



## Summer 2020 Session Registration

### Program

This summer, Trait d'Union Outaouais will be offering a weekly program of group activities that will take place from Monday to Friday. These activities will focus on the participants' personal development, on developing their independence in the community as well as developing their social and professional skills.

### Who can register?

- The summer adult services are for participants over the age of 21 and for youth between 15 and 20 years old who have level 1 ASD (Asperger).
- Those who wish to participate in these activities must have paid their membership fees.

### When can I register?

- Registration for the summer session will take place **from March 13<sup>th</sup> to March 22<sup>nd</sup>**
- The summer session **will start on July 6<sup>th</sup> until August 14<sup>th</sup> 2020**
- This summer's activity calendar is attached to this letter

### How do I register?

To register for this year's summer program, you can fill out the online form on our website ([www.traitdunionoutaouais.com](http://www.traitdunionoutaouais.com)) which will be available starting March 13<sup>th</sup> at 6 pm. You can then select activities that you might be interested in.

You can also book an appointment by calling our office **at 819 595-1290 ext. 21** in order to fill out the registration form with the help of one of our employees.

Please take note that space is limited. It is therefore important to register during the allotted time period.

### After registration

Following the registration period, the Trait d'Union Outaouais team will meet to attribute the places based on demand, the level of support and supervision required for each participant, their fields of interest as well as their personal objectives.

Priority for activities will be given to those who have submitted their complete forms online within the allotted time period. However, if there are some spots still available, they will be offered to those who submitted their form after the registration period.

Afterwards, a contract will be sent to you. You will have to sign it and either send it back or bring it to us to finalize your registration.

For more information regarding this subject, please do not hesitate to contact us.

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## Program

This summer, Trait d'Union Outaouais will be offering a weekly program of group activities that will take place from Monday to Friday. These activities will focus on the participants' personal development, on developing their independence in the community as well as developing their social and professional skills.

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Cycling club	Volunteering 3R Québec (recycling)	Indoor swimming (autism profile)	Opération Snack *TUOI Micro business (sales) <u>All day</u>	
	Hiking (autism profil)	Opération Snack *TUOI Micro business (Groceries and cooking) <u>All day</u>	Hiking (aspie profil)		
		Creation activity	Volunteering (to be determined)		
PM	Creation activity	Horse riding \$\$ *centre équestre Foulées de l'espoir	Drop-in	Drop-in	\$\$ Social activities (autism profile)
	Making of (Video)		\$\$ Art	Business visits for future job research	
				\$\$ Collective cooking (including supper)	
Soirée				Social activities and game night (Aspie profile)	

## Description

### Activities for developing socio-professional skills and personal autonomy

<p><b>Volunteering</b></p> <p><b>3R Québec and ...</b></p>	<p>Volunteering at 3R Québec allows participants to contribute to the mission of the organization. Their mission is defined in three parts: to participate in the reduction of landfill waste, to recover objects otherwise destined for disposal in order to enhance their reuse or recycling, and finally, to support its partners and local non-profit organizations in their operations.</p> <p>Participants have as their main task the sorting of items. Other tasks are possible with prior arrangement with 3R, for example the disassembly of Christmas lights or testing a selection of batteries.</p> <p>Volunteering allows participants to develop a work routine and acquire several socio-professional skills, including organization, initiative, relationships with others, etc...</p>
<p><b>Opération Snack *TUOI Micro business</b></p>	<p>Operation Snack is a small culinary business. Participants are involved in all stages of the process.</p> <p>They plan the menu for the week, purchase food, prepare recipes and sell products at the Jules-Desbiens Center, at Trait d'Union day camp as well as in some businesses in the region. In addition, Operation snack's team sets prices, promotes their products and are even in charge of business accounting. A (symbolic) remuneration will be given every two weeks to the participants involved.</p> <p>The activity allows participants to develop a work routine and acquire several socio-professional skills, including organization, sense of initiative, relationships with others, etc...</p> <p>The activity is split in two blocks:</p> <ul style="list-style-type: none"><li>- Tuesday : planning, shopping, preparing snacks and lunches.</li><li>- Thursday: delivering and selling the products to the clients.</li></ul> <p>The participant can register for one or both blocks.</p>

<b>Collective cooking (10\$ per day)</b>	<p>The collective kitchen workshops allow participants to develop cooking skills, increase their recipe repertory and have greater independence in the realization of their meal. They will have the opportunity to cook several recipes that they will choose during the first meeting. The participants will build, throughout the session, their recipe book that they can keep as a future reference.</p> <p>This summer, we will eat our recipe together for supper and have some left over to bring home.</p>
<b>Creation activity</b>	<p>The creative activity will be aimed toward creating promotional items that can be sold by the organization. Several projects will be in production during the workshops. Participants will be able to give their opinion on the products. Participants will be able to develop skills transferable to employment and discover their creative talents.</p> <p>A meeting will be held before the summer to define the project(s) to be created (jewelry, recycling of fabrics,...)</p>
<b>Business visit for job research</b>	<p>Participants visit different workplaces, where they can ask questions about the specific skills and abilities needed in the workplace.</p> <p>The activity also allows the participant to develop a better understanding of their own strengths and interests regarding some future employment opportunities.</p> <p>A preparatory meeting will take place in May choose the workplaces to visit during the summer. Attendance at this meeting is mandatory for all registered participants. More details to come.</p>

### Social and leisure activities

Activités	Descriptifs
<b>Drop-In</b>	<p>The drop-in offers free time where participants can explore various activities using materials available at TUOI. They can also bring material to work on personal projects. The informal environment allows meetings and exchanges between participants as well as the opportunity to discuss with educators their individual needs in order to find ways and resources to meet them.</p> <p>Participants must be able to meet their basic needs and take care of themselves.</p>
<b>Social activities and game night (Aspie profile)</b>	<p>Social outings are great opportunities to socialize and develop friendships. The program also helps participants become familiar with different businesses and recreational places to visit in the community. In order to promote self-determination, participants select activities</p>

	according to their interests at the first meeting. They vary every week: board games, restaurant, arcades, etc. Participation is on a voluntary basis depending on the activities listed in the program following the vote.
<b>Social activities (Autism profile)</b>	Social outings are great opportunities to socialize and develop friendships. The activity also helps to become familiar with different businesses and recreational places to visit in the community. In order to promote self-determination, participants select activities according to their interests. They vary every week; bowling, museum, cinema, etc.
<b>Cycling club</b>	Activity in partnership with « La maison du Vélo » and their volunteers. You may use your own bicycle or you can borrow one on site.  By joining this club, you will learn more about biking, rules, bike path... Each week, you will ride on the bicycle path.
<b>Hiking</b>	This activity focuses on socialization and exercise. In addition, it allows participants to discover various walking trails in Gatineau Park.
<b>Art (10\$ per day)</b>	Work on a painting or collage project.
<b>Indoor swimming at Centre sportif de Gatineau</b>	Going swimming at the pool.
<b>Horse riding (20\$ per day)</b>	In collaboration with Centre équestre Foulées de l'espoir « By learning horseback riding, the rider develops his motor, social and emotional skills.” Participant must be available to participate for all six week of the summer program <b>Cost : 20\$ per week</b>
<b>Making of (video)</b>	Participants will be invited to take part in all the step toward creating a video. They will be help by a specialist to develop their project and further their skills