

Vivre à Laval



**Meet your city
council**
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Cover page

Your spring edition of *Vivre à Laval* pays tribute to the members of your city council. Illustrator Myriam Van Neste, whose style can be seen on objects, fabrics and books gave a playful look to this edition cover. This artist who studied sculpture in Montreal and environmental art in Helsinki, Finland, focuses her work mainly on collage and illustration.

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Dear citizens,

I am very pleased to present this new edition of your *Vivre à Laval* that pays tribute to the members of your city council. Here is a great opportunity to meet the people who, daily, work hard to defend your interests. Altogether, we build a city that is increasingly more welcoming, inclusive and sustainable.

Your municipal magazine also includes tips to help you start your spring work. I urge you to continue in your efforts to protect biodiversity and collectively reduce the quantity of waste that is generated.

Spring is also the season for outdoor activities and, among others, biking. It is the perfect time to discover the city green spaces, parks and paths now that both skis and snowshoes were put away. As far as culture is concerned, read through and discover all interesting offers and features available. The upcoming months programming is rich whether you wish to attend a show, visit an exhibition or simply try a new cultural activity.

Finally, I invite you to participate in the *Vivre à Laval* survey detailed hereunder. The City wants to know more about your preferences, opinions and ideas to improve your quarterly magazine and make it even more attractive and relevant to the whole community.

Have a great spring!



Stéphane Boyer

laval.ca/maire

Stéphane Boyer, Mayor of Laval



Reminder: 2026 Property Tax

Tuesday, June 16 is the deadline to pay your second instalment.

Watering

Water your lawn only when necessary, and from May 1st to September 30, during your authorized periods only. Use the address search tool:

laval.ca/reglements Arrosage (in French only)

Planning some work?

Depending on your project, a permit or authorization certificate could be required (ex.: installing a pool or a spa). Make your request online now at Mon dossier. The citizen portal is accessible 24/7. You can submit and receive documents, make payments and even follow up on your request in real time:

mondossier.laval.ca



You read the *Vivre à Laval* a little, a lot, passionately?

Seeking your opinions and ideas! Complete the survey.



You could win
a \$500 gift card

laval.ca/sondage



© iStock

A 5-Star Recognition for Laval Drinking Water

Last November, Chomedey, Pont-Viau and Sainte-Rose drinking water production plants gained the prestigious 5-star recognition of the Réseau Environnement's Programme d'excellence en eau potable – Traitement. This recognition confirms that all Laval drinking water production plants provide water exceeding above quality standards.



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

laval.ca/permits



© Courtoisie Ville de Laval

Every Nook and Cranny of Laval Has a Story to Tell

Discover a Few with us! In a series of video clips, people talk about their life in the city but also about themselves. Touching moments, great displays of solidarity and pride of their neighbourhood make you discover a profoundly human community.

Behind each street, each park and each neighbourhood, there are different people, life trajectories and memories that build our city. For example, one Tuesday morning in Chomedey, we crossed the path of Ginette and Elena who are well known by all the parents of the neighbourhood. Each day, they walk together, greet their neighbours and protect children while keeping an eye on the surroundings. They also take the time to pick up waste in the street. These are simple gestures that show great respect for the community well-being. Two peaceful yet powerful forces of that neighbourhood.

📍 Come and meet them now, and many more at:
youtube.ca/@villedelavalqc 🎧 Playlist: Des histoires de Laval

Slowing Spread of Stinging Insects

Still water causes the spread of stinging insects but is also the source of unpleasant odours. Don't forget to open your pool before June 1st or leave it completely empty until October 1st.

Laval Has a New Appointment Scheduling Platform

A new online appointment scheduling platform will soon be available. It will replace the old one and will make it easier to book, to change and to cancel an appointment with the City.

During spring, it will be installed on different pages of laval.ca where it is indicated to make an appointment with municipal employees at the multiservice counter.

More information will follow during its implementation.

📍 laval.ca 🗣️ Joindre la Ville



Craftspeople Wanted

You are a craftsperson and wish to run a booth during Laval's next Christmas market? Send your application by April 12 for the first two weekends of December at the Centre de la nature.

📍 laval.ca 🗨️ Marché de Noël de Laval



© Jany Tremblay

Stray Cats: Working Together

During spring, cats get very busy: they run away and breed rapidly. This results in an increased number of stray cats.

If you own a cat, identify it with a collar and a microchip to prevent it from being confused with a stray cat. Also remember that neutering is the most efficient solution to reduce overpopulation and to improve pets' well-being.

Moreover, do not forget that it is forbidden to feed stray cats in Laval. Without management and neutering, groups of cats form more easily leading to the birth of new litters.

If you see stray cats, mention it via Mon Dossier.

- 📍 Find out more and read the regulation at laval.ca
- 🗨️ Animaux domestiques

A Tag That's Brilliant

Hung on the collar, the tag allows to quickly identify a lost cat or dog and to contact its owner. It helps reunification, reduce straying and avoid worries – for the animal as well as the human beings.

- 📍 Visit Mon Dossier to get a tag.

Ask for a work permit online!

Go to Mon dossier. The Citizen portal.



📍 mondossier.laval.ca

© Charliès Bland



Jean-Sébastien, Proud Active Mobility Ambassador

In Laval, 70% of greenhouse gas (GHGs) emissions are mainly due to cars. So, everyone is invited to use more active and eco-friendly means of transport to help reduce emissions linked to individual transport.

Here is Jean-Sébastien's story! A Laval citizen for over 14 years, father of 4 and a great fan of biking. He says that moving around on a bicycle is much simpler than one thinks:

"School, daycare, grocery shopping, work, everything can be done on two wheels. It is eco-friendly, simple, practical and a good morale booster. Bike paths on streets and in woodlands can be used by all and are there to promote activity. It takes me more time but I can enjoy the fresh air while reducing my own greenhouse gas emissions, saving on gas and feeling a deep sense of physical and mental well-being."

Jean-Sébastien's tips

- Plan your trip the day before.
 - Have a packsack or a basket to make it easier to carry your goods.
 - Take your time, act safely and enjoy the landscape.
 - Try it at least once. You will want to try it again.
- 📍 Refer to the *Guide écolo* for more ideas at laval.ca
 🗣️ Guide écolo (in French only)

Cycling Event Season Gets Off to a Flying Start

© Loren Ipsum



Coupe Québec by Espoirs Laval

Organized by the Espoirs Laval cycling club, this key event welcomes athletes from all over Québec on May 16 and 17. Three races will be presented: road race, time trial and Criterium.

- 📍 Espoirslaval.ca 🗣️ Événements
 🗣️ Coupe Québec Espoirs Laval

Tour du silence

On May 20, silent bike tours will be organized everywhere on the planet, and in Laval, to pay tribute to those who lost their lives while riding a bicycle on the road.

- 📍 Espoirslaval.ca 🗣️ Événements
 🗣️ Tour du silence

© Pierre-Yves Chateaufort



Triathlon de Laval

The Triathlon of Laval will be held on June 7. A provincial event organized by the Triathlon Laval club

- 📍 triathlondelaval.ca

© Lou Chailfoux



Coupe de l'Avenir

The 2nd edition of this bike tour in Laval will be held during the Laval Criterium race on July 5 in Vieux-Sainte-Rose. Athletes from all over Canada will battle during this other event hosted by the Espoirs Laval cycling club.

- 📍 coupedelavenir.ca



© Normand Desjardins

Learning to Ride a Bike Outdoors

There are two parks where one can learn how to ride a bike and about traffic regulations in a playful surrounding: Bon-Pasteur Park and Des Coccinelles Park. Also, the pump track allows young children to develop their abilities on a bike, on rollerblades or on a scooter.

Free initiation sessions are offered as early as this spring.

First Pedal Strokes

This tour in Laval parks is for children aged 4 to 12 years old wishing to learn how to ride a bike. During spring and fall, the tour offers one-hour activities with a specialized coach.

📍 [Espoirlaval.ca](https://www.espoirlaval.ca) 📍 [Vélosco](https://www.velosco.ca) 📍 Premiers coups de pédale

Toutes à Vélo

Created by Vélo Québec, this learning programme, by and for women, helps women who could never learn how to ride on two wheels to hop on a bike. It allows them to discover the joy of cycling as a leisure activity but also as a means of transport.

📍 [Espoirlaval.ca](https://www.espoirlaval.ca) 📍 [Vélosco](https://www.velosco.ca) 📍 Toutes à vélo

Initiation to BMX

This one-hour initiation activity for children aged 7 to 16 years old is hosted by specialists to teach how to ride a BMX on the du Sablon Park pump track.

📍 [Espoirlaval.ca](https://www.espoirlaval.ca) 📍 [Vélosco](https://www.velosco.ca) 📍 BMX



© Simon Laroché

Hop on a BIXI on April 15

In 2025, over 143,000 rides were done on the Laval BIXI network that now has 75 stations and 851 bikes, among which 219 are e-bikes. New neighbourhoods are now served to improve access and connection and facilitate daily travels.

Take a BIXI to explore the city, make your trips easier and adopt an active and sustainable means of transport.

📍 [laval.ca](https://www.laval.ca) 📍 [Véloportage](https://www.veloportage.ca) (in French only)

Bike Sharing: Reduced Price on Subscription

Riding alone or with the family, it is practical, affordable and eco-friendly! When using the bike-sharing service, you could get a refund of a part of your subscription fees.

Financial aid offered by the City

- \$70 on seasonal subscription
- or
- \$45 when buying at least 3 monthly subscriptions

📍 Ask your refund online at Mon dossier, in the section "Grants and Programs".

© Martin Alarie



The Bike Patrol will be Back Soon

The bike patrol composed of some 20 police officers will roam the streets in neighbourhoods, public areas, parks and cycling paths from May 23 to September 27.

The bike patrol will also raise awareness about speed, reckless behaviours and driver distraction. It will also enforce regulations near traffic lights, signalling and safety of pedestrians. Special attention will be paid to school areas.

You will also see the patrol officers during summer events and will meet with them in parks and public areas. Do not hesitate to discuss your concerns about public safety with them.

In April, Exercise Additional Caution

When spring comes back, more people chose to walk, take their bicycle, an electric scooter, a gyrowheel or a motorized wheelchair. Here are a few simple but essential tips about road safety.

- When driving a car, special attention must be paid to pedestrians, cyclists, electric scooter and gyrowheel drivers, and to electric wheelchair users: they always have priority.
- When on a bike, use cycling paths accessible from April 15 to November 15, or remain on the right side of the street.
- When on a scooter or gyrowheel, preferably use the cycling paths or the reserved lane to this effect.
- When using a motorized device (motorized wheelchair, three-wheel or four-wheel scooters), preferably use the cycling paths when accessible and passable, or remain on the roadside with the flow of traffic.
- When walking, avoid any distractions such as looking at an electronic device. Use only one earphone when listening to music while walking.
- When there is a truck, a bus or any other heavy vehicle, establish eye contact with the driver. Heavy vehicle blind spots are wider than those of a car: in case of doubt, let it pass.



Dynamic Parking Management: A Valuable Ally This Spring

After a success trial this winter, the dynamic signage panel system installed in Chomedey, Laval-des-Rapides and Pont-Viau is well established. It can now optimize spring and summer maintenance operations.

Reminder

Light panels installed on the streets indicate in real time when parking is authorized or not. When they flash, a maintenance operation is soon to be carried out; for instance, cleaning the streets. Drivers then have only a few hours to move their vehicle prior to the parking ban.

Before parking, it is essential to check all signage panels to make sure no ban is in effect, namely near intersections and certain specific areas.

- To follow restrictions in real time, refer to the Info-Stationnement app or go to infostationnement.laval.ca.

Slow Down Near Work Sites

With spring, terraces, orange cones and work sites are back. Each year, over 1,000 work sites are present on the island to improve streets and infrastructure. Behind each site, there are workers present, sometimes a few metres away from moving cars.

In a work zone, slowing down makes a big difference. Speeding, distraction and ignoring the signage increase risks for workers and for all other people on the road.

Slowing down is a sign of courtesy and common sense. Taking a few more seconds before crossing a work zone ensures the safety of those who work to improve our roads, and it helps prevent fear, accidents as well as unpleasant surprises.



© STL

Plan Your Trip More Efficiently

Plan your visit online

Did you know that you can make an appointment online to obtain or renew your OPUS card at the Montmorency terminal ticket office?

👉 Plan your visit at STLaval.ca/rendez-vous

Check schedules in effect on statutory holidays

Bus schedules change during statutory holidays. Saturday schedule will apply on: **April 3 to 6 and on May 18**

👉 Refer to the complete list of statutory holidays in 2026 at STLaval.ca/feries

Subscribe to the newsletter

Subscribe to the STL newsletter to get the latest news about the STL services, to find out about upcoming changes and to know more about events near your home:

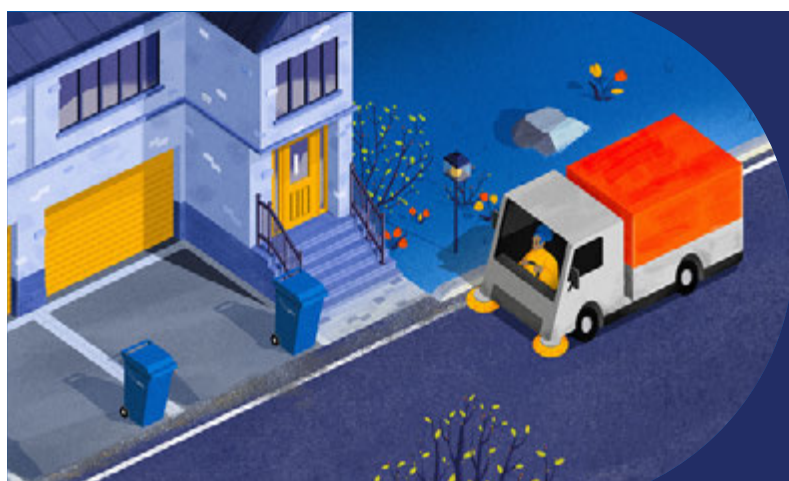
👉 STLaval.ca/infolettre

New Bus Lines

With the implementation of the Réseau express métropolitain (REM), five new complementary bus lines were added to better spread traffic. They provide good traffic flow and travel efficiency, especially during peak hours:

- line 203 complements line 903
- line 226 complements line 26
- line 244 complements line 144
- line 251 complements line 151
- line 255 complements line 55

👉 To know more: STLaval.ca/REM

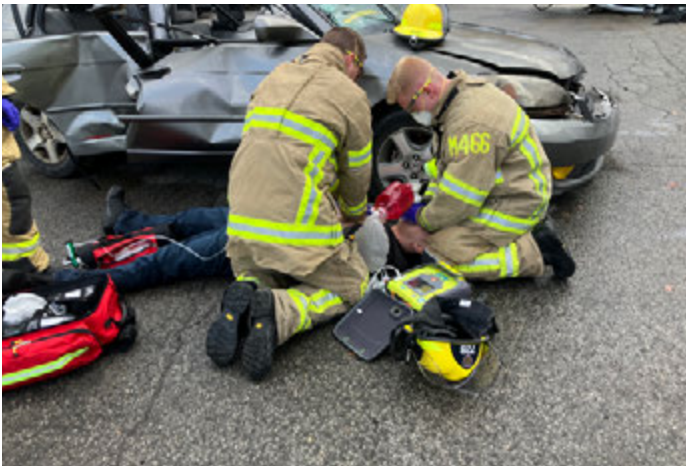


Lets keep our streets clear.

With your help, we can keep our streets tidy.

👉 laval.ca/parking

© Service de sécurité incendie de Laval



First Responders: A Service Improving Emergency Response in Laval

Since May 22, Laval's firefighters are now first responders. They provide primary cares in cases of medical emergency and stabilize distressed patients until an ambulance arrives. They closely work with Urgences-santé paramedics.

This first responders service is an added value to the Laval community safety since all teams are sent first in cases of cardiopulmonary arrest, acute allergic reaction or intoxication with opioids.

Since the implementation of this service: the average response time has been reduced to 5 minutes 41 seconds between the assignment of the first responders and their arrival on location;

- fire department teams performed 6,356 interventions;
- thanks to the action of first responders, 432 life-threatening situations were stabilized;
- over 50 persons suffering a cardiopulmonary arrest were resuscitated before an ambulance arrived or with the help of first responders.

All firefighters on the island are now trained and certified as Level 1 first responders.

🔗 To find out more: laval.ca/firefighters

For my Own Security, I Get Ready

The **Semaine de la sécurité civile**, to be held from May 3 to 9, helps remind everyone to be responsible for their own security, for their family's protection, and the safeguard of their properties.

To help you know more about the main risks in your neighbourhood and know how to get ready to face them, refer to laval.ca/jemeprepare.

You will also find ready-to-use tools that can be downloaded.

In Flood Prone Area, Be Ready!

During spring, river water level rises naturally: it is called the spring freshet. Certain sectors of the island could be flood prone.

How to prepare against flood risk

- Check that your sump pump works properly and your sewer check valve is watertight.
- Clear all sumps, gutters and gullies of any obstruction preventing water drainage.
- Tidy your basement by placing valuable objects high off the floor or by bringing them to the ground level.
- Get information on the General Financial Assistance Program offered by the government of Québec about the implementation of temporary protection measures.
- Prepare a family safety plan and a ready-to-go emergency bag in case of evacuation.
- Subscribe to the City alerts to quickly receive instructions if the situation gets worse.

🔗 More tips at laval.ca/flooding

On May 6, the sirens will sound!

The alert sirens will be tested.

🔗 laval.ca/civilprotection

For more
information



Projects Becoming Reality

In 2026, large construction site will continue or come to an end. The building of the **Épicentre-Culturel**, which will house the Anne-Marie-Alonzo central library and the Lysanne-Gendron artistic creation centre, will continue until the end of the year. Municipal teams will then take possession of the premises to install the equipment, document collections and furniture. Public opening will be in September 2027.

The new **municipal court** located next to city hall on Du Souvenir Boulevard will also be completed by the end of 2026 and will be opened in September 2027.

The construction of the new **fire station no. 1** is progressing well on Des Laurentides Boulevard on the corner of Du Souvenir Boulevard. Opening is planned for early 2027.

Major renovation and extension work of **city hall**, started last January, will continue until 2028.

The transformation of **Alain-Grandbois community centre** into a library is also in progress; the interior demolition is completed, and constructions work will start this spring.

Finally, the construction of the **Bois de l'Équerre welcome pavilion** is running smoothly and should be completed by the end of 2026, while the **Berge des Baigneurs welcome pavilion and permanent outdoor stage** work will start this spring.



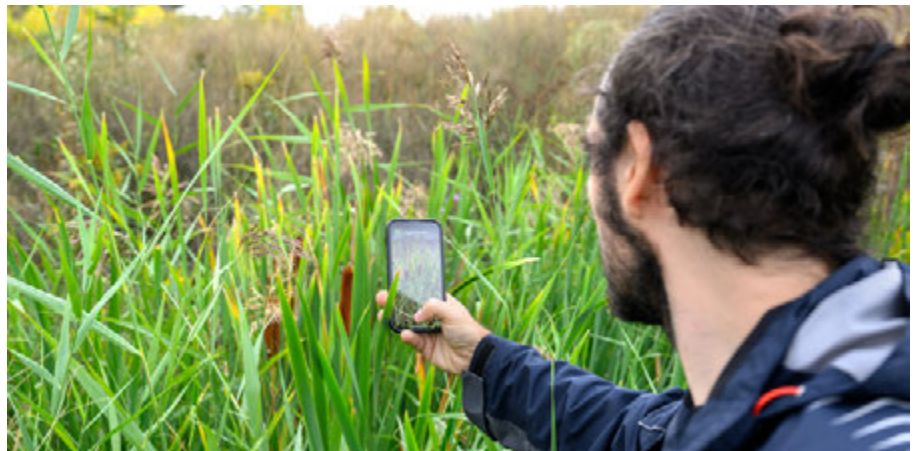
The Foundations of a Future Neighbourhood

The transformation of the Carré Laval site, located in the block formed by Autoroute 15 and Saint-Martin, Daniel-Johnson and Du Souvenir boulevards, is going well. Even if nothing is noticeable yet, essential preliminary work is ongoing and will be spread out over several years. It includes environmental and geotechnical studies, water management analysis, mobility analysis as well as planning and development of a future park, of urban furniture and institutional equipment. In addition, studies on telecommunication networks and public utilities will be carried out.

Building a new neighbourhood is a complex project. These first steps, however, confirmed the feasibility of this mixed neighbourhood based on innovation, and energy and social transition.

The project will have several phases over the next 15 years. The first phase includes the construction of over 1,000 dwelling units among which half will be affordable rent.

📍 laval.ca 📍 Carré Laval



Participate in the Sampling of Laval Microbiome

The City invites all citizens to participate in the sampling project of the Laval microbiome to know more about the island microbiome status compared to the one of the future Carré Laval which is at the beginning of its regeneration phase. This procedure will help to better understand the evolution of this new site over time.

An open house event will be held on next May. The people interested could learn more about the project and obtain a sampling kit.

Looking forward to seeing you there!

Details and registration:

📍 repensonslaval.ca/carre-laval



Promote Nature a Thousand Ways

A beautiful lawn without pesticide

You can get a more resistant and durable lawn without almost no effort. Space mowing and keep the grass longer (10 to 15 cm) without using pesticides. It will improve the soil quality, reduce the water required to keep the grass green and protect pollinators.

Défi pissenlits

In May, delay the first mowing of your lawn and let the dandelion grow to feed pollinating insects such as bees. This simple action protects biodiversity, add colours to your surroundings and support our urban ecosystem.

Get rid of invasive species

Remove the buckthorn! This invasive exotic species was extracted from the Armand-Frappier and L'Orée-des-Bois woodlands and from the Berge des Rapides-du-Cheval-Blanc. It was replaced by close to 1,000 indigenous plants.

A garden of biodiversity, it pays off

The City offers a subsidy of \$400 to \$600 to set up a garden of biodiversity on your lawn. Less grass, more flowers, less mowing!

📍 laval.ca 🗣️ Subvention pour l'aménagement d'un jardin de biodiversité (in French only)

We help you go green.



Discover our green grants.
📍 laval.ca/grantprograms



Benefit from a subsidy by trying the Communauto service.

Funded by
Plan for a Green Economy Québec

📍 laval.ca/en 🔍 Grant programs

© Vincent Girard



A Laval couple benefits from the tree planting programme.

On Your Marks, Get Set, Plant!

Adding a tree to your lawn is more than just a decoration. Trees provide refreshing shade and help reduce the risks of floods. They capture carbon and produce oxygen: they are essential to the future of our planet.

To promote tree planting, the City offers two incentive programmes in certain sectors :

- The Tree donation allows you to choose and get up to ten trees for free or at a lost cost;
- The subsidy can cover up to 75% of the cost of buying trees (up to 10), for a maximum of \$200 per planted tree.

Trees linked to this tree planting programme may compensate for the obligation to plant another tree after cutting one down or when moving in a newly build house.

📍 laval.ca 🗣️ Tree planting programme (in French only)

New Collection Schedules

Starting April 1, 2026, collection services are changing. Black bins (garbage) and blue bins (recycling) will be collected alternately every other week; one week for recycling, the following week for garbage.

Bulky item collection, in residential sectors only, will be done once a month from January to November; no collection in December.

Brown bin schedule remains the same, that is once a week from April to November.

These changes were required by the Communauté métropolitaine de Montréal and the Québec government. Many cities already adhere to these changes. By optimizing collections, greenhouse gas emissions will be reduced and savings will be generated.

📍 Refer to the schedule to find out more:
laval.ca 🗣️ Search by address (in French only)



© iStock

Small Steps Make a Real Difference

Not enough room in your blue bin? Simple gestures will make a difference.

- Bring back 100 mL to 2 L refundable beverage containers to return locations (ex. grocery store, Consignation network).
- Reduce waste volume by avoiding to buy disposable, over-wrapped or individually packed products and choose durable containers.
- To have more room in your bin, undo and fold all cardboard boxes.
- Put bulk materials without overlapping them.
- Do not forget to slightly rinse all containers to avoid odours and mildew.

If your bin is still not big enough for all your recycling material, you may ask for a second one or a larger one via Mon Dossier.

Just one question to ask yourself: is this a container, wrapping or printed material? If the answer is yes, it goes in the blue bin.

📍 To simplify your daily life with other tips: laval.ca/advices
🗣️ Simplifier votre quotidien (in French only)

Spring Cleaning: Adopt Good Habits

You can get rid of all unwanted goods in a responsible way by bringing them to the ecocentre seven days a week. This service is free upon presentation of a proof of residency in Laval. Refer to the schedule, accepted materials and instructions to follow before your visit:

📍 laval.ca 🗣️ Collection and ecocenter (in French only).

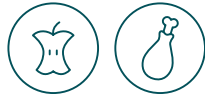


How to throw it away, the right way.

Keep this recycling guide to remember what goes where.



Organic materials



Food residues

- Fruits and vegetables, cooked or not, including peels, pits and seeds
- Nuts, including shells and husks
- Eggs
- Bread, cereals, grains and pasta
- Powdered food products (flour, sugar, etc.)
- Dairy products
- Left over from meals
- Meats, fish, seafood including shells, bones and fat (preferably put in newsprint paper)
- Coffee filters and grounds, tea residues



Yard waste

- Bark, wood chips, sawdust and roots
- Dry leaves, pine needles, conifer cones, helicopter seeds
- Hay and straw
- Grass clippings, sand and garden topsoil
- Small branches and twigs
- Yard waste and stubble
- Grass and other herbaceous plants trimmings



Other compostable materials

- Feathers and natural hair
- Toothpicks, sticks and wood utensils
- Soiled litter
- Napkins, paper towels, paper tissues, paper bags, parchment paper

Attention: Plastic bags (including compostable and oxo-biodegradable bags) are forbidden. Only paper bags are accepted.



Your recycling bin

What can you put (or not put) in the recycling bin?

Containers, packaging, printed matter. That's it.



Examples of containers and packaging

- Containers for household cleaning products
- Packaging, jars and containers for food products
- Cardboard boxes
- Aluminum dishes and foil
- Takeout and prepared food packaging

Examples of printed matter

- Newspapers and circulars
- Envelopes
- Sheets of paper
- Notebooks

Need more info about the bin?
Visit binimpact.ca



Waste

Final waste

- Incandescent and DEL bulbs (except neon and high-intensity discharge compact fluorescent lamps that are hazardous household waste)
- Biodegradable and compostable plastic containers, wrappings and utensils
- Diapers and hygiene products (ex.: sanitary napkins and wipes)
- Broken toys
- Rubber objects (ex.: garden hose)
- Cotton wool, cotton swabs and dental floss
- Paper towels soiled with cleaning products
- Pictures
- Biodegradable bags
- Tableware, mirror, chinaware, cookware and utensils

Meet Your City Council.

Last November, following the elections, a new city council has been formed. You probably know your municipal councillor for the actions he or she took in your district. In this edition of your magazine, discover those people who decide to get involved in municipal politics.

Find out more about their vision and their driving forces, starting with your mayor Stéphane Boyer.



Stéphane Boyer

Mayor of Laval

Restoring the prestige of Laval! This is what Stéphane Boyer intended to do when he became mayor. He pledged to change the game. It is essential for him that all Laval citizens are proud of their city and that Laval regains its rightful place.

For him, Laval must be a model to follow in terms of the quality of the services provided and the relationships with its population. Laval's taxpayers' money needs to go further. It is the mission he sets for himself everyday.

Among the many upcoming projects, the development of a nature park in the northwest part of the island is a flagship project for the mayor. The recent purchase of the Golf Ste-Rose will serve to develop this green area that all Laval residents can enjoy.

He repeats the quote from Jan Gehl because it summarizes his vision: "First life, then spaces, then buildings – The other way around never works."

Our city

The priority: Our infrastructure needs love so we need to invest heavily in our parks, roads and sewer network.

The must-see place: The iconic Place Bell, that became a symbol of Laval's vitality, where culture and entertainment are now accessible without having to cross any bridge.

The hidden gem: Laval riverbanks! For instance, the Berge Olivier-Charbonneau located in the eastern part of the island.



Isabelle Piché

1 Saint-François

She is involved in politics to help her fellow citizens. She is committed to leisure organizations, meals-on-wheels and the SPCA and enjoys discussing with community members.

"I am being shown new things like the best spots to go for a walk or to go fishing."

My district

The priority: Opening the Centre de services de proximité de l'Est.

The must-see place: The Ferme Forget stand with its famous maze in the corn field.

The hidden gem: The Berge Olivier-Charbonneau for its breathtaking view on both the Mille Îles and Des Prairies rivers and the diversity of its wildlife.



Annick Senghor

2 Saint-Vincent-de-Paul

For Annick Senghor, the human being is behind any policy aiming at transforming public service and the city's image. When she worked for the 311 service, she discovered her calling to become a catalyst for change in the community.

"Who am I, if I cannot be of use to others? This mantra guides my life's mission."

My district

The priority: Bring life to the Vieux-Saint-Vincent-de-Paul and make it a vibrant and prosperous neighbourhood where everyone feels at home.

The must-see place: The Saint-Vincent-de-Paul church, an iconic and majestic architectural element in the centre of the village.

The hidden gem: The district riverbanks giving access to both water and nature.



Anick Brunet

3 Duvernay

After being involved in various citizen committees, Anick Brunet's interest in municipal politics became obvious.

"Municipal politics, for me, means being in the field, accessible to all and listening to my fellow citizens so I may concretely improve their quality of life."

My district

The priority: Ensuring a safe, human and well-served living environment where citizens feel someone is listening.

The must-see place: The Royal-22^eRégiment Park, a family location where people can walk, play and take part in different activities.

The hidden gem: The nature and calmness of the Bois Papineau.



Christine Poirier

4 Pont-Viau

Committed to helping people, Christine Poirier entered politics so that all investments reflect what matters for people.

On her office door, it says: "The most difficult thing is the decision to act, the rest is merely tenacity."

My district

The priority: The remodeling of the Berge du Commodore.

The must-see place: The magnificent Berge des Écores for its beautiful view of Des Prairies River.

The hidden gem: The two walkways over autoroute 19 which allow for safe crossing to the public library and Centre Duvernay.



Cecilia Macedo

5 Marigot

Getting involved in her community and building relationships to create an inspiring life environment are at the heart of Cecilia Macedo's political involvement.

"The city's true wealth lies in its people. Whether they are native or from abroad, all citizens add to our collective wealth and pride."

My district

The priority: Building a skateboard facility in Saint-Claude Park.

The must-see place: Bernard-Landry Park, the gem of our district ideal for walks, picnics and concerts.

The hidden gem: The beautiful Place Juge-Desnoyers and its walking trail along the waterfront.



Martin Fiola

6 Laval-des-Rapides

After 28 years as an entrepreneur, Martin Fiola wants to put his experience to use for the benefit of Laval. The efficient management of resources and the improvement of the services offered to the population are the main objectives he set for himself.

"Life is beautiful and we must enjoy life, keep smiling and share our experiences."

My district

The priority: Developing the Boisé du Trait-Carré.

The must-see place: Place Bell for all the extraordinary events it offers.

The hidden gem: Cartier Boulevard and the valuable expertise of its merchants.



Seta Topouzian

7 Renaud-Coursol

It is her desire to help people that has always guided Seta Topouzian. She has many years of experience in the public sphere.

“Committed and attentive to others, I don’t claim to know everything but I can assure you that I will find the right answers.”

My district

The priority: See that the neighbourhood stays safe by restricting vehicle speed in residential streets.

The must-see place: The huge Curé-Coursol Park that is both central and attractive to all citizens.

The hidden gem: Des Mésanges Park where a basketball court was recently built.



Pierre Brabant

8 Vimont

A proud resident of Laval, Pierre Brabant deeply loves his city and considers it a privilege to be able to make a difference to his community.

“The future is in Laval, as former mayor Dr Paiement used to say. It is a unique city because of its rich history, its different neighbourhoods and mostly its citizens.”

My district

The priority: Complete the remodeling of the sporting facilities of Prévost Park.

The must-see place: All the woodlands of the district, namely the Vimont and Naples woods.

The hidden gem: The Résidence Le Marronnier for its many activities and its enchanting location.



David De Cotis

9 Saint-Bruno

With a degree in computer science, finance and business administration, David De Cotis got involved in municipal politics to help and to be the voice of the citizens.

“I wish for the district of Saint-Bruno to remain a vibrant community serving citizens, regardless of their age and origin.”

My district

The priority: The extension of Dagenais Boulevard to Francis-Hughes Avenue to alleviate traffic issues in the area.

The must-see place: Lausanne Park that offers nearly everything a family could dream of.

The hidden gem: The Parc-école de l’Odysée-des-Jeunes and its new state-of-the art track and field facility.



Sylvain Yelle

10 Auteuil

Sylvain Yelle’s career within paramunicipal organizations allowed him to assess the impact of municipal services on citizens’ quality of life.

“The strength of a neighbourhood like Auteuil is measured by the quality of the bond between its residents and those who provide public services. Every day, I want to further build this connection.”

My district

The priority: Enhance the value of the Auteuil woodland in collaboration with the local population.

The must-see place: Family farmlands with their fruit and vegetable stands.

The hidden gem: The Berge de la Plage-Jacques-Cartier and Berge de la Plage-Idéale



Mohamed Bâ

11 Le Carrefour

For Mohamed Bâ, who worked for the City nearly 10 years, the beauty of political engagement lies in its power to transform an ambitious vision into concrete results that make citizens' daily lives easier.

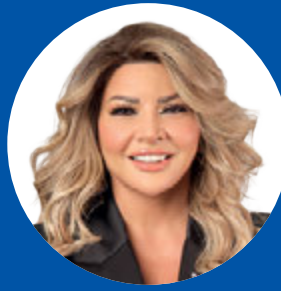
“Let’s rely on innovation to build an administration that delivers efficient services to the community.”

My district

The priority: Expand access to green spaces in a densely and built-up area.

The must-see place: Centropolis, not only for the numerous events but also for its restaurants.

The hidden gem: The exquisite woodland hidden behind car dealers on Chomedey Boulevard.



Sandra El-Helou

12 Souvenir-Labelle

Through her deep desire for change, Sandra El-Helou wants to inspire women and young people to believe in their ability to act, to get involved and to shape their future as they wish.

“Politics must, first and foremost, serve people with compassion, respect and humanity. Every decision must be weighed against its real impact on their lives.”

My district

The priority: Provide access to decent, safe and affordable housing.

The must-see place: The Berge Armand-Frappier where nature and neighbourhood life harmoniously meet.

The hidden gem: SCAMA, the home support organization whose work is essential to the neighbourhood social fabric.



Vasilios Karidogiannis

13 L'Abord-à-Plouffe

It is thanks to his family that Vasilios Karidogiannis got interested in social commitment and politics. For him, improving society is a moral duty.

“Being present on the field gives me the opportunity to meet you and talk to you. Learning from you and sharing our beautiful neighbourhood are a privilege!”

My district

The priority: Offer a better quality of life thanks to community services, mass transit and entertainments.

The must-see place: Des Coccinelles Park with its Armenian genocide memorial.

The hidden gem: The secret trail on Île Paton, running parallel to the river.



Aglaia Revelakis

14 Chomedey

As a committed citizen and the manager of a nursing home, Aglaia Revelakis has been a privileged witness of the realities, issues and concrete needs of Laval citizens.

“The population of Chomedey is my priority.”

My district

The priority: Improve the quality of life by ensuring safety, social inclusion and vitality in all neighbourhoods.

The must-see place: Multiethnic food businesses to discover the diversity and richness of the culinary cultures offered in the district.

The hidden gem: The Centre du Sablon, a unifying place that strengthen the community vitality through its services and activities.



Aline Dib

15 Saint-Martin

City councillor for the past 12 years, with a degree in management, Aline Dib puts the human being at the heart of her decisions. For her, listening and being close to people is a way of life.

“Success is not the end goal, but the journey to get there.”

My district

The priority: Satisfy needs, ensure safety and continue the building of the intercultural library.

The must-see place: The Saint-Martin church; its park being the vibrant centre of the neighbourhood.

The hidden gem: The Maison Goyer and its cellar listed as a heritage site.



Ray Khalil

16 Sainte-Dorothée

His closeness to citizens is Ray Khalil’s primary motivation to work in local government. He also wants to be proud to participate in the development of a city where his children will grow up and start their own family one day.

“I am always doing well; even when things are bad, I’m doing well.”

My district

The priority: Build a central dog facility far from the residential sector.

The must-see place: Our rich and vivid farmlands.

The hidden gem: The Bois Sainte-Dorothée.



Nicholas Borne

17 Laval-les-Îles

Driven by the search for the common good, Nicholas Borne wants the city to grow by cooperating with the people, the community organizations and the businesses.

“My goal is to instill pride for your city.”

My district

The priority: Adding value to multiple locations across the island, making sure traffic and commuting in the neighbourhoods are safer.

The must-see place: The beautiful Riviera Street next to Des Mille Îles River and its impressive wildlife.

The hidden gem: The rich biodiversity of the Boisé Saint-Antoine, central hub of the community.



Yannick Langlois

18 L’Orée-des-Bois

What feeds the political instinct of Yannick Langlois is being able to provide the community with the services they are entitled to get in the best possible conditions.

“Being there for people, moving forward with concrete projects and see our neighbourhood transformed give me a sense of commitment.”

My district

The priority: Complete the development of the Capitaine-Molly-Kool Park that will include a water playground, a skating rink and sports fields.

The must-see place: The majestic Boisé de la Source.

The hidden gem: The Berge Camille-Barbe and its belvedere offering an incredible view on the river.



Louise Lortie

19 Marc-Aurèle-Fortin

For Louise Lortie, getting involved in politics is an opportunity to concretely serve the community and make a real difference in the daily lives of citizens.

“Trust is built through listening, being present and taking action. This is why I am committed to being authentic, accessible, and deeply rooted in people’s reality.”

My district

The priority: Better protect the neighbourhood against floods and concretely support victims of such damages.

The must-see place: The Centre Communautaire Montrougeau; its remodeling will make it a rallying pole for the community.

The hidden gem: The Golf Ste-Rose site, a vast green space to be developed in line with the vision of residents.



Carole St-Denis

20 Champfleury

Communications and human relations are the main themes of Carole St-Denis’ professional experience. Always seeking solutions and encouraging cooperation, the councillor wishes to address the needs and challenges of her community.

“Municipal politics is a human adventure; listening, rallying and taking action to improve the daily lives of citizens.”

My district

The priority: Improving street safety.

The must-see place: The Champfleury Park with its countless summer and winter activities.

The hidden gem: The Toucan building, a rallying location soon to be expanded.



Flavia Alexandra Novac

21 Sainte-Rose

Flavia Alexandra Novac, who grew up in her district, is committed to protect and promote the patrimonial, cultural and environmental wealth of Sainte-Rose.

“Every act of kindness counts! Let us respect others and contribute constructively to the well-being of our community.”

My district

The priority: The revitalization of the Berge des Baigneurs with the addition of a new welcome pavilion and a permanent stage near the river.

The must-see place: The beautiful Sainte-Rose-de-Lima church.

The hidden gem: The Parc de la Rivière-des-Mille-Îles for his important wildlife sanctuary and protected natural areas.



Martin Vaillancourt

22 Fabreville-Sud

The political drive of Martin Vaillancourt was inspired by a clear picture: many important issues raised by citizens remained unanswered. Diving into the action seemed like the best thing to do.

“For every action, there is a reaction. As an elected official, this means it is essential for me to think before acting and to concretely assess the impact of every decision I make.”

My district

The priority: Make cycling paths and streets safe, especially for children.

The must-see place: Chez Gérard in Fabreville, a simple family restaurant with a unique timeless ambiance.

The hidden gem: The Ruisseau Barbe woodland where nature provides a sense of calm that is quite rare in the heart of a city.

City Council

The members of the city council meet once a month in an ordinary meeting. Extraordinary meetings may also take place occasionally.

These meetings are important opportunities to inform you about topics and projects that directly concern you. You may attend in person, ask questions or watch them online.

 **Live broadcast of meetings: webdiffusion.laval.ca**

Your mayor

Stéphane Boyer  450 662-4140  bdm.laval@laval.ca  conseilmunicipal.laval.ca

Your city coucillors

District 1

Saint-François
Isabelle Piché

District 2

Saint-Vincent-de-Paul
Annick Senghor

District 3

Duvernay
Anick Brunet

District 4

Pont-Viau
Christine Poirier

District 5

Marigot
Cecilia Macedo

District 6

Laval-des-Rapides
Martin Fiola

District 7

Renaud-Coursol
Seta Topouzian

District 8

Vimont
Pierre Brabant

District 9

Saint-Bruno
David De Cotis

District 10

Auteuil
Sylvain Yelle

District 11

Le Carrefour
Mohamed Bâ

District 12

Souvenir-Labelle
Sandra El-Helou

District 13

L'Abord-à-Plouffe
Vasilios Karidogiannis

District 14

Chomedey
Aglaia Revelakis

District 15

Saint-Martin
Aline Dib

District 16

Sainte-Dorothée
Ray Khalil

District 17

Laval-les-Îles
Nicholas Borne

District 18

L'Orée-des-Bois
Yannick Langlois

District 19

Marc-Aurèle-Fortin
Louise Lortie

District 20

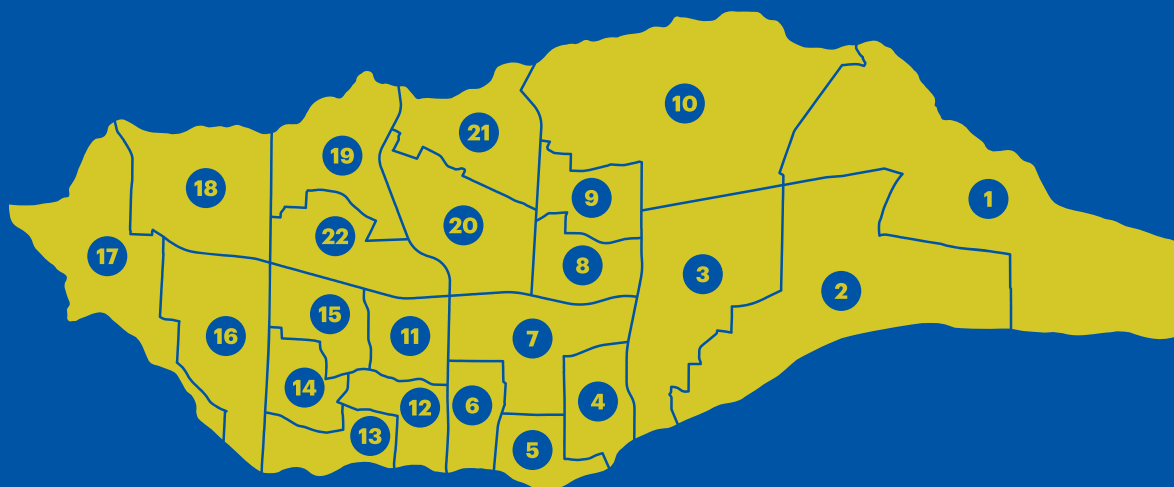
Champfleury
Carole St-Denis

District 21

Sainte-Rose
Flavia Alexandra Novac

District 22

Fabreville-Sud
Martin Vaillancourt





The Ombudsman Puts Humans First

Every complaint received by the Laval ombudsman is the expression of a human concern. Behind each complaint there are citizens who wish to be heard, understood and treated fairly. The role of the ombudsman requires careful attention, a strong sense of justice, and the ability to ask the right questions sometimes in ambiguous situations where answers are not always simple.

When she analyzes complaints, Nathalie Blais transforms individual concerns into shared learning opportunities. All proposed recommendations and commitments following an investigation allow the City to adjust its practices, clarify its procedures, improve its communications and, ultimately, prevent reoccurrence of a similar problem.

This approach lies on discipline, independence and collaboration. The objective is not to prove anybody wrong but to understand the causes, identify durable solutions and support the evolution of municipal practices.

By putting humans at the centre of its interventions, the ombudsman serves as a bridge between the City and the Laval community. It helps strengthen confidence, give a voice to all and build a fairer administration that is more transparent and more responsive to the realities of its community.

📍 ombudsmanlaval.com

What is the Auditor General Report for?

Often seen as simple administrative exercises, the auditor general reports are an integral part of the municipal governance and the proper management of public funds.

The City commitment to adopt concrete action plans increased the endorsement of recommendations made by the Auditor General from 67% to 98% over the past three years. Supported by the Direction générale, the Bureau de la performance organisationnelle and the departments covered by the audits, recommendations are taken very seriously in Laval.



© Marie-Josée Hains

A thousand ways to make an impact.

Your ideas, your voice, your involvement.
Find out how you can make a difference in your community.

📍 laval.ca/participationcitoyenne



Cultural Calendar

Performing Arts

Annual Concert

Chœur Chanterelle du Collège Laval
 Ⓞ École Horizon Jeunesse
 155 boulevard Sainte-Rose Est
 📍 choeurchanterelle.ca
 May 13, 3:00 PM

Petite messe solennelle de Rossini

Chœur de Laval
 Ⓞ Sainte-Rose-de-Lima Church
 219 boulevard Sainte-Rose
 ☎ 514 966-2740
 📍 choeurdelaval.ca
 June 5, 8:00 PM

Danseurs et Musiciens de l'Île Jésus

📍 dmij.net

Quebec trad music dancing

Ⓞ Centre communautaire Axion 50 plus
 435 boulevard Curé-Labelle, suite 216
 Tuesdays from 7:00 to 9:30 PM

English country dance

Ⓞ Centre communautaire
 Jean-Paul-Campeau
 3781 boulevard Lévesque Ouest
 Wednesdays from 7:30 to 9:30 PM

Québec traditional dance evening

Ⓞ Centre de pratique artistique Argenteuil
 430 5^e Rue
 Fridays from 7:30 to 10:00 PM

Carnet de voyage

Ensemble vocal Artémis
 Ⓞ Mont-de-La Salle Chapel
 125 boulevard des Prairies
 📧 Reservations:
 ensemblevocalartemis@outlook.fr
 May 3, from 4:00 to 5:30 PM

© Jean-Paul Desjardins



Carnet de voyage – Ensemble vocal Artémis

Bal des Étoiles

Ⓞ École de danse Les Étoiles Filantes
 125 boulevard des Prairies
 ☎ 450 368-9340
 📍 etoilesfilantesdanse.com
 May 30, starting at 1:00 PM

20 years of harmony

Ensemble I Coristi de Laval
 Ⓞ École d'éducation internationale de Laval
 Auditorium
 5075 chemin du Souvenir Ouest
 📧 Ticket reservation at icoristi@icoristi.ca
 📍 Icoristi.ca
 May 31, 3:00 PM

Mosaïque Musicale – Chapitre XIII

Le Fil harmonique
 Ⓞ Maison des arts de Laval
 📍 Tickets on sale at co-motion.ca
 📍 lefilharmonique.com
 June 7, 3:00 PM

Lyrical Gala with Julien Patenaude

Opéra bouffe du Québec
 Ⓞ Maison des arts de Laval
 ☎ 450 667-2040
 📍 operabouffe.org/billetterie
 June 10, 7:30 PM

Concert Événement Spatial

Harmonie Laval
 Ⓞ Maison des arts de Laval
 📍 Tickets on sale at co-motion.ca
 June 13, 8:00 PM

Orchestre symphonique de Laval

☎ 450 667-2040
 📍 osl.ca

Tête-à-tête: horn and bows

Ⓞ Saint-Maurice-de-Duvernay Church
 April 11, 2:00 PM

Tête-à-tête: flute and harp

Ⓞ Saint-Maurice-de-Duvernay Church
 May 2, 2:00 PM

Échos: Mozart & Brahms according to Rivest

Ⓞ Salle André-Mathieu
 May 13, 7:30 PM

La Rencontre Théâtre Ados (RTA)

Ⓞ Maison des arts de Laval
 📍 rtados.qc.ca
 ☎ 450 687-5654

Projet Thérémime – Les fabulateurs

Ⓞ Maison des arts de Laval
 April 13, 7:30 PM

Bénévolat – Tableau noir

Ⓞ Maison des arts de Laval
 April 14, 7:30 PM

Béluga – Théâtre Du Bunker

Ⓞ Espace citoyen des Confluents
 April 22, 7:30 PM

35th Anniversary Evening

Théâtre BLUFF
 Ⓞ Maison des arts
 📍 bluff.qc.ca/faire-un-don
 May 13, 6:30 PM

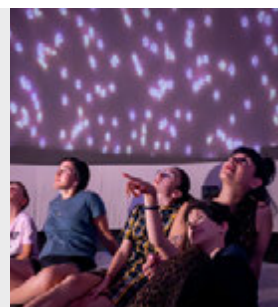


Erratum

A thousand excuses! An error occurred in the last edition of the *Vivre à Laval*. The picture under the article "Reviving Community Life in Chomedey" on page 16 should have been the one on the left.

The photo on the right was taken at the Centre d'interprétation de l'eau (C.I.Eau) during the *Rivière Rivière*, projection immersive du chemin d'une goutte d'eau exhibition. It should have been on page 26.

📍 Discover the museum programming at cieau.org



© André Chevrier



© Laurence Proulx

Tissées Serrés

La Maison harmonique

- 📍 Théâtre Musical de Laval
Maison des arts de Laval
May 19 to 21, 7:30 PM
- 🎟 Tickets on sale at co-motion.ca
theatremusicaldelaval.com

Le Carnaval des couleurs

- Tissées Serrés
Annual Production –
semi-professional show
- 📍 Maison des arts de Laval
May 23, 7:30 PM and May 24, 3:00 PM
- 🎟 tissesserres.ca/spectacle-annuel
(Tickets on sale on April 1st)

Le bal des douze princesses

- Les Voix d'Elles
- 📍 École Horizon Jeunesse Auditorium
155 boulevard Sainte-Rose
May 16, 7:30 PM
- 📞 514 573-7430
- ✉ info@lesvoixdelles.qc.ca

L'Odysée du demi-siècle

- La Troupe Fantasia inc.
- 📍 Maison des arts de Laval
June 5 and 6, 7:30 PM
- 🎟 Tickets: 450 667-2040
- 🎟 billetteriemda.ca
- 🎟 latroupefantasia.com

Scientific Culture

Cosmodôme

- 📍 2150 autoroute des Laurentides
- 📞 450 978-3600
- 🎟 cosmodome.org

New permanent exhibition

Destination: Space

Astro-Calm

- April 11, from 8:00 to 10:00 AM

Musée de la santé

Armand-Frappier

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

4, 3, 2, 1... Santé!

Fête des semences

- April 4 to 6
11:00 AM to noon, 2:00 to 3:00 PM

Les lève-tôt au Musée –

Festival Petits bonheurs

- May 2, from 8:00 to 10:00 AM

Bouger!

- Until September 8

Exhibitions

Quartier des Arts du Cheval Blanc

- 📍 Centre Accès
6500 boulevard Arthur-Sauvé
- 🎟 quartierdesartsduchevalblanc.com

Vive la vie Exhibition

- Artist Jacinthe Desmarais V.
Until April 18

Béatriz Gauto Exhibition

- April 18 to May 23

Renouveau – Collectif des membres

- Les Passionnés des Arts Visuels
- 📍 Centre d'art Sainte-Rose
214 boulevard Sainte-Rose, 2nd floor
April 29 to May 3
- 🎟 lespav.com

Centre d'art Sainte-Rose

- 📍 La Vieille Caserne
216 boulevard Sainte-Rose
- 🎟 roseart.ca

Transition

- April 11 to May 23

Mouvement

- May 30 to June 11

Centre d'art Sainte-Rose

- 📍 214 boulevard Sainte-Rose
- 🎟 roseart.ca

Martine Leblanc and Danielle Forget

Exhibition

- May 8 to 10

Groupe Aquacoleur Exhibition

- May 28 to 31

Playing at the Espace citoyen des Confluents



© Isabelle Dumas

5 à 7 Conte *Moi, ma mère me racontait*

- General audience show for 12 years and up.
Marta Sænz de la Calzada
April 11, 5:00 PM



© Adrien Tarel

Young audience *Département des retours*

- Clown Theatre | 4 years and +
Les sœurs kif-kif
June 6, 2:00 PM

Information:

- 🎟 Ticket office: 450 667-2040
- 🎟 laval.ca 📍 Espace citoyen des Confluents

CULTURAL LEISURE SEEKING TALENTS

Les Étoiles Filantes dance school

- 🎟 etoilesfilantesdanse.com
- 📞 450 368-9340

Orchestre des jeunes de Laval-Laurentides

- 🎟 osl.ca/orchestre-des-jeunes
- 📞 514 991-4965

Les Passionnés des Arts Visuels

- ✉ Send your artist resumé to
lespav@lespav.com to join this
community.

Les Voix d'Elles

- ✉ info@lesvoixdelles.qc.ca
- 📞 514 573-7430

© Sylvie Ann Paré



Bénévolat

General Audience Shows

DANCE

Sans quoi nous crèverons

Compagnie Virginie Brunelle
April 9, 7:30 PM

A realistic observer of present challenges, Virginie Brunelle signs this choreography of five dancers in a vibrant performance filled with love and solidarity.

5 À 7 CONTE

La light du Borgot

Cédric Landry
April 11, 5:00 PM

Using his imagination and peculiar language, this charismatic performer will charm you with his originality.

THEATRE

Bénévolat

Tableau Noir
April 14, 7:30 PM

Every week, Amaryllis, a very disciplined student, visits Anthony, a prisoner detained for murder. Nothing brings together these two people. Yet they will discover and get acquainted.

THEATRE

Paul à la maison

Le Trident production
Show co-presented with Co-Motion
📍 Salle André-Mathieu
April 22, 7:30 PM

Based on Michel Rabagliati graphic novel. A must-see performance.

Young Audience Shows

ACROBATIC THEATRE



© DynamO Théâtre

En théories (une poétique de l'espace-temps)

DynamO Théâtre | 10 years and +
April 19, 3:00 PM

Through the prism of movement and poetry, inspired by relativity and quantum physics, this show explores the themes of the universe, time and identity.

DANCE



© Marion Chumaud-Lacau

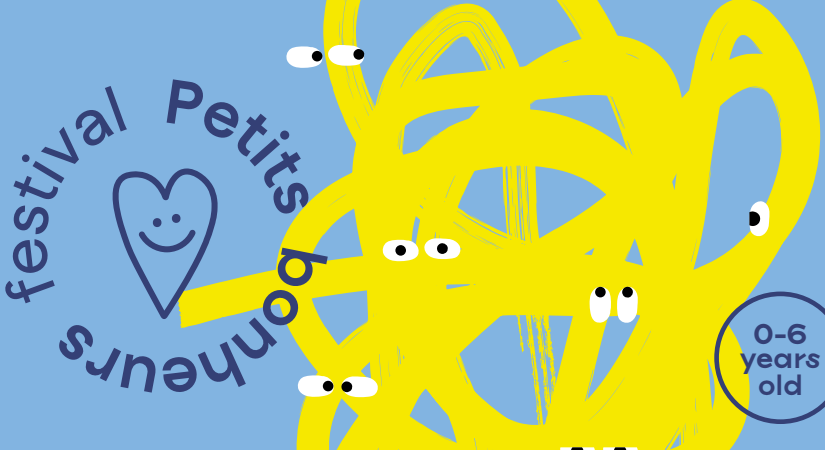
Quand tu me regardes

Corpuscule Danse | 6 years and +
April 26, 3:00 PM

Vibrant bodies and wheelchairs. Then, everything goes wild on stage. Vulnerability and beauty intertwine.

Information:

- 📞 450 662-4440
- Ticket office: 450 667-2040
- 🌐 laval.ca/maisondesarts



Laval

April 30 → May 13

The cultural event for tiny tots

Tickets on sale:
March 25th at noon

🌐 laval.ca

0-6
years
old

Trames composites © Jean-Michael Serrinero



New exhibitions starting

From May 3

Salle Alfred-Pellan presents the exhibition *Les semences de nos lendemains* by Khadija Baker. The artist explores the limits of our interpersonal relations through caregiving, affiliation, interconnectivity, collective memory and reciprocity. The exhibition is an invitation to sow the seeds of hope again and witness what comes out of it.

At the Foyer du théâtre des Muses, Sophia Borowska highlights the contribution of women to Laval architecture and urban landscape in the *Coulée dans le béton* exhibition. Combining construction materials and textiles, this exhibition pays tribute to the invisible labour and, at the same time, brings us to rediscover our unofficial local cultural heritage.

Vernissage on Sunday, May 3 at 2:00 PM

Free admission. Open to all.



© xece, Khadija Baker, *Community Garden*, 2021.
Photo : Michael Patten

ACTIVITIES

Les Ateliers d'Alfred – Khadija Baker

May 16, 1:00 PM

With your family, you start with the exhibition by Khadija Baker, followed by a creative workshop to make flowers with seed paper that can be offered to a loved one and then planted.

\$5 per child. Free for accompanying adults.

☎ Registration: sallealfredpellan@laval.ca



Les jeudis au ralenti

Les jeudis au ralenti

Every Thursday from 5:00 to 8:00 PM

Take a relaxing break in the exhibition hall, filled with comfortable furniture, creation materials, art books and magazines while sipping tea. Free admission.

Last chance to visit *Trames composites* and *Les arbres de Pénélope* exhibitions ending April 12.

Free admission. Open to all.

Information

Open from Tuesday to Sunday, from noon to 5:00 PM, and on Thursdays and show evenings until 8:00 PM. Free admission.

☎ 450 662-4440

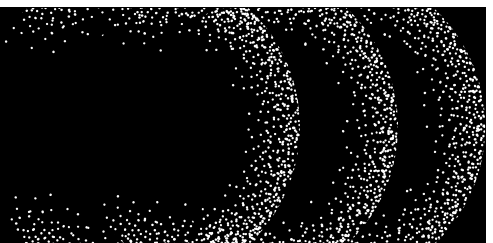
☎ sallealfredpellan@laval.ca

🌐 laval.ca 📍 Expositions 🗣 Médiation artistique

2026-2027
Season

Speech Arts
Visual Arts
Song
Circus
Dance
Young Audience
Music
Theatre

Municipal Cultural
Programming
Unveiling In May





© Vincent Girard

The Bibliovente Awaits You at Place Bell

The Bibliothèques de Laval annual mega sale is back: thousands of low-priced used documents await you (books, magazines, DVDs, CDs, video games).

When:

Friday, May 15, from 4:00 to 9:00 PM
Saturday, May 16 and Sunday, May 17, from 10:00 AM to 5:00 PM.

Where:

Place Bell Enclav I

Free parking:

Place Bell community ice rinks

Documents for sale come from the Bibliothèques de Laval or donations by citizens.

📍 You want to donate documents or to know more about the event?
biblio.laval.ca 🗣️ Activité

A Season of Cultural Discoveries

This spring, a cultural and creative programming for all ages awaits you in your municipal libraries. So many things to choose from: inspiring meetings with authors, artistic workshops, book and movie clubs, immersion readings, retirement preparation conferences, storytelling, theatrical play readings, and much more.

You can also participate in an unprecedented workshop like creating an herbarium on Earth Day, for instance, or design a calming water garden, learn how to cook in an eco-responsible way, explore the fascinating world of ants, or discover the secrets behind professional dubbing.

This spring, no matter how old you are, go to your public library to learn, experiment and share!

📍 biblio.laval.ca 🗣️ Activité

Spring Books to Borrow

Librarian Méliissa Everatt was inspired by the rebirth of nature in springtime, longer daylight, warm encounters and renewed emotions, and made the following reading suggestions:



Les incorporelles

Pattie O'Green,
Éditions Marchand de feuilles, 2025

Immerse yourself in a fascinating and poetic world where invisible beings live among us, quietly observe our lives and feel all our emotions, yet remaining invisible. This very human and touching story will move you until the last word.



Villa Gloria

Serena Giuliano,
Éditions Robert Laffont, 2025

In Villa Gloria, a guest house under the sun, four lives intertwine and are brought back to light. Between laughter, secrets and confidence, people change, open to one another and find the desire to live again. A warm, lively and light reading.



Un printemps au goût de Mochi: La Librairie du vendredi

Sawako Natori,
Éditions Le bruit du monde, 2025

Each Friday, Fumiya visits a secret library filled with books and unexpected encounters. This first book of the series is warm and tender and inspires the reader to borrow the next one.

📍 Reserve your books from the catalogue at biblio.laval.ca.

HOW DOES CULTURE HELP VULNERABLE COMMUNITIES ?

TO FIND OUT, CHECK OUT OUR VIDEOS ONLINE ONLY AT

SIGNELAVAL.COM

How are Library Collections Developed?

Interview with librarian Chloé Gervais who is co-responsible with her colleague Annie Candeias, for the purchase of adult French documentaries (anything that is not fictional).

Chloé, where do Laval libraries buy their books?

According to the *Loi du livre*, our documents must be bought from accredited bookstores of Laval.

We have many suppliers in Laval such as Renaud-Bray, Archaubault, Carcajou and Martin bookstores.

On what criteria is your choice based?

Our priority is that the book or object bought must fill a need, whether for fun or educative purpose. We have specific and very detailed guidelines to follow. For instance, topic popularity, author credibility, and publishing house.

How much time there is between the purchase of a given document and its availability at the library?

Each month, we go to the bookstore to get new arrivals and make sure they are quickly made available to Laval readers. Once the document is bought and received, there is a delay of approximately three weeks before it becomes available. There are new arrivals every week.



In your collections, there are more than books. What else?

Laval citizens can borrow telescopes, seeds for their garden, board games, video games, DVD and much more.

Presently, 500 000 documents are available in the nine libraries of Laval. If a document you wish to borrow is not in your neighbourhood library, it can be delivered from another one to yours.

- 📍 To propose the purchase of documents, go to biblio.laval.ca
- 📞 Nous joindre – En ligne

Your library, everywhere you go.

bibliothèques de laval

- Discover and reserve your next reads
- Register for an art workshop
- Access over 6,500 magazines with Biblimags
- And much more

Go to: 📍 biblio.laval.ca

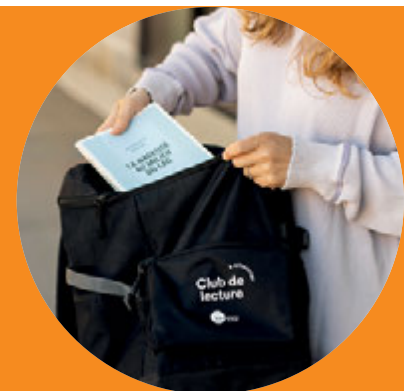


Book Clubs to Go.

bibliothèques de laval

Discover our turnkey book clubs: 5 copies of the same book, questions to open the discussion and information on the author.

Find out more and make a reservation at:
 📍 biblio.laval.ca 📞 your neighbourhood library



Neighbourhood Party: Shared Pleasure

Feel like reviving fun, mutual aid and a sense of pride in your neighbourhood?

Good news! About sixty neighbourhood parties could be organized this summer on the island. From June to September, get together with your neighbours, borrow material from the City (tables, sun canopies, games) and create a fun ambiance. Barbecues, bean bag tournaments, friendly gatherings: every reason is good to connect and celebrate together.

For the fourth year in a row, the City of Laval is the ambassador of the neighbourhood party initiated by Espace MUNI to help create friendlier, safer and more supportive neighbourhoods.

📍 Details and regulations at laval.ca 🗨️ Fête du voisinage



© Eric Carrière



© Eric Carrière

For Fun Filled Summer, Stop Here!

Day camps organized by Laval community partners help to complement the offer made by the City to welcome more children.

Children can develop new interests and take on new challenges thanks to trained passionate counsellors and diversified programmes in a safe environment near their home.

📍 Check the complete day camp offer now at laval.ca/campsdejour

Help Needed to Find a Home?

July 1st might seem far away but if you have problems, as a tenant, do not wait until the last minute to react.

If there is a chance that you become homeless, get some free and adapted help from the Service d'aide à la recherche de logement (SARL) of the Office municipal d'habitation (OMH) of Laval. Help is provided according to certain criteria such as income

Contact the OMH of Laval:

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

Laval Firefighters' Blood Drive

June 17

Book an appointment!

📍 laval.ca/firefighters

In collaboration with



Concrete Actions Everywhere in Laval

In 2025, the City of Laval renewed its commitment to Laval young people through the Fonds Place-du-Souvenir. Financial assistance of \$621,649 was granted to eleven organizations that reached over 6,994 children on the island.

Un tremplin pour l'avenir – Maison de la Famille de Laval-Ouest

Academic support, social ability and cooking workshop activities were implemented for children aged 6 to 12.

Social gardening and solidarity – Jeunes au travail

Production and distribution of bio vegetables to food insecure young people, in partnership with community organizations.

AXE 3 – Groupe Promo-Santé Laval

Good nutrition, physical activity and psychological well-being activities implemented in youth centres.

Cultural discoveries – Bluff Productions

Sixty young people from the Centre jeunesse participated in cultural activities and discussion with artists on issues that concern them.

Continuation Pour un vivre ensemble in St-François – Local initiative by St-François en action

Rallying activities for young people of this district were implemented with the support of a resource with experience in youth and immigration.

Halte'PABEM – ALPABEM

Creation of a daycare for children of parents living with mental health issues.

Continuation of the project Le secondaire à ma manière – Bureau d'aide et d'assistance familiale Place St-Martin

Psychological support activities promoting teenagers school retention.

Boomerang activities at the Maison des enfants le Dauphin, La Parentèle and the Relais familial d'Auteuil

Programme promoting the sociolinguistic integration and French immersion into recreational, educative and inclusive activities of young allophones aged from 6 to 12.

Continuation of Opération Bonne Mine – Société Saint-Vincent-de-Paul

Distribution of \$50 coupons to 572 young people to assist them with their back-to-school expenses.

📍 laval.ca 📞 Fonds Place-du-Souvenir

© Dan Mathieu



Vis ta ville

Teenagers aged between 12 and 17 who look for a leisure activity, want to move, meet other young people, or try something new, should visit the Vis ta ville Website (in French only).

Simply scan the QR code to find sporting activities (basketball, pools, etc.), useful resources, and even job opportunities.

**Less exciting
than a roatrip, but
much more lucrative.**

Apply without a resume.



laval.ca

🔍 Saisonniers



**Come
bring the
unexpected
to life.**

Daphnée Bouchard, 2023



Diadem made of ebonite, found in the pont Viau archeological site.

A Diadem in the Hôtel Vinet Former Landfill

Written in collaboration with Nathalie Archambault, undergraduate archaeology student at Université de Montréal.

In 2022, fragments of a diadem were found during archeological searches in the former landfill of the Hôtel Vinet in Pont-Viau. Whether lost or thrown away, this artefact helps experts to better understand life on this site back then.

The diadem, a hair accessory, was used as a headband or to maintain upswept hairstyles. Made of ebonite, one of the first plastics ever fabricated, this pompadour-style diadem was very fashionable in the 19th century. In the Victorian era, it was an essential element of women's fashion.

Decorative combs, made of natural matters such as ivory, bone, wood or feathers have been existing for thousands of years. Back in 1850, plastic started to replace these matters. But only a blackish-brown colour was available. Not really a problem! It suited everyone.

The Hôtel Vinet, located on a main commercial street next to the bridge, was a very popular location from 1860 until 1930. People from all walks of life, both from the neighbourhood and its surroundings, as well as from Montreal, stopped there. The analysis of over 10,000 artefacts found on the location showed that the building was part country inn, part luxury hotel.

So, who owned this diadem? A wealthy client or a hotel employee? You decide!

An Out of the Ordinary Visit

The Maison André-Benjamin-Papineau, one of Laval's heritage gems, was recently renovated and invites you all year round in a journey back in time.

About 200 years ago, the Papineau family lived there. Today, this house is filled with memories, secrets and stories to discover.

Whether you are curious, passionate about history or simply looking for an exceptional outing, come and have a unique experience thanks to interactive devices, objects from the past, and fascinating tales. Sometimes, a special guest shows up from the past. Marthe, a very colourful and outspoken person, joins the visit and talks about her daily life back then.

Programming includes a photo workshop inspired by old techniques, gardening activities and evenings of discussion about living on the island at that time and now.

📍 Discover the programming and get your tickets at maisonabp.ca.

Laval Iconic Places

What does the Cosmodôme rocket, the Centre de la nature and the Vieux-Sainte-Rose have in common? They are among the Laval's 16 iconic places identified by experts and citizens to be discovered in the *Laval emblématique — Arrêt sur image* exhibition.

- at the Émile-Nelligan library (until May 25);
- at the Société d'histoire et de généalogie de l'île Jésus* (From May 27 to September 14).

*On June 4 at 5:00 PM, do not miss a special event organized with Culture Laval and the Société d'histoire et de généalogie de l'île Jésus. An artistic workshop, video projection and a guided visit await you.

Free admission, no registration required.

📖 Psst! Get the colouring book at the exhibition venues or its printable version at laval.ca/culture.



Heritage Buildings

Get up to \$35,000 for renovation or restoration work.

📍 laval.ca/subventions

Springtime Activities at Centre de la nature

Easter Rally

Until April 6, participate in the Easter Rally and explore the park differently. Get your road map at the chalet restaurant. All participants have a chance to win a gift basket on April 7.

Gardening workshops on Easter and Journée nationale des patriotes

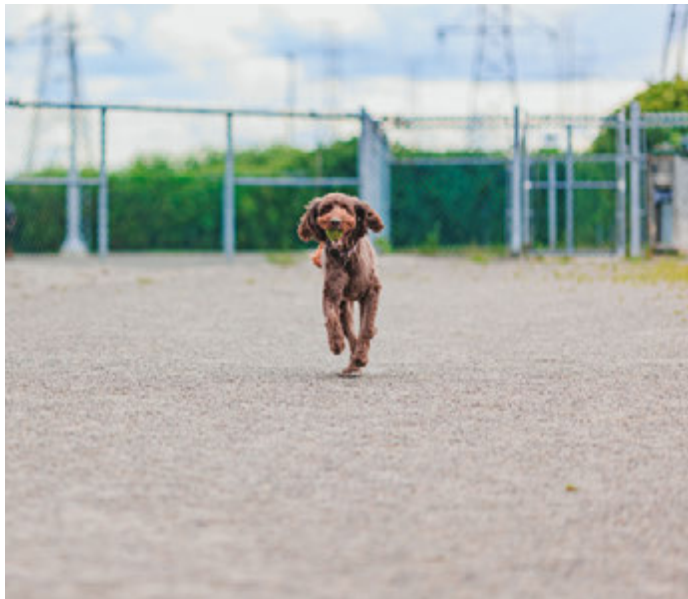
From April 3 to 6, and from May 16 to 18, learn the basics of potting and leave with a potted plant: a daisy (*Bellis perennis*) for Easter and a dwarf sunflower for the Journée nationale des patriotes. A simple, educative and free workshop open to all.

- 📍 More details at laval.ca/centredelanature
- 🔗 Activités



© Annie Poirier

© Simon Larochette



New Dog Facilities

By the end of this summer, Laval will have 13 dog exercise areas and parks. A new dog exercise facility is now open in Val-des-Arbres Park. This summer, the new dog exercise area Rosco Park will be open on Cousteau Street.

These secured spaces offer dogs room to run free and spend their energy in gated areas. Dog parks include urban furniture and shelters and are open all the time.

- 📍 To find the dog park closest to your home, go to laval.ca/carte-interactive
- 🔗 Lieux – Parc canin (in French only).

Have Fun in Urban Forests With Canopée

Celebrate biodiversity during a festive event dedicated to pollinators. Activities, discoveries and a bioblitz will allow you to observe, better understand and protect the richness of forest life.

Take concrete actions to protect your urban woodlands by participating in collective cleaning chores organized in different areas on the island. There is nothing more satisfying than rolling up our sleeves and getting our hands dirty to pick up trash and clean our neighbourhood.

- 📍 Canopée organizes other stimulating activities to mark the arrival of spring. Complete programming: reseaucanopee.org



© Eco Nature

Discover the Rich Local Biodiversity

The first Sunday of every month, a special programming, entirely free, is offered at the Parc de la Rivière-des-Mille-Îles, including both the museum and the ecology lab. Here is a nice opportunity to discover an educative cultural activity in nature. Open to all.

- 📍 Details at parc-mille-iles.qc.ca 🔗 Musée (in French only)

© Simon Laroche



Leisure Activities More and More Accessible

Recreational activities are important in our lives; they improve our well-being, stimulate creativity, maintain good physical and mental health, reinforce team spirit and the sense of community, and so much more.

April 16 is World Leisure Day and this year's theme is "Leisure, a life essential". Here is a perfect opportunity to pay tribute to men and women who transform lives and communities in Laval.

- 📍 Find a sporting, cultural or recreational activities close to your home or workplace at laval.ca/sports-leisure.

Self-Serve Equipment

Lending of sports equipment is free in certain parks, woodlands and municipal libraries. It is easy to use via connected boxes (BoxUp) or at the lending desk.

- 📍 Reservation and information: pret-pour-bouger.ca

Fired up for the race.

May 31st, 2026

Register early to take advantage of attractive rates!

📍 coursedespompiers.laval.ca



**course des
pompiers**



Aquatic activities calendar



Desjardins Free open swims at Complexe aquatique



Registration for summer aquatic classes



Water playground opening



Pre-opening of some outdoor pools



Opening of outdoor pools

laval.ca/swimming-pools

Become a Swim Instructor and Lifeguard.

A dynamic training program to land an exciting job.






Looking for activities to do with your family?



Don't miss anything!
Subscribe to the newsletter.

 laval.ca/subscribe

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-  mondossier.laval.ca
-  311 or 450 978-8000 from outside Laval (non-urgent calls)
-  Multiservice Counter
1333 boul. Chomedey

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