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Preventing violence  
to preserve  
the magic of childhood

## OUR MISSION:

Bulle et Baluchon is the center for training and resources regarding the prevention of violence against children. We aim to raise awareness, inform, and equip the population of the Eastern Townships regarding this issue.

Bulle et Baluchon offers workshops to children from 4 to 12 years old to reduce their vulnerability to all forms of violence. We also offer workshops for adults in the community who wish to gain a better understanding of this subject.

**For over 30 years we have been actively working to prevent all forms of violence against children.**

**To date, we have met with over 87,000 children and adults in the Eastern Townships.**



## TOPICS COVERED DURING OUR WORKSHOPS:

- Physical, verbal, psychological and sexual violence;
- Bullying, stealing, cyberbullying, precocious sexualization;
- Solutions and tips to stay protected from different forms of violence
- Self-respect and respect for others.

**Customized workshops available upon request.**

## OUR WORKSHOPS CONSIST OF:

- Various scenarios
- Group discussions
- Interactive activities and educational games
- One-on-one meetings

## WE ARE AVAILABLE TO:

- Listen
- Support
- Provide information and referrals.

