



Registration for group activities Teenagers Winter / Spring 2023

Who can sign up?

These activities are offered to children and teens of **6 years old and up** who have completed one full-time school year. The family must have renewed their membership for the current year.

When?

The “winter/spring 2023” session begins on January 20th and ends on June 9th, 2023.

How to enroll

The number of places available is limited. Therefore, it is very important to sign your child up for these activities within the registration period.

Registration will take place online between November 21st and 27th 2022. To sign up, you must fill out the application form available on our website at www.traidunionoutaouais.com

The form will be online by November 21st at 6pm.

If you do not have access to the internet or are less familiar with this type of technology, you can make an appointment with one of our staff members during the enrollment period who will be able to assist you with the process at our offices. Please contact the reception at 819-595-1290 ext.23 to schedule a meeting.

This session, we offer children and teenagers recreational activities and respite services. On the following pages, you will find the definitions of each service and the dates on which they will be offered. At the end, you will find a global calendar of the offer of service for adolescents for the current period.

To make your choice, we recommend that you think carefully about your child's needs and your needs.

Leisure activities

LEISURE ACTIVITIES

- Half-days of activity where participant do outings in the community.
- From 12pm to 4pm, every other Saturday.
- Activities are communicated in advance and should be taken in consideration while registering.
- Cost: None.
- At Trait d'Union : 109 Wright Street.
- Outings:
 - January 21: Pool
 - February 04: Winterlude*
 - February 18: Beauchamp Lake*
 - March 04: Pool
 - March 18: Mini-putt (Indoor)
 - April 15: Cinema
 - April 29: Pool
 - May 13: Bowling
 - May 27: Mini-putt (Outdoor)*

*An indoor plan B will be offered to participants in the event of bad weather conditions.

INTEGRATION IN LEISURE ACTIVITIES

- A TUOI educator accompanies a group of participants in a leisure activity provided in the community.
- Participants must:
 - Be aged between 5 and 13 years old.
 - Be able to actively participate in the activity.
 - Be able to follow instructions with occasional support (1:1 ratio is not available).
- Offered on Saturdays.
- Cost: \$50.
- Here are the activities offered at the Winter/spring session:

Muay Thai (Martial arts)	Introduction to rock climbing	Swimming
MMA Fitness 388 Saint-Louis, Gatineau 11 a.m to 11:45 a.m	Altitude Gym 35 Saint-Raymond Boulevard, Gatineau 1 p.m to 2 p.m.	More information to come in the registration form

ASPERGER PROGRAM

- Activities based on self-awareness and peer relationships.
- For participants aged 13 to 18, attending high school, with an Asperger's profile (autism without cognitive impairment). Participants must be verbal and able to participate in ratio of 1 adult for 3 or 4 participants.
- Participant must be able to communicate in French.
- From 11am to 4pm, every other Saturday.
- Cost: None.
- At Trait d'Union : 109 Wright Street.
- We strongly encourage registration for all of the following dates:
 - January 21
 - February 04
 - February 18
 - March 04
 - March 18
 - April 15
 - April 29
 - May 13
 - May 27

ASPERGER CLUB

- Community outings.
- For participants aged 13 to 18, attending high school, with an Asperger's profile (autism without cognitive impairment). Participants must be verbal and able to participate in ratio of 1 adult for 3 or 4 participants.
- From 6:30pm to 8:30pm, every other Friday.
- Meeting point at the activities – Will be confirmed once the activities are chosen by the participants.
- Cost: Participant must have enough money to pay for the activity themselves.
- Dates:
 - January 27
 - February 10
 - February 24
 - March 10
 - March 24
 - April 21
 - May 05
 - May 19
 - June 02

Respite program

DAY TIME RESPITE

- Respite service with a less structured program. Lots of free play and leisure activities offer at the location – NO COMMUNITY OUTINGS, except in the immediate environment (park, walk, etc.).
- For teenagers of all profiles.
- From 10am to 4pm, every other Sunday.
- At Trait d'Union : 109 Wright Street.
- Cost: None.
- Dates:
 - January 22
 - February 05
 - February 19
 - March 05
 - March 19
 - April 16
 - April 30
 - May 14
 - May 28

OVERNIGHT RESPITE (24h)- 13 or younger

- Overnight respite. Educative team offer activities aimed toward community living (meal prep, cleaning, personal hygiene...), with free time and a bit less structured activity.
- For people with autism age 6 to 13, all profile, living in their natural family.
- Once a month, from Friday evening to Saturday afternoon or Saturday evening to Sunday afternoon
- At 200 Robert-Wright (Aylmer).
- Cost: None.
- Dates:

<u>February</u>	<u>March</u>	<u>April</u>	<u>May</u>
03-04	03-04	13-14	12-13
04-05	04-05	14-15	13-14

OVERNIGHT RESPITE (48h) - 14 and up

- Overnight respite. Educative team offer activities aimed toward community living (meal prep, cleaning, personal hygiene...), with free time and a bit less structured activity.
- For people with autism aged from 14 and plus, all profile, living in their natural family.
- Once a month, from Friday evening to Sunday afternoon.
- At 200 Robert-Wright (Aylmer).
- Cost: None.
- Dates:

<u>January</u> 20-21-22	<u>February</u> 17-18-19	<u>March</u> 17-18-19	<u>April</u> 28-29-30	<u>May</u> 26-27-28
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Attribution of places

Places are assigned on a first come- first serve basis, but also following our [Group Availability Management Policy](#) (available on our website).

We will proceed to the sharing of places among all those who have registered, and this in a fair way and considering the demand and the level of supervision of each individual.

PLEASE NOTE that participant can only attend one activity per weekend.

The activities will be offered first to those who have completed the online form in the time allowed. No registration will be accepted after the registration period.

What's next?

Following the registration period, the coordination team will meet to create the groups according to the age and needs of the participants. Parents will receive confirmation of services, in the form of a contract, by mail before December 15, 2022.

Best regards,

The coordination team
Under the responsibility of

Julie Marois, assistant director
819-595-1290, ext 24
jmarois@traitdunionoutaouais.com

Calendar – Teens

JANUARY

Friday	Saturday	Sunday
20 <i>Overnight respite (48h)</i>	21 <i>Leisure program - Integration TUOI's Leisure program Overnight respite (48h) Asperger program</i>	22 <i>Day time respite Overnight respite (48h)</i>
27 <i>Asperger club</i>	28 <i>Leisure program - Integration</i>	29

FEBRUARY

Friday	Saturday	Sunday
03 <i>Overnight Respite (24h)</i>	04 <i>Leisure program – Integration TUOI's Leisure program Overnight Respite (24h) Asperger program</i>	05 <i>Day time respite Overnight respite (24h)</i>
10 <i>Asperger club</i>	11 <i>Leisure program - Integration</i>	12
17 <i>Overnight respite (48h)</i>	18 <i>Leisure program - Integration TUOI's Leisure program Overnight respite (48h) Asperger program</i>	19 <i>Day time respite Overnight respite (48h)</i>
24 <i>Asperger club</i>	25 <i>Leisure program - Integration</i>	26

MARCH

Friday	Saturday	Sunday
03 <i>Overnight Respite (24h)</i>	04 <i>Leisure program – Integration TUOI's Leisure program Overnight Respite (24h) Asperger program</i>	05 <i>Day time respite Overnight Respite (24h)</i>
17 <i>Overnight respite (48h)</i>	18 <i>Leisure program - Integration TUOI's Leisure program Overnight respite (48h) Asperger program</i>	19 <i>Day time respite Overnight respite (48h)</i>
24 <i>Asperger club</i>	25 <i>Leisure program - Integration</i>	26

APRIL

Friday	Saturday	Sunday
14 <i>Overnight Respite (24h)</i>	15 <i>Leisure program – Integration TUOI’s Leisure program Overnight Respite (24h) Asperger program</i>	16 <i>Day time respite Overnight Respite (24h)</i>
21 <i>Asperger club</i>	22 <i>Leisure program - Integration</i>	23
28 <i>Overnight respite (48h)</i>	29 <i>Leisure program - Integration TUOI’s Leisure program Overnight respite (48h) Asperger program</i>	30 <i>Day time respite Overnight respite (48h)</i>

MAY

Friday	Saturday	Sunday
05 <i>Asperger club</i>	06 <i>Leisure program - Integration</i>	07
12 <i>Overnight Respite (24h)</i>	13 <i>Leisure program – Integration TUOI’s Leisure program Overnight Respite (24h) Asperger program</i>	14 <i>Day time respite Overnight Respite (24h)</i>
19 <i>Asperger club</i>	20 <i>Leisure program - Integration</i>	21
26 <i>Overnight respite (48h)</i>	27 <i>Leisure program - Integration TUOI’s Leisure program Overnight respite (48h) Asperger program</i>	28 <i>Day time respite Overnight respite (48h)</i>

JUNE

Friday	Saturday	Sunday
2 <i>Asperger club</i>	3 <i>Leisure program - Integration</i>	4