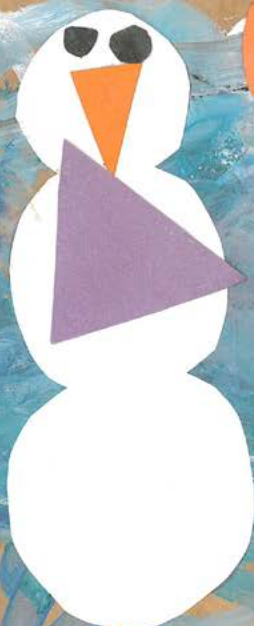


Program Winter-Spring 2024

January 29th
to May 25th



Maison de la famille



**Carrefour
Familial
Hochelaga**

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Joy, 2 and a half years

Portrait of the artist

Joy's artwork, a diligent participant of the Carrefour since a year ago, impressed the team! Her use of multiple mediums and the contrast between hot and cold colors are the reasons why this artwork was chosen.

Being 2 and a half, Joy participates in the "Curious Toddlers" activity and loves to play in our family environment with her two parents.



What is it?

La Maison de la famille organizes a panel of activities and workshops for the family. Parents benefit from a support to improve their quality of life.

La Maison de la famille...

- Offers support and promotes mutual aid
- Encourages families to act upon their own livelihood
- Provide parenting tools

What you can find:

- Individual support
- Workshops between parents
- Family activities
- Family camps
- Outings and unifying events
- And much more!

Meet the team!



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The family environment, a place of gathering

Tuesday, 9AM to 12PM - 1PM to 6PM

Wednesday, 9AM to 12PM - 1PM to 6PM

Thursday, 9AM to 12PM

Friday, 9AM to 12PM - 1PM to 6PM

Saturday, 9AM to 4PM

**No need for an invitation, you only need
to walk through the door!**

At your disposal: playground for 0-5 years
old, creative area for 5 years old and older,
library, board games, snacks, and more.

**Benefit from the family environment
with your children after school to do
their homework.**

**Do you have children who are
between 0 and 5 years old?**

**The Carrefour Familial Hochelaga
opens its doors for you every
Saturday morning!**

**From 9AM to 12PM, small-ones
gather and benefit from a
playground prepared for them.**

Inscriptions

Beginning Thursday, January 18th

Tuesday to Friday, from 9AM to 4PM

In person

1611 d'Orléans, Montréal, H1W 3R4

By phone

514 523-9283

At any time

By email

famille@carrefourfamilial.com

By Facebook

Through the accounts of
the counselors below

Myène Intervenante Parents-enfants
[Nicodia Intervenante communautaire](https://www.facebook.com/NicodiaIntervenantecommunautaire)
Gisèle Intervenante Arts créatifs
Camille Milieu de vie

Stay up to date with our social networks for inscription
dates and special activities.

Beginning of the session

Friday January 26th, 1:30PM

Welcoming prizes and snacks, we gather in the family
environment to launch the winter-spring session!

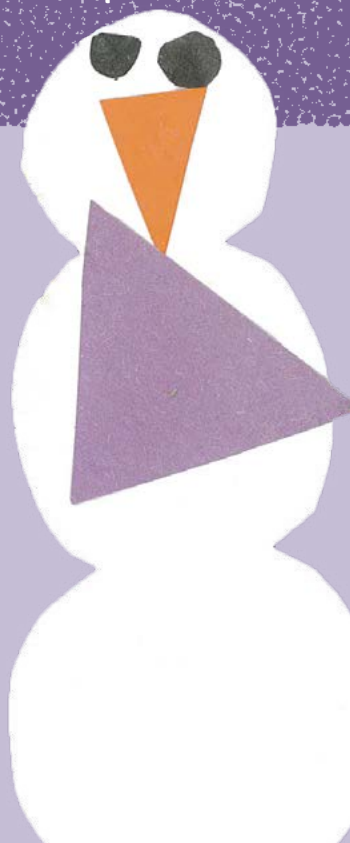
2PM – join the game and compete in the family quiz!

Giving-Fridge

Wednesday, 9AM to 12 PM

3\$/family with children 0-17 years old

Benefit from a food bank and discover new products
to cook with! Don't forget to bring your reusable
bag and cooler for fresh and frozen products.



In family

January 29th to May 25th 2024

Curious Toddlers

Wednesday,
4PM to 5:30PM

2 to 6
years old

Sensorial activities, creative arts and experiences will be in the spotlight on Wednesdays!



Saturday Findings

Saturday,
1:30PM to 3PM

5 years
and older

Sciences, creative and thematic workshops, come find out new activities to do with your family in a happy and relaxing atmosphere.



Cultural evening

Friday, April 26th,
5:30PM to 8PM

For all the
family

Come discover new cultures by eating specialty meals from abroad. Don't hesitate to talk to an employee to offer your own country for the evening's theme.



Once a month

January 29th to May 25th 2024

Altogether in the kitchen

Tuesday February
13th, March 26th, April
16th and May 14th,
4PM to 5:30PM

4 years
and older

Children and adults work
together to cook new meals.



Family breakfast

Saturday February
24th, March 23th,
9:30AM to 11:30AM

For all the
family

The monthly breakfast is the perfect
moment to eat well and meet new
faces. Everyone participates in
preparing the meal. You can even
come wearing your pajamas!



Telling tall tales

Saturdays February
3rd, March 16th, April
13th and May 4th,
10:30AM to 11:30AM

0 to 5
years old

To begin smoothly the weekend,
come appreciate this moment
with your small one.



Between parents

January 29th to May 25th 2024

The artist within you

Monday, 1:30PM to 4PM

Take a moment for yourself and create your own non-conventional private journal. You are invited to develop your own creativity. Expression of the self is prioritized, and everyone can create at their own rhythm.

The talking coffee

Tuesday, 10:30AM to 12PM

February 27: your children and screens, are you worried?

March 12: tolerance and cultural diversity

April 9: Sexual diversity in children

April 23: Living with a difference

May 7: Discussion brunch

Sewing workshop

Friday, 9AM to 4PM
20\$

Sewing machines, fabrics, and threads—everything is available for the creation of new projects! France will be there to answer your questions and guide you in your creations. Mutual aid is where it's at.

Olo program

Tuesdays, February 6th and 27th,
March 19th, April 9th and 30, May 21st
1PM to 3:30PM



Animated with a nutritionist and a social worker, the culinary workshops aim to equip future mothers. Exclusive to pregnant women referenced by the CLSC.

Caring parents

Thursday, 10AM to 12PM
From February 15th to April 4th

Join this group of parents where discussions and exchanges are done without judgement. The social worker is attentive and guides the group towards positive parentality to promote a simple and light daily life.

French discussion workshop

Friday, 11AM to 12PM
For parents whose native language is not French

You wish to practice your French? Discussions and practical exercises, this workshop allows the development of the vocabulary. Inscription at telephone extension 102.

NEW!

Conferences

January 29th to May 25th 2024

Budget knowhow

presented by ACEF

Tuesday, January 30th
10h30AM to 12h PM

What are the advantages of making a budget? Discover this tool enabling the planification of revenues and expenses with concrete examples.

Family rights

presented by the Saint-Michel judicial clinic

Tuesday, March 26th,
1PM to 2:30PM

Youth protection law, domestic violence, wedding, divorce, learn more about your rights.

Menstruations

presented by
Monthly Dignity

Tuesday, February 13th
10:30AM to 12PM

How to discuss the topic of periods with your teenagers? Monthly Dignity is there to equip you and answer your questions.

*On demand, possibility
of a nursery service
during the activities.
Free.*

Special activity

For all the family

Sugar shack visit

Saturday April 6th

Prepare yourself for the sweetest getaway of the year! With maple syrup in the spotlight and traditional music, fun is going to be most certainly there.

Fees to be determined
Transport included



Spring break

Saturday march 2nd to Saturday march 9th

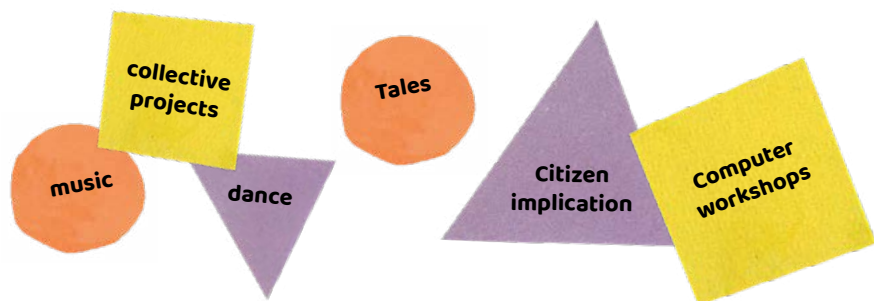
Spring break begins strong! Saturday march 2nd, we gather at the St-Urbain outdoor base. Don't forget to bring warm clothes!

Check the social medias to find the complete programming and inscription dates.



You have a passion? You wish to share your project?

Add your color to the programming and
propose activities that resemble you!



Get involved in preparing the activities!

The team is always searching for a little help in organising the special activities. Get involved in the following special projects:

- Cultural evening
- Family breakfast
- Paternity week
- Mothers' day
- and much more!

**Get in touch with
the team and see
your ideas take
form!**

514 523-9283



**Carrefour
Familial
Hochelaga**

What is it?



Maison de la famille

proposes a plethora of activities
and workshops for the family



École Hors Murs

enables parents to be accompanied
during their return to school



Maison Oxygène Montréal

offer housing and a psychosocial support
to fathers and their children

Follow us!

1611 Orléans Ave.
Montreal, QC H1W 3R4

514 523-9283

info@carrefourfamilial.com



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