

# 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!

Contact : (438) 543-9555

[animation@outremontenfamille.org](mailto: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 15<sup>th</sup>

### LA FÊTE DE L'HIVER



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

Sunday March 15<sup>th</sup>

### 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 5<sup>th</sup>

### LA CHASSE AUX COCOS



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

Sunday June 14<sup>th</sup>

### LA FOULÉE DES PARCS



Festive and intergenerational runs from 1 to 10 km, profiting the project of Outremont en Famille. Registration is already open: [fouleedesparcs.com](http://fouleedesparcs.com)

## Éco-quartier Outremont



During winter, the éco-quartier organizes aeroponics workshops in primary and secondary classrooms of many schools in the neighbourhood. Follow our activities on [outremontenfamille.org/eco-quartier-outremont/](http://outremontenfamille.org/eco-quartier-outremont/)

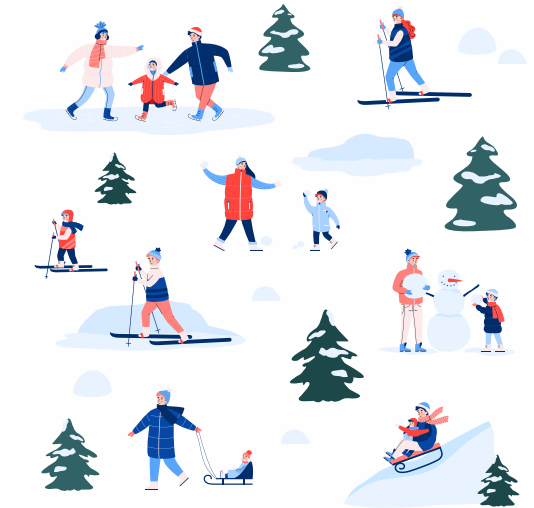
## Get involved! →

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



Outremont  
en famille

## Winter2026



## ACTIVITY PROGRAM Childhood-Family

from January 15<sup>th</sup> to March 22<sup>nd</sup>  
2026

Registration opens Wednesday  
December 10<sup>th</sup> at noon



# Family supports

## Café-Causerie

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

**January 15<sup>th</sup>:** 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 29<sup>th</sup>:** Share our emotions as new parents and our solutions to better welcome them.

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

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

**March 12<sup>th</sup>:** 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 30<sup>th</sup> | 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 20<sup>th</sup> | 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 12<sup>th</sup> to March 22<sup>nd</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!



**Becoming a member,**  
**a simple gesture, a real impact**

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!



**Here, each family counts.**

**Be a part of ours!!**



## 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, danse, 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 26<sup>th</sup> and March 5<sup>th</sup>, 12<sup>th</sup>, and 19<sup>th</sup>  
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.



### 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.



### 2<sup>nd</sup> super-répit for monoparental families

**Friday March 20<sup>th</sup> 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 24<sup>th</sup> | 10AM-12PM at the CCI**

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

**Thursday February 26<sup>th</sup> | 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 13<sup>th</sup> | 9:30-11:30 AM at the CCI**

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

**Friday February 20<sup>th</sup> | 9:30-11:30 AM at the CCI**

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

**Friday February 27<sup>th</sup> | 9:30-11:30 at the CCI**

**Coparenting** : building together despite differences, with Fabienne Hardy

