



## Activity Registrations

### Adult Sector

Fall 2021

Here is the programming offered to the Adult Sector for the Fall 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 taking 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 paid their enrolment fees for the current year.

#### When?

The Fall 2021 session begins the week of September 20th, 2021 and ends on December 18, 2021. Services will be provided every week, on a continuous basis, for 13 weeks

#### When and how to register?

- Registration will take place from August 16th to 22nd, 2021.
- You must complete the form available on our web site ([www.traitudunionoutaouais.com](http://www.traitudunionoutaouais.com)).
- The form will be available as of August 16 at 6 p.m.

Those who do not have access to the Internet, or who are less familiar with technology, may make an appointment during the registration period to complete their form at TUOI offices with the help of one of our employees.

Please leave a message at 819-595-1290, ext. 23 before August 13th, 2021, and one of our team members will contact you to make an appointment to help you fill out the form during the registration period.

Fall Programming 2021 – Adult Sector

\* Certain activities are reserved for participants with an autistic or Asperger profile

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

	Wednesday	Thursday	Friday	Saturday
AM	Volunteering 3R Québec	Micro-business « Opération Snack »	Volunteering 3R Québec	Group activity *autistic profil
PM	Drop in		Drop in	
Evening		SDIA Movie night *movies in french	Club social *Asperger profil	

Overnight respite

- October 15-16-17, 2021
- November 12-13-14, 2021
- December 10-11-12, 2021

Details of Activities Presented

Socio-professional Development and Autonomy Component

<p><b>Micro business « Opération Snack »</b></p> <p><b>Thursday from 9 a.m. to 3 p.m.</b></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>The micro-enterprise team establishes prices, does the promotion and the accounting. Compensation (symbolic amount) will be given to participants every two weeks.</p> <p>The activity allows participants to develop work routines and acquire several socio-professional skills, such as organisation, initiative, relationships with others, etc.</p>	<p><b>Address:</b> 109 Wright Street, Gatineau</p> <p><b>Free activity</b></p> <p><b>Dates:</b> September 23rd to December 16th, 2021</p> <p>→ <i>Participants must be able to meet hygiene rules of the MAPAQ.</i></p> <p>→ <i>Participants must also be able to actively take part in the activity and be productive.</i></p>
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<p><b>Volunteering</b></p> <p><b>Wednesday and Friday</b> from 10 a.m. to noon</p>	<p><i>Open to everyone</i></p> <p>*You will need to make a choice between the two proposed schedules. You cannot attend both.</p> <p>Volunteering environments allow participants to develop works 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><b>Address:</b> 3R Québec, 297 Notre Dame Street, Gatineau</p> <p><b>Free activity</b></p> <p><b>Dates:</b> September 22nd to December 17th, 2021</p> <p><i>*Since the activity is held within the community, participants must be able to respect social distancing measures and hygiene rules. They must also wear a mask.</i></p>
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**Leisure Activities Component**

<p><b>Group activities</b></p> <p><b>Saturday</b> from 10am to 4 pm (every two weeks)</p>	<p><i>Autistic profile</i></p> <p>Fun activities will be proposed, at our facilities, based on participants’ interests. Given that it is 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><b>Address:</b> 109 Wright Street, Gatineau</p> <p><b>Cost:</b> 30\$ per day</p> <p><b>Dates:</b></p> <ul style="list-style-type: none"> <li>- 25/09/2021</li> <li>- 09/10/2021</li> <li>- 23/10/2021</li> <li>- 06/11/2021</li> <li>- 20/11/2021</li> <li>- 04/12/2021</li> <li>- 18/12/2021</li> </ul>
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<p><b>Social Club – Leisure activities</b></p> <p><b>Friday</b> 6:30 to 8:30 pm</p>	<p><i>Asperger profil</i></p> <p>Outings in the community, according to participants' interest</p> <p>*Safety, social distancing and hygiene measures of the different community setting must be respected.</p>	<p><b>Address:</b> At Trait d'Union facilities for the first meeting. In the community after that.</p> <p><b>Cost:</b> Each participant must have, in hand, sufficient amount of money to pay on his/her own.</p> <p><b>Dates:</b> From September 24th to December 17th, 2021</p>
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### Other

<p><b>Drop in</b></p> <p><b>Wednesday and Friday</b> from 1 to 4 p.m.</p>	<p><i>Open to everyone</i></p> <p>Drop-ins 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 their individual needs with educators to find means and resources to meet these needs.</p>	<p><b>Address:</b> 109 Wright Street, Gatineau</p> <p><b>Free activity</b></p> <p><b>Dates:</b> From September 22nd to December 17th, 2021</p>
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### Overnight Respite (14 and over)

- Educators offer activities aimed toward community living (meal prep, cleaning, personal hygiene...) with free time and a bit less structured activity.
- For people with autism over the age of 14, all profile, living in **their natural family**.
- Once a month, from Friday evening to Sunday afternoon.
- Prior to participation, families must be available to fill out an extensive questionnaire to help our team to assess the participants' need.
- At 200 Robert-Wright (Aylmer sector)
- \$100 per weekend
- Dates:
  - October 15-16-17
  - November 12-13-14
  - December 10-11-12

### **Assigning Spaces**

Spaces will be assigned based on our space management policy (available on our web site).

We will assign spaces among all registrants, in a fair manner, based on the demand and the level of support and coaching required for each individual.

Activities will be prioritized based on people who will complete the form within the allocated time.

***REGISTRATIONS WILL NOT BE ACCEPTED AFTER THE REGISTRATION PERIOD.***

**Process follow-up**

After the registration period, the coordination team will meet to create groups in a manner that respects age groups and participants' needs while maximizing the service offer.

Parents will receive confirmation of dates provided, via the contract and by mail, before September 16th, 2021.

We look forward to hearing from you!

The Coordination Team  
under the supervision of  
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