



**Outremont
en famille**

Autumn 2024



**ACTIVITIES
PROGRAM
Childhood - Family**

**September 16th -
December 1st**

Registrations starting on
Thursday, July 24th

(Break from October 21st to
27th)

Family supports

Halte-parents

Thursday 1:00 PM - 3:00 PM alternating with the Halte-allaitement | English speakers welcome | Free Health, cognitive and motor skills for babies 0-12 months, parental well-being. Come ask all your questions as new parents to Janet, CLSC nurse.

- September 26th
- October 10th and 31st
- November 14th and 28th



Halte-allaitement

Thursday 1:00 PM - 3:00 PM | alternating with the Halte-parents | English speakers welcome | Free
Come ask all your questions and share your breastfeeding experience with the Nourri-Source Montreal team.

- September 19th
- October 3rd and 17th
- November 7th and 21st



Rencontres prénatales

Fridays, October 11th and November 15th | 6:00 PM - 8:00 PM

\$5 per class per family

A moment to peacefully prepare for the baby's arrival! Different themes are covered by specialists every meeting. Childcare services are available upon reservation for children aged 2-5 years old during this session.



Halte-Garderie

From Sept. 17th to Nov. 29th

Tuesday 9 :00 AM - 12:00 PM | 1 - 5 years

oldThursday 1:30 PM - 16:30 PM | 6 - 12 months

Friday 9:00 AM to 12:00 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? Seeking a temporary solution for better work-family-study balance? Refugee families, asylum seekers and children with specific needs are also welcome!

0 - 5 years old

Ateliers parents-bébés | 0-12 months

Wednesday 10:30 AM - 11:15 AM

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

Varied awakening activities every week : music, dance, painting, gardening, cooking, reading... for the little ones and their parents' pleasure!

Éveil au langage | 8-36 months



Wednesday, April 3rd and 17th, May 1st and 15th

9:30 AM - 10:30 AM

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

Discover with your child gesture nursery rhymes, rounds and new stories to make them want to stimulate their communication. Workshops open to all families whether French is your first, second or third language.

Éveil à la psychomotricité | 1.5-5 years

Saturday 9:30 AM - 10:15 AM | 18 - 36 months

Saturday 10:30 AM - 11:30 AM | 3 - 5 years old

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

Awakening parents-children workshops prepared by a psychomotor therapist and adapted to your child's psychomotor development.

Parc intérieur | 0-5 years

From September 16th to December 1st

Monday, Wednesday, Friday | 2:30 PM - 5:30 PM

and Sunday 9:30 AM - 12:30 PM

\$5 - \$10 - \$20* per family each season

Enjoy our room 224 to your rhythm with your close ones, a unique space of free games for your children and meetings for parents. Come try the "Parent'hèses", moments for parents, during the Parc intérieur, from 2:30 PM to 3:00 PM, to craft, knit, and get back in shape.

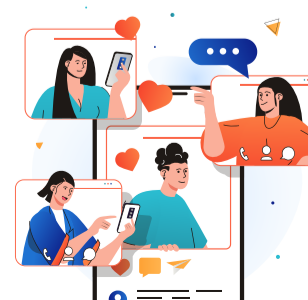


Rencontre parents | 0-5 years

Wednesday, October 17th 7:00 PM - 8:30

PM (online) | \$5 per family

Learn more about nature education and outdoor pedagogy through a meeting with Les AsSoiffés de Nature.



6 - 12 years old

Brico-Récup' | 6-10 years old

Monday 5:45 PM - 7:00 PM

\$5 - \$10 - \$30* for 10 workshops

Creative workshops of eco-responsible manufacturing



De fil en aiguille | 9-12 years old

Wednesday 6:00 PM - 7:30 PM

\$5 - \$10 - \$30* 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

Thursday 4:00 PM - 5:00 PM | 10-12 years old

Thursday 5:00 PM - 6:00 PM | 6-9 years old

\$5 - \$10 - \$30* for 10 workshops

Introduction to cooking workshops to encourage food autonomy for our children.



Popotes famille

Sundays, October 6th and November 24th | 10 AM-12 PM

\$15 - \$30 - \$50* per family

Come cook as a family with your children aged 6 to 12 years old! Childcare service is available by reservation for children aged 0 to 5 years old during these workshops.

Rencontres parents | 6-12 years old

Thursday, September 26th | 6:30 PM - 8:30 PM

Healthy eating for healthy growth - Patricia LaFortune, CLSC nutritionist, answers all your questions about nutrition for children aged 6-12.

Thursday, November 7 | 6:30 PM - 8:30 PM

Bullying prevention with Fabienne Hardy from EduPop at CREP.

\$5 per family per workshop and childcare available on site with reservation



Did you know ?

Whether you are residents of Outremont or the surrounding areas, all our activities are open to everyone!

What's a family community organization?

If you are a parent, think about a welcoming place where you can feel at home and share with other parents, learn, have fun and laugh. A place that reflects who you are and offers support to improve your parenting skills, without judgment, with your strengths, your questions and aspirations.

Registrations

To register, find the forms on our website outremontenfamille.org or scan the QR codes below :

Activities :



Halte-Garderie :



Programme éco-quartier

After having led several green initiatives for years, Outremont en Famille now offers the Programme éco-quartier ! Its mission is to gather Outremont environmental initiatives to accelerate the ecological transition. Our main fields of action are the residual materials, greening, urban agriculture, circular economy, sustainable mobility.

Follow Éco-quartier on social media :



Évènements

La parade des citrouilles : Nov. 1st 

Fête des récoltes: Sept. 29th 

Bazar de l'automne : Oct. 20th 

Fête de Noël: (upcoming) 

Informations

All our activities take place in Room 224 in the Centre Communautaire d'Outremont (999, McEachran Ave)

*Our rates are adjusted according to your income and family situation (details in the registration forms).

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

(438) 543-9555

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