



## Summer 2021 Session Registration SERVICES FOR ADULTS

### 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 for 2019.

### When can I register?

- Registration for the summer session will take place **from April 12 to April 18 , 2021**
- The summer session **will start on July 5 and end on August 13 , 2021**

### 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 April 12 at 6 p.m. 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. 23** 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 will have submitted their completed 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.

\*\*\* Please note that exceptionally this year, because of regulations in place by public health officials, priority will be given to those who wish to register for the entire summer period (6 weeks), to allow us to implement the service "bubbles" and reduce risk of transmission for all the people involved.

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, please do not hesitate to contact us.

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Trait D'Union Outaouais' Summer Program  
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Here is the summer 2021 program for adult followed by a description for each individual activity.

Activities will take place from July 5<sup>th</sup> to August 13<sup>th</sup> 2021.

The schedule will be communicated in the contract that we will be sending to confirm registration.

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Cycling club	Art	Indoor swimming	Opération Snack *TUOI Micro business <i>All day</i>	
	Volunteering	Volunteering	Opération Snack *TUOI Micro business	Hiking <i>*Aspie profil</i>	
PM	Indoor swimming	Outdoor activities (Beach...)	Drop-in	Outdoor activities (Beach...)	Social activities <i>*autism profile</i>
	*TUOI micro business Tissus et toutous	Cooking class			
Evening				Social activities and game night <i>*Aspie profile</i>	

## Description

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

Activity	Description
<b>Volunteering</b>	<p>Volunteering allows participants to contribute to the mission of the organization. Volunteering allows participants to develop a work routine and acquire several socio-professional skills, including organization, initiative, relationships with others, etc...</p> <p>Responsibilities and chores may vary : sorting of donations, labeling, boxing, cooking, etc. Past collaboration include: Gite Ami, 3R Québec, Aylmer Food Center, La Soupe populaire de Hull.</p> <p>Collaboration are not yet confirmed for this summer.</p>
<b>“Opération Snack” *TUOI Micro business</b>	<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>
<b>« Tissus et toutous » *TUOI Micro business</b>	<p>Trait d’Union offer a new small business to our participant his summer. It is an animal toy creation company made from recycled fabrics. Participants will be able to participate in several tasks including sorting, cutting, measuring, braiding ...</p> <p>Toys will be sold in the community as well as donated to dog’s shelters.</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>
<b>Cooking class (\$\$)</b>	<p>This activity allow participants to develop cooking skills, increase their recipe repertory and have greater independence in the realization of their meal.</p> <p>Several culinary skills will be taught hrough dynamic workshops led by educators. A special project will be built throughout the session</p> <p>10\$ per day</p>

### Social and leisure activities

Activités	Descriptifs
<b>Cycling club</b>	By joining this club, you will learn more about biking, rules, bike path... Each week, you will ride on the bicycle path.

	In the past, the group used to meet at the Maison du Vélo in Jacques-Cartier Park, where bicycles were available for rent. We don't know if that will be the possible this summer. Participant may have to bring their own bike.
<b>Indoor swimming</b>	Going swimming at the pool with TUOI's staff for animation and security  Two activities are planned during the week. You can only register to one of them, please specify your preference in the registration form.  Location to be confirmed
<b>Art (\$)</b>	The Art program will allow participant to work on various individual artistic project through various artistic mediums  <b>Cost : 10\$ per day</b>
<b>Outdoors activity at Leamy Lake</b>	Swimming in the lake, walking, water sports (dinghy, kayak, pedal boats, are offered at the park). The participants will be able to do these activities with TUOI's staff or volunteers.  Two activities are planned during the week. You can only register to one of them, please specify your preference in the registration form.
<b>Hiking</b> (Aspie profil)	This activity focuses on socialization and exercise. In addition, it allows participants to discover various walking trails in the aera
<b>Social activities and game night</b> (Aspie profile)	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 according to their interests at the first meeting.
<b>Social activities</b> (Autism profile)	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.

## Other

### Drop-In

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.

Participants must be able to meet their basic needs and take care of themselves.