

femme&

A new meeting place for women in La Presse+. A space for insights and inspiration that will make women shine from all these angles: style, ambition, courage, wellbeing, openness, curiosity.

Publication dates

- Sunday, February 5, 2023
- Wednesday, March 8, 2023 (Women's Day)
- Sunday, May 28, 2023
- Sunday, September 17, 2023
- Sunday, October 15, 2023

Trends

FEMME & stylish

The latest trends to discover to get people talking. Depending on the season, it will be a question of beauty, fashion, accessories, shoes, and even hairstyle trends. Everything to inspire readers for their unique style.

Career

FEMME & inspiring

Portraits of women who stand out due to their entrepreneurial, artistic, athletic, intellectual side. Passionate women who excel and pursue their ambitions.

Lifestyle

FEMME & curious

Suggestions for enjoying the present moment whether it be entertaining guests or going out with friends. Take the time to have fun: outings to restaurants, ideas for drinks after work, visits to the museum, etc.

Wellbeing

FEMME & confident

Advice on taking care of yourself physically and mentally. A feel-good column that focuses on wellbeing and self-esteem.

Society

FEMME & open

Demystifying the social issues that particularly affect women. Make way for reflections on a range of subjects: from fatphobia to inclusion, passing through gender equality.

Local shopping

FEMME & aware

Being aware of the importance of consuming better and making thoughtful choices. A look at companies, products, tips, and advice to integrate responsible consumption into your daily life.

Please note that this is a flexible environment. There is an opportunity to create content related to advertisers' objectives.



Discover our family environment- NOUS

ATELIER **LA PRESSE**



nous

A new meeting place for parents in La Presse+. Full-time parents, taking care of our children and educating them is not an easy task. Each family is unique and even complex. Make way for inspiring content to equip and advise parents in their daily family life.

Publication dates

- Sunday, March 5, 2023
- Sunday, June 11, 2023
- Sunday, April 27, 2023
- Sunday, October 29, 2023

Family life

Who does what?
Communication and organization in a family are crucial. Make way for advice of all kinds to simplify your daily life and to improve parent-parent and parent-child relationships.

Education

Advice to empower parents in different facets of children's education, whether it be academic success, learning to share and empathy, the development of autonomy and language, etc.

Diversity

Portrait of families. Each family is unique and even complex: blended families, single-parent families, adoptive families, etc. Each of them faces many challenges on a daily basis.

Health & psychology

Portrait of families. Each family is unique and even complex: blended families, single-parent families, adoptive families, etc. Each of them faces many challenges on a daily basis.

Meals

Planning three meals a day for everyone can be a daunting task. A few tips to simplify meals, eat well and give the whole family a taste for participating in the kitchen.

Sports & leisure

Soccer matches, piano lessons, visits to the zoo, swimming lessons: children love to move and learn. Some suggestions for sports, cultural or recreational activities for the whole family.

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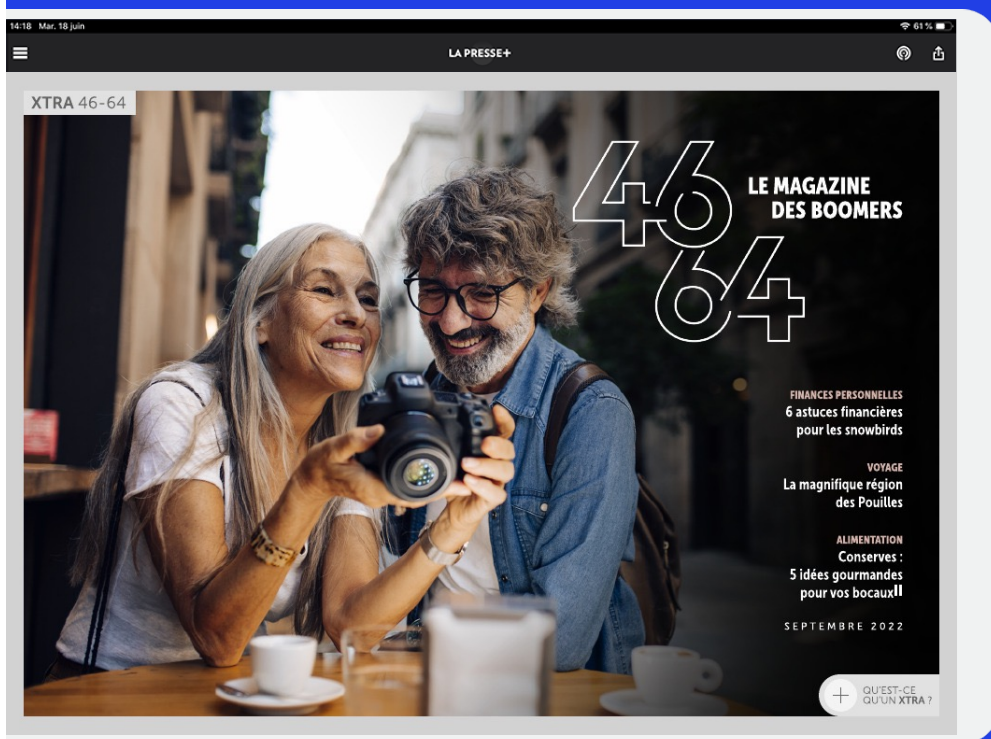
Each issue offers a time line that evokes the years marked by the baby boom, from 1946 to 1964.

Varied and interesting subjects are treated with refinement, that inform, enthuse and entertain readers.

Everything to please the boomers who live big.

Publication dates

- Monday, January 30, 2023
- Monday, March 27, 2023
- Monday, May 15, 2023
- Monday July 10, 2023
- Monday October 1, 2023
- Monday, November 20, 2023



Health

Because physical and mental health concerns change over time, let's shed some light on some of the issues that primarily plague boomers.

Personal Finances

Retirement is fast approaching or has definitely begun. Find answers to your questions about investing, planning a project or choosing the right insurance for your needs.

Sports and physical activity

Being active is not only good for your health, but also for your balance. Discover the benefits of adopting an active lifestyle, and some tips on how to get started or keep going.

Society

Social debates or simple reflections, allows us to open our eyes to unknown realities, that bite at our curiosity or that deserve our attention.

Travel

Because the world is vast and sometimes surprising, discover destinations to make you dream, here and everywhere on the globe.

Leisure

Developing new interests not only keeps you active, but also keeps your brain alive and sometimes leads to great encounters. Let's explore some creative, intellectual or playful hobbies together!

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ÉDITION LIMITÉE

Luxury in all its forms. A magazine that immerses you into the extraordinary, that makes you discover high-end or exclusive products distinguished by their impeccable aesthetics, design, or execution.

THE perfect fit to showcase that your brand is in a class of its own.

Publication dates

- Saturday, March 18, 2023
- Saturday, May 6, 2023
- Saturday, September 16, 2023
- Saturday, October 28, 2023
- Saturday, November 18, 2023

Travel

From paradise islands to hotels with breathtaking views, let us guide you to lesser known places. Perhaps you'll find your ultimate destination.

Fashion

Fashion in all of its forms. Follow the advice of our stylist to adopt the most trendy pieces of the season.

Design

From the simplest objects to the luxury cars, design is everywhere. A nod to these exceptional pieces that have the power to impress, harmonize, seduce us by their design.

Beauty

Refined products to enhance the beauty of everyone. How brands develop product lines made from rich, natural ingredients.

Architecture

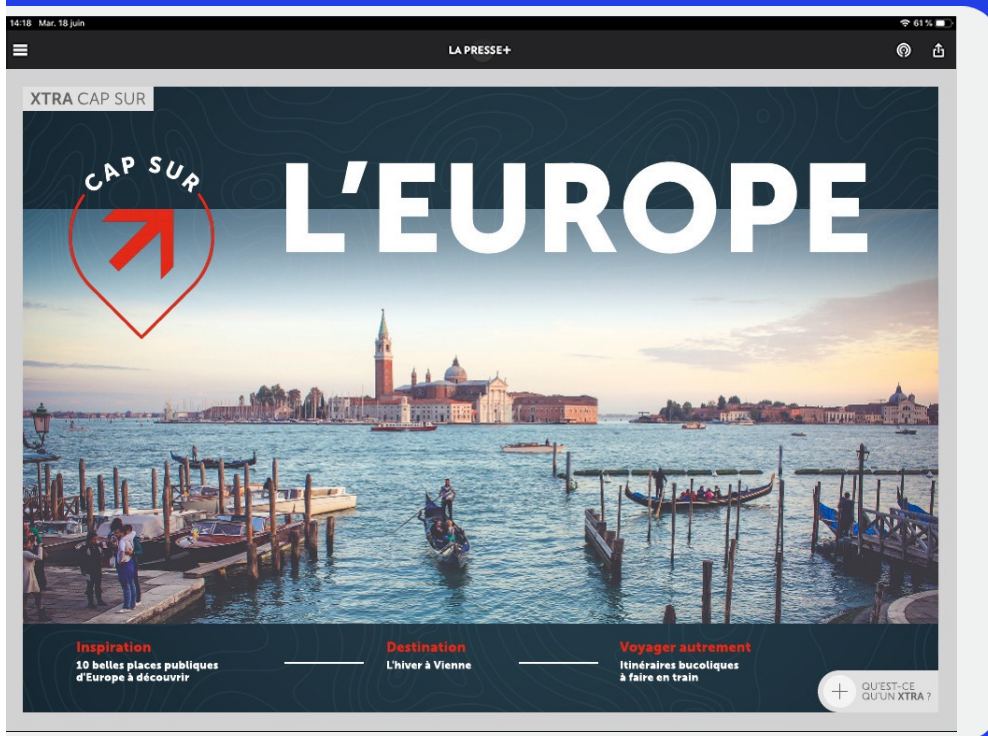
Architectural projects whose audacity leaves its mark. Clean lines, grandiose or minimalist spaces, breathtaking places where wonder and functionality meet.

Gastronomy

Unmissable tables, refined dishes, spirits with a rich taste, exceptional ingredients, everything to delight your palate.

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The “Cap sur...” magazine will inspire our readers for their next travel destination.

Travel tips, must-sees of a region, hidden gems to discover, experiences to try once in a lifetime, itineraries: everything to help them choose their next destination and plan their stay.

Publication dates

- Sunday, January 22nd, 2023
- Sunday, February 12th, 2023
- Sunday, March 12th, 2023
- Sunday, April 23rd, 2023
- Sunday, October 22nd, 2023
- Sunday, November 19th, 2023

Itinerary

Dream big and follow the guide through cities, neighborhoods, entire countries that will make you discover a unique culture, history and community.

Sports and outdoors

The wide open spaces, the desert, mountains, the ocean, so many playgrounds that will make you discover these countries according to their true nature.

Architecture

The history of certain cities or districts of the world is punctuated by architectural trends that stand out. From the past to the present, the identity of these places will be revealed little by little before your eyes.

History and culture

Milestones in history, yes, but the real history of a country is hidden in the heart of its community, its people, its customs, its language, its social debates. Discover who is behind this rich history.

Gastronomy

Tasting the typical dishes of a country and visiting its culinary institutions means discovering the ingredients, methods and flavors that are unique to that country. What a great way to keep an open mind and to really immerse yourself in the culture of a people.

Cultural and tourist attractions

Take a tour and discover the best the city has to offer. Architectural icons, mythical neighborhoods, famous museums, cultural and tourist attractions will quench your thirst for culture!

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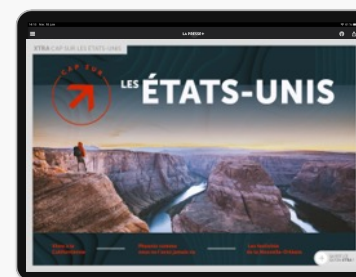
CAP SUR 2023 CALENDAR



**CAP SUR
Cruises**
February 12th 2023



**CAP SUR
International**
April 23rd 2023



**CAP SUR
Europe**
November 19th 2023

**CAP SUR
South**
January 22nd 2023



**CAP SUR
Canada**
March 12th 2023



**CAP SUR
United-States**
October 22nd 2023



Discover our real estate environment- HABITAT

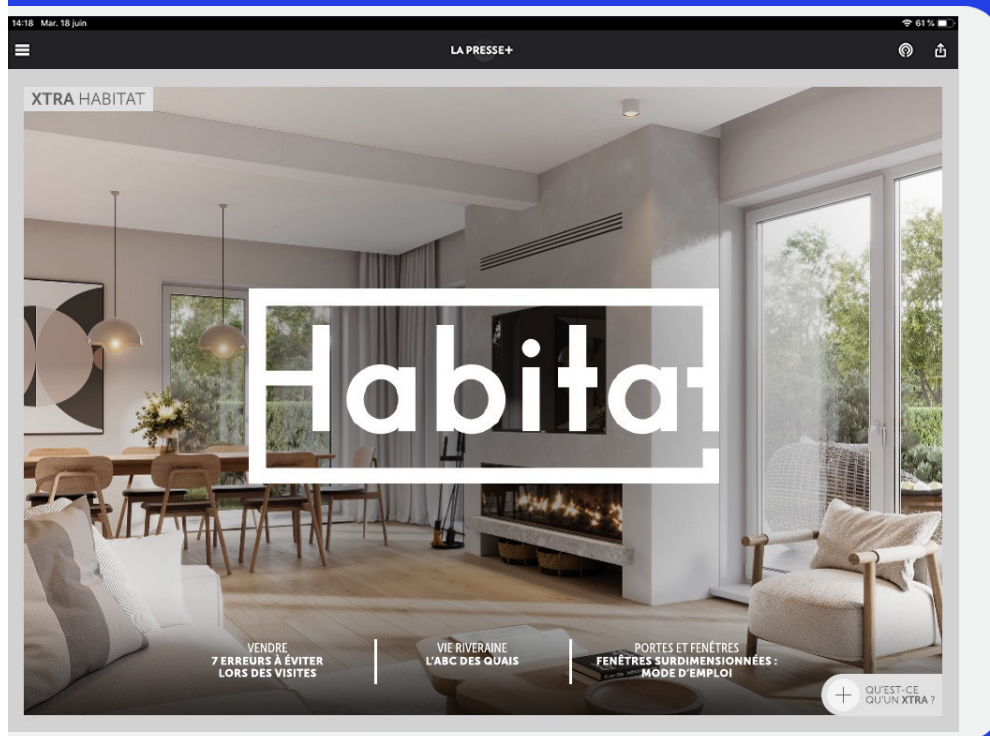
ATELIER **LA PRESSE**



*The environment for owners and future owners.
From mortgages to insurance, tips on buying and
selling, advice on materials and portraits of
people in the industry, HABITAT is a must in
residential real estate.*

Publication date

- Saturday, February 25, 2023
- Saturday, April 8, 2023
- Saturday, September 23, 2023
- Saturday, October 21, 2023



Trendy neighborhood

Choosing a neighbourhood to live in goes far beyond choosing a house. It's about lifestyle, community, amenities and sports and cultural attractions. Here's a look at some of the hottest neighborhoods in and around Montreal.

Buy or Sell?

Because buyers and sellers face different issues, it is better to focus on all the subtleties that could influence the approach of one or the other.

Personal Finances

Buying a house or a condo involves many steps in terms of personal finances. Follow these tips to plan your budget and know the necessary clauses to consider.

Renovations and maintenance

Renovate yes, but are you aware of the limitations and regulations associated with your project? Learn more about certain aspects that could influence your approach, your budget, your ideas of size?

Secondary residences

Buying a second home requires thought about several aspects: buying land, construction, buying an existing property, renovations, budget, location, renting.

Sustainable development

To consume energy better, to make sustainable choices, to make eco-responsible gestures, so many possibilities to do one's part towards an energy transition for the good of the community.



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Discover our home environment- AMBIANCE MAISON

ATELIER LA PRESSE

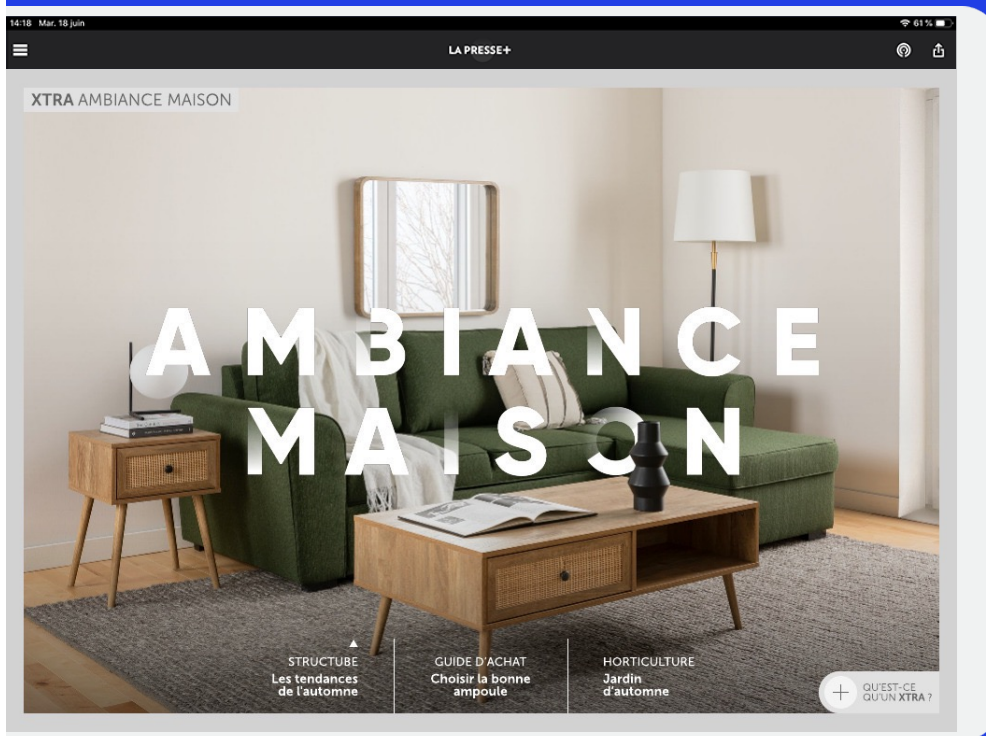
AMBIANCE MAISON

Whether you're looking to update your decor or embark on a major renovation project, discover a wealth of ideas and tips to make your day-to-day life sweeter.

From the latest trends in landscaping, to how to find the perfect rug, to tips for creating a timeless kitchen, find inspiration for every corner of your home!

Publication dates

- Monday, April 24, 2023
- Monday, May 29, 2023
- Monday, October 2, 2023
- Monday, December 4, 2023



Trends

Patterns, colors, decorative accents... trends evolve over the years and it's easy to get lost. To keep up with the times, tips, tricks and advice are shared to keep your decor up to date.

Exterior design

Creating an outdoor space that reflects your image allows you to extend your living space beyond your four walls. Find tips and advice on how to plan your projects and make choices that suit your needs.

Renovations

Because renovating a room requires planning, but also a lot of creativity, choosing the right professionals, materials and products to complete your projects.

Tips and tricks

Avoid unpleasant surprises and follow these tips and tricks to undertake projects big and small. Designing a small space, installing curtains, illuminating a room, thinking of a play area... the projects multiply quickly!

Maintenance

Whether you own or rent, maintaining your home requires attention and dedication. Follow these tips to help you plan seasonal and daily maintenance.

Design

Because design is not only a matter of luxury, it is possible to adapt one's decor to new trends and to also follow the current trends.

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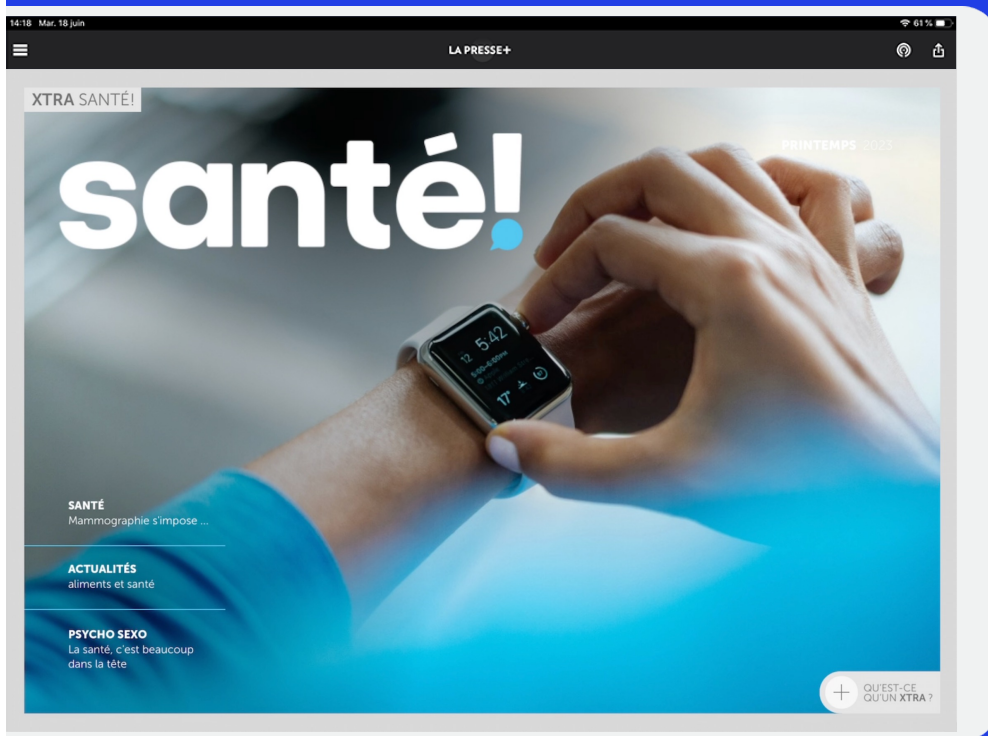


santé!

Santé! A positive and optimistic look at health and its many facets: prevention, awareness, outreach, solutions. Because taking care of your health is done on a daily basis and being informed is giving you the means to do so.

Publication dates

- Monday, February 6, 2023
- Monday, May 1st, 2023
- Monday, September 25, 2023
- Monday, November 13, 2023



Did you know ?

There is so much you don't know about seemingly minor and benign conditions, or about more chronic or life-altering conditions that affect your health.

Physical activities

Physical activity, whether intense or moderate, has a definite impact on your physical and mental health. Discover traditional or unusual active methods to get you moving.

Mental health

Mental health affects many people and can have unsuspected effects. Mental health problems are often insidious and unfortunately underestimated because they are not visible. Keep your eyes open! And listen.

Nutrition

Our health can be drastically influenced by our diet. What is the effect of certain foods on our body, our concentration, our heart, our blood pressure for example?

Prevention

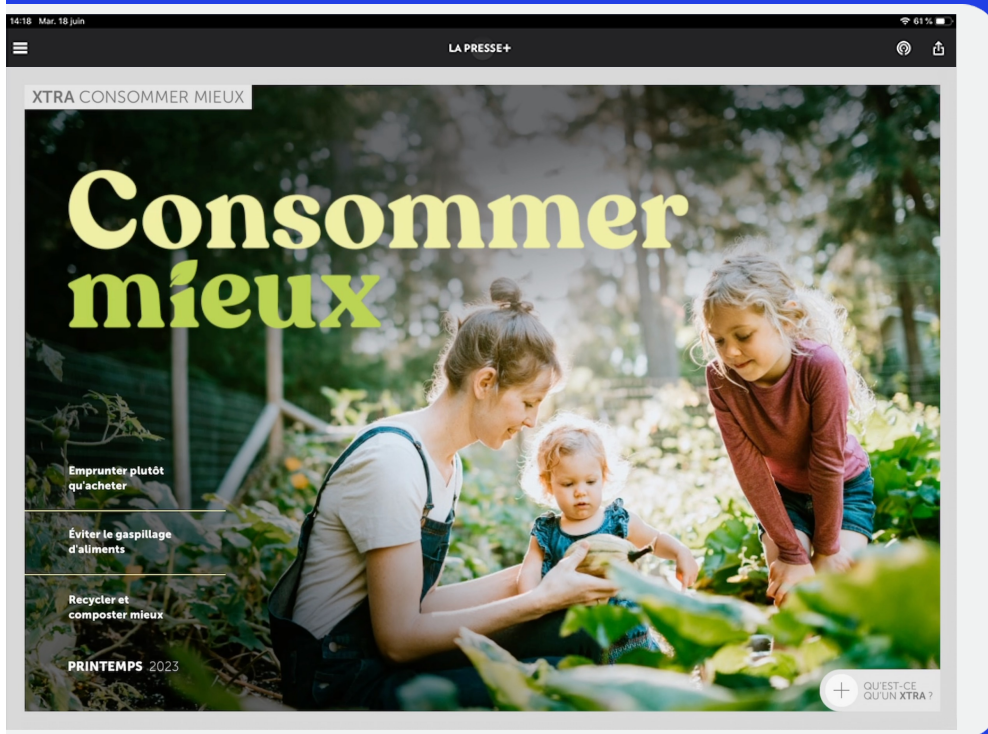
The little aches and pains of everyday life can often be prevented or lessened by little tips and tricks that you know, or don't know yet... Follow the guide!

Debunking myths about...

Some diseases are unfortunately victims of misperceptions and beliefs. Let's shed some light on these myths that often lead to misunderstanding.

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Consommer mieux

A practical and informative guide to making wise consumer choices. How can we consume responsibly, make healthy choices for ourselves and the planet? To what extent do our purchases have an impact on our immediate environment?

Publication dates

- Saturday, April 22, 2023
- Saturday, September 9, 2023

In numbers

Zoom in on the ecological problems or issues that surround you, to demystify the impact of your daily actions on the environment.

Recover, recycle, reduce

Three little words that say a lot. How to take action, whether by giving a second life to your objects, by recycling them according to standards or by reducing your consumption of plastic or certain more polluting products.

Everyday, one step at a time

Everyday life is full of small automatic actions that we do without questioning, because of habit. What small actions could you adapt to make a big difference?

Expensive to be green ?

Tips and tricks so that your responsible choices also have a positive impact on your wallet.

Food

Consuming better on your plate means better planning your meals to avoid waste, making conscious purchases, buying local, consuming less processed foods, or even adopting self-sufficiency.

Mobility

Responsible transportation is a great way to do your part in the quest to collectively reduce GHGs. What are the impacts of your air travel? How can you get to work differently? What are your options for electrifying your transportation?

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