



Activity Registrations Adult Sector Fall 2022

Here is the programming offered to the Adult Sector for the Fall 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 Sunday. 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 Fall 2022 session begins the week of September 24th, 2022 and ends on December 18th, 2022.

When and how to register?

- Registration will take place from August 22nd to 28th, 2022.
- You must complete the form available on our web site (www.traidunionoutaouais.com).
- The form will be available as of August 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 before August 21st, 2022, 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 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	ART	Micro-business « Opération Snack »	Volunteering 3R Québec	Group activity *autistic profil
PM	Drop in		Drop in	
Evening	ATELIER (in french only)	ATELIER - Self-discovery through art	Club social *Asperger profil	

Overnight respite

- September 23 to 25
- October 21 to 23
- November 18 to 20
- December 16 to 18

Activities description

Socio-professional Development and Autonomy

<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: September 29th to December 15th,</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>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: September 28th to December 16th,</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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<p>Atelier</p> <p>Mercredi</p>	<p>Do you want to discuss concepts related to friendship and romantic relationships, develop your social skills and learn about yourself? This series of workshops is designed for you.</p> <p>**Offered in French only**</p> <p>Will be discussed:</p> <ul style="list-style-type: none"> ● The different types of interpersonal and romantic relationships ● Personality types ● Meaning and component of healthy relationships ● The stages of a relationship ● Consent ● Sexuality 	<p>Address: 109 Wright Street, Gatineau</p> <p>Cost: free</p> <p>Dates: - To be confirmed</p>
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<p>Atelier</p> <p>Self-discovery through art</p> <p>Thursday – time to be confirmed</p>	<p><i>Open to everyone</i></p> <p>Art workshops led by a specialist.</p> <p>The objective of these workshops is to develop self-awareness by exploring various mediums in order to develop creativity.</p>	<p>Address: 109 Wright Street, Gatineau</p> <p>Cost: free</p> <p>Dates: - To be confirmed</p>
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Leisure Activities Component

<p>Group activities</p> <p>Saturday from 10am to 4 pm</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: 109 Wright Street, Gatineau</p> <p>Cost: Free</p> <p>Dates:</p> <ul style="list-style-type: none"> - September 24 - October 1, 8, 15, 22 and 29 - November 5, 12, 19 and 26 - December 3 and 10
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<p>Social Club – Leisure activities</p> <p>Friday 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>Address: At Trait d'Union facilities for the first meeting. In the community after that.</p> <p>Cost: Each participant must have, in hand, sufficient amount of money to pay on his/her own.</p> <p>Dates: From September 30th to December 16th</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: From September 28th to December 16th</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)
- No fees
- Dates:
 - September 23-24-25
 - October 21-22-23
 - November 18-19-20
 - December 16-17-18

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 17th, 2022.

We look forward to hearing from you!

The Coordination Team
under the supervision of
Julie Marois, Deputy Director
819-595-1290, ext. 24

jmarois@traitdunionoutaouais.com

109 Wright Street, Gatineau, Qc, J8X2G7
819-595-1290, fax: 819-595-7099