



Activity Registrations

Adult Sector

Winter and Spring 2022

Here is the programming offered to the Adult Sector for the “Winter and Spring 2022” 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 Wednesday 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 Winter and Spring 2022 sessions begin the week of January 24th, 2022 and ends on June 5th, 2022. Services will be offered for 19 weeks, including a March Break from March 21 to 27, 2022.

When and how to register?

- Registration will take place from November 22nd to 28th, 2022.
- You must complete the form available on our web site (www.traidunionoutaouais.com).
- The form will be available as of November 22nd 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, and one of our team members will contact you to make an appointment to help you fill out the form during the registration period.

Winter and Spring Programming 2022 – 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 profile
PM	Drop in		Drop in	
Evening		Club social *Asperger profile	Club social *Asperger profile	

Overnight respite

- January 14-15-16, 2022
- February 18-19-20, 2022
- March 18-19-20, 2022
- April 22-23-24, 2022
- May 20-21-22, 2022

Details of Activities Presented

Socio-professional Development and Autonomy Component

<p>Micro business « Opération Snack »</p> <p>Thursday from 9 a.m. to 3 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>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>Address: 109 Wright Street, Gatineau</p> <p>Free activity</p> <p>Dates: January 27th to June 2nd, 2022</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>Volunteering</p> <p>Wednesday and Friday 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>Address: 3R Québec, 297 Notre Dame Street, Gatineau</p> <p>Free activity</p> <p>Dates: January 26th to June 3rd, 2022</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>Group activities</p> <p>Saturday 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>Address: 200 Robert-Wright Street, Aylmer</p> <p>Cost: 30\$ per day</p> <p>Dates:</p> <ul style="list-style-type: none"> - 29/01/2022 - 12/02/2022 - 26/02/2022 - 12/03/2022 - 02/04/2022 - 30/04/2022 - 14/05/2022 - 28/05/2022
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<p>Social Club – Leisure activities</p> <p>Thursday and Friday from 6:00 to 8:00 pm</p>	<p><i>Asperger profile</i></p> <p>Mixed activity evenings (community outings AND relaxed indoor evenings) for the purpose of socializing, meeting friends and getting out of the house. The activities will be chosen in groups during the first evenings.</p> <p>As the number of participants increases, we now offer two blocks, either Thursday or Friday. When you register, we will ask you to choose the block that suits you best according to your availability.</p>	<p>Address: In the facilities of Trait d’Union (109 Wright Street, Gatineau) and in the community.</p> <p>Cost: Each participant must have, in hand, sufficient amount of money to pay on his/her own.</p> <p>Dates: January 27th to June 3rd, 2022</p>
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Other

<p>Drop in</p> <p>Wednesday and Friday 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>Address: 109 Wright Street, Gatineau</p> <p>Free activity</p> <p>Dates: January 26th to June 3rd, 2022</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:
 - January 14-15-16, 2022
 - February 18-19-20, 2022
 - March 18-19-20, 2022
 - April 22-23-24, 2022
 - May 20-21-22, 2022

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 December 10th, 2022.

We look forward to hearing from you!

The Coordination Team
under the supervision of
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