of Living offers a yoga session. The virtual session will stream LIVE from the McGill Faculty Club on the Facebook page of both partner organizations.

Information : [ameesha.joshi@artofliving.ca](mailto:ameesha.joshi@artofliving.ca) | 514-715-1226



## Yoga - Meditation – Mindfulness : Feeling and Developing a Sense of Inner Peace

By Reiki Chakura et CReACC Diversités

**THURSDAY, SEPTEMBER 23, 6 P.M.** | Parc Maisonneuve,  
4601 rue Sherbrooke Est, Montréal

French / Open to all / Free (voluntary donations)

Description: We invite you to participate in a brief introduction to yoga in order to learn about its benefits to the body and mind:

- » Explanation of yoga, the impact of music on relaxation and introduction to abdominal breathing.
- » Connection and relaxation of the body through simple and gentle yoga postures.
- » Meditation on the heart to develop compassion, acceptance and self-love.
- » A few words on the benefits of mindfulness and letting go, before a question and answer period !

Information : [Reikichakura@outlook.com](mailto:Reikichakura@outlook.com) | 514-559-2339



## A Silent Reflection on Peace

By Femmes Internationales Murs Brisés Canada  
and Sanctuary of the Sacred Heart and Saint-Padre Pio

**THURSDAY SEPTEMBER 23, 6 P.M. TO 8 P.M.** | Sanctuary of the Sacred Heart and Saint-Padre Pio | 3650, boulevard de la Rousselière, Montreal

French / Open to all / Free

The Capuchin brothers and FIMB Canada invite you to walk in the wooded area of the Sanctuary of the Sacred Heart and Saint-Padre Pio. This silent walk will be dedicated to a reflection on peace and our desire to express it in our daily lives. You are then invited to a mass in honor of Padre Pio de Pietrelcina, one of the most popular saints of the 20th century, whose life was marked by courage, truth and justice, and to participate in a celebration in honour of Saint Philomena, Sunday September 26 at 5 p.m. at the Cathedral Basilica of Mary Queen of the World.

Information : [info@fimb-canada.org](mailto:info@fimb-canada.org)



## Youth Consultation #1

By Fondation Filles d'action

**SATURDAY, SEPTEMBER 25, 11 A.M. TO 1 P.M.  
& 3 P.M. TO 5 P.M.** | Youth Centre (Kent Chalet),  
3220 Appleton Ave., Côtes-des-neiges

Bilingual / Girls, young woman, non-binary, gender-fluid or gender non-conforming youth between 12 to 18 years old living in Tiotià:ké/ Montreal / Free / Registration required / Sign language of Quebec (LSQ) interpretation

We would like to do a youth consultation to find out the needs and interests of young girls and youth of gender diversity in Montreal/Tiotià: ké. All participants will be paid \$16/h, receive a radical self-care basket and an included meal.

Information: [alison@girlsactionfoundation.ca](mailto:alison@girlsactionfoundation.ca) | 514-867-5356

Registration: [https://docs.google.com/forms/d/e/1FAIpQLSckzHgtfGFD3Mi0wBtdpeLL-flxWr5DS8NH583M4FG3NSEbkA/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSckzHgtfGFD3Mi0wBtdpeLL-flxWr5DS8NH583M4FG3NSEbkA/viewform?usp=sf_link)



## Youth Consultation #2

By *Fondation Filles d'action*

**SUNDAY, SEPTEMBER 26, 11 A.M. TO 1 P.M.**

**& 3 P.M. TO 5 P.M.** | Parent-Roback House,  
469 Jean-Talon Street W, Room 101, Parc- Extension

Bilingual / Girls, young woman, non-binary, gender-fluid or gender non-conforming youth between 12 to 18 years old living in Tioà:ké/ Montreal / Free / Registration required / Sign language of Quebec (LSQ) interpretation

We would like to do a youth consultation to find out the needs and interests of young girls and youth of gender diversity in Montreal/Tiotia: ké. All participants will be paid \$16/h, receive a radical self-care basket and an included meal.

Information: [alison@girlsactionfoundation.ca](mailto:alison@girlsactionfoundation.ca) | 514-867-5356

Registration: [https://docs.google.com/forms/d/e/1FAIpQLSckzHgtfGFD3Mi0wBtdpeLl-flxWr5DS8NH583M4FG3NSEbkA/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSckzHgtfGFD3Mi0wBtdpeLl-flxWr5DS8NH583M4FG3NSEbkA/viewform?usp=sf_link)



## Peace Picnic

By *Welcome Collective*

**SUNDAY, SEPTEMBER 26, 1 P.M. TO 3 P.M.** | Near Jarry

Bilingual / Newcomer families of all ages / Free / Registration required, limited spots

Welcome Collective is organizing a picnic for 10 newcomer families. During the picnic, participants will receive a piece of paper, on which they can draw, write or otherwise illustrate what peace means to them. The session will be run by an experienced facilitator, and there will be a board on which participants will hang their piece of paper and have an opportunity to engage in discussion with the group about what they created. The event will also be an opportunity for participants to meet other newcomers and expand their social circles.

Registration required before September 1:

[alaa@welcomecollective.org](mailto:alaa@welcomecollective.org)



## Special Shabbat Service : From Racism to Emancipation

By Temple Emanu-El-Beth Sholom

**FRIDAY, OCTOBER 1, 7:45 P.M.** | Online : <https://zoom.us/j/369264424>

English / Open to all / Free

Please join Rabbi Grushcow at Temple Emanu-El-Beth Sholom and Bochra Manai, Commissioner for the fight against racism and systemic discrimination for the City of Montreal, online for a special Shabbat service, “From racism to emancipation” in collaboration with the Peace Network for Social Harmony. Everyone is welcome!

Information: [marci@templemontreal.ca](mailto:marci@templemontreal.ca)



## Youth Consultation #3

By Fondation Filles d'action

**SATURDAY, OCTOBER 2, 3 P.M. TO 5 P.M.** | Graffiti Café,  
625 De La Salle, Hochelaga

Bilingual / Girls, young woman, non-binary, gender-fluid or gender non-conforming youth between 12 to 18 years old living in Tiotia:ké/ Montreal / Free / Registration required / Sign language of Quebec (LSQ) interpretation

We would like to do a youth consultation to find out the needs and interests of young girls and youth of gender diversity in Montreal/ Tiotia: ké. All participants will be paid \$16/h, receive a radical self-care basket and an included meal.

Information: [alison@girlsactionfoundation.ca](mailto:alison@girlsactionfoundation.ca) | 514-867-5356

Registration: [https://docs.google.com/forms/d/e/1FAIpQLSckzHgtfGFD3Mi0wBtdpeLj-flxWr5DS8NH583M4FG3NSEbkA/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSckzHgtfGFD3Mi0wBtdpeLj-flxWr5DS8NH583M4FG3NSEbkA/viewform?usp=sf_link)



## Peace Days Closing Activity: Cocktail Evening with the Coalition Asiatique pour une Relève Émancipatrice

By Montreal LGBTQ + Community Centre and Peace Network for Social Harmony

**SATURDAY OCTOBER 2ND, 5:30 P.M. TO 8:30 P.M.** | 1676 Ontario East, Montreal

French / By invitation only

To close the 2021 edition of Peace Days, the Coalition Asiatique pour une Relève Émancipatrice is working with the Peace Network for Social Harmony to organize a cocktail evening that will highlight the resilience and creativity of Asian communities, and the need for everyone to live and achieve their full potential in an inclusive and united city. The event will include the launch of video clips that will be broadcast on Tel-Jeunes digital platforms. The clips highlight the experiences of Asian Quebecers, including psychosocial issues within Asian youth communities. Attendees will also discover outstanding Asian artists from Montreal.

Information : [andre.ho@cclgbtqplus.org](mailto:andre.ho@cclgbtqplus.org)



## Meditation for Healing and Reconciliation

By the Art of Living Foundation

**SATURDAY, OCTOBER 2, 7 P.M. TO 8 P.M.** | Online: Zoom

French / Open to all / Free / Registration required / Translation available in Atikamekw, Cree, Inuktitut, and French

Meditation creates a ripple effect of peace. Indigenous and non-Indigenous people are in need of healing and peace, as we reckon with past and current injustices. Join the Art of Living Foundation on October 2<sup>nd</sup>, the International Day of Non-Violence, as we meditate together to cultivate inner peace and nurture belongingness among all peoples.

This free, inclusive, online guided meditation will be conducted in French, with translation in Atikamekw, Cree, English, and Inuktitut. The Art of Living stands for a violence-free, stress-free society that celebrates the diversity of all cultures.

Registration required: <https://tinyurl.com/MeditationPeaceDays21>

Information: [lucie@srisri.org](mailto:lucie@srisri.org) | 514-836-0809



Michael Abril



Chantal Lévesque



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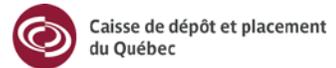
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