



Spring 2024



ACTIVITIES PROGRAM Childhood - Family

Spring session
April 2nd - June 9th

Registrations starting on
Thursday, March 7th

Family supports

Halte-parents

Thursday 1:00 PM - 3:00 PM alternating with the Halte-allaitement | English speakers welcome | Free Health, cognitive and motor skills for babies 0-12 months, parental well-being. Come ask all your questions as new parents to Janet, CLSC nurse.

- April 4th and 18th
- May 2nd, 16th and 30th



Halte-allaitement

Thursday 1:00 PM - 3:00 PM | alternating with the Halte-parents | English speakers welcome | Free
Come ask all your questions and share your breastfeeding experience with the Nourri-Source Montreal team.

- April 11th and 25th
- May 9th and 23th
- June 6th



Classes prénatales

Friday, May 10th and June 7th | 5:30 PM - 7:30 PM
\$5 per class per family

A moment to peacefully prepare for the baby's arrival! Different themes are covered by specialists every meeting. Childcare services are available upon reservation for children aged 2-5 years old during this session.



Halte-Garderie

Tuesday 9 :00 AM - 12:00 PM | 1 - 5 years old
Thursday 1:30 PM - 16:30 PM | 6 - 12 months
Friday 9:00 AM to 12:00 PM | 6 months - 5 years old
\$1 - \$7,5 - \$15* per half-day per child

Need a break? Want to engage in an activity for yourself? Looking for occasional childcare for your health appointments? Seeking a temporary solution for better work-family-study balance? Refugee families, asylum seekers and children with specific needs are also welcome!

Service open to everyone, residents or non-residents of
Outremont !

0 - 5 years old

Ateliers parents-bébés | 0-12 months

Wednesday 10:30 AM - 11:15 AM

\$10 - \$45 - \$90 for 10 workshops

Varied awakening activities every week : music, dance, painting, gardening, cooking, reading... for the little ones and their parents' pleasure!



New !

Éveil au langage | 1-5 years old

Wednesday, April 3rd and 17th, May 1st and 15th

9:30 AM - 10:30 AM

\$4 - \$18 - \$36 for 4 workshops

Discover with your child gesture nursery rhymes, rounds and new stories to make them want to stimulate their communication. Workshops open to all families whether French is your first, second or third language.

Éveil à la psychomotricité | 1.5-5 years old

Saturday 9:30 AM - 10:15 AM | 18 - 36 months

Saturday 10:30 AM - 11:30 AM | 3 - 5 years old

\$10 - \$45 - \$90 for 10 workshops

Awakening parents-children workshops prepared by a psychomotor therapist and adapted to your child's psychomotor development.



Parc intérieur | 0-5 years old

Monday, Wednesday, Friday 2:30 PM - 5:30 PM (new schedule)

and Sunday 9:30 AM - 12:30 PM

\$5 - \$10 - \$20 per family each season

Enjoy our room 224 to your rhythm with your close ones, a unique space of free games for your children and meetings for parents. Come try the "Parent'hèses", moments for parents, during the Parc intérieur, from 2:30 PM to 3:00 PM, to craft, knit, and get back in shape.

Rencontre parents (0-5 years old)

Wednesday, April 10th 7:00 PM - 8:30 PM (online)

"Gérer les émotions de nos 0-5 ans"

\$5 per family

Participatory conference supporting our role as parents, led by a social worker.



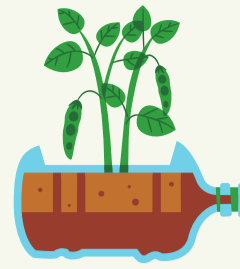
6 - 12 years old

Brico-Récup' | 6-10 years old

Monday 5:30 PM - 7:00 PM

\$5 - \$10 - \$30 for 10 workshops

Creative workshops of eco-responsible manufacturing



New !

De fil en aiguille | 9-12 years old

Wednesday 6:00 PM - 7:30 PM

\$5 - \$10 - \$30 for 10 workshops

Creative sewing initiation workshops (hand and machine). An opportunity to develop a useful skill if you enjoy repairing, reusing, recycling, and creating.



Rencontre parents (0-12 years old)

Thursday, May 30th 5:30 PM - 7:30 PM

“Vers un meilleur équilibre travail-famille”

\$5 per family

Participatory conference supporting our role as parents, led by a social worker. Childcare services are available upon reservation for children aged 2-12 years old during this session.

Rencontre parents (6-12 years old)

Thursday, April 25th 5:30 PM - 7:30 PM

“Soutenir nos enfants face au stress et aux examens”

5\$ per family

Participatory conference supporting our role as parents, led by a social worker. Childcare services are available upon reservation for children aged 6-12 years old during this session.

Atelier Jardin éco-quartier | 6-12 years old

Starting from May 11th until October 26th, every Saturday from 10:00 AM to 12:00 PM, come and garden with your family for free with our team at the community garden of parc Beaubien d'Outremont. Free. For more information :

info.eq@outremontenfamille.org



What's a family community organization?

If you are a parent, think about a welcoming place where you can feel at home and share with other parents, learn, have fun and laugh. A place that reflects who you are and offers support to improve your parenting skills, without judgment, with your strengths, your questions and aspirations.

Registrations

To register, find the forms on our website outremontenfamille.org or scan the QR codes below :

Activities :



Halte-Garderie :



Programme éco-quartier

After having led several green initiatives for years, Outremont en Famille now offers the Programme éco-quartier ! Its mission is to gather Outremont environmental initiatives to accelerate the ecological transition. Our main fields of action are the residual materials, greening, urban agriculture, circular economy, sustainable mobility.

Follow Éco-quartier on social media :



Events

Le bazar des enfants : March 17th



La chasse aux cocos : March 31st



Entre-Elles from May 1st to 4th



La Kermesse et le souper spaghetti : June 8th

La Foulée des parcs : June 16th



Informations

All our activities take place in Room 224 in the Centre Communautaire d'Outremont (999, McEachran Ave)

*Our rates are adjusted according to your income and family situation (details in the registration forms).

Whether you reside in Outremont or the surrounding areas, all our activities are open to everyone!

(438) 543-9555

animation@outremontenfamille.org