

Sentier Urbain offers the following French-language workshops to tenants in low-rent housing as part of the Flower and Garden Club's activities. To register, call 514-521-5608 or email cfj.omhm@gmail.com.



Our feathered friends

Did you know that there are more than 300 species of birds on the Island of Montreal alone? We invite all amateur bird watchers to come discover (or rediscover) the many birds around us. More specifically, we will look at the birds you might see and hear near your home.



Benefits of trees

When you think of trees, what comes to mind? Trees are a true treasure for the planet and society. Come and discuss the importance and benefits of trees in the city. You'll learn some little-known facts and play a matching game.



Growing herbs

Do you like to cook with fresh herbs but don't have a green thumb? This workshop is for you! We'll talk about growing plants that brighten up your meals. Get inspiration for a balcony garden that's full of flavour.



Protecting plants from pests, disease and weeds

Have your tomatoes gone bad? Is your garden full of aphids and other small pests? Don't panic! In this workshop, we'll discuss environmentally friendly techniques for controlling invasive insects, disease and weeds to prevent them from taking over. Get tips on insecticides, fungicides and manure for your garden.





Gardening with insects

This training workshop focuses on insects that are beneficial to humans and the environment, such as bees and other pollinators, as well as threats and possible solutions to help them thrive. You will also learn how to observe and identify harmful insects so you can take appropriate action. This informative workshop is for new and seasoned gardeners alike!



The hidden side of plants

This training covers some forgotten or little-known uses for the plants around us. It will present a few such plants that we encounter every day in our streets, gardens, parks and vacant lots, detailing their surprising nutritional and medicinal qualities.



Indoor plants

Everything you need to know to grow beautiful, healthy green plants! We will cover all aspects of indoor plant maintenance: light, humidity, temperature, watering, fertilization, repotting and more. Come and discover exotic and easy-to-maintain plants to green your living environment all year round.



How to use your harvest

Wondering what to do with your harvest? This workshop will cover a variety of recipes and ideas for using flowers, fruits, vegetables and other items from your garden. We will also address the question of when and how to harvest them. Plenty of ideas so nothing goes to waste!



Office municipal
d'habitation
de Montréal

