

FREE!

2024 Calendar

12 MONTHS OF ESSENTIAL INFORMATION





About CHS

Community Help Service (CHS) is a mental health organisation which has been supporting the international community in Belgium since 1971. It provides a unique combination of a free 24/7 Helpline in English and a Mental Health Services Centre, where our international and multilingual team of around 20 experienced professional therapists offers a comprehensive range of mental health services to children, adolescents, adults, couples and families. In addition, four other professionals (a career & orientation coach, a dietitian, a family mediator, and a mindfulness & meditation teacher) work as Affiliated Members at the CHS Centre.



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Introduction

Welcome to the CHS 2024 Calendar. While the layout by month is traditional, the rest of a CHS calendar is not, images being replaced by what we hope is useful resource information. Please familiarise yourselves with the contents when you receive the calendar so that you are aware of the range of the information available. You want to be able to consult it regularly and easily so why not keep it on your kitchen wall or table?!

The information varies from contact details for hospitals, support services, schools and town halls to many suggestions for leisure activities, with additional museums, music festivals and live music venues for example, and a new section on castles and gardens to visit. We are confident that there is something for everyone!

The calming image on the cover is from a painting called "Peaceful Turtle" by Claire Scheer, a student at St John's International School in Waterloo. An image of the full painting appears on the following page. CHS appreciates all of the submissions for the cover art competition and offers a special "Thank You" to Claire.

It is clear from the number of calls to our Helpline and requests for therapy at our Mental Health Services Centre that many people of all ages continue to need support for a multitude of reasons, such as addiction, anxiety, bereavement, depression, learning difficulties at school, financial worries, loneliness and relationship issues whether at home, school or work. Our mission at CHS is to help people to get through such problems.

So please, if you have a concern about yourself, your child, another family member, a friend, a neighbour, a colleague, or anybody at all, remember that CHS is here to help and only a phone call away.

To talk to a volunteer on our 24/7 English-speaking Helpline (anonymously, confidentially and at no cost), please call 02.648.40.14.

Alternatively, to request an appointment to see a therapist, please call our Centre, Monday to Friday 10:00H - 13:00H, on 02.647.67.80. Note that while all CHS therapists speak and work in English, therapy can also be provided in 10 other languages (details on our website www.chsbelgium.org).

You will also find information within the calendar about each of the four Affiliated Members, their activities and how to contact them.

Our thanks to the advertisers in the Commercial Directory section of the calendar who via their advertisements and/or sponsorship on the CHS website support us, especially our Helpline which relies entirely on external financing.

While we distribute the calendar free of charge, please consider making a donation if you have found it to be useful. As explained on the back cover of the calendar and on our website, tax efficient donations can be made from several countries to "Friends of CHS Funds" at the King Baudouin Foundation (KBF) in both Belgium and the USA, as well as via Transnational Giving Europe. Donations received by the two KBF funds may only be used to support the running or promotion of the CHS Helpline. Our sincere thanks to all companies, individuals and others who make donations.

In the absence this year of a sponsor to cover the cost of printing the calendar, CHS exceptionally absorbed the cost itself. In the hope of being able to continue to produce the calendar, CHS would like to find a new sponsor. While there is obviously a cost involved, the calendar itself (with 3,000 copies distributed within the international community in Belgium) and the CHS website both offer interesting possibilities to advertise a sponsor's products or services. If you think your employer might be interested, please send an email to calendar@chsbelgium.org for further information.



Many thanks to Claire Scheer and St John's International School in Waterloo for permission to use Claire's painting in our calendar and on our website. Claire, who is planning to study fine art at college level, is fascinated by plants and animals and the goal of her artwork is to depict the world as a magical place. Sea turtles, with their slow movements and colourful surroundings, emanate calm and peacefulness.



**BOOK A CHS
APPOINTMENT**

02 647 67 80

MENTAL HEALTH SERVICES CENTRE



**CALL THE CHS
HELPLINE**

02 648 40 14

CONFIDENTIAL. ANONYMOUS. 24/7

A big thank you to

- ▶ our Helpline volunteers, Office volunteers and Board members for their time and support,
- ▶ our Clinical Team therapists and Affiliated Members,
- ▶ our calendar team and Jean-Jacques De Neyer and Sébastien Van de Walle at Triptyque (www.triptyque.be) who prepare the calendar,
- ▶ and all our sponsors, calendar advertisers, donors and other supporters.

Jan Taljaard, whose company Pelican Dream hosted the CHS website for many years, very sadly passed away during May 2023. Jan was a positive person whose sense of humour and amazing energy and zest for life inspired those who knew him. He will be greatly missed.





Home information

Home Phone

GSM 1

GSM 2

GSM 3

GSM 4

Family Doctor

Family Dentist

School 1

School 2

School bus

Local taxi

Veterinarian

Commune/Gemeente

Useful emergency numbers

Ambulance and/or fire	100	Burns Centre	02.264.48.48
Police	101	Dentist on duty	02.426.10.26
Childline	102 (Dutch) 103 (French)	Doctor on duty	1733
Red Cross ambulance	105	Drugs Helpline	02.227.52.52
Accident and Emergency services	112 (Free Europe-wide)	Lost or stolen bank /credit cards	078.170.170 (www.cardstop.be)
Child Focus (Centre for missing & sexually exploited children)	116000 (www.childfocus.be)	Lost or stolen Belgian ID card or passport	00800.2123.2123 (www.checkdoc.be)
Helpline in English (CHS)	02.648.40.14	Pharmacy on duty	0903.99.000 (www.pharmacie.be)
Helpline in Dutch (Tele-Onthaal)	106	SOS Rape Helpline (Fr)	0800.98.100
Helpline in French (Télé-Accueil)	107	Suicide Crisis Line	0800.32.123 (French) 1813 (Dutch)
Helpline in German (Telefonhilfe)	108	Utilities - Electricity	02.274.40.66
AIDs Assistance	0800.20.120	Utilities - Gas leak Brussels Flanders Wallonia	0800.19.400 (Sibelga) 0800 65 065 (Fluvius) 0800 87 087 (Ores)
Anti-Poison Centre	070.245.245 (www.poisoncentre.be)	Utilities - Water	02.739.52.11
Automobile breakdown in Belgium	Eur. Assist. 02.533.75.75 Touring 078.178.178 VAB 078.222.222	Veterinarian on duty	02.644.24.24 (or www.vetemergency.be)

CHS calendar information

Moon phases: New moon ● Full moon ○

Weekend

Public holiday in Belgium

Every effort has been made to ensure the accuracy of the contents of this calendar. Community Help Service does not accept responsibility for any errors or omissions.

The services advertised in this calendar do not constitute a recommendation or endorsement.

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Notes : 1. At the time of calendar preparation, school holiday information available generally only covers the period up to the end of the school year.
2. The holiday dates by school are no longer shown within the relevant calendar months of the calendar.

School	School starts	Half term / Carnival	Easter break / Spring break	Labour Day	Ascension	Whit	School Year ends
<i>Antwerp International School</i>	08 Jan	12-16 Feb	01-05 Apr	1 May	09-10 May	20 May	28 Jun
<i>Belgian schools Brussels/ Wallonia</i>	08 Jan	13 Feb + 26 Feb-08 Mar	01 Apr + 29 Apr-10 May	1 May	09-10 May	20 May	05 Jul
<i>Belgian schools Flanders</i>	08 Jan	12-16 Feb	01-12 Apr	1 May	09 May	20 May	28 Jun
<i>BEPS International School</i>	08 Jan	26 Feb-08 Mar	01 Apr + 29 Apr-10 May	1 May	09-10 May	20 May	05 Jul
<i>Bogaerts International School</i>	08 Jan	12-16 Feb	01-12 Apr	1 May	09-10 May	20 May	26/27 Jun
<i>British International School of Brussels</i>	09 Jan	26 Feb-08 Mar	01 Apr + 29 Apr-10 May	1 May	09-10 May	20 May	03 Jul
<i>British School of Brussels</i>	08 Jan	12-16 Feb	25 Mar-05 Apr	1 May	06-10 May	20 May	28 Jun
<i>Brussels American School</i>	02 Jan	N/A	25-29 Mar	1 May	N/A	N/A	05 Jun
<i>European Schools in Brussels</i>	08 Jan	12-16 Feb	25 Mar-05 Apr	1 May	06-10 May	20 May	05 Jul
<i>European School of Brussels Argenteuil</i>	08 Jan	26 Feb-08 Mar	29 Mar-1 Apr + 29 Apr-10 May	1 May	09-10 May	20 May	05 Jul
<i>International German School of Brussels</i>	08 Jan	12-16 Feb	01-12 Apr	1 May	09-10 May	13-20 May	12 Jul
<i>International Montessori Schools</i>	08 Jan	12-16 Feb	01-12 Apr	1 May	09-10 May	20 May	21 Jun
<i>International School of Belgium, Aartselaar</i>	08 Jan	12-16 Feb	01-12 Apr	1 May	09-10 May	20 May	28 Jun
<i>International School of Brussels</i>	10 Jan	12-16 Feb	01-12 Apr	1 May	09-10 May	20 May	20 Jun
<i>International School of Flanders, Tervuren & Waterloo</i>	08 Jan	12-16 Feb	01-12 Apr	1 May	09-10 May	20 May	28 Jun
<i>Montgomery International School</i>	08 Jan	09-16 Feb	25 Mar-05 Apr	1 May	09-10 May	20 May	20/21 Jun
<i>SHAPE American Schools</i>	10 Jan	26 Feb-01 Mar	08-19 Apr	1 May	09-10 May	20 May	12 Jun
<i>St. John's International School</i>	08 Jan	16-23 Feb	01-12 Apr	1 May	09-10 May	20 May	20 Jun

Hospitals and clinics	January - February
Support services	February - March
Belgian official information and services	March - April
Health insurance	April
International schools	April - May
LGBTQIA+	May
Places of religion	May - June
Post-graduate courses for international students	June
Town halls (Brussels and periphery)	June - July
Transport	August
Volunteering	August

Other information and services

• Alarm systems	August
• Animals and pets	September
• Cloud, internet and telephony services	September
• Donating goods	September
• Firewood	September
• Garden maintenance	September
• International financial planning	September
• Language classes	September
• Mobile phone providers	September
• Postal services	September
• Property to purchase or rent	September
• Relocation	September
• Rubbish collection and recycling	September
• Self-Storage	October

Leisure activities

• Amateur choirs	October	• Expat soc. activities & net.	November
• Amateur theatre and musical groups	October	• Flea Markets	November
• Animal parks and zoos	October	• Garden centres	November
• Aquariums	October	• Go-karting	November
• Ballet schools	October	• Ice skating	November
• Bookshops	October	• Indoor skydiving	November
• Bowling	October	• Museums	November
• Bridge	October	• Music festivals	November - December
• Camping	October	• Other music/event venues	December
• Canoeing and cruises	October	• Paintball	December
• Castles and gardens	October	• Photography	December
• Cinema	October	• Scouts and guides	December
• Classical music & opera venues	November	• Sports and sporting events	December
• Comedy	November	• Theme parks	After December
		• Walking	After December

Helpful Community Information
Hospitals and clinics

(post code sequence)
A&E = Accident & Emergency

Clinic Saint Jean/Sint Jan

Boulevard du Jardin Botanique 32, 1000 Brussels
www.clinicstjean.be
02.221.91.11 (General) / 02.221.91.00 (A&E)

IRIS - Saint Pierre University Hospital - Porte de Halle site

Rue aux Laines 105, 1000 Brussels
www.stpierre-bru.be
02.535.40.13 (General)
A&E: Rue Haute 290, 1000 Brussels
02.535.40.55 (A&E adults)
02.535.43.60 (A&E children)

IRIS - Saint Pierre University Hospital - Alexians/César de Paepe site

Rue des Alexiens 13, 1000 Brussels
www.stpierre-bru.be
02.506.71.11 (General) / No A&E

IRIS - Brugmann University Hospital - Victor Horta site

Place Arthur Van Gehuchten 4, 1020 Laeken
www.chu-brugmann.be/en
02.477.21.11 (General) / 02.477.20.01 (A&E)

IRIS - Queen Fabiola Children's University Hospital

Avenue Jean Joseph Crocq 15, 1020 Laeken
www.huderf.be/en
02.477.33.11 (General) / 02.477.31.00 (A&E)

CHIREC - Europe-Lambermont Medical Centre

Rue des Pensées 1, 1030 Schaerbeek
www.chirec.be/en/contact/
02.434.24.11 (General) / No A&E

IRIS - Brugmann University Hospital - Paul Brien site

Rue du Foyer Schaerbeekois 36, 1030 Schaerbeek
www.chu-brugmann.be/en/virtu/brien-go.asp
02.477.21.11 (General) / 02.477.92.25 (A&E)

Cliniques de l'Europe - St Michel site

Rue de Linthout 150, 1040 Etterbeek
www.cliniquesdeleurope.be/en/site/st-michel
02.614.30.00 (General) / 02.614.39.00 (A&E)

IRIS Hospitals South - Baron Lambert site

Rue Baron Lambert 38, 1040 Etterbeek
www.his-izz.be
02.739.84.11 (General) / No A&E

CHIREC - City Clinic Louise

Avenue Louise 235B, 1050 Ixelles
www.chirec.be/en/contact/
02.434.20.00 (General) / No A&E

CHIREC - Park Leopold Medical Centre

Rue du Trône 100, 1050 Ixelles
www.chirec.be/en/contact/
02.434.81.03 (General) / No A&E

IRIS Hospitals South - Etterbeek-Ixelles site

Rue Jean Paquot 63, 1050 Ixelles
www.his-izz.be
02.641.41.11 (General)
02.641.41.12 (A&E - Children)
02.641.48.06 (A&E - Adults)

IRIS - Jules Bordet Institute

Rue Meylemeersh 90, 1070 Anderlecht
www.bordet.be/en
02.541.31.11 (General) / No A&E

CHIREC - St Anne St Remi Clinic

Boulevard Jules Graindor 66, 1070 Anderlecht
www.chirec.be/en/contact/
02.434.31.11 (General)
(A&E)
Rue Verheyden 66, 1070 Anderlecht
02.434.30.63

Erasmus University Hospital

Route de Lennik 808, 1070 Anderlecht
www.erasme.ulb.ac.be
02.555.31.11 (General)
02.555.34.02 or 02.555.34.05 (A&E)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	New Year's Day Feast of St. Basil 1	2	3	4	5	Epiphany 6	7
2	8	9	10 ●	11	12	13	14
3	15	16	17	18	19	20	21
4	22	23	24 ○	Burns Night 25	26	Holocaust Memorial Day in Belgium 27	28
5	29	30	31	 BEPS INTERNATIONAL SCHOOL From 2.5 to 18 years old Av. Franklin Roosevelt 21-23 1050 Brussels T: +32 (0)2 648 43 11 www.beps.com	 BSB THE BRITISH SCHOOL OF BRUSSELS www.britishschool.be	OUR LADY OF MERCY PARISH Place de la Ste Alliance 14 1180 Uccle www.olm.be T. 02 354 53 43 information@olm.be	

DECEMBER 2023						
M	T	W	T	F	S	S
			1	2	3	
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



Watch out for:

- ▶ Brussels Jazz Festival, 11-20 January
www.flagey.be/en/group/10398-brussels-jazz-festival-2024
- ▶ BRAFA Art Fair at Brussels Expo, 28 January to 4 February
www.brafa.art/en
- ▶ Ghent Light Festival, 31 January to 4 February
www.visit.gent.be/en/calendar/ghent-light-festival

January 2024

FEBRUARY						
M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29			



IRIS Hospitals South - Joseph Bracops site
Rue Docteur Huet 79, 1070 Anderlecht
www.his-izz.be
02.556.12.12 (General) / 02.556.13.82 (A&E)

CHIREC - Basilique Clinic (One Day Clinic)
Rue Pangaert 37, 1083 Ganshoren
www.chirec.be/en/contact/
02.434.21.11 (General) / No A&E

Brussels University Hospital (UZ Brussels)
Laerbeeklaan 101, 1090 Jette
www.uzbrussel.be
02.477.41.11 (General)
02.477.51.00 or 02.477.51.01 (A&E)

IRIS - Brugmann University Hospital - Queen Astrid site
(4th floor of the Queen Astrid Military Hospital)
www.chu-brugmann.be/en/virtu/astrid-go.asp
Rue Bruyn 1, 1120 Neder-Over-Heembeek
02.477.21.11 (General) / No A&E

CHIREC Delta Hospital
Boulevard du Triomphe 201, 1160 Auderghem
www.chirec.be/en/contact
02.434.81.11 (General) / 02.434.88.00 (A&E)

CHIREC Edith Cavell Medical Centre (One day Clinic)
Rue Général Lotz 37, 1180 Uccle
www.chirec.be/en/contact/
02.434.81.01 (General) / No A&E

Helpful Community Information

Cliniques de l'Europe - St Elisabeth site
Avenue de Fré 206, 1180 Uccle
www.cliniquesdeleurope.be/en/site/st-elisabeth
02.614.20.00 (General)
02.614.29.00 (A&E)

IRIS Hospitals South - Molière-Longchamp site
Rue Marconi 142, 1190 Forest
www.his-izz.be
02.348.51.11 (General) / 02.348.57.42 (A&E)

Saint-Luc University Hospital
Avenue Hippocrate 10, 1200 Woluwe-St-Lambert
www.saintluc.be
02.764.11.11 (General) / 02.764.16.02 (A&E)

Clinique Saint Pierre asbl
Avenue Reine Fabiola 9, 1340 Ottignies
www.cspo.be
010.437.211 (General) / 010.437.356 (A&E)

CHIREC - Jean Monnet Medical Centre
Avenue Jean Monnet 12, 1400 Nivelles
www.chirec.be/en/contact/
02.434.79.11 (General) / No A&E

Cliniques de l'Europe - Bella Vita Medical Centre
Allée André Delvaux 16, 1410 Waterloo
www.bellavitamedicalcenter.be/en
02.614.42.01 (General) / No A&E

CHIREC - Braine-l'Alleud - Waterloo Hospital
Rue Wayez 35, 1420 Braine l'Alleud
www.chirec.be/en/contact/
02.434.91.11 (General) / 02.434.93.21 (A&E)

Cliniques de l'Europe - Polyclinique de Halle
Bergensesteenweg 67, 1500 Halle
www.cliniquesdeleurope.be/fr/site/polyclinique-halle
02.614.95.00 (General) / No A&E

Antwerp University Hospital
Drie Eikenstraat 655, 2650 Edegem
www.uza.be/english
03.821.30.00 (General) / 03.821.46.07 (A&E)

Leuven University Hospital
campus Gasthuisberg/campus Pellenberg/
campus Sint-Pieter/campus Sint-Rafaël
Herestraat 49, 3000 Leuven
www.uzleuven.be
016.33.22.11 (General)
016.34.39.00 (A&E - campus Gasthuisberg)

Liege University Hospital
Sart Tilman site: Avenue de l'hôpital 1, 4000 Liège 1
Site ND Bruyères: Rue de Gaillarmont 600
4030 Grivegnée
Site Ourthe-Amblève: Rue Grandfosse 31
4130 Esneux
www.chuliege.be
04.323.00.00 (General)
04.323.23.11 (A&E - Sart Tilman site)
04.323.23.12 (A&E - ND Bruyères site)

Gent University Hospital
Corneel Heymanslaan 10, 9000 Gent
www.uzgent.be
09.332.21.11 or 09.332.91.11 (General)
09.332.50.24 (A&E)

Al-Anon (For people affected by someone else's drinking)
www.al-anon.org

Alzheimer Belgium
www.alzheimer-belgium.be
www.stopalzheimer.be
Dutch: www.alzheimerliga.be/nl
French: www.aalz.be; www.alzheimer.be

Au Pairs Belgium
General: www.employment.belgium.be/en/themes/international/foreign-workers/au-pair-work-belgium
Au Pair Office: www.aupairoffice.com
Au Pair World: www.aupairworld.com/en/au-pair-programs/belgium

Belgian crisis centre
www.centredecrise.be
For notification in case of emergency:
www.be-alert.be/en

British Charitable Fund
www.bcfund.be

Do you like to organise events?

How about a quiz or a BBQ? Get together with friends or colleagues and organise a fund-raising event to help support the CHS Helpline.

If you would like to support us, please provide some details by email to office@chsbelgium.org and we will send you some CHS materials for your event.



Support services

AIDS/HIV
Dutch: www.sensoa.be (centre for sexual health)
French: www.aideinfosida.be

Alcoholics Anonymous
Dutch: www.aavlaanderen.org
English: www.alcoholics-anonymous.eu
French: www.alcooliquesanonymes.be

Support is only a phone call away.

Is there something bothering you or not quite right in your life? Are you concerned about a member of your own family, or a friend, neighbour or colleague?

Whatever the problem, support is only a phone call away.
Call our Helpline on 02 648 40 14.
The call is free, anonymous and confidential.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5				Time to Talk Day 1	2	3	World Cancer Day 4
6	5	6	7	8 ●	9	Chinese New Year (Dragon) 10	11
7	12	Mardi Gras/ Shrove Tuesday 13	St. Valentine's Day Ash Wednesday 14	15	16	17	18
8	19	20	21	22	23 ○	24	25
9	26	27	28	29	dstny www.dstny.be	ST JOHN'S INTERNATIONAL SCHOOL WATERLOO BELGIUM W: www.stjohns.be E: Enquiries@stjohns.be T: +32 2 352 0610	

JANUARY						
M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



Watch out for:

- ▶ Binche Carnaval, 11-13 February
www.carnavaldebinche.be
- ▶ Bright Festival in Brussels, 15-18 February
www.visit.brussels/en/visitors/agenda/bright-festival
- ▶ Brussels International Animation Film Festival, 23 February to 3 March
www.animafestival.be

February 2024

MARCH						
M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Psycho-educational assessments

Is your child experiencing difficulties in the classroom, with homework, or keeping up at school? Many parents or schools are at a loss when it comes to knowing where to go for a professional opinion, advice and testing.

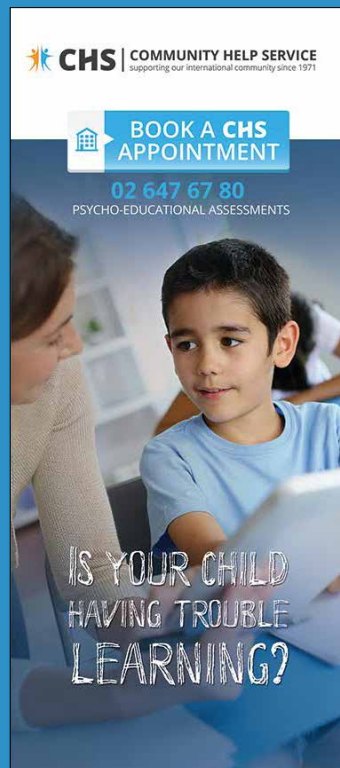
The CHS Mental Health Services Centre in Brussels provides comprehensive psycho-educational assessments for children and adolescents between the ages of 3 and 18 who are experiencing learning difficulties or who may be suspected to be suffering from a specific learning disorder, an attention disorder, or other developmental difficulties. These specialised assessments are available throughout the year in English, French, and German. Depending on the request, we are also able to offer assessments for adults.

CHS performs numerous assessments each year in liaison with the parents and international schools in Belgium, Luxembourg and beyond.

Our comprehensive assessment reports include diagnostic information and recommendations that help the individual to reach his/her highest potential. The cost depends largely on the nature of the assessment. In some cases, costs may be partially reimbursed by your health insurance plan. The estimated waiting time for an assessment varies throughout the year.

If you would like more information, a copy of our brochure or to request an appointment, please contact the **CHS Office**, open Monday to Friday, from 10:00H - 13:00H.

Telephone **+32 (0)2 647 67 80**
Email office@chsbelgium.org



**Fondation contre le Cancer/
Stichting tegen Kanker**
www.cancer.be

Child Focus
(Centre for missing & sexually exploited children)
www.childfocus.be
Telephone: 116.000

Community Help Service
www.chsbelgium.org
24/7 Helpline: 02.648.40.14
Mental Health Services Centre: 02.647.67.80

Coronavirus COVID-19 information
Belgian government Federal Public Service:
www.info-coronavirus.be/en

Diabetes / International Diabetes Federation
www.idf.org

Dyslexia / European Dyslexia Association
www.eda-info.eu

Drug abuse
Dutch: 078.15.10.20
www.druglijn.be
English (US site): www.drugrehab.com
French: 02.227.52.52
www.infordrogues.be

Epidermolysis Bullosa (EB)
www.debra-belgium.org
www.debra.org.uk

Overeating
Overeaters Anonymous
www.oa.org/find-a-meeting

Palliative care
French: www.continuingcare.be

Pregnancy, birth and beyond
Breastfeeding
La Leche League International
www.llli.org

Brussels Childbirth Trust (BCT)
www.bctbelgium.org

The Village
www.thevillage.be

Public and Animal Health
Sciensano: www.sciensano.be/en

Royal British Legion
Antwerp: branches.britishlegion.org.uk/branches/antwerp
Brussels: branches.britishlegion.org.uk/branches/brussels
Ypres: branches.britishlegion.org.uk/branches/ypres

SOS Viol (for victims of rape)
www.sosviol.be
0800.98.100

Suicide prevention
Dutch: 1813
www.zelfmoord1813.be
English: 02 648 40 14 (CHS Helpline)
French: 0800 32 123
www.preventionsuicide.be

Victims of violence
www.brussels.be/victims-violence

Wednesday Club
(Social club for older men and women)
www.the-wednesday-club.org/

Belgian official information & services

General
Belgium.be
www.belgium.be/en

**Brussels Commissioner's Office Expat
Welcome Desk**
www.commissioner.brussels/en/

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9	 <p>From 2.5 to 18 years old Av. Franklin Roosevelt 21-23 1050 Brussels T: +32 (0)2 648 43 11 www.beps.com</p>				St. David's Day Self-Injury Awareness Day		World Wildlife Day
10	4	5	6	7	International Women's Day	9	● Ramadan starts in the evening
11	Commonwealth Day	12	13	14	15	16	St. Patrick's Day
12	18	19	International Day of Happiness	World Poetry Day	World Water Day	23	24
13	○ 25	26	27	28	Good Friday	World Bipolar Day	Easter Sunday European Daylight Saving Time Begins (clocks forward)

FEBRUARY						
M	T	W	T	F	S	S
		1	2	3	4	
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29			



Watch out for:

► Klarafestival classical music festival, 8-24 March
www.klarafestival.be/en

March 2024

APRIL						
M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Taxes for individuals, self-employed, companies, etc.

Belgian Federal Public Service – Finance
<https://finance.belgium.be/en/>

Health insurance

Belgian National Institute for Health and Disability Insurance (INAMI/RIZIV)
www.inami.fgov.be

European health insurance card
www.belgium.be/en/health/european_health_insurance_card

Business & Expats Health Insurance
<https://expats.healthinsurance.be/en/contact-us>

Partenamut
www.partenamut.be/fr/

International Schools

ACE of Brussels
Drève du Prieuré 19, 1160 Auderghem
www.aceofbrussels.com

Antwerp International School
Veltwijcklaan 180, 2180 Antwerp
www.ais-antwerp.be

BEPS International School
Avenue Franklin Roosevelt 21-23, 1050 Ixelles
www.beps.com

Bogaerts International School
South campus: Rue Engeland 555, 1180 Uccle
North campus: Bessenveldstraat 23-25, 1831 Diegem
www.bischool.com

British International School of Brussels
Acorn: Avenue Emile Max 163, 1030 Brussels (Nursery – year 2)
Oak: Avenue Emeraude 59, 1030 Schaerbeek (Years 3-6)
www.bisb.org

Helpful Community Information

British Junior Academy of Brussels
Lower school: Boulevard Saint Michel 83, 1040 Etterbeek
Prep school: Boulevard Louis Schmidt 101, 1040 Etterbeek
www.bjab.org

British School of Brussels
Pater Dupierreuxlaan 1, 3080 Tervuren
www.britishschool.be

Brussels American School
J.F. Kennedylaan 1, 1933 Sterrebeek
www.dodea.edu/brusselsehs

Da Vinci International School Antwerp
Verbondstraat 67, 2000 Antwerp
www.da-vinci.be

European School Brussels I
Uccle: Avenue du Vert Chasseur 46, 1180 Uccle (secondary)
Berkendael: Rue de Berkendael 70, 1190 Forest (nursery and primary)
www.eeb1.com

European School Brussels II
Avenue Oscar Jespers 75, 1200 Woluwe St. Lambert
www.eeb2.be

European School Brussels III
Boulevard du Triomphe 135, 1050 Ixelles
www.eeb3.eu

European School Brussels IV
Drève Sainte-Anne 86, 1020 Laeken
www.eeb4.be

European School of Brussels - Argenteuil
Square d'Argenteuil 5, 1410 Waterloo
www.europeanschool.be

European School Mol
European district 100, 2400 Mol
www.esmol.be

International German School of Brussels
Lange Eikstraat 71, 1970 Wezembeek-Oppem
www.idsb.eu

International Montessori Schools
Rotselaerlaan 1 & 3
3080 Tervuren

'Savoorké'
Bergestraat 24
3080 Tervuren

'Hof Kleinenberg'
Kleinenbergstraat 97/99
1932 St. Stevens-Woluwe

'Hof ten Berg'
Hof ten Berg 10, 20 & 22
1200 Woluwe St. Lambert
www.international-montessori.org

International School Ghent
De Pintelaan 258, 9000 Gent
www.isg-ghent.org

International School of Belgium
Kontichsesteenweg 40, 2630 Aartselaar
www.isbedu.be

International School of Brussels
Kattenberg 19, 1170 Watermael-Boitsfort
www.isb.be

International School of Flanders, Tervuren
Stationsstraat 3, 3080 Tervuren
www.isftervuren.org

International School of Flanders, Waterloo
Chaussee de Waterloo 280,
1640 Rhode St Genese
www.isfwaterloo.org

Japanese School of Brussels
Avenue des Meuniers 133, 1160 Auderghem
www.japanese-school-brussels.be

Therapy available at CHS

Around 20 experienced professional psychologists, psychotherapists and psychiatrists working with the CHS Mental Health Services Centre in Brussels offer a comprehensive range of mental health services.

There are two teams, one focusing on adults and the other on children, adolescents and families.

All therapists work in English and, although we cannot always guarantee availability, consultations are also possible in Dutch, French, German, Hebrew, Italian, Lithuanian, Polish, Russian, Spanish & Catalan, and Swedish.

Consultations are possible both virtually (e.g. by Zoom) and at the CHS Centre.

Help can be provided for such issues as anxiety, bereavement, burnout, coping with illness, culture shock (adapting to life in a foreign country), depression, loneliness and relationship issues at work or at home.

For children and adolescents with learning or behavioural difficulties, we also offer psycho-educational assessments - more information about these can be found in a separate section of this calendar.

If you would like more information or to request an appointment with a therapist, please call the CHS office between 10.00 and 13.00 from Monday to Friday on +32 (0)2 647 67 80.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
14	Easter Monday April Fool's Day 1	World Autism Awareness Day 2	3	4	5	6	United Nations' World Health Day 7
15	● 8	Ramadan ends Eid ul-Fitr starts in the evening 9	10	11	12	13	14
16	15	16	17	18	19	20	21
17	Passover starts in the evening Earth Day 22	23	○ 24	25	26	27	28
18	29	Passover ends in the evening 30	 From 2.5 to 18 years old Av. Franklin Roosevelt 21-23 1050 Brussels T: +32 (0)2 648 43 11 www.beps.com				

MARCH						
M	T	W	T	F	S	S
			1	2	3	
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



Watch out for:

- ▶ Art Brussels at Brussels Expo, 25-28 April - www.artbrussels.com/en
- ▶ Brussels Book Fair at Tour & Taxis, 4-7 April - www.flb.be
- ▶ Brussels International Fantastic Film Festival, 9-21 April - www.biff.net
- ▶ Brussels Short Film Festival, 24 April to 5 May
www.flagey.be/en/activity/9495-brussels-short-film-festival-2024
- ▶ Grand annual flower & garden market in Tournai,
www.tournai.be/patrimoine/le-marche-aux-fleurs
- ▶ Hallerbos Blue Forest - www.natuurenbos.be/hallerbos
- ▶ Opening of the Royal Greenhouses in Laeken - April/May
www.monarchie.be/en/heritage/royal-greenhouses-in-laeken

April 2024

MAY						
M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Lycee Français Jean Monnet

Avenue du Lycée Français 9, 1180 Uccle
Chaussée d'Alseberg 1351, 1180 Uccle
(Nursery school)
www.lyceefrancais-jmonnet.be

Montgomery International School Brussels

133 Rue du Duc, 1200 Brussels
www.ecole-montgomery.be

SHAPE International School (10 national sections)

7010 Mons
www.shape2day.com/community/education/shape-intl-school/enrollment-

St. John's International School

Drève Richelle 146, 1410 Waterloo
www.stjohns.be

Other services available at CHS

Kirsten Nagle-Canton, Registered Dietitian

Kirsten Nagle-Canton is a registered dietitian accredited in both Canada and Belgium. She has more than ten years of experience treating adolescent and adult eating disorders. She works with people who have complicated relationships with food and eating, using an intuitive eating approach to help people make peace with food.

To find out more or to book an appointment with Kirsten please go to www.intuitivedietitianbrussels.com or contact her directly at intuitivedietitian@gmail.com or +32 (0)474 22 14 20.



Helpful Community Information

LGBTQIA+

Antwerp

www.antwerppride.com
<https://visit.antwerpen.be/en/antwerp-for-lgbtqia-from-tutti-passi-to-the-boots>

Brussels

www.brussels.be/pride
www.brusselspride.eu
www.visit.brussels/en/visitors/what-to-do/lgbtqia

Cavaria (Dutch)

www.cavaria.be

Fédération Prisme (formerly Arc-En-Ciel Wallonie) (French)

www.federation-prisme.be

Places of Religion (post code sequence)

Churches of Scientology for Europe

Boulevard de Waterloo, 101-103, 1000 Brussels
www.scientology-europe.be

Great Synagogue of Brussels (Judaism)

Rue Joseph Dupont 2, 1000 Brussels
www.synaregence.eu

St Michael and St Gudula Cathedral (Roman Catholic)

Place Sainte-Gudule, 1000 Brussels
www.cathedralisbruxellensis.be

St Nicholas at the Bourse (Roman Catholic)

Rue au Beurre 1, 1000 Brussels
www.upbxlcentre.be/eglises/saint-nicolas

Religious Society of Friends (Quaker)

Square Ambiorix 50, 1000 Brussels
www.quakers-belux.org

Swedish Church (Lutheran)

Avenue des Gaulois 35, 1040 Etterbeek
www.svenskakyrkan.se/bryssel



If you would like to talk, please call the CHS Helpline on 02 648 40 14.

Pro-Cathedral of Holy Trinity (Anglican)

Rue Capitaine Crespel 29, 1050 Ixelles
www.holytrinity.be

St Andrew's Church of Scotland (Presbyterian)

Chaussée de Vleurgat 181, 1050 Ixelles
www.churchofscotland.be

All Lutheran Church of Brussels (Lutheran)

Avenue Salomé 7, 1150 Woluwé St Pierre
www.alcb.be

International Protestant Church (Protestant)

Avenue des Héros 40, 1160 Auderghem
www.ipcbrussels.org

LifePoint Church (Baptist)

Boulevard du Triomphe 173, 1160 Auderghem
www.lifepoint.be/brussels

Vineyard Brussels (Protestant)

Boulevard du Souverain 220, 1160 Auderghem
www.vineyard-brussels.be

Our Lady of Mercy (Roman Catholic)

Place de la Sainte-Alliance 10, 1180 Uccle
www.olm.be

Synagogue Beth Hillel - C.I.L.B. (Judaism)

Rue des Primeurs 80, 1190 Forest
www.beth-hillel.org

All Saints' Waterloo (Episcopal)

Chaussée de Charleroi 2, 1420 Braine-l'Alleud
www.allsaints.be

Christian Center (Assemblies of God)

Chausée de Waterloo 47, 1640 Rhode-Saint-Genèse
www.christiancenter.be

Church of Jesus-Christ of Latter Day Saints

Strombeeklinde 110, 1853 Grimbergen
local.churchofjesuschrist.org/be/bruxelles/grimbergen/strombeeklinde-110

St Anthony's (Roman Catholic)

Oudstrijderslaan 23-25, 1950 Kraainem
www.saint-anthony.be

International Baptist Church (Baptist)

Lange Eikstraat 76, 1970 Wezembeek-Oppem
www.ibcbrussels.com

Korean Church of Brussels (Protestant)

Museumlaan 2, 1970 Wezembeek-Oppem
www.koreanchurch.be

Brussels Unitarian Universalist Fellowship (Unitarian Universalist)

Various locations in Brussels
www.europeanuu.org/about-us/euu-fellowships/brussels-unitarian-universalist-fellowship-buuf/

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
18	 From 2.5 to 18 years old BEPS INTERNATIONAL SCHOOL Av. Franklin Roosevelt 21-23 1050 Brussels T: +32 (0)2 648 43 11 www.beps.com		Labour Day May Day 1	2	World Press Freedom Day 3	4	5
19	6	7 ●	8	Ascension Schuman Day 9	10	11	Mother's Day in Belgium 12
20	13	14	International Day of Families 15	16	17	18	Whit Sunday 19
21	Whit Monday 20	21	22	○ Day of Vesak (Buddhism) 23	24	25	26
22	27	28	29	30	World No Tobacco Day 31		

APRIL						
M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					



Watch out for:

- ▶ Procession of the Holy Blood in Bruges, 9 May
www.bloedprocessiebrugge.be/en
- ▶ Queen Elizabeth Competition (Violin) in Brussels, 6 May to 1 June
www.queenelisabethcompetition.be/en
- ▶ Beer Lovers' Marathon in Liège - beerloversmarathon.be/en
- ▶ Brussels Jazz Weekend - www.brusselsjazzweekend.be
- ▶ Ghent Floraliën, 1-10 May - www.floralien.be/en/welcome
- ▶ Streat Fest at Tour & Taxis, 16-19 May - www.streatfest.be

May 2024

JUNE						
M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Antwerp Christian Fellowship (Protestant/Baptist)
Nationalestraat 111, 2000 Antwerp
www.antwerpchristianfellowship.org

Great Synagogue Romi Goldmuntz (Judaism)
Terliststraat 35, 2018 Antwerp
www.shomre-hadas.be

St Boniface Anglican Church (Anglican/Episcopalian)
Grétrystraat 39, 2018 Antwerp
www.boniface.be

International Baptist Church (Protestant/Baptist)
Onderwijsstraat 28, 2060 Antwerp
antwerpibc.wixsite.com/church

Noor-UI-Haram Mosque (Islam)
Van Kerckhovenstraat 85/89, 2060 Antwerp
www.noorulharam.be

Antwerp International Protestant Church (Protestant)
Veltwijklaan 180, 2180 Antwerp
www.aipchurch.org

St. Martha and St. Mary's Anglican Church (Anglican)
Pauscollege Chapel, Hogeschoolplein 3-4, 3000 Leuven
Justus Lipsius College Chapel,
Minderbroederstraat 15, 3000 Leuven
www.anglicanchurchleuven.be

St Paul's (Anglican)
Various locations, in/near Tervuren
www.stpaulstervuren.be

English Church of Liege (Anglican)
Rue Fond Saint Servais, 4000 Liège
www.englishchurch-liege.be

International Bible Church (Evangelical)
Chemin du Prince 284, 7050 Jurbise
www.ibc-jurbise.org

Helpful Community Information

St Peter's Chapel (Anglican)
't Keerske, Keerstraat 1, 8000 Bruges
www.theenglishchurch.com

St. George's Church (Anglican)
Zoutelaan 77, 8300 Knokke-Heist
www.theenglishchurch.com

New Hope Baptist Church (Protestant/Baptist)
Bruggesteeweg 3, 8340 Damme
www.nieuwehoop.church/english

The English Church (Anglican)
Langestraat 101, 8400 Ostend
www.theenglishchurch.com

Sint Jan Baptistkerk (Anglican)
Sint-Jansplein, 8500 Kortrijk
www.theenglishchurch.com

St. George's Memorial Church (Anglican)
Elverdingestraat 1, 8900 Ypres
www.stgeorgesmemorialchurchypres.com

International Community Church Ghent (Protestant/non-denominational)
Blaisantvest 37, 9000 Ghent
www.iccg.be

St John's (Anglican)
Sint-Elisabethkerk, Begijnhofdries, 9000 Ghent
www.saintjohnsghent.com

Mosques in Brussels and Wallonia
www.embnet.be/fr/mosques-reconnues

Post-graduate courses for international students

Antwerp Management School
www.antwerpmanagementschool.be

College of Europe
www.coleurope.eu

Ghent University
www.ugent.be/en

KU Leuven Faculty of Economics and Business
www.feb.kuleuven.be/eng

Solvay Business School
exed.solvay.edu

Université Libre de Bruxelles
www.ulb.be/en

University of Liege
www.uliege.be

Vlerick Business School
www.vlerick.com

Vrije Universiteit Brussel
www.vub.be/en

Town halls (Brussels and periphery - alphabetical sequence)

Brussels

Anderlecht
Place du Conseil 1, 1070 Brussels
www.anderlecht.be

Auderghem
Rue Emile Idiers 12, 1160 Brussels
www.auderghem.be

Berchem-Sainte-Agathe
Avenue du Roi Albert 33, 1082 Brussels
www.berchem.brussels

Brussels
Boulevard Anspach 6, 1000 Brussels
www.bruxelles.be

Etterbeek
Avenue d'Auderghem 113-115, 1040 Brussels
Avenue des Casernes 31 (administration), 1040 Brussels
www.etterbeek.be

Evere
Square Servaas Hoedemaekers 10, 1140 Brussels
www.evere.be

Forest
Rue du Curé 2, 1190 Brussels
www.forest.irisnet.be

Ganshoren
Avenue Charles Quint, 140, 1083 Brussels
www.ganshoren.be

Ixelles
Chaussée d'Ixelles 168, 1050 Brussels
www.ixelles.be



CALL THE CHS HELPLINE

02 648 40 14

CONFIDENTIAL. ANONYMOUS. 24/7

CHS | COMMUNITY HELP SERVICE
supporting our international community since 1971

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
22	 Business & Expats Health insurance Visit expats.healthinsurance.be/en or call us 02/44 44 700	 www.britishschool.be				Global Day of Parents 1	2
23	3	4	World Environment Day 5 ●	6	7	World Oceans Day 8	Father's Day in Belgium 9
24	10	11	12	13	World Blood Donor Day 14	15	Eid ul-Adha starts in the evening 16
25	17	18	19	World Refugee Day 20	International Day of Yoga 21 ○	22	23
26	24	25	26	27	28	29	30

MAY						
M	T	W	T	F	S	S
	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



Watch out for:

- ▶ Brussels International Film Festival, end of June
www.briff.be
- ▶ Ommegang Royal Pageant, at Brussels Grand Place, end of June/early July
www.ommegang.be

June 2024

JULY						
M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



Jette

Chaussée de Wemmel 100, 1090 Brussels
www.jette.be

Koekelberg

Place Henri Vanhuffel 6, 1081 Brussels
www.koekelberg.be

Molenbeek St Jean

Rue Comte de Flandre 20, 1080 Brussels
www.molenbeek.be

Schaerbeek

Place Colignon, 1030 Brussels
www.schaerbeek.be

St. Gilles

Place Maurice Van Meenen 39, 1060 Brussels
www.stgilles.brussels

St. Josse ten Noode

Avenue de l'Astronomie 12-13, 1210 Brussels
www.sjtn.brussels

Uccle

Rue de Stalle 77, 1180 Brussels
www.uccle.be

Watermael-Boitsfort

Place Antoine Gilson 1, 1170 Brussels
www.watermael-boitsfort.be

Woluwe St. Lambert

Avenue Paul Hymans 2, 1200 Brussels
www.woluwe1200.be

Woluwe St. Pierre

Avenue Charles Thielemans 93, 1150 Brussels
www.woluwe1150.be

Brussels periphery

Asse

Gemeenteplein 1, 1730 Asse
www.asse.be

Beersel

Alsebergsteenweg 1046, 1652 Alseberg
www.beersel.be

Helpful Community Information

Dilbeek

Gemeenteplein 1, 1700 Dilbeek
www.dilbeek.be

Drogenbos

Grote Baan 222, 1620 Drogenbos
www.drogenbos.be

Grimbergen

Prinsenstraat 3, 1850 Grimbergen
www.grimbergen.be

Hoeilaart

Jan van Ruusbroecpark, 1560 Hoeilaart
www.hoeilaart.be

Kraainem

Arthur Dezangrélaan 17, 1950 Kraainem
www.kraainem.be

Linkebeek

Gemeenteplein 2, 1630 Linkebeek
www.linkebeek.be

Do you have some time available to volunteer?

If you have time available (not currently working, retired, "trailing spouse" or are just eager to help others), CHS regularly has volunteering possibilities for both the Helpline and Office Staff teams..

More information can be found in the "How You Can Help" section of our website www.chsbelgium.org.

We really look forward to hearing from you.



Machelen

Woluwestraat 1, 1830 Machelen
www.machelen.be

Meise

Tramlaan 8, 1861 Meise
www.meise.be

Merchtem

Nieuwstraat 1/Gasthuisstraat 17/
Dendermondestraat 31, 1785 Merchtem
www.merchtem.be

Overijse

Begijnhof 17, 3090 Overijse
www.overijse.be

Sint-Genesius-Rode

Dorpsstraat 46, 1640 Sint-Genesius-Rode
www.sint-genesius-rode.be

Sint-Pieters-Leeuw

Pastorijstraat 21, 1600 Sint-Pieters-Leeuw
www.sint-pieters-leeuw.be

Tervuren

Markt 7A, 3080 Tervuren
www.tervuren.be

Vilvoorde

Grote Markt, 1800 Vilvoorde
www.vilvoorde.be

Wemmel

Dr. H. Folletlaan 28, 1780 Wemmel
www.wemmel.be

Wezembeek-Oppem

Louis Marcellisstraat 140,
1970 Wezembeek-Oppem
www.wezembeek-oppem.be

Zaventem

Stationsstraat 8, 1930 Zaventem
www.zaventem.be

Other services offered at CHS

Emily Riley, Certified career and orientation coach

Emily is a lawyer by training, who was always interested in human behaviour. A background in corporate social justice advocacy and many years of professional and personal development led her to qualify as an independent certified coach in 2016. With experience as a French-British European, a professional and a mother, Emily offers a safe, humanist space for adults - particularly women - wanting something different in their working life or career (career change, job hunt, better balance, workplace dynamics, ...) and with teens / young adults (16 to 25) unsure about who they are and their future orientation or studies.

She has a passion for developing individuals' potential by bringing to light their resources and dreams, to gain deeper self-awareness, clarify their strengths and skills. Increased awareness and clear goals can be the way towards more satisfying circumstances and greater agency. She is certified by the International Coaching Federation and is available for individual sessions in English or French, in person or online.

To find out more or to book an appointment with Emily, please see www.Pixelight.com, or email or call emily.riley@pixelight.com or +32 (0) 492 88 87 77.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
27	1	2	3	USA Independence Day 4	5	● Islamic New Year's Day 6 starts in the evening	7
28	8	9	10	Flemish Community Day 11	12	13	Bastille Day France 14
29	15	Ashura starts in the evening 16	17	Nelson Mandela International Day 18	19	20	○ Belgium National Day 21
30	22	23	24	25	26	27	28
31	29	International Day of Friendship 30	31	dstny www.dstny.be	KBC Brussels KBC Brussels Expats Center expat@kbcbrussels.be 02/303.31.60		

JUNE						
M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30



Watch out for:

- ▶ Belgium National Day Parade plus music and fireworks, 21 July
- ▶ Midi Funfair, around Gare du Midi, from mid-July to mid-August www.foiredumidi.brussels
- ▶ Belgian Formula 1 Grand Prix at Spa Francorchamps 26-28 July www.spa-francorchamps.be/en

July 2024

AUGUST						
M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Transport

Airports

Antwerp International Airport
www.antwerp-airport.com

Brussels Airport

www.brusselsairport.be

Brussels South Charleroi Airport

www.brussels-charleroi-airport.com

Bicycle hire

Billy Bike (Brussels)
www.billy.bike/en/

Blue Bike (hiring from railway stations)

www.blue-bike.be/en

Villo! (Brussels)

www.villo.be

Point vélo/Fietspunt

(hiring from railway stations)
www.fietspunten.be

Car breakdown services

Carglass (windscreen repair/replacement)
www.carglass.be

Europ Assistance

www.europ-assistance.be

Touring

www.touring.be

VAB

www.vab.be

Car and moto sharing

Cambio
www.cambio.be/en-bxl

Felyx

www.felyx.com

Miles

www.miles-mobility.com/en-be/brussels

Poppy

www.poppy.be/en

Metro/Tram/Bus

MIVB/STIB (Brussels)
www.stib-mivb.be

De Lijn

www.delijn.be/en/

TEC

www.letec.be

Reduced mobility

General: www.handy.brussels/en/transport
Brussels airport: www.brusselsairport.be/en/passengers/at-the-airport/passengers-with-reduced-mobility

Metro/Tram/Bus/Taxibus: www.stib-mivb.be/
(Then select Travel, More Services, Accessibility)

Taxi: www.handy.brussels/en/transport/taxi/
Train: www.belgiantrain.be/en/travel-info/prepare-for-your-journey/assistance-reduced-mobility

Taxis

Antwerp-Tax
03.238.38.38
www.antwerp-tax.be

Taxis Autolux

02.512.31.23
www.taxisautolux.be

Taxis Bleus

02.268.00.00
www.taxisbleus.be

Taxis Verts

02.349.49.49
www.taxisverts.be

Trains

Eurostar
www.eurostar.com/be-en

SNCB/NMBS (Belgian railways)

www.belgiantrain.be/en

SNCB/NMBS International

(International services from Belgium)
www.b-europe.com/en

Thalys

www.thalys.com/be/en

Volunteering

CHS Helpline and Mental Health Services Centre

www.chsbelgium.org

Caritas

www.caritasinternational.be/en/

Convivial

www.convivial.be/devenez-volontaire/

Give a Day

www.giveaday.be

Help animals

www.helpanimals.be

Les Samaritains

www.les-samaritains.org

Red Cross

www.croix-rouge.be

Serve the City

www.servethecity.brussels
www.servethecityleuven.be

Other services

Alarm systems

GDW Security
www.gdwsecurity.be/en

Securitas Technology

(previously Stanley Security)
www.securitastechnology.com/be-fr/contact

Other services available at CHS

Julie Rentmeesters,

Family Mediator

Julie Rentmeesters is an accredited Family Mediator with a background in Law. She has expertise in mental health problems including psychiatric profiling, high conflict management, and violence recovery methods. Julie has know-how in international family conflicts with specialisation in parental abduction. She is also trained in parental burn out detection and resolution techniques. Family mediation covers diverse areas, from divorce and separation, through sibling relationships to complex inter-generational issues including family inheritance disputes. Mediation addresses both the relationship and practical/legal aspects. Julie conducts private mediation sessions weekdays and evenings - plus Saturday mornings - at various locations in and around Brussels, including CHS. Support is also offered on-line. She works in French and English.

To find out more or to book an appointment with Julie please contact her directly at jr@familymediation.be or +32 (0)471 90 08 03.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31				1	2	3 ●	4
32	5	6	7	8	9	10	11
33	International Youth Day 12	13	14	Feast of the Assumption of Mary 15	16	17	18
34	○ 19	20	21	22	23	24	25
35	26	27	28	29	30	31	

JULY						
M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



Watch out for:

- ▶ Night of the Choirs at Abbey of Villers-La-Ville
www.nuitdeschoeurs.be
- ▶ The Bikers' Classics at Spa-Francorchamps,
www.bikersclassics.be/en
- ▶ The International Bathtub Regatta in Dinant, on 15 August
www.lesbaignoires.be

August 2024

SEPTEMBER						
M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Animals and pets

Animal boarding

Pento

www.pento.be

Animal rights

GAIA

www.gaia.be

Animal shelters

Animaux en Péril

www.animauxenperil.be

Belgian Blue Cross

www.croixbleue.be/refuges

Help animals

www.helpanimals.be

Sans Collier asbl

www.sanscollier.be

La Société Royale Protectrice des Animaux/ Veeweyde

www.veeweyde.be

Animal other

Belgian kennel club

www.kennel-club.be

Belgian Royal Canine Society (SRSH/KMSH)

www.kmsh.be

Vet on call 24/7

www.vetemergency.be

Tom & Co (food and other supplies for pets)

stores.tomandco.com

Cloud, internet & telephony services

Dstny

www.dstny.be/en

Donating goods

Armée du salut

www.armeedusalut.be

(Then select Je veux aider, Soutien matériel)

Helpful Community Information

Centre Social Protestant

www.csp-psc.be/fr/services/boutiques-et-meubles

Oxfam

www.oxfambelgique.be/comment-pouvez-vous-faire-dons-de-vos-affaires

Les Petits Riens

www.petitsriens.be/dons-en-nature/

Firewood

Brandhout.com

www.brandhout.com/en

Garden maintenance

Eric's Garden

www.ericsgarden.be

International financial planning

Dunhill

www.dunhillfinancial.com

Language classes

Dutch

Huis van het Nederlands Brussel

www.huisnederlandsbrussel.be/en/home

French

Alliance Française de Bruxelles-Europe

www.alliancefr.be/en/

La Maison de la Francité

www.maisondelafrancite.be/

Multiple languages

Berlitz

www.berlitz.com/en-be

CLL

www.cll.be

CVO Semper

www.cvosemper.be

Promsoc

www.promsoc.brussels

Mobile phone providers

Base

www.prd.base.be/en

Orange

www.orange.be

Proximus

www.proximus.be/en

Postal services

Bpost rates

www.bpost.be/en

Property to purchase or rent

Immoweb

www.immoweb.be/en

Immoscoop

www.immoscoop.be

Immozoeken

www.immozoeken.com

Relocation

ABRA (Association of Belgian Relocation Agents)

www.abra-relocation.com

Bright Expats

www.brightexpats.com

Transworld International

www.transworld.be

Rubbish collection and recycling

Bruxelles Propreté/Net Brussel

www.arp-gan.be/en

Each *commune/gemeente* has its own weekday schedule for the collection of general rubbish, paper/cardboard, and recyclable items (cans, cartons, plastics, etc.). Containers for the recycling of glass bottles will likely also be available. Some will have recycling "container parks" to which residents can bring many other items. For certain items, there will be a charge.

Other services available at CHS

Gabriella Fitterer, Certified MBSR (Mindfulness-based stress reduction) and meditation teacher

"What lies behind us and what lies before us are tiny matters compared to what lies within us." Oliver Wendell Holmes

Gabriella Fitterer has a background in business economics and has worked for more than 25 years with international companies in HR as a Talent and Personal Development Manager.

She now teaches Mindfulness to allow people to realise that whatever level of disease or imbalance exists, the solution is always awareness, and she guides them towards a healthy and happy life. Gabriella encourages the practice of Mindfulness as a lifestyle, and to realise that you already are what you are looking for. She has experience in working with adults and children (9-14 years) with emotional pain and stress, anxiety, sleeping disorders, and physical pain.

Gabriella offers Mindfulness in small group classes and individual sessions and works in English, French and German.

To find out more or to book an appointment with Gabriella please go to: www.gabriella-mindfulness.com or contact her directly at gfitterer@googlemail.com or +32(0)498 85 28 24.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
35							1
36	2	● 3	4	International Day of Charity 5	6	7	8
37	9	World Suicide Prevention Day 10	11	12	13	14	Mawlid an-Nabi (Prophet Muhammad's birthday) 15
38	16	17 ○	18	19	20	International Day of Peace 21	22
39	23	24	25	26	French-speaking Community Day 27	28	29
40	30			 <p>From 2.5 to 18 years old Av. Franklin Roosevelt 21-23 1050 Brussels T: +32 (0)2 648 43 11 www.beps.com</p>		 <p>W: www.stjohns.be E: Enquiries@stjohns.be T: +32 2 352 0610</p>	

AUGUST						
M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



Watch out for:

- ▶ Belgian Beer Weekend at the Grand Place in Brussels First weekend in September www.belgianbeerweekend.be
- ▶ Heritage Days in Brussels Brussels - <https://heritagedays.urban.brussels> Third Sunday Flanders - www.openmonumentendag.be Second Sunday Wallonia - www.journeesdupatrimoine.be Second Sunday
- ▶ Mobility Week and Car Free Sunday in Brussels

September 2024

OCTOBER						
M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Self-storage
Shurgard
www.shurgard.be

Leisure activities

Amateur choirs
Brussels Chamber Choir
www.brusselschamberchoir.be

Brussels Choral Society
www.brusselschoralsociety.com

Brussels International Singers
www.facebook.com/Brussels-International-Singers-461767747297568

European Union Choir
www.eusing.eu

International Chorale of Brussels
www.internationalchorale.com

Amateur theatre and musical groups
American Theatre Club
www.atc.theatreinbrussels.com

Brussels Light Opera Company
www.bloc-brussels.com

British American Theatrical Society (Antwerp)
www.batsantwerp.be

Brussels Rock School
www.brusselsrockschool.com

Brussels Shakespeare Society
www.shaksoc.theatreinbrussels.com

English Comedy Club
www.ecc.theatreinbrussels.com

Helpful Community Information

ETCetera (European Theatre Club)
www.europeantheatreclub.eu

Fish'n'Whiskers Youth Theatre
www.littleseal.eu

Green Parrot Productions
www.greenparrot.productions

Irish Theatre Group
www.irishtheatregroup.com
Panda All-Stars Theatre Group
www.pandaallstars.com

Youth theatre classes in English
www.englishyouththeatre.be

Animal parks and zoos
Antwerp zoo
www.zooantwerpen.be

Pairi Daiza
www.pairidaiza.eu

Planckendael
www.zooplanckendael.be

Aquariums
Aquarium Museum of Liege
www.aquarium.museum.uliege.be

Sea Life (Blankenberge)
www.visitsealife.com

Ballet schools
Brussels International Ballet School
www.brusselsintballet.org

Mosa Ballet School (Liege)
www.mosaballetschool.eu

Bookshops
Filigranes
Avenue des Arts, 39-42, 1040 Brussels
www.filigranes.be

Treasure Trove (Tervuren)
Hoornzeelstraat 35, 3080 Tervuren
www.treasuretrove.be

Tulibris
Rue de la Tulipe 25, 1050 Brussels
www.facebook.com/tulibris

Waterstones
Boulevard Adolphe Max 71/75, 1000 Brussels
www.waterstones.com/bookshops/brussels

Bowling
Bowl Factory (Braine L'Alleud)
www.bowlfactory.eu

Bowl Inn (Brugge)
www.bowlinn.be

Bowling Stones
www.bowlingstones.be

Brussels Bowling
www.brusselsbowling.be

Crosly Bowling
www.crosly.be

Bridge
Bridge Base (on-line)
www.bridgebase.com

Brussels Women's Club
www.brusselswomens.club/events/bridge-duplicate

Royal Belgian Bridge Federation
www.rbbf.be

Camping
Campsites
www.camping.be
www.camping.info/en/country/belgium

Canoeing and cruises
Dinant evasion
www.dinant-evasion.be

Castles and gardens
Alden Biesen Castle
www.alden-biesen.be

Annevoie Castle
www.annevoie.be

Beersel Castle
www.visitbeersel.be/Kasteel-Beersel

Bornem Castle
www.kasteelvanbornem.be

Château de Beloeil
www.chateaubeloeil.com/en

Château de la Hulpe
www.chateaudelahulpe.be/domaine/en

d'Ursel Castle
www.kasteeldursel.be

Gaasbeek Castle
www.kasteelvangaasbeek.be

Gravensteen Castle
www.historischehuizen.stad.gent/en/castle-counts

Groot Bijgaarden Castle
www.floralia-brussels.be/en

Kasteel van Ooidonk
www.ooidonk.be/en

Meise Botanic Gardens
www.plantentuinmeise.be/en

Cinema
Cinews
www.cinenews.be

Feedback, suggestions and/or errors



Is there an additional type of information that you would like to be included in future calendars? Have you any other suggestions or feedback? Have you detected information in this calendar that is incorrect? If so, please send an email to calendar@chsbelgium.org.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
40	 Business & Expats Health insurance Visit expats.healthinsurance.be/en or call us 02/44 44 700	International Day of Older Persons 1	● Rosh Hashanah starts in the evening 2	3	Rosh Hashanah ends in the evening 4	5	6
41	7	8	9	World Mental Health Day 10	Yom Kippur starts in the evening 11	12	13
42	14	15	World Food Day 16	○ 17	18	19	20
43	21	22	23	24	25	26	European Daylight Saving Time Ends (clocks back) 27
44	28	29	30	Halloween 31		 KBC Brussels KBC Brussels Expats Center expat@kbcbrussels.be 02/303.31.60	

SEPTEMBER						
M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						



Watch out for:

- ▶ Brussels Airport Marathon and Half Marathon
www.brusselsairportmarathon.be/en/

October 2024

NOVEMBER						
M	T	W	T	F	S	S
						1 2 3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Classical music, opera and exhibition venues

Brussels

BOZAR

Rue Ravenstein 23, 1000 Brussels
www.bozar.be

Flagey

Place Sainte-Croix, 1050 Bruxelles
www.flagey.be

Koninklijk Conservatorium Brussel

Rue de la Régence 30, 1000 Brussels
www.kcb.be

La Monnaie/De Munt (Opera House)

Place de la Monnaie 5, 1000 Brussels
www.lamonnaie.be

Outside Brussels

30CC/Schouwburg

Bondgenotenlaan 21, 3000 Leuven
www.30cc.be

Concertgebouw

't Zand 34, 8000 Brugge
www.concertgebouw.be

De Bijloke Muziekcentrum

Bijlokaai 7, 9000 Gent
www.bijloke.be

De Singel

Desquini 25, 2018 Antwerp
www.desingel.be

Koninklijke Stadsschouwburg

Vlamingstraat 29, 8000 Brugge
www.cbrugge.be

Opera Ballet Vlaanderen

Antwerp: Franklijklei 3, 2000 Antwerp
Gent: Schouwburgstraat 3, 9000 Gent
www.operaballet.be

Philharmonic Hall of Liege

Boulevard Piercot 25/27, 4000 Liège
www.oprl.be

Helpful Community Information

Queen Elizabeth Hall

Koningin Astridplein 20-26, 2018 Antwerpen
www.koninginelisabethzaal.be

Comedy

English Comedy Brussels

www.englishcomedybrussels.com

RITCS café – Comedy Brussels

www.comedybrussels.com

Expat social activities & networking

Angloinfo Brussels

www.angloinfo.com/brussels

Expats in Brussels

www.expatsinbrussels.be/en

Expatica

www.expatica.com/be

Meetup

www.meetup.com/topics/social/be

People to People International

www.ptpi.eu

The Bulletin

www.thebulletin.be

Flea Markets

Flea Markets

www.brocantes.be/fr

www.fleamarket.com/listing-region/europe/belgium/

Garden centres

Central Jardin

www.pepinierentraljardin.be

Garden Center Wemmel

www.gardencenterwemmel.be

Jardiflore

www.pepiniere-jardiflore.be

Moens Garden Center

www.gardencentermoens.be

Pépinières de Boitsfort

www.pepiniere.be

Go Karting

Brussels Kart

www.brusselskart.be

Ice skating

Crystalline Ice rink Ghent

www.kristallijn.be

Ice rink Leuven

www.icerink.be

Ice skating Poseidon

www.skate-poseidon.be

Patinoire de Charleroi

www.patinoire.be

Sport Vlaanderen Liedekerke

www.sport.vlaanderen/Liedekerke

Indoor skydiving

Airspace

www.airspaceindoorskydive.be/en

Museums

Museum Pass

(Access to more than 220 museums)

www.museumpassmusees.be

Africa Museum (Tervuren)

www.africamuseum.be

Autoworld

www.autoworld.be

Belgian Comic Strip Center

www.comicscenter.net

Bruges Museums

www.museabrugge.be/en

Brussels Comics Figurines Museum

www.brussels-comics-figurines-museum.be

Brussels Museums

www.brusselsmuseums.be/en

Euro Space Center (Transinne)

www.eurospacecenter.be

Fondation Folon

www.fondationfolon.be

Gent Museum of Fine Arts

www.mskgent.be

Hôpital Notre-Dame à la Rose (Lessines)

www.notredamealarose.be/en/

Horta Museum

www.hortamuseum.be

In Flanders Fields (Ieper/Ypres)

www.inflandersfields.be

Millennium Iconoclast Museum of Art (MIMA)

www.mimamuseum.eu

Musical Instruments Museum

www.mim.be

Royal Museums of Fine Arts of Belgium

www.fine-arts-museum.be

The Municipal Museum of Contemporary Art (S.M.A.K.), (Gent)

www.smak.be/en/

The Rubens House (Antwerp)

www.rubenshuis.be/en

Train World

www.trainworld.be

Tram Museum

www.trammuseum.brussels/en/

Villa Empain

www.villaempain.com

Music festivals

Couleur Café (Brussels)

www.couleurcafe.be/en/

Core Festival (Brussels)

www.corefestival.com

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
44					● All Saints' Day 1	2	3
45	4	Guy Fawkes Day 5	6	7	8	9	10
46	Armistice Day 11	12	13	World Diabetes Day 14	○ German-speaking Community Day 15	16	17
47	18	19	World Children's Day 20	21	22	23	24
48	25	26	27	Thanksgiving Day 28	29	30	

OCTOBER						
M	T	W	T	F	S	S
1	2	3	4	5	6	
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



Watch out for:

- ▶ Armistice Day commemorations, 11 November
- ▶ “Last Post” ceremony takes place daily (throughout the year) at the Menin Gate, in Ieper / Ypres at 8pm - www.lastpost.be

November 2024

DECEMBER						
M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Dour Festival (Dour)www.dourfestival.eu/en/**Extrema Outdoor** (Houthalen-Helchteren)www.extrema.be**Graspop Metal Meeting** (Dessel)www.graspop.be/en/**Les Ardentes** (Liege)www.lesardentes.be/en**Les Francofolies de Spa** (Spa)www.francofolies.be**Live is Live** (Antwerp)www.liveislive.be**Ostend Beach** (Ostend)www.ostendbeach.be**Pukkelpop** (Hasselt)www.pukkelpop.be/en/**Rock Werchter** (Werchter)www.rockwerchter.be/en/**Tomorrowland** (Boom)www.tomorrowland.com**TW Classic** (Werchter)www.twclassic.be/en/**Werchter Boutique** (Werchter)www.werchterboutique.be**Other music/event venues****Brussels****Ancienne Belgique**

Boulevard Anspach 110, 1000 Brussels

www.abconcerts.be**Botanique - Centre Culturel****de la Fédération Wallonie-Bruxelles**

Rue Royale 236, 1210 Brussels

www.botanique.be/en**Cirque Royale**

Rue de l'Enseignement 81, 1000 Brussels

www.cirqueroyalbruxelles.be**Forest National**

Avenue Victor Rousseau 208, 1190 Forest

www.forest-national.be**Palais 12**

Place de Belgique 1, 1020 Brussels

www.palais12.com**Outside Brussels****Capitole Gent**

Graaf Van Vlaanderenplein 5, 9000 Gent

www.capitole-gent.be/en/**Het Depot** (Louvain)

Martelarenplein 12, 3000 Leuven

www.hetdepot.be**Lotto Arena** (Antwerp)

Schijnpoortweg 119, 2170 Antwerpen

www.lotto-arena.be/en/**Spirit of 66**

Place du Martyr 16, 4800 Verviers

www.spiritof66.be**Sportpaleis** (Antwerp)

Schijnpoortweg 119, 2170 Antwerpen

www.sportpaleis.be**Stadsschouwburg Antwerpen**

Nieuwstad 1, 2000 Antwerp

www.stadsschouwburg-antwerpen.be/en**Zik-Zak** (Ittre)

Rue de Tubize 28, 1460 Ittre

www.zik-zak.be**Paintball****National Paintball Games**www.shop-npg.be**Photography****Viewfinders**www.viewfinders.be**Scouts and Guides****Boy Scouts of America**www.boyscoutswaterloo.weebly.com/about-the-boy-scouts-of-america-belgium**Girl Guides**www.waggs.org/en/our-world/europe-region/member-organisations/Belgium/**Guiding and Scouting in Belgium (GSB)**www.guiding-scouting.be**1st Brussels (British) Scouts**www.1stbrussels.be**Sports and sporting events****Badminton****Brussels International Badminton Club**brusselsbadminton.com**Climbing****À Bloc**www.abloc.brussels**Le camp de base**www.lecampdebase.be**New Rock Escalade**www.newrockescalade.be**Terres Neuves**www.terresneuves.be**Cricket****Royal Brussels Cricket Club**www.rbcc.be**The Belgian Cricket Federation**www.cricket-belgium.com**12 Stars Cricket Club**www.12starscricketclub**Cycling****Brussels Big Brackets Cycling Club**www.brusselsbigbrackets.eu/**Belgian Cycling**www.belgiantcycling.be**Pro Velo**www.provelo.org/en**Diving and swimming****Belgian Diving Association**www.divebda.be/en**Calypso 2000**www.calypso2000.be/**Longchamp Swimming Club**www.longchampswimmingclub.be**Nemo 33**www.nemo33.com**Poseidon**www.poseidonwslw.be**Football****British United Football Club**www.britishunitedfc.com**FC Irlande**www.fcirlande.org**Royal Brussels British Football Club**www.rbbfc.org**Gaelic games****Belgium GAA**www.belgium-gaa.be**Golf****Association Francophone Belge de Golf**www.afgolf.be/en**Golf Vlaanderen**www.golfvlaanderen.be**Courses and driving ranges**www.1golf.eu/en/golf-courses/belgium**Health and sports clubs****Aspria**www.aspria.com/en/brussels**Basic-Fit**www.basic-fit.com/en-be/home

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
48							● World AIDS Day 1
49	International Day for the Abolition of Slavery 2	3	4	International Volunteer Day 5	St Nicholas Day 6	7	8
50	9	Human Rights Day 10	11	12	13	14	○ 15
51	16	17	Arabic Language Day 18 International Migrants Day	19	20	21	22
52	23	Christmas Eve 24	Christmas Day 25 Hanukkah starts in the evening	Boxing Day 26	27	28	29
01	● 30	New Year's Eve 31		 <p>From 2.5 to 18 years old Av. Franklin Roosevelt 21-23 1050 Brussels T: +32 (0)2 648 43 11 www.beps.com</p>			

NOVEMBER						
M	T	W	T	F	S	S
			1	2	3	
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	



Watch out for:

- ▶ Brussels Christmas Market and "Winter Wonders"
www.plaisirdhiver.be/en

December 2024

JANUARY 2025						
M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Blue Lions Tervuren Hockey and Tennis Club
www.bluelions.be

Castle Club Wezembeek
www.sports-valley.be

Rugby
BBRFC (Brussels Barbarians Rugby Football Club) Celtic
www.bbrfcceltic.eu

Boitsfort Rugby Club
www.brclub.org

Running
Komoot
www.komoot.com/guide/78811/running-trails-in-belgium

Have you found the information in this calendar to be useful?

We distribute almost 3,000 calendars free of charge throughout the international community in Belgium in order to increase awareness about CHS services.

If you have found the information in the calendar to be useful, maybe you would consider making a donation. All such donations help to finance the CHS Helpline.

More information about donating can be found on the back page of the calendar or in the "Sponsor or Donate" page within the "How You Can Help" section of our website, www.chsbelgium.org.



Outdooractive
www.outdooractive.com/en/runs/belgium/runs-in-belgium/1427068/

Wikiloc
www.wikiloc.com/trails/running/belgium

Skiing
Ski resort info
www.skiresort.info/ski-resorts/belgium

Sports clothing, equipment and accessories
Decathlon
www.decathlon.be

Golf Centre
www.golfcenter.be

Sporting events
Antwerp marathon
www.antwerpmarathon.com/en/

Brussels 20 kms
www.20kmdebruxelles.be

Brussels marathon and half marathon
www.brusselsairportmarathon.be

Bxl Tour (cycling)
www.bxltour.be

Memorial Ivo Van Damme
<https://brussels.diamondleague.com/en/home/>

Theme parks
Adventure Valley Durbuy
www.adventure-valley.be/en

Aqualibi
www.aqualibi.be/en

Aventure Parc
www.aventureparc.be/en
Bellewaerde Park and Aquapark
www.bellewaerde.be/en

Bobbejaanland
www.bobbejaanland.be

Lego Discovery Centre
www.legodiscoverycentre.com/brussels/

Mini Europe
www.minieurope.com/en/

Plopsaland De Panne
www.plopsalanddepanne.be/en

Technopolis
www.technopolis.be/en

Walibi
www.walibi.be/en

Walking
ADEPS Points verts
www.sport-adeps.be

Wandelsport Vlaanderen
www.walkinginbelgium.be

Do you already have everything you need?

Birthday, wedding, anniversary or Christmas coming up? Avoid unwanted presents or just be different by suggesting that family and friends make a donation to CHS.

All donations will help to support the running cost of our free, anonymous and confidential 24/7 Helpline in English (**02.648.40.14**) for children, adolescents and adults, whatever the problem.

Donations should be made to the "Friends of CHS Fund" at the King Baudouin Foundation (KBF).

Bank account: King Baudouin Foundation
IBAN: BE10 0000 0000 0404
Structured message: 016/0920/00007
(very important as it identifies the CHS fund within KBF)

Donors transferring €40 or more to KBF during a calendar year will receive from KBF early in the following year a certificate permitting a tax deduction in Belgium (45% of the total donated).

Thank you.



Advertising in the Commercial Directory section?

Would you be interested in advertising your company, school, church, organisation or club in our Commercial Directory? Almost 3,000 copies of our calendar are distributed throughout the Belgian international community..

Please send an email to calendar@chsbelgium.org in order to obtain information about our very reasonable advertising rates. All proceeds from such advertising help to finance our Helpline.



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2 Ch. de Charleroi, 420 Braine-l'Alleud

@ : info@allsaints.be
www.allsaints.be
02.384.77.80

International Baptist Church of Brussels vzw

Lange Eikstraat 78
1970 Wezembeek-Oppeem

@ : office@ibcbrussels.org
www.ibcbrussels.org

02.731.99.00

Sunday service: 11 am.
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Our Lady of Mercy (English-Speaking Catholic Parish)

A unique group of 250 plus families from about 30 countries who worship in the English language. Founded in 1965, the Parish offers Religious Education classes for 4-17 year olds and full Sacramental Preparation Programmes. First Communion and Confirmation are celebrated annually in the spring. Mass is celebrated every weekend in Sainte-Anne's Church, 10 Place de la Sainte-Alliance, 1180-Brussels: Saturday at 17:00 pm, Sunday at 10:00 am. All are welcome. Address for all communications is: OLM PARISH office
14 Place de la Ste Alliance, 1180 Uccle

@ : information@olm.be
www.olm.be
02.354.53.43

Saint Andrew's Church of Scotland

Ch. de Vleurgat 181, 1050 Brussels
www.churchofscotland.be
02.649.02.19
Minister: Rev. Eric Foggitt
@ : Rev.Eric.Foggitt@churchofscotland.be
02.672.40.56
Morning worship and Sunday school 11.00. Crèche.

Saint Anthony's Parish (Roman Catholic English-speaking Parish)

Oudstrijderslaan 23-25, 1950 Kraainem
Parish Priest: Fr. Pat Power O.F.M.

Religious education classes for 5 -17 year olds during the school year on Sundays. Reconciliation on Saturdays at 12.00, or by appointment and also at occasional penance services.

Masses

At Kraainem
Vigil: 18:00 on Saturdays
10:00 & 11:30 on Sundays.

At St. Nicholas at the Bourse
10:00 on Sundays

At St. Joseph's Community,
Eglise des Peres du St. Sacrament
11 :15 on Sundays

At Sacré Coeur,
rue le Corrège 17, 1040 Brussels
19:15 on Sunday

@ : stanthonyparish@telenet.be
www.saint-anthony.be
02.720.19.70 or 02.725.57.60. Fax 02.725.58.10

Knights of St. Thomas More,
Catholic men's group
www.catholic-knights.be

The Pro Cathedral of Holy Trinity

Rue Capitaine Crespel 29, 1050 Brussels

Sunday 09:00
BCP Holy Communion.

Sunday 10:30
Holy Communion with Sunday School.

Sunday 14:00
Holy Communion (in English and French) with Sunday School.

Sunday 18:00
Informal Evening Service
(First Sunday Holy Communion)

Home Groups
Wednesday/Thursday/Friday

@ : admin@holyltrinity.be
www.holytrinity.be
02.511.71.83

Are you athletic? Why not run, jog or walk and support the CHS Helpline?

If you like to run, jog or walk, maybe the next time you are planning to participate in a marathon, a 20 kms, or at another event, consider asking family, friends and colleagues to sponsor you in order to raise funds to help finance the CHS 24/7 Helpline in English (02 648 40 14).

All amounts raised will be much appreciated.

If you would like to support us, please provide some details by email to office@chsbelgium.org and we will send you a CHS T-shirt for your event.

When you get in contact with our advertisers, or with other resources detailed in our calendar, please inform them when appropriate that you became aware of them from our calendar.

BANKS



B always welcome

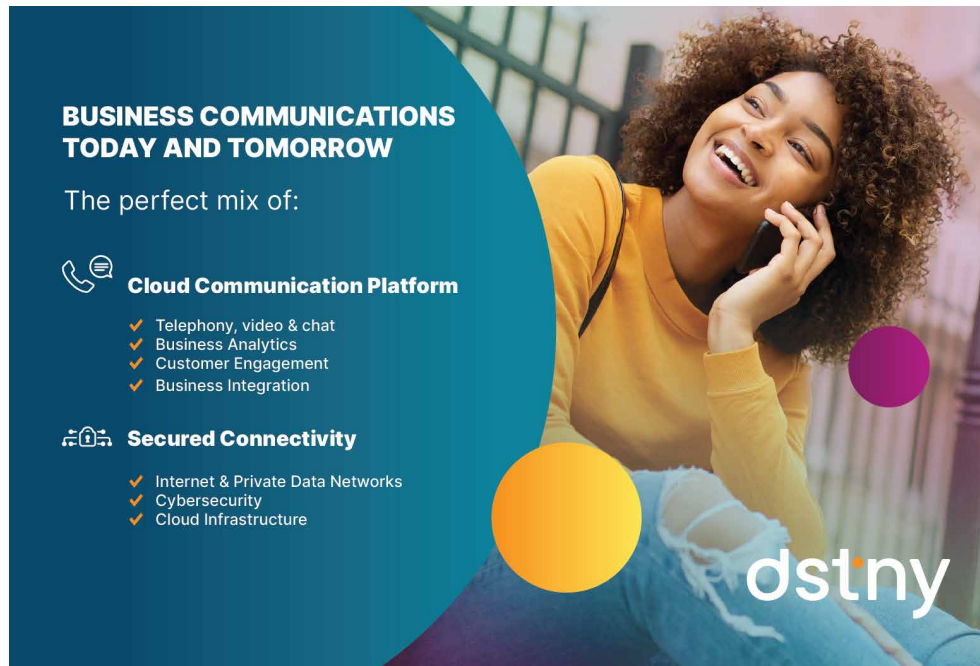
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02.687.50.90. Fax: 02.687.92.40
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To ask for help or to offer support, contact us.

www.bcfund.be
@: bcfbelgium@gmail.com
or call on 0485 253 336

The Wednesday Club

The Wednesday Club came into being after a British doctor realised that many of her elderly patients saw no-one else between her visits. With the help of some friends the club was started at the café of All Saints Episcopal Church (formerly the Swedish church) in Braine l'Alleud. Are you looking for a chance to meet like-minded people? Perhaps you have just retired or would like to volunteer your time? The Club provides a caring and secure environment within which members can enjoy the company of others.

It is predominately English speaking but it is open to all. We provide tea, coffee and cakes. We have quizzes and raffles. Although we meet in the church hall

the Club has no religious affiliations.

Meetings are usually on the first and third Wednesdays of each month from 14.00 – 16.30. There is no charge for participation because the funds required to run the Club come from donations from the community.

So, if you feel that this is for you, either as a member or a volunteer, please contact us:
@: info@the-wednesday-club.org
0475 910 222.

Venue: All Saints' Church, Chaussée de Charleroi 2, 1420 Braine l'Alleud, Belgium.

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“Our Helpline relies completely on external funding and donations to remain operational. Please donate and help us to help others who need our services.”

For taxpayers in Belgium, Denmark, France, Luxembourg and The Netherlands:

Please donate by making a bank transfer to the “Friends of CHS Fund” at the King Baudouin Foundation in Belgium

King Baudouin Foundation (KBF) IBAN: BE 10 0000 0000 0404

Include a structured message: 016/0920/00007 (which identifies the CHS Fund within KBF)

Donors who are taxpayers in Belgium transferring €40 or more to KBF during a calendar year will receive early in the following year a certificate from KBF permitting a tax deduction in Belgium of 45% of the total donated. For taxpayers in the other four countries, the tax implications will follow national rules for donations. Potential donors looking for information or advice should consult www.kbs-frb.be/en/contact-philanthropy-advisor on the KBF website.

For USA taxpayers:

Donations to the “Community Help Service ASBL (BE)” Fund at KBF in the USA (KBF US) are possible by check, credit card or wire transfer or in the form of securities, cryptocurrency, donor advised funds, bequests, life insurance policies or retirement plan assets. For further information, please consult www.kbfus.org/waystogive/. KBF US is a public charity, within the meaning of Sections 501(c)(3) and 509(a)(1) of the U.S. Internal Revenue Code. Donors are eligible for a U.S. income tax deduction for their contributions, to the extent permitted by U.S. tax law.

For donors living elsewhere in Europe:

Potential donors resident elsewhere in Europe, including the United Kingdom, may consult the website of Transnational Giving Europe (TGE) www.transnationalgiving.eu about how to proceed. TGE works together with an extensive network of national partner foundations in around 20 countries.

 **CALL THE CHS HELPLINE**

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MENTAL HEALTH SERVICES CENTRE



This calendar is published by
Community Help Service asbl

Avenue des Phalènes/Nachtvlinderslaan 26
1000 Brussels

Tel. 02/647.67.80

office@chsbelgium.org

www.chsbelgium.org

About CHS

Community Help Service (CHS) is a mental health organisation which has been supporting the international community in Belgium since 1971. It provides a unique combination of a free 24/7 Helpline in English and a Mental Health Services Centre, where our international and multilingual team of around 20 experienced professional therapists offers a comprehensive range of mental health services to children, adolescents, adults, couples and families. In addition, four other professionals (a career and orientation coach, a dietitian, a family mediator, and a mindfulness & meditation teacher) work as Affiliated Members at the CHS Centre.