



Activity Registrations

Adult Sector

Winter 2021

Here are the activities offered to adults for the winter 2021 session. In this document, you will find information to register for activities as well as a summary description of each of these activities on our calendar.

Programming

Trait d'Union Outaouais offers weekly activity programming for groups that takes place from Tuesday to Saturday. Activities aim to stimulate personal development, autonomy within the community, social and professional skills as well as leisure activities.

For whom?

- Persons aged 21 and up who no longer attend school as well as adults from 18 to 20 who attend a post-secondary school.
- Persons who wish to take part in activities must be members of TUOI and must have renewed their membership for the current year.

When?

The "Winter 2021" session begins the week of January 25 and ends on March 28, 2021.

When and how to register?

- Registration will take place from November 23 to 29, 2020.
- To register, you must complete the form available on our web site (www.traitudunionoutaouais.com).
- The form will be available as of November 23 at 6 p.m.

Persons who do not have access to the Internet or who are less familiar with these technologies can **make an appointment** during the registration period and fill out their form at TUOI's offices with the help of one of our employees.

Please leave a message at 819-595-1290, ext. 23, **before November 19, 2020** and a member of our team will contact you to make an appointment to help you fill out the form during the registration period.

Winter Programming 2021 – Adult Sector

* Some activities are reserved for participants with an autistic or ASPIE profile

*See details in the descriptive text before registering as the activity may not be intended for you.

	Tuesday	Wednesday	Thursday	Friday	Saturday
AM		Art	Volunteering	Micro	Recreational activities* (autistic profile)
PM	Drop in Virtual Cooking class (NEW)	Drop in*	Recreational activities * (autistic profile)		
Evening			Social club* (Aspie profile)	* (autistic profile) (NEW) Virtual discussion and game group (Aspie profile) (NEW)	

Registrations will be held via the web site from November 23 to 29, 2020.

The session will begin the week of January 25 and ends on March 28, 2021.

Details of Activities Presented

Socio-professional Development and Autonomy Component

<p>Micro-enterprise « Opération Snack »</p> <p>Fridays from 9 a.m. to 3:30 p.m.</p>	<p><i>Open to all</i></p> <p>The micro-enterprise is a small culinary business. Participants are involved in all steps of the process. They plan the menu for the week and buy the food, prepare it and sell it.</p> <p>Also, the micro-enterprise team establishes prices, do the promotion and the accounting. Compensation (symbolic amount) will be given to participants every two weeks.</p> <p>The activity allows participants to develop a work routine and acquire several socio-professional skills, such as organisation, initiative, relationships with others, etc.</p> <p>During the fall, we are redirecting the business towards the sale of meals for other Trait d'Union services. The menu will therefore change.</p>	<p>Address: 109 Wright Street, Gatineau</p> <p>Free activity</p> <p>Dates : January 25 and ends on March 28, 2021</p> <p>→ <i>The participant must be able to meet hygiene rules of the MAPAQ.</i></p> <p>→ <i>The participant must also be able to actively take part in the activity and be productive.</i></p>
<p>Volunteering</p> <p>Thursday from 10 a.m. to noon</p>	<p><i>Open to all</i></p> <p>Volunteering environments allow participants to develop a work routine and acquire several socio-professional skills such as organisation, initiative, relationships with others, etc. while contributing to achieving the organisation's mission. An educator from Trait d'Union accompanies participants in their learning and proposes challenges to help them learn and progress.</p> <p>We're currently trying to find an environment where participants can volunteer. We will contact activity registrants once we have more information.</p>	<p>Address: 3R Québec</p> <p>Cost: free</p> <p>Dates: January 25 and ends on March 28, 2021</p> <p><i>Since the activity is held within the community, the participant must be able to respect social distancing measures and hygiene rules. He must also wear a mask.</i></p>
<p>***NEW***</p> <p>Virtual Cooking class</p> <p>Tuesday, 3 p.m. to 3:30 p.m.</p>	<p><i>Open to all</i></p> <p><i>Simple recipe that can be cooked from home by the participant with the virtual help of the educator and other participants.</i></p> <p>* Possibility of providing a "kit" containing the products necessary for the recipe of the week to help with the activity (optional, extra costs)</p>	<p>Address: from home via Zoom platform</p> <p>Cost: free "kit" containing the products delivered at home (optional, extra cost)</p> <p>Dates: January 25 and ends on March 28, 2021</p>

Recreational activities* Component

<p>Recreational activities* Autistic profile</p> <p>Thursday, from 1 :30 to 4 :30 p.m. Friday from 6 p.m. to 9 p.m. Saturday from 9 a.m. to noon</p>	<p>Based on how much guidance and coaching the participant requires, a maximum of three people per group will be allowed.</p> <p>Fun activities will be proposed, at our facilities, based on participants' interests. Given that it's impossible to travel by car with participants, no community outings will be offered. Nearby outdoor activities could however be added to the programming based on participants' interests and on the weather (walks, library, etc.).</p>	<p>Address: 109 Wright Street, Gatineau</p> <p>Cost: free activity</p> <p>Three time blocks available</p> <ul style="list-style-type: none"> - Thursday PM - Friday evening - Saturday AM <p><i>* Please note that you must indicate your preference among the three time blocks available on the registration form, but the team reserves the right to assign participants to the time block the most appropriate for the participants to maximise cohesion and coherence among groups, based on participants' profiles and interests.</i></p> <p>Dates : January 25 and ends on March 28, 2021</p>
--	---	---

For autistic adults with an Aspie profile

Change to the Friday evening social outings

For some time now, we've noticed a fall in turn-out at Friday night outings. Also, the needs of some people have changed. Based on comments from several members, we are proposing these two new services.

<p>Social Club – Recreational activities* Thursday from 6 to 9 p.m.</p>	<p>***NEW*** Virtual discussion and game group Friday from 6:30 to 8 p.m.</p>
<p>Since leisure activities are currently restricted, we are offering an evening of discussions, games, video games at Trait d'Union. An educator will facilitate activities throughout the evening.</p> <p>Participants will share a meal with friends that can be a pot-luck, a meal served by our micro-enterprise or take-out from a restaurant.</p> <p>We will need to respect hygiene measures and social distancing rules. For this reason, we will only be able to welcome a limited number of participants.</p>	<p>These evenings are an opportunity for Asperger adults to share and discuss life experiences or simply chat with other people in a similar situation.</p> <p>A field worker from Trait d'Union will be hosting the virtual group to facilitate exchanges, answer questions and help you with some of your endeavours.</p>
<p>Address: 109 Wright Street, Gatineau Cost: free (optional: \$ for dinner) Dates: January 25 and ends on March 28, 2021</p>	<p>Address: online on Zoom platform Cost: free Dates: From September 25 to December 18, 2020</p>

Art Wednesday from 10 a.m. to noon	<i>Open to all</i> This art activity will allow participants to work on various individual and collective artistic projects through various artistic mediums.	Address: TUOI offices (109 Wright Street, Gatineau) Free activity Dates: January 25 and ends on March 28, 2021
---	--	---

Other

Drop in Tuesday and Wednesday from 1 to 4 p.m.	Drop-in offer free-style programming where participants can explore various activities using materials available at TUOI. They may also bring materials from home to work on personal projects. This informal environment allows for meetings and exchanges among participants, as well as the option to discuss with educators on their individual needs to find means and resources to meet these needs.	Address: 109 Wright Street, Gatineau Free activity Dates: January 25 and ends on March 28, 2021
---	--	--

Particularities

Tuesday: *Participants must be able to meet their own basic needs and keep busy on their own. A single field worker is on site with participants.*

Wednesday: *A second field worker will be present during drop-ins to coach and guide participants requiring more support so that they can benefit from their time at Trait d'Union, outside their normal life environment. The educator will be able to suggest various activities, accompany participants in achieving personal autonomy and developing, if possible, varied interests. Participants must still be able to keep busy on their own during the activity.*

For natural families

Financial assistance

A special fund of \$ 30,000 is available at TUOI to provide financial assistance to families who wish to purchase services outside of TUOI's offering. An amount up to 500\$ per family can be authorized for the period included between September 1st 2020 and March 28th 2021.

The allowance can be used to purchase services or hire self-employed workers to provide childcare at home or have access to respite services.