

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.

Informations



- All our activities take place in the room 224 of the Centre Communautaire Intergénérationnel d'Outremont (999, avenue McEachran).
- Whether you reside in Outremont or not, our activities are open to all!
- All languages are welcome.
- **Most of our activities are offered at 3 different rates to adapt to your income and your family situation (details on Amilia during registration).**

Thanks to our main partners:



Follow us on social media



Our spring events

Sunday April 5th

LA CHASSE AUX COCOS



Chocolate egg hunt and crafts in Beaubien Park. Limited space, register online.

Thursday June 4th

CINÉ-FOULÉE



A night at the Théâtre Outremont screening 4 documentaries and inspiring conversations, organized at the profit of Outremont en Famille.

Saturday June 6th

SOUPER Spaghetti

Family and festive dinner organized by Outremont en Famille and the CSMRO, the same day as the neighborhood fair.

Sunday June 14th

LA FOULÉE DES PARCS



Festive and intergenerational races of 1 to 10 km, organized at the profit of Outremont en Famille. fouleedesparcs.com

Active transportation



Bike initiation workshops for 2-5 y.o.

Every other Friday from May to July, from 4:30 pm to 6:30 pm. The introductory cycling workshops for 2-5 year olds, led by Una, are back and she can advise you on the best practices. Bring your bike, tricycle, or balance bike, and don't forget your helmet!

Pre-registration: info.eq@outremontenfamille.org

Towards a guide to active transportation

This spring, our active transportation agent, Una, invites you to co-create a guide to facilitate and encourage active transportation for families with children aged 0 to 5 and older in Outremont. Discover and share your best practices and routes in the neighbourhood. Pre-registration: info.eq@outremontenfamille.org



Outremont en famille

Spring

ACTIVITIES PROGRAM Childhood - Family

From April 7th to June 14th 2026



Visit our website: outremontenfamille.org childhood-family section, and register on Amilia.



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

Family supports

Café-Causerie **Free**

Thursdays | 1-3PM

April 9th: Come share your **birth stories** and ask all your questions to a midwife from the Maison de Naissance Côte-des-neiges.

April 23rd: **The myths of perimenopause** with Isabelle Mimeault- Réseau québécois d'action pour la santé des femmes (RQASF). **Exceptionally at 6 pm!**

May 7th: Share your **emotions of new parents** and your solutions to navigate them, followed by an initiation to mindfulness meditation with your baby.

May 21st: **Dietary diversification** meeting with a nutritionist from the CLSC.

June 4th: **Durable menstruations** discover the reusable options with the organization Dignité Menstruelle.



Halte-allaitement **Free**

Thursdays | 1-3PM

April 16th and 30th, May 14th and 28th, June 11th

Come ask all your questions and share your breastfeeding experience with a lactation consultant BCLC from Nourri-Source Montréal.



Rencontres périnatales

Meetings for future and new parents
Childcare service offered on-site

Friday April 17th | 6-8PM | \$5 per family

CPR and newborn first aid, with Sandra Naggar paramedic and trainer of the FMCQ

Friday May 29th | 6-8PM | \$5 per family

Babywearing workshop, animated by Laurence Gauthier, certified babywearing instructor, member of the INPE.



Halte-Garderie | 6 months - 5 years old

From April 7th to June 13th

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



Becoming a member, **Here, each family counts.** a simple action, a real impact **Be a part of ours!**

Join a dynamic community that places families and the environment at the heart of its actions. We invite you to become a member of Outremont en Famille!



0 - 5 years old

Ateliers parents-bébés | 0-12 months old

Wednesdays | 10:45-11:30AM

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

Various awakening activities each week : music, dance, painting, gardening, nutrition, reading... for the pleasure of the little ones and participating parents/grandparents.



Éveil au langage | 8-36 months old

Wednesdays April 8th, 15th, 22nd and 29th | 9:15-10:15AM

\$4 - \$18 - \$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 | 18-24 m. o.

Thursdays May 7th, 14th, 21st and 28th | 9:30-10:15AM

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

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



Parc intérieur | 0-5 years old

Mondays, Saturdays and Sundays | 9:30-12:30PM

Fridays | 2:30-5:30PM

\$5 - \$10 - \$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!



3rd souper-répit for single-parent families

Friday May 8th | 5-8 PM | 10\$ per family

How does a night of rest sound? We cook, we meet each other and we eat a nice meal together, while our activity leaders take care of the children!



6 - 12 years old

Initiation à la bande dessinée | 6-10 y. o.

Mondays | 5:15-6:15PM

\$10 - \$20 - \$40* for 8 workshops (2 holidays on Mondays)
A workshop to explore comic creation step by step and bring your imagination to life.

De fil en aiguille | 9-12 y. o.

Wednesdays | 5:45 - 7:15PM

\$10 - \$20 - \$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 y. o.

Thursdays April 9, 16, 23, 30 and May 7, 14, 21

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

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

\$5 - \$25 or \$50* for 7 workshops

Initiation workshops to cooking to encourage our children's dietary autonomy.



“A new activity
at your local
Family Centre”

Free



Parents' café for families of extraordinary children

Thursday June 4th | 12-1PM

A space of meeting and exchanges for parents of children with special needs (diagnosed or not).

Rencontres parents

Childcare service offered on-site

Saturday April 18th | 10-12PM | 5\$ per family - In person

My role in my child's education on sexuality by Fabienne Hardy, a professional in supporting families. Clear markers to respond to questions about the body, emotions, relationships and limits, in a trusting and taboo-free environment. While offering a kind space.

Tuesday May 19th | 5.30-6.30 PM | 5\$ per family - Online

The basics of menstrual health by Monthly Dignity.

A parent-child session to understand the biology around periods, take on beliefs related to cycles, learn more about menstrual care, develop strategies for yourself and for helping others better navigate menstruation.

