

# What is a family community organization?



It is a non-judgmental space that reflects who you are and brings you together to learn and meet other parents to share your experiences.

It is a place that provides you with the support you need through resources, assistance, and guidance for the well-being of your family on a daily basis.

## Registration

To register, visit our new website [outremontenfamille.org](http://outremontenfamille.org) / **Enfance-Famille:**

Then registrations can be made on Amilia platform!



## Informations

Most of our activities take place in Room 224 in the Centre Communautaire Intergénérationnel d'Outremont (999, McEachran Ave).

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

**Contact : (438) 543-9555**  
[animation@outremontenfamille.org](mailto:animation@outremontenfamille.org)

Thanks to our main partners:



## Our Fall events

**Sunday September 28<sup>th</sup>**

### FÊTE DES RÉCOLTES



Celebrate this season's end of Outremont en famille's community gardens. We'll meet at Îlot St-Viateur from 10AM-1PM for a festive self-harvesting.

**Sunday October 19<sup>th</sup>**

### LE BAZAR DES ENFANTS



A big sale of kids' items gathering 35 sellers from the neighborhood at the CCI from 9:30AM-12:30PM. Come to discover 2nd hand treasures.

**Saturday November 1<sup>st</sup>**

### LA PARADE DES CITROUILLES



Pumpkin decoration contest at parc Pratt from 4PM-8PM. Vote for your favourite pumpkin and bring your own!

**Sunday December 7<sup>th</sup>**

### LA MAGIE DES FÊTES



Outremont en famille and the neighborhood invite you to enjoy the magic of the holiday season at the CCI from 10AM-4PM.

## Programme éco-quartier



Outremont en famille



Outremont en famille has been the leader of the Programme éco-quartier in the Outremont neighborhood since May 2023. Follow the latest news from the Programme éco-quartier on social media.

## Get involved! →

Outremont en famille is looking for volunteers throughout the year. Learn more:



**Outremont en famille**

**Fall 2025**



## ACTIVITY PROGRAM Childhood-Family

**From September 15<sup>th</sup>  
to November 30<sup>th</sup> 2025**

# Family supports

## Café-Causerie

**Thursdays 1PM-3PM** | Free

**Sept 25<sup>th</sup>** : Discover 10 plants and their health benefits for new parents' health with an herbalist.

**Oct 9<sup>th</sup>** : Share our emotions and solutions to navigate them, followed an initiation to meditation.

**Nov 6<sup>th</sup>** : Participate to an active stroller-walk with a YMCA sports professional.

**Nov 20<sup>th</sup>** : Learn all about the Quebec health system and the CLSC services, with a CLSC nurse.

**Dec 4<sup>th</sup>** : Dietary diversification, meet with a nutritionist from the CLSC.



## Halte-allaitement

**Thursdays 1PM-3PM** | Free

Come ask all your questions and share your breastfeeding experience with a lactation consultant IBCLC from Nourri-Source Montréal who leads these meetings.

**Sept 18<sup>th</sup>, Oct 2<sup>nd</sup>, 16<sup>th</sup>, and 30<sup>th</sup>, Nov 13<sup>th</sup> and 27<sup>th</sup>**



## Rencontres périnatales

Meetings for future and new parents  
\$5 per family, daycare service on site

**Friday October 3<sup>rd</sup>** | 6PM-8PM

**CPR and newborn first aid** with Sandra Naggar, paramedic and FMCQ trainer.

**Friday November 28<sup>th</sup>** | 6PM-8PM

**Babywearing workshop** with Laurence Gauthier Boudreau, certified babywearing instructor, member of the INPE.



## Halte-Garderie | 6 months - 5 years old

From September 16<sup>th</sup> to November 28<sup>th</sup>

**Tuesday 9AM - 12 PM** | 1-5 years old

**Tuesday 1:30 PM - 4:30 PM** | 6-12 months old

**Friday 9AM -12 PM** | 1-5 years old

\$1,5 - \$7,5 or \$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? We welcome your children in French, English, German, or Spanish. Children with special needs are welcome!



# 0 - 5 years old

## Ateliers parents-bébés | 0-12 months old

**Wednesdays from Sept 17<sup>th</sup> to Nov 26<sup>th</sup> | 10:30AM-11:15AM**

9\$ - 45\$ or 90\$\* for 10 workshops

Early learning activities varying each week: music, danse, painting, gardening, nutrition, reading... a pleasure for the little ones and the participating parents / grandparents.



## Éveil au langage | 8-36 months old

**Wednesdays Nov 5, 12, 19, and 26 | 9:30-10:30AM**

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

Discover with your child gesture nursery rhymes, rounds and new stories to stimulate their communication. A series of parent-child workshops open to all families, whether French is your first, second or third language.



## Éveil à la psychomotricité | 14-24 months old

**Thursdays from Sept 18<sup>th</sup> to Nov 17<sup>th</sup>**

**9:30AM-10:15AM | 14-24 months old**

\$9 - \$45 or \$90\* for 10 workshops

Parent-child awakening workshops prepared by a psychomotor therapist, led by an instructor, and adapted to your child's psychomotor development stages. Meant for walking children.



## Parc intérieur | 0-5 years old

**From September 15<sup>th</sup> to November 30<sup>th</sup>**

**Monday, SATURDAY, and Sunday 9:30AM - 12:30 PM**

**Friday 2:30PM-5:30PM - New schedule!**

\$2- \$10 or \$20\* per family each season

Enjoy our room 224 at your own pace with your close ones, a unique space of free play for children and meetings for families. Siblings welcome!



## Souper-répit for

**New!**

## single-parent families

**Friday December 12<sup>th</sup> | 5PM-8PM | \$10 per family**

How does a break for the evening sound? Come join us! We cook, we meet each other and we eat a good meal together while our activity leaders take care of the children!

# 6 - 12 years old

## Initiation à la BD | 6-10 years old

**Saturdays 1PM - 2:30PM**

\$4- \$20 or \$40\* for 10 workshops

A workshop to explore comic creation step by step and bring your imagination to life.

Theme: Save Your Planet!



## De fil en aiguille | 9-12 years old

**Wednesday 5:45PM - 7:15PM**

\$4 - \$20 or \$40\* 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.



## Popotes | 6-12 years old

**Thursdays Nov 6, 13, 20, and 27 and Dec 4 and 11**

**4PM-5PM** | 10-12 years old

**5PM-5:45PM** | 6-9 years old

\$5 - 25 \$ or 50\$\* for 10 workshops

Introductory cooking workshops to encourage dietary autonomy for our children.



## Rencontres parents | 0-12 years old

\$5 per family per meeting.

Daycare service on site.



**Saturday October 4<sup>th</sup> | 10AM-12PM**

**Preventing and resolving conflict.** Understand the dynamics of parent-child and child-parent conflicts. Explore efficient strategies to prevent and resolve them in a constructive way. For parents of children 4-12 year old. With an speinvited from the CREP.

**Tuesday November 11<sup>th</sup> | 5:30PM-7:30PM**

**Small steps towards autonomy.** Discover winning strategies to facilitate the acquisition of our children's autonomy. For parents of children 0-5 years old. With a specialist invited from the CREP.

**\* Most of our activities offer 3 different fares adapted to your income and family situation**

(details available on Amilia when you register)