

# Vivre à Laval



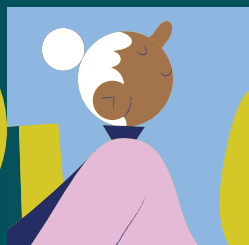
**Security First**  
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**Laval. Une île d'exceptions.**

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## Security First 17



### Cover page

The cover page of this edition of your *Vivre à Laval* comes from the imagination of Teo, an illustrator and prolific muralist from southern France who lives between Montreal and Paris. His playful and optimistic universe awakens our inner child. Thanks to his naive characters and his outstanding artwork, the artist promotes kindness and gentleness one illustration at a time.

The *Vivre à Laval* municipal magazine is delivered by Canada Post to all residential and commercial addresses in April, June, August and December.

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Logo FSC

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## On September 1<sup>st</sup>, it's all about moving!

Inflatable and bouncy games, rock climbing, tyrolean traverse, aerial course, le Studio digital space, scientific workshops, shows and many more free activities!

- 📍 Centre de la nature
- 🕒 10 a.m to 6 p.m.
- 🌐 [fetedelafamille.laval.ca](http://fetedelafamille.laval.ca)



### Dear Laval citizens,

Fall is upon us, and it is time to wish all our kids a pleasant back to school. Hopefully, this new school year will provide them with amazing discoveries and great achievements. I wish to remind you that road safety near school areas is a priority. We count on everyone's constant vigilance to ensure the well-being of our schoolchildren all year long.

Soon, the leaves will spread a multicoloured carpet in our woods and parks and at the Centre de la nature. I invite you to participate in the many activities planned during the Halloween season, before trick-or-treat evening. However, even if it is fun to scare each other that night, safety must remain a priority. Make sure our streets stay safe and our trick-or-treaters enjoy this special night peacefully.

I am very proud of our achievements over the past few years to strengthen our sense of security and improve our quality of life. Thanks to the joint efforts of the Laval police department, municipal employees and our community partners, we made noteworthy progress. I invite you to read the central section of this edition to find out more about some of the concrete actions that were implemented.

Finally, take advantage of all free or low-cost activities offered in our public libraries, at the Maison des arts, and by our partner organizations. This edition of Vivre à Laval proposes lots of things to do. And, most of all, join us on September 1st to take part in the Fête de la famille and share great moments with your fellow citizens.

I wish you all a beautiful and mild fall.

**Stéphane Boyer**

- 🌐 [maire.laval.ca](http://maire.laval.ca)
- 👤 Stéphane Boyer, mayor of Laval

### Municipal Agenda

**Temporary car shelter  
installation**  
October 15

**Time change and smoke  
detectors**  
November 3

## Participative Budget: Ideas Becoming Realities

Did you notice the improvements on Cartier Boulevard? The project “Le boulevard Cartier se refait une beauté” of the first participative budget is being implemented and offers green terraces embellishing the area, creates great meeting places, and increases the commercial attractiveness of the neighbourhood. Facilities were decorated with public art pieces displayed on adjacent building walls.

It is now possible to use the “Circuits actifs of Sainte-Rose”, a network of four marked circuits focusing on active transportation (bicycle, walk, run). Meanwhile, you will discover this neighbourhood attractions such as parks, waterfronts, community centres and the public library.

The “Papillons en liberté” project was also implemented on Chenon-ceau Street, in Chomedey. This large biodiversity garden includes a great variety of perennials that attract butterflies and other pollinators. Many microbibliothèques were also set up in a few locations on the island to please enthusiastic readers.

📍 To know more about project developments, go to [laval.ca](http://laval.ca), under Citizens, Get involved.

### The second edition still going on

After collecting ideas last spring, the second edition of the participative budget is now being developed. By next fall, citizens who wish to get involved are invited to take part in a prioritization workshop to discuss, debate and classifies all ideas collected by sector. Other workshops will be organized later to develop projects in subgroups with the support of the municipal services. The objective will be, at first, to create a preliminary list of projects to be analyzed by the City, then to identify the people of the community that will be invited to improve the projects.

📍 You want to get involved? Workshops will be held online and are open to all. Remain informed at [repensons.laval.ca](http://repensons.laval.ca). Dates will be announced shortly.



L'artiste Sayeh Sarfaraz en action dans le cadre du projet « Le boulevard Cartier se refait une beauté »

© Ville de Laval

## This Way for Permits

The procedure to obtain a construction or renovation permit for your house is now done faster. Indeed, despite an increasing demand, deadlines to get a permit has significantly improved over the past few months. Whether you need a permit to build a new house, install a residential pool or set up an additional dwelling unit, delays to obtain an authorization certificate or a construction/renovation permit are now shorter. Continuous optimization of our processes and enhancement of our dedicated teams to process all requests greatly contributed to this improvement.

### Did you know?

Faster permit issuance is a joint responsibility shared by both the City and the homeowners since the permit application must be completed properly to initiate the process as soon as possible.

**A valuable link between  
Laval, its citizens and  
its elected officials!**

**Ombudsman  
de Laval**



**Contact us**  
450-978-3699  
[ombudsmanlaval.ca](http://ombudsmanlaval.ca)

**Nathalie Blais**, Ombudsman  
of the City of Laval



## Auditor General Report: Recommendations That Go a Long Way

Each year, the Auditor General reports her findings and issues recommendations to improve City management. Based on the principle of accountability, collaboration and transparency, the recommendation follow-up process calls for the joint commitment of the Auditor General, City managers, the City general management, the organizational performance bureau, as well as the audit committee.

For a period of four years following the tabling of an annual report, the Auditor General monitors, and reports on the progress of action plans established by the City to implement recommendations. As of December 31, 2023, 86% of the recommendations issued in the Auditor General's 2019 annual report were implemented or had significantly progressed, compared to 67% for the previous year.

The Auditor General annual report, tabled during the August 13 city council meeting, included all the work done by her team, among which a section is dedicated to the implementation of recommendations.

📌 For more details, refer to the report at [laval.ca](http://laval.ca), under À propos, Administration municipale, Gouvernance et vérification, Bureau du vérificateur général



© Vincent Grand

## Municipalité amie des enfants: An Improved Programming to Celebrate 10 Years

This year, the City of Laval celebrates the 10th anniversary of its designation as Municipalité amie des enfants (MAE). A children-friendly municipality (MAE) is a city that makes significant efforts to create a welcoming, safe, and accessible environment for children and young people, allowing them to be part of the community life. It is committed to promote the rights of young people aged 0 to 17 and to make sure they are informed, consulted, listened to, and respected in all the decisions and initiatives that concern them.

To commemorate the World Children's Day on November 20, a series of events will take place during the whole month, in collaboration with different organizations and partners. Among these activities, there will be the traditional solidarity march organized by the Maison des Enfants le Dauphin, with the City of Laval and other partners. The march will take place on November 20 in Chomedey. Join us all!

📌 [laval.ca](http://laval.ca), under À propos, Politiques municipales, Municipalité amie des enfants



## For A Safer Swimming

The provincial by-law on residential pool safety now applies to all pools. Therefore, owners of pools installed before November 1<sup>st</sup>, 2010, must now adhere to the new safety regulations by September 30, 2025 (end of acquired right). Note that before changing safety fencing for a pool or a spa of a capacity exceeding 2000 litres, a certificate of authorization must be issued by the City.

This regulation is to ensure safety around pools and spas hence reducing drowning risks. Refer to the tools available to help you check your installation compliance at <https://www.laval.ca/Pages/Fr/Citoyens/piscine-spa.aspx#normes-annee-installation>

📌 To have access to the gouvernement du Québec self-evaluation forms, go to [permits.laval.ca](https://permits.laval.ca), under Swimming pools and spas

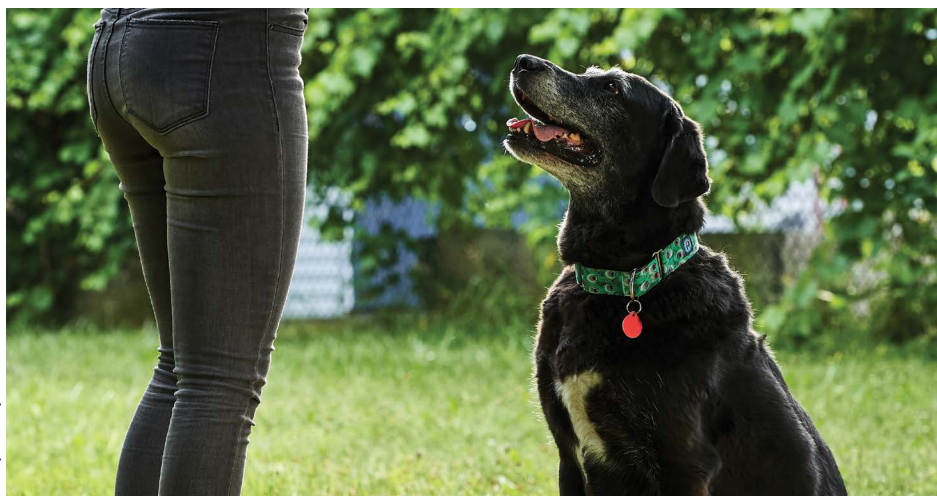
**Want a parking permit? Go online.**

Visit Mon Dossier. The citizen portal.

📌 [mondossier.laval.ca](http://mondossier.laval.ca)



© Jany Tremblay



## With Their Tags on, Cats and Dogs Are Champions

You share your home with a dog or a cat? It is mandatory to get a permit and have each of them wear a tag.

### A tag, a brilliant idea:

- It allows you to be contacted rapidly if your pet gets away and is found.
- It allows for the identification of dog and cat populations on the territory; these statistics are essential to our citizens' safety and to offer appropriate services to pet owners.
- It prevents you from getting a \$300 fine.

📞 Ask for a tag online at [animaux.laval.ca](http://animaux.laval.ca)



## Well-Maintained Streets This Fall

During fall, street maintenance provides clean and safe public spaces. Every little action counts and everyone can participate. For instance, temporary car shelter must be installed at least two feet away from the sidewalk or four feet away from the street. Each action facilitates the sweeping of streets, sidewalks and cycling paths.

A well-maintained street improves our quality of life while providing safe and pleasant travels. Together, let's contribute to the beauty and cleanliness of our city.

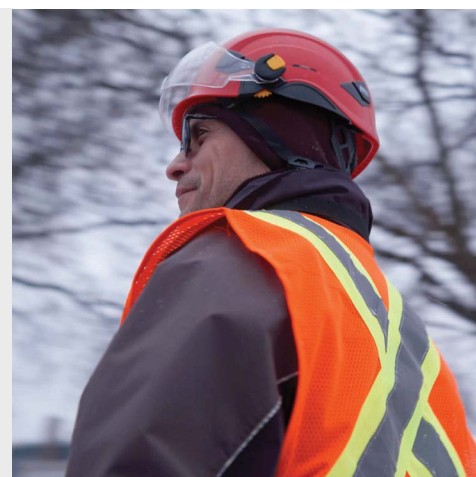
## Our Snow Removal Team is Recruiting

A guaranteed income this winter! Interested? Join the City blue-collar team! A full-time contract ideal for people who like to move around, do physical work and perform a variety of tasks.

*"I like working outdoors, I am a sportsman. Things have to move! As blue collars, we work on the public roads, in parks, we take care of maintenance and snow removal. We keep our city clean for people to enjoy. Working schedules at the City are great as they allow us to balance work and family life."*

— François, blue collar for the City for many years

📞 Apply now at [jobs.laval.ca](http://jobs.laval.ca), under Sectors of Employment, Blue-collar Workers and Public Works



© @Moonstrunk

## Laval Residents Blood Drive.

On October 24, give blood.

📍 Place Bell 📞 [evenements.laval.ca](http://evenements.laval.ca)







## Important Reminder: Before Blocking a Public Road, Inform the City

Before installing a waste container or any materials (gravel, pile of earth, wood) on the road, it is mandatory to inform the City and, in most cases, to get a permit to do so. This by-law is essential to provide safer travels on sidewalks, cycling paths and shoulders. A closer management of temporary obstruction contributes to the safety of all public road users.

A charge could apply to deliver a permit depending on the duration, the location and the type of traffic lane involved. The first 24 hours are free on local and collector streets if the area to be blocked is entirely included within a street parking space.

📍 [permits.laval.ca](https://permits.laval.ca), under Temporary occupancy of a public way



## Improving Access to the Downtown Area

Work to improve traffic flow next to De la Concorde and Le Corbusier sector will start during the upcoming weeks. The work will include the reconfiguration of autoroute 15 north ramps at De la Concorde Boulevard West.

The addition of a new ramp on De la Concorde Boulevard, east of the overpass, will provide direct access to autoroute 15 northbound from De la Concorde Boulevard, instead of using Claude-Gagné Street.

During construction work:

- autoroute 15 north off-ramp exit towards Le Corbusier Boulevard will be closed. Access to this area will be possible via De la Concorde Boulevard;
- autoroute 15 on-ramp will remain open almost all the time until work completion

Appropriate signalling will be put in place to indicate detours during road obstructions.

📍 For more information: [laval.ca](https://laval.ca), under Citizens, Transport, Snow Removal and Road Works

# Help making our island exceptional.

Prerequisite: caring about citizen's well-being.

📍 [emplois.laval.ca](https://emplois.laval.ca)



Bois de l'Équerre  
Sainte-Rose

# 2023 – Laval at a Glance

Here's an overview of economic data for Laval in 2023. The complete report on Laval's economy may be found online at

[lavaleconomique.com/en](https://lavaleconomique.com/en),  
under About us / Documentation

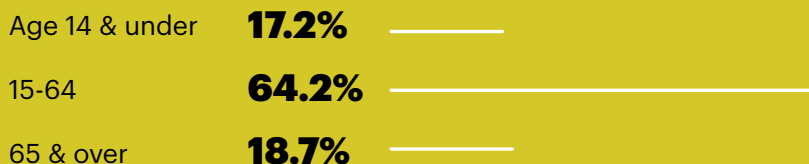


Population

**446,476**  
(2022)

## Age groups of population

Women and men combined (average age 42.4 years)



By  
gender  
(2022)



**50.6%**  
225,870



**49.4%**  
220,606

**31.5%**

Immigrant population

**2nd largest  
receiving city**  
(2021)

**+12.4%**

Population growth  
(2021/2041)



Households

(Number of people per household, 2021)



Population  
density

**1,814,9**  
**residents per km<sup>2</sup>**  
(2022)



Languages  
(2021)

**31.8%** French  
**5.8%** English

**60.3%** French & English  
**2.1%** Other



## Housing (2021)

In 2021, the homeownership rate was 66.6% and the rental rate was 33.4%.

**44.8%**

Single-family home

**11.9%**

Semi-detached or townhouse

**9.8%**

Building with 5 storeys or more

**0.2%**

Others

**33.4%**

Apartment or flat in a duplex



## Education (Population age 25-64, 2021)

**17.5%**

High school education

**19%**

College education

**15.1%**

Diploma from a trade school

**37.5%**

University education

**10.9%**

No diploma or degree



## Income

**\$29.60**

Men's average hourly salary

**\$26.60**

Women's average hourly salary

**\$85,000**

Median income per household in 2020 (vs \$72,500 QC)

**\$32,800**

Disposable income per resident in 2020 (vs \$33,093 QC)

**\$28.11**

Average hourly salary



# Keep abreast of the latest news.

Essential news, training  
and events for business  
people.

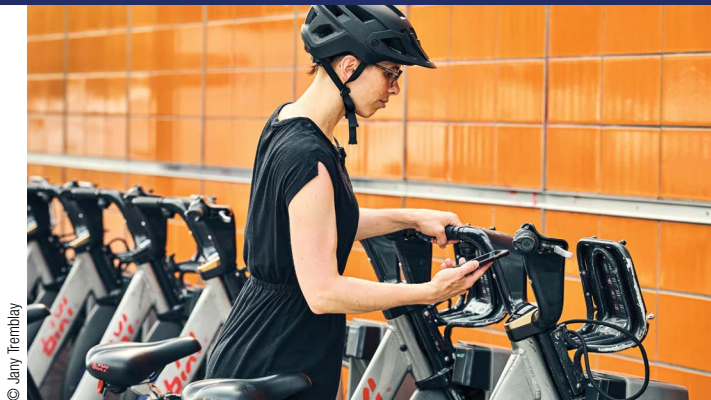
Subscribe to our newsletter.

[infolettre.lavaleconomique.com](mailto:infolettre.lavaleconomique.com)

Sources (for all data): Institut de la statistique du Québec (ISQ), Statistics Canada and Québec government

**laval économique**





© Jany Tremblay

## Biking Season Still Going On

With its mild temperature and colourful landscapes, fall is the ideal time of the year to get started with durable and active transportation. Discover the numerous options offered on the island to positively change your urban commuting.

Until November 15, you may explore Laval using a BIXI. As a matter of fact, the network will continue to grow until 2025. To ease your commuting in the downtown area and vicinity, self-service electric scooters are also available until this date.



© Mélisane Joly, Espoirs Laval

For children aged 5 to 12 years, the Espoirs Laval cycling club organizes a biking initiation activity. This event allows young people to learn the rules of the road in a friendly and safe manner, away from motor vehicles. This is a great opportunity to borrow a free bicycle, a balance bike and helmet offered in some public libraries and at the Centre de la nature.

- 📍 To know more about this initiation activity and where to borrow equipment, go to [loisirs.laval.ca](https://loisirs.laval.ca), under Vélo et déplacement actif / Vélo / Activités de vélo.

To make biking more accessible, a learning program is also offered to women who never had the chance to use a bicycle.

- 📍 To know more about the programme, go to [leisure.laval.ca](https://leisure.laval.ca), under Bicycle and Active Transportation



## STL: Plan Your Trips!

### Changes of Schedules

Returning to work or going back to school? Many bus line schedules were changed according to demand and use.

- 📍 To plan your trips, go to [stlaval.ca/rentree2024](https://stlaval.ca/rentree2024)

During public holidays, bus schedules change. Here are a few dates to remember this fall:

**September 2 (Labour Day):** Sunday schedule

**October 14 (Thanksgiving):** Saturday schedule

### Chrono App at your service

Make your public transit trips easier with the Chrono App. You can recharge your OPUS card, see the fares you have on it, check the schedules and much more. Download the Chrono App now!

### One month free? Yes please!

You use public transit on a regular basis during the year? Yearly subscription to OPUS+ offers interesting benefits like the 12th month for free when buying 11 consecutive monthly fares, and the automatic renewal of your monthly fare.

- 📍 To subscribe: [stlaval.ca/exo-abonnement](https://stlaval.ca/exo-abonnement)

### The OPUS card does expire!

Full-time students must renew their OPUS card with photo before October 31 to take advantage of the reduced rate. Avoid long waiting lines and renew your card now!

- 📍 For more details: [stlaval.ca/practical-info/student](https://stlaval.ca/practical-info/student)

## We add sidewalks for Lamarche.

Tobin, Zheng, Hassani, Docelus, Cook...

📍 [travaux.laval.ca](https://travaux.laval.ca)



## Discover Recreational and Leisure Areas

Two new neighbourhood parks, meticulously designed over the past few months to satisfy the community needs, are now accessible to all. These green spaces offer different facilities inviting residents to enjoy relaxing moments and to practise their favourite sport or leisure activity.

### Le Sorbier Park in Sainte-Rose

The major part of the paved section behind Le Sorbier community centre has been demineralized and transformed into a recreational area. This new park includes a relaxation area with urban furniture, lit trails, two games of bowls, one basketball half-court and one rollerblade module. Also, a children's play area will be set up and trees planted within the next months.

### Sainte-Béatrice Park in Auteuil

Major work improved this park facilities. Tennis courts were refurbished, and the soccer field was covered with a synthetic surface. A new entrance on Péladeau Street and new lit trails were also added. Within the next few months, close to a hundred different species of trees will be planted to enhance the park canopy. A second phase of improvement is presently being planned by our teams.

Meanwhile, enjoy the beautiful autumnal days to discover these new parks!

## Bring a Barbecue at the Park for a Festive Meal



Good news for those who like meeting with friends and family to enjoy the sun and taste grilled food outdoors! The City of Laval pursues the implementation of its pilot project aiming to allow the use of portable charcoal or propane barbecues in certain parks. It is also possible to drink alcohol moderately with the meal.

The number of Laval parks included in this project is now up to twelve, with the addition of six new parks in 2024. They are du Moulin, Chopin, Rosaire-Gauthier, des Coccinelles, des Saules and Prévost parks. These new locations were added to Bernard-Landry, Berthiaume-Du Tremblay, Légaré, Champfleury, Jolibourg parks and the Centre de la nature.

This initiative boosts the revitalization of picnic areas, so they become more attractive meeting places.

Certain conditions stated on the City website and in parks must be adhered to by all users. The responsible consumption of alcohol is authorized only in the picnic areas of parks identified above and must accompany a complete meal. Also, to reduce the risks of food allergies, it is important to eat in the picnic areas only and to wash both your hands and areas used.

Based on previous editions of the pilot project, some improvements were made this year to optimize the user's experience. Signalling was improved with easy-to-read panels identifying residual waste bins and ash collection locations. Actions are also being taken to increase universal accessibility at park and trail entrances, and to adapt picnic tables.

**📍 To know more about the parks and use conditions, go to [parcs.laval.ca](https://parcs.laval.ca), under Parcs, bois et boisés, Barbecue**

## 325 km of cycle paths to explore. Enough to leave the car home.

Discover the bike path network.

**📍 [climat.laval.ca](https://climat.laval.ca),  
under Créons des lendemains plus verts**



© Simon Laroche



## Back-to-School Goes Hand in Hand with Sports and Leisure Activities!

Looking for the ideal activity to move and get back into a routine more pleasantly? You want your child to develop his/her creativity, physical condition, or team spirit? Many interesting classes and opportunities are offered in your neighbourhood by organizations specialized in arts, sports, or recreational activities.

Discover the offer available near you and enjoy the pleasure and benefits of engaging in an activity you are passionate about.

Visual arts, singing, music, science, dance, team sports, individual or fighting sports; there is something for every age, taste, and level. Re-engage in your favorite leisure activities or discover new ones.

- 📌 It is now time to register! Refer to the organization websites now to know more about their activity offer. You will find all the information at [leisure.laval.ca](http://leisure.laval.ca), under Registering for Leisure Activities



© Simon Laroche

## A Dose of Colour Vitamin in Laval Woods and Woodlands

The beautiful fall colours will soon decorate our urban woods! Take advantage of this enchanting season to walk in the woods and woodlands nearby and to discover quiet peace havens. Those are the perfect locations to meet with friends and spend some quality time with your family.

A variety of free outdoor activities are also offered by CANOPÉE in Laval woods and woodlands. Listen to tales in the woods, attend animated activities on fauna and flora offered by naturalists, or participate to guided tours and much more!

- 📌 To see CANOPÉE complete programming, go to [reseaucanopee.org/fr/activites](http://reseaucanopee.org/fr/activites)

### You want to join a walking club?

- 📌 Visit the Groupe Promo Santé Laval website to find out about a club near you: [gpslaval.com](http://gpslaval.com)

## Aquatic Activities Calendar

August  
**18**

Progressive closing  
of outdoor swimming  
pools and  
splash pads.  
(until September 2)

August  
**25**

Closing of the Berge  
aux Quatre-Vents  
beach.  
(if water level allows it)

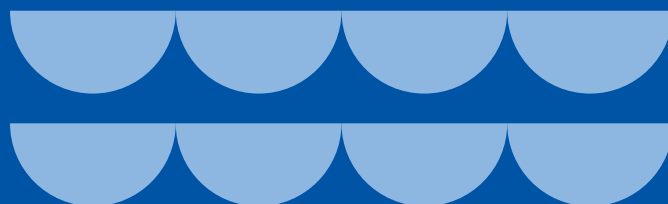
September  
**4**

Fall registration to  
aquatic activities.

October  
**1<sup>st</sup>**

Start of fall aquatic  
activities.

 [piscines.laval.ca](http://piscines.laval.ca)





## Free Training to Ensure Pool Safety: Follow Jenny's Example

Jenny, a dynamic student, completed a lifeguard training session in Laval. Qualified to work in swimming facilities, she had decided to take free classes to get a first student job allowing her to gain experience and stay fit. Discover her inspiring story!

### How did you learn about free training classes?

During an open swim at the municipal pool, my mother asked the lifeguards on duty how they got their job. They told us that even if they had not completed the swimming classes, it was possible to register for the training class. All you need is a swimming ability equivalent to a level 6. As a matter of fact, you can have your ability assessed for free during any public open swim time in indoor pools.

### What motivated you to take the classes?

One of my friends was a lifeguard and I was impressed by the responsibilities linked to her job. When I started the class, I had some difficulty at first, but I motivated myself thinking that if my friend could make it, I could too. Thanks to the support of the excellent group of trainers, that encouraged me to pursue, I succeeded.

### What abilities did you gain through training?

Since we work as a group, I would say teamwork, but I also gained discipline, a sense of responsibility and mostly determination. Physical tests were challenging but I persevered and finally succeeded.

### Would you recommend this training class to other people?

Absolutely! It is free and everything I learned will be helpful my whole life. Managing first aid cares can save lives, whether in a pool or elsewhere. Also, after taking this training, I got a gratifying job that motivates me a lot.

### What tips would you give to someone wishing to take the training classes?

Never give up! There is always a solution. Give yourself some time and practise a lot!

### You want to follow in Jenny's footsteps?

- 🕒 Register now for free training classes at [swimmingpools.laval.ca](https://swimmingpools.laval.ca), under Training for lifeguards and aquatic instructors

## Inclusive Access to Leisure Activities

The Programme Accès-Loisirs Laval allows low-income individuals and families to have free access to cultural, leisure, sporting and outdoor activities.

- 🕒 For more information, refer to [leisure.laval.ca](https://leisure.laval.ca) under Registering for Leisure Activities



## No Need to Be Athletic to Run

Running is a simple fitness activity that allows you to challenge and surpass yourself. All you need is a good pair of shoes and a little willpower!

By the way, did you know that you can run at no charge at the Claude-Ferragne track and field stadium? Come and discover this five-star facility located in the Odyssée-des-Jeunes park school.

No registration is needed to run at this facility, and it is free during specific time slots.

- 🕒 To know the schedule, go to [sportspleinair.laval.ca](https://sportspleinair.laval.ca), under Athlétisme.

The City of Laval offers its condolence to the family of **Claude Ferragne**, track and field pioneer in Quebec, who died last July.

**We are recruiting  
for our aquatic  
complex.**

**Prerequisite: To be like a fish  
in water.**

🕒 [emplois.laval.ca](https://emplois.laval.ca)





© Sophie Poliquin



## A Comprehensive Programming for the 35<sup>th</sup> Edition of the Semaine lavalloise des aînés

In Laval, we take care of our seniors. This year again, the City, in collaboration with some fifteen local and regional community organizations, proposes an interesting programming during the Semaine lavalloise des aînés. Some forty social, sporting and cultural activities will be offered during the 35<sup>th</sup> edition to be held from October 1<sup>st</sup> to 7, 2024, among which a concert by Guylaine Tanguay.

Under the theme “1001 façons de s'activer”, the City of Laval and its partners celebrate the contribution and involvement of senior citizens to our community by organizing activities that suit their interests. Find out more about the programming on [evenements.laval.ca](http://evenements.laval.ca), under Semaine lavalloise des aînés.

The social development division of the City of Laval wishes to thank all participating organizations, without which this event could not be possible.

### Win Guylaine Tanguay Concert Tickets!

All Laval residents aged 50 and over can participate in a contest to win one of the hundred pairs of concert tickets to attend the country music show of Guylaine Tanguay at Salle André-Mathieu on October 6, 2024, at 2:00 PM.

🔔 To participate, fill out the form online and send it between August 28 and September 13 to [concours.laval.ca](http://concours.laval.ca)

© Vincent Girard



## Celebrate Diversity and Inclusion

Under the unifying theme “Le Québec en commun,” the 2024 edition of the Semaine québécoise des rencontres interculturelles (SQRI) puts the highlight on the positive contribution of citizens from every origin to the development and prosperity of Québec. This event is also the perfect opportunity for Laval's residents to promote dialogue, facilitate integration and fight against prejudice and discrimination to reinforce social cohesion and build harmonious intercultural relationships.

Everywhere in Québec, many activities will be organized during this special week. To find out more about other events organized in the province, go to [quebec.ca/immigration/semaine-quebecoise-rencontres-interculturelles](http://quebec.ca/immigration/semaine-quebecoise-rencontres-interculturelles).

🔔 For more information on the Laval edition, go to [events.laval.ca](http://events.laval.ca) under Diversity



**Grand Montréal**

### Find All the Help You Need, Dial 211

Having access to help sometimes seems complicated. Fortunately, a service is available to find all the resources you need in your municipality.

🔔 To know more about the community organization offering support near you, dial 211 or refer to the Laval organization directory at [211qc.ca](http://211qc.ca).



## Volunteering: The Beating Heart of our Community

Volunteering is undergoing intense changes in Laval. Opportunities to engage in the community evolved over the past years. Traditional volunteering has been replaced by opportunities that offer more flexibility, namely in terms of schedules. Volunteering time slots are more convenient, profitable, and accessible to all. No matter your age, you can use your skills, develop your interests, and fill your leisure time by becoming a volunteer.

### Your values to serve a local cause

The 450 community organizations of Laval need your work, your spirit, and your heart. Your commitment, whether in hours per month, in weeks or even occasionally, is a precious resource for them. Of course, a strong commitment is always greatly appreciated, but giving a simple hand from time to time is also welcome. With this flexibility, also comes a greater variety of fields or activities that need your help. There is certainly a cause that you are fond of. Open your heart and, depending on your interest, support an organization working in a social environment that means something to you, such as food assistance, integration of newcomers, breaking the isolation of elders, homework assistance, active listening, sports, cultural events, fund-raising, and so many more.

### For altruism, health, and connection reasons

The support given to Laval's citizens by our community organizations and their volunteers creates a strong social safety net, helps set a collaborative and comforting environment, and ensures social cohesion to the whole community. Without the crucial support of volunteers, some organizations would have a less important reach, and some could even stop operating.

In addition to ensuring the survival of this assistance network, getting involved with your community brings its share of benefits. Giving back to others makes you feel good and provides a great sense of fulfillment and duty. To be a volunteer also contributes to having a more active life which represents a meaningful advantage for people recently retired. For younger people, why not help an organization that needs your energy instead of going to the fitness centre once a month? As a social activity, volunteerism also allows you to meet other people who share common interests with you and could even develop in new friendly relationships. So, don't wait any longer and participate in Laval's vitality by adding to your own happiness!

### In Laval, we love our volunteers, and we take care of them.

The City of Laval works closely with local organizations to satisfy their needs. From September to June, the City gets involved by offering them training classes. It also provides them with different types of support such as organizational assistance, visibility improvement and recruiting, and is involved with the annual Semaine de l'action bénévole.

📍 To consult free training offered, go to [laval.ca](http://laval.ca) under Activités, Organismes et bénévoles, Formations, Formations pour les organismes

### You want to become a volunteer in Laval?

Attend the short training session "Devenir bénévole : par où commencer" to be held online on September 18 from 12:00 to 12:45 PM. You will know more about opportunities and recruiting platforms.

- 📍 For registration, go to [laval.ca](http://laval.ca) under Activités, Organismes et bénévoles, Bénévolat, Devenir bénévole
- 📍 You can also visit the [jebenevole.ca](http://jebenevole.ca) to seek volunteering opportunities that suit your expectations

### You would like to share your ideas, your experience and get involved in your community?

Attend the *Rencontre ton C.A. de choix* evening on September 12! This free event allows you to discuss with Laval community organizations and advisory committees' representatives. Here is a golden opportunity to find out more about volunteering opportunities.

📍 [implicationcitoyenne.laval.ca](http://implicationcitoyenne.laval.ca)



## Get Fired-Up for Fire Prevention Week!

The fire prevention week will be held from October 6 to 12. In Laval, it traditionally starts by an open house in our fire stations.

This theme week mainly offers the opportunity to remind everyone of safe behaviours to adopt to avoid fires that could easily be avoided. Remember that **49% of all residential fires are caused by a distraction or a human error.**

© Vincent Girard



### Distractions cause cooking fires

In Laval, **22%** of fires start in the kitchen, among which **71%** are caused by overheated oil.

#### How to cook safely?

- Stay close to the stove.
- Avoid distractions (cellphone, TV, computer).
- Do not fry in a pot full of oil.
- Use a CSA- or ULC- approved fryer with a thermostat.
- Keep the cooking pan handle in the centre of the stove.
- Make sure children are kept away from the stove.

One cannot repeat it enough: always keep an eye on your pots and pans while cooking!

🔔 For more fire prevention tips, go to [fire-safety.laval.ca](http://fire-safety.laval.ca)



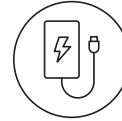
### The smoke detector is not an option

Did you know that **48%** of fires in Laval are reported without a functional smoke detector?

Yet, it is not an optional accessory! A smoke detector that works is mandatory in every dwelling and on each floor (including the basement) of a single-family home.

A recent change in the by-law calls for the installation of a 10-year lifetime irremovable lithium cell smoke detector in all residential houses built before 1985. It replaces the 9 V battery operated smoke detectors.

Important fact: All these smoke detector models have a 10-year lifetime. Check the date of your detector and change it if the date is before 2014!



### Recharge safely

Close to **25%** of fires are of electric or electronic source. The numerous rechargeable devices in the house (telephones, iPads, portable computers, cars, etc.) generate an additional fire risk.

Here are a few tips to recharge your devices safely:

- Use an approved charger.
- Recharge the device on a flat surface (never on a bed, a pillow or under a blanket).
- Place the device away from flammable material (paper, fabric) and, preferably, in a room equipped with a smoke detector.
- Do not expose nor recharge batteries during intense heat or cold conditions.
- Check for any defect of the battery (swelling, strange noise, leaks, abnormal heat) and stop using the device at once.

Laval's firefighters take your lives to heart.

# Open house October 6



Service de  
sécurité incendie  
de Laval

Come and meet us.  
[fire-safety.laval.ca](http://fire-safety.laval.ca)





# For Our Collective Well-being

**In Laval, the third-largest city of Québec, we cultivate a good environment to live in and where to feel safe. Here, security is an absolute priority, and therefore numerous initiatives are constantly being implemented to reinforce it. Thanks to innovation, the commitment of emergency services, and significant investments, the City responds with agility to the growing challenges of our ever-changing society.**

**Together, we continue to create a city where security and collective well-being are a daily concern.**

## Invest to Build a Safer Future.

To fight against emerging crime behaviours, and to strengthen its operational capacity, the City of Laval and the ministère de la Sécurité publique du Québec invested in 2023 some \$37MM over five years. This financial contribution allowed for the recruiting of 50 new police officers and improved the efficiency of resource deployment within the Service de police de Laval (SPL).

Concrete initiatives included in the Plan stratégique Sécurité et bien-être collectif that was unveiled last June, show that it is possible to positively impact our community security and well-being. This progress is achieved through an efficient collaboration between different partners, organizations, and municipal services.

Day and night, 365 days a year, the Service de police de Laval and its 900 police and civilian members are strongly committed and mobilized to offer Laval's citizens the safest environment possible.



# Laval: A Global Vision for Security.



Laval stands out for its abiding commitment to the security of its residents. Among the flagship actions taken over the past years, note the efficient fight against gun violence led by the SPL, the continuous efforts to combat fraud, the measures taken to improve security in our streets, and many other innovative projects. There is no doubt that the Laval community remains proactive to ensure a safe and welcoming environment to all.

## The SPL in Action.

Between 2019 and 2021, the use of firearms in Québec and Canada has risen dramatically. The Service de police de Laval quickly responded to this increase by implementing the Paradoxe coordinated project that involves not only police forces but also civilian experts of the SPL and active members of the community. To achieve its objectives, Paradoxe relies on a series of actions to collect data, to investigate, to exercise surveillance, to increase visibility and prevention.

In 2023, for the second year in a row, Laval recorded a clear decrease in the number of events involving the use of firearms, from 43 events in 2021 to 13 in 2023. This significant drop adds to the seizure of 57 firearms and 30 arrests made possible thanks to the SPL team increased vigilance.

Prevention is the centrepiece of the fight against urban violence. Initiatives taken include the active presence of police officers in parks and high schools to build good relationships with young people, and the organization of sporting events to enhance confidence and mutual understanding.

Simultaneously, commercial organization security is also a priority for the Service de police de Laval. The Mèche project was launched to protect against recurring violence and extortion. This joint project with the Montreal police department and the Sûreté du Québec led among others to the seizure of six firearms and 54 arrests in 2023.

## Join the SPL!

You want to make a difference in your community? We are presently recruiting passionate and committed individuals to join our team.

 [jobs.laval.ca](https://jobs.laval.ca), under Sectors of Employment / Police



## Accessible and Safe Streets for All



### A street for all

Laval reinvests in local streets to ensure security, inclusion, and active mobility with the addition of 300 speed bumps, 15 km of new cycling paths, and over 5 km of new pedestrian lanes.

📍 [laval.ca](#), under **Citizens, Transport/Snow Removal and Road Works/Info Road Work/A street for one and all.**

### Débarque-moi en toute sécurité

This four-staged campaign during the school year promotes safe behaviours near schools such as enforcement of speed limits and mandatory stops when meeting a school bus with its overhead red signal lights flashing.

### Tout doux dans nos rues

This popular campaign is back this fall to promote once again reduced speed limits and road safety measures in a funny and original way.

📍 [laval.ca](#), under **Citizens, Snow Removal and Road Works/Info Road Work/Traffic Calming, Speed Limits**



## Kino: Two Years of Comforting and Accompanying Services.

The Chien de soutien squad, a first at the SPL, consists of Kino, a Golden retriever cross Labrador, and two detective sergeants. The squad offers emotional and psychological support to people who have been involved in a traumatic event. So far, Kino accompanied 136 victims during interviews, preparation for testifying, meetings with lawyers, and more.

## Social Emergency: An Innovative Approach.

Interventions to help distressed people with mental health issues has been increasing for many years. Since January 2022, the Urgence sociale division conducts social patrols five days a week. These teams include two specialists having access to police radio frequencies and to 911 calling cards to promptly respond to complicated situations such as a disorganized individual in crisis, domestic or marital violence, abuse, and homelessness. In 2023, 5,712 calls were made to assist 3,271 citizens and their families. Sixty-one percent of these calls helped our police forces to do their work and demonstrated how important this unique approach in Québec is to support all SPL interventions.

## Tips to Prevent Fraud.

People using fraudulent practices are very creative and use new strategies, notably artificial intelligence which rapidly develops. Yet, simple actions can protect you against fraud. It is very important to never disclose any personal or banking information. Always remain vigilant and contact the SPL in case of a concerning or suspicious situation.

📍 [police.laval.ca](#), sous **Prévention/Fraude**

# For My Safety, I Am Getting Ready!



**In the event of a major disaster, you could be required to leave your home rapidly and emergently. To be ready for such an event, prepare a ready-to-go bag, easy to carry including essential articles such as:**

- ID cards and copies of important documents
- Cash
- Medicine, copies of prescriptions and first necessity devices
- Phone charger
- Hygiene products
- Changing clothes
- Water bottle and nonperishable snacks
- A paper copy of your family safety plan

 [iprepare.laval.ca](https://iprepare.laval.ca)

## At the Sound of the Siren, Find Shelter.

Since this spring, alert sirens have been installed in certain industries of Laval. These devices are used to quickly alert the population in the event of a major accident involving toxic leaks or a risk of explosion that could cause harmful consequences beyond the site limits.

The siren makes an audible sound increasing and decreasing for three minutes. If you hear it, immediately find shelter in a building nearby. Close all doors and windows and switch off the ventilation. Keep away from windows. Keep track of the evolution of the emergency on the City website or via the media in order to follow the instructions of competent authorities and know when the state of alert ends.

Find out more about the concerned sectors in Laval, listen to the audible sound, and know exactly what to do:

 [civilprotection.laval.ca](https://civilprotection.laval.ca), under  
**Accidents Involving Hazardous Materials**

## Important Notice: I Register.

The City uses different communication tools to rapidly send important notices to the community, such as emergencies or drinking water restrictions. Register now to get these notices via an automated phone call, a text message, or an email. Do not forget to update your profile if your personal information changes.

 [subscribe.laval.ca](https://subscribe.laval.ca)

## A Larger Than Nature Exercise.

Laval welcomes the Rendez-vous bénévole en sécurité civile on September 28, during which a great disaster drill will be conducted. Simultaneously, the City will execute its safety deployment plan. This will provide municipal teams and partner organizations with the opportunity to coordinate their own intervention and response plans.

The community is invited to witness this larger than nature exercise and to find out more about Laval civil security, for which everyone has a role to play. Stay tuned for more details to come!





## Welcome, Tison!

A new and warm recruit has recently been added to the fire prevention department. Meet mascot Tison! A red dragon who shares the great human qualities of the members of this department: courage, determination, kindness, commitment, and desire to protect the community.

Its name, Tison, was chosen by the Laval community as part of a contest organized during the Grande Fête des pompiers de Laval last spring.

Keep your eyes open as you might see Tison during an event where it will remind citizens of the best practices in fire prevention. Come and say hi! Tison loves people and enjoys being photographed with them!

## Upgrading Your Fireplace: Take Advantage of a New Subsidy

As of October 1st, 2026, the use of some indoor fireplaces and heating appliances will no longer be authorized in Laval. To continue to enjoy your fireplace, make sure your equipment complies with standards. Indeed, the use of non-EPA- or CSA-certified appliances emitting particles over 7.5 g/h will be prohibited.

To help you replace or remove a not-compliant fireplace, the City now offers a subsidy up to \$1000 to buy and install a new certified appliance.

🔗 [subventions.laval.ca](https://subventions.laval.ca), under Foyers intérieurs

### Effective smog alert!

Remember that it is forbidden to use a fireplace, indoor and outdoor, during these alert. The additional smoke created by fireplaces may degrade the air quality and constitutes a health hazard, namely for people suffering from breathing problems.

Owner of an outdoor fireplace? Do not forget to check the specific regulation concerning the location of the appliance and its use to ensure everyone's safety and good relationships with your neighbours.

🔗 [bylaws.laval.ca](https://bylaws.laval.ca)

**GO  
EASY  
NEAR  
WORK  
SITES**

## Get involved on an advisory committee.

Your opinions and experiences are treasures to share. Participate in the development of your City while benefiting from networking opportunities.



🔗 [implicationcitoyenne.laval.ca](https://implicationcitoyenne.laval.ca)



© Sid Lee Architecture

## Complexe aquatique de Laval Opening is Making Waves!

That's it! The construction of the Complexe aquatique is essentially finished now. By the end of the year, get ready to dive in one of the pools. This incredible new location will offer a recreational pool, swimming corridor, a beach-type access and a large slide.

For athletes and people wishing to improve their aquatic skills, a 52 x 25 m swimming pool and a diving pool will be available.

With its modern and accessible facilities, the whole Laval community can now enjoy an active lifestyle. As soon as it opens in December, free swim and swimming corridor will be available. By winter 2025, an enhanced programming with classes and aquatic activities will add to the regular offering of other municipal pools.

City employees will continue to work tirelessly during the upcoming months to install equipment, train staff and test the pools. As a matter of fact, some Laval residents will have the privilege to test the facilities this fall. Stay tuned!

🔗 [swimmingpools.laval.ca](https://swimmingpools.laval.ca)

### Hiring lifeguards and swimming instructors!

With the opening of the Complexe, the City is always recruiting people to work on a daily basis in these new modern recreational and sporting facilities.

🔗 [Apply here at emplois.laval.ca](https://emplois.laval.ca)



© Alja Palmer

## Moments of Cultural Escape Downtown at the Station Culturelle Momo

Up until September 29, do not miss the festivities presented at the station culturelle Momo. Located next to the Place Bell public place near Claude-Gagné Street, the venue, set up for these events, proposes free and memorable happenings with talented artists from different backgrounds.

Scheduled:

- Dance and improv itinerant performances every Tuesday during lunch hour.
- *Les jeudis Co-Motion* to discover local scene artists from rap to electro, humour performances as well as a dance battle with international dancer and performance artist 7 Starr.
- Three music evenings presented by the Festival MOSAÏQUE celebrating cultural diversity with performances by Élage Diouf, Sarahmée and Habana Café.
- Aire commune's Block Party, a highly festive event with DJ sessions and stunning performances of all kinds.

The station culturelle Momo also offers a unique experience with its inviting terraces, its play area with self-service board games and its relaxing spots and workspaces. Shaded and vegetated areas make the site a genuine luscious green oasis. In short, the station culturelle Momo is the perfect location where art and culture intertwine daily.

🔗 [For more info, go to momo.laval.ca](https://momo.laval.ca)

# course des pompiers

**June 1st, 2025**

**Special rate!**

**Early registration:**  
🔗 [coursedespompiers.laval.ca](https://coursedespompiers.laval.ca)



Le Quatrième Mur  
© Ville de Laval



## A Third Urban Indicator Downtown

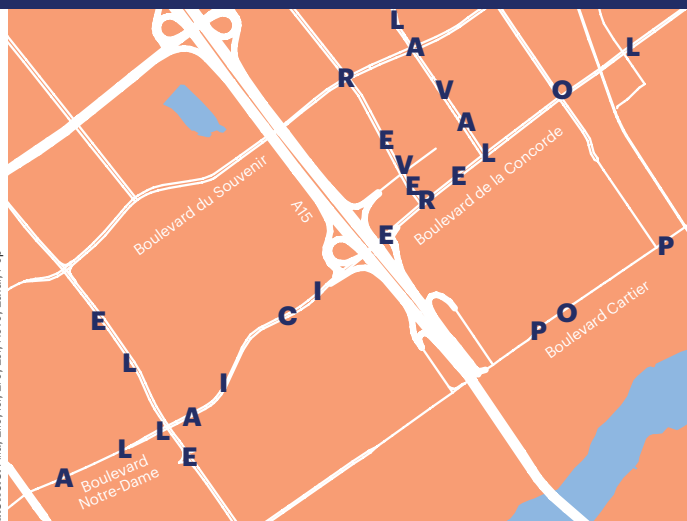
Since the month of June, people who spend time in the Montmorency sector can see a new installation at Place Claude-Léveillé. Just like an imaginary wall in front of a stage, between the actors and the audience, the *Quatrième mur* arouses curiosity by transforming the perception of space.

Two other indicators are already installed in this sector. They move as this area is being transformed to become a cultural pole in the heart of our city. Created by Métamorphoses créatives, these urban indicators initiate a dialogue between the city and nature, between the Laval community and culture.

Temporary and movable, these indicators add a unique touch to the area. They accompany the City's cultural offer and allow citizens to benefit from this urban space during construction work.

- For more information on this new indicator, go to [culture.laval.ca](http://culture.laval.ca), under Pôle culturel Montmorency, Un secteur en transformation, Marqueurs d'ambiance

Answers: Alla, Elle, Ici, Ère, Lol, Réve, Laval, Pop



## Original Artistic Interventions on Traffic Light Casings



Artist, illustrator, and graphic design Luc Melanson has been given a green light to paint 28 electric boxes in three neighbourhoods of the city. On each one of them, the Laval resident will hide a letter. When they are reunited, all the letters

create words like the ones on the card. What is special about each word is that it reads the same from left to right as it does from right to left, forming what is called a palindrome.

*Laval Palindrome* is a giant virtual poem, an art piece that is as enigmatic as playful that creates a dialogue with people passing by while enhancing and enlightening the urban landscape. Have fun trying to find the hidden letters creating palindromes!



© Guy L'Heureux

Josiane Lanthier  
*Towe le Ranger*, 2023 | Acrylic on canvas

## Art Replaces Ads thanks to Zoom Art

Carried out by the City of Laval, the 5<sup>th</sup> edition of Zoom Art puts together the images of 39 artworks by 16 visual art artists on October 13. These images will be displayed in spaces generally used for publicity (bus shelter, oversized displays, light-boxes, and billboards) surrounding Laval three metro stations.

This edition invites you to look at the stars and to pay a tribute to astrophysician Hubert Reeves (1932-2023), who taught us to look at the cosmos a different way. Thanks to him, we all became carriers of dust from the stars.

Josiane Lanthier is among the artists gathered around this theme. Her northern lights are luminous and of contrasting colours that show the vastness of the universe. This heavenly spectacle allows us to humbly reconsider our place on earth.

- To stay informed, go to [culture.laval.ca](http://culture.laval.ca), under Art public et collection d'œuvres, Zoom Art

New 2024-2025 season

## Discover Performing Arts at the Maison des arts!

Subscribe now and take advantage of a promotion valid until **October 10!**

📞 450 662-4440 | Tickets: 450 667-2040  
🌐 [maisondesarts.laval.ca](https://maisondesarts.laval.ca)

### GENERAL PUBLIC Shows

#### Krump Dance

Gutta Zone Festival – 2024 Edition  
Montreal Krump Alliance  
**October 2 to 5**

Created by Vladimir “7Starr” Laure and Valérie “Taminator” Chartier, the festival celebrates the Krump culture with local and internationally known artists.

#### THEATRE



#### Michel(le)

Théâtre La Seizième (Vancouver)  
**October 10, 7:30 PM**

Of autobiographical inspiration, artist Joey Lespérance paints an emotional portrait of his sibling Michel (le) depicting his/her marginal, brave and tumultuous journey.

Ideation, text, and performance: **Joey Lespérance**  
Direction: **Esther Duquette**

#### RELÈVE DANSE

#### Double feature:

#### Limbes and L'Éclat de nos chairs

L'organisme | **October 7:30 PM**

The first edition of this project for emerging artist is the opportunity to discover works by talented choreographers and independent artists.

Choreography: **Caroline Laurin-Beaucage**  
and **Sébastien Provencher**

#### STORY 5 À 7

#### Sortir la tempête du verre

Stéphane Guertin  
**November 2, 5:00 PM**, 📍 At the Studio

Experienced storyteller Stéphane Guertin tells the incredible true story of a village engulfed in the river located behind his house.

#### DANCE

#### Second Chances

RUBBERBAND | **November 21, 7:30 PM**

Under the direction of choreographer and dancer Victor Quijada, discover the RUBBERBAND method that is a unique dance style inspired by break dancing, classical ballet, and danced theatre.

#### THEATRE

#### Deux femmes en or

La Manufacture | **November 29, 7:30 PM**

A free contemporary adaptation of a popular irreverent sex comedy of the 70s.

Text: **Catherine Léger**  
Adaptation of **Claude Fournier** and **Marie-José Raymond** film  
Direction: **Philippe Lambert**  
With **Isabelle Brouillette**, **Sophie Desmarais**, **Steve Laplante**,  
**Mathieu Quesnel** and **Léa Roy**

#### CIRCUS FOR THE WHOLE FAMILY

#### Ghost Light: between fall and take-off

Machine de Cirque | All audiences | 10 years +  
**December 7, 4:00 PM**

An athletic pair uses a Korean board to tell its story ... beyond words.

### YOUNG PUBLIC Shows

#### THEATRE



#### TOQAQ MECIMI PUWIHT

#### Delphine rêve toujours

Théâtre de la Vieille 17 and Productions Ondinnok  
5 years +  
**November 17, 2:00 PM**

Themes of transmission and identity by Aboriginal and non-native artists.

#### DANCE

#### Alexis

Ample Man Danse | 10 years +  
**November 24, 2:00 PM**

An epic journey around well-known Alexis le Trotteur, the legendary man that ran faster than trains.

#### MUSICAL THEATRE

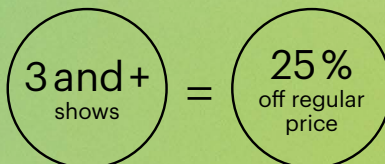
#### Dessine-moi une bouche

Sacré Tympan | 6 years +  
**December 1st, 2:00 PM**

A musical theatre celebrating difference and uniqueness.



**DARE TO DISCOVER**  
SEASON 2024-2025



Take advantage of the subscription promotion until October 10.  
🌐 [maisondesarts.laval.ca](https://maisondesarts.laval.ca)

## Exhibition and Activities at Salle Alfred-Pellan



Left: Tom Barbagli, *Le temps des pierres* (detail)  
Right: *L'éternité, si possible*

### *L'éternité, si possible*

September 15 to November 10 | FREE

#### Artists

Tom Barbagli, Chloé Beaulac,  
Sophie Braganti, Martin Bureau,  
Mathieu Latulippe, Aurélien  
Mauplot, Pierre&Marie, Églé  
Vismanté

#### Curators

Jasmine Colizza and Hélène Fincker

#### Opening

September 15, 2:00 PM

#### Guided visit and launch

October 20, 2:00 PM

#### Atelier d'Alfred en famille

November 10, 1:00 PM

*L'éternité, si possible* exhibition is an artistic coproduction between two exhibition centres located in the twin cities of Nice and Laval. In our recent history, humanity is shaken because of its vulnerability. Incidentally, threats have increased and never disappeared, adding to one another. The pandemic has hit hard, the climate crisis is finally part of world leaders' common conversations, and devastating wars last forever. *L'éternité, si possible* makes the headlines in a reality focused on sources of risk. Invited artists are concerned with these upheavals depending on where they live on the planet and they all share interests for the geopolitics of this Anthropocene Era. This window opening to the international world offers audiences an artistic reflection on numerous perspectives.

Information at 450 662-4440 or [maisondesarts.laval.ca](https://maisondesarts.laval.ca),  
under Expositions Salle Alfred-Pellan



© Daphné Caron

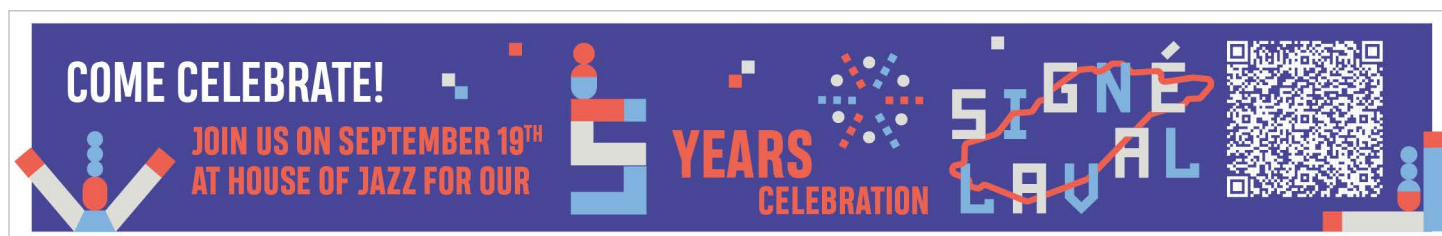
### *Les rendez-vous créatifs*

Explore contemporary landscaping painting with artist David Lafrance.

These creative afternoons provide an opportunity for adults to experience different materials, techniques, and approaches to art with one of the invited artists.

**Saturdays during November.**

Information and subscription at  
[maisondesarts@laval.ca](mailto:maisondesarts@laval.ca)





## Performing Arts



© Bonnalie Brodeur

### *La Vie parisienne* of Jacques Offenbach

Presented by  
**Opéra Bouffe du Québec**

📍 Théâtre des Muses  
of the Maison des arts  
📞 514 914-5171

🌐 operabouffe.org

October 26, November 1<sup>st</sup> and 2<sup>nd</sup>,  
7:30 PM

October 27, November 2<sup>nd</sup> and 3<sup>rd</sup>,  
2:00 PM

Eleven soloists, some forty choir  
signers and the orchestra of  
the **Opéra Bouffe du Québec**  
will bring you back to the  
magnificent Paris of the 1900s.

### Shows presented by Co-Motion

📞 450 667-2040

🌐 co-motion.ca

Co-Motion proposes an  
interesting variety of humour,  
music and theatre show in the  
heart of Laval.

### DANCE · MUSIC · VARIETY SHOWS

#### *Famille en Fête:*

#### *Solidaire sur scène*

Presented by **Fanmi se fanmi**

📍 Salle André-Mathieu  
September 27

### THEATRE PLAY



© Shayne Laverdière

### *Le père Noël est une ordure*

📍 Salle André-Mathieu  
November 30

### DANCE · MUSIC

#### *Danse Lhasa Danse*

PPS Danse

📍 Salle André-Mathieu  
December 4

### Chœur de Laval

#### *Christmas tale and music*

📍 Théâtre Marcellin-Champagnat  
1275, Du Collège Avenue

🌐 choeurdelaval.ca  
November 30, 8:00 PM

The opening concert of the  
season.

### *Andalousie*

Les Productions Belles lurette

📍 Théâtre des Muses  
of the Maison des arts

📞 450 667-2040

🌐 co-motion.ca · bellelurette.org  
November 8 to 10

Operetta presenting exotic  
music, colourful characters,  
laughter and fun.



© Annie Dittie

## The Orchestre symphonique de Laval

Unveiling 2024-2025 programming

📞 450 667-2040 | 🌐 co-motion.ca

### The OSL: more than a simple entertainment

With its diversified and innovative programming, the  
Orchestre symphonique de Laval offers a new perspective on  
symphonic music.

### Antoine Bareil plays Mendelssohn

📍 Salle André-Mathieu

October 30, 7:30 PM

### Holidays: Fauré and celebrations

📍 Salle André-Mathieu

December 18, 7:30 PM

### The Fondation lavalloise des lettres celebrates 20 years

📍 Saint-Maurice-de-Duvernay Church

October 5, 2:00 PM

### Tête-à-tête: les violoncelles de l'OSL

📍 Saint-Maurice-de-Duvernay Church

November 9, 2:00 PM

## Cultural Leisure Activities Seeking Talents

### Les Voix d'Elles

The youth choir is recruiting girls aged 8 years and up.  
Auditions will take place on Thursday September 5.

📞 514 573-7430 | 📧 info@lesvoixdelles.qc.ca

### Club Photo Laval

Participate in the monthly challenge and to photo outings  
to explore new horizons.

📍 Centre communautaire Le Sorbier | 140 Nadon Street  
📧 info.clubphotolaval@gmail.com

### Passionnées des arts visuels

We are recruiting! Send your artist portfolio to: lespav@lespav.com  
to join our community.

### Chœur Chanterelle of Collège Laval

Auditions will take place in September and October.

📧 chœurchanterelle.ca

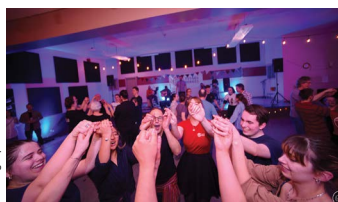
### L'ensemble I Choristi de Laval

Attend the open house rehearsal on Saturday, September 14,  
at 9:00 AM at the Centre de Création Artistique located  
at 430 5<sup>th</sup> Street, room 103.

### Ensemble vocal Universalis

Join this adult choir with musicians.

📧 universalis2010@hotmail.com



© Guillaume Morin,  
Fotographie

### *Les veillées* *Main gauches au coin*

Tissés Serrés

📍 Paroisse Bon Pasteur  
400, Laurier Street

🌐 tissesserrés.ca  
November 2, 7:00 PM

During these famous evenings,  
everyone is invited to dance  
to music performed by guest  
musicians and the "caller"  
instructions.



© Martin Alaric

Andalousie

# Exhibitions

## Exhibition at the Centre d'art de Sainte-Rose

📍 214 Sainte-Rose Boulevard

### *Ambiance Givrée*

📍 Collectif des membres des PAV  
November 13 to 17

## Expositions du Quartier des arts du Cheval blanc

📍 Centre Accès de Laval  
6500 Arthur-Sauvé Boulevard

### *À travers notre regard*

Lise Beauchemin, Nicole Carlos  
and Michelle Mac-Beth  
Until September 21

### Collectif des membres «Variété»

September 21 to October 19

### *Lâcher prise* by Michelle Blanchet and Normand Jacques

October 19 to November 16

### *Tout en douceur* by Francine Ayotte and Beatriz Gauto

November 16 to December 14

### Collectif des membres «Place aux couleurs»

December 14 to January 18

## Exhibitions at the Atelier Le Partage

📍 Parc de la Rivière-des-Mille-Îles  
45 Sainte-Rose Boulevard

### THE ATELIER LE PARTAGE 40<sup>TH</sup> ANNIVERSARY

*Parce que 40 ans d'aquarelle,  
ça se partage!*

October 18 to 20

Vernissage: October 18, 7:00 PM  
FREE ADMISSION

## Exhibitions at the Galerie La Vieille Caserne

📍 Corporation Rose-Art  
216 Sainte-Rose Boulevard  
📍 roseart.ca

### *Rouge-Orange-Jaune*

September 7 to October 26

### *Nordicité*

November 2<sup>nd</sup> to December 28

## Exhibitions at the Centre d'art de Sainte-Rose

📍 Corporation Rose-Art  
214 Sainte-Rose Boulevard  
📍 roseart.ca

### *Souvenirs*

Large size artworks by Rose-Art  
members

September 24 to 30

### Collectif des membres «Exposition multidisciplinaire»

October 1<sup>st</sup> to 30

### Collectif des membres «Ambiance Festive»

December 2 to 15

## L'atelier 213

### *INSPIRATION – 45 ans d'élans créatifs*

Sculpture exhibition

📍 Parc-de-la-Rivière-des-Milles-  
Îles | 45 Sainte-Rose Boulevard  
September 26, 10:00 AM to 9:00 PM  
Vernissage at 5:00 PM  
September 27, 10:00 AM to 8:00 PM  
September 28 and 29, 10:00 AM to  
5:00 PM

Come discover tridimensional  
art at this exhibition that  
celebrates 45 years of the  
Atelier 213 and pays a tribute  
to Laval stonecutters.

## Verticale – Centre d'artistes

📍 397 Des Prairies West Boulevard | 📍 verticale.ca



© Natacha Clitandre

*Avant de tracer un carré*

### Finishing of the *Avant de tracer un carré* project by Natacha Clitandre

The artist will present her  
creation process and unveil her  
biodegradable time capsule.

September 21, 1:00 to 2:30 PM  
FREE



© k.g. Guttman

*Dette sans raison  
is the river at your door*

### Finishing of the *Dette sans raison is the river at your door* project by k.g. Guttman.

The artist will present the crea-  
tion process of this project.

September 21, 3:00 to 4:30 PM  
FREE



© Image au carré

*4, 3, 2, 1... Santé!*

# Scientific Culture

## Centre d'interprétation de l'eau

📍 12 Hotte Street  
📞 450 963-6463  
📍 cieau.org

### Animations organized from the Projet WET program (Canadian Water Resource Program)

During the week of October 28

Discover the fun activities of  
the *Fantastik'eau* Kit, designed  
to raise awareness about  
residential water use.

## Musée de la santé Armand-Frappier

📍 2150 autoroute des Laurentides  
📞 450 686-5641  
📍 museefrappier.org

### *Ça chauffe!* Temporary exhibition

This fall, every day from 10:00 AM  
to 5:00 PM

Dive into the heart of this  
challenge of the 21st century:  
climate changes.

### *4, 3, 2, 1... Santé!*

This interactive exhibition  
invites you to explore the four  
fundamentals of human health.  
"Use your microscope and  
discover mysteries!" lab activity.

# Workshops

## Initiation to watercolour workshops

L'Atelier d'Aquarelle Le Partage

📍 Centre de pratique Artistique de Laval | 430 5<sup>th</sup> Street  
📍 aquarellepartage.ca | **September 28** | FREE

## Journées de la culture: A Journey to the Heart of Cultural and Artistic Practices

The Journées de la culture, will be held in Laval from September 27 to 29, providing a unique opportunity to celebrate culture in all its forms. Free activities open to all promote the discovery of arts and culture.

The Virées patrimoniales in Saint-François propose a memorable theatrical journey into the neighbourhood. A team of experienced guides will make you discover yesteryear and introduce you to historical characters of the first parish founded on the island 300 years ago.

For more creative people, the Bibliothèques de Laval offer the workshop *Livre-tricot: Mythologie personnelle*. This activity will make participants create a book knitted or made of fabric, decorated with bits and pieces of their life. Hosted by Karine Fournier, this workshop will be held in many public libraries of Laval. A writing workshop, *Récit de vie*, will also be offered by storyteller Danielle Godin.

At the Maison des arts, activities will include creative workshops, shows and conferences on contemporary art. Do not miss the show *Comme un appel d'air* by Toujours turquoise company, discussion lectures with Caroline Boileau and Francis Macchiagodena, and the Projet Zoom Art walking tour to discover contemporary art in public spaces.

📍 For the complete programming, go to [evenements.laval.ca](https://evenements.laval.ca), under Culture, Journées de la culture

## A New Creation in Parks in September – Admission Free!

### *Le hérisson*

Story and percussive dance | 3 to 7-year-old children

A ZEUGMA DANSE creation adapted from a tale by François Lavallée in coproduction with the City of Laval.

- 📍 Parc Ringuet  
September 7, 10:00 AM and 2:00 PM
- 📍 Parc Labelle  
September 8, 10:00 AM and 2:00 PM
- 📍 Parc du Moulin  
September 14, 10:00 AM
- 📍 Parc Chopin  
September 15, 10:00 AM
- 📍 [dehors.laval.ca](https://dehors.laval.ca), under Arts et culture, Spectacles petite enfance



© Maxime Côté

## Children's Theatre in Parks: Thomas Dufour To Present a Play in 2025

The Théâtre à ciel ouvert, the City of Laval mentoring program for emerging artists, will celebrate in 2025 its 15<sup>th</sup> anniversary. The program aims at professionalizing the work of authors and directors aged 18 to 35 by offering an artist, each year, the opportunity to create a new theatrical play for children. The creation is thereafter presented outdoors at the Centre de la nature and in Laval parks during the summer.

The selection committee is proud to announce that the 15<sup>th</sup> play by TACO will be created by author Thomas Dufour. Graduated from the National Theatre School of Canada in playwriting, Thomas is interested in creating plays for a young audience and develops an artistic approach combining playwriting and direction in very colourful settings. He will be mentored by the author, comedian and director Marc-André Brunet who was the first author to get support from the TACO program in 2010. The new theatrical play created by Thomas Dufour will be presented in the summer of 2025.

Enjoy

**CULTURE**  
SEPTEMBER 27-28-29  
in Laval



📍 [evenements.laval.ca](https://evenements.laval.ca),  
under Culture / Journées de la culture





© Maxime Côté

## Discovering Laval Places of Worship

Our city has over 40 places of worship that showcase the cultural, historical, and architectural heritage of Laval.

This fall, many events will highlight this religious heritage.

In September, go to the Centre de la nature to visit the exhibition on the modern architectural gem that is the Saint-Maurice-de-Duvernay church. Be fascinated by the shine and beauty of this building through the creative eyes of photographer Annie Fafard.

In collaboration with the Société d'histoire et de généalogie de l'île Jésus, many places of worship invite you to attend different activities; a tribute to architect Roger d'Astous, activities and conferences on religious art, stain glasses, iconography and much more.

Look for the Journées du patrimoine religieux programming presented by the Conseil du patrimoine religieux du Québec, that will take place on September 6, 7 and 8.

Finally, the Parcourir Laval app proposes a circuit to discover the 21 churches, either by car or in a walking tour.

📍 To know more, go to [histoire.laval.ca](http://histoire.laval.ca)

## Discover Sainte-Rose Past History with the Archéomobile!

Did you know that archaeological works done in Laval allow us to discover interesting and sometimes astonishing artefacts that help us better understand our history.

During the fall of 2022, archeological work took place on the former creative residence of the artist Marcel Saint-Pierre site located on Des Patriotes Street in Vieux-Sainte-Rose. This research revealed a very rich past acknowledging both an Aboriginal presence before the arrival of Europeans, the implantation of settlers during the French Regime, and the agriculture land occupation, then residential that last until the dawn of the twenty-first century.

Starting this fall, the Sylvain-Garneau public library will host the newest edition of the *Archéomobile* exhibition to make citizens discover genuine artefacts found during the archaeological excavation. The exhibition will then tour all public libraries on the island.

📍 To find out more about the tour, refer to the activity calendar at [laval.ca](http://laval.ca)

## L'Halloween au Centre de la nature

October 12 - 27

📍 [centredelanature.laval.ca](http://centredelanature.laval.ca)



centre  
de la nature  
de laval

## Improvement of the Library Network: Great Steps Taken This Fall

The Bibliothèques de Laval network continues to improve to offer residents better access to culture and knowledge in welcoming and modern locations in the heart of their neighbourhood. Here are a few important steps that will be taken this fall to achieve this transformation.

### Saint-François: moving of the Marius-Barbeau library

By the end of this year, the library will move to a location three times bigger in the new Espace citoyen des Confluents facility. Its document collection will double and the number of computer stations triple. New digital equipment will be added as well as a teenager corner. A terrace, meeting rooms and a reading lounge will also be set up.

#### Timeline to remember:

- **September 7:** definite closing of the present location.
- **From September 7 to November 1<sup>st</sup>:** users are invited to visit the Germaine-Guèvremont library.
- **November 2nd :** opening of the new location.

### Downtown: Design of the central library starts

The design and construction contract of the building to house the central library and a professional artistic creation centre has been awarded. Groundbreaking for the project is planned during the upcoming months and delivery of the new building by the end of 2027.

The central library will include, among other facilities, an auditorium, a game library and technological workstations. A physical collection of approximately 200,000 documents will enrich our library network.

- 🔗 For more information, go to [reseaubiblio.laval.ca](http://reseaubiblio.laval.ca)
- 🔔 To get news and updates on the project, subscribe to the Bibliothèques de Laval newsletter at [abonnement.laval.ca](http://abonnement.laval.ca)



© Thierry du Bois

## Over 175 Free Activities to Fully Embrace Fall

The Bibliothèques de Laval team offers a colourful programming this fall. On the menu, different activities to feed and lift your spirit: learn how to organize and decorate your home at a low cost, offer yourself moments of happiness while hiking, meditate while drawing mandalas, knit a book, participate to a reading club, taste some Quebec specialties, and much more.

Young people will create animated films, make accordion zines, graffitis, broderies, and will be initiated to cooking. During the holidays, families will attend LEGO workshops, play with board games, and participate in the Medialab activities at Le Studio.

In short, your public libraries offer plenty of free activities for you to discover.

- 🔔 Subscribe by September 18 at noon: [biblio.laval.ca](http://biblio.laval.ca) Under activités, programmation et animations



### A monthly newsletter to remain informed.

Activities, practical info, reading suggestions and latest news.

🔔 [subscribe.laval.ca](http://subscribe.laval.ca)



# Reading Suggestions for a Smooth Back-to-School

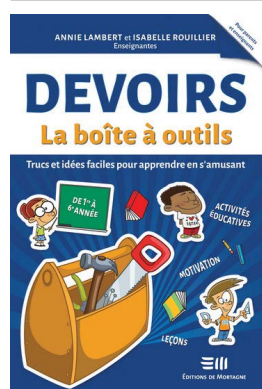
BY LIBRARIAN MÉLISSA EVERATT



## Thermos et lunchs froids : 125 recettes parfaites pour simplifier la préparation de la boîte à lunch

Collectif d'auteurs, Pratico édition, 2023

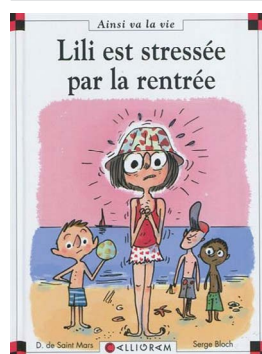
Each year, when it is time to go back to school, the same question always comes up: what to put in the lunchbox? This book of the 5 ingredients and 15 minutes collection proposes easy and practical ideas while respecting school food restrictions. Bon appétit!



## Devoirs – La boîte à outils – Trucs et idées faciles pour apprendre en s'amusant

Annie Lambert and Isabelle Rouillier, Éditions de Mortagne, 2017

Tears and screams are common during homework time? This book helps parents to transform homework time in a more pleasant time for the whole family.



## Lili est stressée par la rentrée

Dominique de Saint Mars, Calligram, 2011

Lili is on vacation with her family during the summer, but she is stressed about going back to school! This short graphic novel for children explores change-related stress and worry in a simple way.

📍 Visit your library or go to [biblio.laval.ca](http://biblio.laval.ca) to reserve, borrow or find out about the availability of the document you want to read.



Mrs. Rita Naud, a 104-year-old participant with Mrs. Lucie Mongeau who helped her write her letter

© Karen Mackinlay

## An Initiative That Builds Bridges Between Generations

The Bibliothèques de Laval make their services more accessible by reaching out isolated audiences. With this objective in mind, the initiative Correspondances avec des aînés was created to promote cultural meetings between individuals from different ages and walks of life.

Through the exchange of written messages, the project brought together elders and Mont-de-La-Salle high school students.

*"We were privileged to witness an encounter in which we realize that despite generational and cultural differences, life paths were very similar."*

– Marie-France Boivin, coordinator at Émile-Nelligan and Germaine-Guèvremont libraries, and Valérie Kempa, librarian and author, who initiated the project.

An intimate event bringing together participants will be held in September to disclose the results of these exchanges. It will undoubtedly be a very emotional moment since it will be the first time all the penpals meet each other.

The book *Correspondances avec des aînés* will then be added to the library collection to be borrowed by subscribers.

Note that 2024 marks the 10th anniversary of the official designation of Laval as a Municipalité amie des aînés.



Reserve documents and much more  
on the Web in a few clicks.

Log in to your Dossier biblio : [biblio.laval.ca](http://biblio.laval.ca)







© Vincent Girard

## A Flourishing Summer for Biodiversity

This summer, Laval took numerous initiatives to protect biodiversity to show how important this issue is for the City. Many projects carried out with partners and with the support of citizens were implemented to promote biodiversity and offer greener habitats for the local fauna and flora.

### A biodiversity corridor in collaboration with Hydro-Québec

Hydro-Québec and the City set up a biodiversity corridor under the power lines as part of the Laval blue-green infrastructure. This corridor allows the local fauna to move and grow in adapted and connected habitats. Early in August, the City inaugurated the Halte de la biodiversité in the Binet Park located in the heart of this corridor. Indigenous species were planted to attract pollinators and other species essential to the ecosystem. With time, this corridor will become a linear park equipped with a multi-use path for relaxation and active transportation.

### A new lush park and a garden

The new Catherine-Macé Park, located on the corner of Jeanne-Mance Street and the promenade du Quartier-Saint-Martin, now has a micro-forest and several planting areas with trees, shrubs, and native herbaceous vegetation. The park, now open to public, offers trails surrounded by vegetated areas that help improve the quality of life of residents while promoting biodiversity.

### Milkweed and ground cover

To protect the monarchs, the City planted 400 milkweed plants in different locations such as the former Commodore marina waterfront, the Bon-Pasteur community centre grounds, and the Lachapelle bridge entrance. Milkweed is essential to the survival of monarchs as they are used as food but also as laying sites for these endangered butterflies.

Finally, on the Carré Laval site, the City tested different ground cover options including flower meadows to provide a durable and aesthetical alternative to mineral surfaces and traditional grass. Thanks to test results, the City will use these plants more extensively for other urban areas.

[biodiversite.laval.ca](https://biodiversite.laval.ca)

**4,500 hectares of natural habitats protected.**  
**That's a lot of space to clear one's mind.**

Discover them.

[envertetbleu.laval.ca](https://envertetbleu.laval.ca)





© Vincent Girard

## Fall, the Ideal Season to Plant

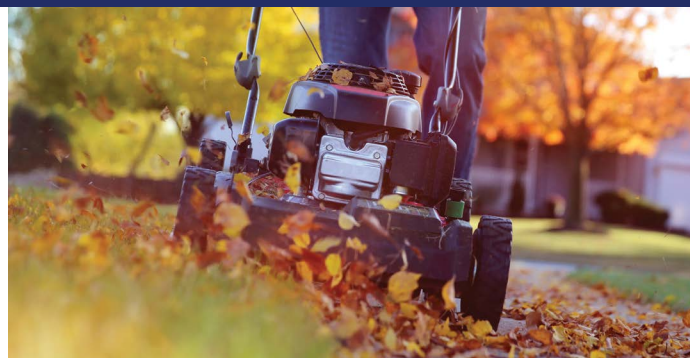
Planting a tree is simpler than you think, and fall is the perfect moment to do so.

From September 26 to October 5, you can take advantage of the next distribution of free trees. You can get up to ten two-metre-high trees to plant on your lawn!

### How to plant a tree?

1. Choose a tree adapted to the conditions of your lawn and a location away from the overhead power lines.
2. Dig a hole twice the size of the tree root system and as deep.
3. Carefully remove the tree from its container and loosen the roots.
4. Place the tree in the hole and make sure it is very straight before burying the roots using high quality earth.
5. Water thoroughly only when it is not raining. The occurrence of rainfalls during fall is convenient!

📍 Go online to reserve your trees! [subventions.laval.ca](https://subventions.laval.ca)



## Get Rid of Dead Leaves!

Tree leaves are changing colours and soon they will pile up on the ground. To get rid of them in an ecoresponsible way, here are a few options:

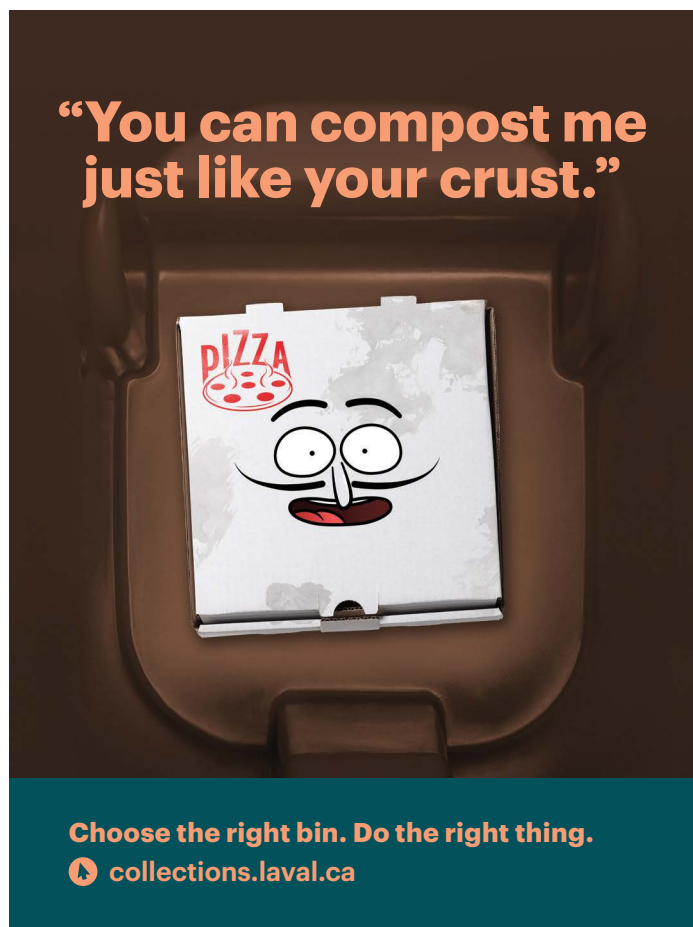
**Leaf cycling:** Just shred your leaves with your lawnmower and leave them on the ground. Besides being an ecoresponsible option, you produce a natural fertilizer for your grass and help supply plants with the minerals they need during winter.

**Home collection:** It is always possible to place leaves in your brown bin so they can be transformed in compost. If you need more space to dispose of them, use paper bags and simply place the bags next to your compost bin the day of the organic matters collection.

**Leaf depots:** Locations to get rid of dead leaves will open to the Laval community this fall. Note that all garden residues, earth, grass, and any organic matters other than leaves are not accepted on these sites. To find out about locations and schedules, go to the website below during the month of October.

Remember that it is strictly forbidden to sweep the leaves in the street. Doing so will result in a fine.

📍 [collections.laval.ca](https://collections.laval.ca)



Choose the right bin. Do the right thing.

📍 [collections.laval.ca](https://collections.laval.ca)

## Reminder: Upgrading Water Use Systems

As of 2025, certain equipment using drinking water will be forbidden in Laval. The owners must change or replace their not-compliant systems or appliances by January 1<sup>st</sup>, 2025.

So, any appliance using the municipal waterworks system for air conditioning, refrigeration or cooling purposes are concerned by this restriction. They must be removed, replaced, or modified to make them compliant with regulation.

Also, all automatic watering system must be equipped with the following devices:

- Timer to comply with watering schedules
- A moisture detector to prevent unnecessary watering cycles when it rains or when the moisture content of the ground is sufficient.

Not sure how to properly operate one of your appliances? Refer to a specialized company to know more.

📍 [bylaws.laval.ca](https://bylaws.laval.ca) under Watering bylaw

## Growing up with nature

Growing up with nature (Grandir en nature) is an educational project allowing young children of Laval to have access to natural environments. Through outdoor games and workshops, very young children learn how to interact, think, and engage in their education. This teaching approach, which uses a direct contact with nature, promotes cognitive development and ecological awareness of children.

Since 2019, the project has been developed in Laval with over 140 educational daycare instructors in 25 nurseries, 35 primary schools and 3 community organizations dedicated to families. The City of Laval has been involved with the project since the beginning. Its contribution is to maintain and develop natural habitats on the island.

Hey parents! Be part of the adventure and get involved! Discover Laval magnificent green spaces, waterfronts, woods, and parks, free of charge, all year round. Take advantage of precious moments with your family, no matter what the weather conditions are. Dress properly!

To borrow a *Grandir en nature* kit, visit your public library!

📍 Find out more at [grandirennature.org](http://grandirennature.org)

## Use Paper Bags Only to Compost Efficiently

**Compostable plastic bags can be placed in the brown bin.**

**False!**

Plastic bags, even those identified as compostable, prevent air from entering the bags. Without air, organic matters cannot decompose adequately, and they produce greenhouse gases. Also, plastic bags may leave residues and contaminate organic matter which considerably compromise the compost quality. As a matter of fact, most of the composting sites refuse matters wrapped in plastic bags.

Therefore, it is important not to place compostable or oxo-biodegradable plastic bags in your brown bin. Use paper bags or newspapers to wrap your compostable matters.

📍 [collectes.laval.ca](http://collectes.laval.ca)

## Fall Cleaning: Sort, Give and Visit the Ecocentre

Fall is upon us and the time has come for a seasonal clean-up of your home. Here are a few tips to clean efficiently and in an eco-friendly manner!

### Before throwing stuff, sort

It is as simple as it sounds. By separating materials between things to recycle or compost, you help maximize the recovery of different materials. Not sure what to do? The Ça va où? app is a precious help to sort.

📍 [collections.laval.ca](http://collections.laval.ca)

### Paying it forward

Your tennis racket builds up dust in your shed? Why not give it to a person you know or to an organization?

Giving articles you don't use anymore, makes some room in your home. Give them a second life and make someone happy.

### Visit the ecocentre

The ecocentre is one of your best allies when cleaning up. It is the perfect location to bring materials that are not picked up by home collections such as hazardous materials, paint, tires, clothes, electronic devices and much more. By bringing them to the ecocentre, you make sure they are recycled, reused or recovered.



## In a cleaning mood?

The ecocentre awaits you. Open 7 days a week.

**It's free**

📍 [collections.laval.ca](http://collections.laval.ca)

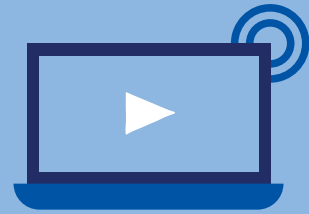


# City Council



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Mayor

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bdm.laval@laval.ca  
citycouncil.laval.ca



 **Live broadcast (in French):**  
citycouncil.laval.ca  
under City Council Meetings/Webcast



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Marigot  
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