



**Outremont
en famille**

Winter 2025



ACTIVITIES

PROGRAM

Childhood - Family

**January 13th -
March 23rd, 2025**

**Registrations starting on
Tuesday, December 10th**

Family supports

Halte-parents

Thursday from 1PM to 3PM | Alternating with the 'halte-allaitement' | English speakers welcome | Free Health, nutrition, cognitive and motor skills for 0-12 months, parental well-being, come ask all your new-parent questions to Janet, nurse at the CLSC

- January 16th and 30th
- February 13th and 27th
- March 13th



Halte-allaitement

Thursday from 1PM to 3PM | Alternating with the 'halte-parents' | English speakers welcome | Free Come ask all your questions and share your breastfeeding experience with the IBCLC lactation consultant from Nourri-Source Montréal, who hosts these meetings.

- January 23rd
- February 6th and 20th
- March 6th and 20th



Rencontres périnatales

Meetings for future and new parents

5\$ per class per family

Friday, January 31st | 6PM - 8PM : Infant CPR and first aid with a CLSC trainer

Friday, February 21st | 6PM - 8PM : The sleep of 0-8 month-olds, what to expect, with an IBCLC consultant trained in children's sleep neuroscience.

Halte-Garderie

From January 14th to March 21st

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? 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 old

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 enjoyment of little ones and participating parents/grandparents.

Éveil au langage | 8-36 months old

Wednesday, February 4th, 11th, 18th and 25th | 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 old

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

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

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

Parent-child awakening workshops prepared by a psychomotor therapist, led by an instructor, and adapted to your child's psychomotor development stages.

Parc intérieur | 0-5 years old

From January 13th to March 23rd

**Monday, Wednesday, Friday 2:30PM - 5:30PM
and Sunday 9:30AM - 12:30PM**

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

Enjoy our room 224 to your rhythm with your close ones in our Room 224, a unique space of free games for children and meetings for families. Simblings welcome!



For ages 12 and up

Formation gardien.ne.s averti.e.s

Sunday, February (9AM-4PM) + a half day of volunteering during the spring break

Training in animation and first aid for teenagers who wish to babysit children aged 8 and younger. The training is provided in partnership with the Maison des Jeunes d'Outremont.

6 - 12 years old

Brico-Récup' | 6-10 years old

Monday 5:30 PM - 7:00 PM

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

Creative workshops of eco-responsible manufacturing



De fil en aiguille | 9-12 years old

Wednesday 5:30 PM - 7:00 PM

\$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 years old

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

Thursday 5:15 PM - 6:15 PM | 6-9 years old

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

Cooking workshops to encourage the food autonomy of our children.



Popotes famille

Sunday, January 26th and March 16th |

10:00AM - 12:00PM

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

Come cook with your children aged 6 to 12! Childcare is available upon reservation for children aged 0 to 5 during these workshops.

Rencontres parents

Meetings with specialists to support you in your role as a parent in the face of new challenges.

\$5 per family per meeting (childcare provided on-site during in-person meetings).

Tuesday, February 4 | 12:00 PM - 1:00 PM - Online Parent/Grandparent Relationships

Tuesday, February 25 | 12:00 PM - 1:00 PM - Online On the Way to Kindergarten (Free)

Tuesday, March 11 | 5:30 PM - 7:30 PM - In-person Sexuality Education



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

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.

Registrations

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

Activities :



Halte-Garderie :



Programme éco-quartier



Outremont
en famille

éco
quartier
Outremont

After having led several green initiatives for years, Outremont en Famille now offers the Programme éco-quartier in the Outremont borough! Its main fields of action include waste management, cleanliness, greening, urban agriculture, circular economy, mobilization, and sustainable mobility. Follow the news of the Programme Éco-quartier on social media :

Upcoming events



February 16th : La fête de l'hiver

March 23rd : Le bazar enfants



April 20th : La chasse aux cocottes

June 15th : La foulée des parcs



Informations

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

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

(438) 543-9555

animation@outremontenfamille.org

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