

Vivre à Laval

Let's celebrate
our 60th
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Laval. Une île d'exceptions.

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Let's celebrate
our 60th!

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Laval
60^e

Cover Page

To mark Laval's 60th anniversary, the Service des communications et du marketing de la Ville de Laval designed a retro-futuristic cover page that is vibrant, festive, and true to the city's brand identity. This original creation highlights the momentum, creativity, and vitality that define Laval today, while offering an optimistic outlook toward the future.

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Dear Citizens,

Summer is almost here and with it, comes a relaxing, warm and festive ambiance. This year is even more special as Laval turns 60 years old. This anniversary must be celebrated, and we planned events to make it quite memorable. Our flagship events were improved to dazzle all audiences: the Zones musicales will be present in many neighbourhoods, an outstanding Fête de la famille is organized for young and young at heart, as well as a magnificent concert to appropriately mark this milestone anniversary.

Laval is a city where people like to gather, exchange and celebrate together. Take advantage of summertime to create cherished memories with your neighbours, family members and friends. Attend your neighbourhood party, organize a barbecue and share good food, or wander in Laval's numerous parks and nature trails. Often, these small moments are those we benefit the most from as they strengthen our sense of belonging to our community.

Summer also gives the opportunity to leave aside daily routine, slow things down and take care of oneself and of each other. It is with this in mind that the City makes all necessary efforts to propose a variety of accessible and affordable activities. So, whether you want to move, explore, or simply enjoy the outdoors, there are thousands of ways to have fun in Laval without breaking the bank. Outdoor concerts and shows, sports facilities and municipal pools: everything is set in place so your summer is filled with discoveries, smiles and beautiful sharing times.

So, go out, breathe and celebrate with us! Laval is a vibrant and welcoming city and more than ever this summer, it invites you to fully enjoy what it has to offer.

I wish you an insightful reading and a great summer for Laval's 60th!



Stéphane Boyer

📍 laval.ca/maire (French only)

👤 Stéphane Boyer, Mayor of Laval



THE MAYOR'S MESSAGE



August 30 and 31 Two days of fun and high energy!

Inflatable games, zipline, climbing, aerial course, roving animation, creative workshops, entertaining shows and other free activities!

📍 Centre de la nature

🕒 10:00 AM to 5:00 PM

🌐 laval.ca/fetedelafamille



Municipal Agenda

Deadline for 2025 property tax second payment: June 17

To consult your documents, go to [compte de taxes électronique](http://compte.de.taxes.electronique).
Register at laval.ca/en 📄 Pay my taxes

Regulated watering schedule:

From May 1st to September 30

Registration for fall aquatic activities:

Start September 3, at noon

Registration for sports, cultural and leisure activities:

From August 15 to September 15



Concrete Actions Limiting
Buckthorn Proliferation in Laval.

Auditor General Prompts Actions to Protect Nature

Did you know that a simple recommendation by the Auditor General may lead to the adoption of major actions to protect the environment? This is what happened in 2020 when she recommended Laval's Service de l'environnement et de l'écocitoyenneté to better structure its efforts to control invasive exotic species on the island.

Thanks to the expertise and efficiency of its members, the Service drew a targeted control strategy that prioritized most problematic species and helped focus efforts with clearly defined criteria. A substantive action plan was also developed, and the City was granted \$75,300 in subsidies by the Fondation de la faune du Québec and the ministère de l'Environnement, de la Lutte contre les changements climatiques, de la Faune et des Parcs.

These funds were used to create two priority projects: the control of buckthorn in Orée-des-Bois district and the eradication of the Japanese knotweed on île Locas — two highly valuable natural environments weakened by these invading species. Follow-up actions are also planned to ensure sustainable results.

🔔 Wish to know more? Read the Auditor General reports at laval.ca/en 📞 General verification. The 2024 annual report will be available on July 9.

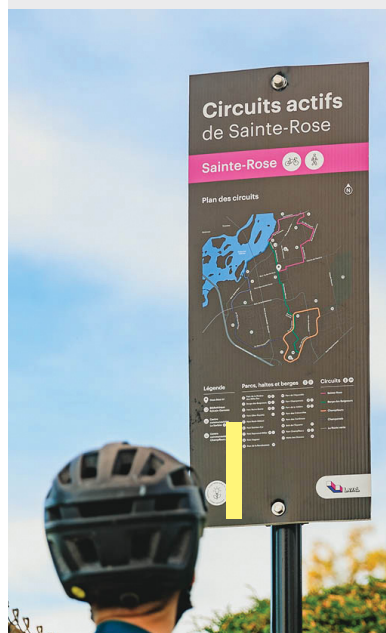
Bringing Ideas to Life

Thank you to all the Laval residents who were very creative during the second edition of the City's participative budget. Thanks to them, 379 ideas were collected and analyzed. Among proposed ideas, 22 projects were developed and submitted to voting.

Voting time has now ended and the winning projects will be disclosed by the end of summer. Each city district will get at least one project to ensure a positive impact everywhere on the island. The selected projects cover different areas such as socialization, environment, mobility, games and sports. They will emerge gradually during the next two years.

Until then, this summer, be inspired by the successful achievements of the first edition: microlibraries everywhere in the city, the illuminated path in Bernard-Landry Park, or the active circuits in greater Sainte-Rose. These are all concrete initiatives that highlight the positive impact of this citizen approach.

🔗 repensonslaval.ca/budget-participatif (French only)



© Simon Laroché

Ombudsman
de Laval

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

Contact us
450-978-3699
ombudsmanlaval.ca





Volunteering, A Life-Changing Human Adventure

What does Lyne, Girl Guides chief for the past 40 years, Éliane, 21-year-old Scout leader and Carolyne, volunteer with the Petits Chanteurs de Laval have in common? They all decided to get involved to make a difference, give back, and fulfill themselves within a well-mobilized community.

“We remain volunteer because we receive as much as we give,” says Lyne who has been involved with the Girl Guides since 1980. For her, volunteering is a powerful engine of personal growth and a concrete way to help build a more human society. “What led me to continue on this path, above all, was the desire to contribute positively to young girls’ development, to impart important values such as leadership, solidarity and respect, and to be part of an engaged community.”

In the same vein, Éliane says, “It takes time and energy, but it makes me proud and happy. I feel useful and connected to a community I hold dear. It is my second home. Witnessing young girl growth brings me joy.”

As for Carolyne, she just started to get involved. “For me, social commitment is very natural. It is a way to broaden my horizons while contributing to a good cause. To be part of a mobilized group is very motivating ... and sometimes an inexplicable magic happens.”

Learning, facing challenges, forging links, living unforgettable moments, are what volunteering is all about. Possibilities are numerous, flexible and adapted to your schedule and availability.

So, what are you waiting for? Needs are real ... and you might answer the call and wish to experience volunteering!

📍 Go to laval.ca/en 📍 Becoming a volunteer



© Ville de Laval

A Cultural Facility with Creativity in Mind

Being built in the Montmorency sector, the future facility will include a central library and a professional artistic creation centre and become a genuine living laboratory. A place where citizens and artists will be able to feed their curiosity, read, code, research, work, create, debate or simply daydream.

With collaborative zones, studios and workshops for professional artists, and technologies accessible to all, the facility will become a real creative hub. More than a simple building, the location will invite people to dare, share ideas, and shape the future culture of their city. Opening to the Laval community is planned for 2027.

BIEL 2024 Report: Laval Commits to Exemplary Governance

In 2024, the Bureau de l'intégrité et de l'éthique de Laval (BIEL) pursued its mission by strengthening its actions to promote exemplary practices and to protect the integrity of its municipal process. Its annual report highlights key interventions in public funds management, protection and recovery.

This year, the partnership with the Autorité des marchés publics reinforced the control of companies that were awarded contracts with the City. Results: five integrity inquiries were launched. Moreover, the City recovered \$1.7MM in public funds which now total close to \$60MM recovered so far.

The BIEL also intensified the surveillance of municipal worksites that led to 13 interventions on seven infrastructure projects to ensure fulfillment of contractual obligations and proper management of public funds.

In addition to these specific actions, the BIEL focuses on prevention: training on ethical leadership was offered to 600 municipal supervisors to consolidate the sustainable integrity culture and to place ethics at the forefront of all decisions taken by all City departments.

“This integrity culture makes the BIEL a must in its field, recognized beyond the borders,” says Laval police department manager Pierre Brochet.

Espace citoyen des Confluents in Summer Mode!

The warmer season is the perfect time to plan your next visit at Espace citoyen des Confluents.

Explore the outside ground near the building where culture and nature meet. Enjoy the library new terrace and the different walkways that provide observation points of the surrounding wildlife. You might also stop by one of our new bicycle and skateboard repair stations. A good reason to visit us using an active mode of transport!

In addition to the services offered by the Marius-Barbeau library and the recreational activities programming offered in collaboration with community organizations nearby, here are a few key elements and events:

- An outdoor funk music concert by the VooDooMonx on August 12, as part of the Zones musicales program.
- Borrow one of the Grandir en nature kits to learn about biodiversity with fun and practical educational material. The kits also suggest books and stimulation tools to explore, discover and learn.
- A series of activities will be put to the test in many areas of the Espace citoyen all summer long.

🔊 For more details: laval.ca/en/confluents-citizen-space



© Alex L.B. - Art 20/30

Work on Saint-Martin Boulevard, Redesigned for You

Saint-Martin Boulevard is getting a makeover. Safer, greener and more attractive, it is being transformed to meet the demands of all road users.

Work in progress includes the refurbishing of sidewalks, planting over 500 trees and installing vegetated beds to separate cycling paths from car traffic. It should be noted that these additions will not remove any traffic lanes. They will improve the sense of security, reduce heat islands and favour a better drainage of rain waters.

The first phase of the work will go on until November 2025. Everything is put in place to reduce impacts on day-to-day life and to maintain access to businesses during construction work.

🔊 laval.ca/en 🚧 Roadworks

Good news: construction work on autoroute 15 access road northbound is almost finished. This new road configuration will improve access and reduce transit traffic in the downtown area.

Parks Designed for a Greener and More Accessible City

The City of Laval pursues its urban greening and revitalization initiative.

Last fall, a contract was granted to design the pont Viau city entrance park and to refurbish streets nearby. The project will transform this sector into a welcoming space with a large lawn area, friendly public places and views on the river. It is part of the revitalization initiative of the Cartier sector implemented in 2016. Work started last fall and will improve the quality of life, access and mobility in this sector.

As for the improvement of the Trait-Carré site, a second citizen consultation phase was carried out in April. Comments collected online enriched the vision aiming at developing the future park. Emphasis was put on the protection of the woodland, the repair of existing paths and the access to this natural site located in the heart of the city.



Subsidy for People Aged 65 and Up

You are 65 years old or more and have been living in Laval since at least May 1, 2025? You could be granted financial aid to help maintain you in your home. Ask it now!

You received a subsidy in 2024? A pre-filled form was sent to you by mail. Just complete it and return it before April 30, 2026.

450 978-5700 | taxation65ans@laval.ca

🔊 laval.ca/en 🏠 Financial assistance



© Yves B.

Self-Service Scooters Facilitating Travelling Downtown

Laval continues its commitment to sustainable mobility by expanding the self-service scooter program. The number of scooters could reach up to 500 and the number of stations is increased to 68.

To ensure harmonious integration, the program growth is concentrated in the downtown area to increase bicycle mobility in this sector. This service adds to other transport options, providing more flexibility for users. Scooters are a simple and efficient way to move around in the city.

📍 For more details: laval.ca/en 🚲 Scooters

Let's Keep our Streets Clean and Accessible!

This summer, facilitate street maintenance by parking your car on the right side of the street during cleaning operations, and by placing your recycle bins in your entrance, and not on the street, nor the sidewalk or cycling paths. To be informed about ongoing operations, register online on the mobile App Info-stationnement.

📍 For more details: laval.ca/en 🚚 Street maintenance

XTRA STL: A Cool Summer on Board

For \$77.25, the XTRA STL fare will allow 12 to 17 years old to take unlimited bus trips during the months of July and August. This is a great way to fully enjoy summer and all the activities Laval has to offer! This fare will be on sale on June 20 via Chrono App; in different points of sales; and metropolitan ticket offices. More details at STLaval.ca/ete-xtra

Travel to all events

This summer, STL brings you everywhere in Laval to enjoy a variety of events. Board the bus and take part in the Fête nationale celebrations or attend the Festival des bières de Laval! Find out more about the STL service offer as well as events to come at STLaval.ca/event

New schedules effective Saturday, June 21

Each season, the STL updates its bus schedules. Plan your next trip: STLaval.ca/schedules

Changes to remember on public holidays:

- June 24: Sunday schedule
- July 1: Saturday schedule

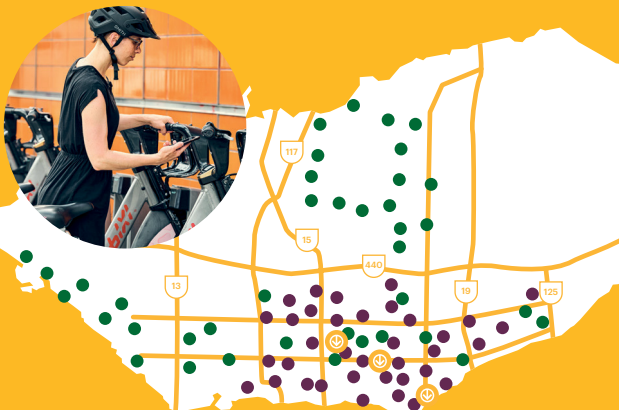
Fare adjustment to come

Effective July 1st, many bus fares will increase according to the annual tariff indexation set by the Autorité régionale de transport métropolitain (ARTM).

Good news: On-board bus payment and the 1-trip Bus fare will remain at \$3.75, and the 2-trips Bus fare will stay at \$7. For more information: artm.quebec

The BIXI network is expanding.

Now with 75 stations across Laval and financial assistance to lower the cost of your seasonal membership.



● BIXI stations ● New stations in 2025

Your first bike-sharing experience coming soon? Take advantage of the financial assistance offered by the city and find out where the new stations are.

📍 laval.ca/en 🔍 Grant programs

Benefit from a subsidy by trying the Communauto service.

Plan for a Green Economy

Funded by

Québec



📍 laval.ca/en 🔍 Grant programs

© Martin Alarie



SPL Patrols Watch Over You This Summer

With the coming of warmer weather, the Service de police de Laval (SPL) provides an adapted police presence to prevent, alert and intervene when needed.

Bike patrol

A team of 14 patrollers will stroll the streets, public places and cycling paths until September 13. It will increase outreach activities concerning speed, reckless behaviour, and driving distraction. Compliance to rules close to traffic lights, pedestrian safety and obeying traffic signs will also be part of the SPL's priorities during the summer. Also, specific attention will be paid to school zones when children end in June and go back to school in August. You will also meet police officers during summer events and in parks where they will always be ready to discuss with you and answer your questions.

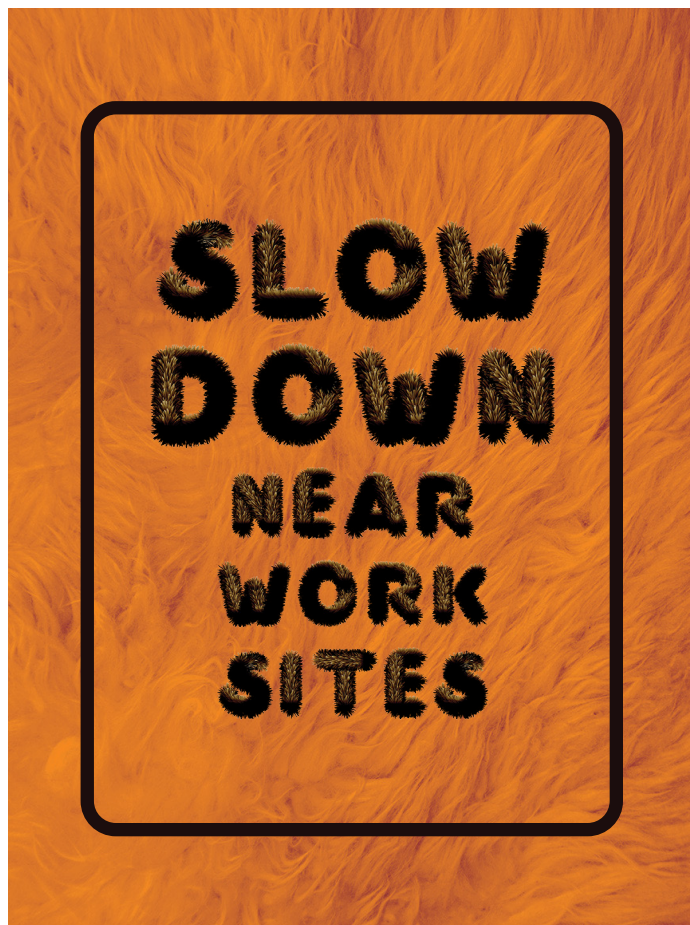
Marine patrol

Until October, marine patrollers will monitor safety on water by being present in boaters' preferred areas. In addition to responding to emergency calls, the team will also carry out prevention and surveillance operations.

For a safe navigation, the SPL provides boaters with some essential safety tips: avoid alcohol, always obey navigation rules and reduce speed near the shoreline. Turn the music down to respect peacefulness of shoreline residents.

Finally, make sure to have on board all the mandatory equipment: a life jacket for each passenger, a catching device, ladder, extinguisher, anchor, pump and horn.

On the ground or on water, have a safe summer!



2024 Activity Report Now Online

Find out about the achievements, actions and initiatives taken by the Service de police de Laval in 2024, as well as a portrait of the security situation on the island.

🔗 Go to laval.ca/policeservice



Civilian Security: Be Well-Prepared for Summer

During summer, different weather outbreaks may affect our daily life and environment: heatwaves, violent storms, heavy rains, etc. When ready to face them, we can minimize their impact on our health and goods.

It is (too) hot!

When the temperature reaches 30 °C with a humidex rating of 40 and above, Environment Canada issues an extreme heat notification. There might then be some risks for your health and precautions must be taken.

Prepare your environment to face a heatwave:

- Use an air conditioner in your home or fans to create air drafts.
- Close blinds and curtains during the day to avoid overheating the rooms.
- Open the windows at night to let fresh air in.

Freshen up to counter the effects of heat:

- Drink a lot of water even before feeling thirsty.
- Spend at least two hours in an air-conditioned location or a pool.
- Take a shower or use a damp face cloth to freshen up.
- Protect yourself from the sun by wearing light fabric and light colour clothing, as well as a hat.

🔔 More tips online at laval.ca/en ☀️ Heat

Violent storms and heavy rains

Warm and humid weather are conducive to violent storms and sudden heavy rains. This weather phenomena can cause damages: flooding, power outages, material damage, etc.

Plan to limit the damage:

- Regularly clean gutters to ensure a proper drainage of rainwater.
- Direct the gutters towards a permeable surface such as grass.
- Maintain the check valves.
- When high winds are coming, tightly tie or store any object that could be swept away (barbecue, furniture, toys, etc.).
- Make sure to be self-reliant for at least 72 hours in case of a longer power outage.

Note that after heavy rains, do not swim or carry on any nautical sports on a river or lake.



To be on the safe side, I'm getting prepared.

I must be able to provide for myself for at least 72 hours. I have essential items at home.

- ✓ **Drinking water**
(4 litres per person, per day)
- **A sufficient quantity of non-perishable food**
- **A manual can opener**
- **Flashlight and spare batteries**
- **Portable charger**
- **Auxiliary heater**
- **Wind-up radio**
- **First-aid kit**
- **Candles and lighter/matches**
- **A sufficient quantity of medication**
- **Devices that compensate for a disability / specialized equipment**
- **For your baby : infant formula, disposable diapers, bibs**
- **For your pet : food, medication, toys**

🔗 laval.ca/iprepere

Fire Prevention Never Takes a Vacation!

To fully enjoy summer, it is important to remain aware of fire risks. Here are a few reminders and guidelines to have a great summer without any nasty surprises.

Lithium-ion batteries: beware!

Electric bicycles, scooters and mopeds gain popularity. These small vehicles use rechargeable lithium-ion batteries that usually present no danger. However, in cases of defects or misuses, they could catch fire.

Here are a few safety tips to help you ride with peace of mind:

- Only choose certified devices. Think twice before buying a very low-cost vehicle; those usually have unsafe components that increase the risk of defects.
- Use certified chargers that comply with Canadian safety standards and follow the manufacturer's instructions.
- Respect the maximum recharge time indicated.
- Protect the battery against intense heat or cold sources.
- Watch for defect signs of the battery (expansion, strange noise, leak, abnormal heat). Should it be the case, stop using it at once.

Fireworks and sky lanterns: comply with regulation

It is sometimes tempting to light up the sky during a festive event. Before buying any firework equipment, get some information.

According to by-law L-12137 on fire prevention:

- It is strictly forbidden to use a sky lantern or similar device on Laval territory;
- It is forbidden to use fireworks without getting a written authorization by the Service de sécurité incendie de Laval.

Firefighter visit... even if no fire!

Firefighters will come to meet you at home to promote preventive actions that eliminate fire risks. Over 20,000 homes will be visited in different neighbourhoods of Laval this summer. Do not hesitate to ask them questions!

📍 laval.ca/firefighters



Underground Basin to Manage Heavy Rainfalls

The building of a 15,000 m³ underground basin will start soon under Cartier Park sporting facilities. This basin, with a capacity equal to six Olympic pools, will be used as a temporary storage to collect used water excesses during heavy rainfalls. Once the network capacity is back to normal, the stored water will gradually be redirected to the water treatment plant. The system will reduce discharges in Des Prairies River and, by doing so, better protect natural environments.

Updated sports facilities

Once the basin work is done, the City will entirely refurbish Cartier Park. The sports facilities and stands will be revamped, lighting will be improved, a new canteen and sanitary block will be set up and access to the location will be upgraded.

Work will be carried out until 2027 and relocation solutions for the soccer and football teams are sought while the park temporarily closes.

course des pompiers

May 31, 2026

Register early to take advantage of attractive rates!

📍 coursedespompiers.laval.ca



Dehors cet été! Your Parks Come Alive

Summer is finally here! It is the perfect time to go out, explore and enjoy everything Laval has to offer. Whether you want to carry on more physical activities, discover new things and create unforgettable moments, a rich and lively programming awaits you.

Move all summer long

Feel like moving and recharging your batteries? Our parks, woodlands and shores are genuine playgrounds where physical exercise and nature come together. Join in for games of volleyball or soccer, get swept up in dance or Zumba sessions, or enjoy outdoor yoga classes. And if you prefer a gentler pace, explore the trails on foot or by bike, or simply unwind in a revitalizing natural setting.

And when the show begins, let the music take you away! Outdoor shows invite you to dance, move and celebrate!

Make new discoveries

Celebrate the Théâtre à ciel ouvert's 15th anniversary. Be astonished by a cultural programming that transports you elsewhere. Outdoor movies, theatre plays, literary events... our public spaces become real venues under starry skies. Enjoy each day to explore, learn and be amazed by exciting, silly and rhythmical performances in an enchanting setting.

Create magical moments

Summer is also the time to get together and share memorable moments. The stage is set for festive concerts, for a film screening at night with the whole family, or for sharing an outdoor workshop with friends. Whether you feel like to have fun, discuss, or simply enjoy the moment, each event offers an opportunity to get out and connect and live your best summer life.

📍 For the entire programming, go to laval.ca/dehors



© Ville de Laval

The Roses Take Root in Laval

The City of Laval is proud to support and promote women's sports as well as an active lifestyle among Laval residents.

It is with this in mind that the City granted \$200,000 to the Roses FC to support the planning of their games at the Centre sportif Bois-de-Boulogne in 2025.

The Club already made significant investments so the site can welcome over 5,000 spectators each game. Holding the games in Laval will generate positive income for the city and its sports community.

Being a member of the Super Ligue du Nord, the Club is an inspiring source for young girls, offering a true model of success and dedication to sports. Thanks to the cooperation of local teams and proper facilities, Laval asserts itself as an increasingly recognized sporting pole for athlete development and for the whole community.

📍 Pour en savoir plus : en.rosesmtl.ca



Loads of activities in your parks!

📍 laval.ca/dehors



SPORTS AND RECREATIONAL ACTIVITIES



© Simon Laroché and Catherine Daoust



This summer, Laval sports facilities invite young and older residents to move and enjoy the outdoors, no charge and fuss-free.

© Simon Laroché

Laval Provides Space and Equipment to Make You Move This Summer!

Want to spend some time outdoors? Practise your favourite sports or try a new activity? Once again, this summer, Laval puts at its citizens' disposal many open access sports facilities to fully enjoy the warm season.

Apprentice cyclists, hop on your bike!

Young cyclists can learn about road safety rules while having fun on bike learning paths located in Bon-Pasteur and Des Coccinelles parks. The City allows citizens to borrow free bikes, balance bikes and helmets on these two locations. These fun and safe spaces help children gain confidence on their bike while learning the right way.

Reserve a court with a few clicks

In addition to pickleball, it is possible to reserve for free a volleyball or tennis court in one of Laval's parks. You are only a few clicks away from organizing a last-minute game and enjoying the outdoors.

Free practice at Claude-Ferragne stadium

The Claude-Ferragne athletics stadium welcomes you for free practice. Come and walk or run at your own pace on a great running track. An easily accessible activity for all, ideal to move or remain in shape.

Enjoy facilities close to your home and recharge your batteries!

📍 All details at laval.ca/en/interactive-map

Pickleball Gains Ground in Laval

Pickleball is a rising sport that attracts more and more players in Laval. To meet the growing demand, the City provides 45 temporary courts set on multisports skating rinks in 11 parks, namely Saint-Maurice, Louis-Durocher, Saint-Martin and many more. Laval is also home to the largest pickleball association of Québec, with over 1,500 members. Classes, leagues and supervised activities are now offered for all levels of play.

📍 For schedules, reservation and details:
laval.ca 📍 Pickleball

📍 To know more about the association:
pickleballlaval.ca (French only)



© Simon Laroché

Aquatic activities calendar



Pre-opening
of some
splash pads



Registration
for summer
aquatic classes



Pre-opening
of some pools



Opening of
outdoor pools,
splash pads and
the berge aux
Quatre-Vents beach



Progressive
closing of outdoor
pools

📍 laval.ca/swimming-pools



Berge aux Quatre-Vents

© Simon Laroche

Discover Laval Differently: Focus on Its Riverbanks

Flanked by the Des Mille-Îles and Des Prairies rivers, Laval has an abundance of accessible riverbanks, ideal to escape in nature without leaving the city. Whether you want to relax or you are an outdoor enthusiast, our riverbanks offer an enchanting setting two steps away from your home.

New Things to Discover

Thanks to important financial supports by both the gouvernement du Québec and the Communauté métropolitaine de Montréal (CMM), Laval citizens will enjoy new facilities as early as this summer.

At the Berge aux Quatre-Vents, a new chalet, open all year round, will be accessible this summer. Equipped with a multi-use hall, a sanitary block, an outdoor shower and a biker's rest area, it will also include a desk for outdoor and recreational equipment rental.

In Sainte-Dorothée, the Berge des Rapides-du-Cheval-Blanc was recently developed to give additional access to Des Prairies River. Located on the chemin du Bord-de-l'Eau, this new stop will benefit the community and allow biking enthusiasts riding between Oka and Mont-Saint-Hilaire to make a pit stop and enjoy the recreation area.

A summer on the waterfront

To have a picnic in the shade of large trees, to paddle on still water, or simply to enjoy the calmness of walking paths, riverbanks have everything to attract you.

This summer, rediscover your city differently. Enjoy the unique beauty of Laval, the island with a thousand riverbanks. Let yourself be charmed by the calmness and magnificence of its shorelines as the sun sets over the water or by observing its local wildlife.

📍 To find an accessible riverbank near you, visit laval.ca/en/interactive-map

A Summer of Sports Performance in Laval

Thanks to its quality infrastructure and proactive associations, Laval becomes a real playground this summer.

M25 Tennis tournament

From June 26 to July 6, come out and see promising players of the international circuit in action at the Centre de tennis Saint-Victor.

Coupe de l'Avenir

On July 5 and 6, the best U17 and U19 cyclists will hop on their bike in Laval.

Championnat canadien des vétérans en athlétisme

From August 1 to 3, at Claude-Ferragne stadium, watch inspiring performances.

Championnat canadien de l'Est de softball féminin

From August 21 to 24, at Rosaire-Gauthier Park, watch elite teams' performance in a friendly atmosphere.

350 km of cycle paths to explore. Enough to leave the car home all summer long.

Discover the bike path network.

laval.ca/velo

Plan pour une
économie
verte



Québec



All Eyes on an Exceptional Season at the Parc de la Rivière-des-Mille-Îles

In 2025, Éco-Nature | Parc de la Rivière-des-Mille-Îles celebrates 40 years of nature, history, culture and adventure. To commemorate this milestone anniversary, a special programming will be offered to visitors all year long, including photo exhibitions, an honorary evening, the publishing of a souvenir calendar, video clips, musical shows on the river, special guided activities, contests and surprises.

Escape with a few paddle strokes

On May 17, the rental centre at the Parc started to operate. Escape on water on a rented kayak, canoe or paddleboard. For a relaxing moment or an outdoor adventure, the Parc promises you a unique adventure in nature a few minutes away from downtown Laval. This is the perfect opportunity to observe wildlife and take a real break on the river.

Let the river drive you softly, stop on a shore to explore different islands and enter a journey of discovery. Different trails are suggested according to your level of experience. Rental service is offered every day during summer.

Tour d'observation du Grand Marais: a special lookout on nature

Éco-Nature also invites you to discover its new Grand Marais observation tower, inaugurated this spring. This structure offers a spectacular lookout on one of Laval's greatest wetlands. Ornithologists in the making, photographers, nature lovers will find a peaceful location to observe the exceptional biodiversity of the sector. A must-see stop for all nature enthusiasts!

📍 For all the details : parc-mille-iles.qc.ca/en



Tour d'observation du Grand Marais

© Éco-Nature | Parc de la Rivière-des-Mille-Îles

New Features in Parks, Just in Time for Summer

Summer will be busy in Laval. In some parks, new features will improve young kids' and teenagers' fun experience.

Chopin and De Naples parks

New splash pads will be installed and accessible during the summer for young kids to cool off and have fun.

De Brétigny Park

A brand new play structure will improve the kids' playground this summer.

Du Moulin Park

Since last fall, the park two baseball fields are being completely refurbished, including an improved drainage system, a players' dugout and a space intended for people who keep the score. New facilities will be ready during the summer.



© A. Chevrier



© Gab Joncas

To make a request 24/7, go online.

Go to Mon dossier. The citizen portal.

📍 mondossier.laval.ca



The Forest, A Fragile Ecosystem to Protect

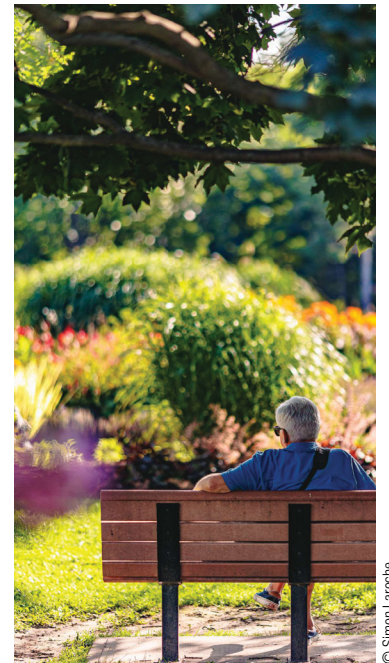
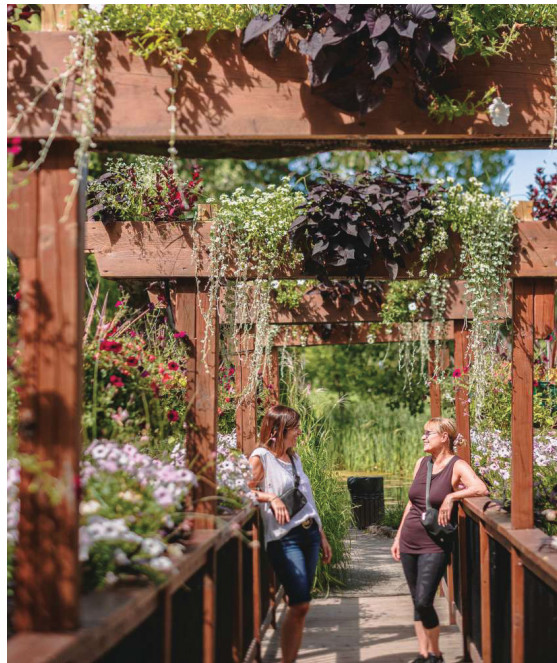
Feel like taking a break from the everyday routine, relaxing and get moving? Laval's woodlands provide the ideal environment to take a well-deserved pause. To walk, to run or to simply breathe fresh air, these green spaces are genuine peace havens close to home, and ideal islands of coolness to escape during summer heatwaves.

However, who says woods also says... mosquitoes! There are 3,500 species of mosquitoes in the world. And in Laval, mosquitoes are especially present in woodlands which encompass wetlands that become hatching grounds for larvae.

Even if they are irritating, mosquitoes play an essential role in the ecosystem. Did you know that they pollinate certain plant species? Indeed, their main source of food is nectar; only female mosquitoes suck the blood before they lay their eggs. Also, mosquitoes are bats', frogs', birds' and other insects' favourite food. In turn, these animals contribute in different ways to the ecological balance of the forest.

In short, mosquitoes do more good than harm to the ecosystem. Getting curious about biting insects raises awareness to the incredible complexity of the relationships present in our woodlands. By adopting ecoresponsible behaviours and acknowledging the value of each specie, one contributes to the protection of rich living environments that are essential to the collective well-being.

- 🔔 Find out more about good practices to adopt in natural environments : reseaucanopee.org (French only)



© Simon Laroché

A Booming Summer at Centre de la nature

The Centre de la nature, with its 50 hectares of nature, proposes a rich and diversified horticultural programming that will enchant families and nature lovers.

From July 7 to August 15, the tropical greenhouse terrace will be animated with horticultural workshops. Tuesday to Friday, from 10:00 AM to noon, everyone is invited to get their hands in the dirt during potting workshops and to discover the secrets of edible flowers and herbs. Learn everything about chives, chamomile, African marigold, lavender, pansy and nasturtium. Each participant will leave with a plant to grow at home.

At the Halte environnementale, get inspired by sustainable environmental practices such as urban agriculture, plant walls, and bug hotels that you can easily recreate at home. Nature lovers will also appreciate the different facilities of the Centre: the tropical greenhouse and its exotic plants, the animal farm with its pasture section, the carefully tended theme gardens, and the woodland dotted with numerous nature trails.

For those who want to move, the Centre offers an array of activities: canoe, kayak and rabaska rentals to explore the lake, biking paths, bocce courts, and shuffleboard. Train rides, as well as a ponies carousel are also offered to delight little ones.

Feel like a gourmet break? Good news: barbecues are authorized in the Centre picnic areas as well as in other parks in Laval. Bring your own equipment and have a good meal outdoors in the heart of nature.

- 🔔 To know more about the rules surrounding the use of barbecues in parks, go to: laval.ca/en 🇨🇦 Barbecue
- 🔔 More details and complete schedules of Centre de la nature at laval.ca/centredelanature (French only)

**Important
notices or
emergencies**

Subscribe to alerts: laval.ca/subscribe



© Patrick Beauchemin



Laval's Mobilization to Support Exporting Companies

In response to the economic uncertainty inherent to new American trade policies, the City of Laval takes action to protect its economy. Hence, a 4.5-million-dollar investment over three years was announced to support exporting companies.

The export sector holds an important place in Laval's economy. In 2023, close to 600 companies located on the island exported for a total of 2.2 billion dollars. In 2021, more than 50% of exports by Laval businesses were directed to the United States, for a total of approximately 1.1 billion dollars. By comparison, exports to Canada (outside Québec) totalled 883 million dollars. These figures including exported goods only — excluding services — confirm the strategic weight of the American market for Laval.

Concrete actions

A watchdog committee including Laval économique specialists and institutional partners was formed to maximize the impact of the support offered to businesses. Here are a few initiatives suggested:

- a service to advise companies on logistics and customs duties;
- support for numerical value export;
- a customized diagnosis to target new markets;
- a survey of customs tariffs to understand their impact on Laval businesses;
- exploratory commercial missions to develop new markets;
- tips on strategic procurement;
- subsidy programs to get training in electronic trade and invest in productivity.

- 📍 To know more about the service offer, go to lavaleconomique.com/en 📍 Export (result under Strategic advice)

Buy Local and Make Your Community Grow

Flowers, fruits, vegetables: by buying local, you support passionate producers while contributing to Laval's flourishing economy and employment. Laval has over 40 farm stands offering fresh, delicious and quality products. Make a choice that has a real impact on you and your community!

- 📍 saveursdelaval.com (French only)



Fresh, tasty, and right next to you!

A variety of agricultural products and farming recreational activities are offered in Laval's farm stands.

Sainte-Dorothée

Agneaux de Laval
Bernard Guzzi apiculteur
Botanix Jardins Zeillinger
Château Taillefer Lafon
Ferme Bigras et Filles
Ferme Marineau
Domaine Brune Houblonde
Jacques Lauzon et Fils
La Cédrière Barbe
La Ferme Grover
La Nature, Maraîcher naturel
Lavandoise Sainte-Dorothée
LAVOIE Fleurs et Jardins
Le Paradis des Orchidées
Le P'tit Cléroux
Les Fraises Champagne
Les Serres P. Brisebois et fils
Les Serres Sylvain Cléroux
Tulipes.ca

Sainte-Dorothée Sud

Charbonneau L'Expert
Ferme Marineau
Michka signé Charbonneau

Sainte-Rose

Ferme Emarville
Le Kiosque des Ancêtres
Pépinière La Vieille Grange
Pépinière Locas

Secteur Est

Au Bien Frais
Champimignons
Ferme Aux Vieux Chênes
Ferme d'Auteuil / Kiosque
chez Vaillancourt
Ferme F Turcot et Fils
Ferme Jeunes au Travail
Ferme Sauriol
L'Abeille Techopia
La Ferme Forget
La Fromagerie du Vieux
Saint-François
Le Kiosque du Coin
Les Jardins Legault Fournel
Les Récoltes Le Mieux
Les Serres Leblanc
Pepinor
Serres Lavoie
Verger Gibouleau

Check the online directory to find the closest stand!

📍 saveursdelaval.ca

Québec

Saveurs
de Laval

Let's celebrate our 60th

Young at heart for six decades.

It all started on August 6, 1965, when 14 municipalities of Île Jésus joined forces to create Laval. Today, the city is a dynamic urban centre with modern facilities, a flourishing economy and a rich and exciting cultural life.

A 60-year anniversary is a great opportunity to celebrate our collective pride, our proper identity and everything we still hope to accomplish together. This summer, Laval celebrates everywhere on the island. Here is a glimpse of the special programming that was developed to mark this anniversary.



Zones musicales: A Great Momentum in the Height of Summer

To mark Laval's 60th anniversary, the Zones musicales kick off with a weekend of memorable must-see shows at Bernard-Landry Park!

July 5: Les Trois Accords

July 6: Isabelle Boulay

Two flamboyant evenings with iconic artists who made many generations vibrate, each their own way. Come early to enjoy activities on the site, welcoming setups, diversified food offers and bar services.

Refer to pages 26 and 27 for the entire programming of the Zones musicales 10th edition.



Cheers for JeuxFC

The 8th edition of Jeux de la francophonie canadienne will be held in Laval from July 15 to 19. Hundreds of young francophones aged between 14 and 18 years old, coming from all over Canada, will engage in different competitions in arts, leadership and sports. Come to cheer them up! These are free events.

📍 For all details: jeuxfc.ca

An Immersive Experience



From August 28 to October 19, the outside façade of Place Bell will come to life at nightfall with the projection of digital art pieces created by visual artist Sabrina Ratté. This original creation will be combined with artistic activities for all audiences. A breathtaking rendezvous in the heart of downtown Laval.

Explore Our Urban Forest



The Centre de la nature, in collaboration with CANOPÉE, displays new interpretive panels of the urban forest planted 10 years ago during the 50th anniversary of the city. This forest of over three hectares demonstrates Laval's commitment to biodiversity and sustainability. The educative panels invite the passers-by to learn about the different types of trees found in typical Québec ecosystems and raise awareness on the importance of green spaces in urban environments and their protection.

 laval.ca/en/sports-leisure/centre-nature

A Real Window Opened in Laval History and Culture



Passionate about history or simply curious? Starting July 25, the reopening of the Maison André-Benjamin-Papineau offers an entertaining outing for the whole family. Classified as heritage property, this house was home to the nobleman and proud patriot André-Benjamin Papineau — cousin of the famous Louis-Joseph Papineau.

The City of Laval, with the financial support of the ministère de la Culture et des Communications du Québec, carried out work to renovate this heritage gem and gave it a new vocation: make Laval cultural heritage more accessible to all with a diversified programming.

Guiding activities and site management were assigned to Réseau ArtHist, a Laval organization promoting heritage through original and customized animation that is also well known for the *Virées patrimoniales*.

At the Maison André-Benjamin-Papineau, discover:

- The permanent exhibition « *Écoutez... les murs vous racontent!* » that discloses the secrets of the house and tells about its rich history.
- Meetings with characters from the past who discuss their ancient crafts.
- Animated events on Saturdays, August 2 and 9 to mark the house history and Laval's 60th.

Access to the outdoor site is free. Visit of the house and certain activities will be free from July 25 to August 24, and later offered at a low cost.

To know about the programming and reserve your tickets, go to:

 maisonabp.ca





The 60th at Espace citoyen des Confluents (ECC)

The Carrefour project invites you at the ECC to discover three summer initiatives promoting citizen participation:

- From June 12 to 14, meet new people and enjoy good food by taking part in cooking workshops with local organizations.
- Share your knowledge in photography, gardening, finance, and others, during citizen workshops inspired by the living libraries on July 12. An information meeting will be held on June 17.
- Teenagers! Get involved and create a programming that suits you! Attend a special evening on June 26.

Registration required.

 laval.ca/espace-citoyen-confluents

A Burst of Local Flavour With the Gourmet's Table



Starting July 26, the Centre de la nature invites you to discover its new gourmet's table, a unique project that promotes urban agriculture. Located in the greenhouse, this large table welcomes up to fifty people, at a time, who wish to taste produce grown at the Centre de la nature. A specialized guide will sometimes be present to discuss with visitors.

Complete programming at:


 laval.ca/en/sports-leisure/centre-nature



Art in the Heart of Celebrations

At Centre de la nature, *La force du Rêve: murale collective sur les droits de l'Enfant* is a rallying project that will enrich our urban space. It includes three mural art pieces to be created in July and August. Some 325 young people aged between 3 and 17 years old, from 20 Laval community organizations, participated in the creative workshops directed by artist Lelia Sfeir, as well as the choice of muralists in collaboration with Métalude. Children will also take part in the mediation workshops animated by MU to learn about the creative process behind the project and become familiar with children's rights.

For more details on the project:

 laval.ca  **Journée internationale des droits de l'Enfant (French only)**



A Not-to-be-missed Event for Youth Theatre Fans

As part of the 15th anniversary of the Théâtre à ciel ouvert (TACO), young and young at heart are invited to see, or see again, *Les Volk: famille légendaire*, that is the first play created by the TACO in 2010. This well-acclaimed play, presented many times everywhere in the province, tells the story of an irresistible, funny and touching family that will not leave anyone indifferent. Performances will be at the Centre de la nature on August 10 during a weekend especially dedicated to the young audience theatre, on August 30 as part of the Fête de la famille and in parks from August 14 to 24.

 laval.ca/en/sports-leisure/centre-nature

Time to Celebrate in Your Neighbourhood!

This year again, many neighbourhood parties coordinated by local organizations will offer music, animation and activities for the whole family. For more information, consult the activity calendar at:

 laval.ca



Free Grand Concert by the OSL: Highlight of the Celebrations

The Orchestre symphonique de Laval is marking Laval's 60th anniversary in a big way with an exceptional concert to be held on August 6 at Place Bell.

This unforgettable evening will bring together over 60 musicians of the OSL, cellist Dominique Beauséjour-Ostiguy and singer Guylaine Tanguay, accompanied by the Petits Chanteurs de Laval choir. This great event will also make visitors discover what the downtown cultural pole has to offer: restaurants, festive ambiance of the Station culturelle Momo, welcoming facilities in a sector that will be dedicated to pedestrians for a major part of summer.

Get your tickets now:

 laval.ca/laval60



Fête de la famille: Twice the Fun!

To mark Laval's 60th anniversary, the Fête de la famille sees double: indeed, two days of great festivities at the Centre de la nature await you on August 30 and 31 from 10:00 AM to 5:00 PM.

As a family, fill up with fun, discoveries and adventures by taking part in free activities for all ages, such as zip lines, block climbing, inflatable games, entertaining shows, creative and scientific workshops, animation, gourmet spaces and much more! Do not miss this double dose of fun to end summer on a high note.

Create Moments of Bonding in Your Neighbourhood

A lit barbecue, an improvised table, smiles exchanged... and magic happens! Inspired by a European tradition and adapted by Espace Muni, these parties are perfect opportunities to build a neighbourhood where it feels good to live, as it becomes more supportive, safer and, mostly, more human. Organize a party with neighbours and you could get some help from the City.

All details at:

 laval.ca  Fête du voisinage (French only)



For more details about all these events and to discover the activities relating to Laval 60th, including the enhanced programming of the Bibliothèques de Laval, go to:

 laval.ca/laval60

Laval
60^e

This Summer, Culture Spreads Everywhere in Laval

Different artistic rendezvous await you everywhere on the island this summer. Concerts, shows, exhibitions, art facilities and much more will feature unexpected discoveries and make you step outside your routine to enrich your day-to-day life.

The City, working closely with a strong network of community organizations, artists and partners, offers a varied and mostly free cultural programming all summer long. Behind this great cooperation, there is one single objective: make Laval culture lively and accessible to all.

Discover the City summer offer in the following pages.

🔗 For more details : laval.ca/maculture (French only)

The Station Culturelle Momo Brings Downtown to Life

From July 12 to September 28, the Station Culturelle Momo is back with a 3rd edition that will transform the Place Bell public place into a vibrant festive and inclusive location.

Designed by Aire Commune, the station features a large stylish outdoor terrace, ideal to relax, work, socialize and embrace culture through different performances.

New this year: the station temporarily opens on Claude-Gagné Street from July 12 to August 24 to add a pedestrian pilot project. What a great invitation to discover the downtown area on foot and in good company.

Starting July 31, over 40 different free events will be featured:

- Jeudis Co-Motion: festive musical evenings, comedy shows and street dance.
- Momo en famille: shows for young audiences mixing circus, theatre plays and street arts.
- Mosaïque à Momo: multicultural musical evenings.
- L'entre-deux artistique: cultural breaks for all during lunchtime.
- Special events: Zones musicales closing concerts, Laval 60th anniversary celebrations and end-of-season Aire Commune Block Party.

The site includes shared workplaces outdoors with free Wi-Fi, giant games, hammocks, green spaces and over 400 plants.

This genuine urban garden becomes a friendly, refreshing and multi-purpose place to fully enjoy the warm weather.

The setup of the Station Momo is made possible thanks to a network of great partners — education institutions, cultural organizations and local companies — that contribute to its success. Iconic location of Laval's summer activity, the Station Momo became the outdoor cultural meeting place for arts, diversity and community life.

🔗 Discover the entire programming at laval.ca/en 📍 Momo

HERITAGE Tours

LAVAL.CA/HISTOIRE

GUIDED THEATRICAL TOURS

Discover what life on île Jésus was like in the old days.

OUTDOOR ACTIVITIES
Upon registration,
limited places

REGISTER NOW
Activities in French only

🌐 reseauarthiste.com
📞 450 681-1611

Crédit photo : Jeff Malo



© Charles Briand

Magical Moments for the Whole Family!

Satisfy your curiosity and spirit with free circus shows and theatre plays, for all ages and tastes, presented in parks and riverbanks.

Crier au loup

Théâtre à ciel ouvert | 5 years and +
First performance at the Centre de la nature on July 5, at 4:30 PM

On her birthday, Samuelle is not allowed to go out because a wolf roams around.

Nico l'inoubliable

Théâtre à ciel ouvert | 5 years and +
Touring in parks starting July 9
Grand-Papi Pol is forgetting things. What if he forgets about Nico? Im-pos-sible! Nico is on a mission: learning everything so he becomes unforgettable.

📍 For all dates and locations, go to laval.ca/dehors (French only)

Le hérisson

Zeugma Danse new creation
Percussive dance | 3 years and +
In many Laval parks on Wednesdays, Thursdays, Fridays and Saturdays, at 10:00 AM, from July 9 to 19.

An exciting story combining storytelling and the power of dance.

Circus shows for all

At the Centre de la nature, on Saturdays and Sundays, from July 5 to August 10; at the Station culturelle Momo and in parks on Thursdays at 7:00 PM

Shows by the Cirque Kikasse, Collectif 4237, and Le Gros Orteil performance company, and much more!

Visit the Bibliomobile during shows scheduled on Wednesdays and Thursdays from July 9 to August 14.

In August, Celebrate Archaeology

Clear up your misconceptions about this fascinating science with the Archaeology Month special programming. In partnership with Éco-Nature, take part in activities that will captivate the attention of the whole family at the Parc de la Rivière-des-Mille-Îles: practical workshops, interesting conferences and much more.

While there, enjoy the Archéomobile, a travelling exhibition that features artefacts found during archaeological digs done at the Résidence de création Marcel-Saint-Pierre, in Sainte-Rose. It is a unique opportunity to discover our heritage deeply buried secrets nearby.

Zoom on our archaeology conference

Did you know that many archaeological remains are found on sites located near the water, also in Laval? An archaeologist will share her astonishing stories and fascinating discoveries during an event where nature, culture, science and history meet.

- August 5, 7:00 PM at the Marius-Barbeau public library
- August 7, 6:30 PM at the welcome pavilion of the Parc de la Rivière-des-Mille-Îles
- August 9, 2:00 PM at the Philippe-Panneton public library

Places are limited. Registration required.

📍 Consult the Mois de l'archéologie programming and discover where the Archéomobile will stop at laval.ca/histoire (French only)

June 23 Centre de la nature

Our Fête nationale in Laval

**Cœur de Pirate • Bruno Pelletier
FouKi • Zaho • Muzion • Rau_ze
Vulgaires Machins • Sara Dufour
Kat Pereira • Patriotic text co-written and read by
Florence Longpré, Elkahna Talbi and Ines Talbi**

Special
performances by
**DJ Montana and
Urban Science
Brass Band**

📍 laval.ca/fetenationale

Performing Arts

Co-Motion

📍 Salle André-Mathieu, Théâtre des Muses of the Maison des arts and Théâtre Marcellin-Champagnat
🌐 co-motion.ca

Many comedy shows and plays will be presented during summertime.

Korrigane

La troupe Fantasia inc.
📍 Maison des arts
🌐 billetteriemda.ca
June 20 and 21, 7:00 PM

A musical in which two clans fight for a territory supposedly hiding a huge treasure.

Gala lyrique | Benefit event

Opéra bouffe du Québec
📍 Maison des arts
🌐 operabouffe.org/billetterie
June 22, 3:00 PM

Featuring opera's and operetta's most beautiful arias.

Festival des bières de Laval

📍 Centre de la nature
🌐 festivaldesbieresdelaval.com
July 11 to 13

Supported by the Programme de soutien aux grands événements de the City of Laval.

Festival MOSAÏQUE Laval – 5th edition

📍 Place Centrale of the Centropolis
🌐 festivalmosaiquelaval.com
August 14 to 16

A rallying event that showcases artists from cultural diversity with a rich and varied programming.



Festival MOSAÏQUE Laval

© Mélissa Vailhange

Scientific Culture

Centre d'interprétation de l'eau

📍 12 rue Hotte
🌐 cieau.org

Spring summer rally

Further your knowledge of water.

Cosmodôme

📍 2150 autoroute des Laurentides
🌐 cosmodome.org/en

Destination : l'espace

An immersive and interactive trip to space.

Musée de la santé Armand-Frappier

📍 2150 autoroute des Laurentides
🌐 museefrappier.org/en

4, 3, 2, 1... Santé!

Discover concrete actions to maintain health.

Ça chauffe! Cool it

This exhibition, combining art and science, explores the impact of climate changes.



© Club des Astronomes Amateurs de Laval

Night sky observation

Club des Astronomes Amateurs de Laval
📍 Observatory | 825 avenue du Parc
🌐 astronomielaval.org

Exhibitions

Quilt exhibition

Guilde Calico Laval
📍 1450 boulevard Pie-X
June 14 and 15

Les Passionnés des Arts Visuels

Centre d'Art de Sainte-Rose
📍 214 boulevard Sainte-Rose
🌐 lespav.com

Expo des 6

June 18 to 22

Un air de vacances

July 16 to 20

Galerie La Vieille Caserne

Corporation ROSE-ART
📍 216 boulevard Sainte-Rose
🌐 roseart.ca

Souvenir de voyage

June 11 to July 12

Héritage

July 19 to August 27

Exposition d'œuvres grand format

July 19 to August 31

Symposium de Sainte-Rose

July 24 to 27

Please be aware that the majority of the websites provided in this section are in French only.

THIS SUMMER, TAKE TIME TO REST!

SUBSCRIBE TO OUR NEWSLETTER
AND LET CULTURE COME TO YOU
(WE PROMISE, WE ONLY SEND IT ONCE A MONTH)



DON'T MISS ANY CULTURAL
EVENTS WITH
**LAVAL
SIGNÉ I LAVAL**

Maison des arts 39th Season

This new season will be full of emotions
with 16 general audience shows and 13 young audience creations.

General Audience Shows

AUTOFICTION

Michelin

Coproduction by La Marée Haute/Tandem/Trident/
Grand Théâtre de Québec

November 20, 7:30 PM

Michel-Maxime Legault recalls the central
experiences of his life, from his birth town
Saint-Polycarpe until he noticed he was
different from others.

Text and performance: **Michel-Maxime Legault**
Direction: **Marie-Thérèse Fortin**

5 À 7 CONTE

Mythomane – Thomas Hellman

Stories and legends of Antique Greece
December 20, 5:00 PM

Thomas Hellman mixes Greek
mythology with a Quebec tale
and American folk music.

Text and performance: **Thomas Hellman**
Direction: **Michel Faubert**
Accompanying musician: **Olaf Gundel**

Young Audience Shows

PUPPETS AND WORDLESS THEATRE



© Sylvie-Ann Paré

c0sm0

Théâtre Motus and Núbila Teatro | 3 years and +
Co-production Canada-Mexico
November 30, 11:00 AM

Two cosmic creatures, time weavers,
reinvent the world.

Ideation, direction and performance: **Haydée Boetto**
and **Hélène Ducharme**

INTERACTIVE ONIRICO-PHILOSOPHICAL CABARET

Prince Panthère

Le Petit Théâtre de Sherbrooke | 10 years and +
February 8, 2:00 PM

The day Christine's cat dies, Prince
Panthère, arriving directly from his kingdom,
comes out of her dresser.

Ideation and direction: **Gilles Abel and Érika Tremblay-Roy**
Text: **Érika Tremblay-Roy**, freely inspired by the Brecht Evens'
graphic novel *Panthère*.

Dance

Sans quoi nous crèverons

April 9, 7:30 PM

Virginie Brunelle's choreography integrates
a vibrant call for love and solidarity.

Choreography: **Virginie Brunelle**
Sound composition: **Laurier Rajotte**

Information:

- 📞 450 662-4440 | Ticket office: 450 667-2040
- 🌐 laval.ca/maisondesarts (French only)

Plan de développement culturel de la région de Laval (PDCRL) 2024 Report

The year 2024 marked a new milestone for the PDCRL. Thanks to the commitment of Culture Laval, the City of Laval and all its partners, significant progress was made to reinforce the cultural vitality of our city. Some 80% of the 144 actions of its regional planning are in the making or already done.

Among the outstanding initiatives carried out in 2024, the set-up of a culture-community task force promotes the merger of both cultural and social spheres. The Oasis Cartier temporary cultural space stimulated the public space offering a venue to discover art accessible to all. Also, the opening of Espace citoyen des Confluents, in Saint-François, adds a new beacon for the entire community.

These achievements illustrate our collective will to build a city where culture lives, is shared and progresses to meet citizens' expectations.

📖 To read the report, go to laval.ca/en 📢 PDCRL



2025-2026
CULTURAL
PROGRAMMING

3 and +
shows

=

25 %
off regular
price

Take advantage of the
promotion until October 16.

📍 laval.ca/maisondesarts
🚉 Montmorency station

2025–2026 New Season – Art Brings People Together

For its 2025–2026 season, the Salle Alfred-Pellan (SAP) reinvents itself to become a vibrant location where your connection to artists and their work will be strengthened, but also with the museum and its team. More than a simple exhibition space, the SAP is also a crossroads for exchange and dialogue where everyone is invited to enrich its acquaintance with culture.

You are also invited to be part of the municipal museum experience. Express your thoughts with words and poetry while contemplating Laval artist Louise Robert's work as the museum pays her a posthumous tribute; feel interactive textiles in the Trames composites exhibition; experiment the living together with Khadija Baker in a creative space inside and in an outdoor park where the exhibition extends. The SAP is now open during the evening until 8:00 PM for the Jeudis au ralenti events. Come alone or with colleagues and friends for tea, or to freely create in a relaxing ambiance.

Museum means health!

Joëlle Morosoli — *Ouvrir une brèche*

Until July 20

Joëlle Morosoli's kinetic works exploit the movement that revives the survival instinct. Be resistant or resilient? Protect or fight back? Free or entrap? As the exhibition progresses, emancipation naturally takes the lead.

For the visitor, the slowness of the mechanical movements is calming and induces hypnotic dreams. Mesmerized, the visitor is driven by the poetry of this meditative, reflexive and specular quest. The vulnerability, frailness and evanescence of the surrounding world present in the heart of this immersive experience deeply touch the visitor. Come and be enchanted yourself!

Francis Macchiagodena — *Mers d'argent*

📍 Foyer du Théâtre des Muses

Mers d'argent images are fantasies, unknown locations, recognizable and yet impossible. They might be taken in earth dark and isolated corners or be technical views of a distant and strange planet. Laval artist Francis Macchiagodena showcases them as mysteries linked to the creation of silver photography made with the salts that help produce them.

Family outing: le parent-médiateur

This free interactive activity improves your experience as a visitor during opening hours.



© Joëlle Morosoli, *Ondulations*, 2023

New Public Art Piece at Prévost Park

This summer, Laval public art collection adds one piece located at the chalet of Prévost Park in Vimont. L'énigme de l'archipel is a bas-relief that echoes the geological formation of Laval islands while symbolizing the agglomeration of families that form its population. The installation includes 32 organic shapes in aluminum that spread over three walls of the building and reminds us of a string of interconnected islands reflecting the continuity of life.

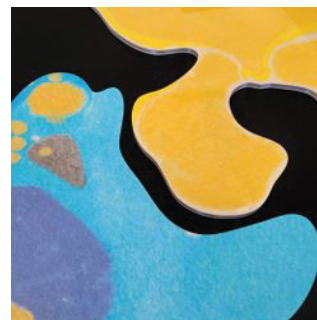
Associated with abstraction and typography, the art piece symbolizes the complexity of the challenges harmonious cohabitation faces. Shapes are like micro-organisms that transcend the boundaries between nature and culture reminding that the community needs to progress and develop in perfect symbiosis with its environment.

This project was designed and achieved by Laval artist Jocelyne Thibault with artist Geneviève Cadieux-Langlois, following a competition held as part of the implementation of the Politique municipale d'intégration de l'art public aux bâtiments et sites municipaux.

📍 Art mediation activities with this art piece will be offered this summer.

Know more at laval.ca/calendrier (French only)

📍 To discover the whole collection, consult the map at laval.ca/en 📍 Public art



L'énigme de l'archipel (detail),
– scale model.

© Jocelyne Thibault and Geneviève Cadieux-Langlois



L'énigme de l'archipel (detail),
main wall façade – scale model.

© Jocelyne Thibault and Geneviève Cadieux-Langlois

Information

📞 450 662-4440

🌐 laval.ca/en 📍 Exhibitions

ZONES MUSICALES

2025

Program

Discover the artists at laval.ca/zonesmusicales



Zone Parc Bernard-Landry

5 avenue du Crochet




Opening Shows

JULY 5 **Les Trois Accords**
Opening – Vaëlle
7:30 PM / Rock

JULY 6 **Isabelle Boulay**
Opening – Jeanne Côté
7:30 PM / Pop-Folk

Laval
60+



 Food truck |  Bar on site |  Animation

JULY 13 **Les Royal Pickles**
With dancers
7:30 PM / Swing

JULY 27 **Stephanie Osorio**
With dancers
7:30 PM / Latin

AUGUST 9 **Kizaba**
Opening – Rebecca Jean
With dancers
7:30 PM / Afrobeat

AUGUST 10 **La Grande Veillée du 2 Pierrots**
7:30 PM / Quebec music covers

Zone Saint-François

Next to the church 8560 rue de l'Église

JULY 10 **Son Candela Latin Band**
With dancers
7:30 PM / Latin (Cuba)

JULY 24 **Naxx Bitota**
With dancers
7:30 PM / Afropop

Espace citoyen des Confluents 1000 rue Marie-Uguay

AUGUST 12 **Les VooDooMonx**
7:30 PM / Funk

Zone Vieux-Sainte-Dorothée

Place publique – 670 rue de la Place publique

JULY 11 **La Déferlance**
7:30 PM / Trad

JULY 18 **Térez Montcalm**
7:30 PM / Jazz

AUGUST 1st **Christine Tassan et les Imposteurs**
7:30 PM / Gypsy jazz

AUGUST 8 **Sambandorinha**
7:30 PM / Brazilian Pop

Zone Vieux-Sainte-Rose

Berge des Baigneurs – 13 rue Hotte

JULY 12 **Rumbaristas**
7:30 PM / Latin American Balkan

JULY 20 **Marie Denise Pelletier**
7:30 PM / Pop

JULY 26 **Willows**
7:30 PM / Folk

AUGUST 2 **Valence**
7:30 PM / Pop

Zone Chomedey

Parc Légaré – 2245 rue Légaré

JULY 16 **Afirka**
7:30 PM / Middle East

AUGUST 13 **Rita Tabbakh**
7:30 PM / French songs tribute





1. Lynda Lemay
2. Isabelle Boulay
3. Terez Montcalm
4. Dominique Fils-Aimé
5. Barnev

Zone Berge aux Quatre-Vents

925 rue Riviera – corner of 11th Avenue

JULY 17

Dawn Tyler Watson

7:30 PM

Blues

JULY 31

Emmanuelle Boucher

7:30 PM

Country

Zone Centre de la nature

901 avenue du Parc

JULY 18

Barnev

Opening – Valérie Clio

8:00 PM

French R&B

JULY 19

Ivan Boivin-Flamand

8:00 PM

Aboriginal Pop-Rock

JULY 25

Helium Cosmik

Opening – Sandra Contour

8:00 PM

Folk-Rock

JULY 26

Lynda Lemay

8:00 PM

Pop-Folk

AUGUST 1st

Cindy Bédard

Opening – Tom Chicoine

8:00 PM

Country

AUGUST 2

Socalled

8:00 PM

Klezmer Hip-Hop

AUGUST 8

Dominique Fils-Aimé

Opening – Hanorah

8:00 PM

Jazz

AUGUST 9

The Liquor Store

8:00 PM

Electro Jazz Funk

Zone Montmorency

Maison des arts de Laval 1395 boul. de la Concorde W.

Places are limited – Get a free pass:

co-motion.ca or 450 667-2040

JULY 31

Siraba

5:30 PM and 8:00 PM

Mandingo and Brazilian music

AUGUST 7

Bel and Quinn

5:30 PM and 8:00 PM

Jazz and Haitian rhythms fusion

AUGUST 14

Labess

5:30 PM and 8:00 PM

Arab-Andalusian Music

AUGUST 21

Mikha.elles

5:30 PM and 8:00 PM

Latin music

Laval
60^e

Place Bell 1950 rue Claude-Gagné

Free indoor anniversary concert

Get a free pass: laval.ca/zonesmusicales

AUGUST 6

**Orchestre symphonique
de Laval**

With Guylaine Tanguay,
accompanied by Les Petits
Chanteurs de Laval and the cellist
Dominique Beauséjour-Ostiguy

7:30 PM

Classic and pop



Place publique de la Place Bell 1950 rue Claude-Gagné

Closing Shows

AUGUST 23

Marie-Mai

Opening –
Meghan Oak

7:30 PM

Pop



AUGUST 24

**Les Colocs -
Ensemble**

7:30 PM

Rock fusion
Tribute to Dédé Fortin
and his group Les Colocs



Restaurants
nearby



Bar
on site



Animation

Organizer



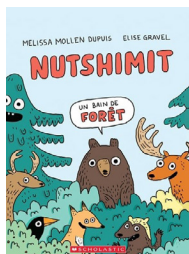
Presenting sponsor



Book Suggestions – Let's Celebrate Indigenous Voices Literature

As part of the project En juin: je lis autochtone, an original provincial initiative, launched by the Librairie Hannenorak in Wendake, Laval public libraries invite you to discover the highly diversified indigenous literature.

Suggestions by librarians Sophie Tellier and Mélissa Everatt.



Nutshimit : Un bain de forêt

Melissa Mollen Dupuis and Elise Gravel, Scholastic, 2023

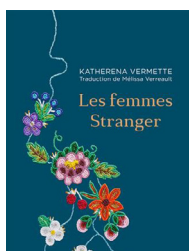
A fun documentary book to discover the forest treasures and the central place nature holds in indigenous culture. This book by Innu writer Melissa Mollen Dupuis and humorously illustrated by Elise Gravel raises awareness of Innu language, traditions and myths.



Nish, v.1 à v.3

Isabelle Picard, Éditions Les Malins, 2022-2023

In this youth series, Wendat author Isabelle Picard tells about the daily life and adventures of a pair of indigenous twins living in the remote community of Matimekush, and later in Wendake.



Les femmes Stranger

Katherena Vermette, Québec Amérique, 2023

This novel tells the story of the four generations of a Metis family, told alternately by four women. Through their voices, that will touch readers' heart, the author draws a portrait of Winnipeg Metis community's life, describing its challenges, wounds and prejudices.

For Your Summer Free Entertainment, Think Library!

Laval libraries' teams welcome you this summer in the nine neighbourhood libraries and Biblio-mobile! Cool air included!

Literary events and animation for the whole family

Summertime rhymes with discoveries and freedom, and thanks to the fun events offered by your public libraries, your child will maintain his/her educational achievements without even knowing it.

Register your child to the Club de lecture TD: he/she will record the books he/she read in a notebook, participate in many fun activities, and may even win a prize during a draw at the end of summer. Registration is free in your local library until June 16 at noon.

Also, the library teams will set foot outdoor near neighbourhood pools, water playgrounds and municipal parks to bring stories, and organize animated events and reading activities during the Dehors cet été programming (see p. 11).

Regular schedule and business as usual all summer

Borrowing documents, Wi-Fi access, conferences and workshops on your favourite topics... your libraries do not take a break during summer vacation.

During excessive heatwaves, neighbourhood libraries are also nearby hubs, open 7 days a week, to stay cool.

Psst... Take out your bike!

To promote active transportation, all libraries are equipped with bicycle racks. You may also borrow a balance bike for younger children at the library. These bicycles without pedals favour their learning skills by developing balance.

📍 For more details and to find a library close to you, go to biblio.laval.ca (French only)



Your library buzzes with activity.

Subscribe at: 📍 biblio.laval.ca








For a Safe Summer with Your Pets

The return of sunny weather, days at the pool and walks under the sun ... yes, summer is back! Warning: warmth, as nice as it is, may have a detrimental impact on your four-legged companion's health. Dogs and cats do not regulate their inner temperature like humans do. They are more vulnerable to heat stroke, especially during very hot and humid days.

Here are simple actions you can take to keep them safe:

- Make sure they always have access to fresh water.
- Set up a shaded area on a balcony or in the yard so they can rest comfortably.
- Take morning or evening walks when the weather is not as hot. Avoid walking on hot surfaces like asphalt: if it is too hot for your hand, it is too hot for their feet!

It is highly recommended not to ever leave your pet alone in a car. In a few minutes only, the inside becomes very hot and could jeopardize its life.

Also pay attention to open doors and windows: an animal can easily get out without you noticing it. Make sure your pet always wears its municipal ID tag. It will be identified more rapidly, and you will be contacted if it escaped. You don't have a ID tag yet for your pet? Get one via Mon dossier.

With these precautions, your pets will safely enjoy summer.

📍 laval.ca 🇫🇷 [Soin animal](#) (French only)



No Pesticide, No Panic!


In Laval, the use of pesticides is generally restricted by the L-12824 by-law. If you notice yellow patches on your lawn, it could be the chinch bug, an insect that feed on grass.

Here are a few simple and eco-responsible actions to take to reduce its presence:

- Keep your grass at least 8 cm long.
- Aerate the soil to loosen it.
- Plant clover on the yellow patches.
- Avoid fertilizing the grass too much.

If these tips are not enough, it is possible to treat your grass with a biopesticide, like a biological insecticide, without needing a temporary permit. Beware, however: treatment is efficient only on larvae and must therefore be done in mid-August at the latest.

📍 For more tips, go to laval.ca 🇫🇷 [Pelouse](#) (French only)



A medal, that's bright.

Avoid a fine: submit your request online.

📍 laval.ca/animaux



Subsidy for the development of a biodiversity garden

Up to \$400 for a front yard garden and up to \$600 for a shoreline garden. **Submit your request online.**

📍 laval.ca/en 🇫🇷 [Grant programs](#)



Bees: Essential Friends in Our Daily Life

Did you know that a third of what we eat depends on the work of bees and other pollinators? Fruits, vegetables, nuts ... bees are essential to the growth of our favourite food.

By carrying pollen from flower to flower, bees contribute to the reproduction of a variety of plants. Without bees, biodiversity and the content of our grocery cart would be jeopardized.

Do you want to know more about these precious and fascinating allies? Register* now to one of the free workshops on urban beehives organized by the Centre de la nature. Open to the whole family.

Un jardin à la loupe — Pollinators

July 16 — 6 :00 to 7:00 PM

Bees and beehives

September 6 — 9:30 to 10:30 AM, 11:00 AM to noon
and 1:00 to 2:00 PM

*Registration is mandatory by email at pollinisateurs@laval.ca

You would like to set up an area on your land to invite pollinators, but need information to do so? Visit the setups made by the City to promote biodiversity! These spaces are filled with indigenous plants that attract bees, butterflies and other insects essential to biodiversity.

Here is where to find them:

- In front of the Musée de la santé Armand-Frappier where five flower gardens can be visited.
- At Place Chenonceau and Bernard-Landry Park where gardens were specifically designed to attract pollinators.
- At the Centre de la nature where a garden was designed to attract butterflies.

📍 laval.ca/biodiversite (French only)

Goose Control and Harmonious Cohabitation

The presence of Canadian geese in certain parks and green spaces can be a nuisance, such as walking paths and lawns covered with dung, and damaged landscaping. To reduce nuisance, the City continues to control four sites especially affected: Berge aux Quatre-Vents (beach included), Centre de la nature, Berge des Écores and Bernard-Landry Park.

Scaring actions in those locations limit the presence of geese while respecting their well-being. Two methods are mainly used: a dog specially trained to scare birds in the field and a remote-controlled boat on water. As a result, public spaces are cleaner and more pleasant for all.

You also have a role to play. Do not feed geese. Even if your intention is good, it disrupts their natural behaviour and increases nuisance.

📍 laval.ca/en 🐾 Wild animals



© Éric Carrière

Cheer to Summer ... and a Good Neighbourhood!

During summer, our backyards become small havens, spaces to relax, have fun and meet with loved ones. To ensure the whole neighbourhood can fully enjoy summer, respect and good behaviour really make a difference. Here are a few reminders to be a perfect neighbour and comply with by-law L-12084.

Noise

Respect the schedule to mow your lawn: from 7:00 AM to 8:00 PM on weekdays and from 9:00 AM to 5:00 PM on weekends and holidays. Keep your music down at night. If you plan noisy work, inform your neighbours. It is always appreciated.

Outdoor fireplaces

As a courtesy, advise your neighbours before lighting up fire. Use dry wood and avoid fires during windy days. Mostly, never let a fire unattended and put it out completely at the end of the night.

Lighting

Direct your lights towards the ground and not towards your neighbours' houses. Turn them off before you go to bed.

Ragweed

Remove it from your lawn before August 1st to avoid allergies of sensitive neighbours.

The behaviour of one of your neighbours bothers you. Before filing an official complaint, talk to him/her. A respectful conversation often dispels a simple misunderstanding.

By making these little gestures, you ensure a pleasant summer for all and contribute to a harmonious neighbourhood without dispute over a fence...

Warning! Toilets and Sinks are not Garbage Cans

Throwing waste in toilets or sinks can cause major clogging, sewer back flow in your house, and interfere with the proper functioning of municipal facilities. To avoid problems causing extreme consequences, here are a few reminders:

Never throw in the toilet nor the sink:

- Wet wipes, even if they are supposedly “biodegradable”
- Cooking oil and fat
- Tampons, sanitary napkins, diapers and condoms
- Food leftovers
- Q-tips®, dental floss and hair
- Paint, solvent, oil and hazardous domestic residues

Right habits to adopt:

- Pour cooking oils and fats in cardboard containers and put them in the brown bin. Food leftovers, Q-tips® and hair can also be thrown in that bin.
- Bring back expired medication to your pharmacy.
- Bring your hazardous domestic residue (paint, solvent, oil, etc.) to the eco-centre.
- Personal hygiene products, diapers, condoms must be thrown in the garbage.

📍 For more details, go to laval.ca/conseils 🇫🇷 Égouts (French only)

Drinking Water: Check the Conformity of Your Device

Since January 1st, 2025, air conditioners using municipal water are forbidden in Laval. These devices must be removed, changed or replaced to satisfy applicable regulations.

Also, automatic watering systems must be equipped with a timer to respect the authorized watering schedule of your house address, and with a humidity sensor or rain gauge.

You don't know when you are authorized to water your lawn? Make a property address search on the City website to make sure you comply with regulations and help preserve our precious drinking water.

📍 laval.ca 🇫🇷 Règlement d'arrosage (French only)



Our water is precious.

Water, if necessary, when the time is right.

Find your watering times with our address search tool.

📍 laval.ca/arrosage



Composting Without Inviting Local Wildlife: Yes, it is Possible!

If it is well maintained, your brown bin will not attract more animals than your black bin or a garbage bag. In fact, it was designed to reduce animals' attractiveness. The venting system restrains bad odours and anaerobic decomposition which, in turn, reduces the production of scents attracting small animals.

Here are a few tips to maximize your bin efficiency:

- Take your bin out every week, even if it is not full.
- Wrap your residues in the newspaper to create an absorbent layer.
- Apply a product with a mint aroma around the cover and near the venting holes of the brown bin.

The brown bin does not attract animals, but now it makes you develop good habits.

Manage Your Residue and Bulky Waste When Moving Out

A move is often an opportunity to clean, sort and get rid of old objects. To maintain our streets clear and safe, plan to manage your bulky waste. Consult the collection calendar using the address search or bring bulky articles to the eco-centre to dispose of them responsibly.

An important reminder: collection bins (brown, blue and black) are the City's property. They must remain at the same address when you move to be used in the future household. You are moving into a new home, and one or more bins are missing? Make a request via Mon dossier.

And don't forget that sorting material is mandatory in Laval. Your three bins are your best allies for a safe and eco-responsible move.

📍 To know more, go to laval.ca/en 📞 Collection



© Vincent Girard

Prepare Your Visit at the Ecocentre

Are you stuck with too many boxes, unused construction materials or old electronic devices? Bring them to the ecocentre so they can safely and responsibly be disposed of.

Open 7 days a week, the ecocentre accepts a large variety of materials: wood, metal, hazardous domestic residues (paint, oil, chlorine and its container), appliances, branches, tires and much more.

Before going:

- Sort your waste by category (electronic, paint, wood, metal, gypsum, etc.) in your trunk to gain some time at the eco-centre.
- If you placed some waste in garbage bags, leave them open as their content must be checked upon your arrival.
- Do not forget to have an ID and a proof of address to have access to this free service.
- Note that some material is accepted for free for a maximum volume of 12 m³.

On location:

- Place all material in the appropriate containers, without the bags.
- Wear proper shoes for your safety.

📍 Check the schedules, locations, and full list of accepted materials : laval.ca/en 📞 Ecocenter

Careful with chlorine and batteries!

During summer, don't forget that chlorine and its container, even empty, must not be thrown in any of the bins. The same applies to all types of batteries and rechargeable objects with integrated batteries. Each year, these products and devices cause fire in garbage trucks and at the recycling plant. Instead, bring them to the eco-centre with your other hazardous domestic residues.

Cleaning up thoroughly?

The ecocentre awaits you. Open 7 days a week.

It's free* upon presentation of a proof of residency.

📍 laval.ca/collectes

* Limited volume for certain materials.



Need Help Finding a Roof?

Moving season is close by and for many Laval citizens, July 1st brings its share of uncertainty and challenges. If you have a difficult housing situation, know that support is available.

The Office municipal d'habitation de Laval (OMHL) offers free housing search assistance through its Service d'aide à la recherche de logement (SARL) to help households with their search. Assistance provided is based on eligibility criteria such as the household situation and overall income.

For more information

Schedule until Labour Day: from Monday to Thursday, 8:30 AM to noon and 1:15 to 4:30 PM, and Friday, from 8:30 AM to noon.

Note that the Office is closed on July 1st.

📞 450 505-6025
 🌐 omhlaval.ca/en
 ✉ sarl@omhlaval.ca

Fonds Place-du-Souvenir 2024 Report

In 2024, the City of Laval, through the Fonds Place-du-Souvenir, reaffirmed its commitment towards Laval youth by granting \$638,096 to support seven organizations. This financial support was used to generate major projects helping up to 9,600 young people. Here are some of them:

- 1. Tu es incroyable – Centre de pédiatrie sociale**
Prevention and treatment of anxiety with group workshops, and individual follow-ups in art therapy.
- 2. Jardins d'hiver – Théâtre Omnivore**
Drama writing workshops for young people between 13 and 17 years old, whose writings are intended for elementary students.
- 3. Poursuite de Trouve ta ressource, volet prévention – ALPABEM**
Implementation of activities to prepare for high school, and collective actions in prevention taken to raise young people's awareness of existing resources.

- 4. Le secondaire à ma manière – Bureau d'aide et d'assistance familiale Place Saint-Martin inc.**
Psychosocial support to promote student retention during teenage.
- 5. Poursuite d'Un habit pour un ami – Relais communautaire de Laval**
Recovery and distribution of second-hand snow suits and school supplies to over 1,000 children.
- 6. Poursuite d'Opération coût de crayon – Centre de bénévolat Moisson Laval**
Distribution of back-to-school supplies to 3,150 children.
- 7. Poursuite d'Opération sous zéro – Centre communautaire Hochelaga**
Distribution of 1,220 brand new snow suits to primary school children.

🌐 laval.ca/en 📞 Place-du-Souvenir Fund

Our school crossing guide team is recruiting.

Prerequisite: be a good conduct model.

🌐 laval.ca/emplois

Make the most of your space. Add a separate apartment.



🌐 laval.ca/permits



© Genais Chénou

The Brigade de Laval—Carefully Accompanying People

Created in 2021, during the pandemic, the brigade was first put in place to respond to urgent need for information and support. Since then, it adapted its mission to accompany Laval's residents who face different challenges, either sanitary, social or environmental. This humanitarian initiative aims at reaching citizens in their living environment — especially those who are the hardest to reach — and listening, informing and directing them towards proximity services and resources.

Simultaneously, the brigade collects anonymous data from the community, analyzes them and issues statistic reports to adapt its service offer, draw a portrait of neighbourhoods, identify the needs and issues, and make recommendations to its different local partners.

The Brigade agents play a unique role that puts the people at the heart of its priorities and decisions. Listening to people, they offer a caring liaison between the community and the resources specific to every situation.

Over 100,000 Laval residents were reached to date whether during door-to-door visits, at the local library, hospital, school, housing cooperative, community centre, or in other locations. Out of them, over 3,000 people were experiencing a given situation or an emergency, such as great psychological distress, food insecurity, school dropout, caregiving, abuse against an elderly person, home care assistance, domestic violence, medical transport, etc.

Whether at your door, in a park or at a stand during a local event, brigade agents are there to respectfully and discreetly accompany, direct and support you. Do not hesitate to approach them and discuss.

The Brigade is supported by the Coopérative de soutien à domicile de Laval and the Centre intégré de santé et des services sociaux de Laval and is deployed as part of the Mesure des réseaux des éclairés, a project initiated by the ministère de la Santé et des Services sociaux.



Teenagers' Summer Starts Here

Are you between 12 and 17 years old? This summer, would you like to move around, socialize, swim, take part in a sport or cultural activity or even find a job? Stop looking! And find everything in one location at laval.ca/aides-subventions/ado. You will have access to different resources proposed by the City of Laval and its community partners. There is something for all interests and tastes. Take advantage of it now!

Take Part in the Seniors Welfare Walk!

The coordination committee against elderly abuse invites you to walk during the “Laval en marche pour la bientraitance des aînés”. This free and rallying event will be held on June 16 at 9:30 AM at Bernard-Landry Park.

Organized as part of the World Elder Abuse Awareness Day, the walk is open to all and aims at demonstrating solidarity and showing that ageing in Laval can be active, positive and without abuse.

The programming includes a friendly walk, awareness activities, stands and picnic in the beautiful setting of the park located on Des Prairies Boulevard in Laval-des-Rapides. Bring your lunch! This is a great opportunity to get together, to move and to commit to dignity and respect of elderly people.

Come and walk with us!



Need help?
Learn more about local programs
and social services.

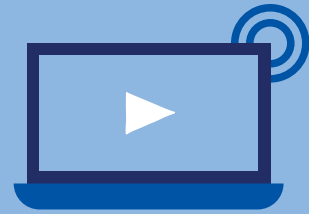
Free of charge  **2-1-1**  **211qc.ca/en**

City Council



Stéphane Boyer
Mayor

450 662-4140
bdm.laval@laval.ca
citycouncil.laval.ca



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



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Saint-François
Isabelle Piché
438 886-7254
i.piche@laval.ca



District 8
Vimont
Pierre Brabant
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p.brabant@laval.ca



District 15
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a.dib@laval.ca



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p.galati@laval.ca



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s.desmeules@laval.ca



District 13
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District 20
Fabreville
Claude Larochelle
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cl.larochelle@laval.ca



District 7
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