

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 / Enfance-Famille:

Then registrations can be made on Amilia platform!

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



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!

*** Most of our activities offer 3 different fares adapted to your income and family situation**
(details available on Amilia when you register)

Thanks to our main partners:



Our Fall events

Sunday February 15th

LA FÊTE DE L'HIVER



The families and organizations of the neighborhood meet in parc Beaubien for winterly activities and good food!

Sunday March 15th

LE BAZAR DES ENFANTS



A big sale of kids' items that regroup 35 vendors of the neighborhood at the CCI from 9:30AM to 12:30PM. Reserve your table!

Sunday April 5th

LA CHASSE AUX COCOS



Big egg hunt organized at Beaubien parc to make spring come faster. Limited slots, sign up online.

Sunday June 14th

LA FOULÉE DES PARCS



Festive and intergenerational runs from 1 to 10 km, profitting the project of Outremont en Famille. Registration is already open: fouleedesparcs.com



Outremont en famille

Winter2026



ACTIVITY PROGRAM Childhood-Family

**from January 15th to March 22nd
2026**

**Registration opens Wednesday
December 10th at noon**

Get involved!



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



Family supports

Café-Causerie

Thursdays 1PM-3PM | Free



January 15th: 1001 ways of giving birth, come share your birthing experience and ask all your questions to a midwife from the Maison de Naissance Côte-des-Neiges.

January 29th: Share our emotions as new parents and our solutions to better welcome them.

February 20th at 10:30AM : Participate in an active stroller-walk with a YMCA sports professional.

February 26th at 1:30 P.M: Better understand the Québec healthcare system and the services of the CLSC.

March 12th: Baby's diet from 0-12 months, ask all your questions to a nutritionist from the CLSC.

Halte-allaitement

Thursdays 1PM-3PM | Free



22 janvier, 15 et 19 février, 5 et 19 mars

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

Rencontres périnatales

Meetings for future and new parents

\$5 per family, daycare service on site



Friday January 30th | 6-8PM

The sleep of babies (0-1 years old) and of parents with Anne Desgeorges, lactation consultant IBCLC for Nourri-Source Montréal and Holistic Sleep Coach

Friday February 20th | 6-8PM

The beginnings of breastfeeding and the first gestures at baby's arrival with Marion Fréchette, lactation consultant IBCLC for Nourri-Source Montréal

Halte-Garderie | 6 months - 5 years old

From January 12th to March 22nd



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!

Here, each family counts.
Becoming a member, Be a part of ours!!

Join a dynamic community that places families and the environment at the heart of its actions. To start well in 2026, we invite you to become a member of Outremont en Famille!



0 - 5 years old

Ateliers parents-bébés | 0-12 months old

Mercredis du 14 janvier au 18 mars | 10h30-11h15

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



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

Éveil au langage | 8-36 months old

Mercredis 14, 21, 28 et 4 février | 9h15-10h

\$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 sensoriel à la nature | 8 -24mois

Thursdays February 26th and March 5th, 12th, and 19th

9:15-10AM

9\$ - 45\$ ou 90\$* for 4 workshops



Parent-child workshops to awaken the senses, stimulate motricity and creativity. Adapted for the little ones to play outside during winter, at Parc Kennedy. A great occasion to explore and share as a family.

New!

Parc intérieur | 0-5 years old

Du 12 janvier au 22 mars

Monday, saturday, and Sunday 9:30AM - 12:30 PM

Friday 2:30PM-5:30PM

\$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!



6 - 12 years old

Initiation à la BD | 6-10 years old

Mondays 5:15-6:15PM (New schedule!)



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

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

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 January 15, 22, 29 and February 5, 12 and 19



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.

2nd souper-répit for monoparental families

Friday March 20th 5-8PM 10\$ per family



How does a night of relaxation sound? We cook, we meet each other, and we eat a good meal together, while our animators take care of the children!

Rencontres parents | 0-12 years old

5\$ per family per meeting.-Daycare service on site.



Saturday January 24th | 10AM-12PM at the CCI

The rights of tenants, with Michel Maurais from l'OEIL

Thursday February 26th | 7-8PM (Online)

Know everything about the Québec healthcare system and the services of the CLSC, with Fei Tao Zhou of the CIUSSS

Friday February 13th | 9:30-11:30 AM at the CCI

Positive discipline : support with kindness and firmness, with Fabienne Hardy

Friday February 20th | 9:30-11:30 AM at the CCI

Communicate to understand each other: inspired by nonviolent communication, with Fabienne Hardy

Friday February 27th | 9:30-11:30 at the CCI

Coparenting : building together despite differences, with Fabienne Hardy