

News or item detail.....	6
Service Hub .....	9
Service detail.....	9
History.....	16
Frequently Asked Questions (FAQ).....	17

## Reception

**URL:** <https://craquebitume.org/>

Do nature and eco-citizenship appeal to you?

Craque-bitume, an urban ecology collective, could well be the echo of your call!

### DISCOVER

Our shutters

  Collective gardening

Nourish, educate, include

- \* Collective garden of the Ateliers à la terre
- \* Personalized support in your projects,
- \* Sale of bins
- \* Awareness of biodiversity
- \* Urban and ecological gardening resources

 Community composting

Facilitating access to composting

- \* Community Composting Network
- \* Personalized support in your projects
- \* Sale of bins
- \* Collection of organic matter for events
- \* Urban and ecological composting resources

  Formation

Raising awareness, putting into action

- \* One-off activities
- \* Personalized eco-citizen course
- \* Personalized offer for groups

 Associative life

Promoting urban ecology

- \* Mission, vision, values and history
- \* Get involved in the organization
- \* Collective kitchens with an ecological flavour

Contribute to our mission, visit our general store.

THE GENERAL STORE OF CRAQUE-BITUME

Composting

Gardening

Member Membership and Donations

Other products

Want to get involved? You could...

Work with us

Carpentry and urban composting assistant position available

Become a volunteer

Become a member

Participate in our collective events

## News or article hub

URL: <https://craquebitume.org/collections/formations>

Explore our training courses by date

September ←, 2023 →

5

18:00

Vegan Cooking Group

7

12:00

Vegan Cooking Group

9

13:00

Vegan Cooking Group

12

18:00

Vegan Cooking Group

14

12:00

Vegan Cooking Group

16

13:00

Vegan Cooking Group

20

18:00

Introduction to Herbalism

21

18:30

Food preservation: fermentation, salting and smoking - theoretical session

24

9:30

Herbalism: harvesting roots

26

19:00

Gardening: cutting techniques for indoor plants

28

18:30

Food preservation: fermentation, salting and smoking - practical workshop

Vegan cooking groups

COMING

Subscription to vegan cooking groups - How it works

Free

Vegan Cooking Group: Tuesday, September 26 Edition

55\$

Vegan Cooking Group: Tuesday, September 28 Edition

55\$

Vegan Cooking Group: Tuesday, September 30 Edition

55\$

## ALL THE TRAINING COURSES INCLUDED IN THE ECO-CITIZEN TRAINING COURSE

Eco-citizen training courses

All training courses

Homemade

Feeding

Urban ecology

Gardening

ON REQUEST

Group training

REQUEST TRAINING FOR YOUR GROUP!

Group Training - ABC of Ecological Gardening

Regular Price:\$230.00

ABCs of home composting

Regular Price:\$180.00

Introduction to the zero-waste lifestyle

Regular Price:\$230.00

ABC of shoots and germinations

Regular Price:\$245.00

How to start your collective composting

Regular Price:\$180.00

ABCs of above-ground gardening

Regular Price:\$255.00

ABCs of edible development

Regular Price:\$255.00

ABCs of urban gardening

Regular Price:\$480.00

ABCs of vermicomposting

Regular Price:\$180.00

ABCs of Seed Harvesting and Saving

Regular Price:\$240.00

A training idea?

We are fond of new training ideas to please our customers!

Write to us directly to propose your idea and we will be happy to consider your proposal!

Do not hesitate to use this text box to contact us for any questions or comments!

(Form)

## **News or item detail**

**URL:** <https://craquebitume.org/collections/formations-illimitees/products/groupe-de-discussion-comment-depasser-son-eco-anxiete-1>

### **IMPORTANT INFORMATION**

Focus group: how to overcome eco-anxiety?

Date of training

Wednesday 1 November 2023

Time of training

19:00 – 20:30

Training location

Carrefour Cardijn, 435 rue du Roi

Trainer

Justin Sirois-Marcil

Focus group: how to overcome eco-anxiety?

Regular price: \$25.00

Quantity: 1

Eco-citizen pathway: Get unlimited access to all our training courses as part of the citizen pathway!  
[Click here for details.](#)

[Add to cart]

#### Description of the training

This training is an experiential workshop where participants are invited to question the notion of ecoanxiety and ways to remedy the causes of this legitimate feeling.

The goal is to help people appropriate the notion of ecoanxiety from the perspective of social work and to experiment with a tool to clarify their feelings, needs and actions in the face of the destruction of nature.

The facilitator will begin by unravelling with the participants different key concepts (+/- 15 min), then he will present a tool that will be the heart of the workshop (+/-1h15).

1. Initial question
2. Presentation
3. Distinction between psychology and social work
4. Exploring the concept of ecoanxiety
5. Presentation and testing of a tool to promote praxis in the face of disaster socio-ecological in progress.
6. Feedback on the workshop: comments, questions
7. Closing Remarks

This training is offered by social worker and ecotherapist Justin Sirois Marcil.

Registration required

FREE FOR REGISTRANTS· E· S TO THE ECO-CITIZEN TRAINING COURSE

Register for the eco-citizen training course and get access to all the courses on the course until December 15, 2023!

\*Carrefour Cardijn, on the 1st floor without elevator

#### Repayment

##### Refund Policy - TRAINING

A full refund will be given when the participant cancels his/her registration more than 7 days before the training. For cancellations occurring 7 days or less prior to the training, a refund will be given, but a 15% administration fee will be charged.

The participant understands that the payment of his/her registration serves as a contract, and that no refund will be given if he/she does not show up on the evening or day of the training.... except when the absence results from a major reason (illness, injury, accident).

A full refund will be granted when Craque-Bitume cancels or modifies the schedule of a training it organizes.

#### Opinion

##### Reviews of customers or participants

Still no opinion. Give us yours? :)

Let us know what you think!

Your name

Enter your name

Your email

marie.ladouceur@example.com

Your evaluation

Title

Give your comment a title

Comment (1500)

## **Service Hub**

**URL:** [https://craquebitume.org/pages/craque-bitume#shopify-section-template--16140994937008\\_6ad6cfdd-3ace-4ce0-aefd-82e34d2d88dc](https://craquebitume.org/pages/craque-bitume#shopify-section-template--16140994937008_6ad6cfdd-3ace-4ce0-aefd-82e34d2d88dc)

Our shutters

Compostus

Offer citizens the opportunity to compost in urban areas;

Raise awareness of the practice of composting and promote its different forms.

Gardenus

Nourish, Include and Educate;

Democratize green and living public spaces;

Establish and animate collective gardens;

Continue experiments and innovations with the aim of increasing the efficiency of ecological gardening.

Associative life

Maintain and develop the collective component of the organization, among other things, through inter-component collaboration;

Ensure the accomplishment of the mission, financial viability and respect for the people involved in the implementation of the organization's projects.

Training

Empower citizens;

Stay abreast of the training needs of eco-citizens and seek to meet them.

## **Service detail**

**Url:** <https://craquebitume.org/pages/jardinus>

Urban gardening

Gardening is getting closer to your diet, it is connecting with nature and the present moment, it is developing your food autonomy.

Having a vegetable garden helps to improve urban biodiversity, reduce heat island effects and beautify spaces. Gardening is also an excellent vehicle for forging community connections, intergenerational contacts, learning and social isolation. Do you live in Quebec City and want to garden? You have several options.

#### LOAN· E TO GARDEN? YOU COULD...

##### 1. Participate in collective gardening

###### The collective garden of the workshops to the land

Fall under the spell of Les Ateliers à la Terre, a collective garden that was created in 1997! Originally supported by the Centre Jacques-Cartier, it has been under the aegis of Craque-Bitume since 2019. This is our largest garden with an area of more than 2000 m<sup>2</sup>, in full expansion, in the heart of Quebec City. It is aimed at all people wishing to get involved in a collective garden, learn about ecological agriculture and improve their food autonomy.

[Find out more here!]

###### The collective of the École des Berges

New garden in 2023! More details to come...

###### Some practical links...

[Register for a collective garden in Quebec City]

[Welcome guide to collective gardening of the Ateliers à la terre]

[Consult the map of gardening sites of Cultive ta ville]

#### LOAN· E TO GARDEN? YOU COULD...

##### 2. Use our support services

###### Horticultural animation in a collective garden

In a spirit of community and sharing, the group chooses seeds, gardens and harvests together with the help of the horticultural animator who guides, teaches and animates the group.

[More details here]

###### Accompaniment in the realization of a garden

From ideation to installation, Craque-Bitume accompanies groups in a goal of empowerment. This can take the form of support for planning and/or animation of activities in the garden.

[More details here]

#### Animation of activities with children

To familiarize the youngest with gardening and healthy eating, Craque-Bitume offers various workshops in schools, low-rent housing, day camps and early childhood centres in the Quebec City area.

[More details here]

#### LOAN· E TO GARDEN? YOU COULD...

##### 3. Gardening at home

###### Gardening in your backyard

Having a vegetable garden also helps to improve urban biodiversity, reduce heat island effects and beautify spaces.

Check out our guides below for an introduction or more in-depth tips!

###### Gardening on your balcony

It is also possible to garden on your balcony, in a bin.

Check out our self-watering bins or learn how to make them yourself below!

###### See our specialized gardening products

A range of local and ecological products await you in our general store.

Check out our gardening bins and other garden products!

###### Discover our training offer!

#### LOAN· E TO GARDEN? YOU COULD...

##### 4. Discover gardening resources

###### Guide

Sowing schedule

Guide

Pests

Guide

Companionship

Guide

MAPAQ Urban Farmer's Guide

Guide

Introduction to Home Gardening

Guide

Technique for manufacturing a self-watering tank

Guide

Seed saving

## Team

Url: <https://craquebitume.org/pages/equipe-et-emploi>

Meet the team members

Olivier Coulombe

Urban Composting Project Coordinator

Josyanne Proteau

Project manager for associative life

Louis Guillemette

Coordinator

Sebastien Langlais

Furniture agent

Antoine Roy Audy

Urban Gardening Project Coordinator

Nicolas Rousseau

Horticultural animator at the gardens of the Ateliers à la terre

Aurore Becker

Administrative and promotional agent at Composting and Training

Simon Gélinas

Administrative Officer

Roxanne Bourgault-Faucher

Urban gardening project manager

Amélie Thivierge

Horticultural animator

Myriam Lacroix

Trainer and facilitator

Coming

Communications Manager and Project Manager of Associative Life

## **By the way**

Url: <https://craquebitume.org/pages/craque-bitume>

Craque-Bitume is an organization active in urban ecology.

Our goal is to develop and promote eco-responsible actions that promote community engagement and the adoption of a sustainable lifestyle.

How?

By piloting gardening and urban composting projects, in addition to offering a whole range of eco-citizen training. We are also developing a product offer based on the social economy. Discover below our four action streams to implement our mission.

Our shutters

Compostus

Offer citizens the opportunity to compost in urban areas;

Raise awareness of the practice of composting and promote its different forms.

Gardenus

Nourish, Include and Educate;

Democratize green and living public spaces;

Establish and animate collective gardens;

Continue experiments and innovations with the aim of increasing the efficiency of ecological gardening.

Associative life

Maintain and develop the collective component of the organization, among other things, through inter-component collaboration;

Ensure the accomplishment of the mission, financial viability and respect for the people involved in the implementation of the organization's projects.

Training

Empower citizens;

Stay abreast of the training needs of eco-citizens and seek to meet them.

OUR VISION

A city where citizens are collectively committed to the development of an eco-responsible society.

## OUR VALUES

What keeps us going

Self-management

through the search for consensus, transparency, egalitarian relations, listening and a decentralized mode of operation.

We favor consensus because we believe it is a way to assert collective intelligence. In addition, we believe that constructive solutions can be considered to rally seemingly opposing points of view. A co-coordination committee (which includes the coordinator and project managers of each component) promotes more egalitarian relationships and decision-making that is both more fluid (than if the whole team was involved in each decision) and more consensual (than if only one person was responsible for it).

Innovation

through creativity, experimentation and openness to new ideas while valuing traditional knowledge.

We always try to improve, to be inspired by what is positive and to listen to the needs of our environment in order to make a real difference for the environment. We want to be accessible, but we are not afraid to be different in order to contribute to the promotion and especially to the implementation of eco-citizen practices.

Le Respect

living beings and their environment through harmonious relationships and recognition of the other.

We are always looking for a win-win approach, both within the collective and within our various collaborations, whether with our participants or our partners. Respect for our mission, respect for long-term perspectives and respect for the people involved remain at the heart of our actions and choices.

## OUR STRUCTURE

Why a collective? To develop and promote eco-responsible actions and the adoption of a sustainable lifestyle by focusing on citizen engagement.

You are welcome to participate in any of our projects or to find your own way to get involved and contribute to our mission.

Craque-Bitume is organized as a collective because it implements the synergy of a team made up of workers, interns, volunteers and participants.

Decision-making processes related to the organization's operations promote transparency and consensus-building.

The organization draws its strength and relevance from the people it brings together and the values it upholds!

## WANT TO GET INVOLVED?

Everything is possible!

Become a volunteer

Become a member

Participate in AGMs

Be part of the Board

## History

Url: <https://craquebitume.org/products/rapport-dactivite-2012-a-2019>

Crack-Bitumen, it's you; it's all of us.

All the eco-citizen gestures that permeate your daily life make you Allies of Craque-Bitume. All these little reflections on the place of the human being in ecosystems, his relationship with nature and his way of life make you accomplices. When you garden and compost, you are undertaking a revolutionary act...

Craque-Bitume, it's you because you want to undertake and encourage eco-responsible actions;

Craque-Bitume, it's you because you are involved in your community;

Craque-Bitume, it's you because you advocate the adoption of a sustainable lifestyle.

Craque-Bitume is you because you recognize yourself in these values: respect for living beings, self-management and innovation.

But, above all, Craque-Bitume is everyone because the Collective ensures it. What we call the Collective is, in fact, the decision-making body of the organization. A meeting takes place every other Tuesday evening. Whether you are employees, volunteers, interns, participants, neighbours and others, these important meetings focused on self-management and consensus are yours. It's up to you to be part of the change!

Craque-Bitume is mainly active in the central districts of Quebec City. In addition to our activities related to associative life and self-management, we are active and active around composting, urban gardening and eco-citizen training.

Growth. Looking at the comparative income statement for 2020 and 2021, the figures speak for themselves: an increase of nearly 35% in income can be seen (excluding emergency aid received in 2020, since no amount associated with this aid was requested in 2021, precisely because of this growth). Craque-Bitume grows from year to year, and has been able to integrate the Ateliers à la terre (or ALT in our internal jargon) into the Jardinus component.

Challenges. Several unforeseen elements presented themselves in 2021, and they tested the agility and adaptability of several members. I would like to highlight here the strength of the employees. The coming year will also be eventful, by the challenge of renewed growth. Two other priorities are already emerging: improving communications and repositioning the Training component.

COVID-19. It is impossible to conclude without slipping a word on the health situation incurred. Even if everything was more predictable than in 2020, Craque-Bitume had to continue to show resilience, whether to welcome participants in compliance with the health rules in force, to ensure the proper functioning of composting sites, or to adapt the format of training as well as the organization of work.

## Frequently Asked Questions (FAQ)

**URL:** [https://craquebitume.org/collections/formations#section-template--16167619362992\\_2158aaec-47dc-4056-9ca6-8ea9d2d7cb41](https://craquebitume.org/collections/formations#section-template--16167619362992_2158aaec-47dc-4056-9ca6-8ea9d2d7cb41)

How do I register for training?

Our new website is designed to receive your registrations! Simply select the training you are interested in, then click on "Add to cart". You can then proceed to the payment directly in your shopping cart. Once the payment is made, your place will be reserved for the training! You will receive a confirmation email with the important information within a few days of the training. If you have not received it, remember to check your junk.

In case of problems with your registration, contact us directly by phone or via the email address [formation@craquebitume.org](mailto:formation@craquebitume.org).

How do I access the \$5 discount?

This discount is offered to Craque-Bitume members. You can purchase your membership on our website, in the general store section. Once connected to the member area, the \$5 discount will automatically apply to your next purchases! This discount on our training is our way of thanking you for supporting our organization.

How do I access the discounted price of a series of trainings?

We can offer reduced prices thanks to our financial partner, the Centre de formation pour adultes Louis-Joliet, which recognizes some of our training as a citizen learning process. To access it, you must register as a Louis-Joliet student and commit to certain additional obligations. To learn more, visit the section of our website dedicated to this purpose by clicking on "learn more" on the page of the training series in question.

I registered for an online training course and still haven't received the login link. What must I do?

A confirmation email containing the important information and the login link is sent to you within 2 to 5 days prior to the training. If you do not receive it within this period, remember to consult your junk. If you have any problems, write directly to [formation@craquebitume.org](mailto:formation@craquebitume.org) as soon as possible to have the project manager provide assistance.

N.B. All our online courses are recorded and can be listened to for two weeks. An email will be sent to you within 2 days of the training containing the link to retrieve the recording.

I want to register for a training, but it already seems full, is there a way to attend anyway?

The number of places available is established according to thoughtful criteria. If the training is full, we invite you to register for the waiting list directly on the training page to indicate your interest. If a place becomes available, you will be notified as soon as possible! Indicating your interest via the waiting list is also a way to let us know that you would like to see this training organized again.

I have registered for a training course but I will not be able to attend, what should I do?

You can view our refund policy by scrolling down the page of the training in question. Regardless of how you proceed, we invite you to notify us of your absence via the [formation@craquebitume.org](mailto:formation@craquebitume.org) address, we can then proceed to the full or partial refund, if the situation allows it.

I would like to take a training, but it is not available in your offer, what should I do?

We are fond of new training ideas to please our customers! Write to us directly at [formation@craquebitume.org](mailto:formation@craquebitume.org) to submit your idea and we will be happy to consider your proposal!

I would like to host a Craque-Bitume training for a group, how do I go about it?

Visit the Group Training section of our website to see what training is available. You can also book and pay directly online!

I am a trainer and I would like to collaborate with Craque-Bitume to offer training, how should I go about it?

Write to us directly at [formation@craquebitume.org](mailto:formation@craquebitume.org) to present your concept and discuss it further with us.

I would like to help the training component of Craque-Bitume, how can I get involved?

We frequently need volunteer help during some of our trainings. Express your interest to our project manager by contacting the email address [formation@craquebitume.org](mailto:formation@craquebitume.org)!

Is it possible to access the training content?

The majority of our training courses belong to our trainers. The decision on whether or not to share their content is up to them.

In the event that the content is accessible to you, we ask you not to share it considering that it is paid content.

Video recordings of our online training courses are available for two weeks following the training. You are allowed to retain the content for the long term, so it is your responsibility to save it to an external storage device within the established time frame. You are prohibited from sharing the content in any way.

## Error 404

Url: <https://craquebitume.org/patale/>

Oops! Page not found.

404 Error

The page you are looking for may no longer exist. If necessary, do not hesitate to contact us.