

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).

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



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

Our Fall Events

Sunday

September
20

FÊTE DES RÉCOLTES



To celebrate the end of the Outremont en famille community garden season, join us at the **Jacques-Grégoire Gardens** in **Beaubien Park** from 9:30 a.m. to 12:30 p.m. for a festive harvest!

Sunday

October
11

BAZAR DES ENFANTS



A big children's sale featuring 35 local vendors at the **CCI** from 9:30 a.m. to 12:30 p.m. Reserve your table!

Saturday

November
1

LA PARADE DES CITROUILLES



Pumpkin decorating contest at **Pratt Park** from 4 to 8 p.m. Vote for your favorite pumpkin and bring your own to enter!

Sunday

December
6



LA MAGIE DES FÊTES

Outremont en famille and the borough invite you to enjoy the magic of the holiday season at the **CCI** from 10 a.m. to 4 p.m.



Outremont
en famille

FALL ACTIVITIES PROGRAM Children and Families

From September 14th to December 1st 2026



Éco-quartier Outremont



Outremont
en famille

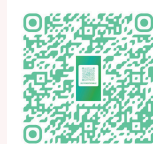


Outremont en famille has been the leader of the Programme éco-quartier in the Outremont neighborhood since May 2023. Follow the latest news from the Programme éco-quartier on social media.
outremontenfamille.org/eco-quartier-outremont/

Thanks to our main partners:



Follow us on social media



Family supports



Café Causerie Free with registration (Amilia)

Thursdays | 1-3 PM

Sep. 17: Colic, Reflux and Crying: A midwife from the Birth Centre will help you better understand your newborn and soothe common discomforts.

Oct. 1: Join us for an **active stroller walk** with a YMCA fitness instructor.

Oct. 15: Feeding Your Baby (0-12 Months): Bring your questions for Patricia Lafortune, CLSC nutritionist.

Oct. 29 | 6 PM (special evening session): Understanding Menopause with Dignité Mensuelle: Discover the stages of menopause and the physical, emotional, and psychological changes of this transition. Open to anyone interested.

Nov. 12: Furoshiki Fabric Wrapping: Learn the Japanese eco-friendly fabric wrapping technique with Florence Say through an introduction to the traditional art of folding and tying cloth.

Halte allaitement Free - without registration



Thursdays | 1-3 PM

Sep. 17 | Oct. 15 and 29 | Nov. 12 and 19

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, September 25 | 6-8 PM | \$5 per family

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

Monday, October 26 | 1:30-3:30 PM | \$5 per family

Maternal Guilt and Self-Esteem.

This workshop invites you to explore the different forms of guilt and learn to distinguish between the guilt that guides us and the guilt that holds us back.

Halte-garderie | 6 months - 5 years old

September 15 to November 27

Tuesday | 9AM - 12 PM | 6 months old-5 years old

Tuesday | 1:30 PM - 4:30 PM | 6 months old-5 years old

Friday | 9AM -12 PM | 6 months old-5 years old

\$1,5 - \$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 or Spanish. Children with special needs are welcome!



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

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 | 10:45-11:45 AM

\$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 | November 4, 11, 18 and 25 | 9:15-10:15 AM

\$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 | 8-24 m. o.

Thursdays | Oct. 8, 15 and 29 | Nov. 5 | 9:30-10:15 AM

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

Parent-and-child workshops to awaken the senses, stimulate motor skills 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 y. o.

September 14 to November 29

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

Fridays | 2:30-5:30 PM

\$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!



4th Respite Dinner for Single and /or Solo-Parent Families

Friday, November 6 | 5:30 - 8:00 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 - 6:15 PM

\$10 - \$20 - \$40* for 10 workshops.

A series of 10 workshops to explore comic creation step by step and bring your imagination to life.

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

Wednesdays | 5:45 - 7:15 PM

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

A series of 10 creative workshops introducing hand and machine sewing. A great opportunity to learn a practical new skill while repairing, reusing, upcycling, and creating.



Popotes | 6-12 y. o.

Thursdays | Oct. 29 | Nov. 5, 12, 19 and 26

4-5 PM | 10-12 years old

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

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

Introductory cooking workshops to encourage our children's food autonomy.



Free, registration required (Amilia)



Parents' café for families of extraordinary children

Wednesdays | Sep. 16, Oct. 14 and Nov. 18 | 12 PM-1:30 PM

A welcoming space for parents of children with special needs (diagnosed or not) to connect and share experiences.

Rencontres parents

On-site child care available

Tuesday, Sep. 22 | 5:30-7:30 PM | \$5 per family

Children and Screens: Parenting in the Digital Age. (Ages 0-12). Learn about the impact of screen time on children's bodies, brains, and emotions, along with online safety basics and family screen rules.

Tuesday, Nov. 10 | 5:30-7:30 PM | \$5 per family

Building Your Child's Self-Esteem (Ages 0-12). Discover practical ways to support and nurture your child's self-esteem.

Tuesday, Dec. 1 | 5:30-7:30 PM | \$5 per family

Stress in Children: The Signs We Don't Always See. Learn to recognize the signs of stress, anxiety, and emotional overload in children, and discover strategies to better support them in their daily lives.

